

TW Editor:
Alan Good

Tulsa Wheelmen



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Newsletter



April, 2007

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VeloCup Opens with Great Racing by Nathan Leigh

With two weekends complete for the 2007 Arkansas/Oklahoma Spring Series, the series has quickly gained the interest of the regions racers as shown by the quality and quantity of the fields.

One of the biggest surprises was at the first event, the Sand Springs Criterium near Tulsa, OK, when Brice Jones (Jelly Belly), Steve Tilford (HRRC/Trek Stores), and Brian Jensen (HRRC/Trek Stores) all lined up for the Pro/1/2 event. Brice had just completed his second Tour of California. Steve Tilford is a national and world champion in cyclocross and mountain biking. Brian Jensen won the overall at both the Tour of Kansas City and Gateway Cup last year.

The field included 13 riders from the Mercy Cycling Team, prompting Peter Erdoes (OKC Velo) to heckle the riders waiting to start, "Welcome to the Mercy Scrimmage Criterium." Mercy Cycling had most of their top riders, including local legends Chad Cagle (5th & 6th US Elite Crit Nationals), Matt Ankney (2x Fayetteville SR winner), Alex Welch (U23 National Team Member), and Steven Cate (Elite National Road Race Champion). The rest of the 33 rider field included teams from MO, TX, AR, KS, and OK – Team San Jose, CTCA/Tulsa Wheelmen, Boston Mountain Cyclist, Team X, VMG, and FCS Cycling.

Mercy Cycling decided that they would work on the tactic of keeping the race together, and together it stayed. Despite several attacks from



different teams, two groups of 6 riders in blue would take turns riding at the front to squelch any attempts to form a breakaway. Their goal was to bring the race down to a field sprint, which it did as Brice Jones won a fast sprint ahead of Steve Tilford followed by Chad Cagle.

The next day was a great downtown criterium in Sand Springs, OK. It included a pave/brick finish line area to accent the figure-eight course. Unfortunately the sunny weather on Saturday was replaced with a steady rain fall. This led to a diminished field of twelve in the Pro/1/2 race, but not much less in talent. Tilford still had two teammates from the day before in William Stolte and Adam Mills. Mercy had four riders to brave the rain along with representation Team Hotel San Jose, CTCA/Tulsa Wheelmen, and VMG.

As is typical in a rainy criterium, the race broke up early with a chase group of 4 riders formed behind a strong solo effort by Steve Tilford. Steve's superior bike handling skills became the show of the day as he steadily

pulled away from the chasers to eventually lap everyone on the course at least once for the win. Behind a battle formed between William Stolte (HRRC/Trek Stores), Bryan Fawley (Team San Jose), Kip Spaude (VMG), and Ryan Fiddler (Mercy Cycling). With Steve's help, Stolte won the sprint for 2nd followed by Bryan Fawley for third.

(Continued on page 2)



Thanks to all who expressed interest in the Training with Power seminar. **This seminar is officially on!** Check

www.AdvancedCycling.com for details and registration information.

Please forward this information to anyone who might be interested.

Thank you! Andrés F. Angulo

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Hell's Kitchen Race Report by Nathan Leigh

The next weekend was the Hell's Kitchen Road Race in Hogeeye, AR. This race features the infamous Hell's Kitchen climb – a 1.2 mile climb with a generous helping of 8-14% steady uphill torture. 22 riders toed the line for the Pro/1/2 race with representation from Mercy Cycling, CTCA/Tulsa Wheelmen, University of Minnesota, Memphis Motor Works, Big Shark, Matrix Cycling, and Boston Mountain Cyclist. Brian Jensen returned without any teammates this time, as did Brice Jones.

The 60.9 mile showdown consisted of 3 laps, which would include 3 times up the Hell's Kitchen climb. Brian Jensen and Brice Jones took turns keeping any attempts at getting to the hill with a head start in check, as riders from BMC and Mercy both attempted to get an early gap on the field.

Your author was able to go solo for the last mile before Hell's Kitchen,

resulting in a healthy gap starting up the climb. The amazing thing was that before I could crest the first riser, Brice Jones blew past with a strung out field in tow. Several reports afterwards stated that effort was the hardest part of the race. While I almost came to a complete standstill in awe, I had a good vantage point to watch the field split into three groups on the main climb – led by Brian Jensen, Will Gault (CTCA/Tulsa Wheelmen), and Brad Johnson (University of Minnesota). These three formed a breakaway group that Brice Jones bridged up to after the climb, but he was only able to stay in for a few rotations before surrendering back to the chase group. The chase group could never get organized, and was eventually overtaken by the remainder of the field.

On the second time up the climb, Brian Jensen attacked again and rode the next 26 miles and a third time up Hell's Kitchen solo for the win. Gault and Johnson crested the climb together, but Johnson attacked on a short riser after-

wards to get a gap and ride in solo for 2nd. Will Gault held off the chase group solo for 3rd. Out of the chase group, Janne Hamalainen (CTCA/Tulsa Wheelmen) and Scott Walnofer (Mercy Cycling) came to the finish line together with Walnofer out sprinting Janne for 4th.

So completes the first three of seven events in the 2007 Arkansas/Oklahoma Spring Series. The next events on the calendar are:

April 1st – North West Arkansas Spring Classic Road Race in Prairie Grove, AR

April 14th – Flint Ridge Circuit Race near Kansas, OK

April 15th – Cowskin Road Race in Westport, OK

April 21-22 – Bob Herbert Memorial Stage Race near Bentonville, AR

More info on the series and current team standing can be found at www.VeloCup.com

Walburg & Pace Bend Race Reports by Rafael Santiago

Walburg, Texas

A long drive to nice weather and pretty countryside makes a trip to Austin, Texas worth it every time. As we all know, the boys from Texas always get a jump-start at the cycling season with warmer weather down South. A little rain and some wind were expected by daybreak. Even though we saw no rain, we certainly felt the 26 mph raging head wind out of the Southwest. The course was mostly flat and the roads were smooth. A tight right lane to work with was just enough for a few strong racers in the front to survive the day.

Phillip Stauner was the top performer for the Tulsa Wheelmen with a Top 25 finish in the huge CAT 4

race field of 99 riders. He was able to keep contact with some of the front groups to finish in good standing. Edgardo Delgado, Brandon Johnson, and I felt some early heat and fell behind about a quarter into that race. In the CAT 5 race, Ben Grabow, was having a decent day, but had a mechanical problem with the derailleur, which ended his race. The CAT 3 and 5 men races were also full. Even though every field was large, there were no peloton sprint finishes due to the wind and some early season heart rate monitor records.

Other Tulsa rider results, Ryan Fiddler of Mercy Cycling finished with the front group in the CAT 1-2 race in a field that only finished about half the riders in that 96 mile suffer fest.

Pacebend, Austin, Texas

Day two of the two-race weekend felt a bit better for the Oklahoma riders. The wind blew only 6 mph and the weather was a bit chilly in the mid 50s. Overall the course was excellent, rolling hills, smooth roads on the 6-mile loop and access to the entire road. The lakeside park was beautiful and the hilly terrain ideal for cyclist. Phillip Stauner had another strong CAT 4 race and finish in the front with the lead group. Brandon Johnson, Edgardo Delgado, and I stood ground for a few laps, but finished the day early. Registration was sold out for most categories and huge fields participated in every race. In the CAT 5 race, Ben Grabow held on with a second pack of riders, but the lead group got away. I would recommend this race to everyone. We will be back next year!

Tulsa Wheelmen News

- **Davis Hale** Category Upgrade 5 to a 4. Congrats Davis!
- Fantastic job goes out to **Russell McMahon & Jeremy Stitt** and the volunteers who helped out at Salt Creek. Great job!
- Volunteer of Month: **Jeff West**



- Reminders:
 1. Crits are now Tuesday evenings and begin April 3rd.
 2. Please send **Alan Good** a headshot with new uniform for newsletter or see **Darren Fritz** for a mugshot.



3. Need volunteers for Tuesday night crits. Contact **Nathan Leigh**.
4. Need volunteers for Flint Ridge & Cowskin. Contact **Nathan Leigh**.
5. CTCA GM Meeting, 6:30 pm & Race Meeting, 7:30 pm, is on Monday, April 9th (near S.81st & Hwy 169).

April 2007: Rides & Events Calendar

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 8 AM Racer's Training Ride NWA Classic (VeloCup) Prairie Grove, AR	2	3 <i>TW Crit Series</i>	4	5	6	7 8AM Racer 's Training Ride
8 8 AM Racer's Training Ride	9 CTCA/General Mem. Mtg 6:30 PM Race Meeting to follow at 7:30 PM	10 <i>TW Crit Series</i>	11	12	13	14 8AM Racer 's Training Ride Flint Ridge CR (VeloCup) Kansas, OK
15 8 AM Racer's Training Ride Cowskin RR-VC Westport, OK	16	17 <i>TW Crit Series</i>	18	19	20	21 8AM Racer 's Training Ride Bob Herbert SR (VeloCup) Bentonville, AR
22 8 AM Racer's Training Ride Bob Herbert SR Bentonville, AR	23	24 <i>TW Crit Series</i>	25	26	27	28 8AM Racer 's Training Ride Tour of St. Louis 4/28-29 (MO)
29 8 AM Racer's Training Ride Cushing Crit Cushing, OK	30	1 <i>TW Crit Series</i>	2	3	4 Tin Man TT Kechi, KS	5 8AM Racer 's Training Ride Scare Crow Crit Wichita, KS

Tulsa Wheelmen



Stat Corner

Career Wins (2004-Present)

Bold = Active Race Team Member

Keith Franklin	13
Will Gault	13
Ben Thigpen	11
Janne Hamalainen	8
Jeremy Stitt	5
Gary Breipohl	4
Tim Carrigg	4
Mitch Houtman	4
Mark McClay	4
Marcela Nova	4
Rich Chillingworth	3
Kary Cummins	3
Keith Winn	3
Chris Cauthon	2
Darren Fritz	2
Devin Gilpin	2
Malcolm McCollam	2
Russell McMahon	2
Cheryl Thigpen	2

(Note: 2 or more career wins)

USCF Season Wins

Bold = Active Race Team Member

Will Gault	2004	12
Keith Franklin	2004	9
Janne Hamalainen	2004	6
Ben Thigpen	2005	6
Jeremy Stitt	2004	5
Tim Carrigg	2004	4
Mark McClay	2004	4
Marcela Nova	2005	4
Ben Thigpen	2004	4
Rich Chillingworth	2004	3
Keith Franklin	2005	3
Mitch Houtman	2005	3
Keith Winn	2004	3
Chris Cauthon	2005	2
Darren Fritz	2006	2
Devin Gilpin	2006	2
Janne Hamalainen	2006	2
Russell McMahon	2004	2
Cheryl Thigpen	2006	2

(Note: 2 or more season wins)

2007 Team Results

Wins:	4
2nd place:	2
3rd place:	7
Top 5:	20
Top 10:	39



2007 Individual Wins

Gary Breipohl	1
Kary Cummins	1
Davis Hale	1
Lauren Miller	1



2006 TW Award Winners

Kary Cummins	TW of the Year
Keith Franklin	Teammate of the Year
Janne Hamalainen	Racer of the Year
Cheryl Thigpen	Women Racer of the Year
Darren Fritz	Most Improved Racer



2007 Top 5

Gary Breipohl	2
Kary Cummins	2
Tracy Haines	2
Davis Hale	2
Mitch Houtman	2
Lauren Miller	2
Ben Thigpen	2
Cheryl Thigpen	2

(4 tied with 1 top 5 result)

Note: Statistics through Hell's Kitchen Road Race



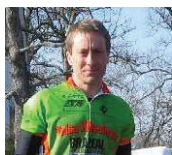
Tulsa Tough Ride & Race information is available at <http://www.tulsatough.com/>

Early registration is recommended with field limits expected to close very soon.

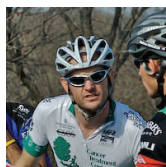
Dates: June 1-3, 2007.

Tulsa Wheelmen

Meet the Team (Name-Race Category) New Team Member for 2007



Tom Shriver-3



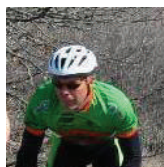
Nathan Leigh-2



Brian Metz-4



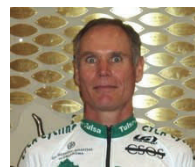
Kary Cummins-3



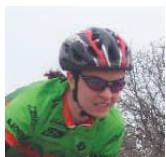
Chris Cauthon-4



Alan Good-3



Keith Franklin-2



Jennifer Johnson-4



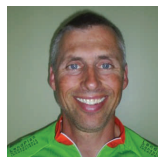
Ben Thigpen-3



Cheryl Thigpen-3



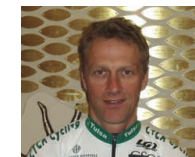
Traci Haines-4



Phil Stauner-4



Amanda Erwin-4



Janne Hamalainen-1



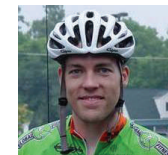
Tim Carrigg-3



Will Gault-2



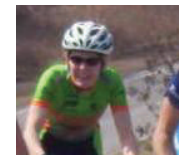
Edgardo Delgado-4



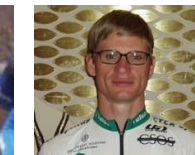
Jeremy Stitt-3



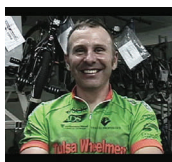
Jim Bohanon-3



Heidi Gault-4



Scott Gibson-1



Randall Clayborn-2



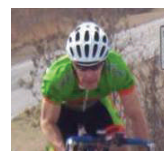
Greg Ingram-3



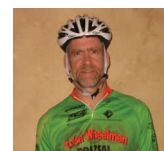
Ben Silk-3



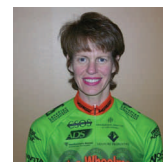
Russell McMahon-3



Gary Breipohl-3



Pete Lantz-4



Barb Landreth-4



Brandon Johnson-4



Kyle Freeman-4



Darren Fritz Cat 4



Ben Grabow -5



Rafael Santiago-4



Davis Hale-4



Mitch Houtman-3

Eric Andelin-4

Joey Bayles-5

Elizabeth Berman-4

Milus Clarke-5

Mark Delozier-5

Eric Doswell-5

Chris Genske-5

Byron Harvison-4

Andy Malcom-1

Eric Melton-2

Lauren Miller-4

Don Tardiff-5

Dustin Weaver-5

Jeff West-5

Tulsa Wheelmen Info Pages (April 2007)

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	6 PM	3/D/c-d	Starts Apr 5th
Tues	Summer Crit Series	Tulsa Safety Training Center	6 PM	1/A/d	Runs April-Sept
Sat/Sun	Racer's Training Ride	45th & Madison	8 AM	4/C/c-d	Year round
Sun	Racer's Training Ride	Wright School	8 AM	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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Team Nutritionist:

Lenka Humenikova

www.tulsawheelmen.com

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 Traci Haines, Membership Director (info on left)



Tulsa Wheelmen

P.O. Box 52242

Tulsa, OK 74152-0242

Return Service Requested



Adventure Cycling Association

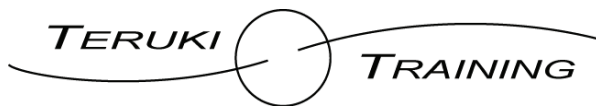
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We're on the Web!
www.tulsawheelmen.com