



Tulsa Wheelmen

RIDES AND EVENTS CALENDAR

April 2005

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
March 27 No Wimps – 8 a.m. Racer Training Ride, 1:00PM	28	29	30	31	April 1 April Fools Day – Watch Out for Steve Webb This Day!!	2 <u>Cow Skin Bay</u> <u>Circuit Race,</u> <u>Tulsa, OK.</u>
3 Racer Training Ride & No Wimps – 8 a.m. <u>NW Arkansas</u> <u>Spring Classic</u> <u>Road Race</u>	4 <u>Day Light</u> <u>Savings Time</u> <u>Begins</u> DOT Ride, 4000 North HWY 169, 6:00pm	5 Tuesday Night World Championship Ride (TNWC), SW Blvd. & Riverside Drive, 6:00pm	6 Wednesday Night Ride, West Bank Ark. River, 6:00pm	7	8	9 Racer Training Ride & No Wimps – 8 a.m. <u>Racing On the</u> <u>River Time</u> <u>Trial</u>
10 Racer Training Ride & No Wimps – 8 a.m. <u>North 40</u> <u>Criterium</u> <u>Series</u>	11 GENERAL MEM. MTG – MAZZIOS AT THE FARM – LOWER LEVEL 6:30PM Race Team Mtg. to Follow	12 TNWC	13 Wednesday Night Ride, West Bank Ark. River, 6:00pm	14	15	16 Racer Training Ride & No Wimps – 8 a.m. <u>Bob Herbert</u> <u>Stage Race</u>
17 Racer Training Ride & No Wimps – 8 a.m. <u>Bob Herbert</u> <u>Stage Race</u>	18 DOT Ride, 4000 North HWY 169, 6:00pm	19 TNWC	20 Wednesday Night Ride, West Bank Ark. River, 6:00pm	21	22	23 Racer Training Ride & No Wimps – 8 a.m. <u>OKC Velo TT</u> <u>Series #1</u>
24 Racer Training Ride & No Wimps – 8 a.m. <u>Joseph Sheehan</u> <u>Memorial Road</u> <u>Race</u>	25 DOT Ride, 4000 North HWY 169, 6:00pm	26 TNWC	27 Wednesday Night Ride, West Bank Ark. River, 6:00pm	28	29	30 Racer Training Ride & No Wimps – 8 a.m.
May 1 Racer Training Ride & No Wimps – 8 a.m.	2 DOT Ride, 4000 North HWY 169, 6:00pm	3 TNWC	4 Wednesday Night Ride, West Bank Ark. River, 6:00pm	5 First Race of the Tulsa Wheelmen Summer Criterium Series	6	7 Racer Training Ride & No Wimps – 8 a.m.



Tulsa Wheelmen

INFO PAGES

APRIL 2005

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 - 7-14, touring
c - 15-17, 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, Racer Training Ride, Noon Sat., 1:00pm Sun. (Switches to 8:00am on April 3, 2005) (5/C/d), 45th and Madison, Wright School (one block west of Peoria on 45th), west parking lot. Distance will vary on this fast paced ride. Route varies depending on who shows up. (year round).

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

^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.

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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!*

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**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

Sat. 4/2 Cow Skin Bay Circuit Race, Tulsa OK. See details at www.tulsawheelmen.com

Sun. 4/3 NW Arkansas Spring Classic, Fayetteville, Ark., Steve Grife 479-644-6178

Sat. 4/9 Racing on the River Time Trial, Tulsa, OK. See flyer in this newsletter and more information at www.tulsawheelmen.com.

Sun. 4/10 North 40 Criterium Series, Bentonville, Ark. See more information at www.tulsawheelmen.com

Sat. 4/16-17/05 Bob Herbert Stage Race, Bella Vista, Ark. See more information at www.tulsawheelmen.com.

Sat. 4/23 OKC Velo Time Trial Series #1, OKC. Bill Wylie (405-830-3734).

Sun. 4/24 Joseph Sheehan Memorial Road Race, Leavenworth, KS. Brandon Sheehan (913) 682-2444.

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

DATA  **DATA 3**, a local Tulsa company,

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Let DATA3 help you
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N *Tulsa Wheelmen* NEWSLETTER

Vol. 28, No. 4

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

April 2005

THE EDITOR'S PEN FOR APRIL 2005: BICYCLE-AUTO ACCIDENTS: WHAT TO DO If It HAPPENS TO YOU

By: Malcolm McCollam, [MalcolmLaw](#)

The unthinkable happens. You - not someone else, mind you - but YOU are involved in a bicycling accident with a motor vehicle. What do you do?

1. **IDENTIFY THE VEHICLE INVOLVED.** Most of the time, this is easily done because the driver stops. In the case of a hit-and-run, however, you have precious few seconds to identify the make, model, color, and maybe even license number (if you're good) of the vehicle. You can test your powers of observation while on group rides. Turn to the rider next to you a minute or so after a vehicle passes, and ask him or her to describe the car that just passed. This little exercise can help teach you to be alert.
2. **CALL THE POLICE.** Always have an official report prepared. The information that will be gathered may become critical to your obtaining a recovery for your injuries and other damages. Law enforcement authorities are trained to follow procedures, most of which involve information gathering. This process can identify evidence which may become important in either presenting your claim or trying your case. That evidence gets harder to gather when, as they say, the trail gets cold.
3. **OBTAIN PROMPT MEDICAL TREATMENT.** Don't be a martyr! If an ambulance arrives on the scene and

you are hurt, let them take you to the hospital. If there is no ambulance involved, and you get home some other way, obtain medical attention promptly; don't wait several days. Not only are you probably delaying your ability to get healed and back to full strength and training, but you are not doing yourself any favors in the processing of your claim for damages. Insurance adjusters are notorious about claiming a cyclist must not have really been hurt because the cyclist didn't seek medical treatment for several days.

4. **GATHER AND PRESERVE EVIDENCE.** Take pictures of your injuries from different angles. Keep a daily diary of your symptoms. Leave your bike, helmet, and other items as they are; that includes your clothing - as nasty as it may be. Do not wash it. Stick it in a box and put it out in the garage if you want to, but don't change its condition.
5. **DO NOT ATTEMPT TO NEGOTIATE YOUR OWN CLAIM.** Do not attempt to negotiate with either the at-fault driver or the insurance company. My files are full of cases where the driver jumped out of the car apologetically and accepting blame, only to have reconsidered once it became time to consider the ramifications. Likewise, insurance adjusters are always eager to communicate with you to gather information so they can "take care of you" or make a "fair settlement of your claim." What they perceive as "fair" may be much different than your perception. Which brings me to my final point.
6. **CONTACT A QUALIFIED-EXPERIENCED ATTORNEY.** As soon as you hit the ground, a number of insurance policies sprang into effect. Handling any accident case requires knowledge of how these policies interact and how to maximize their

application. Handling bicycle accident cases requires additional specialized knowledge many accident lawyers do not have. A lawyer involved in bicycle accident cases has experience with bicycle traffic laws and ordinances, negotiating the unique personal injuries associated with bike wrecks, understands the prejudice against cyclists with juries and insurance adjusters, knows the right questions to ask about our bike and its damaged parts, understands the significance of varying degrees of bicycle handling skills, and has access to a network of bicycle accident forensic engineers who are skilled at reconstructing accidents for presentation of your claim to an insurance adjuster or jury.

Bicycle accident attorneys typically handle claims for a percentage of any recovery obtained for you, and your recovery - even after deduction of an attorney's fee - is generally higher than if you attempt to go it alone. Most accident claims can be successfully negotiated to conclusion without a trial.

Hopefully, you will never have to use the information contained in this article. If, however, that day comes, be prepared and follow the steps laid out above - for your sake and the sake of your family.





Tulsa Wheelmen Race News

SALT CREEK CIRCUIT RACE RESULTS **MARCH 5, 2005**

1/2/3s		
Huff, Brad	Mercy	1
Akins, Les	OKC Velo	2
Greek, Doug	Mercy	3
Hamalainen, Janne	Tulsa Wheelmen	4
Walnofer, Robert	Champion	5
Cagle, Chad	Mercy	6
Fairly, Caleb	Hot Tubes	7
Welch, Alex	Mercy	8
Fiddler, Ryan	Tulsa Wheelmen	9
Franklin, Keith	Tulsa Wheelmen	10
Gault, Will	Tulsa Wheelmen	11
McMahon, Blake	Team Power Train	12
Tobbe, Timothy	Champion	13
Ankney, Mat	Mercy	14
Malcom, Andy	RCRC	15
Blankenship, Jay	RCRC	16

Juniors		
Kirby, Jacob	Mercy	1
Mitchell, James	Team Power Train	2

3/4s		
Erdoes, Peter	OKC Velo	1
Grife, Steve	Champion	2
Tobbe, Timothy	Champion	3
Schneider Alex	Team Power Train	4
French, Tom	Tulsa Wheelmen	5
LaSorsa, Anthony	OKC Velo	6
Gifford, Josh	CTE	7
French, Zach	CRRC	8
Winn, Keith	Tulsa Wheelmen	9
Lewis, Josh	Tulsa Wheelmen	10
Brown, Buster	OKC Velo	Field
Lederer, Joe	Tulsa Wheelmen	Field
Neu, Duane	OKC Velo	Field
Harth, Frederick	B 1 Rocks	Field
Shriver, Tom	Tulsa Wheelmen	Field
Gilker, Jarred	Mercy	Field
Turbeville, Sean	OKC Velo	Field

3/4s (cont)		
Parmain, Charles	Oklahoma Velo	Field
Brock, Trina	RCRC	Field
LaSorsa, John	OKC Velo	Field
Breipohl, Gary	Tulsa Wheelmen	Field
Barnes, Scott	Champion	Field
Walnofer, Scott	Champion	Field
Christian, Chad	Unattached	Field
Meinen, Darrell	Tulsa Wheelmen	Field
Upchurch, Ben	Johnson Mechanical	Field
Duvall, Bryan	CTE	Field
Garrison, Carl	Champion	Field
Newell Robert	Dickson Bros.	Field
McCollum, Malcolm	Tulsa Wheelmen	Field
DuRoy, Chris	OKC Velo	Field
Bohanan, Jim	Tulsa Wheelmen	Field
Fairley Alex	Old Tascosa	Field
McMahon, Russell	Tulsa Wheelmen	Field
Olsen, Koyle	Johnson Mechanical	Field
Summy, Gil	OKC Velo	Field

4/5s		
Fairley, Alex	Old Tascosa	1
Gilker, Jarred	Mercy	2
Good, Alan	Tulsa Wheelmen	3
McMahon, Russell	Tulsa Wheelmen	4
Elliott, Erin	Mercy	5
Houtman, Mitch	Tulsa Wheelmen	6
Walter, Charles	MidTown	7
Bohanan, Jim	Tulsa Wheelmen	8
Parmain, Charles	Oklahoma Velo	9
Lantz, Pete	Tulsa Wheelmen	10
Turbeville, Sean	OKC Velo	11
Miller, Greg	Dickson Street	12
Cauthon, Chris	Tulsa Wheelmen	13
Payne, Mikey	MidTown	14
Mitchell, James	Team Power Train	15
Mendoza, Hector	Mercy	16
Woznika, Mikey	MidTown	17

(Continued on Next Race News Page)



Tulsa Wheelmen Race News

SALT CREEK CIRCUIT RACE RESULTS **MARCH 5, 2005 (continued)**

Women's Open		
Nova, Marcella	Unattached	1
Harwood, Karen	360 Cycleworks	2
Carabin, Helene	OKC Velo	3
Cox, Melissa	Mercy	4
Tyler, Dawn	B 1 Rocks	5
Gault, Heidi	Tulsa Wheelmen	6
Brumfield, Angie	OKC Velo	7
Humenikova, Lenka	Tulsa Wheelmen	8
Taylor, Cynthia	OKC Velo	9
Rice, Donna	OKC Velo	10
Thigpen, Cheryl	Tulsa Wheelmen	11
Larsen, Alayne	OKC Velo	12
Schneider, Angela	OKC Velo	13
Jones, Trina	OKC Velo	14

Masters 35+		
LaSorsa, John	OKC Velo	1
Summy, Gil	OKC Velo	2
Erdoes, Peter	OKC Velo	3
Akins, Les	OKC Velo	4
Smith, Ken	OKC Velo	5
Brown, Buster	OKC Velo	6
Neu, Duane	OKC Velo	7
Sherkat, Darren	Team Mack	8
Harth, Frederick	B 1 Rocks	9
Lencho, David	Boston Mountain Cyclist	10
Webb, Steven	Tulsa Wheelmen	11
Posey, Scott	Tulsa Wheelmen	12
Meinen, Darrell	Tulsa Wheelmen	13
McCollam, Malcom	Tulsa Wheelmen	14
Pratt, Adam	Tulsa Wheelmen	15
Schroeter, James	Tulsa Wheelmen	16
Thigpen, Ben	Tulsa Wheelmen	Field
DuRoy, Chris	OKC Velo	Field
Moline, John	Boston Mountain Cyclist	Field
Hedgecock, John	Boston Mountain Cyclist	Field
LaSorsa, Anthony	OKC Velo	Field
Hamerla, Ralph	OKC Velo	Field
Cummins, Kary	Tulsa Wheelmen	Field

Cat 5		
Cauthon, Chris	Tulsa Wheelmen	1
Lantz, Pete	Tulsa Wheelmen	2
Crowder, Chris	Unattached	3
Spahr, Ryder	Unattached	4
Haanen, Tom	Unattached	5
Collins, Jeremy	Unattached	6
Maybin, Hugo	OKC Velo	7
Rankin, Mitch	Unattached	8
Schneider, Timothy	Unattached	9
McFarland, Kevin	Unattached	10
Mitchell, James	Team Power Train	11

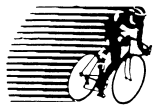
NORTH 40 CRITERIUM SERIES RACE **RESULTS**

OVERALL STANDINGS AFTER MARCH **13, 2005 EVENT**

Citizens, Cat V			
Rider	Team	Place	Points
Jason Macom	Carve/Orbea	1	18
Logan Eakins	Champion Cycling	2	9
Colin Chambers	OCC	3	6
Marc Alley	Tyson	4	5
Eric Grimmett	Carve/Orbea	5	5
Brandon Johnson	Tulsa Wheelmen	8	4

Men IV, Women, Juniors			
Rider	Team	Place	Points
Jason Macom	Carve/Orbea	1	12
Paxton Roberts	Tyson	2	10
Jarred Gilder	Mercy	3	10
John McAllister	Tailwind cyclist	4	9
Wade Colwell	Tyson	5	6
Mitchell Houtman	Tulsa Wheelmen	6	5
Frank Wilborn	Tulsa Wheelmen	9	2
Joe Lederer	Tulsa Wheelmen	10	2
Alan Good	Tulsa Wheelmen	14	2

(continued on next Race News Page)



Tulsa Wheelmen Race News

NORTH 40 CRITERIUM SERIES RACE RESULTS

OVERALL STANDINGS AFTER MARCH 13, 2005 EVENT (continued)

Men I, II, III			
Rider	Team	Place	Points
Tim Tobbe	Champion Cycling	1	12
Steve Grife	Champion Cycling	2	7
Roger Lomshek	Tailwind Cyclist	3	6
Ryan Heydenrych	Mesa	4	6
David Hogan	Mercy	5	5

RADIO DAYS 2005 – FEATURES AUCTION ITEMS AUTOGRAPHED BY LANCE ARMSTRONG

Youth Services of Tulsa is pleased to announce Radio Days, April 22, 2005. Radio Days is a jam-packed, fun-filled evening featuring a live auction, a silent auction, food from Tulsa's favorite restaurants and a truly unique entertainment, our Amateur Hour, just like the old Ted Mack original.

With MC Ted Mack (aka) Bob Hendrick and "Your Announcer" (aka) Clayton Vaughn, you never know who might end up on our stage—real talent, would-be talent, never-was talent—local personalities with unforgettable performances. Back by popular demand is the Pop Bottle Lady. If you've caught her act before, either at Radio Days or on the Tonight Show with Jay Leno, you'll come again. Notable, or not so notable, celebs such as Dr. David Sawyer, Rick Fortner, Miss Oklahoma, and TPD Major Rod Hummel will also be appearing.

A few of this year's live auction items are a **framed photo signed by Lance Armstrong in the 2003 Tour de France, an official USPS racing jersey framed and signed by Lance Armstrong**, a painting by Eileen Bryce, a party for 50 young people in the Youth Activity Center, a sculpture by Sandra VanZandt, a getaway for 4 days and 3 nights in a Colorado rambling mountain retreat, and a pair of stunning 1-1/2 carat round brilliant 3-stone diamond earrings set in White Gold. There are lots of silent auction items, too. You just might need a new pair of boots, a round of golf, or a massage at the spa. There's something for everyone.

Honorary chairs, Dr. Gary and Sandra Trennepohl, will draw the winning ticket for a spectacular diamond dinner ring too, valued at \$5,000 and donated by Moody's. Tickets to enter the drawing can be obtained at YST.

Past YST presidents Tamara Rains and Charlie Jackson are chairing the event to benefit Youth Services of Tulsa, our community's safe place for adolescents. YST truly makes a difference in the lives of our young people in Tulsa.

Bring your friends, dress casual and enjoy the show. Just let us know how many tickets you'd like (\$75 per person) by calling Paula Turner (382-4455). Then mark your calendar for Friday, April 22 and leave the rest to us.

Flyer for this event is included in this Newsletter.

RACING ON THE RIVER TIME TRIAL BACK FOR 2005 By Marc Delametter

There is a rumor going around (I think this one is really true) that the Time Trial at the Bob Herbert Stage Race this year is longer than last year. I herd something about 7 miles or more.

The Racing on the River Time Trial April 9, 2005 would be a great warm-up for Bob Herbert. Especially considering that Bob Herbert is the very next weekend, April 16 and 17.

Included in this Newsletter is a flyer for the Racing on the River Time Trial. Noted below are more specifics that weren't included on the flyer.

Good luck.

Registration on day of race starts at 7:00 a.m.

5 km run starts at 8:00 a.m.

1 mile fun run starts at 8:05 a.m.

10 km bicycle time trial starts at 9:15 a.m.

All start and finish at 31st and Riverside

Pre-registration \$15 for one event or \$20 for two events

Registration day of race is \$20 for one event or \$25 for two events

Pre-register by mail to Homelife or at Fleet Feet Sports beginning April 4.



ALPINEER



VENTURE PROPERTIES



Homelife Association

presents



RACING ON THE RIVER

Saturday, April 9, 2005

**5K Run, 1-mile Fun Run and
10K Time Trial for Bicycles**

Your chance to race on Riverside Drive!

For more information, call:

(918) 745-1114

proceeds support Homelife Association

a not-for-profit organization which provides residential
services to individuals with developmental disabilities.

Youth Services of Tulsa



Radio Days

HAVE WE GOT A



SHOW FOR YOU!

Presented by
Dollar Thrifty Automotive Group
&

Bank of Oklahoma/George Kaiser Family Foundation

6:30 p.m. Friday April 22
OSU Tulsa, 700 N. Greenwood
Buffet, Auction & Amateur Hour
\$75.00 per person*



Framed autographed photo
Lance Armstrong
2003 Tour de France

Auction Items Include
Lance Armstrong
Memorabilia

For Tickets
Call 382-4455

Or email Pturner@yst.org
Keeping the Promise of Youth

*All proceeds benefit Youth Services of Tulsa
(\$60.00 tax deductible)



Framed official USPS jersey
Signed by Lance Armstrong



MORE . . .

WHEELMEN INFO

APRIL 2005

?!?!?
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.

RE-CYCLE-IT!

THE CLASSIFIEDS

Where member ads are free!

See this big empty space. This is where we put YOUR stuff for sale. So if you have some old stuff for sale send me a description and we'll put it here. It really works.

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.

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 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 nlfamily@cox.net. **DO NOT ATTEMPT TO PLACE ADS BY PHONE**

BECOME INVESTED IN TULSA BICYCLING
JOIN THE TULSA WHEELMEN!
2005 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
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
MidTown Bicycles 749-7563
Adventure Bicycle Center.....
..... 918-333-9222

**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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"Send in your questions" Link

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.



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SALT CREEK RESULTS
RACING ON THE RIVER TT

