



# Tulsa Wheelmen

## RIDES AND EVENTS CALENDAR

May 2004

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>April 25</b> No Wimps - Tailwind Ride, 8 a.m.	<b>26</b> DoT Ride, 4000 N. Hwy 169, 6:00 p.m.	<b>27</b> TNWC Ride, Riverside Drive and Southwest BLVD. 6:00pm	<b>28</b> West Bank Ride (NOT a Wheelmen Promoted Ride)	<b>29</b>	<b>30</b>	<b>May 1</b> Second Avery Drive Time Trial – Tulsa Wheelmen Event
<b>2</b> No Wimps - Tailwind Ride, 8 a.m.  River Shops Bike Ride	<b>3</b> DoT Ride, 4000 N. Hwy 169, 6:00 p.m.	<b>4</b> TNWC Ride, Riverside Drive and Southwest BLVD. 6:00pm	<b>5</b> West Bank Ride (NOT a Wheelmen Promoted Ride)	<b>6</b> First Summer Weekly Criterium Series Race	<b>7</b>	<b>8</b> No Wimps - Tailwind Ride, 8 a.m.  Lake El Dorado Circuit Race, Wichita
<b>9</b> No Wimps - Tailwind Ride, 8 a.m.  RiverFest Criterium, Wichita	<b>10</b> GENERAL MEMBERSHIP MEETING – MAZZIOS AT THE FARM – LOWER LEVEL 6:30PM Race Team Mtg. to Follow	<b>11</b> TNWC Ride, Riverside Drive and Southwest BLVD. 6:00pm	<b>12</b> West Bank Ride (NOT a Wheelmen Promoted Ride)	<b>13</b> Summer Weekly Criterium Series Race	<b>14</b>  Joe Martin Stage Race, Fayetteville, ARK.	<b>15</b> No Wimps - Tailwind Ride, 8 a.m.  Joe Martin Stage Race, Fayetteville, ARK.
<b>16</b> No Wimps - Tailwind Ride, 8 a.m.  Joe Martin Stage Race, Fayetteville, ARK.	<b>17</b> DoT Ride, 4000 N. Hwy 169, 6:00 p.m.	<b>18</b> TNWC Ride, Riverside Drive and Southwest BLVD. 6:00pm	<b>19</b> West Bank Ride (NOT a Wheelmen Promoted Ride)	<b>20</b> Summer Weekly Criterium Series Race	<b>21</b>	<b>22</b> No Wimps - Tailwind Ride, 8 a.m. Tri-Peaks Challenge, Russellville, ARK.
<b>23</b> No Wimps - Tailwind Ride, 8 a.m. Tri-Peaks Challenge, Russellville, ARK.	<b>24</b> DoT Ride, 4000 N. Hwy 169, 6:00 p.m.	<b>25</b> TNWC Ride, Riverside Drive and Southwest BLVD. 6:00pm	<b>26</b> West Bank Ride (NOT a Wheelmen Promoted Ride)	<b>27</b> Summer Weekly Criterium Series Race	<b>28</b>	<b>29</b> No Wimps - Tailwind Ride, 8 a.m.  Snake Alley Criterium
<b>30</b> No Wimps - Tailwind Ride, 8 a.m.  Mannford 12 hr. Mtn Bike Race	<b>31</b> DoT Ride, 4000 N. Hwy 169, 6:00 p.m.	<b>June 1</b> TNWC Ride, Riverside Drive and Southwest BLVD. 6:00pm	<b>2</b> West Bank Ride (NOT a Wheelmen Promoted Ride)	<b>3</b> Summer Weekly Criterium Series Race	<b>4</b>	<b>5</b> No Wimps - Tailwind Ride, 8 a.m. OK State Criterium Championship, Bartlesville



PARKER  
PLASTICS  
INC

# N *Tulsa Wheelmen* NEWSLETTER

Vol. 27, No. 5

". . . to promote responsible bicycling in all its forms."

May 2004

## THE EDITOR'S PEN FOR MAY 2004: RACE REPORTS

BOB HERBERT STAGE  
RACE REPORT  
By Marc Delametter

Tulsa Wheelmen Rock! This statement says it all. If you don't believe me then check out the results:

### 50+

1<sup>st</sup> – Rich Chillingworth  
2<sup>nd</sup> – Ben Thigpen  
5<sup>th</sup> – John Power (Yes, John Power is back to racing. He looks good and he is gaining fitness and strength every ride. Watch out guys, here comes John.)

### 45+

1<sup>st</sup> – Keith Franklin  
2<sup>nd</sup> – Tim Carrigg  
4<sup>th</sup> – Darren Brazeal (Yes, Darren is back to racing also. Watch out.)

### 35+

3<sup>rd</sup> – Janne Hamalainen  
4<sup>th</sup> – Russell McMahon

### Pro 1,2's

6<sup>th</sup> – Mark McClay

### 3's

5<sup>th</sup> – Janne Hamalainen (He doubled up.)

### 4's

1<sup>st</sup> – Will Gault

Not only did we Rock with placings at Bob Herbert, we also Rock with the sheer number of Team members that raced. We took 20 riders to this race. The other racers that rode in support of our placing riders were:

### 45+

Greg Shinn

### 35+

Darrell Meinen  
Marc Delametter  
Adam Pratt  
Kary Cummins  
Keith Winn

### 4's

Jeremy Stitt  
Brian Meahan  
Jim Bohanan  
Mitch Houtman

We also Rock because three of our guys doubled-up in the 3's and masters events (that would mean they did one TT, two circuit races and two crits) and we ended up placing one rider in the 3's. The racers that doubled-up included:

### 45+ and 3's

Keith Franklin  
Tim Carrigg

### 35+ and 3's

Janne Hamalainen

Next time you see any of the Tulsa Wheelmen racers congratulate them on a huge success at Bob Herbert, they deserve it.

## JOE MARTIN STAGE RACE IS JUST AROUND THE CORNER

One of the biggest races in the country will be in our back yard come May 14<sup>th</sup> through the 16<sup>th</sup>. It's the Joe Martin Stage Race in Fayetteville, Arkansas.

The Pro/1/2 Men's race will include six-man entries from both Health Net and Jelly Belly, while the Pro/1/2/3 Women's field is almost certain to be the best gathering of elite-level female racers that Arkansas- and perhaps the entire Southeast - has ever seen. Also at

least a half-dozen other domestic professional squads are close to confirming their entries. Though official rosters have not been released, the Health Net entry could include defending men's champion Jason McCartney, as well as 2000 U.S. Under-23 National Road Race winner & Arkansas native Brice Jones, while the Jelly Belly Cycling Team lineup might see the return of Aussie Ben Brooks (3rd overall in 2003) and Adam Bergman (5th overall in '03).

The Wheelmen plan to take a large group of racers to this event. Hopefully all 23 race team members, and a few more for good measure. Included in this Newsletter is the non-professional racers schedule. If you would like more information they have a great website at [www.joemartinstage.com](http://www.joemartinstage.com). I encourage you to visit it.

If you don't plan to race I suggest a Sunday day trip to Fayetteville to watch the criterium stage. It will probably be some of the most exciting racing you will ever see. Joe Martin Stage Race has earned a Category 2.3 rating on the National Racing Calendar, as well as a reputation for being one of America's premier stage races.

## BEVERLY BERRY VOLUNTEER OF THE MONTH

March's Beverly Berry VOM award goes to Jeremy Stitt and Russell McMahon for their work on the Spring Series events including the Cow Skin Circuit Race. Thanks for you hard work guys.



# TW RACING NEWS

## NORTHWEST ARKANSAS CLASSIC MASTERS RACE REPORT

By Darrell Meinen

The master's race was attended by Ben (Thigpen), Tim (Carrigg), Rich (Chillingworth) and myself. The weather was great and the course was a typical Arkansas rolling hills route, with two (2) climbs. The first climb up from Lake Weddington is similar to the first climb on the North Road, the second comes about 4-5 miles later and is similar in grade and length to the finish at Skaitook Dam.

Early in the race Rich got off in a break of 3 and this break lingered off the front for about 6-7 miles before being brought back in just before the first climb. The first time up the first climb saw Donnie Van Patter (Dr. Feelgood), Hunter East (Dr. Feelgood), Gary Loafman (Mathis), Dwaine ?? (Mathis) and one other guy get off, we thought it was a little too early for it to stick. Tim (Carrigg) and Buster Brown made a good attempt to bridge, but failed (Buster is teamed with Donnie and Hunter). Peter Eardos (Mathis) did manage to jump from Tim and Buster to get across to the break.

The Wheelmen set steady pace up the second climb (Dwaine came back to the field, leaving 5) and then all four of us got on the front for about 15 minutes in a TTT to try to chase the break down. None of the other teams offered any assistance and when we realized we weren't making any progress we finally sat up. We all stayed in the field the next lap, all of us covering mini breaks and keeping things together. The break, although out of sight, was not far up the road as we could see them on the second hill nearing the top as we were on the approach.

The plan coming into the finish was to take the pace high and deliver Ben for the sprint. We did just that and Ben finished 3rd of the 45+, Tim was in the field and Rich and I were just off the back after having picked up the pace coming in. We actually caught the back of the break at the line and were only about 30 meter behind the 4th place rider. Greg Saunders won the field sprint for 5th overall. All in all a good race, even if the results did not pan out.

## NORTHWEST ARKANSAS CLASSIC 3's RACE REPORT

By Janne Hamalainen

The 3's race had the same course as masters with one extra lap (69 miles total). I was the only TW rider.

The field split up early in our race. A Johnson plumbing rider rode away from the field after the first turn. I went to bridge the gap with less than a mile into to race and took two other riders with me. Ronnie (CTE) joined us a few miles later and brought three other guys with him. Jake (CTE) was trying to bridge a little bit later but he could not get away from the field without bringing too many people with him.

We had pretty much every team represented in the 8-man break, Johnson Plumbing was the only team with two riders. After a while we managed to get everyone working in a pace line and actually caught up with 1-2's who had started 5 minutes earlier. The break stayed pretty much together until the final climb. A Mathis rider attacked on the climb and I followed him along with one Johnson plumbing rider. The Johnson rider would not work with his teammate in the chase group so the Mathis rider and I had work to keep the chase group away for the last 4 or 5 miles. I still need to work on my sprinting as I finished 3rd again. Ronnie (CTE) took the sprint in the second group and finished 4th.

## RACE RESULTS AT TULSA WHEELMEN WEBSITE

I know every racer likes to see his name in print but due to the volume of race flyers in this newsletter I ran out of room to publish race results for the Cow Skin Circuit Race, Racing On the River TT and the first Avery Drive TT. I promise to include all these results and more next month. If you haven't seen results for these events yet go to [www.tulsawheelmen.com](http://www.tulsawheelmen.com) and click on the results button.



VENTURE PROPERTIES





ALPINEER



# Joe Martin Stage Race

## Saturday Road Race - May 15, 2004

<u>Category</u>	<u>Group</u>	<u>Start Time</u>	<u>Distance</u>	<u>Est. Finish Time</u>
Senior Men 3	C	8:10 AM	69 miles	11:15 AM
Master Men 35-39	D	8:15 AM	46 miles	10:15 AM
Master Men 40+, & 50+	E	8:20 AM	46 miles	10:30 AM
Senior Men 4 & Jr. Men 17-18	F	8:25 AM	46 miles	10:40 AM
Senior Men 5 & Jr. Men 15-16	G	10:25 AM	34 miles	12:10 PM
Women - Senior 3/4, Master 40+, & Jr. Women 17-18	H	10:30 AM	34 miles	12:20 PM

## Saturday Time Trial, 2.5 miles - May 15, 2004

*The following is the order in which the riders will start.*

<u>Category</u>	<u>Start Time</u>
Master Men 35-39	3:00 PM
Senior Men 4	
Master Men 40+	
Master Men 50+	
Junior Men 17-18	
Senior Men 5	
Junior Men 15-16	
Senior Men 3	
Senior Women 3/4	
Master Women 40+	
Junior Women 17-18	

## Sunday Criterium - May 16, 2004

<u>Category</u>	<u>Start Time</u>	<u>Length</u>
Junior Men U14	7:00 AM	20 min + 3 laps
Junior Men 15-16		
Junior Women U14	7:30 AM	20 min + 3
Junior Women 15-16		
Junior Women 17-18		
Senior Women ¾	8:00 AM	25 min + 3
Senior Men 5	8:35 AM	25 min + 3
Master Women 40+	9:15 AM	25 min + 3
Master Men 40+	9:50 AM	35 min + 3
Master Men 50+		
Master Men 35-39	10:30 AM	45 min + 3
Senior Men 4	11:30 AM	40 min + 3
Junior Men 17-18		
Senior Men 3	12:30 PM	45 min + 3
Kid's Race(FREE) - Ages 3-12	1:30 PM	25 yds - 4 laps

# 12 @ Turkey

## Memorial Day Weekend May 30th 2004

Turkey Mountain area, Tulsa Oklahoma, Sunday (*This race replaces the Mannford 12 hour race.*)

Mass Start at 7:00am ending at 7:00 pm **THAT IS RIGHT! Dawn until dusk. No lights needed!**

*Special note: 12 hour racing rules differ from most other cross country events so make sure to get there early so you can read the RACE BIBLE provided at registration.*

**How to get to Turkey mountain:** The Turkey Mountain trails are on the West side of the Arkansas River just North of 71st south on Elwood Ave.

**From the west** exit off at 75 Hwy go South and then exit off at 71st South then go East to the first light at Elwood make a left hand turn going North and you will see the entrance to the park on your Right / east.

**From the South:** come up 75 hwy and exit off at 71st South, go east and turn left at Elwood ( the first light) the park will be on your right.

**From the East:** on I-44 exit off at 75 Hwy and go South, Then exit off at 71street South go east to Elwood ( your first stop light) and turn left. the park will be on your Right.

**From the North:** Come North on 75 hwy and exit off at 71st South. Turn left or east and go to Elwood ( the first Stop light) then turn left or North and the park will be on your Right.

**Parking:** the Equipment pit will be on the North side of the parking lot. Please use the grass and not the parking lot to set up tents and any gear you have. The parking is limited and we must share with all the other visitors.

**Entry Fees** is \$50.00 for solo and \$40.00 for all others per racer.

**Course:** Turkey Mountain is one of the hardest places to ride in the state it is very hilly and rocky. The course will be a 6-8 mile repeating loop designed by expert racers. Riders will be responsible for check-in on every lap and using the equipment pit only after checking in, READ THE RACE BIBLE!

### **Categories:**

Solo Men Solo Women	Awards and Cash 90% payback
2-person team	Awards and Cash
Co-Ed team (3)	Awards and Gear
4 person team	Awards and Gear
Cooperate team (up to 11 members)	Awards and Gear

\* *All NORBA rules apply.*

\* *Helmets must be worn at all times while on the bike.*

\* *All athletes must sign standard liability Release Waivers.*

\* *Promoter reserves the right to adjust all details concerning safety, participation, and weather.*

---

**Promoter:** Randall Clayborn (918) 639-4997

Thank you to the following Sponsors:

**K.O.R.S., Sun & Ski Sports, A Pair of Jacks, Maxxis tires,**  
**Sun Ringle, Cliff Wright Designs**



# OKLAHOMA STATE CRITERIUM CHAMPIONSHIP



Presented by The Tulsa Wheelmen  
**Saturday June 5<sup>th</sup>, 2004**  
**Part of the State Championship Weekend**  
**Bartlesville, OK**

RACE DIRECTOR – Adam Pratt (918-274-0001) garzilla@aol.com



**Course Description:** .7 mile L-shaped loop with six corners on good roads. Course is all slightly uphill or downhill. It is located in downtown Bartlesville around the ConocoPhillips complex.

**Directions:** From intersection of highways 75 and 60 (Adams Blvd), take 60 west 2.7 miles to Keeler Ave. Turn right 1 block to start/finish area. Parking at B'ville Community Center, 3 blocks east of start/finish. Map on reverse side.

**Registration:** Pre-registration for Crits and RoadRace 6-9:30PM Friday June 4th at Hotel Phillips, 821 S Johnstone Avenue, Bartlesville. Day-of-race registration opens at 6:30AM at start/finish area (See maps) and ends 30 minutes before start time. Riders must present valid USCF Racing License (available for sale race day), and completed and signed "2004 USA Cycling Standard Athlete's Entry Blank and Release Form".

**\$2500 TOTAL CASH PRIZES for categories shown, all riders eligible**  
**Medals for Top Three Places in each Class, Oklahoma riders only**

Categories	Race Length	Start Time	Prizes	Places	Entry Fee
Junior Men 15-16, 17-18	30 min	8:00 am	\$150	5	\$15.00
Women 1-4	45 min	8:45 am	\$150	5	\$15.00
Junior Women 15-16, 17-18					
Women 35+, 45+					
Junior Men 10-12, 13-14	5 laps	9:45 am	Medals	3	\$10.00
Junior Women 10-12, 13-14					
Citizens Men/Women	30 min	9:45 am	Medals	3	\$10.00
Men 50+, 55+, 60+	40 min	10:30 am	\$100	4	\$20.00
Men 40+, 45+	50 min	11:30 am	\$350	6	\$20.00
Men 30+, 35+	60 min	12:45 pm	\$350	6	\$20.00
Elite Men 3	50 min	2:30 pm	\$400	7	\$20.00
Elite Men 4/5	45 min	3:45 pm	\$400	7	\$20.00
Elite Men 1/2/3	70 min	4:45 pm	\$600	8	\$20.00

**Visit [www.tulsawheelmen.com](http://www.tulsawheelmen.com), Visit our sponsors!**

Races will be held rain or shine (but no lightning). USCF Permit No. 2004-939. All USCF rules apply - helmets required. Parent or guardian must sign entries for riders under 18. Promoter reserves the right to combine classes, cancel classes, adjust course length and start times. Fields with fewer than 7 competitors will be combined with other fields and not scored separately. Entry fee includes \$2 insurance surcharge.



**The Wheel**  
Bicycle Shop & Emporium







# OKLAHOMA STATE ROAD RACE CHAMPIONSHIP



Presented by The Tulsa Wheelmen  
**Sunday June 6<sup>th</sup>, 2004**  
**Part of the State Championship Weekend**  
**Bartlesville, OK**

RACE DIRECTOR – Rod Harwood (918-336-7546) rod\_h@sbcglobal.net



**Course Description:** A 21 mile loop over Osage County back roads. Course includes flat sections, rolling hills, and short steep up and downhill. Start/Finish at Woolaroc Park on Hwy 123, approx 11 miles southwest of Bartlesville.  
**Directions:** From Tulsa, take Hwy 75 north about 45 miles to Bartlesville; from Bartlesville take Hwy 123 south about 11 miles to Woolaroc.  
**Registration:** Pre-registration for Crits and RoadRace 6-9:30PM Friday June 4th at Hotel Phillips, 821 S Johnstone Avenue, Bartlesville. Day-of-race registration opens at 6:30AM at start/finish area (See maps) and ends 30 minutes before start time. Riders must present picture ID, valid USCF Racing License (available for sale race day), and completed and signed "2004 USA Cycling Standard Athlete's Entry Blank and Release Form".

**\$2500 TOTAL CASH PRIZES for categories shown, all riders eligible**  
**Medals for Top Three Places in each Class, Oklahoma riders only**

Categories	Distance(21 mi loop)	Start Time	Prizes	Places	Entry Fee
Elite Men 1/2	5 laps/105 miles	8:00 am	\$700	8	\$20.00
Elite Men 3	4 laps/84 miles	8:05 am	\$500	8	\$20.00
Elite Men 4	3 laps/63 miles	8:10 am	\$300	6	\$20.00
Masters Men 30+, 35+	3 laps/63 miles	8:15 am	\$300	6	\$20.00
Masters Men 45+	2 laps/42 miles	8:20 am	\$250	6	\$20.00
Junior Men 17-18					
Elite Men 5	2 laps/42 miles	8:25 am	\$150	5	\$20.00
Elite Women 1-4	2 laps/42 miles	8:30 am	\$200	5	\$20.00
Masters Women 35+					
Junior Women 17-18					
Masters Men 60+	1 lap/21 miles	8:35 am	\$100	5	\$15.00
Masters Women 45+					
Junior Men/Women 15-16					
Citizens					
Junior Men 10-12, 13-14	13 miles (point to point, start in Okesa)	8:40 am	Medals only	3	\$10.00
Junior Women 10-12, 13-14					

**Visit [www.tulsawheelmen.com](http://www.tulsawheelmen.com), Visit our sponsors!**

Races will be held rain or shine (but no lightning). USCF Permit No. 2004-940. All USCF rules apply - helmets required. Parent or guardian must sign entries for riders under 18. Promoter reserves the right to combine classes, cancel classes, adjust course length and start times. Fields with fewer than 7 competitors will be combined with other fields and not scored separately. Entry fee includes \$2 insurance surcharge.



**The Wheel**  
Bicycle Shop & Emporium



The Tulsa Wheelmen present:

# AVERY DRIVE TIME TRIAL SERIES

on Avery Drive in Tulsa, OK

## April 10<sup>th</sup>, May 1<sup>st</sup>, and June 12th 2004

RACE DIRECTOR – John Power (918-625-0985 or 918-663-0094) bicyclr@cox.net

**Race Description:** This is a series of three 10K time trials over the popular rolling hills of Avery Drive. Start/Finish will be at the base of Chandler Park. Riders will go out to Hwy 97 and back. Avery Drive will be closed to all traffic. Each rider's best two times will be added to determine the series winners.

### Directions:

**From OKC/Tulsa:** From I44, take Highway 75 North to Southwest Blvd. Exit on Southwest Blvd and go north to West 23<sup>rd</sup> street. Go west on 23<sup>rd</sup> (it turns into 21<sup>st</sup>) to the start finish line at Chandler Park. Follow the signs to registration up the hill in Chandler Park.

**From Kansas/Arkansas:** From Highway 51 and Highway 75, go south to West 23<sup>rd</sup> street. Go west on 23<sup>rd</sup> (it turns into 21<sup>st</sup>) to the start finish line at Chandler Park. Follow the signs to registration up the hill in Chandler Park.

**Registration:** The **field will be limited to 150 racers** each day to open Avery Drive by 10:00am. Rider start times will be assigned at registration. Registration opens at 7:00am and closes at 9:00am. First rider starts at 8:00am and riders will be sent off in 30 second intervals. There is NO pre-registration.

## \$1,500 IN CASH PRIZES!

Entry fee is for each race in the series. Prize payouts are for series winners and are paid out after the last race.

	CATEGORY	ENTRY FEE	PRIZES	Places
	Men 1/2/3	\$15	\$275	4
	Men 4/5	\$15	\$175	4
	Junior	\$15	\$175	4
	Women	\$15	\$175	4
	Women 40+	\$15	\$175	4
	Masters 35+	\$15	\$175	4
	Master 45+	\$15	\$175	4
	Master 55+	\$15	\$175	4

### Special Thanks to the Tulsa County Parks for their generous support!

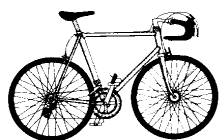
USCF Permit Pending. USCF rules apply - helmets required. All racers are required to have a current USCF license in hand. Parents or guardians must sign entries for riders under 18. Riders will be assigned start times at registration. Promoters reserve the right to combine classes, cancel classes, adjust course length and start times. Fields with fewer than 7 competitors will be combined with other fields and not scored separately.



VENTURE PROPERTIES



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



\*!?! ?!  
**TAKE ACTION**  
**Who You Gonna Write!**  
**Who You Gonna Call!**

**CITY PROBLEMS?**

**Mayor's Action Center:** 596-2100, Fax 596-9010.

**Tulsa City Councilors:** mail 200 Civic Center, Tulsa, OK 74103; phone 918-596-1900, Fax 596-1964.

**City Animal Shelter:** 669-6299

**STATE HIGHWAY PROBLEMS?**

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

**TULSA COUNTY ROAD 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, 918-596-2001.

**AIR QUALITY/OZONE ALERT QUESTIONS?** Tulsa City-County Health Dept. 918-744-7664.

**This month I took action. I made a call or wrote a letter to:** \_\_\_\_\_

**About:** \_\_\_\_\_

**Response:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**TW MONTHLY MILEAGE LOG**

Date: \_\_\_\_\_

Bike \_\_\_\_\_ Bike \_\_\_\_\_

Miles \_\_\_\_\_

Now: \_\_\_\_\_

Prev. \_\_\_\_\_

Month: \_\_\_\_\_

Month \_\_\_\_\_

Total: \_\_\_\_\_

Take current mileage shown on bike computer, subtract the previous month's "Miles Now" figure and the result is the distance ridden for the current month.

**RE-CYCLE-IT!**

**THE CLASSIFIEDS**

Where member ads are free!

**FOR SALE:** Lightspeed Tuscany, 57cm, Ultegra 9 cog, Thompson post, Aria Ti Saddle, Cane Creek headset, Control Tech stem, Spinergy Spox wheels, Lightspeed carbon fork, less that 200 miles. MINT CONDITION. No pedals. \$2,200. Call Muskogee 918-683-4497 or email [fredgdove@aol.com](mailto:fredgdove@aol.com).

**FOR SALE:** 2003 Mavic Ksyrium SSC SL's WITH 12-23 cassette/skewers. 3t Zepp 110 mm stem, 26.0 clamp Wheelset: Chris King Hubs, Campagnolo Tubular Rims, 28 hole, approx. 1475 grams, all silver. Retail Over 700.

\*\* Orbea XLR8R Frame\*\*--55 centimeter, Columbus XLR8R tubing throughout, Columbus Carbon wishbone seat stays. Contact me privately with any offers, Thanks again, Tom French

**FOR SALE:** 54cm Saeco Cannondale Caad 5 Aluminum Frame. Carbon fork with Aluminum steerer. Campy integrated headset. Good condition. Some scrapes and scratches on the paint, but nothing major. No dents. Missing little plastic cable guide that fits below bottom bracket shell. How much: \$280.00. Contact: (918) 640-1422 or [brmcMahon@yahoo.com](mailto:brmcMahon@yahoo.com). Thanks, Blake McMahon

*Re-Cycle-It* classified ads run for two months and are available free to members, (only \$7.50 for non-members); ads **must be submitted in writing by the 10<sup>th</sup> of the month**. Other advertising rates available upon request. Make check payable to **Tulsa Wheelmen**. Mail ad directly to *Marc or Beth Delametter, TW Newsletter Editors*, 4530 S. Louisville, Tulsa, OK 74135. or e-mail to [delafam@sbcglobal.net](mailto:delafam@sbcglobal.net). **DO NOT ATTEMPT TO PLACE ADS BY PHONE**

**BICYCLE WEB SITES**

**Adventure Cycling:** [www.adv-cycling.org](http://www.adv-cycling.org). Information on bicycle touring in the United States and worldwide.

**Bicycling Magazine:** name says it, [www.bicyclingmagazine.com](http://www.bicyclingmagazine.com).

**Bikes Belong! Coalition:** [www.outdoorlink.com/bikes-istea](http://www.outdoorlink.com/bikes-istea) Congressional bicycle advocacy.

**Bicycle Federation of America:** [www.bikefed.org](http://www.bikefed.org)

Bicycle issues and advocacy.

**Bike Plan Source:** [www.bikeplan.com](http://www.bikeplan.com) Great site for community bike planning information. (Yes, Tulsa planners, other people have already invented the wheel.)

**FreeWheel Oklahoma:**

<http://www.okfreewheel.com>.

Information about FreeWheel Oklahoma 22<sup>nd</sup> Annual Bicycle Tour, June 12-19.

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

Update information on the upcoming ISTEA legislation.

**League of American bicyclist:**

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

Bicycle advocacy.

**Mountain Bike Daily:**

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

Mountain bike stuff.

**Oklahoma Runner Magazine:**

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

Information Oklahoma running events.

**Runner-Triathlete:**

[www.runningnetwork.com/RunTriNews](http://www.runningnetwork.com/RunTriNews). Triathlon and running information by region.

**The San Francisco Exploratorium:**

[www.exploratorium.edu/sport/](http://www.exploratorium.edu/sport/).

The Science of Bicycling, facts and information.

**Sydney Morning Herald:** [www.smh.com.au](http://www.smh.com.au)

Because the 2000 Olympics is closer than we think.

**Transportation Policy Project:**

[www.islandnet.com/~litman](http://www.islandnet.com/~litman).

Discussion of positive and negative bicycling issues impacts. (Super site!)

**The Tulsa Wheelmen Web Site:**

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

**USA Cycling:** [www.usacycling.org](http://www.usacycling.org)

National and regional schedules.

**U.S. Olympic Committee:**

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

Olympic information including cycling.

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

The journal of bicycle racing.

**BECOME INVESTED IN TULSA BICYCLING  
JOIN THE TULSA WHEELMEN!**

**2004 Tulsa Wheelmen Membership and Renewal Application**  
**Membership expires one year from the last day of the month of enrollment date.**

Name: \_\_\_\_\_ Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone (Hm): \_\_\_\_\_ (Wk): \_\_\_\_\_  
Emergency Contact Name: \_\_\_\_\_ Phone (Day): \_\_\_\_\_ (Eve.): \_\_\_\_\_  
E-Mail Address: \_\_\_\_\_

The Tulsa Wheelmen, as a volunteer bicycle organization, expects members to help with at least two activities during the year.

I will be calling to help with \_\_\_\_\_ Racing \_\_\_\_\_ Touring \_\_\_\_\_ Advocacy \_\_\_\_\_ Events \_\_\_\_\_ Officers/Committee

Why did you decide to join the Tulsa Wheelmen? Friend \_\_\_\_\_ Other \_\_\_\_\_

Would you like to receive the newsletter electronically? Yes \_\_\_\_\_ No \_\_\_\_\_

The Tulsa Wheelmen will be publishing a list of members to members only. If you do not wish to be included in the list or if you wish to have part of the information excluded, indicate so by circling those items which you do not wish to have published:

**Name    Address    Home Phone    Work Phone**

Annual Membership Dues:      Adult: \$20, Family: \$25, High School Students or Over 65: \$10

**Note:** Memberships expire one year from month of enrollment. Amount enclosed: \$ \_\_\_\_\_

Make checks payable to: **Tulsa Wheelmen**, P.O. Box 52242, Tulsa, OK 74152-0242

Signature (of parent if applicant under 18): \_\_\_\_\_ Date: \_\_\_\_\_

**I acknowledge that cycling is a potentially dangerous activity and will hold harmless individually and as a group, the Tulsa Wheelmen and its members. Helmets are required to be worn by all cyclists on all Tulsa Wheelmen rides.**

\*\*\*\*\*

To verify Tulsa Wheelmen membership for a bike shop, detach below this line with address label attached.

**TW MEMBERSHIP + BIKE  
SHOPS = DISCOUNTS!**

Identify yourself as a Tulsa Wheelmen member by using your Tulsa Wheelmen Newsletter address section (on the other side), and receive up to 10% off on regular purchases from Tulsa area bike shops.

*Buy from a community bicycle shop.*

**Bicycles of Tulsa ..... 665-2453**  
**Cycles International ..... 252-7696**  
**G. Oscar's Bicycles ..... 582-1711**  
**Lee's Bicycles ..... 743-4285**  
**Lee's BikeMart ..... 250-8130**  
**Oklahoma Velo Sports .... 587-0574**  
**Sun & Ski Sports ..... 254-0673**  
**Tom's River Trails Bicycles**  
**..... 481-1818**  
**T-Town Bicycles ..... 492-8696**  
**Venable's Bicycles ..... 749-7563**  
**The Wheel Bike Shop ..... 587-5927**

**TULSA WHEELMEN RIDE  
GUIDELINES**

The Tulsa Wheelmen membership only supports responsible bicycling. The guidelines listed below are reminders to those participating in Tulsa Wheelmen rides of the kind of bicycling expected. Please ride responsibly and ask the same of others.

***Tulsa Wheelmen Ride Guidelines:***

1. Ride courteously and responsibly, obeying the rules of the road.
2. Always ride with your helmet on and secure.
3. Never ride more than two abreast, especially in a group. **Two by two looks sharp to drivers and other riders, and it's state law.**
4. Pass other cyclists on the left, i.e., never on the right, especially in a group.
5. Communicate your position to other riders, e.g., "I'm on your left."
6. Should another rider have a flat, verify that they have the situation under control. Offer to help.
7. Should you be involved in an accident with another rider, stop, check for injuries, exchange names. This is more than just a good idea; **as a vehicle operator, it's the law.**

**TULSA WHEELMEN  
BENEFITS**

By joining the *Tulsa Wheelmen*, you can take advantage of several benefits:

1. You join your voice with hundreds of others promoting responsible bicycling in Tulsa.
2. You support a wide range of weekly training bicycle rides.
3. You support annual bicycling tour events.
4. You join a club that presents the most complete bicycle racing program in the state.
5. You join a club affiliated with the *Oklahoma Bicycle Coalition* and the *League of American Bicyclists, Adventures Cycling* and the *United States Cycling Federation*.
6. You receive discount pricing at area bicycle stores.
7. You receive the most dynamic state bicycle newsletter and free classified ads for members.
- 8. Most importantly you are providing a place to work in support of bicycling for advocacy, racing, and road riding purposes in the community.**

## **Tulsa Wheelmen Newsletter Staff**

Managing Editors **Marc & Beth Delametter**  
hm: 918-749-4075  
[delafam@sbcglobal.net](mailto:delafam@sbcglobal.net)

Distribution **Tom Potter**  
437-9419

Web Site **Jeremy Stitt**  
hm: 918-461-0612  
[JSTITT@CITGO.COM](mailto:JSTITT@CITGO.COM)

Email Address *TW Newsletter*:  
[delafam@sbcglobal.net](mailto:delafam@sbcglobal.net)



**LANDPLAN  
CONSULTANTS  
INCORPORATED**

## **Tulsa Wheelmen Officers**

President & Past President **Brian Meahan**  
hm: 688-3386  
[Bmeahan@datathree.com](mailto:Bmeahan@datathree.com)

Treasurer **Amy Stitt**  
hm: 918-461-0612  
[SOONRGRL@YAHOO.COM](mailto:SOONRGRL@YAHOO.COM)

President Elect **Tim Carrigg**  
cell: 918-645-1143  
[TCARRIGG@PARKERPLASTICS.COM](mailto:TCARRIGG@PARKERPLASTICS.COM)

Secretary **Marc Delametter**  
hm: 918-749-4075  
[delafam@sbcglobal.net](mailto:delafam@sbcglobal.net)

Membership Director **Rod Harwood**  
hm: 918-336-7546  
[rod\\_h@sbcglobal.net](mailto:rod_h@sbcglobal.net)

Race Team Director **Keith Franklin**  
[kflandplan@aol.com](mailto:kflandplan@aol.com)

Race Director **Jeremy Stitt**  
hm: 918-461-0612 [JSTITT@CITGO.COM](mailto:JSTITT@CITGO.COM)

Avery Drive Clean-up **Tom Potter**  
437-9419

Advocacy Director **Sandra Crisp**  
hm: 918-688-8596,  
[CD.SL.CRISP@COX.NET](mailto:CD.SL.CRISP@COX.NET)

## **Tulsa Wheelmen Newsletter**

The official newsletter of the Tulsa Wheelmen, a membership organization established in 1978 to "...promote responsible bicycling in all its forms." Whatever your interests; fitness, racing, advocacy - our training rides, races, 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 10<sup>th</sup> of the month prior to publication. Send submissions directly to **Marc & Beth Delametter, TW Newsletter Editors, 4530 S. Louisville, Tulsa, OK 74135** or to **Tulsa Wheelmen Newsletter Editor, P.O. Box 52242, Tulsa, OK 74152-0242**.

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



**TULSA WHEELMEN**  
P.O. Box 52242  
Tulsa, Oklahoma 74152-0242

RETURN SERVICE REQUESTED



**INSIDE THIS ISSUE**  
RACE REPORTS  
RACE RESULTS  
RACE FLYERS ATTACHED

