



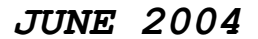
Tulsa Wheelmen

RIDES AND EVENTS CALENDAR

June 2004

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
May 30 No Wimps - Tailwind Ride, 8 a.m.	31 DoT Ride, 4000 N. Hwy 169, 6:00 p.m.	June 1 TNWC Ride, Riverside Drive and Southwest BLVD. 6:00pm	2 West Bank Ride (NOT a Wheelmen Promoted Ride)	3 Summer Weekly Criterium Series Race	4	5 OK State Criterium Championship, Bartlesville
6 OK State Road Race Championship, Bartlesville	7 DoT Ride, 4000 N. Hwy 169, 6:00 p.m.	8 TNWC Ride, Riverside Drive and Southwest BLVD. 6:00pm	9 West Bank Ride (NOT a Wheelmen Promoted Ride)	10 Summer Weekly Criterium Series Race	11 Baldwin City Stage Race, Baldwin City, KS.	12 Last Avery Drive Time Trial – Tulsa Wheelmen Event
13 No Wimps - Tailwind Ride, 8 a.m. Baldwin City Stage Race, Baldwin City, KS. OKLAHOMA	14 GENERAL MEM. MTG – MAZZIOS AT THE FARM – LOWER LEVEL 6:30PM Race Team Mtg. to Follow FREEWHEEL	15 TNWC Ride, Riverside Drive and Southwest BLVD. 6:00pm	16 West Bank Ride (NOT a Wheelmen Promoted Ride)	17 SpeedWheel, Fairview, OK.	18	19 No Wimps - Tailwind Ride, 8 a.m.
20 No Wimps - Tailwind Ride, 8 a.m.	21 DoT Ride, 4000 N. Hwy 169, 6:00 p.m.	22 TNWC Ride, Riverside Drive and Southwest BLVD. 6:00pm	23 West Bank Ride (NOT a Wheelmen Promoted Ride)	24 Summer Weekly Criterium Series Race	25	26 No Wimps - Tailwind Ride, 8 a.m.
27 No Wimps - Tailwind Ride, 8 a.m. KeyStone Mtn. Bike Race	28 DoT Ride, 4000 N. Hwy 169, 6:00 p.m.	29 TNWC Ride, Riverside Drive and Southwest BLVD. 6:00pm	30 West Bank Ride (NOT a Wheelmen Promoted Ride)	July 1 Summer Weekly Criterium Series Race	2	3 No Wimps - Tailwind Ride, 8 a.m.
4 No Wimps - Tailwind Ride, 8 a.m.	5 DoT Ride, 4000 N. Hwy 169, 6:00 p.m.	6 TNWC Ride, Riverside Drive and Southwest BLVD. 6:00pm	7 West Bank Ride (NOT a Wheelmen Promoted Ride)	8 Summer Weekly Criterium Series Race	9	10 No Wimps - Tailwind Ride, 8 a.m.



ALPINEER

N *Tulsa Wheelmen* NEWSLETTER

Vol. 27, No. 6

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

June 2004

THE EDITOR'S PEN FOR JUNE 2004: SUPERDROME RACING REPORT

By Brian Meahan

Four things I learned about racing on the track the weekend of May 15th.

1. 49x14 is way too big of a gear.
2. The miss and out is all about position. Especially during the first 5 or 6 riders pulled.
3. Never try to ride up the side banking straight from the infield (see number 1).
4. Sometimes you just have to close your eyes and hang on.

The first race of the night was an unknown distance race, which prompted the obvious question of "how far is that?" The guys in my race said its' generally between 20 and 30 laps and sure enough it was 28 laps for the 4's that night. Lining up for the race is where I pulled my first bonehead move. The night was a bit chilly so I had a jacket on while warming up. Trying to get the jacket off I managed to be the last one heading to line up on the rail. Well for anyone who has ridden on the track knows, generally you come up on the apron on the back side and then ride up the banking to the rail on the home stretch. I decided to skip the backside and head straight up the banking (aprox 10 or 12% in the straights) in a 49x14 starting at probably 10 mph. As I churned away up the track, my high school physics popped into my head for some reason. Random thoughts about mass, inertia, the force of gravity, etc. In a panic I realized there was no way in hell I was going to make it and sure enough with a loud thud I dumped it on

the track lining up for the first race. Quickly wiping off the humiliation, I lined up and we rolled out for our neutral lap. This is when I discovered that having that big of a gear is great when the pack is moving along at top speed, but slowing and speeding up time after time in that big of a gear makes your legs hurt. About 5 laps into the race is where point 4 comes into play. As we exit the first corner, I'm sitting just outside the sprint line in the top 6 or so riders. Pretty good position I thought and checking quickly saw that the sprint lane was clear for me so I started to move down track. The guy in front of me (we'll call him Fred) decided to do the same thing. No problem I thought, there's plenty of room for us both to slot in. For some reason about half way into the sprint lane, Fred panics and manages to bounce his back wheel and gyrate all over the place. Now here I am moving at some 25 mph or so, sitting about 12 inches off of a guys wheel who is obviously going to crash. First thought is to break and not hit him. Crap no brakes. Second thought is to coast and not hit him. Crap I can't coast. Third thought is that the concrete apron looks pretty damn hard. Ok, so I'm going down with the 7 or 8 guys directly behind me using me as a cushion. I had pretty much accepted the fact that I was going to crash (again) and this time it was going to hurt when somehow, I managed to slip past the flying bike wheels and flailing limbs unharmed (I must have closed my eyes or something). Needless to say I was pretty rattled and as the accelerations came, got dropped pretty quickly and finished a couple of laps down on the field.

Rattled, but unscarred, I lined up for the second race (having gained some momentum before tackling the

banking). This time we were scheduled for a miss and out. Basically, the pack rides for two or three laps and then every lap afterwards, the last rider gets pulled. This is when I learned that its all about position. I was trying to get to the outside so I would have room to move up at each sprint, but inevitably, the more experienced riders managed to put me in a spot where I was boxed in at the bottom of the track and had no room to sprint. Similar to riding a crit, you constantly have to jockey for position and work your way through the pack, and like a crit, everyone else is doing the same. I did a little better in this race managing to be only the 5th rider pulled in a pack of about 13 or so riders.

I had planned on skipping the final race (a 30 lap scratch race) since everyone else would already be done, but then decided to run the masters, women, juniors and 4's all together. Made for a much bigger field of about 25 to 30 riders and to make it more confusing, the different categories were racing different distances. Well the masters went hard from the gun to try to shake everyone else which was actually good for me considering the gear I was in. This worked for about 5 or 6 guys, then things slowed down for about half a lap and then more attacks. After about 12 laps of this, the gearing started to wear on me and I got dropped off the lead group of about 10 (actually a group of 3, a chase group of 4 and the main pack of another 3). I got lapped by these groups, but also managed to lap about half a dozen riders and finished somewhere in the middle of the 4's.

Overall, it was a good learning experience although I'll have some bruises for a few days, but luckily nothing worse than that considering how bad things could have been.



ALPINEER





TW RACING NEWS

RACE RESULTS AS PROMISED

By Marc Delametter

The Wheelmen have been doing great in the spring races. We have won and or placed very high in some of the biggest races of the season. Noted below are race results for many of the events. Great racing guys.

AVERY DRIVE TT

April 10, 2004

Cat 4/5

4th Place Craig Waldron

Masters 35+

1st Place Keith Winn

2nd Place Marc Delametter

Masters 45+

1st Place Keith Franklin

2nd Place Greg Shinn

Masters 55+

2nd Place Jim Buchan

May 1, 2004

Cat 4/5

4th Place Jim Bohanan

6th Place Jeff West

8th Place Craig Waldron

Masters 35+

1st Place Keith Winn

Masters 45+

1st Place Keith Franklin

2nd Place Gary Breipohl

4th Place Tim Carrigg

5th Place Greg Shinn

6th Place Malcolm McCollam

BOB HERBERT STAGE RACE

Cat 1/2

6th Place Mark McClay

Cat 3

5th Place Janne Hamalainen

11th Place Keith Franklin

14th Place Tim Carrigg

Cat 4

1st Place Will Gault

14th Place Mitch Houtman

15th Place Jeremy Stitt

16th Place Jim Bohanan

Masters 35+

3rd Place Janne Hamalainen

4th Place Russell McMahon

11th Place Kary Cummins

12th Place Darrell Meinen

13th Place Adam Pratt

14th Place Marc Delametter

Masters 45+

1st Place Keith Franklin

2nd Place Tim Carrigg

4th Place Darren Brazeal

9th Place Greg Shinn

Masters 50+

1st Place Rich Chillingworth

2nd Place Ben Thigpen

5th Place John Power

ELDORADO CIRCUIT RACE

Cat 1/2/3

11th Place Janne Hamalainen

Cat 3/4

6th Place Janne Hamalainen

9th Place Tim Carrigg

12th Place Kary Cummins

Cat 4/5

5th Place Jeremy Stitt

Masters 35+

1st Place Janne Hamalainen

2nd Place Tim Carrigg

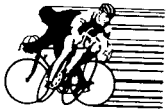
4th Place Kary Cummins

SCHOLFIELD HONDA CRITERIUM

Cat 4/5

1st Place Jeremy Stitt

15th Gary Gunter



TW RACING NEWS

RACE RESULTS AS PROMISED

(continued)

By Marc Delametter

The Wheelmen have been doing great in the spring races. We have won and or placed very high in some of the biggest races of the season. Noted below are race results for many of the events. Great racing guys.

JOE MARTIN STAGE RACE

Cat 3

31st Place Kary Cummins

Cat 4

1st Place Will Gault
19th Place Mitch Houtman
21st Place Jeremy Stitt
29th Place Adam Pratt

Cat 5

19th Place Jeff West
25th Place Craig Waldron

Masters 40+

1st Place Janne Hamalainen
8th Place Darrell Meinen
14th Place Darren Brazeal
17th Place Keith Franklin
22nd Place Tim Carrigg
23rd Place Russell McMahon
24th Place Marc Delametter
30th Place Greg Shinn

Masters 50+

4th Place Ben Thigpen
5th Place Malcolm McCollam

HELL'S KITCHEN ROAD RACE

Cat 1/2/3

6th Place Janne Hamalainen
7th Place Brandon Cowart

Cat 3/4

14th Place Keith Winn

Cat 4/5

1st Place Mitch Houtman
7th Place Gary Breipohl
11th Place Jeremy Stitt

Masters 40+

4th Place Darren Brazeal
11th Place Pete Lantz

Masters 50+

3rd Place Ben Thigpen

Women

6th Place Cheryl Thigpen

NORTHWEST ARKANSAS CLASSIC ROAD RACE

Cat 1/2

8th Place Brandon Cowart

Cat 3

3rd Place Janne Hamalainen

Masters 35+

10th Place Darrell Meinen

Masters 45+

3rd Place Ben Thigpen
8th Place Tim carrigg
10th Place Rich Chillingworth

Cat 4/5

19th Place Dale Mondlock

TRI-PEAKS STAGE RACE

Cat 3

1st Place Janne Hamalainen

Cat 4

1st Place Will Gault

Masters 35+

3rd Place Greg Ingram

Masters 45+

2nd Place Rich Chillingworth
3rd Place Keith Franklin
4th Place Gary Breipohl
5th Place Darren Brazeal
10th Place Ben Thigpen

NOW THEM SOME GREAT RESULTS.

The Tulsa Wheelmen present:

AVERY DRIVE TIME TRIAL SERIES

on Avery Drive in Tulsa, OK

April 10th, May 1st, and June 12th 2004

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

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

Directions:

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

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

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

\$1,500 IN CASH PRIZES!

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

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

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

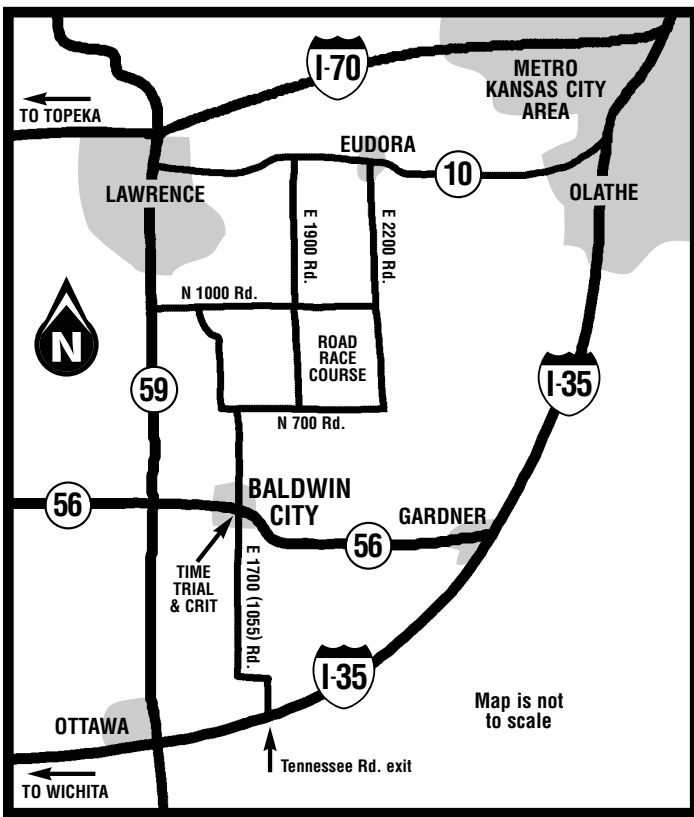
USCF Permit Pending. USCF rules apply - helmets required. All racers are required to have a current USCF license in hand. Parents or guardians must sign entries for riders under 18. Riders will be assigned start times at registration. Promoters reserve the right to combine classes, cancel classes, adjust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



VENTURE PROPERTIES



Visit www.tulsawheelmen.com



DIRECTIONS TO BALDWIN CITY

FROM KANSAS CITY: I-35 south to Gardner exit 210. West 17 miles on Hwy. 56 to Baldwin City.

FROM LAWRENCE/TOPEKA/WEST: I-70 east to Lawrence exit 202. South on Hwy 59 to Hwy 56. Left 4 miles to Baldwin City.

FROM WICHITA/SOUTH: I-35 north to exit 193 (Tennessee Rd.) north to Baldwin City.



Marshall and Company, Inc.
estate and business planners - insurance brokers

LODGING INFORMATION

Race Hotel: Holiday Inn Express - Lawrence

3411 Iowa St
Lawrence, KS 66046
Call: (785) 749-7555, mention the race and ask for the "Great-Rate" or visit: www.kuhotels.com.

There are many other options within the metro areas of Lawrence, Kansas City and Topeka. There is also a Super 8 Motel located at exit 210 off of I-35 in Gardner.



THE BALDWIN CITY STAGE RACE
IS PART OF THE MAXXIS
"BEST ALL-AROUND RIDER" SERIES.

RACERS ARE SCORED 15 DEEP FOR MAXXIS,
ALTHOUGH THE PRIZE LIST IS SMALLER.

MORE INFORMATION AT: WWW.SPOKEPOST.COM



1858

BAKER
UNIVERSITY



For additional race information go to:
www.kcbike.com



KCOI Racing
9111 Beverly Drive
Shawnee Mission, KS 66207

KCOI Racing's 2nd Annual BALDWIN CITY STAGE RACE

Sponsored by
Baker University

June 12th and 13th, 2004



JUNIORS
RACE FREE!

INCREASED
PRIZES



BALDWIN CITY TIME TRIAL
SATURDAY MORNING | JUNE 12TH

BAKER UNIVERSITY CRITERIUM
SATURDAY AFTERNOON | JUNE 12TH

DOUGLAS COUNTY ROAD RACE
SUNDAY MORNING | JUNE 13TH

KCA Endorsed Event for Categorization Qualifying Points
Part of MOBAR (Missouri Best All Around Rider) series

RACE ENTRY FEES

\$65 for 3 race series
includes USCF insurance fee (\$2.00) and KCA fee (\$1.00)
\$45 for Cat. 4 Women & Cat. 5*
FREE for Juniors*
\$23 for individual races
\$17 for each additional crit
\$5 for one-day licenses

ONLINE REGISTRATION INFORMATION AT:
WWW.KCBIKE.COM

AVOID \$5 LATE FEE - PREREGISTRATION IS REQUESTED

Entries must be received by June 10th to avoid
late fee of \$5. This includes payment on day of race

Please make checks payable to: KCOI RACING

Send to: Tony Stewart
9111 Beverly Drive
Shawnee Mission, KS 66207

RACE REGISTRATION / PARKING INFORMATION

Baker University’s Collins Gymnasium on the east side of the university campus will act as the Race Headquarters on Saturday. It is located at about 6th and Fremont St. Parking for both the time trial and criterium will be available on the south side of Collins Gymnasium. Restrooms will be located nearby. Register for one or all 3 races on Saturday morning beginning at 7:00 am. The Time Trial registration will close at 8:30 am. You may still register for the afternoon crits after this until 30 minutes prior to each crit race. You may also register for Sunday’s road race — there will also be a separate registration at the Baldwin High School parking lot Sunday morning for the road race registration.

While there is plenty of parking available around town, please DO NOT park on the streets surrounding the university campus as that will be the route for the crit.

SUNDAY’S ROAD RACE INFORMATION

The staging area for the Road Race will be at the Baldwin City High School located on Eisenhower St. From US-56 and 1055 go north a short distance to Quayle St. East one block to Eisenhower and then north to parking lot.

Registration for Sunday’s race will open at 7:00 am and close at 8:30 am.

We will have a 5-mile neutral start from the school to the start of the race.

The FEEDZONE will be located at E 1900 Rd. just to the south of N1000 Rd. Please locate your support crew in this area only.

TIME TRIAL

SATURDAY MORNING | JUNE 12TH

The 10k Time Trial starts about 1 mile directly south of registration on 6th St. (Hwy.1055). The course is rolling terrain, out and back with turn-around at approx. the 5k mark. The road will not be closed to vehicle traffic. Stay to the side. You may warm-up on High Street. Traffic will be controlled at the turn-around. NO PARKING AT RACE START!

TIME TRIAL PAYOUTS									
Category	1st	2nd	3rd	4th	5th	6th	7th	8th	Sub Total
1, 2, 3	\$100	\$80	\$60	\$50	\$40	\$30	\$20	\$10	\$390
3, 4	\$50	\$40	\$30	\$25	\$20	\$15	\$10	\$5	\$195
4	\$30	\$25	\$20	\$15	\$10	\$5			\$105
5,unlicensed*	medal	medal	medal						
Women Open	\$50	\$40	\$30	\$20	\$10				\$150
Women 4	\$25	\$15	\$10	\$5					\$55
Junior 10-14	medal	medal	medal						
Junior 15-18	medal	medal	medal						
Masters 35+	\$35	\$25	\$15	\$10	\$5				\$90

Points for the Time Trial will be given out for the top 10 places							Total: \$985
1st	15 points						
2nd	12 points						
3rd	10 points						
4th	8 points						
5th	7 points						
6th	6 points						
7th	5 points						
8th	4 points						
9th	3 points						
10th	2 points						
Riders finishing below 10th are awarded 1 point if they finish the stage							

TT begins at Approx. 9:00 am

The order will be:
Masters 35+
Juniors
Women 4/unlicensed
Cat.4
Women Open
Cat.3/4, Cat.5/unlicensed
Cat.1/2/3

Racers released in
30-second intervals

CRITERIUM

SATURDAY AFTERNOON | JUNE 12TH

The NEW Crit course will race around the Baker University campus and race headquarters. Course is approx. 3/4 of a mile on wide city streets with some brick sections and a small hill. There will be points primes. You may race more than one crit for an additional \$17 per race. No late fee for second crit.

CRIT PAYOUTS									
Category	1st	2nd	3rd	4th	5th	6th	7th	8th	Sub Total
1, 2, 3	\$100	\$80	\$60	\$50	\$40	\$30	\$20	\$10	\$390
3, 4	\$50	\$40	\$30	\$25	\$20	\$15	\$10	\$5	\$195
4	\$30	\$25	\$20	\$15	\$10	\$5			\$105
5,unlicensed*	medal	medal	medal						
Women Open	\$50	\$40	\$30	\$20	\$10				\$150
Women 4	\$25	\$15	\$10	\$5					\$55
Junior 10-14	medal	medal	medal						
Junior 15-18	medal	medal	medal						
Masters 35+	\$35	\$25	\$15	\$10	\$5				\$90

Points for the Criterium will be given out for the top 10 places							Total: \$985
1st	15 points						
2nd	12 points						
3rd	10 points						
4th	8 points						
5th	7 points						
6th	6 points						
7th	5 points						
8th	4 points						
9th	3 points						
10th	2 points						
Riders finishing below 10th are awarded 1 point if they finish the stage							

Mens Masters 35+ : 12:30, 40 min.+ 3

Juniors 15-18: 1:40, 25 min.+ 3

Juniors 10-14: 1:41, 20 min.+ 3

Womens 4/unlicensed: 2:15, 25 min.+ 3

Mens Cat. 4: 2:55, 40 min.+ 3

Womens Open: 3:45, 40 min.+ 3

FREE kids race: 4:35

Mens Cat. 3/4: 5:00, 50 min.+ 3

Mens Cat. 5/unlicensed: 6:00, 35 min.+ 3

Mens Cat. 1/2/3: 6:45, 70 min.+ 3

Must finish all 3 stages to be eligible for the final GC. You will still be eligible for GC standings if you are pulled from Crit due to lapping, or crash-out.

FINAL GC PAYOUTS											
Category	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Sub Total
1, 2, 3	\$200	\$160	\$120	\$100	\$80	\$60	\$50	\$40	\$30	\$20	\$860
3, 4	\$100	\$80	\$55	\$45	\$40	\$30	\$25	\$20	\$15	\$10	\$420
4	\$50	\$45	\$40	\$35	\$30	\$25	\$20	\$15	\$10	\$5	\$275
5,unlicensed*	trophy	trophy	trophy								
Women Open	\$70	\$55	\$45	\$25	\$20	\$15					\$230
Women 4	\$30	\$20	\$15	\$10	\$5						\$80
Juniors	trophy	trophy	trophy								
Masters 35+	\$50	\$40	\$30	\$25	\$20	\$15					\$180
Total:											\$2,045

ROAD RACE

SUNDAY MORNING | JUNE 13TH

Located in rural Douglas County

The race begins after a 5-mile neutral start from the Baldwin City High School. The course includes multiple 12-mile loops of flat to rolling terrain with a finish back near Baldwin City. THE YELLOW LINE RULE WILL ABSOLUTELY BE ENFORCED!

ROAD RACE PAYOUTS									
Category	1st	2nd	3rd	4th	5th	6th	7th	8th	Sub Total
1, 2, 3	\$100	\$80	\$60	\$50	\$40	\$30	\$20	\$10	\$390
3, 4	\$50	\$40	\$30	\$25	\$20	\$15	\$10	\$5	\$195
4	\$30	\$25	\$20	\$15	\$10	\$5			\$105
5,unlicensed*	medal	medal	medal						
Women Open	\$50	\$40	\$30	\$20	\$10				\$150
Women 4	\$25	\$15	\$10	\$5					\$55
Junior 10-14	medal	medal	medal						
Junior 15-18	medal	medal	medal						
Masters 35+	\$35	\$25	\$15	\$10	\$5				\$90

Points for the Road Race will be given out for the top 15 places							Total: \$985
1st	20 points						
2nd	17 points						
3rd	15 points						
4th	14 points						
5th	13 points						
6th	12 points						
7th	11 points						
8th	10 points						
9th	9 points						
10th	8 points						
11th	7 points						
12th	6 points						
13th	5 points						
14th	4 points						
15th	3 points						
Riders finishing below 15th are awarded 1 point if they finish							

RR begins at Approx. 9:00 am

Distances including 5 mile neutral start:

Cat. 1/2/3: 83 miles, Starts @ 9:00

Cat. 3/4: 71 miles, Starts @ 9:04

Masters 35+: 47 miles, Starts @ 9:08

Cat. 4: 59 miles, Starts @ 9:12

Cat. 5/unlicensed: 47 miles, Starts @ 9:16

Women Open: 59 miles, Starts @ 9:20

Junior Men 15-18: 35 miles, Starts @ 9:24

Junior Men 10-14: 23 miles, Starts @ 9:24

Women 4/unlicensed: 35 miles, Starts @ 9:28

TOTAL PAYOUTS		Max. possible individual payout (excluding Primes)
Category	Total Payout	
1, 2, 3	\$2,030	\$500
3, 4	\$1,005	\$250
4	\$590	\$140
5,unlicensed*	trophy	trophy
Women Open	\$680	\$220
Women 4	\$245	\$105
Juniors	trophy	trophy
Masters 35+	\$450	\$155
Total:		\$5,000

Team Elite (CTE), Oklahoma's annual bike ride across the state,
FREEWHEEL, and the gracious town of Fairview, Oklahoma present...



THURSDAY JUNE 17TH 2004
FAIRVIEW, OKLAHOMA
COURT HOUSE CRITERIUM

\$2,350 Prize Purse, \$1,500 Cash & Merchandise Primes

Category	Start	Time	Prizes	Places	Entry Fee
Juniors & Women	5:30 P.M.	20 mins.	\$100 / each	3	\$20
Cat. 4, 5	5:55 P.M.	20 mins.	\$300 total	7	\$25
Masters 30+	6:20 P.M.	25 mins.	\$400 total	7	\$25
Cat. 3, 4	6:50 P.M.	35 mins.	\$600 total	8	\$25
Cat. 1, 2, 3	7:30 P.M.	45 mins.	\$850 total	10	\$25

Course Description: The course is a .7 miles closed course with 3 left hand corners, 1 sharp right corner and a sweeping circle around the Major County Court House. The course is flat and fast with wide straights and an awesome background for the finish line sprint! The course is located in downtown Fairview, Oklahoma.

Registration: Day-of-race registration begins at 4:30 P.M. Registration ends 15 minutes before each race. There is no pre-registration. Registration at the Chamber of Commerce.

Directions: Driving directions below, see back for Fairview map.

From Tulsa: West on US-412 for 160 miles (through and beyond Enid), then South on US-60 approximately 3 miles into Fairview.

From Oklahoma City: North on I-35 to US-412, West through and beyond Enid to US-60, and South on US-60 into Fairview.

From Wichita: South on I-35 to US-412, West through and beyond Enid to US-60, and South on US-60 into Fairview.

Race Promoters: Ronnie Cookson (918) 557-9173, Chris Younger, Randy Schwerts
Team CTE sponsors:

Central States
Orthopedic Specialist
Schwerts Homes
Innovative O&P
T-Town Bicycles



Orthopedic Hospital of
Oklahoma
Platinum Business
Resources
Empire Bar, Health Zone

See back for Race Sponsors and thank them for their gracious contributions!

SpeedWheel 2004 Sponsors:

PLATINUM

Schwers Homes (Tulsa)

GOLD

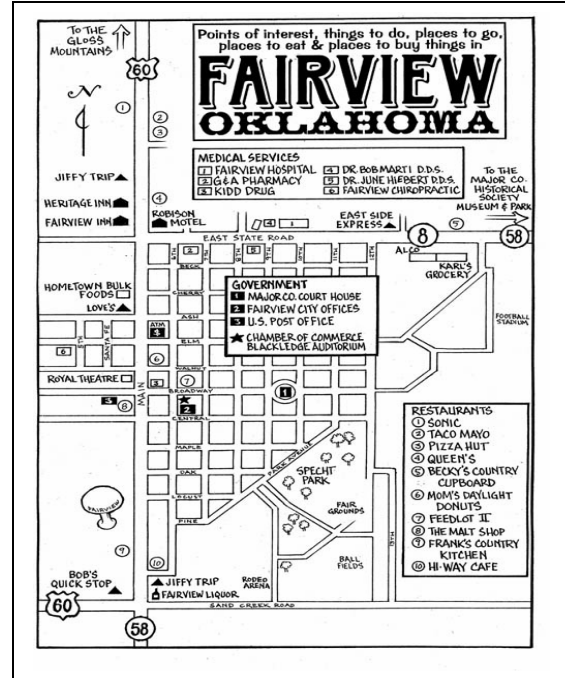
The Bike Shop (Enid)
Indian Creek Village Winery
Fairview Lumber Company
Coast to Coast
Bicycles of Tulsa
Lee's Bicycles (Tulsa)
Platinum Business Resources
(Tulsa)

SILVER

The Heritage Inn
T.H. Rogers Lumber Company
Farmers & Merchants Nat'l Bank
Fairview Body Shop
Kidd Health Mart Drug
Major Co. Economic Development Corp.
Pembroke Bail Bonds
Community Nat'l Bank
Wymer, Brownlee & Associates
Tom's River Trail Bicycles (Tulsa)
Jumps of Fun Inflatable Amusement
(580) 227-3122

BRONZE:

Ewald Brothers, Inc.
Bill's Country Boy Tires
Karen's Jewelry
Dollar General
Karl's Apple Mart
Johnston Elevators
O'Reilly Auto Parts



Fairview Savings & Loan
The George Barkett Agency
Fairview Funeral Home
Garen Martens Equipment
Sonic
Mabar
Pizza Hut
Thunder Lanes
Ten Pin Lounge
L&L Small Engine
Sheik Electric

Vinton Baker Ford
Pratt's Antiques
Waldon
Frank's Country Kitchen
Taco Mayo
Fortune Automotive
Alco

Special thanks to the Fairview Chamber of Commerce for all their assistance and support! Be sure to visit as many of these sponsors as possible and thank them!

Races will be held rain or shine. All USCF rules apply – helmets required. Parent or guardian must sign entries for riders under 18. Promoter reserves the right to combine classes and/or prizes, cancel classes, adjust course length and start times. Fields with fewer than 5 competitors may be combined with other fields. Entry fee includes \$2 insurance surcharge. Riders without valid USCF license will be charged a one-day license fee of \$5, plus entry fee. Annual licenses also available at registration.

Official FreeWheel 2004 Registration Form
ONE NAME PER FORM. Please Print. Forms will not be processed unless signed

Name: _____

Street Address _____

City: _____ State: _____ Zip: _____

Day Phone: _____ Evening Phone: _____

Sex (circle one) M F Age on June 12, 2004: _____ E-Mail Address: _____

Emergency Contact and Phone: _____

If you or someone with you will have a vehicle during FreeWheel, please register it:

Make and Model _____ Tag: _____

➤ **THERE ARE NO PRIVATE SAGS. ALL VEHICLES, UNLESS OFFICIAL, WILL BE REQUIRED TO TAKE AN ALTERNATE ROUTE TO CAMP. By signing below, you agree to these terms.**

Fees include two stocked fruit stops each day, route security, sag support, luggage transportation, marked routes, luggage tags, bag tags, camping space, maps, starting packet, finish packet.

➤ **Registration Fees (Late Fee in effect after May 31, 2004):**

☐ \$80 adult (\$90 after May 31) ☐ \$50 child (6-15 \$60 after May 31)

☐ Free child (under 6) \$ _____

☐ Family Rate \$225 family of 4, \$30 each additional child under 16, \$60 for each person over 16 (all registrations in family rate must be mailed together and must be IMMEDIATE family members only) (Family rate after May 31 - \$250, \$40 under 16, \$70 over 16).....\$ _____

➤ **Optional T-shirt (\$10, not included in registration fee**

➤ ☐ S ☐ M ☐ L ☐ XL ☐ XXL (\$13) ☐ XXXL (\$13)... \$ _____

➤ **Optional Jersey (\$60, \$70 for XXXL) (jerseys will not be mailed)**

☐ XS ☐ S ☐ M ☐ L ☐ XL ☐ XXL ☐ XXXL.....\$ _____

➤ **Optional Postage:**

☐ \$5 postage (per packet)\$ _____

☐ \$1 postage for each additional shirt mailed.....\$ _____

☐ I'll pick up my packet No charge

➤ **TOTAL AMOUNT ENCLOSED** \$ _____

Are You Willing to Volunteer?

Please check appropriate boxes if you are willing to volunteer for all or part of the ride. You will be contacted ahead of time. Volunteers are eligible to have all or a portion of their registration fee refunded.

☐ Sag Driver ☐ Water Stop

I will work the following days:

☐ Sunday ☐ Monday ☐ Tuesday
☐ Wednesday ☐ Thursday
☐ Friday ☐ Saturday

If paying by credit card, please fill in the following information: **Card (circle one)** VISA MASTERCARD

Number on Card: _____ Expiration Date: _____

➤ **Please Read and sign release below (children must also sign, if able)**

I, the undersigned, freely acknowledge and realize the dangers of participating in FreeWheel 2004 and fully assume all risks including, but not limited to, collision with pedestrians, vehicles, other riders, and/or fixed or moving objects, the negligence of other riders, sponsors, promoters or inadequate safety equipment, weather conditions, as well as the possibility of physical and/or mental trauma or injury. I understand that the route requires bicycling on public roadways and in bad weather and that cyclists have been hospitalized and/or killed because of traffic mishaps that are either their responsibility or others' responsibility and I further agree that I will bear all expenses incurred in any such accidents.

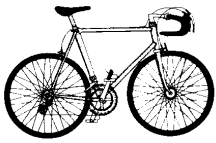
I realize that FreeWheel 2004 requires physical conditioning and I represent that I am in sound medical condition. I have no physical or medical impediment which would endanger myself or others. I understand and agree that a situation may arise during FreeWheel 2004 which may be beyond the control of the sponsors, promoters or organizers and agree to ride so as not to endanger either myself or others. I waive, release, discharge for myself, my heirs, executors, administrators, legal representatives (including successors) any and all rights against the sponsors and promoters of FreeWheel 2004. The above agreements and representations are my express understandings of the risks and I assume these voluntarily and freely without coercion or duress. This agreement may not be modified orally and may not be waived in any respect. I further understand that a helmet is strongly advised.

Dated this _____ day of _____, 2004. Signature: _____

Signature of Parent or Guardian (If registrant is under 18)

I, as a parent or guardian of the above named minor hereby give my permission and consent voluntarily and freely for my child to participate in FreeWheel 2004. I further agree individually and on behalf of my child to the above terms after having fully read the terms.

Signature (parent or guardian) _____ Accompanying adult: _____



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

CITY PROBLEMS?

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

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

City Animal Shelter: 669-6299

STATE HIGHWAY PROBLEMS?

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

TULSA COUNTY ROAD PROBLEMS? (e.g. Avery Drive, Wekiwa Road), Tulsa County Engineer, Ray Jordan, 596-5730, Fax 596-4647.

TULSA COUNTY TRAFFIC PROBLEMS? Tulsa County Sheriff 918-596-5601.

RIVERPARKS AUTHORITY, 707 S. Houston, Suite 202, Tulsa, OK. 74127, 918-596-2001.

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

This month I took action. I made a call or wrote a letter to: _____

About: _____

Response: _____

Date: _____

TW MONTHLY MILEAGE LOG

Date: _____

Bike _____ Bike _____

Miles _____

Now: _____

Prev. _____

Month: _____

Month _____

Total: _____

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

RE-CYCLE-IT!

THE CLASSIFIEDS

Where member ads are free!

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

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

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

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

Re-Cycle-It classified ads run for two months and are available free to members, (only \$7.50 for non-members); ads **must be submitted in writing by the 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 ISTEA legislation.

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.**

Tulsa Wheelmen Newsletter Staff

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437-9419

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Email Address *TW Newsletter*:
delafam@sbcglobal.net.



**LANDPLAN
CONSULTANTS
INCORPORATED**

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Bmeahan@datathree.com

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Race Director **Jeremy Stitt**
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Avery Drive Clean-up **Tom Potter**
437-9419

Advocacy Director **Sandra Crisp**
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CD.SL.CRISP@COX.NET

Tulsa Wheelmen Newsletter

The official newsletter of the Tulsa Wheelmen, a membership organization established in 1978 to "...promote responsible bicycling in all its forms." Whatever your interests; fitness, racing, advocacy - our training rides, races, annual events, newsletter and network of 150+ members can help you achieve your cycling goals.

The *Tulsa Wheelmen Newsletter* welcomes any contributions that fall within the two rules of (1) having to do with bicycling and (2) being legible. Contributions need to be made by the 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
RACE REPORTS
RCAE RESULTS
RACE FLYERS ATTACHED

