

TW Editor:  
**Alan Good**

# Tulsa Wheelmen



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## Newsletter



February, 2008

Volume 31, Number 1

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### My 1st Year with the Wheelmen by Mike Stern

When I was asked to reflect on my first year as a Tulsa Wheelman, I thought "that will be easy." I was wrong. In such a short time, what I have learned from my teammates about training, racing, eating, resting, teamwork, and being smart in the saddle could fill this newsletter. Much of this wisdom was imparted on me as I desperately tried to hang on through the rollers and false flats that characterize the training grounds in my now native Stillwater. In the end, as I contemplated what to write, I thought why not highlight some of my own experiences that are typical of one's first racing season and how various members and activities of the Tulsa Wheelmen became such an important part of my life.

My first race as part of the Wheelmen did not go exactly as planned. I had been riding. I had been "training." I thought I was ready. I mean, it was a Cat 5 race, how hard could it be? After the USCS Official turned my number around and pointed me in the right direction, I was ready to race. Having been a reasonable mountain bike racer in the past, I figured after the first couple of laps I would figure it all out and probably be pretty competitive. Instead, by the first corner I knew I was in trouble—big trouble. I had no idea how to get in to the paceline or hop on a wheel. In retrospect, I must I have looked ridiculous riding

in the wind somewhere in the proximity of the paceline. Of course, my closeness to the group did not last long. By 10 minutes in, I was off the back, and not too long afterwards the lead group (and subsequently almost everyone else) was lapping me. I was really disappointed and, to be honest, embarrassed. However, the positive reinforcement and commiserations I got from my TW teammates made me realize that I simply had a lot to learn about racing.

After that experience, I started listening more closely to my successful TW teammates. Tom Shriver made one particularly influential statement. He said, "the only way to get better at racing is by racing." Though I wasn't sure I wanted to spend the rest of the season a lap back, I knew he was right. On Tom's suggestion, I started making the trip from Stillwater to Tulsa almost every Tuesday night for the practice crits. I fell in love with them. In fact, Tuesday became my favorite day of the week. Slowly, I started to learn little lessons of racing. I got a little better at cornering, a little better at drafting, a little better at marking the strongest riders, and much better at picking the right wheels. I even remember the first time I "felt" an attack coming. In addition to my learning, I was inspired by watching my teammates such as Todd Reed and Jeff West get better and better every week. In many ways, the Tuesday night crits motivated me to train harder and smarter.

Through following my teammates' advice, my racing got better. I started traveling to more and more races. I fell in love with it. I developed pre- and post-race routines from which any deviation left me deathly uncomfortable. I began training on a strict regimen. I read everything I could. I asked questions of everyone. Finally, I closed the season by winning the 5's at the Mercy Classic and upgrading. This is something that would never have happened without having such great teammates and friends.

I am lucky to have teammates like Al Good, Davis Hale, Tom Shriver, Todd Reed, among so many others to inspire, motivate, and on occasion, drop me. I have a long way to go before I can be considered a threat in any given race, but I am still so excited about the start of this season. The new season means increasing miles, Tuesday night crits, and travels to places I have never been before.

Ultimately, the only thing I really need to say about my first year as a TW is thanks for having me!



TULSA TOUGH RIDE & RACE

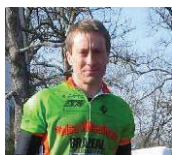
# February 2008: Rides & Events Calendar

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
						8AM-"No Wimps" Ride 10AM Racer 's Training Ride
3	4	5	6	7	8	9
8AM-"No Wimps" Ride 10AM Racer's Training Ride						8AM-"No Wimps" Ride 10AM Racer 's Training Ride
10	11	12	13	14	15	16
8AM-"No Wimps" Ride 10AM Racer's Training Ride	CTCA/General Mem. Mtg 6:30 PM Race Meeting to follow at 7:30 PM					8AM-"No Wimps" Ride 10AM Racer 's Training Ride
17	18	19	20	21	22	23
8AM-No wimps 10AM Racer's Training Ride Amgen Tour of CA (NRC)	Amgen Tour of CA (NRC)	Amgen Tour of CA (NRC)	Amgen Tour of CA (NRC)	Amgen Tour of CA (NRC)	Amgen Tour of CA (NRC)	8AM-No wimps 10AM Racer 's Training Ride Amgen Tour of CA (NRC) Walburg RR (TX)
24	25	26	26	28	29	1MAR
8AM-No wimps 10AM Racer's Training Ride Amgen Tour of CA (NRC) Pace Bend RR(TX)						8AM-No wimps 10AM Racer 's Training Ride LaPrimavera (TX) 3/1-3/2/08

# Tulsa Wheelmen

## Meet the Team (Name-Race Category) New Team Member for 2008



Tom Shriver-3



Nathan Leigh-2



Brian Metz-3



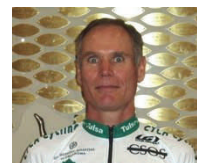
Kary Cummins-2



Chris Cauthon-4



Alan Good-3



Keith Franklin-2



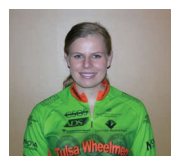
Dustin Weaver-4



Ben Thigpen-3



Cheryl Thigpen-3



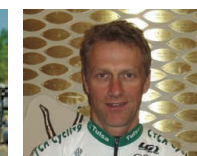
Traci Leigh-4



Phil Stauner-3



Mark Delozier-4



Janne Hamalainen-1



Tim Carrigg-3



Will Gault-2



Heidi Gault-4



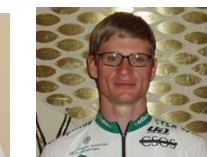
Jeremy Stitt-3



Jim Bohanon-3



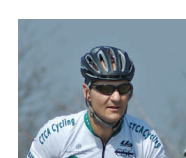
Edgardo Delgado-4



Scott Gibson-1



Randall Clayborn-3



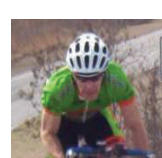
Greg Ingram-3



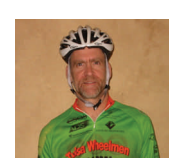
Ben Silk-3



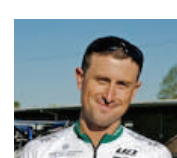
Byron Harvison-4



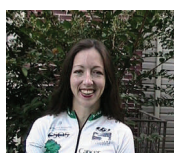
Gary Breipohl-3



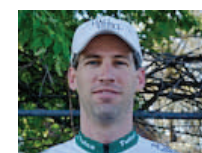
Pete Lantz-4



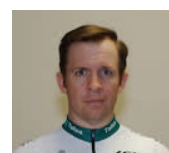
Eric Melton-2



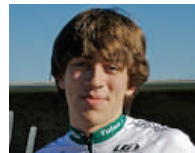
Lauren Miller-3



Kyle Freeman-4



Darren Fritz-4



Ben Grabow-4



Rafael Santiago-4



Davis Hale-2



Mitch Houtman-3



Chris Zenthoefer-2



Joey Bayles-5



Jeff West-4



Milus Clarke-5



Scott Posey-3



Andy Malcom-1



Chris Genske-4

Todd Reed-4

Don Tardiff-5

Mike Stern-4

John Allen-3

Jay Blankenship-2

Helene Carabin-3

Shane Carter-3

Brett Clark-5

James Hiatt-5

Mark Jackson-5

Ryan Kruger-5

Robert Lemaster-5

Don Renberg-5

Ivan Rodriguez-5

Christian Verry-4

Corbin Wantland-5

# Tulsa Wheelmen Info Pages (February 2008)

## Ride Classifications

MILES	TERRAIN	AVG SPEED
1-Under 10 miles	A-Flat	a-4-8 (leisure)
2-10 to 20 miles	B-Grades	b-7-12 (touring)
3-20 to 40 miles	C-Some hills	c-13-17 (fast)
4-40-70 miles	D-Many hills	d-18+ (racing)
5-75-120 miles	E-Severe hills	

## Weekly Rides (rides roll on time)

DAY	RIDE	LOC	TIME	TYPE	NOTES
M-F	Bike-to-work Day	Home to work	You pick	You pick	Save the planet
Mon	DOT ride	4000 N. Hwy 169	5:30 PM	3/D/c-d	Starts Apr 5th
Tues	Summer Crit Series	Tulsa Safety Training Center	6 PM	1/A/d	Runs April-Sept
Wed	Wed Night Ride	Jackson Park Parking Lot	5:30 PM (sharp for competitive group!)	3/D/c-d	Starts Apr-Oct
Sat/Sun	Racer's Training Ride	31st & Riverside Parking lot	10AM (Winter time)	4/C/c-d	Nov-Mar
Sat/Sun	"No Wimps" ride	Wright School	8AM	4/C/d	All Year

**Important Notice: The Tulsa Wheelmen only support responsible bicycle riding. Riders on Tulsa Wheelmen rides acknowledge cycling is a potentially dangerous sport and will hold harmless individually and as a group the Tulsa Wheelmen, its members and sponsors. Helmets are required. All traffic laws are to be obeyed.**

### Bicycle Web Sites:

[www.adv-cycling.org](http://www.adv-cycling.org)

[www.bicycling.com](http://www.bicycling.com)

[www.outdoorlink.com](http://www.outdoorlink.com)

[www.bikefed.org](http://www.bikefed.org)

[www.bikeplan.com](http://www.bikeplan.com)

[www.okfreewheel.com](http://www.okfreewheel.com)

[www.istea.org](http://www.istea.org)

[www.bikeleague.org](http://www.bikeleague.org)

[www.mountainbike.com](http://www.mountainbike.com)

[www.runningnetwork.com](http://www.runningnetwork.com)

[www.tulsawheelmen.com](http://www.tulsawheelmen.com)

[www.usacycling.org](http://www.usacycling.org)

[www.olympic-usa.org](http://www.olympic-usa.org)

[www.velonews.com](http://www.velonews.com)

[www.okbike.org](http://www.okbike.org)

### Mountain Bike Riding:

Any day Call-up & Ride, Call Pat at Bicycles of Tulsa, 918-665-2453, or David at T-Town Bicycles, 918-496-8696

**MALCOLM LAW**  
THE LEGAL SPECIALIST

**BRAZEAL**  
MASONRY INC.

**Re-Cycle-It** classified ads run for 2 months and are available free to members, (only \$7.50 for non-members); ads **must be submitted in writing by the 10th of the month**. Other rates are available upon request. Make check payable to Tulsa Wheelmen. Mail ad directly to TW Newsletter Editors, P.O. Box 52242 Tulsa, OK 74152-0242 or e-mail a club officer. DO NOT PLACE ADS BY PHONE

## Take Action: Who you gonna call or write?

### City Problems?

Mayor's Action Center:

596-2100, Fax 596-9010.

Tulsa City Councilors: mail 200 Civic Center, Tulsa, OK 74103; ph, 918-596-1900, fax 596-1964.

City Animal Shelter: 669-6299.

### State Highway Problems?

(e.g. Port Rd, Hwy 97/51), Oklahoma Highway Dept, Ed Kellogg, P.E.; P.O. Box 660, Tulsa, OK 74101, phone 918-838-9933.

### Tulsa County Rd Problems?

(e.g. Avery Drive, Wekiwa road), Tulsa County Engineer, Ray Jordan, 596-5730, fax 596-4647.

### Tulsa County Traffic Problems?

Tulsa County Sheriff 918-596-5601.

**Riverparks Authority**, 707 S. Houston, Suite 202, Tulsa, OK. 74127.

### Air Quality/Ozone Alert?

Tulsa City-County Health Dept. 918-744-7664.



# Tulsa Wheelmen Staff

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**Team Nutritionist:**

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[www.tulsawheelmen.com](http://www.tulsawheelmen.com)

## Tulsa Wheelmen Newsletter

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

The *Tulsa Wheelmen Newsletter* welcomes any contributions that fall within the two rules of (1) having to do with bicycling and (2) being legible. Contributions need to be made by the 10th of the month prior to publication. Send submissions to Alan Good at

[newsletter@tulsawheelmen.com](mailto:newsletter@tulsawheelmen.com)

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



## THANK YOU!

Event sponsors, volunteers and event directors.

**Sign Up A New Member.** Your recommendation ensures that the club will grow!

## Membership and Address Correction

If you are a member and not receiving your newsletter, contact Traci Haines, Membership Director (info on left)



Tulsa Wheelmen

P.O. Box 52242

Tulsa, OK 74152-0242

Return Service Requested



Adventure Cycling Association

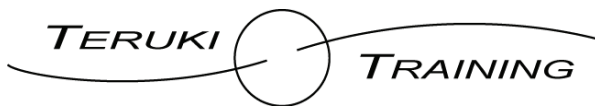
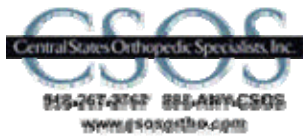
## Inside This Issue

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Ride Changes for 2008

## 2007 Tulsa Wheelmen Sponsors



We're on the Web!  
[www.tulsawheelmen.com](http://www.tulsawheelmen.com)