



Tulsa Wheelmen

RIDES AND EVENTS CALENDAR

July 2004

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
June 27 No Wimps - Tailwind Ride, 8 a.m.	28 DoT Ride, 4000 N. Hwy 169, 6:00 p.m.	29 TNWC Ride, Riverside Drive and Southwest BLVD. 6:00pm	30 West Bank Ride (NOT a Wheelmen Promoted Ride)	July 1 Summer Weekly Criterium Series Race	2	3 No Wimps - Tailwind Ride, 8 a.m.
4 No Wimps - Tailwind Ride, 8 a.m.	5 DoT Ride, 4000 N. Hwy 169, 6:00 p.m.	6 TNWC Ride, Riverside Drive and Southwest BLVD. 6:00pm	7 West Bank Ride (NOT a Wheelmen Promoted Ride)	8 Summer Weekly Criterium Series Race	9	10 No Wimps - Tailwind Ride, 8 a.m.
11 No Wimps - Tailwind Ride, 8 a.m.	12 GENERAL MEM. MTG - MAZZIOS AT THE FARM - LOWER LEVEL 6:30PM Race Team Mtg. to Follow	13 TNWC Ride, Riverside Drive and Southwest BLVD. 6:00pm	14 West Bank Ride (NOT a Wheelmen Promoted Ride)	15 Summer Weekly Criterium Series Race	16	17 No Wimps - Tailwind Ride, 8 a.m. Croweburg Road Race, Pittsburg, KS
18 No Wimps - Tailwind Ride, 8 a.m. PSU Criterium, Pittsburg, KS	19 DoT Ride, 4000 N. Hwy 169, 6:00 p.m.	20 TNWC Ride, Riverside Drive and Southwest BLVD. 6:00pm	21 West Bank Ride (NOT a Wheelmen Promoted Ride)	22 Summer Weekly Criterium Series Race	23	24 No Wimps - Tailwind Ride, 8 a.m. Queen City Criteriums, Springfield, MO
25 No Wimps - Tailwind Ride, 8 a.m. Queen City Criteriums, Springfield, MO	26 DoT Ride, 4000 N. Hwy 169, 6:00 p.m.	27 TNWC Ride, Riverside Drive and Southwest BLVD. 6:00pm	28 West Bank Ride (NOT a Wheelmen Promoted Ride)	29 Summer Weekly Criterium Series Race	30	31 No Wimps - Tailwind Ride, 8 a.m.
August 1 No Wimps - Tailwind Ride, 8 a.m.	2 DoT Ride, 4000 N. Hwy 169, 6:00 p.m.	3 TNWC Ride, Riverside Drive and Southwest BLVD. 6:00pm	4 West Bank Ride (NOT a Wheelmen Promoted Ride)	5 Summer Weekly Criterium Series Race	6	7 No Wimps - Tailwind Ride, 8 a.m.



ALPINEER

N *Tulsa Wheelmen* NEWSLETTER

Vol. 27, No. 7

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

July 2004

THE EDITOR'S PEN FOR JULY 2004: RACE TEAM MEMBERS CAT-UP

By Marc Delametter

Congratulations are in order for some of our Race Team members for successfully completing the requirements to "Cat-up" to a higher level of USCF racing category. Over the past couple of months Janne Hamalainen has "catted-up" from a category 3 to a category 2. Keith Franklin has also moved from a category 3 to a category 2 racer. Additionally, Will Gault has "catted-up" from a category 4 to a category 3 racer.

You might be asking yourself why this is such a good thing for the Tulsa Wheelmen Race and Stagiaire Teams. Well, for starters it represents to the racing community that we have a great team, great individual racers and a great program. It also means that we will be able to field teams in even more events. For example, with these changes the Tulsa Wheelmen now have 5 category 1/2 riders. They are Brandon Cowart (cat 1), Rich Chillingworth (cat 2), Mark McClay (cat 2), Janne Hamalainen (cat 2) and Keith Franklin (cat 2). It also means that we can remain very competitive in the category 3 ranks with the addition of Will Gault and it means that we will stay very competitive in the category 4/5 ranks with the likes of Jeremy Stitt, Russell McMahon, Mitch Houtman, Brian Meahan, Dale Mondloch and Jim Bohanan.

If you didn't already know, all USCF road racers are assigned a racing category when they license with the governing body, USA Cycling. These categories are not too well defined in the USCF By Laws but it is pretty clear that a category 5 racer is a beginner and moving up to a higher category is an "earned" privilege.

The official USCF By Law language reads "All riders shall be assigned to one of the following categories for road racing and for track racing: 5, 4, 3, 2, and 1 for men and 4, 3, 2, and 1 for women with smaller numbers representing increasing rider proficiency and ability." "Upgrading decisions will be based on the Categorization Guidelines..." "Category 5 for men or category 4 for women is assigned unless a higher category has been earned."

This last sentence is the most important. "Catting-up" as many racers call it is an "earned" privilege that is not easily earned. The requirements for "catting-up" are not too complicated to understand but they are too long to list in this newsletter. Suffice it to say, it ain't easy to go from a 4 to a 3 or from a 3 to a 2. It takes dedication and good results in a lot of races. These guys have done both. Next time you see them on the road give them a pat on the back for a job well done. Also, go ahead and let them do most of the work, they earned the privilege of that first spot in the pace line.

SUMMER JERSEY ORDER

By Jeremy Stitt

The Tulsa Wheelmen are planning a new jersey order for the summer. The plan is to order short sleeve and

sleeveless jerseys. Short sleeve jerseys will cost \$45 and sleeveless jerseys will cost \$44.

If you are interested in ordering a jersey, download and complete the order form on the website at www.tulsawheelmen.com/docs/TWJerseyOrderform2.doc. We've also included a copy of the form in this newsletter.

Mail the form along with your payment to the Tulsa Wheelmen P.O. Box (address is on the form). You can also bring your completed form and payment to the Thursday night crits and give them to Amy Stitt. We must receive your order and payment by July 9th to reserve your jersey.

BEVERLY BERRY VOLUNTEER OF THE MONTH(s)

It's usually never really that hard to pick a volunteer of the month. The hardest part isn't having enough people to choose from, it's having too many great candidates.

At the last membership meeting on June 14th, the general membership decided to name John Power as the April volunteer of the month for his work on the Avery Drive Time Trial Series. We also decided to name Reva Fury, Adam Pratt and Rod Harwood as the May volunteers of the month for their work on the State Road Race and Criterium Championships.

These events were all outstanding. Thanks so much for your efforts.

Congratulations

Brian Meahan



ALPINEER





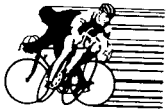
TW RACING NEWS

RACE RESULTS

By Marc Delametter

Noted below are the final results of the 2003 Tulsa Wheelmen Avery Time Trial Series. Participation in the series this year was great for this first year event and with some minor calendar tweaking for 2004 we anticipate this series to be even more successful going forward. Thanks to all the volunteers, officials and riders for their efforts to make this series happen. Special thanks go to John Power for promoting the event and putting up with all the headaches that the promoters job entails.

		April 10, 2004			May 1, 2004			June 12, 2004			Series Total 3 of 3		
Name	Team	Min	Sec	AvgMph	Min	Sec	AvgMph	Min	Sec	AvgMph	Min	Sec	AvgMph
123													
Jake Lasley	CTE	14	36.68	25.50	14	12.11	26.24	N/A	N/A	N/A	28	49	25.86
John Brest	CTE	16	01.11	23.26	14	58.00	24.90	N/A	N/A	N/A	30	59	24.05
35+													
Keith Winn	Tulsa Wheelmen	16	27.71	22.63	16	55.32	22.02	16	16.04	22.90	32	44	22.77
Jim Bohanan	TW	N/A	N/A	N/A	16	51.61	22.10	16	04.86	23.17	32	56	22.62
4/5													
Chris Anderson	Unattached	17	00.26	21.91	16	07.08	23.12	15	44.79	23.66	31	52	23.39
John Allen	unattached	N/A	N/A	N/A	16	02.13	23.24	15	57.66	23.34	31	60	23.29
John Moore	unattached	N/A	N/A	N/A	16	57.49	21.97	16	44.86	22.25	33	42	22.11
Shane Carter	BOT	17	46.26	20.97	16	33.95	22.49	18	03.22	20.64	34	20	21.70
Billy Crynes	CRRC	18	07.86	20.55	17	01.68	21.88	N/A	N/A	N/A	35	10	21.20
Craig Waldron	Tulsa Wheelmen	21	11.93	17.58	20	39.26	18.04	19	54.78	18.71	40	34	18.37
Lyman Garrison	Unattached	25	54.95	14.38	22	10.53	16.80	N/A	N/A	N/A	48	5	15.50
45+													
Keith Franklin	Tulsa Wheelmen	15	26.86	24.12	14	32.36	25.63	14	59.91	24.84	29	32	25.23
Malcolm McCollum	TW	N/A	N/A	N/A	17	12.71	21.65	15	38.38	23.82	32	51	22.68
Gary Breipohl	TW	N/A	N/A	N/A	16	23.34	22.73	16	32.50	22.52	32	56	22.63
Greg Shinn	Tulsa Wheelmen	17	49.50	20.90	17	10.22	21.70	16	28.86	22.61	33	39	22.14
55+													
Gerhard Laule	Peddlars Racing	16	44.26	22.26	15	24.07	24.19	N/A	N/A	N/A	32	8	23.19
George Sherrick	unattached	N/A	N/A	N/A	19	45.03	18.87	20	04.47	18.56	39	49	18.71
Ed Lindgren	unattached	N/A	N/A	N/A	22	22.71	16.65	22	10.43	16.80	44	33	16.73
Juniors													
Tom French	Team Power Train	16	20.50	22.80	N/A	N/A	N/A	17	10.54	21.69	33	31	22.23
Alex Schneider	Team Power Train	20	22.71	18.28	N/A	N/A	N/A	15	30.36	24.03	35	53	20.77
Women 40+													
Barb Landeth	unattached	N/A	N/A	N/A	18	49.43	19.79	18	07.84	20.55	36	57	20.17
Denise Sherrick	unattached	N/A	N/A	N/A	19	50.16	18.78	17	51.00	20.87	37	41	19.77



TW RACING NEWS

More RACE RESULTS

By Marc Delametter

Noted below are the results from the Speedwheel Criterium held on Thursday of Freewheel week in Fairview, OK. This race was promoted by Team Elite (CTE/St. Francis) and I heard that it was a great race. Thanks Team Elite for your efforts.

Women	
Mindi Martin	1
Miranda Quigley	2
Rebecca Gross	3
Renna Akins	4
Natalie Brown	5

Juniors	
Alex Schneider	1
Jeff Shepard	2
David Barber	3
Merideth Schneider	4
Josh Lantz	5

Masters 30+	
Max Miley	1
Bryan Duvall	2
Peter Erdoes	3
Mark McClay	4
Kary Cummins	5
Gil Summy	6
Keith Franklin	7
William Gault	8
John Lasorsa	9
Keith Winn	10
Greg Shinn	16

4/5	
Josh Gifford	1
Jeremy Stitt	2
Jim Bohanan	3
Alex Schneider	4
Walt Brittain	5

3/4	
Duane Neu	1
Josh Gifford	2
Jeremy Stitt	3
Ryan Fiddler	4
Keith Winn	5
William Gault	Field
Jim Bohanan	Field
Kary Cummins	Field

1/2/3	
Max Miley	1
Eric Melton	2
Aaron Smathers	3
Randy Soto	4
Leslie Akins	5
Mark McClay	10
Keith Franklin	15

CSOS
Central States Orthopedic Specialists, Inc.
918-267-2767 888-ANY-CSOS
www.csosortho.com



TAILWIND 2004 MAXXIS CUP RR & CRIT

The final races of the Maxxis Midwest Cup
Saturday & Sunday July 17th / 18th Pittsburg, KS
At least \$3000 in cash prizes

Rain or shine - held under USCF rules - USCF permit pending

Check out www.tailwindcyclists.com for sponsor info, maps and restaurant/hotel guides.



www.datatechnique.com

**Dav's Lock
& Sharpening**



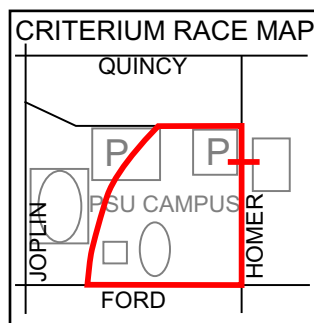
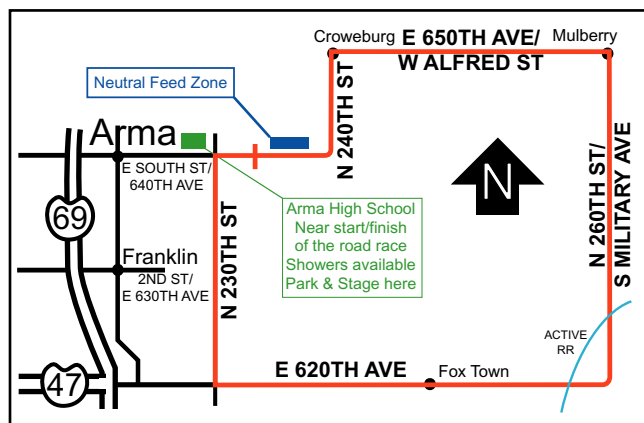
Bob's Grill, El Charro, Hopital District #1 of Crawford County, JB's Sports Bar & Grill, Osteria Gran Sasso, Miller's Professional Imaging, Meadowbrook Shopping Complex, New Century Orthopedics & Sports Medicine

Croweburg Road Race Saturday July 17th

Registration: Northeast High School in Arma, KS 8 miles north of Pittsburg. From Hwy 69 take 640th Rd/South St east 1.3 miles. High school is on the left. 1003 E. South St, Arma, KS 66712

Course: A 13 mile circuit with some short rollers and one 500 meter long "climb" just before the finish. Feed zone is on the finish climb, we will have neutral feeders. There are 2 RR crossings at the 5 mile mark; in case of a train USCF rules apply. Showers will be available at the high school after the race.

CATEGORY	START	DISTANCE	PRIZE/PLACES	ENTRY
Men 1/2	9:00 AM	78 miles	\$530/9	\$20
Men 3	9:05 AM	65 miles	\$350/7	\$20
Master 35+	9:10 AM	52 miles	\$200/6	\$20
Master 45+	9:10 AM	52 miles	Bonus \$50/3	\$20
Men 4	9:15 AM	52 miles	\$200/6	\$20
Women 1/2/3	9:20 AM	52 miles	\$100/4	\$10
Cat 5	9:25 AM	39 miles	Medals/3	\$10**
Women 4	9:30 AM	26 miles	\$50/3	\$10**
Juniors	9:35 AM	26 miles	\$50/3	\$10**



Registration: Send standard release and check to Tailwind Cyclists 1511 N. Broadway Pittsburg, KS 66762 or register day of race. Registration ends 30 minutes before race start. All entry fees include \$2 USCF insurance fee and \$1 for KCA Improvement Fund. Second race of the day is \$10.
All USCF Rules apply! CPSC approved helmets required. USCF license required to race; 1 day license available for \$5. Wheels in/wheels out. Promoter reserves the right to adjust time & distances, alter or change course, cancel and or combine categories and prize lists as deemed necessary on race day. Parent or guardian must sign release form for all minors
INFO: www.tailwindcyclists.com Tailwind Cyclists, Inc.
Roger Lomshek 620-231-2212 roger@tailwindcyclists.com

PSU CRITERIUM Sunday July 18th

Registration: Weede Gymnasium on the PSU campus in Pittsburg. From Hwy 69 or Broadway St (Hwy 69B) head east on Quincy St to Homer St, go south on Homer to S/F area. Quincy is one mile south of Hwy 126 (4th St). 1701 S. Homer, Pittsburg, KS 66762

Course: .8 mile circuit with a tight, technical back stretch and a small hill.

RACE CATEGORY	MAXXIS POINTS	START	DISTANCE	PRIZE/ PLACES	ENTRY
M 35+/45+	35+	9:00 AM	40 m+5 laps	\$200/6	\$20
45+				\$50/3	
Juniors	Junior	10:00 AM	25 m+5 laps	\$50/3	\$10**
Wmn Cat 4	W 4	10:01 AM	25 m+5 laps	\$50/3	\$10**
Cat 4/5	4	10:45 AM	40 m+5 laps	\$200/6	\$20**
1st time Men		11:35 AM	10 m+5 laps	Medals/3	\$10*
1st time Wmn		11:36 AM	10 m+5 laps	Medals/3	\$10*
Kids 0-7		11:55 AM	100 meters	Medals	Free
Kids 8-17		12:10 PM	1 lap	Medals	Free
Cat 3/4	3	12:35 PM	45 m+5 laps	\$350/7	\$20
Cat 5		1:40 PM	20 m+5 laps	Medals/3	\$10**
Wmn Open	W 1/2/3	2:15 PM	45 m+5 laps	\$100/4	\$10
Cat 1/2/3	1/2	3:20 PM	75 m+5 laps	\$530/9	\$20

Free lap rule applies. Second race of the day is \$10.

Lots of cash and merchandise prizes!

Showers will be available after the races.

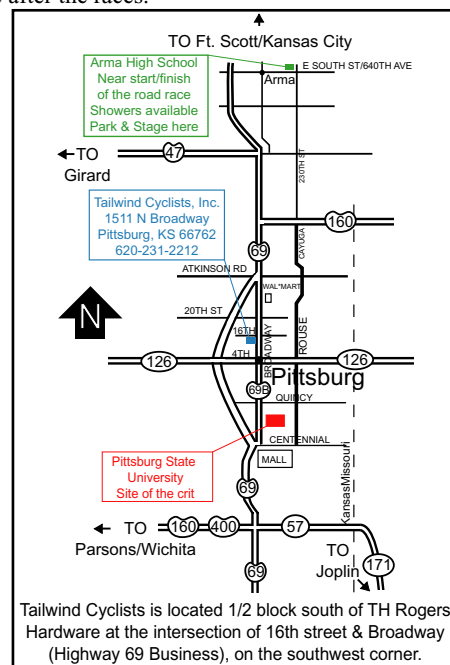
*Entry fee includes \$5 one day license fee.

**All racers must have racing license, add \$5 for one day license.

Showers will be available both days.

Beginners welcome!

Must purchase a 1 day license for \$5 and race as a first timer, Cat 5 men or Cat 4 woman.



Queen City Criteriums

Presented by Ozark Cycling Club

July 24/25th, 2004 Springfield, MO

\$7500

These races will be part of MOBAR!

USCF Permit #2004-1347

Registration: Saturday Registration will be at the Start/Finish line off of Monroe and Florence, will be open from 6:45am, you can register up to 15 minutes prior to each events. Sunday Registration will open at 7:30 and be just off the Start/Finish line in front of Velo Spinning. You may race multiple races if you are eligible. Pre-registration will be available by mail. You will just need to send a check to Ozark Cycling Club, 2004 Standard Athletes Entry & Release form, and registration form. Registration form at bottom of this page. Mail to:

Ozark Cycling Club
Attn: Registration
3717 W Overland
Springfield, MO 65807

Registration - Day of Race

Saturday/Sunday races:

\$25 first race/ (\$15 each additional race)

Unlimited racing both days \$70

Early Registration by Mail:

Saturday/Sunday races:

\$20 first race/ (\$15 each additional race)

Unlimited racing both days \$60

Support: Wheels IN/OUT, no more free laps after 3 to go

Rules: All USCF rules will be in effect. Helmets will be required at all times. Promoter has the right to combine categories if needed.

Hotel: Oasis Inn and Conference Center will be the host hotel for the event. Special rate for the Ozark Cycling Club group will be doubles at \$54, and kings at \$64. They will be providing a great breakfast for racers. We will also post results from Saturday in the lobby Saturday evening.

<http://www.springfieldoasis.com/> 1-888-532-4338 When making reservations, make sure to tell them you are with Ozark Cycling Club group.

Prizes: Categories and Prize breakdown will be same for both days. Prizes will include cash and 3 DVD players provided by Interactive Homes, among other prizes.

Category	Total/deep	1st
1,2,3's	\$1175/8	\$400
3,4's	\$665/8	\$200
4,5's	\$575/8	\$125
35+	\$250/4	\$100
45+	\$160/4	\$75
Women	\$525/6	\$150
5, W4, J	Prizes	

Date: **Saturday**, July 24th, 2004 start times will be 7:30 for the first race (a wedding at 3:00 causes us to start early, sorry)

Course: This is a new venue for this year. Will be in addition to our normal Sunday Crit. The race will be held at Southwest Missouri State University campus. The course is 4 corners with a slight rise on one side and decline on the other. [Course Map](#).

Parking: Parking will be available off of National Avenue between Monroe and Harrison.

Start Times:

Category	Time+Laps	Start
4,5	40+3	7:30
35+,45+	40+3	8:25
3,4	45+3	9:20
5, W4, Junior	20+3	10:20
Women Open	40+3	11:00
1,2,3	60+3	12:00

Date: **Sunday**, July 25th, 2004 start times will be 8:30 for the first race

Course: This is the normal Sunday course at Woodhurst office park off of National and Montclair. The course has 4 corners, and is fairly flat with a slight rise to the finish. [Course Map](#).

Parking: Parking will be available off of National Avenue & Montclair.

Start Times:

Category	Time+Laps	Start
4,5	40+3	8:30
35+,45+	40+3	9:30
3,4	45+3	10:20
5, W4, Junior	20+3	11:20
Women Open	40+3	12:00
1,2,3	60+3	1:00

TOUR OF KANSAS CITY

KCBC Racing Team

The Tour of Kansas City, KC's premier bike racing event will be held August 14-15. Day 1 will see racing on Cliff Drive in North Kansas City and day 2 will be back in downtown Overland Park. Go to www.kbcrcracing.org for more information and details. (Editors note: A flyer for the Tour of Kansas City was not available at the time of this printing but I wanted to make sure all the racers put these dates on their racing calendar. The Tour of Kansas City is a Targeted Tulsa Wheelmen event.)



Tulsa Wheelmen Jersey Order form

Make Checks Payable to the Tulsa Wheelmen. In order to receive your clothing order, send your check and order form to:



Tulsa Wheelmen
Clothing Order
P.O. Box 52242
Tulsa, OK 74152-0242

Name: _____ Date: _____

Address: _____

City: _____ State: _____ ZIP: _____

Phone: _____ Email: _____

Please check the type of clothing to order and indicate what size you would like:

☐ **Short Sleeve Jersey - \$45 each**

Either select your size or write the number of each size you would like to order:

☐ Women's SM ☐ Small ☐ Medium ☐ Large ☐ X-Large ☐ XX-Large Total Ordered: _____

x\$45: _____

☐ **Sleeveless Jersey - \$44 each**

Either select your size or write the number of each size you would like to order:

☐ Women's SM ☐ Small ☐ Medium ☐ Large ☐ X-Large ☐ XX-Large Total Ordered: _____

x\$65: _____

Indicate how you would like to receive your clothing order:

☐ I'll pickup my order

Coordinate this with Jeremy Stitt – ph (918) 461-0612 or email jeremystitt1@cox.net

☐ Please deliver my order to my address above

Delivery requires an extra \$5 charge and will be shipped via the US Postal Service.

For mail delivery, add \$5 to your total order: _____

TOTAL: _____



***|?! ?!**
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: Lightspeed Tuscany, 57cm, Ultegra 9 cog, Thompson post, Aria Ti Saddle, Cane Creek headset, Control Tech stem, Spinergy Spox wheels, Lightspeed carbon fork, less than 200 miles. MINT CONDITION. No pedals. \$2,200. Call Muskogee 918-683-4497 or email fredgdove@aol.com.

FOR SALE: 2003 Mavic Ksyrium SSC SL's WITH 12-23 cassette/skewers. 3t Zepp 110 mm stem, 26.0 clamp Wheelset: Chris King Hubs, Campagnolo Tubular Rims, 28 hole, approx. 1475 grams, all silver. Retail Over 700.

** Orbea XLR8R Frame**--55 centimeter, Columbus XLR8R tubing throughout, Columbus Carbon wishbone seat stays. Contact me privately with any offers, Thanks again, Tom French

FOR SALE: Cannondale, F800, "Lefty". 2002 Model, purchased new April, '03. Old owner hospitalized 3 times since June, '03. Like new, low mileage. Ridden less than 25 times. Never ridden in competition. Disc. Brakes, all original equipment. \$600. Tulsa (918)-252-7282. Jon.

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!

2004 Tulsa Wheelmen Membership and Renewal Application

Membership expires one year from the last day of the month of enrollment date.

Name: _____ Address: _____

City: _____ State: _____ Zip: _____ Phone (Hm): _____ (Wk): _____

Emergency Contact Name: _____ Phone (Day): _____ (Eve.): _____

E-Mail Address: _____

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

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

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

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

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

Name Address Home Phone Work Phone

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

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

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

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

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

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

TW MEMBERSHIP + BIKE SHOPS = DISCOUNTS!

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

Buy from a community bicycle shop.

Bicycles of Tulsa 665-2453

Cycles International 252-7696

G. Oscar's Bicycles 582-1711

Lee's Bicycles 743-4285

Lee's BikeMart 250-8130

Oklahoma Velo Sports 587-0574

Sun & Ski Sports 254-0673

Tom's River Trails Bicycles

..... 481-1818

T-Town Bicycles 492-8696

Venable's Bicycles 749-7563

The Wheel Bike Shop 587-5927

TULSA WHEELMEN RIDE GUIDELINES

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

Tulsa Wheelmen Ride Guidelines:

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

TULSA WHEELMEN BENEFITS

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

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

Tulsa Wheelmen Newsletter Staff

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Tulsa Wheelmen Newsletter

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

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

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



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

RETURN SERVICE REQUESTED



INSIDE THIS ISSUE
RACE TEAM CAT-UPS
RACE RESULTS
RACE FLYERS ATTACHED

