



# ***Tulsa Wheelmen***

## **RIDES AND EVENTS CALENDAR**

March 2005

Visit [www.tulsawheelmen.com](http://www.tulsawheelmen.com) for an extended list of upcoming events.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>February 27</b> <b>No Wimps – 8</b> a.m.  <b>Tailwind Ride,</b> 1:00PM	<b>28</b>	<b>March 1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>  <u><b>Salt Creek</b></u> <u><b>Circuit Race,</b></u> <u><b>Tulsa, OK.</b></u>
<b>6</b>  <b>No Wimps – 8</b> a.m. <b>Tailwind Ride,</b> 1:00PM <u><b>Lochmoor Crit,</b></u> <u><b>Bentonville,</b></u> <u><b>ARK.</b></u>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b> <b>No Wimps – 8</b> a.m. <b>Racer</b> <b>Training Ride,</b> Noon <u><b>Primavera Road</b></u> <u><b>Race, Austin,</b></u> <u><b>TX.</b></u>
<b>13</b> <b>No Wimps – 8</b> a.m. <b>Racer</b> <b>Training Ride,</b> 1:00PM <u><b>Primavera Road</b></u> <u><b>Race, Austin,</b></u> <u><b>TX.</b></u>	<b>14</b> GENERAL MEM. MTG – MAZZIOS AT THE FARM – LOWER LEVEL 6:30PM Race Team Mtg. to Follow	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b> <b>No Wimps – 8</b> a.m. <b>Racer Training</b> <b>Ride, Noon</b>  <u><b>Fayetteville</b></u> <u><b>Stage Race,</b></u> <u><b>Fayetteville, TX.</b></u>
<b>20</b> <b>No Wimps – 8</b> a.m. <b>Racer Training</b> <b>Ride, 1:00PM</b> <u><b>Fayetteville</b></u> <u><b>Stage Race,</b></u> <u><b>Fayetteville,</b></u> <u><b>TX.</b></u>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b> <b>No Wimps – 8</b> a.m.  <b>Racer</b> <b>Training Ride,</b> Noon
<b>27</b> <b>No Wimps – 8</b> a.m. <b>Racer Training</b> <b>Ride, 1:00PM</b>  <u><b>Lochmoor Crit,</b></u> <u><b>Bentonville,</b></u> <u><b>ARK.</b></u>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>April 1</b>  <b>April Fools</b> <b>Day – Watch</b> <b>Out for Steve</b> <b>Webb This</b> <b>Day!!</b>	<b>2</b>  <u><b>Cow Skin Bay</b></u> <u><b>Circuit Race,</b></u> <u><b>Tulsa, OK.</b></u>
<b>3</b> <u><b>Day Light</b></u> <u><b>Savings Time</b></u> <u><b>Begins</b></u>  <u><b>NW Arkansas</b></u> <u><b>Spring Classic</b></u> <u><b>Road Race</b></u>	<b>4</b> <b>DOT Ride,</b> <b>4000 North</b> <b>HWY 169,</b> <b>6:00pm</b>	<b>5</b> <b>Tuesday Night</b> <b>World</b> <b>Championship</b> <b>Ride (TNWC),</b> <b>SW Blvd. &amp;</b> <b>Riverside</b> <b>Drive, 6:00pm</b>	<b>6</b> <b>Wednesday</b> <b>Night Ride,</b> <b>West Bank</b> <b>Ark. River,</b> <b>6:00pm</b>	<b>7</b>	<b>8</b>	<b>9</b> <b>Racer Training</b> <b>Ride &amp;</b> <b>No Wimps – 8</b> a.m. <u><b>Racing On the</b></u> <u><b>River Time</b></u> <u><b>Trial</b></u>



# Tulsa Wheelmen

## INFO PAGES

MARCH 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. 4<sup>th</sup>

**Wednesday Night Trail Ride, (3/A/c)** Starts at 41<sup>st</sup> and Riverside. 6:30pm. Lights needed. (Winter Only). Starts Jan. 5<sup>th</sup>.

**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), 45<sup>th</sup> and Madison, Wright School (one block west of Peoria on 45<sup>th</sup>), 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), 45<sup>th</sup> 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.

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!**

**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. 3/5** Salt Creek Circuit Race, Tulsa, OK., See flyer in this Newsletter.  
[www.tulsawheelmen.com](http://www.tulsawheelmen.com)

**Sun. 3/6 & 3/37** Lochmoor Criterium, Bentonville, ARK., Steve Grife (479) 644-6178

**Sat. 3/12-13** Primavera Road Race, Austin, TX., [www.txbra.com](http://www.txbra.com)

**Mon. 3/14** Tulsa Wheelmen General Membership Meeting: 6:30pm Mazzios at the Farm.

**Sat. 3/19-20** Fayetteville Stage Race, Fayetteville TX., [www.txbra.org](http://www.txbra.org)

**Sat. 4/2** Cow Skin Bay Circuit Race, Tulsa OK. See details at [www.tulsawheelmen.com](http://www.tulsawheelmen.com)

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

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



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# N *Tulsa Wheelmen* NEWSLETTER

Vol. 28, No. 3

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

March 2005

## THE EDITOR'S PEN FOR MARCH 2005:

(This article is so big it needed three titles.)

### TULSA WHEELMEN RIDE CALENDAR:

### CHANGING THE SATURDAY AND SUNDAY TAILWIND RIDES TO A RACER TRAINING RIDE:

### BE PREPARED

By Marc Delametter

A little over a year ago the Tulsa Wheelmen redefined itself. Club members and officers decided to focus our energy exclusively on road cycling. This focus would manifest itself through the formation of new Race and Stagiaire teams, promoting quality Road events and supporting bicycle advocacy. As a natural result of this change we have decided to redefine the Saturday and Sunday Tailwind rides listed on the TW calendar. We also thought we would take this opportunity to clarify some things about the rides listed in our calendar.

### TULSA WHEELMEN RIDE CALENDAR:

The TW calendar is published for informational purposes only. Unless reference is made to a USCF or NORBA permitted race, all rides listed are un-permitted, un-insured, un-

supported, show-up rides. They are not "sponsored" by the club. The calendar is published for the purpose of informing others of the times and places at which cyclists in Tulsa gather for rides. There are no designated Tulsa Wheelmen ride leaders. There may not even be any Tulsa Wheelmen show-up. Some rides (such as Monday, Tuesday and Wednesday) have pre-determined routes. Others (typically weekends) do not have pre-determined routes. Routes are usually defined by the riders just prior to leaving for the ride.

The group will generally not stop for riders that flat (we will stop for all crashes). On some rides the group may stop for flats on the way out, but not on the way back in. The group will generally not wait for slower riders. Designated regroup points, if any, will be announced at the beginning of the ride. This really depends on the group that assembles for the ride that day. Be prepared with tubes, food and water. Be able to change a flat on your own. Be prepared to ride back by yourself if you drop off the pace. Be prepared to ride by yourself if you are the only one that shows. Basically, be prepared for anything.

Now let's talk about the redefined Saturday and Sunday Tailwind rides. These rides will now be called the Saturday and Sunday "Racer Training Rides".

### RACER TRAINING RIDE - NEW!

Beginning March 12th (and every Saturday and Sunday thereafter) there will be a new ride called the "Racer Training Ride". These rides will replace the "Tailwind Rides". These new rides will leave from the same location as the old Tailwind rides (Wright Elementary School 46th and Madison) at noon on

Saturday and 1:00pm on Sunday. The ride times will change to mornings when daylight savings time changes, April 3, 2005. These rides are what they say they are - a training ride for those who want to race. The pace is usually fast, and may average over 20 mph. It could be as long as 60 to 100 miles. The routes will be decided by the group just prior to departure. The routes will probably include hills. As with all rides on the calendar, there will not be a designated ride leader. The group will probably not stop for riders that flat. You should know the route before you leave the parking lot. The group will probably not wait for slower riders. Basically, a tough racer-oriented training ride.

### NO WIMPS RIDE

The weekend "No Wimps Ride" is essentially the same as the old weekend "Tailwind Ride", only it takes place on Saturdays and Sundays at 8:00 a.m. year-round. The reason it's called the "No Wimps Ride" is the 8:00 a.m. year-round start time. Basically there is a group of Wheelmen that ride at 8:00 a.m. year-round from Wright Elementary School no matter what the temperature. I've heard that even at 10 degrees they'll get out and do 40 or so miles. Man they are "No Wimps". On April 3, 2005 the "Racer Training Ride" moves to 8:00am and merges with the "No Wimps Ride". As of this writing nothing will change for our traditional "No Wimps Ride". Your expectations for that ride should be similar to the old "Tailwind Ride".

Once again, be prepared for anything.





ALPINEER



VENTURE PROPERTIES





# Tulsa Wheelmen Race News

## NEW SPONSORS FOR 2005

By Brian Meahan

Tulsa Wheelmen announce Sponsor Changes for 2005

With the beginning of the new racing season, the wheelmen have experienced some changes in their current sponsorships. Global Fitness and Joe Smoothie have both experienced some difficult times and as a result have closed their doors. Fortunately, two new sponsors have stepped in to take their places for the remainder of the current sponsorships.

Cor Fitness and Tanning is the first health club in Tulsa to introduce a revolutionary "personalized training" concept. COR offers all of the amenities of a state-of-the-art facility and the flexibility of a club membership. But Cor Fitness goes a step further to provide members all of the personalized attention they deserve, just like if they hired their own personal trainer. While a typical health club may provide a nice place to work out, at COR, every member is personally trained

Traditional health clubs offer their members exercise programs that are designed to get them results. But after the initial one or two trainer-guided sessions, members are left on their own, trying to remember what exercises to do and how to perform them correctly. Few health clubs provide much-needed guidance or advice on how to get and keep results. Members are then left disillusioned and unmotivated. Many beginning exercisers quit exercising due to this decreased motivation, or due to a common second problem--injury. The National Academy of Sports Medicine states that over 50% of beginning exercisers get injured in the first six weeks of starting their programs. It's no wonder that so many people quit exercising before they experience any benefits!

Cor Fitness takes each member through a fitness assessment and evaluates their body's strengths and weaknesses. This gathering of information helps Cor to design a personalized program with the individual member in mind--addressing each individual's needs and goals vs. someone else's (or the "candy-cutter" approach, found at many traditional gyms.) And COR doesn't stop there! Their fitness professionals are available to guide each member every step of the way. Membership includes personalized training. Cor Fitness trainers not only design a program to suit each individual's needs and goals, but they guide each member through every workout, allowing each workout to be more effective. This amenity can cost an average of \$50/hour at most area clubs, it is all part of Cor's personalized training membership at COR.

In addition to the Broken Arrow location, Cor Fitness has recently opened Cor Fitness South at 8162-C South Lewis. The new facility offers the same personalized training found at the Broken Arrow facility, and in addition also offers the more traditional membership programs and group fitness classes

For more information and a current group fitness class schedule, visit their website at [www.corfitnesstulsa.com](http://www.corfitnesstulsa.com).

Novota Software, a new software development and website design company in Tulsa has joined the Tulsa Wheelmen as a new sponsor for 2005 & 2006. Novota software specializes in custom software, web based applications and website design. Currently, in conjunction with Cor Fitness & Tanning, they are developing the Fitness Guru personalized training software. Novota software takes a unique approach to software design, utilizing a variety of platforms and technologies to develop custom software and websites that allow them to keep the development costs much lower than traditional software developers and website designers.

For more information you can email them at [info@novotasoftware.com](mailto:info@novotasoftware.com)

## WINTER TRAINING CAMP REPORT

By Tom French

The Tulsa Wheelmen Annual Winter Training Camp kicked off Friday afternoon. Meeting at 17th and Riverside at Noon, we were welcomed with temperature around 55-60 degrees! We had at least 20 people come out, which is a great turnout for considering it was in the middle of the day with Jobs/School still in. The ride was at a pretty decent pace, with a 'no one gets dropped' motto for the day. Starting at Noon with great weather, many riders put a solid 4 hours of riding in that afternoon, with everyone getting at least 40 miles of great weather riding. (Some were able to wear short sleeves/shorts!)

Saturday morning we arrived at the QT offices/hanger at Tulsa Int'l Airport. A light breakfast was provided and the day began at 10:00am. We introduced ourselves to get acquainted with the new or unfamiliar faces. Malcolm McCollam then kicked off the day, teaching all of us how to 'break down' before a race. He gave a good lesson/review of the basics on attacking, covering, and chasing. That would be the day's assignment. We broke our group of about 40 into three groups. Each group practiced race situations. The ride revealed that we have some very strong people, and it was very pleasing to see we have many strong guys who haven't sat on the couch all winter. We headed out to the Red Bud Valley loop, and split into 'teams'. It turned into a mock 'race' but we kept it below all out race intensity. The day's ride ended by 2:30, and some wheelmen got extra in afterwards, putting in another big day.

Late afternoon we met at the QT Corporate offices (Thank you) and were served dinner and QT provided the drinks. Lenka Humenikova gave a great presentation on nutritional needs for winter training and race season, and then she showed us the correct way to ride off winter pounds. A very informative, and motivating, nutrition presentation.

(continued on next page)



# Tulsa Wheelmen Race News

## WINTER TRAINING CAMP REPORT

(continued)

By Tom French

Then Jacci Walker from QT's H/R group talked to us about group unity and teamwork. She split us into 4 groups, and we tried to 'Win as Much as we Can'. The Purple Cobras--"thump thump hsssss...." fooled all (fair or unfair) and won as much as they could. The night concluded and we headed home to rest sore legs and prepare for Sunday.

Sundays weather turned out to be pretty damp. Our 1:00 ride still went, and we worked on more pace lining drills. The turnout was a smaller than Saturday because of the weather, but everyone seemed to get a ride in sometime during the course of the day. Overall it was a huge success, all came away enthused and motivated for the Tulsa Wheelmen 2005 race season. It will be challenging yet fun year ahead. We have riders on all different levels of racing and commitment, but with strength in numbers we hope to work together to achieve common goals. Special Thanks to all that participated, QuikTrip, Tulsa Wheelmen officers, and Marc Delametter.

## TW ENERGY BARS

By Marc Delametter

Lenka Humenikova baked up some special energy bars for all the racers attending the Winter Training Camp in February. Needless to say the bars were a huge hit. Noted below is Lenka's recipe in case you would like to try to make then yourself.

### TW Energy Bars

1. Mix together in a large bowl and have it ready:

2 cups oatmeal (old fashioned or instant)  
1/4 cup raisins

2. Mix together in a large bowl and microwave for 2 minutes:

1/2 cup light corn syrup  
1/2 cup Peter Pan reduced-fat creamy peanut butter  
(after several experiments, this is the best type of peanut butter)  
1/3 cup brown sugar (light or dark)

3. Add 1 tsp vanilla extract into the hot peanut butter mixture, stir.

4. Quickly pour peanut butter mixture into oatmeal & raisins. Start mixing immediately, corn syrup hardens within several seconds. Mix until oatmeal moistened.

5. Transfer mixture into 8x11 or 9x12 baking dish (sprayed with Pam spray). Spray your hands with Pam spray and flatten the mixture until evenly spread in a baking dish.

6. Refrigerate for several minutes, cut into 10 bars and refrigerate for at least 1 hour.

## TULSA WHEELMEN RIDES WITH LANCE

By Karen Harwood

Saturday morning January 29, 2005, Austin, Texas. It wasn't just any ordinary Saturday morning. It started out foggy and cool. There was a little bit of mist in the air and the skies were looking dark and ominous. I woke up about 7:00 am in anticipation of the 8:30 morning group ride. Actually, if you want to be more specific, it's the 8:30 am hammerfest from Austin Tri-Cyclist(ATC) bike shop. One look outside at the weather zapped some of my motivation. Actually, the weather, the outside temperature (49 degrees), the early morning hour and the fact that I would very quickly get dropped when the hammer went down, killed the remaining motivation I had. I decided I would go back to sleep for a little while, wake up leisurely and have a cup of coffee in an hour or so, and then go out on my own later in the day. I decided to be a "slacker" that Saturday morning. Well, I'm here to tell you that sometimes "slacking off" pays dividends. Read on.

I finally got dressed, aired up my tires and prepared to go out for my ride. It was now about 11:15 am. I'm new to Austin and I only know a few routes, so I decided I would go out the same way as the ATC ride. My plan was to go out Southwest Parkway to the end and loop back around and just do "laps" of Southwest Pkwy. The ATC ride goes out on Hwy 71 for a while and I for sure did not want to do this on my own. Hwy 71 is a busy highway with little to no shoulder for a short stretch. In a group, I feel safe but not on my own. My objective was just easy base miles and Southwest Pkwy provides a nice big shoulder and some rolling hills to break up the monotony. So, off I went to ride on my own.

Just as I was riding on to Southwest Pkwy, passing under the Loop 1 bridge, I looked to my right and I saw another lone rider off in the distance. It was hard to see through the fog, but I remember thinking to myself, "Ok, someone else is out here in this weather too. I'm not the only one out here at this time." I kept riding. Then along came this other rider up next to me and then he rode past me. He glanced over his right shoulder to just say "hey" to another fellow cyclist.

(continued on next page)





# Tulsa Wheelmen Race News

## TULSA WHEELMEN RIDES WITH

### LANCE (continued)

By Karen Harwood

I immediately recognized Lance Armstrong as this fellow cyclist riding next to me. I said, "You out riding by yourself Lance?"

He slowed and turned to me and said, "always".

I introduced myself. I said, "I'm Karen, I just moved here not to long ago."

Lance said, "Oh yeah? From where?"

I told him that I just moved from Dallas. I went on to tell him about working at Richardson Bike Mart for the last 6 months before I moved. I told him that I knew Jim and Rhonda Hoyt and the whole gang there. He looked at me a smiled. I think he got a kick out of the fact that we knew some common people and that I lived in his old stomping grounds.

I proceeded to tell him that before Dallas, I lived in Tulsa, Oklahoma. He turned to look at me and smiled and said, "My mom just moved to Tulsa. She's always trying to get me to come there."

"You should", I said. "The riding is really great there."

He turned to me and said, "It is?"

"Yeah", I said. "A lot of people don't know that but there are hills and back roads and great places to ride in Tulsa."

"There's a really strong cycling community and a strong race team called the Tulsa Wheelmen. They have a website, Tulsa Wheelmen.com. You could check out the ride routes there."

I was really getting into telling Lance about the Tulsa Wheelmen and plugging how awesome the riding and riders were in Tulsa. He asked me, "So, they have the ride routes listed on the website?" I told him that I wasn't for sure but that for sure there would be contact information there (like Lance would just randomly call for ride information).

I told him, "Yeah, I could tell you about some really great places to ride, if I wasn't so out of breath."

You have to remember at this point that even though Lance had "slowed down" to talk to me, he wasn't going slow. I wasn't quite sure if it was the pure adrenaline or the increased pace, that was causing me to be so out of breath. I'm sure it was a combination of both. I was working pretty hard to stay with Lance and hold a conversation. But, there was no way that I was going to drop off.

So, hopefully Lance will check out the riding in Tulsa and the awesome Tulsa Wheelmen website for some rides. It may not be now at the beginning of the season, but maybe some end of season rides. Be on the lookout, you just never know. Lance has a reason to visit Tulsa and he just may remember his encounter with another cyclist from Tulsa (of all places).

Next, I told him that I went to the Tour the last two years to see him. I told him how incredible it was and what an amazing

experience it was to see him win those two years. He said, "Yeah, winning is fun." Just like that. How cool!!!

Well, the conversation continued. He asked me where I was riding that day. I told him my idea to ride "laps" out and back on Southwest Pkwy, because I wasn't as familiar with the roads and I didn't want to ride Hwy 71 alone. He looked at me and said, "Out and back? You don't want to do out and back, that's boring. This is what you need to do. Do you like hills?" I told him that I loved hills. He proceeded to tell me about another loop I could do on my own that had less traffic. He actually told me about two different options, one with a big hill and one with a couple of big hills. I chose the first one. But how cool is that? I was getting ride advice from Lance Armstrong!! He was just helping out another cyclist and offering what he knew to help someone new to town. Isn't that what we all would have done?

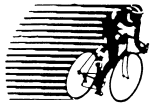
I thanked him for saving me from the "out and back" boredom and wished him luck. He rode off and very quickly he was gone. Only when he rode off did I realize we weren't alone. His follow car pulled around with the hazard lights blinking. I guess Lance never really rides alone. For support and safety he'll always have a follow vehicle.

I had the best ride of my life. Not only did I have a smile on my face for the rest of the day, I rode the route Lance had suggested. It was so much fun. I couldn't have asked for a better ride and a better motivation that to have a personal conversation with Lance Armstrong on the bike. Who would have ever guessed that on that specific Saturday morning, Lance and I would be in the exact same place at the exact same time? I guess sometimes slacking off really does pay off.

P.S. Just in case Lance does log on to the Tulsa Wheelmen website, and my article gets published, I want to send a personal message to him:

Lance,

I know you won't believe this, but I am your biggest fan!! I'm sure you hear that from everyone. You are such an inspiration. If you ever make your way to Tulsa and you need to know where to ride, email me at [cyclinggirl@webzone.net](mailto:cyclinggirl@webzone.net). I'll tell you about some great rides all over the Tulsa area. My favorite one is out to Skiatook lake. I go to Tulsa all the time to visit my parents and friends. If I know your going, I'll show you the rides in person, that is if I can keep up. I hope you have an awesome 2005 season. Good luck and I hope to see you racing the Tour again.



# Tulsa Wheelmen Race News

## TIME TO RENEW MEMBERSHIPS

By Marc Delametter

It's that time of year again. Time to renew your Wheelmen membership. Noted below are the names of members whose membership expired in previous months and whose membership will expire very soon. To renew your membership just complete the membership form on the back of this newsletter and mail it in, or print off the form from our website, [www.tulsawheelmen.com](http://www.tulsawheelmen.com), fill it out and send it in. If you have already renewed your membership then just ignore your name appearing on this list. We've probably just crossed in the mail between Rod Harwood and myself.

<u>Last Name</u>	<u>First Name</u>	<u>Expiration Date</u>
AMES	ROY	200501
BECKMANN	DENNIS	200501
BIRCH	CHRISTINA	200501
BRAZEAL	DARREN	200501
BUCHAN	JIM	200501
BUNN	RICHARD & SUE	200501
GAULT	WILLIAM, HEIDI	200501
JONES	BILL	200501
Kell	MARY	200501
MEAHAN	BRIAN	200501
MONDLOCH	DALE	200501
POWER	JOHN R	200501
Tardiff	Don	200501
West	Matt & Barbara	200501
Younger	Don	200501
FRANKLIN	KEITH	200412
PITZER	TONJA	200412
POTTEBAUM	GREG	200412
SMALL	JAY	200412
STITT	JEREMY & AMY	200412
MCCLAY	MARK	200411
THIGPEN	BEN & CHERYL	200411
WALDRON	CRAIG	200411
BAUCUM	KENT	200410
CHINN	AL & SHARON	200409
POTTER	BRIAN	200409
ALMOND	BUD & LISA	200408
CHILLINGWORTH	JOYCE & RICH	200408
CRANFORD	KINSEY	200408
DAVIDSON	SAMMY	200408
O'SULLIVAN	KEVIN R.	200408
BRADLEY	ALEX	200407
FOSTER	CHRIS	200407
O'CONNELL	BRIAN	200407

<u>Last Name</u>	<u>First Name</u>	<u>Expiration Date</u>
SCHWERS	RANDY	200407
NEAL	BRANDON	200405
POTTER	TOM	200501
CARRIGG	TIM	200412

<u>Last Name</u>	<u>First Name</u>	<u>Expiration Date</u>
Dutton	Darron & Shanna	200504
HARRIS	GEORGE	200504
Johnson	Brandon	200504
LEE	MARVIN R.	200504
WOOD	PAUL	200504
CAUTHON	CHRIS	200503
CRISP	DAVID & SANDRA	200503
DILLDINE	LARRY	200503
HICKS	HAROLD	200503
KINGSTON	GEORGE	200503
KNOWLTON	TONY	200503
PARKER	GARY & BARBARA	200503
PIERCE	MICHAEL	200503
SPRADLEY	TERRY	200503
West	Jeff & Cindy	200503
LANTZ	PETER	200502
MEINEN	DARRELL & MELISSA	200502
Schneider	Chris	200502
WILSON	JANET	200502



VENTURE PROPERTIES





# Tulsa Wheelmen Race News

## THE USE OF CREATINE IN CYCLING

By Lenka Humenikova

Creatine is a fairly new sports supplement, yet it has been widely used by many athletes in a variety of sports. It has been particularly popular among body builders and athletes who want to increase muscle mass. Creatine is actually found in some foods, including meat and fish, and it is produced naturally in our liver and kidneys. It is a protein-like substance that is also found in human muscles, where it is a natural part of the ATP creatine phosphate energy system. This type of energy system generates energy anaerobically. As a result, it is used by the body for energy during periods of intense efforts lasting up to several seconds.

The benefits of creatine lie in its ability to increase ATP resynthesis and buffer the lactic acid that accumulates during short bursts of intense efforts. It also has the potential to speed up muscle recovery during repeated sets of short, intense exercise. While creatine certainly seems to benefit certain types of athletes (e.g., sprinters, baseball players, football players), there is currently no scientific evidence that it improves the performance of endurance athletes. In addition, it is important to note that up to thirty percent of athletes do not respond to creatine supplementation.

While creatine supplementation at recommended dosages has not been associated with any side effects in previous scientific research, you may want to be aware of a few of the possible drawbacks. Some athletes taking creatine complain of nausea, cramping and increased frequency of injuries. In addition, athletes taking creatine commonly gain several pounds, which may be a critical concern for cyclists, especially during race season. While part of the weight gain can be attributed to water retention, a substantial portion of the weight gain is associated with increased muscle mass.

According to Elizabeth Applegate, a leading sports nutritionist, athletes may take creatine at lower doses of 3 grams per day over a 28-day period. Alternatively, they can do a "creatine loading" by taking 25 grams a day (5x5 grams/day) for 5 to 7 days. In addition, creatine remains in the muscles for 45 weeks after supplementation ends. Therefore, Applegate recommends that you take creatine supplementation no more than one to two times a year. If you do want to try creatine, I would recommend that you carefully follow the recommended dosage for either type of creatine supplementation. Based on the current recommendations, you should not take creatine for more than two consecutive months. As mentioned earlier, creatine has not been shown to have significant benefits for endurance athletes so if you want to try it then it is probably best to do so in the off-season, when you are doing strength workouts. Since it is a fairly new supplement, more research is needed to determine the benefits as well as long term side effects.



ORTHOPEDIC HOSPITAL  
OF OKLAHOMA





# MORE . . . WHEELMEN INFO

MARCH 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.

*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!

**FOUND:** My son and I found a wheel (an aero wheel) at the Spirit Bank parking lot on Memorial Ave. near the Creek Turnpike Sunday, 26 Dec., 2004. We found it in the grass on the south side of the lot. I'm sure someone took it off and then got in a hurry and forgot to load it along with their bike and gear.

I'd be more than happy to return it to the rightful owner. Please have them contact me through my home email account at:

**OKBill\_589@hotmail.com**

**Bill**

*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 10<sup>th</sup> 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 [nolfamily@cox.net](mailto:nolfamily@cox.net). **DO NOT ATTEMPT TO PLACE ADS BY PHONE**

## BICYCLE WEB SITES

**Adventure Cycling:** [www.adv-cycling.org](http://www.adv-cycling.org). Information on bicycle touring in the United States and worldwide.

**Bicycling Magazine:** name says it, [www.bicyclingmagazine.com](http://www.bicyclingmagazine.com).

**Bikes Belong! Coalition:** [www.outdoorlink.com/bikes-istea](http://www.outdoorlink.com/bikes-istea) Congressional bicycle advocacy.

**Bicycle Federation of America:** [www.bikefed.org](http://www.bikefed.org) Bicycle issues and advocacy.

**Bike Plan Source:** [www.bikeplan.com](http://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 22<sup>nd</sup> Annual Bicycle Tour, June 12-19.

**ISTEA:** [www.istea.org](http://www.istea.org) Update information on the upcoming ISTEA legislation.

**League of American bicyclist:** [www.bikeleague.org](http://www.bikeleague.org).

Bicycle advocacy.

**Mountain Bike Daily:** [www.mountainbike.com](http://www.mountainbike.com).

Mountain bike stuff.

**Oklahoma Runner Magazine:** [www.runningnetwork.com](http://www.runningnetwork.com).

Information Oklahoma running events.

**Runner-Triathlete:** [www.runningnetwork.com/RunTriNews](http://www.runningnetwork.com/RunTriNews). Triathlon and running information by region.

**The San Francisco Exploratorium:** [www.exploratorium.edu/sport/](http://www.exploratorium.edu/sport/).

The Science of Bicycling, facts and information.

**Sydney Morning Herald:** [www.smh.com.au](http://www.smh.com.au) Because the 2000 Olympics is closer than we think.

**Transportation Policy Project:** [www.islandnet.com/~litman](http://www.islandnet.com/~litman).

Discussion of positive and negative bicycling issues impacts. (Super site!)

**The Tulsa Wheelmen Web Site:** [www.tulsawheelmen.com](http://www.tulsawheelmen.com)

**USA Cycling:** [www.usacycling.org](http://www.usacycling.org) National and regional schedules.

**U.S. Olympic Committee:** [www.olympic-usa.org](http://www.olympic-usa.org).

Olympic information including cycling.

**VeloNews:** [www.velonews.com](http://www.velonews.com) The journal of bicycle racing.

**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**  
**Bartlesville Cycle Sports.....**  
**..... 918-336-3800**

**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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[nolfamily@cox.net](mailto:nolfamily@cox.net)



**LANDPLAN  
CONSULTANTS  
INCORPORATED**

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President Elect **Open**

Past President **Brian Meahan**  
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Race Director **Open**

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437-9419

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Team Nutritionist **Lenka Humenikova**  
[www.tulsawheelmen.com](http://www.tulsawheelmen.com)

"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 10<sup>th</sup> 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**  
WEEKEND RIDES CHANGING  
TRAINING CAMP REPORT  
MEMBERSHIPS EXPIRE  
RIDING WITH LANCE

