

TW Editor:  
Alan Good

# Tulsa Wheelmen



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## Newsletter



March, 2008

Volume 31, Number 2

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### Riding For the Right Reasons by Davis Hale

As the off-season comes to an end and training becomes more regimented, ask yourself a question. Are you riding for the right reasons? We all have undertaken a large commitment by racing, training, and being part of a team. However, at times you need to analyze and justify the reasons you are engaged in this lifestyle. Cycling can be a selfish sport. At times, one can be overcome by personal goals and fitness regimens.

This past season I realized there was more to cycling than podium spots and interval training. This time of personal reflection brought about a new perspective of the sport. Where is the inherent need for experienced riders and racers? The answer is a mentor. By mentoring less experienced riders and racers you can accomplish more socially than personally. Riding can be for the greater good. You must put aside pride and reputation to discover the true

meaning of the sport. Being a mentor to other riders will provide joy as you plant a seed for further growth.

Fortunately our team is committed to mentoring other riders. From my first racers' meeting to the Wednesday night ride, I have been accepted with welcomed arms. Each ride, more experienced riders have shared advice to help me evolve as a racer and as a person. Many racers on our team and other teams are already practicing mentoring other riders. At first Alan Good convinced me to join the team. Then through each category a new rider picked me up and assisted me along the way. Darren Fritz is a great example of a mentor along with Kary Cummins, Tim Carrigg, and Janne Hamalainen. Of course there are others. Now I must take the effort and roll with it by mentoring other riders this season. I have compiled an unofficial list of suggestions to begin your new mentoring program. Remember, we must be

proactive in promoting our sport; therefore, our reputation must be positive.

### Five Efforts Reflective of a Mentor

1. Waiting for a slower rider after she/he flats or is dropped
2. Encouraging junior riders to attend group rides or team meetings
3. Drive others to races or Tuesday night Crit practice
4. Open the book of cycling edict to the less experienced rider
5. Being a positive role model while representing the team



TULSA TOUGH RIDE & RACE

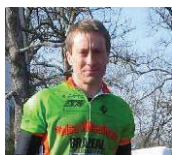
# March 2008: Rides & Events Calendar

Visit [www.tulsawheelmen.com](http://www.tulsawheelmen.com) for an extended list of upcoming events.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<i>1</i> 8AM-"No Wimps" Ride 10AM Racer 's Training Ride LaPrimvera (TX)
<i>2</i> 8AM-"No Wimps" Ride 10AM Racer's Training Ride LaPrimvera (TX)	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i> 8AM-"No Wimps" Ride 10AM Racer 's Training Ride Salt Creek, Mann- ford, OK
<i>9</i> 8AM-"No Wimps" Ride 10AM Racer's Training Ride Sand Springs Crit	<i>10</i> CTCA/General Mem. Mtg 6:30 PM Race Meeting to follow at 7:30 PM	<i>11</i>	<i>12</i>	<i>13</i>	<i>14</i>	<i>15</i> 8AM-"No Wimps" Ride 10AM Racer 's Training Ride Fayetteville SR (TX)
<i>16</i> 8AM-No wimps 10AM Racer's Training Ride Fayetteville SR (TX) Hells Kitchen (AR)	<i>17</i>	<i>18</i>	<i>19</i>	<i>20</i>	<i>21</i>	<i>22</i> 8AM-No wimps 10AM Racer 's Training Ride )
<i>23</i> 8AM-No wimps 10AM Racer's Training Ride	<i>24</i> <hr/> <i>30</i> NWA Classic (AR)	<i>25</i> <hr/> <i>31</i>	<i>26</i>	<i>27</i>	<i>28</i>	<i>29</i> 8AM-No wimps 10AM Racer 's Training Ride

# Tulsa Wheelmen

## Meet the Team (Name-Race Category) New Team Member for 2008



Tom Shriver-3



Nathan Leigh-2



Brian Metz-3



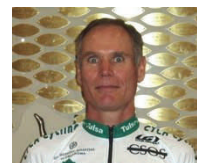
Kary Cummins-2



Chris Cauthon-4



Alan Good-3



Keith Franklin-2



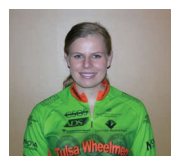
Dustin Weaver-4



Ben Thigpen-3



Cheryl Thigpen-3



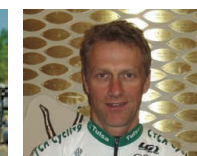
Traci Leigh-4



Phil Stauner-3



Mark Delozier-4



Janne Hamalainen-1



Tim Carrigg-3



Will Gault-2



Heidi Gault-4



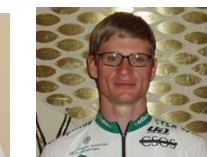
Jeremy Stitt-3



Jim Bohanon-3



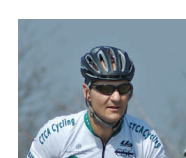
Edgardo Delgado-4



Scott Gibson-1



Randall Clayborn-3



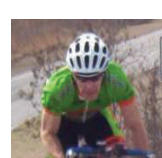
Greg Ingram-3



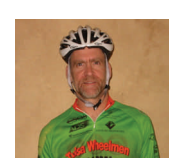
Ben Silk-3



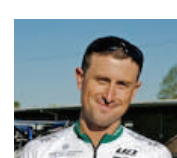
Byron Harvison-4



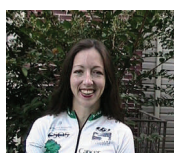
Gary Breipohl-3



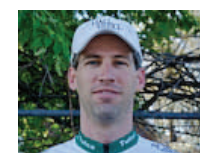
Pete Lantz-4



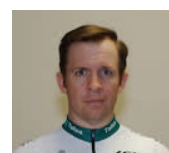
Eric Melton-2



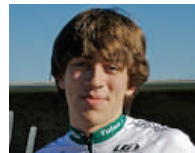
Lauren Miller-3



Kyle Freeman-4



Darren Fritz-4



Ben Grabow-4



Rafael Santiago-4



Davis Hale-2



Mitch Houtman-3



Chris Zenthoefer-2



Joey Bayles-5



Jeff West-4



Milus Clarke-5

Scott Posey-3

Andy Malcom-1



Chris Genske-4

Todd Reed-4

Don Tardiff-5

Mike Stern-4

John Allen-3

Jay Blankenship-2

Helene Carabin-3

Shane Carter-3

Brett Clark-5

James Hiatt-5

Mark Jackson-5

Ryan Kruger-5

Robert Lemaster-5

Don Renberg-5

Ivan Rodriguez-5

Christian Verry-4

Corbin Wantland-5

## 2007 Wheelmen of the Year: Nathan Leigh



Nathan,

You are the "2007 Tulsa Wheelmen of the Year". Congratulations!

For all of your work to make the VeloCup happen (the areas most successful Spring of racing) and the Summer Crit series happen (on a new day no less).

Also, for the number of races attended and as a great teammate and all around good guy. Thank-you very much and we will miss you this coming season.

The award was presented at the Feb monthly meeting.

Thanks again for all your efforts.

Tim



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## 2007 Award Winners



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### Most Improved Racer of the Year

*The most improved racer is a hard award to select. Since we are a development team you'd expect to have a lot of development throughout the year. And we did. There are so many people that have improved this year it was tough. So I looked at results and asked around to get more input. This racer has improved all year long. Starting as a cat 5 and ending as a cat 4, you can definitely see the improvement in his results. Finishing 9<sup>th</sup> at Salt Creek at the beginning of the year and ending the year with a 6<sup>th</sup> place finish at the HHH cat 4 road race...*

*JEFF WEST is a deserving choice for Most Improved Racer of the Year*



### Women Racer of the Year

*This year it was really tough to pick the women racer of the year. This women continues to improve year after year and this year might have been her best. With six event wins to her credit and the highest Cat 3-4 placing at Joe Martin, she really earned this title.*

*Congratulations to HEIDI GAULT for being Women Racer of the Year.*

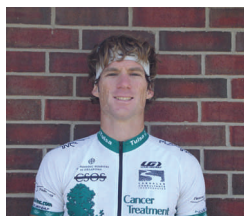


### Teammate of the Year

*This is the award that I personally like the most. It shows that the person is dedicated to the team and that they will give whatever they have for the team. This person showed everything the award is about consistently throughout the year. He gave 110% to the team in every race he entered. That's the only thing he knows how to do: everything – every time. I know because I was on the receiving end of a lot of his sacrifice. Knowing that he couldn't finish races sometimes, didn't stop him from doing everything he could before having to pull out. He could have just sat in the back of the pack and tried to finish. But that isn't like him. The team is number one, and that's all that matters.*

*It's my honor to award MITCH HOUTMAN the Teammate of the Year award.*

**TeRuki  
TRAINING**



### Racer of the Year

*Not only has this person improved throughout the year, but also racked up four impressive wins. I think what's most impressive is the sheer number of categories this person road in this year. Starting the year off riding at Primavera as a Cat 5 and getting fourth and sixth places, and then finishing the year as a Cat 2, this person has shown us all that with hard work and the right genes anything is possible.*

*Congratulations DAVIS HALE, Tulsa Wheelmen's Racer of the Year.*



# Tulsa Wheelmen Info Pages

## Ride Classifications

MILES	TERRAIN	AVG SPEED
1-Under 10 miles	A-Flat	a-4-8 (leisure)
2-10 to 20 miles	B-Grades	b-7-12 (touring)
3-20 to 40 miles	C-Some hills	c-13-17 (fast)
4-40-70 miles	D-Many hills	d-18+ (racing)
5-75-120 miles	E-Severe hills	

## Weekly Rides (rides roll on time)

DAY	RIDE	LOC	TIME	TYPE	NOTES
M-F	Bike-to-work Day	Home to work	You pick	You pick	Save the planet
Mon	DOT ride	4000 N. Hwy 169	5:30 PM	3/D/c-d	Starts Apr 5th
Tues	Summer Crit Series	Tulsa Safety Training Center	6 PM	1/A/d	Runs April-Sept
Wed	Wed Night Ride	Jackson Park Parking Lot	5:30 PM (sharp for competitive group!)	3/D/c-d	Starts Apr-Oct
Sat/Sun	Racer's Training Ride	31st & Riverside Parking lot	10AM (Winter time)	4/C/c-d	Nov-Mar
Sat/Sun	"No Wimps" ride	Wright School	8AM	4/C/d	All Year

**Important Notice: The Tulsa Wheelmen only support responsible bicycle riding. Riders on Tulsa Wheelmen rides acknowledge cycling is a potentially dangerous sport and will hold harmless individually and as a group the Tulsa Wheelmen, its members and sponsors. Helmets are required. All traffic laws are to be obeyed.**

### Bicycle Web Sites:

[www.adv-cycling.org](http://www.adv-cycling.org)

[www.bicycling.com](http://www.bicycling.com)

[www.outdoorlink.com](http://www.outdoorlink.com)

[www.bikefed.org](http://www.bikefed.org)

[www.bikeplan.com](http://www.bikeplan.com)

[www.okfreewheel.com](http://www.okfreewheel.com)

[www.istea.org](http://www.istea.org)

[www.bikeleague.org](http://www.bikeleague.org)

[www.mountainbike.com](http://www.mountainbike.com)

[www.runningnetwork.com](http://www.runningnetwork.com)

[www.tulsawheelmen.com](http://www.tulsawheelmen.com)

[www.usacycling.org](http://www.usacycling.org)

[www.olympic-usa.org](http://www.olympic-usa.org)

[www.velonews.com](http://www.velonews.com)

[www.okbike.org](http://www.okbike.org)

### Mountain Bike Riding:

Any day Call-up & Ride, Call Pat at Bicycles of Tulsa, 918-665-2453, or David at T-Town Bicycles, 918-496-8696

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MASONRY INC.

**Re-Cycle-It** classified ads run for 2 months and are available free to members, (only \$7.50 for non-members); ads **must be submitted in writing by the 10th of the month**. Other rates are available upon request. Make check payable to Tulsa Wheelmen. Mail ad directly to TW Newsletter Editors, P.O. Box 52242 Tulsa, OK 74152-0242 or e-mail a club officer. DO NOT PLACE ADS BY PHONE

## Take Action: Who you gonna call or write?

### City Problems?

Mayor's Action Center:

596-2100, Fax 596-9010.

Tulsa City Councilors: mail 200 Civic Center, Tulsa, OK 74103; ph, 918-596-1900, fax 596-1964.

City Animal Shelter: 669-6299.

### State Highway Problems?

(e.g. Port Rd, Hwy 97/51), Oklahoma Highway Dept, Ed Kellogg, P.E.; P.O. Box 660, Tulsa, OK 74101, phone 918-838-9933.

### Tulsa County Rd Problems?

(e.g. Avery Drive, Wekiwa road), Tulsa County Engineer, Ray Jordan, 596-5730, fax 596-4647.

### Tulsa County Traffic Problems?

Tulsa County Sheriff  
918-596-5601.

**Riverparks Authority**, 707 S. Houston, Suite 202, Tulsa, OK. 74127.

### Air Quality/Ozone Alert?

Tulsa City-County Health Dept. 918-744-7664.

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**Open**

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**Webmaster:** Kary Cummins & Jeremy Stitt

**Team Nutritionist:**

**Lenka Humenikova**

[www.tulsawheelmen.com](http://www.tulsawheelmen.com)

## Tulsa Wheelmen Newsletter

The official newsletter of the Tulsa Wheelmen, a member organization established in 1978 to "...promote responsible bicycling in all its forms." Whatever your interests; fitness, racing, advocacy, annual events, newsletter and network of 150+ members can help you achieve your cycling goals.

The *Tulsa Wheelmen Newsletter* welcomes any contributions that fall within the two rules of (1) having to do with bicycling and (2) being legible. Contributions need to be made by the 10th of the month prior to publication. Send submissions to Alan Good at

[newsletter@tulsawheelmen.com](mailto:newsletter@tulsawheelmen.com)

The *Tulsa Wheelmen* appreciate the support of **QuikTrip** and would like to thank **QuikTrip** for printing this month's newsletter.

## THANK YOU!

Event sponsors, volunteers and event directors.

**Sign Up A New Member.** Your recommendation ensures that the club will grow!

## Membership and Address Correction

If you are a member and not receiving your newsletter, contact Tonja Pitzer, Membership Director

(info on left)



Tulsa Wheelmen

P.O. Box 52242

Tulsa, OK 74152-0242

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Adventure Cycling Association

## Inside This Issue

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