



Tulsa Wheelmen

RIDES AND EVENTS CALENDAR

November 2004

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
October 31 No Wimps - Tailwind Ride, 8 a.m. Day Light Savings Time Ends	November 1	2	3	4	5	6 No Wimps - Tailwind Ride, 8 a.m.
7 No Wimps - Tailwind Ride, 8 a.m.	8 GENERAL MEM. MTG - MAZZIOS AT THE FARM - LOWER LEVEL 6:30PM Race Team Mtg. to Follow	9	10	11	12	13 No Wimps - Tailwind Ride, 8 a.m.
14 No Wimps - Tailwind Ride, 8 a.m.	15	16	17	18	19	20 No Wimps - Tailwind Ride, 8 a.m.
21 No Wimps - Tailwind Ride, 8 a.m.	22	23	24	25 Thanksgiving Day	26	27 No Wimps - Tailwind Ride, 8 a.m.
28 No Wimps - Tailwind Ride, 8 a.m.	29	30	December 1	2	3	4 No Wimps - 8 a.m. Tailwind Ride, Noon
5 No Wimps - 8 a.m. Tailwind Ride, 1:00PM	6	7	8	9	10	11 No Wimps - 8 a.m. Tailwind Ride, Noon

Rides & Events

Ride Classifications

Miles	Terrain
1 - under 10	A - Flat
2 - 10 - 20	B - Grades
3 - 20 - 40	C - Some hills
4 - 40 - 70	D - Many hills
5 - 75 - 120	E - Severe hills

Average Speed in mph.

a - 4-8, leisure b - 7-12, touring
c - 13-17, fast d - 18+, racing

Important Notice: The *Tulsa Wheelmen* only support responsible bicycle riding. riders on *Tulsa Wheelmen* rides acknowledge cycling is a potentially dangerous activity 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 on all rides including not riding more than two side by side.

vv Weekly Rides vv

*Note: Times are when wheels roll.

Any Day, Bike-To-Work Day,

Bicycle to work at least once a week (or more!) and make Tulsa a better community while giving yourself more time on your bike.

Monday, DoT Ride, (3/D/c-d) 4000 N. Hwy
169, 6 p.m. (Sp/Su/Fal). Starts April '05

Tuesday Night World Championships Ride
(4/C/d) Starts at the River Parks, Riverside
and Southwest Blvd. 6 p.m., 40 mile training
ride. Very fast. (Sp/Su/Fal). Starts April '05

Tuesday Night Fixed Gear Trail Ride, (3/A/c) Starts at 41st and Riverside, 6:00pm, fixed gear training ride on the Rivertrails. Lights needed.. (Winter Only). Starts Jan. 4th

Wednesday Night Trail Ride, (3/A/c) Starts at 41st and Riverside. 6:30pm. Lights needed. (Winter Only). Starts Jan. 5th.

**Thursday, Tulsa Wheelmen/Bicycles of
Tulsa Summer Criterium Series, (1/A/d)**
Holiday Hills City of Tulsa Safety Training
Facility, 6 p.m. (Starts May '05)

Saturdays/Sundays, Tailwind Training Ride, Noon Sat., 1:00pm Sun. (**Switches to Noon on December 4, 2004**) (4/C/c-d), 45th and Madison, Wright School (one block west of Peoria on 45th), west parking lot. Distance will vary on this quick paced ride. Route begins into the wind for a tailwind return. (year round).

Saturdays/Sundays, No Wimps Ride, 8 a.m. (4/C/c-d), 45th and Madison, Wright School. Distance & route same as noon ride. Contact John Power for more info (year round).

Mountain Bike Riding

Any Day Call-up and Ride, Call Pat at Bicycles of Tulsa, 918-665-2453, or David, or Mark at T-Town Bicycles, 918-496-8696.

^PUT YOUR RIDE HERE^

Are you doing a weekly ride that isn't listed here, but should be? If so, please send information to **Tulsa Wheelmen Newsletter**, Attn: Rides & Events, P.O. Box 52242, Tulsa, OK 74152-0242.

THANK YOU! *event volunteers, event directors and sponsors, newsletter contributors, QuikTrip Corp. and to all the cyclists who bicycled to work showing Tulsa that Yes!, it can be done..."* **THANK YOU!** *You ARE making Tulsa and bicycling in Tulsa better!*

***SIGN UP A NEW MEMBER.
MEMBERSHIP APPLICATION
ON INSIDE BACK PAGE!
YOUR RECOMMENDATION
ENSURES THAT THE CLUB
WILL GROW!***

Membership and Address Correction

If you are a member and not receiving your newsletter, contact **Rod Harwood**, Membership Director (home: 918-336-7546)
eMail:rod_h@sbcglobal.net



UPCOMING EVENTS

**Mon. 11/8 Tulsa Wheelmen General
Membership Meeting: 6:30pm
Mazzios at the Farm.**

**FOR MORE DETAILED EVENT
INFORMATION SEE OUR WEBSITE
AT WWW.TULSAWHEELMEN.COM**



ALPINEER



N *Tulsa Wheelmen* NEWSLETTER

Vol. 27, No. 11

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

November 2004

THE EDITOR'S PEN FOR NOVEMBER 2004: NEW OFFICERS FOR 2005

By Marc Delametter

Well there are now some new (and old) faces located in the Tulsa Wheelmen Corporate Offices. Seems like a lot of big, successful organizations have been changing out leadership lately and, of course, we wouldn't want to be left behind. Also, our by-laws kinda say we have to, this time of year any way. At our last General Membership meeting the following officers were elected:

President – Tim Carrigg
Treasurer – Beth Delametter
Secretary – Marc Delametter
President Elect – Open

Of course our Past President, Brian Meahan will still be involved in helping our new President, Tim Carrigg. So if you see any of these people out and about in Tulsa, don't forget to congratulate them. Here's to another great year in 2005.

OKLAHOMA BICYCLE COALITION LICENSE TAG

By Sandra Crisp

A bill authorizing OBC License Plates was signed into law June 9, 2004. The relevant paragraph of the bill (1994) reads as follows:

"26. Oklahoma Bicycling Coalition License Plates – such plates shall be designed and issued to any person who is a member of the Oklahoma Bicycling Coalition. The license plates shall be

designed in consultation with the Oklahoma Bicycling Coalition;"

Two requirements were placed on our tags by the legislature. First, because of the way the paragraph was worded, proof of OBC membership is being required. This can be taken care of by purchasing a non-voting membership from OBC for \$8 (a regular membership is \$20). You will receive a card in the mail from OBC that can be used to order your plates. An OBC membership application form is enclosed. The other requirement, which was also placed on other specialty tags authorized this year, is that 100 prepaid applications have to be received by the state within 180 days of July 1st (by December 28th). The plates won't even be designed until this condition is met.

OBC members previously specified that these are to be "Share the Road" license plates similar to those already offered in other states such as Florida and recently introduced in Texas.

OBC is not getting any proceeds from the sale of the actual license plates, so they are priced quite low, only \$17 each. This is much less than many other specialty tags being offered in Oklahoma and elsewhere. Please support bicycling in Oklahoma and the message to "Share the Road" by ordering these plates for all your motor vehicles while we have this opportunity.

COMMUNITY CYCLING PROJECT

By Sandra Crisp

The Tulsa Wheelmen Bicycle club is involved in multiple aspects of cycling. An example is the Community Cycling Project, which is a community outreach

project of the Tulsa Wheelmen in partnership with Tulsa Parks.

The Community Cycling Project provides bicycles, gear and training for year-round commuting to individuals referred by local social service agencies as being able to benefit from having a bicycle for transportation.

Included in this months Newsletter are the following forms and instruction to be used by referring agencies:

- CCP Referral Form Letter
- CCP Letter for Referring Agencies to Give to Participants
- CCP Follow-up Questionnaire
- CCP Guidelines and Requirements for participation in the Program

Donations to the Tulsa Wheelmen Community Cycling Project are tax deductible. A copy of the Tulsa Wheelmen's 501(c)(3) determination letter is available upon request.

Besides bicycles suitable for commuting, we need:

- Helmets
- Mirrors that attach to glasses or helmets
- Protective Cycling Glasses
- Rear racks
- Fenders
- Panniers
- Bungee cords
- Front and rear lights
- Batteries (rechargeable w/charger preferred)
- On-bike tool kits (frame pump, patch kit, allen key multi-tool, small crescent wrench)

(Continued on Club News Page)



Tulsa Wheelmen Club & Race News

COMMUNITY CYCLING PROJECT

(continued)

By Sandra Crisp

- Floor pumps with gauges
- Locks
- Bicycle Oil
- Rain gear
- All weather gloves suitable for bicycling
- Water Bottle Cages
- Water Bottles (preferably new)
- Funds to buy any of the above not donated

Contact Tulsa Wheelmen Advocacy Director, Sandra Crisp at scrisp@ci.tulsa.ok.us or 918-688-8596 with any questions or to make arrangements for donations of good bicycles or gear (new or used).

Checks should be sent to:

Tulsa Wheelmen Community Cycling Project
Attention: Treasurer
P.O. Box 52242
Tulsa, Oklahoma 74152-0242

Thank you,
Sandra Crisp, Advocacy Director
Tulsa Wheelmen



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CALIFORNIA DREAMIN RACE REPORTS

By Janne Hamalainen

Masters 35+ Crits Saturday/Sunday

Saturday's race started out fast. They were several attacks early on but everything was brought back quickly. Texas Roadhouse with 4 riders (including 6th place finisher from last years 35+ Nats road race) started doing back-to-back attacks about half way into the race so I decided to move up. After I brought a couple of them back, Paul Kavan (Florida 2002 Cat 12 TT Champ) countered and I was able get behind his wheel and away from the field. About a lap later, Radisa Cubric (2003 Nats 40+ RR 1st, Crit 2nd) bridged up to us. The field continued to chase during the remaining 20 mins and we never got more than 18 secs on them. Kavan attacked w/ 3 laps to go but I was able to chase him down. I was toasted by the final lap and just happy to finish 3rd. Cubric got the sprint by 1/10 sec. Jeff Orr (2004 Nats 35+ Crit 3rd) got the field sprint for the 4th place.

The Texas guys didn't return Sunday and the race didn't seem quite as fast early on. I decided to ride more aggressively since I already got a 3rd place finish. 15 mins into the race, I helped split the field. (Not tough - 180 degree turn after a tailwind section) but I could not get a break mix that would stay away. Two laps later, I attacked hard after the turn and got away. First Kavan bridged up to me and then Cubric (Cubric finished 8th in the Pro12 race Saturday). We stayed together till the final lap. I attacked again after the 180 turn and got away for a little while but Cubric chased me down (can't say I was surprised). After the final turn, Kavan and Cubric were more concerned about each other so I jumped early. Unfortunately, they caught me just before the finish. Same order of finish but I was only .1 secs from the 2nd and .3 sec from the first place. At least I made them work.

Janne

BEVERLY BERRY **VOLUNTEER OF THE** **MONTH**

August's Beverly Berry VOM award goes to Adam Vanderburg. Adam won the award for his efforts to organize the Little 100 events. Thanks Adam for your hard work and congratulations.

Tim Carrigg



Tulsa Wheelmen Race News

MERCY CELEBRITY CLASSIC RACE

REPORT

By Jeremy Stitt

Scott Walnofer (Tyson) is fast - he held me off in the sprint on Saturday. Mitch busted his ass to keep me up front and close to Scott on the last lap. I was sitting on Scott's wheel and I waited to just after the last turn to wind it up. I gave it everything, but couldn't get around him before the finish line. 3rd was OK, but I really wanted 1st. I tell you this because I was pissed and I really wanted to beat Scott Sunday. (Koyle Olson won, but he was catted up to a 3 that night - sandbagger...)

Sunday, I figured that since Scott had sprinted so well, I would attack him earlier. But you have to hear the whole story about Sunday's race, it was one of the most unbelievable races of the year!

Two laps into the race, a break goes up the road. Mitch is in it along with a Mercy rider and a Tyson rider - the three biggest teams in the race. I thought it was over because no one was going to chase. I also knew Mitch would kill those guys in the sprint, so I was content to sit back and let it happen.

The three guys are away for several laps, putting time into the field on each lap. I'm sitting on Brian "the Plywood" Meahan's wheel for a long time - he is a great draft and he is keeping me close to the front until he gets pushed back.

Then, a Kansas City Rider attacks hard. I follow but I'm struggling to stay on his wheel - he is strong! The field is shattered and he is standing up for almost a full lap! We come around the first turn and he suddenly dives to the inside of the road. I'm spent and confused and I look up to see Meahan trying to get out of the way. I've got nowhere to go! I crash into Meahan! The podium girls are laughing at us! I'm OK, but dazed and disoriented. Meahan is telling me to go to the wheel pit to get my free lap and I'm like, "Oh yeah! The wheel pit!"

I ride the course backwards and go to the pit (they had neutral wheels, very cool!). The mechanics and officials don't notice me, but my bike is fine, so I just get ready to jump back in the race on my own. The three riders in the break come up, and I see the KC guy still chasing behind - he's almost caught them. I jump on the KC guy's wheel. I take a deep breath and evaluate what has just happened.

The field starts to come back together and with 5 laps to go, they call a \$50 dollar prime! I'm thinking to my self, "Man, I took third yesterday and only got \$49. I'm going for the prime!" I drift back a few spots and wait until the long straight on the back of the course. I attack and go as hard as I can. I take the corner at over 30 mph - my rims are almost scraping

the asphalt I'm leaning over so much. I look back after the second turn and they are chasing, but they are 50 or 60 meters back. By the time I make it to the finishing straight, I can sit up because there was no way they are going to catch me. I take the \$50 bucks and get back in the group to recover for the finish.

I'm a little blown, but I could manage that tactic one more time for the finish. It worked the first time, right? This time, I wait a little longer - three corners before the finish on the last lap - I attack again. It works and I get a good gap 30-40 meters, but when I look back, I see Walnofer has jumped and is coming up strong. I think I've got a big enough gap that I can hold him off but when I turn the last corner, I've only got 10 meters on him! I stand up and sprint for all I'm worth, my legs are screaming at me. I can't see him but I see his shadow slowly coming up behind me. At the finish, he gets me by a wheel. I take 2nd in the race.

After I finish my recovery lap, I ride up to Meahan who looks very serious. I think he is going to joke about the wreck or something, but instead he says, "Dude, the officials didn't see you in the wheel pit, so they had you down a lap. They kept wondering why you were sprinting for everything."

I can't believe it. My sprint for the prime, my 2nd place finish, and my 2nd place in the omnium (points for the weekend) are all gone. I sat in that freakin' wheel pit for 2 minutes and waited for the break to come around while the mechanics and officials are talking about how much beer they drank last night. I was beside myself!!

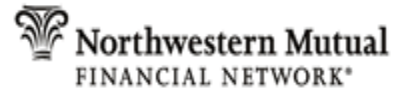
I calmly discuss the situation with Sandra Jones and she asks me to show "evidence of the crash". I showed her my ripped bar tape and road rash on my right butt cheek which impressed her very much. After seeing my butt she over-turned the decision to relegate me (coincidence?). I went from 2nd, to 20th, to 2nd again - all after the race was over and I didn't even ride a lap! Talk about your emotional roller coaster!

For me, nothing can top that race - my season is finished.

PARKER
PLASTICS
INC



ALPINEER



✓ **YES!** I want to be a member of the Oklahoma Bicycle Coalition!

Name _____

Address _____

City, State, Zip _____

Day Phone _____ Evening Phone _____

E-mail Address _____

- ☐ \$ 8 Living Easy Nonvoting Member
- ☐ \$ 20 Individual Membership
- ☐ \$ 35 Joint/Family Membership
- ☐ \$ 50 Club Membership: Designated Person _____
- ☐ \$ 60 Bike Shop Sponsor Membership: Designated Person _____
- ☐ \$ 100 Corporate Sponsor Membership: Designated Person _____
- ☐ \$ 500 Patron Membership: Designated Person _____

Please enclose check or money order made payable to:

Oklahoma Bicycle Coalition

2619 S. Mar Vista Street

Stillwater, OK 74074

Let us know how you use your bicycle:

- How many miles do you ride per year? _____
- How many times do you ride per month? _____
- Are you a bike commuter? _____
- Do you ride your city's bike paths? _____
- Do you ride on streets and highways? _____
- Do you ride off-road trails? _____
- Did you buy your bike from a bike shop?
- Do you belong to any bike club(s)? _____

Please list: _____

Would you like to be added our OBC Discussion Group E-list?

www.oklahomabicyclecoalition.com



Community Cycling Project

REFERRAL LETTER/APPLICATION

HOW TO:

Fill in the blanks and print on your letterhead.

IF IT DOES NOT FIT, DELETE EVERYTHING ABOVE THE DOTTED LINE.

SEND TO:

Tulsa Wheelmen
Community Cycling Project
C/o Sandra Crisp, Advocacy Director
2303 N Osage Ave
Tulsa, OK 74103
Phone: 918-688-8596

.....
Please consider this letter a referral of (client's name) _____
to the Tulsa Wheelmen Community Cycling Project.
The recipient's information is as follows:

Address and Telephone of Recipient:

E-Mail Address _____

Weight _____ Height _____

Inside leg length (from the floor up between the legs) _____

Last time on a Bicycle _____

Special Considerations such as a training aide or physical limitation:

Please Check All That Apply:

____ Yes, the recipient can attend Saturday training from 6 am - 8 pm in its entirety.

____ Yes, the recipient can attend Sunday training from 6 am - 8 pm in its entirety.

____ No, the recipient cannot attend weekend training.

**I understand that it may take up to a year to accommodate people who weigh more than 250 lbs. or who are shorter than 5'0'' tall or taller than 6'2''. Please contact us for more information.

Sincerely,

PRINTED name

PHONE NUMBER

Signature

This must be on your letterhead.



Community Cycling Project

To recipients:

- We will provide you with a bicycle as soon as we have one that fits your sizing needs and also at a time when you are able to attend a weekend training course.
- In some rare cases it may take 8 months before you receive your bicycle.
- If you provide us with perfectly accurate sizing information, you will receive your bicycle sooner.
- All of our bicycles are donated and refurbished by our volunteers and participating bike shops to work like new.
- Now that you have been enrolled in the program, we are working hard to build a bicycle that fits your sizing needs. We can't say exactly how long this will take, but we will contact you when your bicycle is ready. We may be waiting for a donated bicycle that fits your sizing needs.
- We will call you or your caseworker to schedule you for a training class when we have a bike that fits you.



Community Cycling Project Follow-Up Questionnaire

Agency: _____

Contact: _____

Name of Recipient: _____

Please check the appropriate box(es).

1. For what purpose(s) does your client use the bicycle?

- ☐ Work ☐ Errands ☐ Recreation ☐ Find Work ☐ Improve Health
☐ Meetings ☐ Visit Friends ☐ School ☐ Church Other _____

2. How often does your client use the bicycle?

- ☐ At least 5 times a week ☐ At least 3 times a week ☐ At least once a week ☐ At least 3 times a month
Other _____

3. Which of the listed benefites does your client associate with using the bicycle?

- ☐ Convenient ☐ Inexpensive ☐ Healthy ☐ Reliable ☐ Enjoyable
Other _____

4. If your client is NOT using the bike, please indicate why:

- ☐ Not Convenient ☐ Mechanical Errors ☐ Health Problems ☐ Different Mode of Transportation
☐ Stolen, Lost or Sold ☐ Bike Accident ☐ Unsafe Streets ☐ Not Comfortable or Afraid
Other _____

5. In the following space, please include any additional comments about YOUR experience with the program, or comments from your client. Thank you for your time!



Community Cycling Project

Thank you for your interest in the Tulsa Wheelmen's Community Cycling Project, and for the bicycle commuter recipient(s) that you have brought, or will bring, to our attention.

Below is listed what we need from you with regard to the recipients you refer.

1. All agencies that refer recipients to us must submit a complete referral form on the agencies letterhead.
2. Recipients should have a demonstrated need for a commuter bicycle and be committed to using a bicycle for transportation to work (or to look for work) and/or for other tasks that require transportation. Using the bus in conjunction with a bicycle is perfectly acceptable.
3. In order to receive the donation of a commuter bicycle package, recipients are required to satisfactorily complete the League of American Bicyclists BikeEd Road 1 and Commuting courses given by our volunteer League Cycling Instructors (LCIs). Both courses take approximately 10 hours to complete and will be given on either a Saturday or a Sunday. Recipients will pick up their finished bicycles and gear on the same day they receive training.
4. We also ask referring agencies to complete a brief questionnaire regarding their client's bike usage at the one- and sixth-month mark. This information will be used to modify and enhance our community project, and to assess obstacles to continued use of the bicycles. It will help us to identify additional services that we can provide that will further aid recipients in getting the most use out of their bikes. It will also help us track the success of the project and use that information to gain continued funding.

The commuter package includes a fully refurbished commuter bicycle, lights, lock, helmet, fenders, rack, rack bags or containers, rain gear, a seat pack with a basic repair kit, and the League BikeEd Courses mentioned above. It is everything a person needs to be a year-round, all-weather, bicycle commuter.

Three Steps to Obtain a Commuter Bicycle

In order to nominate a recipient, we ask that you provide us with the following information using our pre-formatted letter *ON YOUR AGENCY'S LETTERHEAD*

Your name and contact information, including your title, phone number, complete work address, and email address.

The name, address, and telephone number of the recipient.

Your client's weight and height, inside leg length (from between the legs to the floor), the last time your client rode a bicycle, and any special needs your client may have such as mental difficulties, special assistance, or language interpreter.



***!?! ?!**
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 than 200 miles. MINT CONDITION. No pedals. \$2,200. Call Muskogee 918-683-4497 or email 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: Cannondale, F800, "Lefty". 2002 Model, purchased new April, '03. Old owner hospitalized 3 times since June, '03. Like new, low mileage. Ridden less than 25 times. Never ridden in competition. Disc. Brakes, all original equipment. \$600. Tulsa (918)-252-7282. Jon.

FOR SALE: 16 inch wheel childrens bike. Great as a beginner bike with or without training wheels. Freewheel and hand brake added. \$50. Call Marc at 918-749-4075

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 10th 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 noIfamily@cox.net . **DO NOT ATTEMPT TO PLACE ADS BY PHONE**

BICYCLE WEB SITES

Adventure Cycling: www.adv-cycling.org. Information on bicycle touring in the United States and worldwide.

Bicycling Magazine: name says it, www.bicyclingmagazine.com.

Bikes Belong! Coalition: www.outdoorlink.com/bikes-istea

Congressional bicycle advocacy.

Bicycle Federation of America: www.bikefed.org

Bicycle issues and advocacy.

Bike Plan Source: 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 22nd Annual Bicycle Tour, June 12-19.

ISTEA: www.istea.org

Update information on the upcoming ISTEALegislation.

League of American bicyclist: www.bikeleague.org .

Bicycle advocacy.

Mountain Bike Daily: www.mountainbike.com .

Mountain bike stuff.

Oklahoma Runner Magazine: www.runningnetwork.com .

Information Oklahoma running events.

Runner-Triathlete: www.runningnetwork.com/RunTriNews .
Triathlon and running information by region.

The San Francisco Exploratorium: www.exploratorium.edu/sport/ .

The Science of Bicycling, facts and information.

Sydney Morning Herald: www.smh.com.au
Because the 2000 Olympics is closer than we think.

Transportation Policy Project: www.islandnet.com/~litman .

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

The Tulsa Wheelmen Web Site: www.tulsawheelmen.com

USA Cycling: www.usacycling.org
National and regional schedules.

U.S. Olympic Committee: www.olympic-usa.org .

Olympic information including cycling.

VeloNews: 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.**

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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 10th 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
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RETURN SERVICE REQUESTED



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