



Tulsa Wheelmen

RIDES AND EVENTS CALENDAR

December 2003

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
November 30 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, noon	December 1	2	3	4	5	6 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, noon
7 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, noon	8 GENERAL MEMBERSHIP MEETING – MAZZIOS AT THE FARM – LOWER LEVEL 7:00PM	9	10	11	12	13 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, noon
14 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, noon	15	16	17	18	19	20 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, noon
21 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, noon	22	23	24	25 Christmas Day	26	27 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, noon
28 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, noon	29	30	31	January 1 New Years Day Polar Bear Ride	2	3 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, noon
4 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, noon	5	6	7	8	9	10 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, noon



DECEMBER 2003

BRAZEAL
MASONRY INC.

N *Tulsa Wheelmen* NEWSLETTER

Vol. 26, No. 12

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

December 2003

THE EDITOR'S PEN FOR DECEMBER 2003 By MARC DELAMETTER

2004 TULSA WHEELMEN SPONSORS

Once again thanks to the efforts of several dedicated and core Tulsa Wheelmen members; the Tulsa Wheelmen will have great sponsorship for the next three years and (hopefully) beyond. Included in this newsletter is a page that shows all the logos from our sponsors. You might go ahead and set that page out side-by-side with this article so you can see the logo for the sponsor outlined below.

Now for a little something about each sponsor. Look to future newsletter articles with more information about each sponsor.

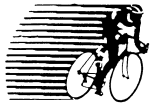
- **Brazeal Masonry Inc.**
Brazeal Masonry Inc. provides mason and masonry services all across the Tulsa market. They are a well-respected family owned business in Tulsa and a great supporter of bicycling and bicyclists in the Tulsa area.
- **LandPlan Consultants Incorporated.**
Established in 1983, LandPlan Consultants Incorporated is a professional design firm focusing on the areas of master planning, site planning and landscape architecture. They have been a big supporter of Tulsa cycling for many years and their website can be found at www.lpci.com.
- **Global Fitness.**
This organizations' mission is to provide the realization of its member's personal fitness goals through the provision of state of the art facilities, professionally trained instructors and a personal supportive approach. Its' state of the art facility is located at 8162C South Lewis, Tulsa, Oklahoma. Its' website can be found at www.globalfitnessusa.com.
- **Malcolm Law; The Legal Specialists.**
It should be no surprise to anyone in our club that Malcolm McCollam stepped up to sponsor the Wheelmen again for the umpteenth year in a row. Malcolm's website is at www.malcolmlaw.com. Check it out.
- **Parker Plastics Inc.**
Parker Plastics Inc. is a Tulsa area plastic manufacturer. Their plant is located in west Tulsa and among many items manufactured at their facility the items I remember most are the little honey bear bottles and certain mustard bottles. I've been looking for their bottles during shopping trips to the grocery store for many years. Just flip over the bottle and look for the Parker Plastic name.
- **Joe Smoothie.**
Joe Smoothie features a variety of smoothies (including workout, fruit, dessert and coffee), 35 different lines of discount health supplements and complimentary Internet access. Smoothies can be used for a simple treat, meal replacement, or as a pre/post workout supplement to replace nutrients lost during physical

activity. Located at the southeast corner of 81st and Harvard (Walnut Creek Shopping Center) and in the Global Fitness facility. Its' website can be found at www.joesmoothie.net.

- **Central States Orthopedic Specialists, Inc.**
Providing excellence in orthopedic medicine, Central States Orthopedic Specialists, Inc., combines experience with a remarkable breath of subspecialties. CSOS physicians bring to the group a combined total of over 300 years experience, and the practice encompasses every aspect of orthopedic care. Central States Orthopedic Specialists is the largest orthopedic practice in the region, and its physicians consistently provide the highest level of professional service to patients and their families. For more information their website can be found at www.csosortho.com.
- **Alpineer.**
Alpineer, a local custom bicycle manufacturer specializing in state of the art bicycle frame construction and frame repair. Several Tulsa Wheelmen members are currently riding Alpineer frames and many more are to come. For more information about Aplineer frames call Rich Chillingworth at 918-832-9086. Alpineer frames are a sweet ride.

(Continued on the Club News Page)





Tulsa Wheelmen Club News

(continued)

THE EDITOR'S PEN FOR DECEMBER 2003

By MARC DELAMETTER

2004 TULSA WHEELMEN SPONSORS

- **Data3 Corporation.**

Date 3 Corporation is a Tulsa owned and operated company that specializes in providing business services, application development and managed hosting. Data 3 has a variety of CISCO, ORACLE, Microsoft, etc. certified professionals on staff who are well versed in the latest programming languages. Learn more about Data 3 at their website at www.datathree.com.

- **Northwestern Mutual Financial Network.**

Northwestern Mutual Financial Network provides expert guidance in personal planning, asset and income protection, investment services, education funding, business planning, employee and executive benefits, estate planning and trust services. Their website is located at www.northwesternmutual.com.

- **Orthopedic Hospital of Oklahoma.**

Located in the heart of Mid-America, the Orthopedic Hospital of Oklahoma is a remarkable new resource for the advanced treatment of musculoskeletal disorders. The hospital provides patients and their families with the highest quality orthopedic care, and a new dimension of personal service. For more information about this Hospital see their website at www.orthooklahoma.com.

- **Venture Properties.**

Established in the early 1970's Venture Properties is in the business of investing in, and managing commercial retail and office properties primarily in the Tulsa area. The company currently owns and operates nearly 600,000 square feet of retail space in 14 properties ranging in size from 3,000 square feet to 175,000. To learn more about Venture Properties check out their website at www.ventureproperties.com.

- **Aerial Data Service, Inc.**

Aerial Data Service, Inc. where innovation and service take flight.

A full-service aerial photography and photogrammetric mapping company, based in Tulsa, Oklahoma. ADS excels in collecting geospatial data and converting the

information into precise digital mapping and orthophotos. See their website at www.aerialdata.com for more information about this great company.

MEMBERSHIP CORNER DECEMBER 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.

<u>Last Name</u>	<u>First Name</u>	<u>Expiration (year/month)</u>
BLACKBURN	DAVID & LINDA	200312
CARRIGG	TIM	200312
DAVIS	CHARLIE & SHELA	200312
DILLDINE	LARRY	200312
FRANKLIN	KEITH	200312
FRENCH	TOM	200312
HARMON	BILL	200312
INGRAM	GREG	200312
KNOWLTON	TONY	200312
	DONNA BROWN /	
KRUTKA	LARRY	200312
LANTZ	PETER	200312
PIERCE	MICHAEL	200312
PITZER	TONJA	200312
SPRADLEY	TERRY	200312
STITT	JEREMY & AMY	200312
WILSON	PHILLIP & JANET	200312

POLAR BEAR RIDE

Don't forget to set aside time on New Years day for the annual Polar Bear ride. The ride will start at noon from Marc and Beth Delametter's house, 4530 South Louisville. After the ride everyone is invited to stay for drinks and a potluck style eating fest.

Ride distances vary depending on the weather. A good day will allow for a 40+ mile trip and a bad day will allow for only a trip around the block. Many people come just for the fun and camaraderie. Hope to see you there. If you have a question don't hesitate to call Marc or Beth at 749-4075. We are trying to get our new jerseys back from the printer in time for distribution at this ride. We'll keep you posted.



ALPINEER

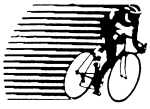


LANDPLAN
CONSULTANTS
INCORPORATED



VENTURE PROPERTIES





Tulsa Wheelmen Club News

Global Fitness Tip of The Month

Life-Long Weight Control: Get in the Habit of Eating Well By Barbara A. Brehm, Ed.D.

The key to life-long weight control is the development of eating habits that help you eat well and make good choices. These good habits become your defense against what many have called a toxic food environment, which is an environment that constantly pressures people to overeat.

The best way to evaluate your eating habits is to record everything you eat during a typical day. Note when and where each meal or snack was eaten and any other relevant information that affected your decision to eat your choice of food. The tricky part of this exercise is to eat as normally as possible, and not let the act of recording interfere with your typical eating behavior ("I'm not going to eat all these chips because I don't want 'bad' food in my notebook").

Once you have a picture of your daily routine evaluate what you see. Are your habits helping you to eat well? Do you generally avoid empty calorie foods? Do you get enough fresh fruits and vegetables? Are there times during the day when you tend to eat even though you are not hungry? What situations trigger unnecessary snacking? Do you skip meals early in the day, only to be starving later?

Next, use your common sense and knowledge of yourself to come up with one or two new habits to replace habits you wish to eliminate. Try to be as realistic as possible and remember that food should be delicious as well as nutritious. Consider the following as you think about cultivating a more nutritious lifestyle.

Clean up your eating environment

We all eat in response to environmental cues: the time on the clock, the smell of popcorn, and the box of donuts on the table. Think about the places you eat, and how you might reduce unnecessary temptations.

Start with your home. Limit your exposure to junk food as much as possible. If you live alone, keep it out of the house. If you live with others who insist on having foods you prefer not to eat, then at least keep these foods out of sight. Put them in the refrigerator or in cupboards or containers. Talk to your family or roommates: Maybe you will be a good influence!

At mealtime, serve yourself reasonable portions and keep serving dishes off of the table. That way, you can resist automatic second helpings. Remember that leftovers are good

to have and could save you from making or buying lunch tomorrow.

But not your plate

Recognize that many restaurants tend to serve large portions, but big portions are no bargain if you develop obesity and related health problems such as high blood pressure. Eat a reasonable amount and take the rest to go. "Do you want to super size that?" Just say no.

Eat with awareness

We often pay little attention to our eating behavior or our food and shovel a meal down while watching television, reading or talking with friends. When our attention is elsewhere, we may not notice when we are feeling satisfied and have had enough to eat. Eating quickly also leads us to eat more than we need, since it can take 15 to 20 minutes to realize we have had enough.

Whenever possible, eat your meals in a peaceful environment. Eat slowly and enjoy your food. Take time to focus on your food, enjoying the appearance, smell and flavors.

Replace snacking with physical activity

Instead of snacking when you are tired, take a brisk walk. Run up and down the stairs a few times. Eating because you are bored? Read the paper while you walk on the treadmill or ride the stationary bike. Work out while you watch TV. Physical activity helps reduce stress while it burns calories. It may also reduce your appetite.

Get used to it

Opportunities to overeat are everywhere; so limiting your intake is not easy. Cultivating a new habit takes a lot of effort, but once you get used to a new habit, it will slowly be automatic. It will gradually take less self-control to say, "No, thank you" to foods you don't really want, while you enjoy the good foods you choose to eat.

Barbara a. Brehm, Ed.D. is a professor of exercise and sport studies at smith College Northampton Mass.





Tulsa Wheelmen Club News

2004 WHEELMEN OFFICERS

By Brian Meahan

Many thanks to all of the members in attendance at this month's membership meeting and congratulations to the 2004 Club Officers elected. 2003 has been an exciting year and 2004 promises to be even better with a new direction for the club and motivated leaders and members working hard to achieve some pretty lofty goals.

The 2004 Club Officers are:

President - Brian Meahan
President Elect - Tim Carrigg
Secretary - Marc Delametter
Treasurer - Amy Stitt

The Directors for 2004 are:

Membership - Rod Harwood
Advocacy - Sandra Crisp
Race - Jeremy Stitt
Race Team - Keith Franklin
Newsletter Editor - Marc Delametter

Also, my thanks to everyone for their input on the revisions to the bylaws. The changes approved will allow the club to be much more flexible and more responsive to the membership in the coming years.

WHEELMEN AWARDS

By Brian Meahan

I would like to solicit nominations for the end of year Wheelmen awards. Please email your nominations to me at Bmeahan@datathree.com or feel free to post them to the one-list. The awards for 2003 are:

Racer of the Year
Most Improved Racer
Wheelmen of the Year



WINTER SPIN CLASS OPEN TO MEMBERS

By Brian Meahan

Malcolm McCollam will once again be teaching a winter spin class for interested Wheelmen members. Global Fitness, one of our new 2004 sponsors will be hosting the classes at their facility at 8162-C South Lewis Ave. This year's classes will be on Thursday evenings at 6:00 pm starting December 4th. Cost will be free to gym members and \$7 per class for all others. Space will be limited for the first few weeks until the new bikes arrive so be sure to sign up ahead of time. To sign up contact Brian Meahan at 688-3386 or via email at bmeahan@datathree.com.

OBC ON-LINE EVENTS CALENDAR

By Sandra Crisp

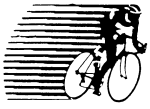
Printed calendars are still in the works. Hope to have them in a couple of weeks. In the meantime, please check out the on-line version.

<http://www.oklahomabicyclecoalition.com/events.html>

This is a listing by month. We are trying to use colors this year to identify different types of events. For instance, Races and TTs are in green, meetings and Bike To Work Days are in pink.

I believe the on-line calendar can be updated throughout the year as necessary. FYI - OBC has just gotten a new webmaster and this is his first effort with our site.





Tulsa Wheelmen Club News

STATE OF THE OKLAHOMA BICYCLE COALITION **By Brian Potter**

The Oklahoma Bicycle Coalition held their annual meeting on Sunday, November 9th. Below is the "State of the OBC Address" from new OBC President, Brian Potter. The Tulsa Wheelmen are an active member of the OBC as are several individual Wheelmen. If you would like additional information on the OBC and how you can become more involved, please visit the OBC website: www.oklahomabicyclecoalition.com.

The Oklahoma Bicycle Coalition, since its re-birth one-and-a-half years ago, has been focused on finding meaningful projects to advance its mission "to promote bicycle access, safety, and education. We have found numerous opportunities and our members have devoted considerable energy to nurturing these projects. Former President and Current Board Member, Adam Vanderburg, listed our assays and accomplishments at the Annual Meeting.

To briefly recap, we have made meaningful progress toward 501(c)3 non-profit status; sent OBC representatives to advocacy conferences to learn from and contribute to national level; conducted Road I and LCI certification seminars, graduating ten League Certified Instructors; presented educational literature at many events, including the Tulsa Run Expo; made meaningful contacts in state and local government; taken steps to work with individual, club and corporate members to address local issues; communicated in various forums put on by the state and regional governments; reviewed and planned for future events and educational publications to increase awareness of cycling; and begun to make longer range plans for improved educational programs in the future.

During the past year, the following committees have been established (with members) or proposed (pending volunteers):

Education
Legislative
Membership
Publication
Website
Budget
Calendar
Event

I have been impressed with how much a small group of determined individuals can accomplish with limited resources. However, as our numbers and resources grow, as we consolidate our gains and examine ways of addressing short-term opportunities and long-standing problems, we must make

considerable strides this year towards increasing the efficiency and effectiveness of this organization. Admittedly, we have not excelled in communicating everything that we are in the midst of accomplishing. Our own members must have access to the best advocacy information available so that they may educate the Coalition's affiliates and their own communities. For this reason, OBC's education program will attempt to make Road I courses available to all OBC members. Experienced riders will benefit by having a common vocabulary with which to discuss cycling with inexperienced riders. Club officers will benefit by learning advocacy issues and educational techniques. Ride leaders will add to their skills in taking responsibility for groups of riders with differing ability levels. The cycling community will benefit by having access to a standard of best practice so that cyclists interact more harmoniously. For this reason, I strongly urge individual, club and corporate owners to support the OBC's education campaign by participating directly in the education process and then sharing this information with others.

To improve communication, quarterly reports from committee meetings will be made available. This e-mail forum, the New OBC Yahooogroup, and other e-mail groups should be used to increase awareness of what our organization is doing. We must also follow through with a review of the bylaws, as proposed at the Annual Meeting. The review will focus primarily on 1) adding non-profit language in compliance with our 501(c)3 status, 2) clearly delineating the discretionary powers of the Executive Board, 3) examining the election process, 4) assessing organizational deadlines, and 5) revising and streamlining any processes which may be inefficient or outdated. As President, I will chair this committee. Heads of other committees and members of the Executive Board should review the needs and concerns of their respective areas and propose any relevant changes to the bylaws. Ultimately, a new draft of the bylaws will be submitted to the membership for approval. This process of revising the bylaws will run concurrently with the creation of a budget for the upcoming year and a report on membership. Committee chairs and members should advise the Budget Committee of any anticipated expenses by the end of December. The Membership Committee will work towards giving OBC a more visible presence in local area clubs, shops and other organization. As a non-profit organization for cycling advocacy, we want to grow stronger and more effective without succumbing to inefficiencies of bureaucracy.

Collectively, we share a love of two-wheeled adventure and innovation. Collectively, we have experienced incomprehension about what best benefits cyclists, whether on the road or in the office. Collectively, we can create opportunities to move Oklahoma toward a bicycling culture. For these reasons, we are committed to achieving our larger mission of promoting access, safety, and education. Ride long and prosper.



TW RACING NEWS

RESULTS ON THE CHANDLER PARK CYCLOCROSS BICYCLE RACE HELD

NOVEMBER 16, 2003

PROMOTED BY THE ROLLING FOOLS BICYCLE CLUB

MASTERS 40 +

1. # 46 RANDALL CLAYBORN
2. # 78 RANDY KAMP
3. # 67 TIM WHITESIDE
4. # 64 DAVID BILLINGSLEY DNF

MENS OPEN RACE

1. # 62 CHAD CAGLE
2. # 422 BRANDON COWART
3. # 45 JOSH LEWIS
4. # 414 BRYAN DUVALL
5. # 66 RONNIE COOKSON
6. # 59 CHAD SHANKS
7. # 49 RATON PARMAIN
8. # 53 SHERIDAN MARQUART
9. # 72 NATHAN LEIGH
10. # 51 CHRIS ROBINSON
11. # 52 MATT REYNOLDS
12. # 63 JOSHUA GIFFORD
13. # 70 KARY CUMMINS
14. # 60 CHARLES LONG DNF
15. # 61 RANDY SCHWERS DNF
16. # 64 DAVID BILLINGSLEY DNF
17. # 65 WILLIAM QUILLMAN DNF

MASTERS 50+

1. # 77 CHARLES MACKOWN
2. # 79 BILL WYLIE
3. # 73 CHARLES DAVIS
4. # 444 JON RICHARDSON
5. # 44 JIM MARSHALL
6. # 76 MIKE JOFFE DNF

JUNIORS

1. # 75 BEN SILK

WOMEN OPEN

1. # 48 JULIE KING
2. # 57 MIRANDA QUIGLEY
3. # 423 VIVIAN CHWALINSKI

THANKS GO TO JACK MCNEAL, USA CYCLING
OFFICIAL, FOR SUPPORTING LOCAL RACERS.

CATEGORY 4-5

1. # 58 STOKLEY SAMUEL
2. # 55 JOE DAVIS
3. # 71 KURT EGLI
4. # 74 JEFFERY KROGH
5. # 69 SAMMY DAVIDSON
6. # 68 TERRY FROHNAPFEL
7. # 54 CHRIS RICKEY
8. # 56 CARL IRWIN
9. # 47 KEVIN BABIN
10. # 63 JOSHUA GIFFORD DNF

MASTERS 30+

1. # 66 RONNIE COOKSON
2. # 49 RATON PARMAIN
3. # 50 RANCE SHIELDS
4. # 70 KARY CUMMINS
5. # 414 BRYAN DUVALL DNF

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

 **Northwestern Mutual**
FINANCIAL NETWORK®



MORE . . . WHEELMEN INFO

DECEMBER 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: 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. \$325 with bags, \$300 without. Chris King headset, 1" threadless, \$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.

FOR SALE: 1990 Santana Tandem, Sovereign. \$1,000.00. Special Tandem Columbus CrMo tubing (smooth ride). Shimano STI 8 spd. Deore XT drive train. Front 51 cm kStoker 48 cm C to C (Fits 5' 10" & 5' 3" with room in either direction. "Body Shock" shock absorbing stoker seat post. Phil Wood rear hub with heavy duty rim. New "Salsa" 95 mm stem. Pedals not included. Larry Krutka"
<krutka123@yahoo.com>



ORTHOPEDIC HOSPITAL
OF OKLAHOMA

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 ISTEA legislation.

League of American bicyclist: www.bikeleague.org.

Bicycle advocacy.

Mountain Bike Daily: www.mountainbike.com.

Mountain bike stuff.

Oklahoma Runner Magazine: www.runningnetwork.com.

Information Oklahoma running events.

Runner-Triathlete: www.runningnetwork.com/RunTriNews.
Triathlon and running information by region.

The San Francisco Exploratorium: www.exploratorium.edu/sport/.
The Science of Bicycling, facts and information.

Sydney Morning Herald: www.smh.com.au
Because the 2000 Olympics is closer than we think.

Transportation Policy Project: www.islandnet.com/~litman.

Discussion of positive and negative bicycling issues impacts. (Super site!)

The Tulsa Wheelmen Web Site: www.tulsawheelmen.com

USA Cycling: www.usacycling.org
National and regional schedules.

U.S. Olympic Committee: www.olympic-usa.org.

Olympic information including cycling.

VeloNews: www.velonews.com
The journal of bicycle racing.

BECOME INVESTED IN TULSA BICYCLING

JOIN THE TULSA WHEELMEN!

2003 Tulsa Wheelmen Membership and Renewal Application

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

Name: _____ Address: _____

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

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

E-Mail Address: _____

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

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

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

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

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

Name Address Home Phone Work Phone

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

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

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

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

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

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

TW MEMBERSHIP + BIKE SHOPS = DISCOUNTS!

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

Buy from a community bicycle shop.

Bicycles of Tulsa 665-2453
Cycles International 252-7696
G. Oscar's Bicycles 582-1711
Lee's Bicycles 743-4285
Lee's BikeMart 250-8130
Oklahoma Velo Sports 587-0574
Sun & Ski Sports 254-0673
Tom's River Trails Bicycles
..... 481-1818
T-Town Bicycles 492-8696
Venable's Bicycles 749-7563
The Wheel Bike Shop 587-5927

TULSA WHEELMEN RIDE GUIDELINES

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

Tulsa Wheelmen Ride Guidelines:

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

TULSA WHEELMEN BENEFITS

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

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

Tulsa Wheelmen Newsletter Staff

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

Distribution **Tom Potter**
437-9419

Web Site **Jeremy Stitt**
hm: 918-461-0612
JSTITT@CITGO.COM

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



**LANDPLAN
CONSULTANTS
INCORPORATED**

Tulsa Wheelmen Officers

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

Treasurer **Amy Stitt**
hm: 918-461-0612
SOONRGRL@YAHOO.COM

President Elect **Tim Carrigg**
cell: 918-645-1143
TCARRIGG@PARKERPLASTICS.COM

Secretary **Marc Delametter**
hm: 918-749-4075
delafam@sbcglobal.net

Membership Director **Rod Harwood**
hm: 918-336-7546
rod_h@sbcglobal.net

Race Team Director **Keith Franklin**
kflandplan@aol.com

Race Director **Jeremy Stitt**
hm: 918-461-0612
JSTITT@CITGO.COM

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

Advocacy Director **Sandra Crisp**
hm: 918-688-8596, CD.SL.CRISP@COX.NET

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

SPONSOR PROFILES
ANNUAL AWARD NOMINATIONS
CYCLOCROSS RACE RESULTS
STATE OF THE OBC

