



T u l s a W h e e l m e n

RIDES AND EVENTS CALENDAR

May 2003

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
April 27 Tailwind Ride, 8 a.m.	28 DoT Ride, 4000 N. Hwy 169, 6 p.m.	29 TNWC Ride	30 West Bank Ride (NOT a Wheelmen Promoted 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 (NOT a Wheelmen Promoted Ride)	8 Summer Crit Series	9 Joe Martin Stage Race Weekend	10 Tailwind Ride, 8 a.m. Joe Martin Stage Race Weekend
11 Tailwind Ride, 8 a.m. Joe Martin Stage Race Weekend	12 GENERAL MEMBERSHIP MEETING – MAZZIOS AT THE FARM – LOWER LEVEL 7:00PM	13 TNWC Ride	14 West Bank Ride (NOT a Wheelmen Promoted Ride)	15 Summer Crit Series	16	17 Tailwind Ride, 8 a.m. Wichita River Fest Criterium Races
18 Tailwind Ride, 8 a.m. Port Road Time Trial	19 DoT Ride	20 TNWC Ride	21 West Bank Ride (NOT a Wheelmen Promoted Ride)	22 Summer Crit Series	23	24 Tailwind Ride, 8 a.m.
25 Tailwind Ride, 8 a.m. CARVE Road Race, Petty Jean State Park, Ark.	26 DoT Ride MEMORIAL DAY HOLIDAY	27 TNWC Ride	28 West Bank Ride (NOT a Wheelmen Promoted Ride)	29 Summer Crit Series	30	31 Tailwind Ride, 8 a.m. Tour De Tulsa
June 1 Tailwind Ride, 8 a.m.	2 DoT Ride	3 TNWC Ride	4 West Bank Ride (NOT a Wheelmen Promoted Ride)	5 Summer Crit Series	6	7 Tailwind Ride, 8 a.m.

N *Tulsa Wheelmen* NEWSLETTER

Vol. 26, No. 5

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

May 2003

THE EDITOR'S PEN FOR MAY 2003 by Marc Delametter

I decided not to write about bike etiquette on the Wednesday Night ride as I probably would have written something that would have inflamed more than one temper. So, (unknown to him) I let Jeremy Stitt write the Editor's Pen this month. Great job Jeremy. Keep up the hard work.

(By the way, if you are looking for an opinion on how to ride on Wednesday Night, just go on the ride, there are at least 50 people who will give you their personal take on the issue.)

THURSDAY NIGHT CRITERIUM TRAINING SERIES

The First Thursday Night Criterium Training Series begins in on May 1, 2003. The format will be the same as last year:

D race: everyone welcome!

C race: cat 5, citizen

B race: cat 4,5

A race: cat 1,2,3

The D race starts at 6:00pm, and each race is run in the order listed above.

Start times are approximate and races may be combined at the discretion of Jack (our USCF official) and the monthly promoter.

Cost is \$4 per night. You must be a Tulsa Wheelmen Club member to Participate. Non Tulsa Wheelmen members must buy a one day membership for \$2, or you have the option of joining the club for \$20 per year. Your membership status will be verified, so this will be a good time to renew if you haven't already.

We will have punch cards available good for a month's worth of races - so you can leave your card with your gear and you don't have to worry about bringing cash each week.

We are planning to go back to the monthly points scoring system. 10 points for first, 9 for second, etc. Everyone also gets one point for racing regardless of what place you finish.

Point totals are kept for each race (A,B,C, and D). Points are added up and totaled at the end of each month. Bragging rights goes to the overall winner for the month.

This crit series is permitted as a training race, so no prize money will be given.

Races happen every Thursday night until September - hope to see everyone out!

Jeremy

McCollam & Glassco

ATTORNEYS AT LAW
A Professional Association

BICYCLE QUOTE OF THE MONTH

"Don't do what everyone else is doing. Train the way that is best for you".

Dennis Oliphant

(Noted during a discussion with one of the athletes he coaches.)

BEVERLY BERRY VOLUNTEER OF THE MONTH(S)

The BBVOM for February was a unanimous vote for Greg Saunders and Tim Carrigg for doing a great job putting together the winter party and auction. Thanks to both of them for all of the hard work pulling this off on extremely short notice.

The BBVOM for March is Randall Clayborn for promoting another great Spring Series including another outstanding new course at Salt Creek. Randall pretty much single-handed pulled all of the resources together and made this years series one of the most successful ever. Congratulations and thanks to all three of the BBVOM's for February and March.

Brian Meahan



TW RACING NEWS

TRACK RIDING NEWS

By Rod Harwood

Frisco Superdrome Being Resurrected!

New life is being breathed into the Frisco Superdrome bicycle track. A project to completely resurface the track is underway, spearheaded by the new administrator of the facility, the Frisco Cycling Club.

Ryan Crissey and Tim Goodwin are leading the construction with an enthusiastic group of grass-roots volunteer riders, including our own **Rich Chillingworth** and **Brian Meahan**. Volunteers began the resurfacing process on March 29, with a completion date predicted for mid-April. Immediately after the project is finished, the first event scheduled is the USAC World Cup Qualifier on April 25-27.

Check for more information at the following websites.

For track schedule and program information, the official Superdrome website is:

<http://www.superdrome.com>

For a great daily look at construction progress, check:

<http://www.velodrome.com/tracks/Frisco/index.htm>

The Frisco Cycling Club has a great site with lots of action shots:

<http://www.friscocyclingclub.com/main.htm>

If this doesn't get you excited about track riding, you're beyond hope. Try tiddlywinks.

See you soon at the track. Keep up your speed and always turn left.

COLD WEATHER RACING

By Dennis Oliphant

Remember in cold weather races to fuel much sooner and more frequently than you would in a fair weather race. Down a GU in the first 8 miles or so and keep up the fueling there after. Carry extra, just in case.

1st ANNUAL FLINT RIDGE

CIRCUIT RACE

The resort community of Flint Ridge, along with Team Power Train (Junior Racing Team from Tulsa) is organizing a USCF Circuit Race to be held on September 13. USCF officials have already approved the venue, and TPT is working on raising funds for the prizes. They're hoping to raise from \$2,000 to \$5,000. Flint Ridge is a 7000 acre gated community along the Illinois River, just outside Kansas, OK;. Siloam Springs, AR is just a few miles up highway 412 from the community, and Tahlequah is about 22 miles away. They are planning a Saturday morning start, with food and drinks available through on site concessions and a catered lunch meal at the golf course clubhouse. Entry fee will be between \$15.00 and \$20.00 dollars. In the near future a website will be online to view all the specifics and pictures of the course and beautiful surroundings. Flint Ridge is only about 10 miles from the site of last year's state road race.

CONFIDENCE BUILDING QUOTES FOR RACERS

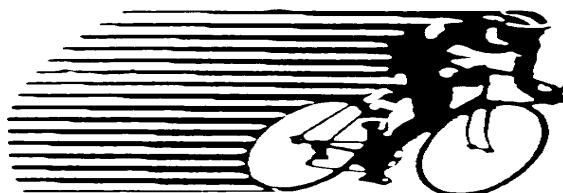
"A champion constantly learns and improves."

"True confidence is based on the thoroughness of preparation."

"Missing a goal means setting another goal to strive for."

"Improvement is a progression."

"Excellence is achieved only through constant pursuit."





Tulsa Wheelmen Club News

MEMBERSHIP CORNER

MAY 2003

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.

First Name	Last Name	Expiration Date (year/month)
ROBERT	FLINT	200304
MARVIN R.	LEE	200304
SHANE	BAROK	200305
GARY	BREIPOHL	200305
COREY L.	COHEN	200305
KARY	CUMMINS	200305
VINCENT	HENNIGAN	200305
JON	KOLB	200305
LUCKY	LAMONS	200305
JIM	MARSHALL	200305
BRANDON	NEAL	200305
BRIAN	POTTER	200305
JOHN	SAWYER	200305
RANDY	SCHWERS	200305
SAM	SHOUN	200305
STEVE	WEBB	200305
KEITH	WINN	200305

Electronic Newsletter Delivery

The Newsletter is now available each month in electronic format, as a .pdf file attached to an email message. Delivery to members who have online computer access is more timely and convenient, and it significantly cuts production and delivery costs for the Club. Several members are already receiving their Newsletter this way. We want to hear from others.

If you are interested, please take a minute NOW to call or email your choice to either Marc Delametter - 918-749-4075, delafam@sbcglobal.net, or Rod Harwood - 918-336-7546, rodh@sbcglobal.net

TULSA LITTLE 100 BIKE RELAY RACE

By Adam Vanderburg

Team Power Train and the organizational board is quickly moving forward with signing up schools for Tulsa Little 100 on September 27 at Webster High School. We are still looking for volunteer coaches to work with some of these schools listed below.

This event takes the sport of bicycle racing to the mainstream of our public school system and probably the only program like it in the nation. We need about 11 more coaches that can help these kids prepare for this great event. I have copied a portion of a recent memo that will give you some more information about this volunteer commitment. Each volunteer coach will have a teacher or parent contact from their assigned school or school of choice that will help them coordinate the kids and schedule 2 practices in May and 4 to 6 practices in September and event day.

Memo:

It is time to start collecting rosters for boys and girls teams. I have attached a roster information form for your convenience. I would like to collect these rosters by May 1. This will allow us to schedule 2 practices in May before summer break. Any current 6th and 7th graders that plan on returning next fall will be eligible. Remember, you will need a minimum of four kids to make a team but a maximum of 6 kids are allowed (you might choose two extra alternates as back ups though). I have already spoken to a couple of schools that plan on promoting Tulsa Little 100 and roster sign-ups threw their daily school announcements. I will have Tulsa Little 100 promotional posters for your schools by May 1.

We have confirmations from the following 11 schools: Clinton, Wilson, Byrd, Foster, Whitney, Nimitz, Carver, Monroe, Thoreau, Edison, Sand Springs

We are still waiting to hear from these 10 schools: Cleveland, Lewis & Clark, Hamilton, Gilcrease, Madison, Bixby, Jenks, Owasso, Union, Broken Arrow.

If you know anyone at these schools that might be interested please have him or her respond to Barbara Marshall or myself for information. I look forward on hearing from you very soon.

Adam Vanderburg
810-5072

ALPINEER

**Key
PERSONNEL**



Tulsa Wheelmen

INFO PAGES

MAY 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 Parkes, 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

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./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

Sun. May 18th, Port Road Time Trial, Rod Harwood, 918-336-7546, rod_h@sbcglobal.net

Sat./Sun. May 17th & 18th, Wichita Riverfest Criterium Races, Bret Sehorn, bret.p.sehorn@boeing.com

Sat. May 31st, Tour De Tulsa, Tina Birch 918-583-8462

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

McCollam & Glassco

ATTORNEYS AT LAW
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ALPINEER





MORE . . . WHEELMEN INFO

MAY 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: 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". 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. Like new. \$325 with bags, \$300 without. Chris King headset, 1" threadless, red lettering, like new, \$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.

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 ISTEALegislation.

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**

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Mountain Biking Editors **Open**

Multi-Sport Editor **Open**

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 437-9419

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JSTITT@CITGO.COM

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



Tulsa Wheelmen Officers

President **OPEN**

Past President **Brian Meahan**
Bmeahan@datathree.com
 hm: 688-3386

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

Thursday Night Crits Start
 Check Out the Calendar
 Wednesday Night Ride Etiquette (NOT)
 Check Out the For Sale Stuff

PAIR OF JACK'S BICYCLE POKER RIDE

Promoted by Jack McNeal & Jack Perry

SPONSORED BY THE TULSA WHEELMEN BICYCLE CLUB
AND 8 TULSA AREA BICYCLE SHOPS

SATURDAY MAY 24, 2003 @ 10:00 AM

McCLURE PARK 173rd EAST AVE. & EAST 7th ST. TULSA

REGISTRATION FEE FOR THE EVENT IS \$20.00

Packet pick up will be from 8:30 AM to 11:30 AM morning of the event

Registration is limited to the first 100 – 18 Years of age or over.

Registration fee includes a T-Shirt, food & drinks, prizes and fun.

PRIZES !!!! 1st place \$150 2nd place \$100 3rd place \$50

THIS IS NOT A RACE!

Participants will visit at least 5 or more local participating bicycle shops to receive their chances to win!

More information available from Jack McNeal @ 272-1258 or smilinjack2@prodigy.net

CUT

REGISTRATION AND RELEASE FORM

PLEASE! Only one registrant per form. Feel free to make copies.

And, please print legibly.

Name _____
Address _____
City _____ State _____ Zip _____ Phone _____
Signature _____ E-Mail _____ Age _____

NOTICE! THIS ENTRY/RELEASE MUST BE SIGNED BY APPLICANT AND APPLICANT MUST BE AT LEAST 18

PLEASE READ CAREFULLY

I fully realize the danger of participating in a bicycle ride and fully assume the risks associated with such participation, including by way of example, and not limited to the following; falls, the danger of collision with pedestrians, vehicles, other riders, and fixed or moving objects, The dangers arising from surface hazards and conditions, inadequate safety equipment, the effect of weather including heat and/or humidity, and the possibility of serious physical and/or mental trauma or injury associated with cycling events. All risks are known and appreciated by me.

I fully realize I should not enter this event unless I am medically able and properly trained. I hereby state that I have no physical or medical conditions which, to my knowledge, would endanger myself or others, or would interfere with my ability to participate in this event.

Having read this waiver and the afore mentioned stated facts, and in consideration of acceptance of my entry form, I hereby waive, release, and discharge for myself, my heirs, executors, administrators, assigns, legal representatives, and successors in interest, any and all rights and claims which I have or which may hereafter accrue to me against the Pair of Jacks Poker Ride organizers, workers, volunteers, sponsors, public entities, law enforcement agencies, property owners, and all other people associated in any way with this event, from any and all responsibility or liability for any accident or injury arising out of my participation or association with the event, or travel to or return from the event.

Signature _____ Date _____

MAIL TO: Jack McNeal 316 North Dogwood St. Owasso, OK. 74055 Make checks payable to Jack McNeal



Tulsa, OK Summer Crit Training Series 2003

What: This is where YOU learn the exciting skills of criterium racing! Learn cornering and race strategy, and keep yourself race-tuned.

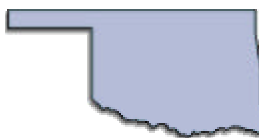
When: Every Thursday night in May, June, July, August and September

Where: Via I-244, take highway 169 south. Exit on Admiral. Go east on Admiral to 109th E. Ave. Turn north. Follow posted signs to parking area. The course is a newly paved flat circuit located at the City of Tulsa Safety Training Center.

Category	Start Time
D – Beginning	6:00 pm
C – Sport	6:30 pm
B – Comp (USCF Cat 4/5)	7:05 pm
A – Elite (USCF Cat 3+)	7:45 pm

Start times may vary! Entry fee is \$4 for Tulsa Wheelmen members, \$6 for non-members (non-members fee includes \$2 charge for one-day Tulsa Wheelmen membership)

Race Director: Jeremy Stitt (918) 461-0612 jeremystitt1@cox.net



Event held under USCF permit pending.
Helmets and Numbers must be worn at all times.
No alcoholic beverages.

www.tulsawheelmen.com

McCollam & Glassco
ATTORNEYS AT LAW
A Professional Association

ALPINEER



Key
PERSONNEL

This is a training race series. No prize money is available. USCF rules apply – helmets are required. Must be a Tulsa Wheelmen club member to race. A one-day club membership may be purchased for \$2.00. Parents and guardians must sign entries for riders under 18. Promoters reserve the right to combine classes, adjust course length, and start times.