

TW Editor:
Alan Good

Tulsa Wheelmen



Newsletter

June 2010

Volume 32, Number 3

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Did you know?

Master's National Champion and current Tulsa Tough racer Helene Carabin just passed Will Gault to move into first place in All-Time Career Wins as a member of the Tulsa Wheelmen with 33. Way to go HC!!!! See page 4.

Report from the Fort Davis Stage Race by Helene Carabin (Continued on page 2)

Liz and I (and Gil and Félix) all went down in the VERY far part of South Eastern Texas which is actually located in the Mountains. Yes, Texas has Mountains, and Fort Davis is at about 5000 feet of altitude. It also happens to be very far from anywhere, meaning a LONG drive, or, when you are lucky enough to be married to a pilot, no so long flight, but still a good drive from the nearest airport with a rental car available: Fort Stockton. Gil, Félix, Gaëlle (Félix's Au Pair) and I arrived on Thursday night really late, which gave us the luxury of enjoying Fort Davis and its history on Friday. We were staying at a friend's place with a wonderful view on the Texas Mountains (picture).



We did not have the bikes in the plane due to an obvious lack of space. Our bikes arrived later that day which allowed us to ride the course of stage 1. Liz arrived later, living the furthest from all of us.

Stage 1, Mount Locke climb, 16 miles. When one sees the flyer with the description of the race and that the first stage is only 16 miles, it seems a little funny. The thing is that most of those 16 miles are actually uphill, and the last part (6 miles), very uphill (up to 17% gradient). There were about 8 women 1,2 and another 6 women 3 registered (I think) and we were racing with the women 4 on this stage. The stage started fairly slowly, with nothing major happening before the climb started. And it did start! After the first pretty steep part, we were down to a group of maybe about 7 or 8. Lauren Robertson was pulling quite a bit, but Sherry Rothe kept on attacking and dying out a little later. This made the climb very difficult with several changes of

pace. At the bottom of the climb to Mount Locke observatory, we were a group of probably about 6-7 women, including one cat 4. Both Liz and I were in that group. Then Sherry Rother decided to go extremely hard at the bottom, only to end up coming off her bike later on because off blowing up. Unfortunately, this caused a lot of damage in the pack. I kept second for a while but got overtaken very close to the line by a girl from New Mexico (i.e. living in altitude). Lauren Robertson won, 24 seconds in front of me, and Daniela 6 seconds in the front. Unfortunately, Liz was hit quite hard by Sherry's surges and finished about 1mn20 behind me. We rode back down to the house and tried to relax before the TT.



Here is a pic of my TT, to give you an idea of the scenery



Pain and Injury Management by Alan Good

Pain and dealing with injuries through running and cycling can be hard to manage for any athlete especially during the middle of the race season for competitive racers. Over the next few newsletters I promised to discuss how to use mental training techniques and sports psychology help you gain a mental advantage. One of these is mentally dealing with the physical pain of injuries. As you all know most contact sports have a high record of injuries. For cyclists most of these injuries are from crashes in races and training rides and can include broken bones, muscle cramps, sickness, and severe road rash and contusions. I know of racers that have broken their collar bones 8 times and still race. Many of my friends that do not race think we are all crazy. Why do we love to go so fast and compete when we all know that are chances of going down are great? The answer simply is we love to compete. We love racing and we love to race on a competitive team to gain the victory. The reward is greater than the slight chance of getting in a crash. We do not think about crashing. We know it is a possibility but we know it will not be us. Or so we think.

One year I personally got into 8 crashes in 2006. It seemed no matter what race I did there was a crash and I was unlucky enough to be in it.

Luckily for me most of the crashes resulted in road rash but one resulted in the whole left side of my body torn off. It was brutally painful getting into the shower and washing my wounds during the first week or so. Dealing with the pain was hard but I mentally had to push through it. Another tough one was at the first Tulsa Tough race on Friday night where a huge wreck caused 30 guys to go down and a racer slid into my leg with his chain ring. This resulted in a trip to the ER and 11 stitches to close a leg wound from the guys ring going into my right shin. I hate hospital bills that is another mental headache too. Haha. Another injury of mine was a mountain bike accident at Turkey Mountain when I was riding on a technical rocky section and got stuck in a crack and could not get out of my pedal and crashed. One of the rocks was very sharp and went into my knee cap and through the soft tissue surrounding my knee. This one shut my racing down for almost a full year because of the lateral damage and deep bone contusion and tissue damage it did. I had a hard time dealing with all the time off the bike.

One might ask how did you mentally deal with all those injuries and I tell them that you first must take the right steps to get you healthier and back on the road. The most important step is time off the bike and allowing your body to heal itself. The first few weeks are crucial periods to allow your body to heal broken bones or tissue damage. The older we get the longer it takes to heal according to most physicians. Most racers make the mistake of getting back on the bike too soon. This is what I did for my knee injury at Turkey Mountain. I tried to get back on the bike a few weeks later and did not allow my tissue to heal properly around the knee. I needed a stringent physical therapy program with stretching, herbal medicine, and relaxation training and yoga.

Dealing with the mental side of injuries and the crashes can be devastating to some racers. I have friends who no longer race criteriums anymore because they can not take a chance and go down again. Some people can even develop a phobia of large packs and tight corners. It can be a mental block for some racers to overcome. Some of the techniques one can use to get through these hard times include: hypnosis, relaxation training and imagery. Hypnosis can be done using an expert clinician that can work with a client on deep imagery and slip into an unconscious state psychologically to heal mental blocks. Relaxation training is most commonly used by athletes and can involve closing your eyes and using peaceful images to create a positive harmony and re-center your thoughts on pain somewhere else. For me this place is the beach. Hearing the sounds of the ocean relax me enough to deal with pain and the excitement of pre-race jitters. One can even use these to deal with mental blocks including imagery on safely cornering at high speeds like that in a road race or crit.

Fort Davis by Helene Carabin

Stage 2, TT, 16 miles. The TT is an out and back with the out on a slight climb, and that day, head wind, and a very fast return. Here is where I need to brag for my teammate Liz. Liz did not have a TT so one of Gil's teammate lent her his. He finished his race maybe 10 minutes before Liz start, but they still managed to get the bike ready for her. Please note that Liz had NEVER ridden that bike which was set with a very men's saddle for a TT that would take at the very least 40 minutes. Liz did amazing. She came second overall, beating me, which I usually do not like but was pleased this time, only 1.5 seconds behind the winner, and 11 seconds faster than me.

Stage 3, RR, 56 miles. The last stage was only with women 1,2,3, so that we were about 14 preparing for a 56 miles race in altitude. The max altitude that we would reach is about 6,500 feet, which, most people feel (I do anyway). For once, it started fairly hard with Sherry Rothe attacking from the gun. No one really panicked and we rolled her back quite easily. She continued her surges a few times but eventually calmed down. The race truly started with the first serious climb, which is probably about 1 mile long. Daniela hit it fairly hard and at the top I ended up with Lauren (the leader), now only 14 seconds ahead of me, Kristen 10 seconds behind, and Daniela, about 1mn 20 behind. Unfortunately, they had not brought the GC at the start so Liz and I did not know where we were standing. Had I known these, I would have not worked as hard in the break hoping for Liz to catch back. I thought that Daniela was far behind Liz, but she was not... So this group of 4 stayed together for probably 30 miles, but I blew up, big time on one of the hills. Luckily, Kristen, who was 3rd on GC, blew up at the same time. Lauren and Daniela went ahead. We were not all that far from starting the descent so I did not worry too much thinking that Daniela was far behind on GC... In any case, I stayed alone for a long time, until about 2 miles from the finish where I got caught up by Kristen, another rider, and Liz! I was soooooo happy to see her. I was blown and having her there saved our place on GC. The end is on a small hill, but I was so tired that Liz had to encourage me very hard so that I would not lose those 10 seconds on Kristen. She was great, as usual whenever I have been racing with her this year. We ended up 3rd overall, only 23 seconds from 2nd place. This is the tightest finish I had ever seen at Fort Davis.

Overall, this was a great race which we all enjoyed. I take this opportunity to thank Liz for being such an awesome teammate. We'll be back!

JUNE 2010: Rides & Events Calendar

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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
10AM Racer 's Training Ride (31st & Riverside)		1 TW Crits	2	3	4 Tulsa Tough	5 10AM Racer 's Training Ride (31st & Riverside) Tulsa Tough
6 10AM Racer 's Training Ride (31st & Riverside) Tulsa Tough	7	8 TW Crits	9	10 TW Thursday Night Time Trial	11	12 10AM Racer 's Training Ride (31st & Riverside) OKC Rocks Crits KS RR Champ
13 10AM Racer 's Training Ride (31st & Riverside) OKC Rocks Crits KS Crit Champs	14 TW Meeting Check listserve or website Freewheel-SUN- SAT	15 TW Crits Freewheel-SUN- SAT	16 Speedwheel Crit Freewheel-SUN- SAT	17 Freewheel-SUN- SAT	18 Freewheel-SUN- SAT	19 10AM Racer 's Training Ride (31st & Riverside) Kansas State TT Freewheel-SUN- SAT
20 10AM Racer 's Training Ride (31st & Riverside)	21	22 TW Crits (ladies night)	23	24	25	26 10AM Racer 's Training Ride (31st & Riverside) Tour of KC
27 10AM Racer 's Training Ride (31st & Riverside) Tour of KC	28	29 TW Crits (ladies night)	30	1-July	2 Tour of Lawrence (KS)-July 2-4th	3 10AM Racer 's Training Ride (31st & Riverside) Tour of Lawrence (KS)-July 2-4th

Stat Corner



2010 Female Racer of the Month

Aubrey Dock	April
Helene Carabin	March

2010 Female Teammate of the Month

Liz Cazer	March
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2010 Male Racer of the Month

Alan Good	April
Zach Earnest	March

2010 Male Teammate of the Month

Matt Flaherty	April
Rafy Santiago	March

2010 "You are Tulsa Tough" Results

Aubrey Dock	2nd
Galen Martens	3rd
Matt Flaherty	5th
John Fisher	6th

USCF Season Wins

Bold = Active Race Team Member

Helene Carabin	2009	16
Will Gault	2009	12
Will Gault	2004	12
Janne Hamalainen	2009	10
Helene Carabin	2008	10
Keith Franklin	2004	9
Helene Carabin	2010	7
Zach Earnest	2010	6
Will Gault	2008	6
Janne Hamalainen	2004	6
Todd Reed	2008	6
Ben Thigpen	2005	6
Lauren Miller	2007	5
Jeremy Stitt	2004	5
Tim Carrigg	2004	4
Davis Hale	2007	4
Mark McClay	2004	4
Marcela Nova	2005	4
Ben Thigpen	2004	4
Shane Carter	2008	3
Rich Chillingworth	2004	3
Keith Franklin	2005	3
Heidi Gault	2007	3
Mitch Houtman	2005	3
Andy Malcom	2008	3
Lise Olivier	2009	3
Keith Winn	2004	3
Ben Silk	2009	3
Phil Stauner	2007	3
Zach Earnest	2010	3
Gary Breipohl	2007	2
Cailean Carlberg	2010	2
Chris Cauthon	2005	2
Kary Cummins	2007	2
Darren Fritz	2006	2
Will Gault	2007	2
Devin Gilpin	2006	2
Davis Hale	2008	2
Janne Hamalainen	2006	2
Rob Lemaster	2008	2
Russell McMahon	2004	2
Lauren Miller	2008	2
Rabyne Rogue	2009	2
Cheryl Thigpen	2006	2
Chris Zenthoefer	2008	2
Chris Zenthoefer	2007	2

Career Wins (2004-Present)

Bold = Active Race Team Member

Helene Carabin	33
Will Gault	32
Janne Hamalainen	20
Keith Franklin	13
Ben Thigpen	13
Lauren Miller	8
Jeremy Stitt	7
Zach Earnest	6
Todd Reed	6
Davis Hale	6
Gary Breipohl	5
Tim Carrigg	5
Ben Silk	5
Chris Zenthoefer	5
Kary Cummins	4
Mitch Houtman	4
Andy Malcom	4
Mark McClay	4
Marcela Nova	4
Phil Stauner	4
Cheryl Thigpen	4
Shane Carter	3
Rich Chillingworth	3
Heidi Gault	3
Alan Good	3
Rob Lemaster	3
Lise Olivier	3
Keith Winn	3
Cailean Carlberg	2
Chris Cauthon	2
Darren Fritz	2
Devin Gilpin	2
Malcolm McCollam	2
Russell McMahon	2
Rabyne Rogue	2

(Note: 2 or more career wins)



RAFY SANTIAGO
FARMERS

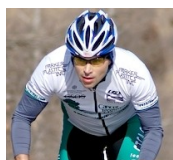
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Tulsa Wheelmen

Meet the Team (Name-Race Category) New Team Member for 2010



Nathan Leigh-2



Shane Carter-2



Brian Metz-3



Kary Cummins-2



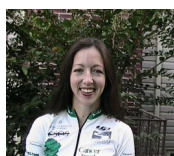
Mark Delozier-4



Alan Good-2



Kyle Freeman-3



Lauren Miller-3



Ben Thigpen-3



Cheryl Thigpen-3



Jeff West-4



Phil Stauner-3



Brandon Johnson-4



Janne Hamalainen-1



Tim Carrigg-3



Will Gault-1



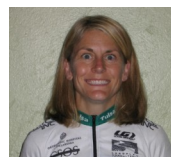
Edgardo Delgado-3



Jeremy Stitt-2



Jim Bohanon-3



Heidi Gault-3



Dustin Weaver-4



Chris Zenthoefer-2



Scott Gibson-1



Rafael Santiago-4



Helene Carabin-1



Gary Breipohl-3



Pete Lantz-4



Paul Miller-3



Jay Blankenship-2



Bernd Riggers-4



Chris Barnes-4



Corie Davis-4



Rebecca Byers-4



Liz Cazer-2



Zach Earnest-3



Kevin Frankenburger-4



John Fisher-5



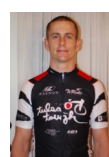
Lisa Delozier-4



Scott Haus-5



Nic Beaumont-4



Scott Barnes-1



Matt Flaherty-5



Patrick Sadler-4



Jim Buchan-3

Chris Cauthon-4

Cailean Carlberg-2

Christian Verry-4

Aubree Dock-3

Riley Burgoon-3

Kara Holland-4

Scott Rodehaver-5

Shawn Depew-1

John Davis-5



Jay Selle-4



Galen Martens-5

Sam Roberts-4

Kyle Shay-3

Jennifer Delozier-4

Christina Luera-4

Greg Mckellar-5

Tulsa Wheelmen Info Pages

Ride Classifications

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

Weekly Rides (rides roll on time)

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

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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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Advocacy Director: **open**

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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 Tonja Pitzer, Membership Director

(info on left)



Tulsa Wheelmen

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Return Service Requested



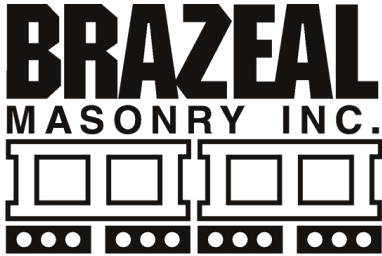
Inside This Issue

Injury & Pain Mgmt by Alan Good

Race Stats

Fort Davis by Helene Carabin

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