

EDITOR:
ALAN GOOD

TULSA WHEELMEN



Tulsa Wheelmen Newsletter



January, 2006

Volume 28, Number 13

Inside this issue:

"In the Zone" by Mark Teruki	1
Bicycle Advocacy/Safety	1
Race Team Update	2
Tulsa Wheelmen News	3
Winter Cycling Tips	3
Advertisements	3
Alan Good talks about 1st Year as a Wheelman	4
Bicycle Advocacy by Sandra Crisp	4
Events Calendar	5
Post-Exercise Fatigue	6
Nutrition Tips	6
Meet the Team	7
Tulsa Wheelmen Info Pages	8
Tulsa Wheelmen Staff	9
Tulsa Wheelmen Sponsors	10

Tulsa Wheelmen

1999 & 2000

USA Cycling Club of
the Year



at Southwestern Regional Medical Center

Winning the fight against cancer, every day.*

IN THE ZONE: by Mark Teruki

The section dedicated to training articles for maximizing your cycling performance-today's feature: ***Pedaling Mechanics & Drills***

In this new series of training articles I aim to not only inform, but also stimulate Wheelmen members to take a more thoughtful approach to training and perhaps try some different methods in order to achieve your racing goals.

The ultimate goal is to meet the needs of the Wheelmen members/readers. To this end, if there is a topic you would like addressed in future articles, please e-mail me at:

coach@terukitraining.com

and I will endeavor to incorporate these into future articles.

Happy training,

Mark Te Ruki.

With the onset of winter, and the corresponding increase in time spent training indoors, the question arises "How do I get value from my time on the trainer" (as well as decrease the boredom factor!).

Two areas that can be addressed very effectively indoors are pedaling mechanics and cadence.

In this article I will address pedaling mechanics, and next month we will look at cadence.

The issue of proper pedaling mechanics and form is critical as it has the potential to raise power output significantly without any corresponding increase in cardiovascular stress normally associated with riding at higher power, and yet despite this, very few riders get taught proper mechanics. There is also the issue of injury; improper knee alignment and poor mechanics can result in a variety of chronic to acute "overuse" injuries from low back pain, to various soft tissue ailments, to meniscus and ligament damage to the knees.

Knee Alignment: One of the most common problems I see, even amongst advanced rides, is riding with the knees out. This results in a significant loss in power as well as rotational forces in the knee joint leading to injury. The best examples of correct knee position are given to us by track riders, or roadies who come from a track (and in particular, pursuit) background. Riders such as David Millar and Bradlee McGee are great examples of how to ride with your knees in.

The drill to correct this is sim-

ple; let the inside of your knee brush the top tube of your bike lightly as it goes up and down. The sensory feedback of the knee touching the top tube allows you to monitor very effectively how you are doing and reminds you when you get back into "old habits"

Isolated Leg Training (ILT): ILT's are drills designed to develop and reinforce proper pedaling mechanics in regard to effectively utilizing all 360 degrees of the crank revolution. After warming up, unclip 1 foot and pedal with 1 leg only, focusing on driving the ball of the foot through while lifting the heel from the 5-7 o'clock position and then pulling the forefoot over the 12 o'clock position (starting at about 11 o'clock) and driving the heel down as you approach 1 o'clock. You are looking to eliminate the "clunk" sound that you will probably hear initially as the crank passes over vertical and gets to 1 o'clock. Start with 3x30 secs/leg and progress to 3x1 minute/leg. Keep increasing until you can do 2 sets of 3x3 min/leg.

Give Respect/Get Respect

Give/Get events happen several times a year. T.A. activists join with police officers to educate cyclists and motorists about proper conduct on the road. Activists hand out fake tickets to motorists for a number of activities that endanger cyclists, and pass out multi-lingual educational flyers to wayward cyclists. Meanwhile, the cops hand out real tickets

to cars illegally blocking the bike lane.

The three goals of the Give Respect Get Respect campaign:

1. Educate motorists to share the road — and give cyclists the space we deserve.
2. Educate cyclists not to

ride on the sidewalk, ride in the direction of traffic, not to ride in a way that threatens pedestrians.

3. Educate Police Officers about the laws that protect cyclists.

For more information go to www.transalt.org or call Take Action (T.A.) at 212-629-8080.

RACE TEAM UPDATE

Scott Gibson continues dominance in Oklahoma Cyclocross Series and Winning OK State Championship

Teammate of the Month:

Kary Cummins March 2005
Russell McMahon April 2005
James Lemieux May 2005
Nathan Leigh June 2005
Tom Shriver July 2005
Pete Lantz August 2005
Tim Carrigg September 2005

The Tulsa Wheelmen are liking the immediate impact Scott Gibson is having in the fall race season. Already Mr. Gibson has amassed four victories in the Oklahoma Cyclocross Series with a series of wins at Oklahoma City and another win at Chandler Park in Tulsa.

Scott also won the 2005 **Oklahoma State Cyclocross Championship** in December with teammate Nathan Leigh finishing in second place by ten seconds.

We congratulate you Scott

for all your efforts and wish you luck for the overall cyclocross championship.



Scott Gibson, on his way to winning another cyclocross race at Chandler Park

"Tradition of Excellence"

2004-2005

83 Total Victories in the
last 2 years

16 State Champions

15 racers ranked #1 in
Oklahoma and 7 ranked in
the top 10 nationally



Cat 1/2/3 Cyclocross Team tearing it up at Chandler Park

The 1/2/3 Tulsa Wheelmen continue to dominate the cyclocross circuit with another win at Chandler Park in race #2 in the Oklahoma Cyclocross Race Series. The race was dominated by the Tulsa Wheelmen with Scott Gibson claiming 1st place, followed by Will Gault, Josh Lewis and Na-

than Leigh in 2nd, 3rd, and 4th place respectively.

For the Women's 1/2/3/4 Team Heidi Gault was first to cross the finish line claiming the victory for the Wheelmen. Cheryl Thigpen placed 4th.

Way to go Wheelmen!



Racer of the Month:

Mitch Houtman March 2005
Marcela Nova April 2005
Janne Hamalainen May 2005
Will Gault June 2005
Keith Franklin July 2005
Alan Good August 2005
Janne Hamalainen September 2005

Oklahoma Cyclocross Overall Standings: as of race #5

Men's Category 1/2/3:

Name	Place
Scott Gibson	1 (110pts)
Will Gault	2 (80pts)
Nathan Leigh	7 (38pts)
Josh Lewis	11 (16pts)

Men's Category Master's 35+:

Name	Place
Ben Thigpen	2 (35pts)

Women's Category 1/2/3/4:

Name	Place
Heidi Gault	3 (65pts)
Cheryl Thigpen	5 (28pts)



Schedule of Events

- January 1-Polar Bear Ride-Marc Delametter's house
- January 9-General Member ship Meeting-Panera Bread at 71st & Lewis @ 6:30 PM
- January 9-Race Meeting to follow General Meeting



"Knowledge is the key to your cycling performance"



Lance in Paris: Photo by Peter Dejong/AP

Tulsa Wheelmen News: Brian Meahan Named Volunteer of the Month

The Tulsa Wheelmen named Brian Meahan the "Volunteer of the Month" for December. After breaking his arm during a training ride Brian used the time off the bike to fill in wherever the team needed him. Brian helped with everything from registration, hand-ups in the feed-zone and administrative duties with the club. The Tulsa Wheelmen Cycling Club and the racers would like to take this time to thank you for all the things you did this past year. Thank you Brian and congratulations!



Cancer
Treatment
Centers
of America®

at Southwestern Regional Medical Center

Winning the fight against cancer, every day.®

Cycling Tips for the Winter Season by Patrick McGrann

1. Manage your layers. When approaching a hill, prepare by opening the zipper on your outer layer and/or on your underarms. If you have a balaclava on, pull it down under your chin. If you are wearing arm warmers, roll them down a bit. All of this will let out some excess heat and prevent moisture buildup inside your gear. Once you hit the top, zip up, roll up, pull up and drop like a stone!

2. Use those old hiking socks. When you don't have the option of

putting extra socks inside your bike shoes (talk about discomfort!), put those socks that Aunt Edna made for you to good use. Cut a hole in the mid-foot (on the bottom) for your cleat to fit through. Make sure it's big enough so that it won't get caught in the pedal (best way is to put it over your bike shoe and cut it off around the cleat).

3. No ice please. Keep your water bottle in the back of your jersey, under your outer layer, instead of on your down/seat tubes. The

warmth you give off as you ride will keep the fluid from freezing.

4. Stay hydrated. It's easy not to drink when it's cold outside. You still need to keep getting those fluids in, especially if you like to drink coffee or hot cocoa in the wintertime (both will dehydrate you). The good news is that you won't be riding long enough to need too much water (and if you are, make it two loops from home to get a new base layer on and fill up).

Advertisements & News

Mark Teruki has offered a team discount for his coaching services. If you are interested, please contact Keith Franklin

1-2 Team gets major sponsorship from Cancer Treatment Centers of America.

Reminder: Jack has said that there are several Wheelmen that have not re-newed their USCF license for 2006. Go to www.usacycling.org and register on-line.



Reminder: The membership & race meeting has moved to Panera Bread at 71st & Lewis

Team Captains announced at December meeting:

1/2 Team: Keith Franklin

3 Team: Kary Cummins

4/5 Team: Brian Meahan

Women's Team: Cheryl Thigpen

My First Year as a Wheelman (part 1 in a series of 3 articles)

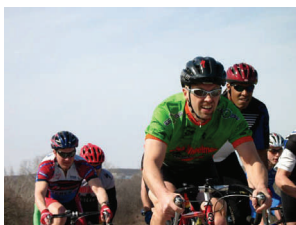
by Alan Good

My first year as a member of the Tulsa Wheelmen has been a most memorable one. I remember the day Tom Shriver and I sat down in Panera Bread in Stillwater and talked about joining the team. Our friend Jay Small was a member and asked us to join. We were excited to be a member of a team and getting better together as racers.

I thought it would be nice to share some of my experiences in my first race season with the team.

2/27/05-My first race as a Wheelmen was at North 40 Criterium Series in Bentonville, AR. This race was summarized by a lot of cold (37 degrees) wind and rain with lots of crashes. A cyclists dream! Mitch got 2nd in this race with myself and Joe Lederer getting 5th and 6th respectively. What a start to the race season. I am just so glad I stayed upright.

4/2/05-Cowskin Circuit Race, OK. What an emotional rollercoaster on this day. I go from hero to goat in matter of hours. I will never forget this day because it was my first victory in a Wheelmen uniform as the team did a great job allowing me to break away and hold off for the solo win in the 4/5 race. However, it was short lived. In the 3/4 race I attacked up the long climb not knowing we had



teammates in the break. I remember getting yelled at (and I deserved it) for what I thought was "Alan Go!" turned out to be "Alan NO!" near the top of the climb. Man did I get an ass chewing for that one. I felt like I let the

whole team down that day. I figured I would be cut from the team for sure. But they decided to keep me.

I learned how important teamwork was early in the race season. Racing unattached for so long never taught me how to race as a teammate. I remember so many Wheelmen coming up to me and offering advice and those are the things that I will never forget.

4/16-17/05-Bob Herbert Stage Race, AR. This race was a lot of fun and proved to me how important teamwork really is. The focus was getting Russell on the podium and defeating "earring boy" and his squad. Mitch was a workhorse in this race and I learned the true meaning of sacrifice in racing. What a great job he did. The team got 2nd overall and we won some pretty good money for a bunch of 4's.

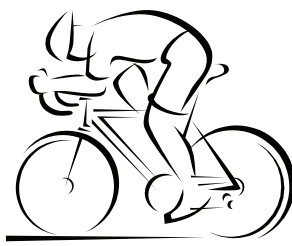
Next issue: Summer races



VENTURE PROPERTIES



Victory celebration for the 4 team at Schofield Cycling Classic, Wichita, KS.



Help us protect your right to safe cycling!

2006 SHARE THE ROAD Campaign Plan

"We won't rest until we've put an end to cyclists being intimidated, abused, buzzed, run off the road, or killed by motorists who don't obey the laws."

League President Mike Greehan

Share the Road! by Sandra Crisp (Tulsa Wheelmen Advocacy Director)

The Tulsa Wheelmen Bicycle Club belongs to two bicycling advocacy organizations actively working to protect our rights to the Road.

On the National Level, the League of American Bicyclists has launched a new SHARE THE ROAD Campaign for 2006. I have personally contributed to this campaign and I encourage you to consider supporting this effort too.

On the State Level, the Oklahoma Bicycle Coalition's SHARE THE ROAD specialty license tags are finally a reality. Wheelmen members of the OBC were instrumental in making this happen. Go to

www.oklahomabicyclecoalition.com for more info.

Thank you,

Sandra Crisp, LCI #1069

Wheelmen Advocacy Dir.

From the [League of American Bicyclists](http://www.leagueofamericanbicyclists.org) website
www.bikeleague.org

That is why I'm so excited to tell you about our 2006 Share the Road Campaign: Protecting the Rights of Cyclists. Our goal is to empower cyclists to take a stand when they face harassment and to continue teaching all users to share the road. Read the entire letter from League President Mike Greehan at

<https://www.bikeleague.org/images/greehanletter.pdf>

We need your support today to move forward for the future of bicycling.

With a contribution of \$65 or more, you will receive a free League long-sleeved t-shirt.



January 2006: Rides & Events



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

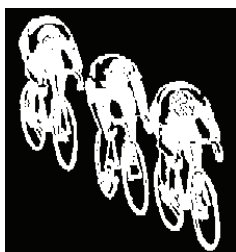
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>
New Years Day Polar Bear Ride Noon-Delametter's house						8 AM No Wimps Tailwind Ride Noon Racer Train- ing Ride
<i>8</i>	<i>9</i>	<i>10</i>	<i>11</i>	<i>12</i>	<i>13</i>	<i>14</i>
8 AM No Wimps Tailwind Ride Noon-Race Train- ing OK Cyclocross Series Race#7	LOC. CHANGE General Mem. Mtg 6:30 PM Panera Race Meeting to follow					8 AM No Wimps Tailwind Ride Noon, Racer Train.
<i>15</i>	<i>16</i>	<i>17</i>	<i>18</i>	<i>19</i>	<i>20</i>	<i>21</i>
8 AM No Wimps Tailwind Ride						8 AM No Wimps Tailwind Ride Noon Racer Train.
<i>22</i>	<i>23</i>	<i>24</i>	<i>25</i>	<i>26</i>	<i>27</i>	<i>28</i>
8 AM No Wimps Tailwind Ride						8 AM No Wimps Tailwind Ride Noon-Race Train.
<i>29</i>	<i>30</i>	<i>31</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>
8 AM No Wimps Tailwind Ride						8 AM No Wimps Tailwind Ride Noon-Race Train

Do you know how many
calories you consume on a
ride?

Go to

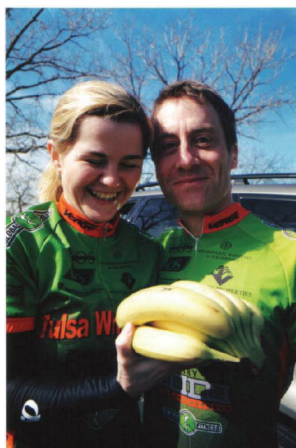
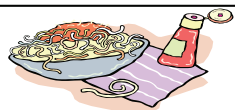
<http://www.rwhtc.org/nutrition.html>

And find out!



Nutrition Corner

by Lenka Humenikova
& Tom Shriver



PERSONALIZED TRAINING

POST EXERCISE FATIGUE

by Richard Rafoth, M.D.

Ask a cyclist about their training program and you will hear about mileage, intervals, and nutritional secrets. Only recently has post ride recovery made it onto the list of priorities. Yet successful cyclists know that preparation for the next ride begins even as the current one is being completed.

POST EXERCISE FATIGUE

A cyclist may experience 4 distinct types of fatigue.

The **bonk** (fatigue resulting from muscle glycogen depletion) usually develops 1 to 2 hours into a ride. It is a particular problem if "on the bike" glucose supplements are not used to extend internal muscle glycogen stores.

Post ride fatigue is a normal

response to several hours of vigorous exercise and indicates we are pushing our training limits. It leads to improved performance the next time out.

Over reaching is the next step up - the fatigue we feel at the end of a particularly hard week of riding. It is really just an extension of #2, and will, with recovery, make us faster and stronger.

Overtraining is the debilitating and often long term (lasting weeks to months) fatigue which limits rather than stimulates improvement in performance.

A regular rider needs to routinely assess his or her level of post ride fatigue, trying to walk the fine line separating post exercise fatigue (necessary if one is pushing themselves) and overtraining (which can only hinder future performance).

Although it may seem paradoxical, structured rest is a key component of all training programs and may actually be one of the toughest training choices you'll have to make. To minimize the risk of overtraining, you should include at least one and occasionally two rest days per week along with a day of easy spinning.

Over reaching is a normal part of the training cycle. It may require several extra (and unplanned) recovery days. But if you find that your performance is not improving with several extra recovery days, it's time to take a break from riding and switch to alternative aerobic activities (at 70% maximum heart rate to maintain your cardiovascular fitness). To push ahead is to risk a level of overtraining which may require a month or two off the bike to recover.

Nutritional Needs for Winter Training

Cyclists often ask about their changing dietary needs in the winter months. Tom and I actually addressed some of these nutritional issues in an earlier article. The article is in the archive section on the Tulsa Wheelmen website at

www.tulsawheelmen.com

We offered advice on keeping extra weight off during the winter months and on choosing nutrient-dense foods rather than "wasting calories" on certain foods and drinks. We also included an equation anyone can use to calculate his/her basal metabolic rate (it will give you an estimate of your daily energy requirements, which is a good starting point). Despite these recommendations, many racers still pick up unwanted pounds during the winter and they struggle to lose weight before the racing season starts.

While maintaining weight during winter is very important for cyclists, there is more to consider than just your weight. Since the racing season is over and most cyclists switch to longer and

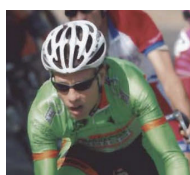
slower training miles, you can adjust the proportion of macronutrients in your diet. Your needs for large amounts of carbohydrates that are crucial for maximizing the muscle and liver glycogen stores during the racing season are now significantly lower. It is because less glycogen is used during workouts of longer duration and lower intensity and carbohydrate loading is not necessary for base-mile training. If you do strength training, it may be beneficial to increase your protein intake during the winter months. Additional 3-6 oz of lean and high-quality protein a day will supply amino acids that are needed for muscle repair and recovery. To get high-quality protein, focus on animal protein, such as fish, chicken, turkey, eggs (maximum of 3 eggs per week), dairy products and soy. Even though soy is not an animal protein, it is a complete protein and supplies all the essential amino acids that are required for protein synthesis. Just to give you an idea how much protein you

need, take your weight (in kg) and multiply by 1.2 (example: 70 kg x 1.2=84 grams of protein a day). Three ounces of chicken, turkey or fish contain about 21 grams of protein. One cup of milk contains about 8 grams of protein. For most people, meeting their protein requirements is not a problem unless you are a vegetarian.

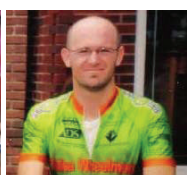
Lastly, you may want to think about how many fruits and vegetables you consume on a daily basis. They represent the best source of antioxidants that can boost your immune system and protect you from free radicals and oxidative damage during your training in the winter. If you don't like fruits and vegetables and you are not willing to change your eating habits, I would recommend a low-dose multivitamin supplement (most of the nutrients should be below or around 100% DV on the food label).



Meet the Team



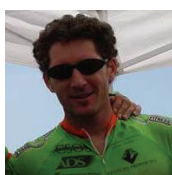
Malcolm McCollam Cat 3



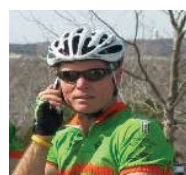
Nathan Leigh Cat 3



Jay Small Cat 4



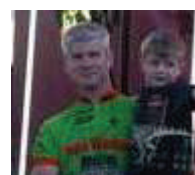
Kary Cummins Cat 3



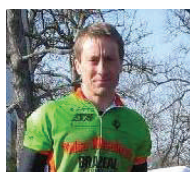
Keith Franklin Cat 2



Alan Good Cat 3



Craig Waldron Cat 5



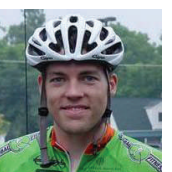
Tom Shriver Cat 3



Ben Thigpen Cat 3



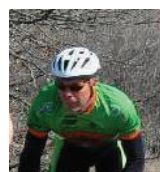
Cheryl Thigpen Cat 4



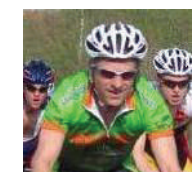
Jeremy Stitt Cat 3



Lenka Humenikova Team Nutritionist



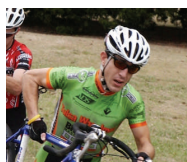
Chris Cauthon Cat 4



Janne Hamalainen Cat 2



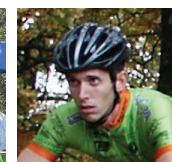
Ben Silk Cat 3



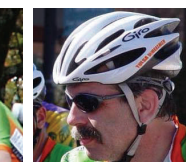
Will Gault Cat 2



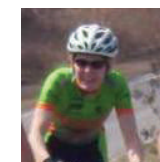
Marc Delametter Cat 3



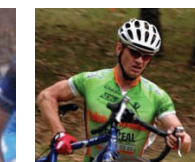
Josh Lewis Cat 2



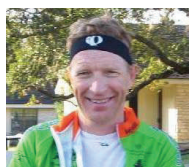
Brian Meahan Cat 4



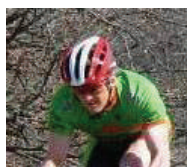
Heidi Gault Cat 4



Scott Gibson Cat 2



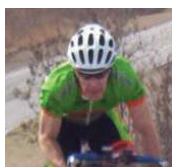
Tim Carrigg Cat 3



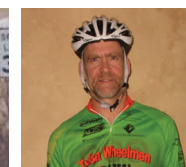
Russell McMahon Cat 4



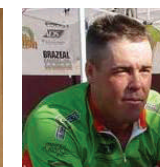
Jim Bohanon Cat 4



Gary Breipohl Cat 3



Pete Lantz Cat 4



Joe Lederer Cat 4



Brandon Johnson Cat 4



No Picture Available



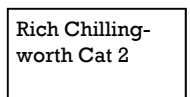
No Picture Available



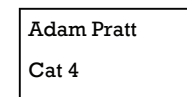
No Picture Available



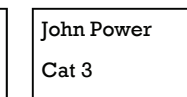
No Picture Available



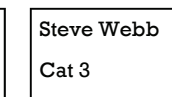
Rich Chillingworth Cat 2



Adam Pratt Cat 4



John Power Cat 3



Steve Webb Cat 3



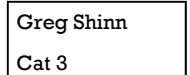
No Picture Available



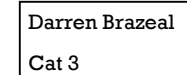
No Picture Available



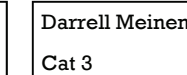
No Picture Available



Greg Shinn Cat 3



Darren Brazeal Cat 3



Darrell Meinen Cat 3



Winning the fight against cancer, every day.*

New Tulsa Wheelmen Team Members for 2006

Bud Almond Cat 5
Randall Clayborn Cat 3
Edgardo Delgado Cat 5
Amanda Erwin Cat 4
Traci Haines Cat 4
Karen Harwood Cat 3
Greg Ingram Cat 3
Jennifer Johnson Cat 4
Barb Landreth Cat 4
Brian Metz Cat 4

Josh Seabolt Cat 5
Philip Stauner Cat 5
Sean Stevens Cat 5

2005 Race Season

Victories 27
State Champs 10
#1 in OK 8
Top 10 in Nation 1

Tulsa Wheelmen Info Pages (January 2006)

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	

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.

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 T ride	4000 N. Hwy 169	6 PM	3/D/c-d	Starts Apr 5th
Tues	World Champ ride	River Parks, Riverside & SW Blvd	6 PM	4/C/d	Day-light savings time (Apr-Oct)
Tues	Fixed gear trail ride	41st & Riverside	6 PM	3/A/c	Starts Jan 6th
Wed	Night Trail Ride	41st & Riverside	6:30 PM	3/A/c	Starts Jan 7th
Thur	Summer Crit Series	Holiday Hills Safety Training Facility	6 PM	1/A/d	Runs May-Sept
Sat/Sun	Tailwind Ride	45th & Madison	Sat-8 AM (Apr-Nov) Noon (Dec-Mar) Sun-1 PM	4/C/c-d	Year round
Sat/Sun	No wimps ride	45th & Madison	8 AM	4/C/c-d	Year round

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

MALCOLM LAW
THE LEGAL SPECIALIST



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**

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.oklahomabicyclecoalition.com

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.

Tulsa Wheelmen Staff

Newsletter Staff

Editor: **Alan Good**

Hm: 405-612-4847

goody@okstate.edu

Distribution: **Tom Potter**

437-9419

Web Site: **Kary Cummins**

Hm: 918-748-8858

Kary.Cummins@wiltel.com

Officers

President: **Tim Carrigg**

Hm: 918-645-1143

tcarrigg@parkerplastics.com

Treasurer: **Beth Delametter**

Hm: 918-749-4075

nolfamily@cox.net

President Elect: **Open**

Past President: **Brian Meahan**

Secretary: **Marc Delametter**

Hm: 918-749-4075

nolfamily@cox.net

Membership Director:

Marc Delametter

Hm: 918-749-4075

nolfamily@cox.net

Race Team Director:

Keith Franklin

kflandplan@aol.com

Race Director: **Open**

Avery Drive Clean-up:

Tom Potter 437-9419

Advocacy Director:

Sandra Crisp

Hm: 918-688-8596

cd.sl.crisp@cox.net

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 goody@okstate.edu

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 Marc Delametter, Membership Director at nolfamily@cox.net



Tulsa Wheelmen

P.O. Box 52242

Tulsa, OK 74152-0242

Return Service Requested



Adventure Cycling Association

Inside This Issue

Alan Good chats about 1st year with club

Nutrition for the Winter Months

Mark Teruki "IN THE ZONE"

2005 Tulsa Wheelmen Sponsors

