



T u l s a W h e e l m e n

RIDES AND EVENTS CALENDAR

September 2003

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
August 31 Tailwind Ride, 8 a.m.	September 1 DoT Ride, 4000 N. Hwy 169, 6 p.m.	2 TNWC Ride	3 West Bank Ride (NOT a Wheelmen Promoted Ride)	4 Summer Series Crit Races Start, 6 p.m., Tulsa Safety Training Facility	5	6 Tailwind Ride, 8 a.m. DAM JAM
7 Tailwind Ride, 8 a.m.	8 GENERAL MEMBERSHIP MEETING – MAZZIOS AT THE FARM – LOWER LEVEL 7:00PM	9 TNWC Ride	10 West Bank Ride (NOT a Wheelmen Promoted Ride)	11 Summer Crit Series	12	13 Tailwind Ride, 8 a.m. Flint Ridge Circuit race
14 Tailwind Ride, 8 a.m.	15 DoT Ride	16 TNWC Ride	17 West Bank Ride (NOT a Wheelmen Promoted Ride)	18 Summer Crit Series	19	20 Tailwind Ride, 8 a.m. Har-Ber Meadows criterium MS-150 Tour
21 Tailwind Ride, 8 a.m. MS-150 Tour	22 DoT Ride	23 TNWC Ride	24 West Bank Ride (NOT a Wheelmen Promoted Ride)	25 Summer Crit Series (Last Race of the Season)	26	27 Tailwind Ride, 8 a.m. KORS Dirt criterium
28 Tailwind Ride, 8 a.m. Port Road TT Series	29 DoT Ride	30 TNWC Ride	October 1 West Bank Ride (NOT a Wheelmen Promoted Ride)	2	3	4 Tailwind Ride, 8 a.m. Mercy Celebrity Classic criterium
5 Tailwind Ride, 8 a.m.	6 DoT Ride	7 TNWC Ride	8 West Bank Ride (NOT a Wheelmen Promoted Ride)	9	10	11 Tailwind Ride, 8 a.m.

N *Tulsa Wheelmen* NEWSLETTER

Vol. 26, No. 9

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

September 2003

THE EDITOR'S PEN FOR SEPTEMBER 2003 by Marc Delametter

Considering that a our membership loves a good cycling story and considering that a large part of our membership race, a good racing story always gets everyone's attention. Well, I have a great racing story to tell. So, sit back, get a cup of coffee (or a beer) and read a great race story.

NEVER GIVE UP By Marc Delametter

The weekend of August 9th and 10th had several Tulsa Wheelmen members making the annual trek to Kansas City for the Tour of Kansas City. This year was the 40th edition of this event and it was billed as the longest continues running race west of the Mississippi River. Day one was a circuit race through a park in north Kansas City and day two was a criterium in downtown (I guess it's downtown) Overland park, in south KC.

Even though there are great stories to tell about day one and the strained looks on every rider's face as you climbed the 10% grade near the end of each 2.5 mile loop, this story will focus on the CAT 4 criterium on Sunday.

The CAT 4 race started mid-morning with a field of more than 70 riders but the only rider we were interested in watching was local racer Jeremy Stitt. Jeremy was the only Tulsa Wheelmen CAT 4 in this race, but more importantly he was clearly going well, as evidenced by his show of strength on our training rides and races over the

past few weeks. The course was a figure 8 style set-up with 6 ninety degree corners, one hundred and fifty degree corner and a slight up hill section on the back side.

The race started out OK. I had positioned myself with a camera on the 150 degree corner as it seemed a great place to catch good pictures. Jeremy was in the top three or four riders through the first two laps and then he disappeared. He flatted.

Jeremy is riding a new bike these days and he equipped it with campy 10 speed. Unfortunately he hadn't as yet purchased a spare hub and cog-set so he didn't have a spare rear in the pits. As he was riding back to the pits he spied Tim Carrigg who also recently converted to campy 10 speed. Tim quickly removed his rear from his bike, which he just happened to have out of the car after racing earlier that morning. They both ran to the pit and the mechanic got Jeremy going. That's the good news.

The bad news was that while Jeremy sat out his free lap a break of five riders formed off the front and was quickly riding away from the field. The pit mechanic pushed Jeremy back into the main field but the break was already established. The first 5 spots were up the rode. On a side note the five riders in the break worked together incredibly well. Everyone commented how good they looked working a pace line on the crit course. This just goes to show how good the competition was in this event.

Jeremy tried to bridge to the break as soon as he was positioned to attack but it was too late. "Never Giving Up" Jeremy rode the rest of the race in the second, third or four spots constantly

battling to stay near the front. Considering that the field was huge this was a tough task, but he was up for the challenge.

Tim (Carrigg), Malcolm (McCollam) and I positioned ourselves in the middle intersection right where the course comes together in a figure 8. We constantly yelled encouragement to Jeremy and tried to keep him focused on the task at hand.

Tim, Malcolm and Janne had raced earlier that morning with Tim and Janne taking 4th and 5th in a tough masters field of over 40 riders. Malcolm worked hard to animate the masters race and ended up setting up Tim and Janne for the finish. I was also in the masters race, but mostly just counted laps instead of racing. Sorry guys.

With two laps to go Jeremy got pushed back to about 15th spot. And as the main field came through the figure eight on the last lap (with only two corners remaining) he was still sitting about 15th.

The next time we saw him he was coming into the last corner third, but the two field leaders had about 2 bike lengths on him. We were amazed he had moved up so much in just two corners.

The sprint out of the last corner was about 200 meters. As soon as Jeremy came out of the corner he stood and put everything he had into the sprint. He caught the leaders and in classic sprinter style threw his bike at the finish line to win the filed sprint by a tire width (maybe about an inch).



TW RACING NEWS

NEVER GIVE UP (continued)

By Marc Delametter

Wow what a race. It's been a long time since I've seen something that exciting.

We asked Jeremy how he moved up so much in the last two corners and his response was really great. He said "I wasn't scared of that 150 degree corner and everyone else was." The 150 corner was the second to the last corner and Jeremy just moved up and bombed the corner with a fearless heart. Way cool.

Tim and Malcolm commented that racing our Thursday Night Crit series gives all of us that kind of confidence and it was sure evident in Jeremy's racing that day.

Even though Jeremy didn't make the break (and he clearly was one of the strongest riders in that race) he "Never Gave Up" and he raced all the way to the end. Some people wouldn't put much effort into a field sprint for 6th place, rationalizing that all the good places are up the road. Not Jeremy Stitt. He raced his guts out all the way to the line and won that sprint for 6th by a hair. It was an outstanding effort.

After the race the two field leaders that Jeremy beat in the sprint came up to him and congratulated him for the win. They commented that they couldn't believe he had come from so far back to nip them at the line.

Boy I can't wait to see Jeremy race next year. Way to go dude.

Amy Stitt, cyclist, spouse, photographer and Jeremy's UN-official publicist captured the win on film. It's truly an outstanding picture. You can see it at the Wheelmen website at www.tulsawheelmen.com.

Marc

BICYCLE QUOTE OF THE MONTH

"I wasn't scared of that 150 degree corner and everyone else was."

Jeremy Stitt

MASTERS NATIONAL RACE RESULTS

During the week of August 4th through the 9th several Tulsa Wheelmen members ventured to Louisville, KY. for the annual Masters Nationals Time Trial, Road Race, Criterium and Tandem races. All members that went commented that the racing was very fast and very furious. Just ask Keith Franklin about furious. He got caught in a terrible crash on the last lap of the 45+ criterium. He described it as looking like the crash in stage 1 of the Tour De France this year. He hit another rider in front of him and did a complete summersault on his bike and landed on his back. After it stopped tumbling his bike ended up at least 20 meters in front of him. Keith is OK and so is his bike.

Anyone that competes at Masters Nationals gets kudos in my book, as the competition is incredibly fierce. But to medal in one of the events is almost like a dream come true. Well this year we had two of our members medal. Darrell and Melissa Meinen took 4th place in the Mixed Tandem 70+ (combined ages) road race. Darrell told me that he and Melissa were doing really well on all the climbs but that they just couldn't hang-on in the flats. He said they were running a 56-tooth chain-ring on the front and it still wasn't enough to hang-on at speed on the flats. Wow.

Several other club members put in great efforts as well. Ben and Cheryl Thigpen placed 8th in the Mixed Tandem 90+ road race. This is an outstanding result especially for Cheryl considering she is hampered by Ben's age, his perpetually broken wrist and his Arkansas sense of humor.

Janne Hamalainen placed 21st in the 40+ mens road race. Janne said that he was placed in 11th position going into the sprint finishing climb. He said he would have never thought that 10 guys would have come around him on a climb. Keith Franklin actually finished two events he started. He finished 30th in the 45+ mens time trial and 54th in the 45+ mens road race.

These are all great results and we are very proud to have these great racers as members of the Tulsa Wheelmen.

ALPINEER



Tulsa Wheelmen Club News

MEMBERSHIP CORNER SEPTEMBER 2003

Notice of Expiring Memberships:

Memberships expire the month indicated on your Newsletter mailing label.

The following memberships expire at the dates listed.
See membership form in Newsletter for renewal info.

<u>First Name</u>	<u>Last Name</u>	<u>Expiration Date</u> <u>(yearmonth)</u>
AL & SHARON	SHINN	200309
ERNEST	DANIELS	200309

Electronic Newsletter Delivery:

Hey all you high tech smoothies! How about signing up for your Wheelmen Newsletter by email?

The Newsletter is now available each month in electronic format, as a .pdf file attached to an email message. Delivery is more timely and convenient, and it significantly cuts production and delivery costs for the Club. Several members are already receiving their Newsletter this way. We want to hear from others.

If you are interested, please take a minute NOW to call or email your choice to either:

Marc Delametter - 918-749-4075, delafam@sbcglobal.net, or
Rod Harwood - 918-336-7546, rod_h@sbcglobal.net

INCOG MEETINGS ON LONG RANGE PLAN

INCOG will be having a series of meetings over the next few months regarding the Destination 2030, the long range transportation plan. "The paramount purpose of the transportation system is to enhance and sustain the quality of life and economic vitality of the region....The transportation system should be multi-modal, providing reasonable mobility for all persons in the region.....give us feedback/opinions with regards to trails, roadways, goods and freight movement, transit, etc."

Meetings will be held:
Owasso Sept 4 First Baptist Church
Skiatook Sept 8 Skiatook Library
Tulsa Sept 9 Hardesty Regional Library
Jenks Sept 11 Jenks West Intermediate
Tulsa Sept 15 Rudisill N Regional Library

SPECIAL SALE ITEMS By Dennis Oliphant

FOR SALE: CompuTrainer Pro NES ('99)-Excellent condition. Load generator had recent factory overhaul and upgrades. Includes instruction booklet and training manual. Works with TV as monitor. (CompuTrainer sells upgrade to PC device) Delivers incredible workouts! Was \$1200 new. \$800

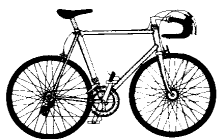
Power-Tap Wheel with Power Link Software-Excellent condition. Cycle computer displays current, average and maximum watts, heart rate, cadence, speed, ride time and odometer. Download ride information to your PC to analyze your workout. On Mavic Open Pro rim, 32 spokes, 8/9 Shimano compatible. Great training tool! \$500

Dennis Oliphant 744-6737 dandcoliphant@cox.net

Editors Comment: I purchased a used CompuTrainer Pro NES two years ago and used it extensively over the past winter with Kary Cummins on a second unit attached to the same TV screen. We were able to have outstanding winter workouts from pace-line work, to hill workouts, to motor pacing. It was great.

LOWER YOUR AUTO INSURANCE RATES By Ed Wagner

I talked with my insurance agent, Jerry, and asked about a low-mileage discount. He wanted to know how often I ride my bike to work. Since I keep a cycling database in my PDA, it was easy to figure out. I average 3 days per week on the bike. So my auto insurance has moved to the 'pleasure' category. I told Jerry there should be a 'grocery hauler' category, but he just laughed. This will save some on insurance costs.



MORE . . . WHEELMEN INFO

SEPTEMBER 2003

*|?! ?!
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: I have Giant CFR Team road bike for sale. \$1000 or best offer

-Size- 55cm

-Carbon Frame & Fork

-Full Ultegra components

-Rolf Vector Comp wheels

-Flight Deck computer

-Wellgo pedals

-New cables, cassette(11-27), and chain end of last year

-Frame is yellow with graphics

Jason Ward 369-4169

jasonw661@yahoo.com

FOR SALE: Wlier Alp D'Huez, 54 cm. Easton Ultralite frame, Red w/ Yellow accent "CBS". Full Chorus with Record shifters Includes Campy ErgoBrain 10 computer. Used less than 200 miles. Great condition. \$2750/bo contact: soner_tunay@yahoo.com tel: 617.596.7497

FOR SALE: MAVIC Helium wheel set, Shimano 8/9 compatible. Like new. \$325 with bags, \$300 without. Chris King headset, 1" threadless, red lettering, like new, \$50. Deore XT 9sp 170mm crankset with rings and bottom bracket, like new, \$55. XTR 9sp rear derailleur, \$40. Al or Sharron Chinn (members), 918 299-1657 evenings.

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 delafam@sbcglobal.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!
2003 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, including the *Great Tulsa Bike Ride*, *Oklahoma Freewheel* and *The Tough One*.
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 utility, racing, and recreational purposes in the community.**

Tulsa Wheelmen Newsletter Staff

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Mountain Biking Editors **Open**

Multi-Sport Editor **Open**

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437-9419

Photographer **Open**

Web Site **Jeremy Stitt**
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hm: 688-3386

Past President **OPEN**

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President Elect **OPEN**

Secretary **OPEN**

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hm: 832-9086 richchill@cox.net

Race Director **OPEN**

Training Adv. **Dennis Oliphant** 744-6737

MTB Director **Open**

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

Touring Advocacy, Commuting Dir

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, touring, mountain biking, or triathlons - 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
P.O. Box 52242
Tulsa, Oklahoma 74152-0242

RETURN SERVICE REQUESTED



INSIDE THIS ISSUE

RACING STORIES FROM KC
MASTERS NATIONALS
COMPUTRAINER FOR SALE
RACE FLYERS ATTACHED