

TW Editor:  
Alan Good

# Tulsa Wheelmen



Cancer  
Treatment  
Centers  
of America®

at Southwestern Regional Medical Center

Winning the fight against cancer, every day.®

## Newsletter



October, 2007

Volume 30, Number 9

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TULSA TOUGH RIDE & RACE

### Conquering the Pass by Davis Hale

This past July, my wife, I, and her family vacationed in Colorado Springs and Aspen Colorado. I could write many pages on the majesty and beauty of cycling in the Rocky Mountains. However, I will limit this article to my most memorable ride.

Highway 82 leaves Aspen, Colorado on the west side of town. In the winter-time, this road is closed because of snow and ice. In the summertime, this road is the most beautiful ride I have ever experienced titled Independence Pass. My father-in-law, Don Renberg, has always told me I have never climbed or descended until I have ridden a pass in Colorado. He has ridden many passes in Colorado back in the '80's on his old steel Mota.

Independence Pass begins at 7,000 feet and winds up to 12,000 feet in a 20 mile climb of a lifetime. I ended up riding the Pass 3 times during our visit. Each time I attempted to better my time to the top. The first two ascents, I spent admiring the breathtaking views of lush aspen groves and crystal clear streams. My last attempt was the day before we departed for home. I had made up my mind I could climb this mountain in less than 90 minutes. Was I rested for this effort? Heck no, I rode about 4 hours each day leading up to this attempt. I knew my body was fatigued and my legs were achy, however, I was going to lay it on the line for this last ascent.

By the last day of our vacation, I had adapted to the altitude rather well. I noticed the initial 20 minutes of my rides were tough, then my body would adapt to the lower oxygen levels. For my last ride up the pass, I tried to alternate a minute in the saddle with a minute out of the saddle. On certain grades this was possible, on others, I was in my lowest gear moving at a turtle pace. Regardless, I was laying every ounce of energy I had on this last ride.

The first 5 miles of this climb are tough. Straight out of Aspen the road shoots up to a steep grade then levels off slightly before the final 5 miles. My legs were in pain at first. I actually thought about turning around and calling it a day. However, as my body adapted to the low oxygen, I found new energy stores. I was riding one or two gears



higher on each section of the climb. At mile 10 I took off my arm warmers and shot a Gu at a more level section of the climb. By mile 15, I felt I was on pace to at least match 90 minutes, but I knew that last steep section would make or break my attempt.

The last 3-5 miles of Independence Pass are pretty sketchy. The road is narrow with huge cliff-like drop offs. Plus the weather is much colder and windier than at the bottom. Before reaching the last section, I had made up my mind that I must be out of the saddle the rest of the way up to reach my time mark.

Have you ever ridden so hard, you puked? Well I had not until this day. Sparing details, the last portion of the climb was brutally tough, however, as I reached the continental divide, I knew I had a shot at breaking my time. Once you crest the top of Independence Pass, the wind comes directly of the tundra and snow, making the final portion of the climb, the most difficult. I attempted to sprint the last 100 meters, however, my body was spent. My time ended up 87 minutes and 23 seconds. I had done it. I had conquered the pass. Or had the pass conquered me. The rest of the day and car ride home, I sprawled out in a state of fatigue and moral solitude.

Colorado is a rider's paradise. If you ever have the chance, you must at least conquer one of its passes.

**Mitch Houtman**

**Cat 3**

**2nd Place**



**Mitch Houtman**

**Cat 3**

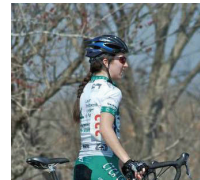
**3rd Place**



**Lauren Miller**

**Women's Cat 4**

**1st Place**



Top Performers: Mercy (SAT)

**Mike Stern**

**Cat 5**

**1st Place**

No picture available

Top Performers: Mercy (SAT)

**Ben Silk**

**Cat 3**

**1st Place**



Top Performers: Mercy (SAT)

**Todd Reed**

**Master 35+/Cat 4/5**

**1st Place**



Top Perf: Mercy Classic (SAT)

**Chris Zenthoefer**

**Master's 30+**

**1st Place**



Top Performers: Mercy crit (SUN)

**Chris Zenthoefer**

**Cat 3/4**

**1st Place**



Top Performers: Mercy Crit (sat)

**Brian Metz**

**Cat 4/5**

**2nd Place**



## Tulsa Wheelmen News

### Monthly Award Winners:

Racer of the Month:

**Chris Zenthoefer**



Teammate of the Month:

**Todd Reed**



Volunteer of the Month:

**Edgardo Delgado**



# October 2007: 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	3	4	5	6
						8AM Racer 's Training Ride  Lake Afton CycloX (KS)
7	8	9	10	11	12	13
8 AM Racer's Training Ride  Toto CycloX (KS)	CTCA/General Mem. Mtg  6:30 PM  Race Meeting to follow at 7:30 PM					8AM Racer 's Training Ride
14	15	16	17	18	19	20
8 AM Racer's Training Ride						8AM Racer 's Training Ride
21	22	23	24	25	26	27
8 AM Racer's Training Ride  Osage Hills Parks TDD (Bartlesville, OK)						8AM Racer 's Training Ride  Emerald City, KS- Cyclocross
28	29	30	31	1-NOV	2	3
8 AM Racer's Training Ride  Chandler Park. Cyclocross (Tulsa, OK)						8AM Racer 's Training Ride

# Tulsa Wheelmen

## Stat Corner



at Southwestern Regional Medical Center

Winning the fight against cancer, every day.\*

### 2007 Race Days

Nathan Leigh	45
Andy Malcom	30
Eric Melton	24
Kary Cummins	23
Lauren Miller	22
Davis Hale	21
Mitch Houtman	19
Alan Good	18
Janne Hamalainen	18
Ben Thigpen	18

### 2007 Team Results

Wins:	31
2nd place:	34
3rd place:	43
Top 5:	189

### 2007 Wins (2+)

Lauren Miller	5
Davis Hale	4
Heidi Gault	3
Phil Stauner	3
Gary Breipohl	2
Kary Cummins	2
Will Gault	2
Cheryl Thigpen	2
Chris Zenthoefer	2

### USCF Season Wins

**Bold = Active Race Team Member**

<b>Will Gault</b>	<b>2004</b>	<b>12</b>
<b>Keith Franklin</b>	<b>2004</b>	<b>9</b>
<b>Janne Hamalainen</b>	<b>2004</b>	<b>6</b>
<b>Ben Thigpen</b>	<b>2005</b>	<b>6</b>
<b>Lauren Miller</b>	<b>2007</b>	<b>5</b>
<b>Jeremy Stitt</b>	<b>2004</b>	<b>5</b>
<b>Tim Carrigg</b>	<b>2004</b>	<b>4</b>
<b>Davis Hale</b>	<b>2007</b>	<b>4</b>
Mark McClay	2004	4
Marcela Nova	2005	4
<b>Ben Thigpen</b>	<b>2004</b>	<b>4</b>
Rich Chillingworth	2004	3
<b>Keith Franklin</b>	<b>2005</b>	<b>3</b>
<b>Heidi Gault</b>	<b>2007</b>	<b>3</b>
<b>Mitch Houtman</b>	<b>2005</b>	<b>3</b>
Keith Winn	2004	3
<b>Phil Stauner</b>	<b>2007</b>	<b>3</b>
<b>Gary Breipohl</b>	<b>2007</b>	<b>2</b>
<b>Chris Cauthon</b>	<b>2005</b>	<b>2</b>
<b>Kary Cummins</b>	<b>2007</b>	<b>2</b>
<b>Darren Fritz</b>	<b>2006</b>	<b>2</b>
<b>Will Gault</b>	<b>2007</b>	<b>2</b>
Devin Gilpin	2006	2
<b>Janne Hamalainen</b>	<b>2006</b>	<b>2</b>
<b>Russell McMahon</b>	<b>2004</b>	<b>2</b>
<b>Cheryl Thigpen</b>	<b>2006</b>	<b>2</b>
<b>Chris Zenthoefer</b>	<b>2007</b>	<b>2</b>

(Note: 2 or more season wins)



### Career Wins (2004-Present)

**Bold = Active Race Team Member**

<b>Will Gault</b>	<b>14</b>
<b>Keith Franklin</b>	<b>13</b>
<b>Ben Thigpen</b>	<b>11</b>
<b>Janne Hamalainen</b>	<b>9</b>
<b>Jeremy Stitt</b>	<b>6</b>
<b>Lauren Miller</b>	<b>5</b>
<b>Gary Breipohl</b>	<b>5</b>
<b>Tim Carrigg</b>	<b>4</b>
<b>Kary Cummins</b>	<b>4</b>
<b>Davis Hale</b>	<b>4</b>
<b>Mitch Houtman</b>	<b>4</b>
Mark McClay	4
Marcela Nova	4
<b>Cheryl Thigpen</b>	<b>4</b>
Rich Chillingworth	3
<b>Heidi Gault</b>	<b>3</b>
<b>Phil Stauner</b>	<b>3</b>
Keith Winn	3
<b>Chris Cauthon</b>	<b>2</b>
<b>Darren Fritz</b>	<b>2</b>
Devin Gilpin	2
Malcolm McCollam	2
<b>Russell McMahon</b>	<b>2</b>
<b>Chris Zenthoefer</b>	<b>2</b>

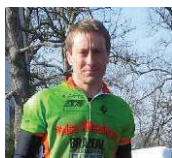
(Note: 2 or more career wins)





# Tulsa Wheelmen

## Meet the Team (Name-Race Category) New Team Member for 2007



Tom Shriver-3



Nathan Leigh-2



Brian Metz-3



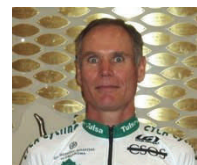
Kary Cummins-2



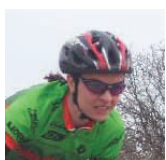
Chris Cauthon-4



Alan Good-3



Keith Franklin-2



Jennifer Johnson-4



Ben Thigpen-3



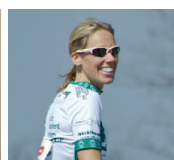
Cheryl Thigpen-3



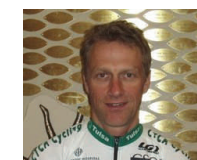
Traci Haines-4



Phil Stauner-3



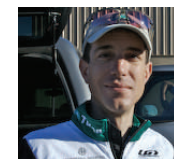
Amanda Erwin-4



Janne Hamalainen-1



Tim Carrigg-3



Will Gault-2



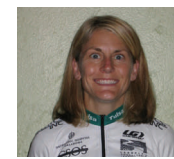
Edgardo Delgado-4



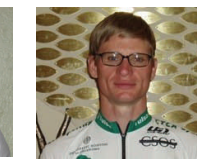
Jeremy Stitt-3



Jim Bohanon-3



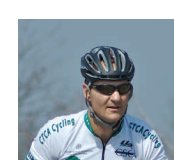
Heidi Gault-4



Scott Gibson-1



Randall Clayborn-3



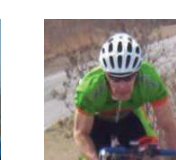
Greg Ingram-3



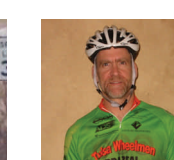
Ben Silk-3



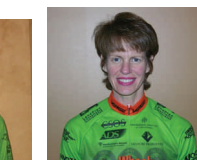
Russell McMahon-3



Gary Breipohl-3



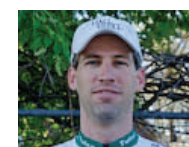
Pete Lantz-4



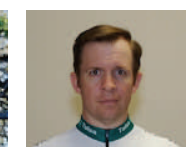
Barb Landreth-4



Brandon Johnson-4



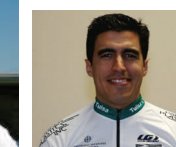
Kyle Freeman-4



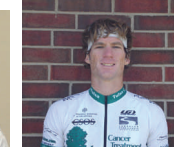
Darren Fritz Cat 4



Ben Grabow -5



Rafael Santiago-4



Davis Hale-2



Mitch Houtman-3



Chris Zenthoefer-2



Joey Bayles-5



Todd Reed-4



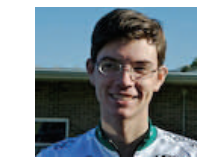
Eric Melton-2



Mark Delozier-4



Eric Doswell-5



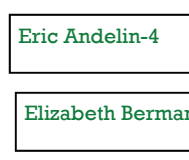
Chris Genske-4



Byron Harvison-4



Mike Stern-5



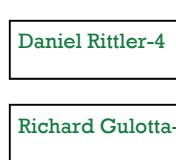
Eric Andelin-4



Milus Clarke-5



Elizabeth Berman-4



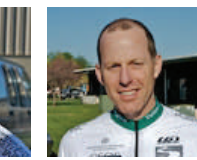
Daniel Rittler-4



Richard Gulotta-5



Don Tardiff-5



Dustin Weaver-4



Jeff West-4

# Tulsa Wheelmen Info Pages (October 2007)

## 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	Johnson Park Parking Lot	5:30 PM (sharp for competitive group!)	3/D/c-d	Starts Apr 5th
Sat/Sun	Racer's Training Ride	45th & Madison	8 AM	4/C/c-d	Year round
Sun	Racer's Training Ride	Wright School	8 AM	4/C/c-d	Year round

**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



**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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**Race Events Director:** Nathan Leigh

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**Avery Drive Clean-up:**

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**Webmaster:** Kary Cummins & Jeremy Stitt

**Team Nutritionist:**

Lenka Humenikova

[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

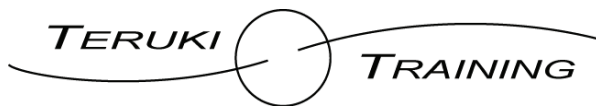
## Inside This Issue

Conquering the Pass by Davis Hale

Season Stats by Alan Good

CTCA/TW Top Performers

## 2007 Tulsa Wheelmen Sponsors



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