

TW Editor:
Alan Good

Tulsa Wheelmen



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Newsletter



July, 2007

Volume 30, Number 7

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We have just completed the second Tulsa Tough and it was a tremendous success. From the stolen single speed bikes on Tuesday to 'Operation Build-a-bike' on Wednesday, to the Friday night thunderstorms to the gutsy men's race on Sunday, Tulsa Tough kept things on the edge and interesting.

We had 1,071 racers this year for all three days, up from 731 in 06, which represents a 47% increase over last year. Racers came to Tulsa from 26 states and from at least 6 different countries. The rides were a great success also, with 1,159 riders touring our beautiful countryside on Saturday and Sunday. This represents an increase of more than 2 1/2 times the number of riders we had last year (434). I think the word is getting out that if you ride a bike, the place to be in early June is Tulsa, Oklahoma for the Tulsa Tough.

This wonderful event could never take place without the help of hundreds of volunteers. One of the most satisfying things to see is the number of cyclists getting involved. Our club is critical to this volunteer effort because our members' have a wealth of talent and knowledge and also because of the willingness to share their talents. I think that almost everybody in the club helped in some way: Malcolm by giving an incredible amount of time and talent as the overall event director, Marc Delametter as the chief administrator and Mr. catch-all, John Power and his the corner marshals, the

registration personnel, the set-up and tear-down guys, the people that have ridden the courses and given suggestions on improvements. Again, the volunteers are the ones that made Tulsa Tough happen.

A few notes on the racing.

Friday PM:

The racing:

The evening started under threatening conditions with strong thunderstorm cells moving our way. The racing got started with the Cat 3's on dry pavement with everybody staying upright. That didn't last long - rain and pavement surfing started and went to the end of the race with Kary Cummins attacking with a little more than a 1/2 a lap to go and almost holding it to the line. Kary ended up with an impressive 3rd place finish while (the soon to be a Cat 2) Christian Helmig (Mad Duck) won and Bobby Veremma (Team Einstein) finished second. The women's race started wet and stayed that way, but with lightning closing in, a one-lap warning was given and the race was shortened. Jen McRea (Williams Wheels) made the best of the situation and won the race in front of Shontell Gauthier (Team Ultralink) and Betsy Galenti (America's Dairyland). The men's race was delayed to allow the storms to pass. So, they started wet, but rode the course dry with Successful Living controlling the race. With 5 to go, Successful Living lined up 5-6 guys on the front and stayed on it and took first - Ricardo Escuela and second -

Alessnado Bazzana with Jeff Hopkins of Jittery Joes rounding out the podium. A very impressive ride by the Successful Living team.

Saturday:

The weather finally cleared out and we had a great day of racing and riding.

Unexpected excitement:

I actually got to race the Cat 3 race this day and could hardly hold my position. It always amazes me how quickly you can lose your fitness... The course was great with the two high speed corners smooth and fast. On lap three, a rider seemed to think that he needed to advance immediately to the front on the decent onto Brady. He attacked down the right hand side in the gutter and hit a crack and lost it. He went right and his bike went left. I was behind and slightly to the left of Chris Zenthoeher when Chris bunny hopped the carbon bike, but, on the way over it he touched the bike (and crunched it a bit) and the bike launched itself. The bike was now heading for me and I thought 'I am not going down and certainly not this early' so I recoiled and bounced the bike off my right upper arm out on to the side walk. That was about the most exciting thing that happened to me in the race besides finishing upright with the bunch.



TULSA TOUGH RIDE & RACE

Tulsa Tough (Continued from page 1) by Tim Carrigg

Sunday:

A gutsy race by locally based Brian Jensen. HRRC/Trek Stores of Lawrence KS:

A break got away from the field that included Brian Jensen of HRRC/Trek Stores, Michael (JR) Grabinger and Curtis Gunn of Successful Living and Brad White of Einstein. Once they made contact with the back of the field, Brian Jensen went directly to the front of the field and attacked again on a huge crowd prime lap (\$347) along with a Hotel San Jose rider. Now the two of them decide that they will go for the line with about 8 laps to go. After one lap, the Hotel San Jose rider drops his chain on the climb and has to dismount to get it back on the chain ring. This leaves Brian the tough

choice of waiting and maybe getting caught or attempting to go it alone. He feels that he has to go and now has about 6 ½ laps to solo to win. Meanwhile, JR of Successful Living, which is on the same lap as Brian, is bridging across and finally joins him. JR will not work because he has his teammate that is also on their lap (Curtis Gunn) sitting in the field waiting to attack if the pair is brought back. Brian, at this point figures that he will work to try to stay away and maybe something will happen that will give him a chance to win. He knew that the odds were against him, but second was better than a pack finish. With a little less than two laps to go, JR attacked on the hill and stayed on the gas to the final corner before letting up.

Brian managed to get on and stay put until JR let up. This was that 'something' that needed to happen to give Brian a chance to win. Now they go through with one to go and get the bell with Brian stuck on the front. He attacks half way up the hill at the corner and gets a gap and stays on it. JR finally gets on and they descend together to the last corner. Brian then attacks from the front right after the bottom of the hill after the last corner. He gets a gap that is closed by JR and then it is a drag race to the finish. JR pulled out to go around Brian with about 120 meters to go, but could not get around Brian and Brian took a very impressive victory on the toughest course of the weekend.

Top Performers: Baldwin City Omnium

Lauren Miller

Women's Cat 4

1st Place

No picture available

Top Performers: Baldwin City Omnium

Phil Stauner

Cat 4

1st Place

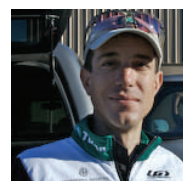


Top Performers: OK ST TT Champ

Will Gault

Master 35+

1st Place/Gold Medal

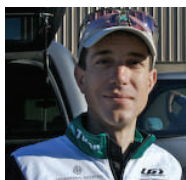


Top Performers: OK State RR Champ

Will Gault

Cat 2

Gold Medal



Top Performers: OK State RR Champ

Jeff West

Cat 5

Gold Medal



Top Performers: Speedwheel Crit

Jeremy Stitt

Cat 3/4

1st Place



Tulsa Wheelmen News

- **Chris Genske & Jeff West** Category upgrade 5 to a 4. Congrats!
- **Monthly Award Winners:**
Eric Melton Racer of the Month
Rafael Santiago Teammate of the Month
Darren Fritz Volunteer of the Month

- Special thanks goes out to **Ron LeMieux** (Saris Cycling Group-Regional Manager) for all his help allowing cyclists to use his CycleOps trainers at Joe Martin and Tulsa Tough. See article next issue on the trainers.
- Remember to pay your TW membership dues. This is critical to the club. Contact Edgardo Delgado to pay dues. Thank you.

Did You Know?

- **Eric Melton** and **Nathan Leigh** are tied for most race days (thru 5/31) with 18
- CTCA/TW have 23 wins so far in 2007 (1 more than entire total for 2006)
- **Davis Hale** and **Lauren Miller** lead the team with 4 wins a piece

July 2007: Rides & Events Calendar

Visit www.tulsawheelmen.com for an extended list of upcoming events.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 <i>Tulsa Crit Series</i>	4	5	6	7 8AM Racer 's Training Ride Matrix Crits Dallas, TX
8 8 AM Racer's Training Ride Matrix Crits Dallas, TX AR ST RR CH	9 CTCA/General Mem. Mtg 6:30 PM Race Meeting to follow at 7:30 PM	10 <i>TW Crit Series</i>	11	12	13	14 8AM Racer 's Training Ride KS Jr & Master RR Champ (Pittsburgh, KS)
15 8 AM Racer's Training Ride KS Jr & Master Crit Champ (Pittsburgh, KS)	16	17 <i>TW Crit Series</i>	18	19	20	21 8AM Racer 's Training Ride Fire Hill Crit Edmond, OK
22 8 AM Racer's Training Ride	23	24 <i>TW Crit Series</i>	25	26	27	28 8AM Racer 's Training Ride Dehydrator RR (Duncan, OK)
29 8 AM Racer's Training Ride Queen City Crit (MO)	30	31 <i>TW Crit Series</i>	1 AUG	2	3	4 8AM Racer 's Training Ride Wicked Witch RR (KS)

Cat 4 Teamwork Earns Tulsa Tough Win by Kyle Freeman

Go ahead. Read the headline again. You know you need to. You read it right. "Cat 4" and "teamwork" used in the same sentence. You never thought you would see that, did you? However, it is true. For the second year in a row, Phil Stauner came away with the only Tulsa Wheelmen win at Tulsa Tough, but this year he had much more help from his teammates than he did last year when we were all Cat 5s.

We had a strong contingent of ten Tulsa Wheelmen out of a field of fifty-five for the Cat 4 Brady Village Crit on Saturday, June 3rd. I cannot say we came into the race with a complete plan, other than to attack and counter-attack (as Kary Cummins has taught us at the practice crits) and hope something sticks. The race started off at a strong pace. Other teams tried a few attacks on the small hill on the back side of the course, but nothing dangerous ever developed. As is usual in a Cat 4 race, the entire field chased all attacks.

Just under half way through the race, we had our first real fireworks of the day, in the form of a wreck. At the first turn at the top of the small hill, the pack bunched up around the corner. I first heard the usual cursing, followed by the scraping sound of bikes hitting the pavement, followed by a gunshot. Unfortunately for our own Dustin Weaver, he was caught behind the originators of the wreck, and that "gunshot" was the sound of his tire blowing out. Dustin was physically all in one piece, thanks mostly to the fact that he landed on grass, but his bike did require two new wheels. If you have not seen Joey Bayles' spectacular pictures of this wreck, you need to check them out on Darren Fritz's website at www.darrenfritz.com/tulsawheelmen/.

Finally, about thirty minutes into our one hour crit, Phil attacked on the hill and started stringing things out. Although he and a few others created a gap, the distance initially was not significant. Phil then stepped up the pace again and established a true breakaway group of about five racers from various teams. Having raced and trained with Phil over the past year, everyone on our Cat 4 team knew he was the strongest rider in the breakaway, so we immediately started doing what we could to follow any attacks in the chasing group and disrupt the flow of any collective effort to bring back the breakaway. At moments, it looked like the breakaway

would not last, but Phil kept the pace high and, after about ten minutes, dropped everyone from the breakaway except a CRRC rider. From that point on, we knew Phil would win if we could preserve his breakaway, so we had to counter repeated attacks from the field.

For the remainder of the race, we kept one or more Wheelmen near the front



of the chasing group to cover attacks and block. Every single lap saw another rider from another team attack on the back side of the course, only to be thwarted by a following Wheelman. Soundpony would try, then BOT, then Oz, then Mercy, then SKC, etc. If anyone was going to bridge to Phil, they were going to be forced to tow another Wheelman with them. It was a thing of beauty. I personally had a great time doing my part for Phil, especially late in the race when the chasing group became noticeably frustrated by our teamwork. One of the Soundponies attacked late and then yelled for me to pull through and help. When I reminded him that we had a fellow Wheelman up the road, he just muttered something at me and gave up his attack. Other attackers would put in their initial flat out effort, give a quick glance back to see if anyone followed and then slump and slow down when they saw that yet another Wheelman was on their wheel.

With two laps to go it was over. That is when our chasing group paraded through the start/finish area with five Wheelmen blocking the front. Brian Metz, Darren Fritz, Edgardo Delgado, Rafy Santiago and myself were all up front slowing the pace, which allowed Phil and his breakaway to get out of sight and caused the field to finally quit the chase. I even overheard the announcer, Dave Towle, comment about the teamwork being displayed by the Tulsa Wheelmen and how uncommon that is in a Cat 4 race. Pure

delight for the good guys in green and white, and complete frustration for everyone else.

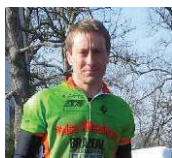
Phil went on to win the race as we expected. I could not tell you how that finale happened because I could no longer see Phil. In the main group, two racers attacked at the bell lap, and I followed. I am not a sprinter like Darren and Rafy are, so my only chance for a 3rd place finish was to follow the attacking two, hope they created a gap and then try to beat them. Even if that did not happen, I was then hoping that we could increase the pace and Darren and Rafy could follow and then work their magic in the sprint. One of the attackers I was following gave it up after about half a lap, and the other one started slowing on the hill. I tried to keep the pace high on the descent by the Brady Theater and went hard after the last turn, but I started running out of gas before the finish. Rafy and Darren blew by me as usual, so we ended up with the win by Phil and a total of four riders in the top ten. A very good day.

I must note that our willingness to work together for the benefit of our teammate was greatly helped by a Cat 4 training ride Phil helped organize and the Tuesday night (otherwise known as "rain night") practice crits. Two weeks before Tulsa Tough, five of us from the Cat 4 team did a long training ride together from the DOT facility to the Skiatook area and back, with Phil playing the part of Janne and putting in random, hard attacks to force all of us to train more aggressively. Then, in the B Race practice crit on the Tuesday preceding Tulsa Tough, Phil again made multiple attacks that softened up the group and allowed me to pick up a breakaway win. While I was off the front, Phil, Dustin Weaver and other TW teammates were doing their part behind me to protect my gap. Fortunately, I was able to help return the favor to Phil at Tulsa Tough.

Numerous factors contributed to Phil's win, such as his aggressive training and racing, his "Eye of the Tiger" (i.e., his tattoo) and his sacrificing teammates; however, the ultimate deciding factor was apparently Phil's daughter. Phil informed us that he has won every race his daughter has attended. Therefore, we will hereafter designate one team member for each race whose sole domestique responsibility is to ensure Phil's daughter attends the race. Congratulations to Phil and the entire Cat 4 team on an impressive win and team effort at a great event. As Dave Towle would say, "Phil Stauner is Tulsa Tough!"

Tulsa Wheelmen

Meet the Team (Name-Race Category) New Team Member for 2007



Tom Shriver-3



Nathan Leigh-2



Brian Metz-4



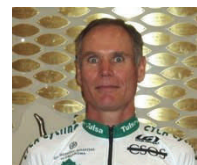
Kary Cummins-3



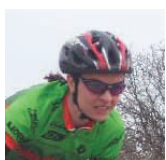
Chris Cauthon-4



Alan Good-3



Keith Franklin-2



Jennifer Johnson-4



Ben Thigpen-3



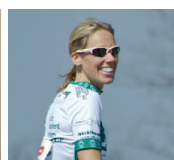
Cheryl Thigpen-3



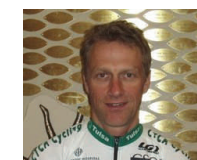
Traci Haines-4



Phil Stauner-4



Amanda Erwin-4



Janne Hamalainen-1



Tim Carrigg-3



Will Gault-2



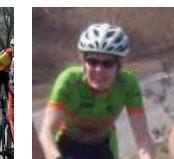
Edgardo Delgado-4



Jeremy Stitt-3



Jim Bohanon-3



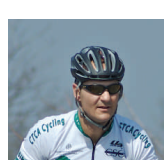
Heidi Gault-4



Scott Gibson-1



Randall Clayborn-2



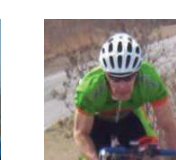
Greg Ingram-3



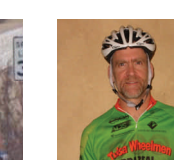
Ben Silk-3



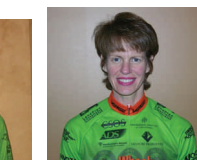
Russell McMahon-3



Gary Breipohl-3



Pete Lantz-4



Barb Landreth-4



Brandon Johnson-4



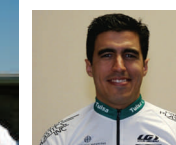
Kyle Freeman-4



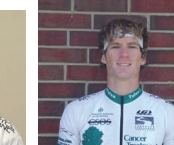
Darren Fritz Cat 4



Ben Grabow -5



Rafael Santiago-4



Davis Hale-3



Mitch Houtman-3



Eric Andelin-4



Joey Bayles-5



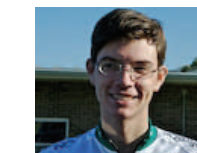
Elizabeth Berman-4



Milus Clarke-5



Mark Delozier-5



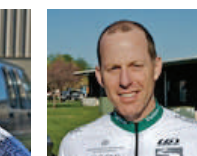
Eric Doswell-5



Chris Genske-5



Byron Harvison-4



Andy Malcom-1

Eric Melton-2

Lauren Miller-4

Don Tardiff-5

Dustin Weaver-5

Jeff West-5

Tulsa Wheelmen Info Pages (July 2007)

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	Johnson Park Parking Lot	5:30 PM (sharp for competitive group!)	3/D/c-d	Starts Apr 5th
Sat/Sun	Racer's Training Ride	45th & Madison	8 AM	4/C/c-d	Year round
Sun	Racer's Training Ride	Wright School	8 AM	4/C/c-d	Year round

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
www.bicycling.com
www.outdoorlink.com
www.bikefed.org
www.bikeplan.com
www.okfreewheel.com
www.istea.org
www.bikeleague.org
www.mountainbike.com
www.runningnetwork.com
www.tulsawheelmen.com
www.usacycling.org
www.olympic-usa.org
www.velonews.com
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

MALCOLM LAW
THE LEGAL SPECIALIST



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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Webmaster: Kary Cummins & Jeremy Stitt

Team Nutritionist:

Lenka Humenikova

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

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 Traci Haines, Membership Director (info on left)



Tulsa Wheelmen

P.O. Box 52242

Tulsa, OK 74152-0242

Return Service Requested



Adventure Cycling Association

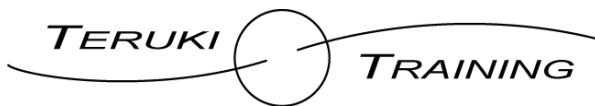
Inside This Issue

Tulsa Tough by Tim Carrigg

Cat 4 Tulsa Tough by Kyle Freeman

CTCA/TW Top Performers

2007 Tulsa Wheelmen Sponsors



We're on the Web!
www.tulsawheelmen.com