



Tulsa Wheelmen

RIDES AND EVENTS CALENDAR

April 2003

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
March 30 Cowskin Bay Circuit Race, Tulsa	31	April 1	2 Urban Assault Ride, 7 p.m., 41st & Riverside	3	4	5 Racing on the River Time Trial, Tulsa
6 DAYLIGHT SAVINGS TIME BEGINS	7 DoT Ride, 4000 N. Hwy 169, 6 p.m.	8 TNWC Ride, West River Parkes, 17th & Jackson, 6 p.m., 40 mile training ride. Very fast.	9 West Bank Ride, 17th & Jackson--the West Bank River Parks, 6 p.m.	10	11	12 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, Noon NWA Spring Classic Road Race & Circuit Race
13 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, Noon NWA Spring Classic Road Race & Circuit Race	14 GENERAL MEMBERSHIP MEETING – MAZZIOS AT THE FARM – LOWER LEVEL 7:00PM	15 TNWC Ride	16 West Bank Ride	17	18	19 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, Noon
20 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, Noon	21 DoT Ride	22 TNWC Ride	23 West Bank Ride	24	25	26 Tailwind Ride, 8 a.m. Bob Herbert Stage Race, NWA
27 Tailwind Ride, 8 a.m. Bob Herbert Stage Race, NWA	28 DoT Ride	29 TNWC Ride	30 West Bank Ride	May 1 Summer Series Crit Races Start, 6 p.m., Tulsa Safety Training Facility	2	3 Tailwind Ride, 8 a.m. Star Signs Stage Race, Lawrence, KS.
4 Tailwind Ride, 8 a.m. Star Signs Stage Race, Lawrence, KS.	5 DoT Ride	6 TNWC Ride	7 West Bank Ride	8 Summer Series Crit Races	9 Joe Martin Stage Race Weekend	10 Tailwind Ride, 8 a.m. Joe Martin Stage Race Weekend

N *Tulsa Wheelmen* NEWSLETTER

Vol. 26, No. 4

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

April 2003

THE EDITOR'S PEN FOR APRIL 2003 by Marc Delametter

Well I got off easy this month, I decided to publish Amy Stitt's minutes to the March 17th General Membership meeting as the "Editor's Pen" this month. They are really good. Thanks Amy!

Meeting was called to order by Sandra Crisp, Treasurer, as she was the only club officer present. No formal agenda was prepared.

Membership

New member, Paul Carter, learned about the Tulsa Wheelmen through mountain biking at Turkey Mountain. We need to put out TW information and membership forms at races and criteriums to attract unattached riders. Rod Harwood is getting some registration renewals and will continue to publish expiration list. The reminder cards were a big help in getting membership renewals. Rod to put together new membership directory later this year.

Monthly Meetings

The question was raised as to whether or not to have monthly meetings. It was discussed and decided – the club will meet the second Monday of every month at Mazzio's at 7pm. Sandra will set up an e-mail reminder to go on the Yahoo Wheelmen distribution list for one week prior to the meeting as well as the day of the meeting.

Treasurer's Report

No formal Treasurer's report prepared for this meeting. The club netted \$777 for the dinner and auction held several weekends ago (kudos to Greg and Tim!). Sandra is working on the numbers for the Salt Creek race. Motion was made and passed to purchase a new lap counter for use in the summer crits and other races, vote was unanimous in favor. Jeremy and Russell to research prices and Jeremy to make decision on which lap counter to purchase.

Racing

Salt Creek race went very well – good turnout with over 150 riders, very positive feedback on the race, course, and volunteers. It was suggested that we deepen the payouts to more riders when fields were so large, and we will do so for Cowskin race. Randall is promoting Cowskin race on March 30th and needs volunteers for corner marshaling and registration. Rod working on scheduling another training session at the Dallas Velodrome – it is under repair and scheduled to reopen near end of April. Rod also putting schedule together for Port Road time trial series, will provide info in time for next newsletter. Jack McNeal's "Poker Run" ride will be May 24th.

Summer Crit Series

Questions were raised on summer crit series permitting. Jeremy has mailed in permit application and is waiting to receive back instructions from USCF. There are questions on whether the club needs to pay additional monies to USCF following the crits. Each crit participant must be a Wheelmen member per the permit, we will have one-day memberships available for \$2.00 or rider can purchase one-year membership for \$20 (\$25 family) – forms to be available at the course. Rod Harwood will provide a weekly membership list to the promoter so this can be checked. We will also require release forms, riders can fill it out once and it will be valid through the series. We discussed possibilities for payment of crit fees and came up with three alternatives: 1) pre-paid "punch card" so that riders do not have to bring cash each week, 2) up front payment on "honor system", 3) continue to collect cash each week. Jeremy, as promoter, to decide which method(s) to use.

Booth at Wednesday Night Ride

Tim Carrigg volunteered to head up effort to promote Tulsa Wheelmen club at the Wednesday Night Ride every week in May. We discussed having a table with a banner, membership info, pizza or Gatorade, and Wheelmen riders out to discuss racing and advocacy with riders as they come back from

the ride. We would like to put on another beginner crit class and get the word out to triathletes about our time trial series. Tim will have more plans and budget at April meeting.

Advocacy

Road I class being offered by League of American Bicyclists on April 6th and 19th at TCC Northeast campus, contact Brian Potter for info. Sandra (Crisp) and Adam (Vanderburg) went to National Bike Summit in Washington, DC – attended sessions on bicycling advocacy and met with congressmen to encourage bicycle- and pedestrian-friendly transportation systems, safe routes to schools for kids, and the Bicycle Commuter Act to provide tax exemptions for employers promoting bicycle commuting. 36th Street was resurfaced and bike symbols were moved – Malcolm contacted Mayor's Action Center and they promised to correct by May 1st. Channel 2 ran press release by Tulsa Area Bicycling Advisory Council on bicycling as alternative to high gas prices and gave bicycling safety tips.

Marc

BICYCLE QUOTE OF THE MONTH

Professional Racer Brad McGee on pre-season training.

"I have just been doing 10 to 18 hours a week, about half of a normal week. It's all been quality stuff though."

Editors comments: I can't imagine having to apologize for doing 10 to 18 hours of training in a week. Wow, can you imagine a 20 to 36 hour week.



TW RACING NEWS

KEYSTONE 1ST ANNUAL MTB RACE REPORT AND RESULTS

By Cory Cohen

While most were shivering around their furnace vents, a few intrepid mountain bike racers ventured to the Keystone trails and braved the snow and cold to race. Randall and the organizers shortened the course to about ½ distance so as to keep most from freezing too badly. There was a surprising amount of traction out there, and it was a fun race. I only fell over a few times. It was a good time for the participants. Even though the kid's race only had one entrant, he showed fortitude by pedaling the whole way and was cheered to the finish by the rest of the racers. Thanks to the organizers, it was worth while and I had fun!

Results: First Annual Keystone " Snow Ball " Race. Feb. 23rd, 2003.

There were 5 single Speed Racers but only 3 raced.

1st Cameron Chambers Time: 1:00:00

2nd Eric Doswell Time: 1:08:00

3rd Steve Edstrom Time: 1:11:20 (Black Cat award)

Sport Racers

19+ 1st Chris Zenathoeferl Time: 1:23:16

30+ 1st Frank Wilburn Time: 1:12:40

2nd John Falron Time: 1:15:03

3rd Carl Irwin Time: 1:26:00

40+ 1st Corey Cohen Time: 1:20:25

Sean Steve DNF

Beginners

19+ 1st Tim Klase Time: 1:10:00

2nd Dale Moloch Time: 1:12:20

30+ 1st Martin Cacktran Time: 1:11:46

40+ 1st Ron Hudley Time: 1:13:00

Kid/s

1st Ian Edstrom age 7 Time 18:30 (Toughest Cyclist Alive award)

McCollam & Glassco

ATTORNEYS AT LAW

A Professional Association



NEW COMPUTRAINER SOFTWARE AVAILABLE

I just got the latest Wheelmen Newsletter and I just want to say thanks! I'm new to you guys and excited about eventually riding with you all. I live way down here in the 'sticks' about 60+ miles south of Tulsa, just south of Henryetta, OK.

I was briefly at that CompuTrainer thingy at the mall but I didn't get a chance to ride. I was there and handed out some of my business cards. I'm the author of the WattsUp software for the CompuTrainer. I have been developing it for over 2 years now and I finally decided to release it

Check out the website at: www.wattzone.com

Allan Bremer

(918)656-3511

CST - Oklahoma

al@wattzone.com

www.wattzone.com

TRI'S, DU'S, ADVENTURE AND MTB RACES FOR 2003

Adventure Sports Promotions is excited to announce its 2003 race schedule, and our new Race Finder which lists all of the Triathlons, Duathlons, Adventure Races, and Mountain Bike events throughout the Southwest. We hope this new feature will make it easier to locate a race in your area, and may be found at www.HavingFunInc.com.

We have searched all over the net to try to list every race in these categories. If we missed a race that your club or group is promoting feel free to email the info in same format as ours and we'll get it posted.

We've expanded our race offerings for 03' and will be offering 8 Sprint Distance (2-3 hour) Adventure Races in Texas, Oklahoma, Missouri, Kansas, and Arkansas. We will also offer The T-Bird 12 hours of Madness MTB Race/Relay, and the Trail of Tears 100 mile MTB Race in Oklahoma as well. You can view all of our races at www.HavingFunInc.com.

We look forward to another exciting race season in 2003.

Happy Racing, Crash Williams



TW RACING NEWS

SALT CREEK CIRCUIT RACE RESULTS

Category 5

- 1ST Gil Summy
- 2ND Trey Hoobler
- 3RD Stokely Samuel
- 4TH Ryan Heydenrych
- 5TH Daniel Schaap

Women

- 1st Magen Long
- 2nd Mindi Martin
- 3rd Vivian Chwalinski
- 4th Meghan Forester
- 5th Miranda Quigley

Masters 35+

- 1st Steve Schlegel
- 2nd Patrick Zimmerman
- 3rd Barry Haley
- 4th Keith Winn
- 5th James Schroeter

Juniors

- 1st Alexander Schneider
- 2nd Samuel Wells
- 3rd Jessica Wellington
- 4th Chris Crow

Category 4/5

- 1st Clayton Worthington
- 2nd Michael Mertz
- 3rd Christopher Foster
- 4th Ryan Heydenrych
- 5th Jeffrey Williams

Category 1/2/3

- 1st Danny Kaukola
- 2nd Jason Waddell
- 3rd Aaron Smathers
- 4th Aron Huerta
- 5th Blake McMahon

Category 3/4

- 1st Brad Armstrong
- 2nd Shawn Harris
- 3rd Patrick Zimmerman
- 4th John Barcenilla
- 5th John Brest

JOE MARTIN STAGE RACE UPDATE

By Bruce Dunn

FAYETTEVILLE, ARK. - More than \$40,000 in cash and prizes will be awarded this year to cyclists participating in the 26th Annual Joe Martin Stage Race. This year's event will feature two road races, an uphill time trial and a criterium, contested over three days. A \$15,000 cash purse for pro men and a \$7,000 cash purse for pro women will be awarded.

Friday's event, a pro-only road race, will be held on a demanding course featuring more than 5,000 feet of climbing over 113 miles for the men, and just over 3,000 feet of climbing and 70 miles for the women. The finish line will be located in the retail and entertainment district of downtown Fayetteville. The second event, also a road race, will be held Saturday morning. The course is a demanding 23-mile loop with 1,500 feet of climbing on each lap. The pro men will race 92 miles and the pro women 69 miles. The third event, a time trial, will be held at Devil's Den State Park near Winslow, Arkansas, Saturday afternoon. The course is a challenging 2.5-mile uphill race with an average grade of 6.8 percent. The final event, a criterium, will be raced on the streets of downtown Fayetteville Sunday, May 11. The course is a demanding 1.2-mile stretch with eight 90-degree turns, a fast downhill section and one tough climb to the finish. For more information about the race, visit www.arkansasracing.com/jmsr.

TRAINING TIP: BODY ENERGY SYSTEMS

Phosphate Systems "Within the body there is a high energy chemical substance called adenosine triphosphate (ATP) that enables muscles to contract. During muscular activity this compound is broken down to adenosine diphosphate (ADP) which supplies the muscle with direct energy. **[ATP breaks down to ADP]** The ATP store is limited, but fortunately a number of aiding systems within the muscle are constantly busy resynthesising ATP from the ADP produced. This process of resynthesis maintains a constant amount of ATP so that the muscles can keep working. An important aiding system is creatine phosphate CP. The store of this substance is limited, but it is capable of resynthesising ATP from ADP. **[ADP + CP resynthesises the ATP. This is the root of the Creatine Phosphate craze.]** Because of the limited store of CP, this aiding system cannot offer a lasting solution. The amount of ATP in store is sufficient for about **2 seconds of maximum effort**, and the amount of CP is greatly reduced after some **6 to 8 seconds**." "Lactate Threshold Training" by Peter Janssen, [By training this system, you make it more efficient. This makes the resynthesis process quicker, making you ready for another sprint or attack, when your opponent's system is depleted.]



Tulsa Wheelmen Club News

WHEELMEN OF THE YEAR SAYS THANKS

Saturday February 22nd the Tulsa Wheelmen had a Winter Action and party. It was a great party put together by Greg and Tim. I was presented with the Wheelmen of the Year award. I didn't thank the people who supported and volunteered for all the races that the Tulsa Wheelmen sponsored last year. I should have spoken up and given my appreciation's at the time but I was quite frankly speechless and a little emotional. I hope it is not too late to thank a few people now.

The people I would most like to thank is Brian Meahan, Jack McNeal, Jack Perry, Monica and Sid Parker and all my cat 4/5 friends who pitched in and did their best to help things run smoothly. There are so many more but these people were key to running the club last year. This was a "Team", as TW members we all worked as a team to make last year's projects as success as possible. Brian is a great leader who was always there to answer questions and come up with solutions to problems. Thanks Brian, Jack McNeal the voice of experiment. Jack Perry the driver and right hand man to everyone but mostly to me. Monica the financial glue that held us together. And of course all the promoters. Jim, Jeremy, Russell, Andrew, and all the crit promoters. My point is this: I didn't earn this award by myself.

Sincerely,
Randall Clayborn

GREAT TULSA BIKE RIDE GETS A WHEELMEN VOLUNTEER By Brian Meahan

I'm not sure what prompted this or what exactly is going on, but we've had a wheelmen step up to be the event director for this year's GTBR. Dave Marshall just contacted me to take this on. Apparently the TBC were interested in taking over the event, which is contrary to what I had heard before, but for some reason, Riverparks was still wanting us to be associated with the ride. Dave is going to contact Riverparks and co-ordinate with the folks there. Just an update for everyone. If I find out anymore I'll let y'all know.

WHEELMEN WINTER PARTY THANK YOU

By Jack McNeal

I would like to take this opportunity to personally thank Greg (Saunders) and Tim (Carrigg) and any others involved for the work they did in putting the party together. There was a larger turnout than I expected and the food was great. I even enjoyed a couple of beers. Thanks to all involved. I had a wonderful time and I'm sure most others did as well.

NEW WHEELMEN WEBSITE IS TOO COOL

By Jeremy Stitt

For those that haven't already seen it, check out the new Tulsa Wheelmen website at www.tulsawheelmen.com. Brian Meahan's company, Data3 (www.datathree.com), is hosting the Wheelmen website and we have moved our updated site there. I'll be maintaining it for a while, so check it out and let me know if you want to add anything or see any corrections that need to be made. (Editors Note: Jeremy designed the new website and it really looks great. He put in a lot of work and it shows. Thanks Jeremy, you da man.)

OKLAHOMA BICYCLE COALITION COMMENDATION

By Adam Vanderburg

Members of the Oklahoma Bicycle Coalition commend state Rep. Larry Ferguson for authoring Senant Joint Resolution-1.

If passed by the Legislature, SJR-1 would give voters in Oklahoma the opportunity to fund needed improvements to our transportation infrastructure by increasing gasoline and diesel fuel taxes. The members of our coalition believe that the problems of inadequate and deteriorating roads and bridges, which SJR-1 proposes to address, can further be alleviated by using bicycles, where feasible, instead of motorized vehicles.

Thus the coalition is working to make our streets safer for bicyclists. We are developing strong relationships with law enforcement agencies to educate both motorists and bicyclists regarding the rights and responsibilities of all users of Oklahoma roads. We have asked Rep. Ferguson to designate a small portion of the additional revenue created by SJR-1 to be used to make our streets safer for all.

Tulsa Wheelmen

INFO PAGES

APRIL 2003

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 Ride, (3/C/c) Starts at 17th and Riverside, 5:45pm, 40 mile training ride. (Sp/Su/Fl.). Starts April 8th

Wednesday, West Bank Ride, (3/D-E/b-c)
17th & Jackson--the West Bank River Parks,
6 p.m. (Sp/Su/Fal). Starts April 9th

**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. (**Switches to 8:00am on April 26, 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 (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. 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.

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: rodh@ionet.net

UPCOMING EVENTS

Sat. April 5th: Racin on the River TT. See flyer in this newsletter.

Sun. April 6th: Day Light Savings Time Begins

Mon. April 7^h. DOT Ride Starts, 4000 North Hwy. 169, 6 p.m.

Tues. April 8th, TNWC Ride Starts, West River Parks, 40 Mile Ride, Very Fast. 6 p.m.

**Wed. April 9th, West Bank Ride Starts,
17th and Jackson, West River Parks. 6
p.m.**

**Sat/Sun. April 12th & 13th, North West
Arkansas Spring Classic Road Race and
Circuit Race, Prairie Grove, Ark.**

Tues. April 14th, Tulsa Wheelmen General Membership Meeting. Mazzios at the Farm, 7 p.m.

**Sat./Sun. April 26th & 27th, Bob Herbert
Stage Race, Bella Vista, Ark., Jeff Harris,
jeffclayharris@juno.com**

**Sat./Sun. May 3rd & 4th, Star Signs Stage
Race, Lawrence, Kansas.**

Fri./Sat./Sun May 9th & 10th & 11th, Joe Martin Stage Race, Bruce Dunn, (501) 444-9654

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

McCollam & Glassco

ATTORNEYS AT LAW
A Professional Association

ALPINEER

Key PERSONNEL





MORE . . . WHEELMEN INFO

APRIL 2003

***!?! ?!**
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!

FOR SALE: Race Wheel Set-\$200: Rigid CBS high profile rims, 24 (14 gauge) bladed, radially laced spokes on the rear, with American Classic hubs (8/9 sp). Front wheel has 24 -15 gauge oval, radially laced spokes with American Classic hub, with skewers and Continental Grand Prix tires. Mavic Helium rear wheel-\$200: Great shape, used only in races. 8/9 sp. With skewer, red wheel bag and Continental Grand Prix tire. Mavic Open 4 CD front wheel-\$50: With Sampson titanium hub, 32-15 gauge spokes. Great criterium front wheel, or light training wheel, with skewer, like new Continental Ultra tire. 8-speed cassettes! \$5.00 each: Ultegra 12 x 23 (2 of these), 12 x 21 and \$10: Dura Ace 12 x 23 cog set. 8-Speed Dura Ace Rear Derailleur \$10. 8-Speed Ultegra 172.5 crank set \$25: 53 x 39

Dennis Oliphant 744-6737 or dandcoliphant@cox.net

FOR SALE: Wlier Alp D'Huez, 54 cm. Easton Ultralite frame, Red w/ Yellow accent "CBS" Carbon monostar rear Easton carbon chainstays 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

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.)

Free Wheel Oklahoma:

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

Information about Free Wheel 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!
2003 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, including the *Great Tulsa Bike Ride*, *Oklahoma Freewheel* and *The Tough One*.
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 utility, racing, and recreational purposes in the community.**

Tulsa Wheelmen Newsletter Staff

Managing Editors **Marc & Beth Delametter**
delafam@sbcglobal.net
hm: 918-749-4075

Copy Editors **Marc & Beth Delametter**

Racing Editor **Open**

Mountain Biking Editors **Open**

Multi-Sport Editor **Open**

Distribution **Tom Potter**
437-9419

Photographer **Open**

Web Site **Jeremy Stitt**
JSTITT@CITGO.COM

Email Address *TW Newsletter*:
delafam@sbcglobal.net.



Tulsa Wheelmen Officers

President **OPEN**

Past President **Brian Meahan**
Bmeahan@datathree.com
hm: 630-2897

Treasurer **Sandra Crisp**
cd.sl.crisp@cox.net

President Elect **OPEN**

Secretary **OPEN**

Membership Director **Rod Harwood**
hm: 918-336-7546 rodh@ionet.net

Race Team Director **Rich Chillingworth**
hm: 832-9086 richchill@cox.net

Race Director **OPEN**

Training Advisor **Kim Pettit**, 491-0720
Dennis Oliphant, 744-6737

MTB Director **Open**

Avery Drive Clean-up **Tom Potter**
437-9419

Touring Advocacy, Commuting Dir
Richard Bunn, 252-5067

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, touring, mountain biking, or triathlons - 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.



TULSA WHEELMEN
P.O. Box 52242
Tulsa, Oklahoma 74152-0242

RETURN SERVICE REQUESTED



ADVENTURE CYCLING
association
AFFILIATED CLUB

INSIDE THIS ISSUE

Website Redesign Done
Check Out the Calendar
Check Out the Ride Start Dates
General Membership Meeting Minutes