



Tulsa Wheelmen

RIDES AND EVENTS CALENDAR

January 2004

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
December 28 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, noon	29 TIME CHANGE	30 Tuesday Night Fixed Gear Trail Ride, 6:00pm 41st and Riverside	31 Wednesday Night Trail Ride, 6:30pm 41st and Riverside Wednesday Night Spin	January 1 New Years Day Polar Bear Ride	2 	3 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, noon
4 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, 1:00pm	5 TIME CHANGE	6 Tuesday Night Fixed Gear Trail Ride, 6:00pm 41st and Riverside	7 Wednesday Night Trail Ride, 6:30pm 41st and Riverside Wednesday Night Spin	8 	9 	10 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, noon
11 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, 1:00pm Ark. Cyclocross Race	12 GENERAL MEMBERSHIP MEETING – MAZZIOS AT THE FARM – LOWER LEVEL 6:30PM	13 Tuesday Night Fixed Gear Trail Ride, 6:00pm 41st and Riverside	14 Wednesday Night Trail Ride, 6:30pm 41st and Riverside Wednesday Night Spin	15 	16 	17 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, noon
18 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, 1:00pm Ark. Cyclocross Race	19 TIME CHANGE	20 Tuesday Night Fixed Gear Trail Ride, 6:00pm 41st and Riverside	21 Wednesday Night Trail Ride, 6:30pm 41st and Riverside Wednesday Night Spin	22 	23 	24 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, noon
25 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, 1:00pm Ark. Cyclocross Race	26 	27 Tuesday Night Fixed Gear Trail Ride, 6:00pm 41st and Riverside	28 Wednesday Night Trail Ride, 6:30pm 41st and Riverside Wednesday Night Spin	29 	30 	31 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, noon
February 1 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, 1:00pm	2 	3 Tuesday Night Fixed Gear Trail Ride, 6:00pm 41st and Riverside	4 Wednesday Night Trail Ride, 6:30pm 41st and Riverside Wednesday Night Spin	5 	6 	7 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, noon Ark. Cyclocross Race

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 - 7-12, touring
c - 13-17, 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 7th

Tuesday Night World Championships Ride
(4/C/d) Starts at the West River Parks, 17th
& Jackson, 6 p.m., 40 mile training ride.
Very fast. (Sp/Su/Fal). Starts April 8th

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). Starts Jan. 6th

Wednesday Night Trail Ride, (3/A/c) Starts at 41st and Riverside. 6:30pm. Lights needed. (Winter). Starts Jan. 7th.

**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 1st)

Saturdays/Sundays, Tailwind Training Ride, Noon Sat., 1:00pm Sun. (**Switches to Noon on November 29, 2003**) (4/C/c-d), 45th and Madison, Wright School (one block west of Peoria on 45th), west parking lot. Distance will vary on this quick paced ride. Route begins into the wind for a tailwind return. (year round)

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

Mountain Bike Riding

Any Day Call-up and Ride, Call Pat at Bicycles of Tulsa, 918-665-2453, or David, or Mark at T-Town Bicycles, 918-496-8696.

^PUT YOUR RIDE HERE^

Are you doing a weekly ride that isn't listed here, but should be? If so, please send information to **Tulsa Wheelmen Newsletter**, Attn: Rides & Events, P.O. Box 52242, Tulsa, OK 74152-0242.

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THANK YOU! *event volunteers, event directors and sponsors, newsletter contributors, QuikTrip Corp. and to all the cyclists who bicycled to work showing Tulsa that Yes!, it can be done..."* **THANK YOU!** *You ARE making Tulsa and bicycling in Tulsa better!*

***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

Every Wednesday night at 6:00pm. Tulsa Wheelmen Spin Class at Global Fitness. E-Mail Brian Meahan to secure a bike.

Thur. January 1st, Polar Bear Ride, Marc and Beth Delametter's House, 4530 South Louisville, Tulsa, Oklahoma. 749-4075. Ride starts at noon. Snacks and drinks afterwards. Pot luck.

Sun. 1/11 Arkansas Cyclocross Series
Little Rock, ARK. Champion Cycling
(479) 484-7500

Sun. 1/18 [Arkansas Cyclocross Series](#)
Russellville, ARK. (Old Post Park)
Champion Cycling (479) 484-7500

Sun. 1/25 Arkansas Cyclocross Series
Fayetteville, ARK. (Walker Park)
Champion Cycling (479) 484-7500

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



VENTURE PROPERTIES



N *Tulsa Wheelmen* NEWSLETTER

Vol. 27, No. 1

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

January 2004

THE EDITOR'S PEN FOR JANUARY 2004

By MARC DELAMETTER

Before I get started let me make one quick announcement. The Sunday Tailwind Training Ride time has been officially changed to 1:00pm. This ride still leaves from Wright School. The Saturday Tailwind Training Ride time remains at noon.

2004 RIDES AND TIMES

I want to take this time to write about our Tulsa Wheelmen rides. It's very important for all of us to know the dates and times of all the rides but it's more important to set an expectation for all those members who show up for a particular ride. Knowing what you are getting yourself in for on a ride is critical to your success on the bike.

If you look at the left-hand column of the "Tulsa Wheelmen Info Pages" (located on the back of the monthly calendar in every monthly newsletter) you will see a listing of all our rides and a ride classification chart. This chart tells you the potential distance of the ride, the average speed of the ride and the potential terrain to be covered.

The ride classification chart is as follows:

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. 7-12, touring
c. 13-17, fast	d. 18+, racing

Then built into the description of every ride will be a ride classification. For example, a ride that is a 3/C/c will cover 20 to 40 miles over a somewhat hilly terrain at an average pace of 13 to 17 mph.

OK, armed with this ride classification chart you can now identify the best rides for your riding needs.

Now, let's discuss the rides.

Monday Evening, DoT Ride: This ride takes place in the spring, summer and fall (Sp/Su/Fal). It starts from the Department of Transportation Office at 4000 N. Hwy 169. It takes off at 6p.m. It will start up on or about the first week in April each year and it's a 20 to 40 mile ride over many hills at an average pace between 13 to 18+ mph (3/D/c-d). Basically it's a fast hilly ride.

Tuesday Night World Championships Ride: This ride takes place in the spring, summer and fall (Sp/Su/Fal). It starts at the intersection of Riverside Drive and Southwest Blvd at 6p.m. It will start up on or about the first week in April each year and it's a 40 to 70 mile ride over some hills at an average pace over 18-mph (4/C/d). Basically it's a very fast ride.

Tuesday Night Fixed Gear Trail Ride: This ride takes place in the winter. Usually starts up around the first week in January. It starts at 41st and Riverside, 6:00pm. It's a 20 to 40 mile ride on the Rivertrails at night. The terrain is flat and the pace averages between 13 and 17 mph (3/A/c). Most riders are on 42/18 fixed gear bikes but

regular bikes are welcome. Lights are needed on this ride.

Wednesday Night Trail Ride: This ride takes place in the winter. Usually starts up around the first week in January. It starts at 41st and Riverside, 6:30pm. It's a 20 to 40 mile ride on the Rivertrails at night. The terrain is flat and the pace averages between 13 and 17 mph (3/A/c). Lights are needed on this ride.

Thursday, Tulsa Wheelmen/Bicycles of Tulsa Summer Criterium Series: This racing series starts around the first of May each year and runs through the end of September. Races are held every Thursday evening (weather permitting) at the Tulsa Safety Training Facility located at 109th East Ave. and Admiral Place. The first race starts at 6p.m. There are four categories of races each week. A, B, C and D. D is for beginners and they start at 6p.m. 1/A/d would be a good classification for the D races. If you have never raced this would be the perfect way to get started. It's low key and there are always plenty of people to help you out.

Saturdays/Sundays, No Wimps Ride: This ride takes place year round. It's called the no wimps ride, not for its' speed and distance but for the fact that it's at 8a.m. during the winter months. This ride takes off from the west parking lot at Wright school at 45th and Madison (one block west of 45th and Peoria). This ride is 40 to 70 miles long over some hills with an average speed between 13 and 18+ mph (4/C/c-d). Normally this ride heads out against the wind and returns with the tailwind. John Power leads this ride so if you need more information please give John a call.

(Continued on the Club News Page)



Tulsa Wheelmen Club News

(continued)

**THE EDITOR'S PEN FOR JANUARY
2004**

By MARC DELAMETTER

2004 RIDES AND TIMES

Saturdays/Sundays, Tailwind Training Ride: This ride takes place year round but the time changes depending on the day and time of year. In the winter months this ride takes off at noon on Saturday and 1:00pm on Sunday. During the late spring, summer and fall this ride time switches to 8am when it combines with the "No Wimps Ride" noted above. The ride time changes on the weekends when day light savings time changes. This ride leaves from the same west parking lot of Wright school at 45th and Madison (one block west of 45th and Peoria). Distance will vary on this quick paced ride. This ride is 40 to 70 miles long over some hills with an average speed between 13 and 18+ mph (4/C/c-d). Normally this ride heads out against the wind and returns with the tailwind.

You've probably noticed that the ride speed and distance varies quite a bit on all the rides. That is because we are so blessed with the number of routes to take on almost all of our rides. In fact with the exception of the Monday Night DoT Ride and the Tuesday Night World Championships Ride all ride routes vary depending on the weather and the whims of the riders that show up. Also, most rides of 50 miles or less will be non-stop. Over 50 there is usually 1 stop about half way. That doesn't mean that you can't stop, but the main group may not. Finally, there are always bailout routes available on all these rides. Just ask anyone when you show-up, I'm sure they will tell you where to bailout after the days route is decided.

So, now your expectations should be set. Most rides cover distances from 20 to 70 miles. Most rides average between 13 and 18+ mph. Most rides go over some hills. Rides under 50 miles are non-stop. All rides have bailout points.

The last thing to remember is be prepared for just about anything. Bring food and water. Bring two spare tubes, a pump (or Co2 cartridges) and flat changing tools. Bring a cell phone if you have one. Finally, don't be afraid (or intimidated) to ask questions. Some of us have been riding these routes for so many years, once a route is decided on, most riders can tell you exactly how far the ride will be and exactly how fast the ride will be. And where the best bailout routes are.

Good luck. See you on a ride soon.

MEMBERSHIP CORNER JANUARY 2004

Notice of Expiring Memberships:

Memberships expire the month indicated on your Newsletter mailing label.

The following memberships expire at the dates listed. See membership form in Newsletter for renewal info.

<u>Last Name</u>	<u>First Name</u>	<u>Expiration (yearmonth)</u>
ALLEN	PHILLIP	200401
AMES	ROY	200401
BECKMANN	DENNIS	200401
BIRCH	CHRISTINA	200401
BUCHAN	JIM	200401
FLIES	STEVE	200401
HARWOOD/		
FOGLE	ROD /JOYCE	200401
JONES	BILL	200401
	JACK, JOLENE,	
MCNEAL	MIKE	200401
MEAHAN	BRIAN	200401
MONDLOCH	DALE	200401
OLIPHANT	DENNIS	200401
POTTER	TOM	200401
PRATT	ADAM	200401
	ALEX &	
SCHNEIDER	MERIDITH	200401
WOMBLE	MARY	200401

BICYCLE QUOTE OF THE MONTH

"I'm just a regular guy."

Lance Armstrong in his new book
Every Second Counts.



ALPINEER



LANDPLAN
CONSULTANTS
INCORPORATED



VENTURE PROPERTIES





Tulsa Wheelmen Club News

LEAGUE OF AMERICAN BICYCLISTS KID'S BIKEED PROGRAMS

By Sandra Crisp, Advocacy Director

The Tulsa Wheelmen are partnering with Tulsa Parks and local LCIs to offer League of American Bicyclists Kids BikeEd courses this spring at Hicks Park.

Complete information on the courses being offered is below. We are hoping to expand these offerings as outreaches to our community going forward.

Several Area Middle Schools are planning to add elective bicycling programs to their PE curriculum as a result of the phenomenal success of the Little 100. LCIs taught BikeEd concepts to Little 100 participants in the previous year and we expect this to continue and grow in the coming year. Unfortunately, we do not have sufficient LCIs with time during the day to meet the need of the new in-school programs.

The League of American Bicyclists is currently developing a bicycle/pedestrian training curriculum to prepare Middle School teachers to teach bicycle/pedestrian courses to their students. These courses will be used to support Safe Routes to School (SRTS) initiatives. I am hoping that our club will be active in promoting this program and I will keep you informed of developments.

Kids 1

League Cycling Instructor: Sandra L. Crisp

Two dates to chose from:

February 14, 2004/1 - 3 PM, or

February 28, 2004/9:30 - 11:30 AM

Location: Hicks Park

3443 S. Mingo Rd., Tulsa, Ok.

Fee: \$0.00

Description:

Kids 1 Course: Parents are invited, with their children (4th grade & younger,) to attend this League of American Bicyclists course. Parents learn how to choose a bike, fit a helmet & teach their child to ride. Children will receive helmets donated by the Tulsa Wheelmen. Attend either Saturday, February 14, from 1 to 3 p.m. or Saturday, February 28, from 9:30 to 11:30 a.m. Call to enroll. Sponsored locally by the Tulsa Wheelmen, this course is being offered FREE!

To register for this course, contact: Rhonda Freiner

918-669-6355

rfreiner@ci.tulsa.ok.us

<http://www.cityoftulsa.org/Parks/>



Kids 2

League Cycling Instructors: Tom Brown, Sandra Crisp, Gary Parker, Brian Potter

March 15 - 18, 2004/1 to 3 PM daily

Location: Hicks Park

3443 S. Mingo Rd., Tulsa, OK.

Fee: \$40.00

Description:

Kids II Course: For children ages 9-14, in this League of American Bicyclists Course children will learn the traffic rules & skills to bike safely on neighborhood streets. Bring bike each day. Participants will receive helmets donated by the Tulsa Wheelmen. Will meet Monday through Thursday, March 15 - 18, from 1 to 3 p.m. Cost \$40.00...pre-payment required.

To register for this course, contact: Rhonda Freiner

918-669-6355

rfreiner@ci.tulsa.ok.us

<http://www.cityoftulsa.org/Parks/>

OKLAHOMA BICYCLE MART

By Ed Wagner

I've set up the OK Bicycle Market e-mail list to buy, sell, trade, and swap bicycles, parts, accessories, and anything else bicycle related that you can think of. I encourage shop owners to use this market to move dead inventory. Also, (at the insistence of my wife, who wants more garage space) I encourage individuals to sell some of that pile of stuff in their garages. Need French diameter handlebars? I have them in the garage.....somewhere.

Currently the list is set up so that I must approve new members. This slows communications at first, but I'm doing it in an effort to stem the spammers. My e-mail address was hijacked recently, so I'm a little more annoyed at spammers than usual.

Post message: OK-Bicycle-Market@yahoogroups.com

Subscribe: OK-Bicycle-Market-subscribe@yahoogroups.com

Unsubscribe: OK-Bicycle-Market-unsubscribe@yahoogroups.com

OK-Bicycle-Market-unsubscribe@yahoogroups.com

List owner: OK-Bicycle-Market-owner@yahoogroups.com



TW RACING NEWS

2004 TULSA WHEELMEN RACE AND STAGIAIRES TEAMS NAMED

Well, it looks like the Tulsa Wheelmen are on their way to great racing results in 2004 and beyond. Presented below are the names and racing categories of Wheelmen Club members chosen to represent the Wheelmen as Race and Stagiaires Team members. Congratulations racers.

2004 Race Team	Cat
Ben Thigpen	3
Brandon Cowart	1
Brian Meahan	4
Greg Shinn	3
Janne Hamalainen	3
Jeremy Stitt	4
Kary Cummins	3
Keith Franklin	3
Keith Winn	3
Marc Delametter	3
Tim Carrigg	3
Will Gault	4

2004 Stagiaires Team	Cat
Craig Waldron	5
Dale Mondlock	4
Darrell Meinen	3
Jim Bohanan	4
John Power	3
Malcolm McCollam	3
Mitchell Houtman	5
Rich Chillingworth	2
Russell McMahon	5
Ryan Fiddler	4

If you missed the November Newsletter I encourage you to go on-line to www.tulsawheelmen.com and re-read the Editors Pen. This story talked about the Wheelmen's commitment to road racing in the form of supporting local racers.

Thanks go out to these racing members who have not only made a huge commitment to racing multiple events in 2004 but also made volunteer commitments to the Club. Thanks also to the efforts of several dedicated and core Tulsa Wheelmen members for volunteering their time and efforts to make the Race and Stagiaires Teams a reality. Finally, thanks go out to all our new sponsors that have made their multi-year commitment to our Club.

As soon as we have our new Club jerseys in (should be around January 12th) look for a press release in the local and regional media. Also, as soon as we can, we will get bios and photos of each rider up on the Tulsa Wheelmen website.

As I said, looks like the Tulsa Wheelmen are on their way to great racing results in 2004 and beyond.

2004 TULSA WHEELMEN RACING EVENTS

By Jeremy Stitt

We are currently in the process of planning the racing events for 2004. If you haven't already, take a look at the 2004 event calendar on the Wheelmen website at <http://www.tulsawheelmen.com/2004events.shtml>. Most of the events will be similar to last year, but we are also working on some new events - perhaps even a Time Trial Series on Avery drive.

There are still a couple of events that do not have a race promoter. If you have ever considered promoting a race in Tulsa, this is the year to do it. The Wheelmen are on the upswing in 2004 and people are excited about what is happening to our club. Experience is not necessary, as there will be plenty of resources at your disposal. This is also the perfect opportunity to take care of your volunteer commitment to the club for next year, and to have your say in how events are organized and run. If you just want to know more about what is involved, feel free to ask any questions you have. There is a constant need for people willing to organize a race in Tulsa - your skills are in demand!

Please feel free to contact me at any time. I'm looking forward to a great racing season next year! Jeremy Stitt
jstitt@citgo.com (918) 461-0612.





MORE . . . WHEELMEN INFO

JANUARY 2004

*|?! ?!
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: _____

Miles Bike _____ Bike _____

Now: _____

Prev. _____

Month: _____

Month: _____

Total: _____

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

RE-CYCLE-IT!

THE CLASSIFIEDS

Where member ads are free!

FOR SALE: Wlier Alp D'Huez, 54 cm. Easton Ultralite frame, Red w/ Yellow accent "CBS". Full Chorus with Record shifters. Includes Campy ErgoBrain 10 computer. Used less than 200 miles. Great condition. \$2750/bo contact: soner_tunay@yahoo.com tel: 617.596.7497

FOR SALE: MAVIC Helium wheel set, Shimano 8/9 compatible. \$325 with bags, \$300 without. Chris King headset, 1" threadless, \$50. Deore XT 9sp 170mm crankset with rings and bottom bracket, like new, \$55. XTR 9sp rear derailleur, \$40. Al or Sharron Chinn (members), 918 299-1657 evenings.

FOR SALE: 1990 Santana Tandem, Sovereign. \$1,000.00. Special Tandem Columbus CrMo tubing (smooth ride). Shimano STI 8 spd. Deore XT drive train. Front 51 cm kStoker 48 cm C to C (Fits 5' 10" & 5' 3" with room in either direction. "Body Shock" shock absorbing stoker seat post. Phil Wood rear hub with heavy duty rim. New "Salsa" 95 mm stem. Pedals not included. Larry Krutka" <krutka123@yahoo.com>



ORTHOPEDIC HOSPITAL
OF OKLAHOMA

Re-Cycle-It classified ads run for two months and are available free to members, (only \$7.50 for non-members); ads **must be submitted in writing by the 10th of the month.** Other advertising rates available upon request. Make check payable to **Tulsa Wheelmen.** Mail ad directly to *Marc or Beth Delametter, TW Newsletter Editors, 4530 S. Louisville, Tulsa, OK 74135. or e-mail to delafam@sbcglobal.net.* **DO NOT ATTEMPT TO PLACE ADS BY PHONE**

BICYCLE WEB SITES

Adventure Cycling: www.adv-cycling.org. Information on bicycle touring in the United States and worldwide.

Bicycling Magazine: name says it, www.bicyclingmagazine.com.

Bikes Belong! Coalition: www.outdoorlink.com/bikes-istea Congressional bicycle advocacy.

Bicycle Federation of America: www.bikefed.org

Bicycle issues and advocacy.

Bike Plan Source: www.bikeplan.com Great site for community bike planning information. (Yes, Tulsa planners, other people have already invented the wheel.)

FreeWheel Oklahoma:

<http://www.okfreewheel.com> .

Information about FreeWheel Oklahoma 22nd Annual Bicycle Tour, June 12-19.

ISTEA: www.istea.org

Update information on the upcoming ISTEA legislation.

League of American bicyclist:

www.bikeleague.org .

Bicycle advocacy.

Mountain Bike Daily:

www.mountainbike.com .

Mountain bike stuff.

Oklahoma Runner Magazine:

www.runningnetwork.com .

Information Oklahoma running events.

Runner-Triathlete:

www.runningnetwork.com/RunTriNews .

Triathlon and running information by region.

The San Francisco Exploratorium:

www.exploratorium.edu/sport/ .

The Science of Bicycling, facts and information.

Sydney Morning Herald: www.smh.com.au

Because the 2000 Olympics is closer than we think.

Transportation Policy Project:

www.islandnet.com/~litman .

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

The Tulsa Wheelmen Web Site:

www.tulsawheelmen.com

USA Cycling: www.usacycling.org

National and regional schedules.

U.S. Olympic Committee:

www.olympic-usa.org .

Olympic information including cycling.

VeloNews: www.velonews.com

The journal of bicycle racing.

BECOME INVESTED IN TULSA BICYCLING JOIN THE TULSA WHEELMEN!

2004 Tulsa Wheelmen Membership and Renewal Application
Membership expires one year from the last day of the month of enrollment date.

Name: _____ Address: _____
City: _____ State: _____ Zip: _____ Phone (Hm): _____ (Wk): _____
Emergency Contact Name: _____ Phone (Day): _____ (Eve.): _____
E-Mail Address: _____

The Tulsa Wheelmen, as a volunteer bicycle organization, expects members to help with at least two activities during the year.

I will be calling to help with _____ Racing _____ Touring _____ Advocacy _____ Events _____ Officers/Committee

Why did you decide to join the Tulsa Wheelmen? Friend _____ Other _____

Would you like to receive the newsletter electronically? Yes _____ No _____

The Tulsa Wheelmen will be publishing a list of members to members only. If you do not wish to be included in the list or if you wish to have part of the information excluded, indicate so by circling those items which you do not wish to have published:

Name Address Home Phone Work Phone

Annual Membership Dues: Adult: \$20, Family: \$25, High School Students or Over 65: \$10

Note: Memberships expire one year from month of enrollment. Amount enclosed: \$ _____

Make checks payable to: **Tulsa Wheelmen**, P.O. Box 52242, Tulsa, OK 74152-0242

Signature (of parent if applicant under 18): _____ Date: _____

I acknowledge that cycling is a potentially dangerous activity and will hold harmless individually and as a group, the Tulsa Wheelmen and its members. Helmets are required to be worn by all cyclists on all Tulsa Wheelmen rides.

To verify Tulsa Wheelmen membership for a bike shop, detach below this line with address label attached.

TW MEMBERSHIP + BIKE SHOPS = DISCOUNTS!

Identify yourself as a Tulsa Wheelmen member by using your Tulsa Wheelmen Newsletter address section (on the other side), and receive up to 10% off on regular purchases from Tulsa area bike shops.

Buy from a community bicycle shop.

Bicycles of Tulsa 665-2453
Cycles International 252-7696
G. Oscar's Bicycles 582-1711
Lee's Bicycles 743-4285
Lee's BikeMart 250-8130
Oklahoma Velo Sports 587-0574
Sun & Ski Sports 254-0673
Tom's River Trails Bicycles
..... 481-1818
T-Town Bicycles 492-8696
Venable's Bicycles 749-7563
The Wheel Bike Shop 587-5927

TULSA WHEELMEN RIDE GUIDELINES

The Tulsa Wheelmen membership only supports responsible bicycling. The guidelines listed below are reminders to those participating in Tulsa Wheelmen rides of the kind of bicycling expected. Please ride responsibly and ask the same of others.

Tulsa Wheelmen Ride Guidelines:

1. Ride courteously and responsibly, obeying the rules of the road.
2. Always ride with your helmet on and secure.
3. Never ride more than two abreast, especially in a group. **Two by two looks sharp to drivers and other riders, and it's state law.**
4. Pass other cyclists on the left, i.e., never on the right, especially in a group.
5. Communicate your position to other riders, e.g., "I'm on your left."
6. Should another rider have a flat, verify that they have the situation under control. Offer to help.
7. Should you be involved in an accident with another rider, stop, check for injuries, exchange names. This is more than just a good idea; **as a vehicle operator, it's the law.**

TULSA WHEELMEN BENEFITS

By joining the *Tulsa Wheelmen*, you can take advantage of several benefits:

1. You join your voice with hundreds of others promoting responsible bicycling in Tulsa.
2. You support a wide range of weekly training bicycle rides.
3. You support annual bicycling tour events.
4. You join a club that presents the most complete bicycle racing program in the state.
5. You join a club affiliated with the *Oklahoma Bicycle Coalition* and the *League of American Bicyclists, Adventures Cycling* and the *United States Cycling Federation*.
6. You receive discount pricing at area bicycle stores.
7. You receive the most dynamic state bicycle newsletter and free classified ads for members.
8. **Most importantly you are providing a place to work in support of bicycling for advocacy, racing, and road riding purposes in the community.**

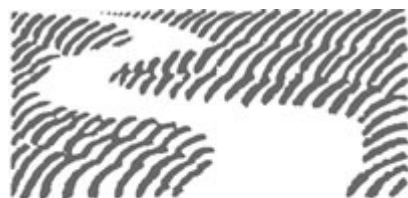
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Tulsa Wheelmen Newsletter

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

The *Tulsa Wheelmen Newsletter* welcomes any contributions that fall within the two rules of (1) having to do with bicycling and (2) being legible. Contributions need to be made by the 10th of the month prior to publication. Send submissions directly to **Marc & Beth Delametter, TW Newsletter Editors, 4530 S. Louisville, Tulsa, OK 74135** or to **Tulsa Wheelmen Newsletter Editor, P.O. Box 52242, Tulsa, OK 74152-0242**.

The Tulsa Wheelmen appreciate the support of **QuikTrip** and would like to thank **QuikTrip** for printing this month's newsletter.



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RETURN SERVICE REQUESTED



ADVENTURE CYCLING
association
AFFILIATED CLUB

INSIDE THIS ISSUE

2004 RIDES AND TIMES
RACE TEAM NAMED
LAB KIDS BIKEED PROGRAMS
SUNDAY RIDE CHANGED TO 1:00PM

