



Tulsa Wheelmen

RIDES AND EVENTS CALENDAR

November 2005

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
October 30 No Wimps - Tailwind Ride, 8 a.m.	31 Halloween	November 1	2	3	4	5 No Wimps - Tailwind Ride, 8 a.m.
6 No Wimps - Tailwind Ride, 8 a.m. Tour de Dirt, Snyder, OK.	7	8	9	10	11	12 No Wimps - Tailwind Ride, 8 a.m.
13 No Wimps - Tailwind Ride, 8 a.m. OK Cyclocross Series Race # 3	14 GENERAL MEM. MTG – MAZZIOS AT THE FARM – LOWER LEVEL 6:30PM Race Team Mtg. to Follow	15	16	17	18	19 No Wimps - Tailwind Ride, 8 a.m.
20 No Wimps - Tailwind Ride, 8 a.m.	21	22	23	24 Thanksgiving Holiday	25	26 No Wimps - Tailwind Ride, 8 a.m.
27 No Wimps - Tailwind Ride, 8 a.m.	28	29	30	December 1	2	3 No Wimps - Ride, 8 a.m. Racer Training Ride, Noon KLM Cyclocross Race, KS.
4 No Wimps - Ride, 8 a.m. Racer Training Ride, Noon OK Cyclocross Series Race # 4	5	6	7	8	9	10 No Wimps - Ride, 8 a.m. Racer Training Ride, Noon

N *Tulsa Wheelmen* NEWSLETTER

Vol. 28, No. 11

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

November 2005

EDITOR'S PEN

END OF YEAR WRAP UP

By Brian Meahan

November and the onset of fall see a number of changes each year for the Tulsa Wheelmen and cycling in green country. Local riders and racers begin to put the road bikes away and venture into the gym and onto the trails for some off season training and a change of pace from the spring and summer regimen of relentless miles, intervals and races. Running, Mt Biking, Cyclo-Cross and Weight training are just a few of the options to recharge the workout routine after a long season on the bike.

November also signals the turnover of the Wheelmen leadership with the current club officers stepping down and a new group stepping in to begin the planning for the coming year.

Elected Positions

President

President Elect

Past President - Tim Carrig

Secretary

Treasurer - Beth Delametter

Appointed Positions

Membership Director - Marc Delametter

Newsletter Editor -

Race Team Director - Keith Franklin

Race Director

Advocacy Director - Sandra Crisp

Tim Carrig has done a wonderful job as President in leading the club in the past year and he is and will continue to be heavily involved in the development of the Oklahoma Local Association as well as some exciting new events for 2006. Now we need people to step up and continue to lead and grow the club.

CEO WANTED

FEBRUARY 2003

By

Malcolm McCollam

What once was arguably the most active and vibrant cycling club in Oklahoma has become a rudderless ship. In a year when the Tulsa Wheelmen should be celebrating its twenty-fifth anniversary, no one is coming to the party.

Flip to the last page of this newsletter and look at the list of officers. Our bylaws require five positions to be filled: President, Past President, President Elect, Secretary and Treasurer. Of these five, only two are currently occupied: Past President and Treasurer.

A list of Tulsa Wheelmen accomplishments reads like a history of the major cycling related events in this state in the last quarter century. Tulsa Wheelmen were instrumental in beginning FreeWheel. Our club promoted several major regional cycling events, including the 1989 Williams Cup Criterium, which boasted a \$10,000 purse. Tulsa Wheelmen provided the technical advice and assistance, which enabled St. Francis Hospital to stage the bicycle time trial in the first Corporate Challenge. Three years ago when the Corporate Challenge organizers considered canceling the bike race, Tulsa Wheelmen were instrumental in revamping and even growing the event. Wheelmen organized and promoted long-standing touring events like the TTown Trek (now the Great Tulsa Bike Ride) and the Tough-One, in Eureka Springs, Arkansas. The list could go on and on. And do not forget, the Tulsa

Wheelmen bicycle club is a two time winner of the USCF's Club of the Year award.

How, then, with this history and list of accomplishments does the Tulsa Wheelmen find itself with no one at the helm? Does anyone care? Is anyone going to do anything about it? HELP WANTED: CEO. No experience required. Passion for cycling required. Apply within.

Well, I for one don't think the Wheelmen are a "Rudderless Ship" any more but we do have some open Officer positions that need to be filled. It is time for you as a member to give back to the Club. Please, call Tim and volunteer to take on one of these positions. It isn't hard. It isn't rocket science and it won't kill your training plan. It's time for you to step up.

RACER(S) OF THE MONTH

AWARDS

SEPTEMBER

Racer of the Month:

Janne Hamanlainen.

Teammate of the Month:

Tim Carrig.

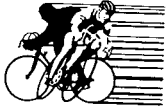
VOLUNTEER(S) OF THE MONTH

AWARDS

September: Brandon Johnson

Flint Ridge Promoter.

Brandon did a great job as a first time promoter to put this race together.



TW MORE NEWS

2006 POLAR BEAR RIDE

The 2006 Polar Bear Ride will once again be hosted by the Delametter's. The event is tentatively planned for New Year's Day with the ride leaving at noon. Route and distance is dependant on weather. Beth will again be making her world famous black eyed peas and the Wheelmen will be providing beverages. The polar bear ride is a great event and one of the few chances that we get to see what people look like without a bike helmet on.

Stay tuned for more info.



COR FITNESS NOVEMBER SPECIAL

Cor Fitness and Tanning is offering Wheelmen members a special ½ price discount to any of the group fitness classes at their south Tulsa location. The cost to attend any class during November is \$2.50. Cor Fitness offers a number of group fitness classes including:

Indoor Cycling
Body Pump
Outdoor Fitness for Women
Turbo Kick
Ab-Attack
Piyo/Strength Fusion.

Visit the Cor Fitness website at
<http://www.corfitnesstulsa.com/cortu>
[lsa_group_fitness_Sched.php](http://www.corfitnesstulsa.com/cortu/lsa_group_fitness_Sched.php)
For class times.

ALPINEER

CCP UPDATE

The Community Cycling Project continues to grow beyond anything ever imagined. Sandra Crisp has completed the 6th class and year to date, there have been 22 participants who are now outfitted with everything the need to commute by bicycle.

Sandra has also continued to find new sources of revenue to support the project and insure that the CCP continues for many years to come.

Many of the items that Sandra receives are not necessarily suitable for commuting purposes, but the Wheelmen have established a process where these items are sold and the monies funneled back into the CCP.

Any Donations and equipment are greatly appreciated.



GUEST SPEAKER

The November Membership/Race team meeting will have a guest speaker giving a presentation and answering questions regarding winter/off season training. Rumor has it the speaker will be a local Kiwi and avid bicyclist and cycling coach (no craig, a Kiwi is not from Australia).

This will be a very informative presentation so make plans to attend. The meeting will be at the Mazzio's located in the Farm shopping center at 51st and Sheridan.



L A N D P L A N
C O N S U L T A N T S
I N C O R P O R A T E D



TW TRAINING TIPS

WINTER TRAINING TIPS

By Ted Free, tfree@spacestar.com

Running from the fridge to the couch isn't interval training!

If you want to race or ride strong in tours, winter training is NOT optional. Winter training can be like watching paint dry and for the most part will never offer the enjoyment of spring, fall and summer training. The following are some tips to make winter training more enjoyable, keep yourself focused, and improve next year's performances.

Start with a set of goals. You should have your training program/plan and your goals written down. Set both long term and short range goals. Keep a log book to track your training progress. Many books have training guidelines such as those by Eddie B., Burke, Van der Plas, and many of the great cyclists (Lemond, Henault, Phinney, etc.) provide interesting reading along with their training methods.

No one training method/system is for everyone. If you can't stand a training system, you won't consistently train. Keep an open mind, and try new training methods until you find the one that fits you. Many of the club members have successful training systems and are open to discussing them.

Winter riding is a lot more fun if you have a partner. Getting dressed for cold weather is a pain but with the right clothes and friends I can really enjoy it. Riding on snow is a real thrill. The snow keeps the speed down, and gives a great workout. Combined with beautiful snow-covered landscape, snow-riding can be hard to beat. Some caution needs to be used when it gets below 15 degrees. I generally don't ride outside

when it gets that cold, since I can't be sure I won't get cold hands or feet.

Cross training, such as x-country skiing, can keep your overall fitness up and is much more interesting than riding any trainer. The club had run a great x-country ski program that will help keep your winter training interesting. Keep in mind that in order to improve your cycling you will have to ride some during the cross-training season. The minimum that I ride during the cross training season is three times a week for 1 hour. This keeps your spin fresh and works the cycling-specific muscles.

Trainer Tricks: When riding the trainer I have come up with a number of tricks I play on my mind to convince myself this isn't the most boring thing I've done. You need written training goals even for the easy trainer riding days. These might be to work on increasing your cadence with low effort, smoothing the pedal stroke, or do some one legged spinning to get a better feel for using all 360 degrees of the pedal stroke. With a heart rate monitor you can monitor increased efficiency using various low and high cadences at the same resistance and odometer speed. If your trainer reads watts you can compare the various cadences vs watts vs heart rate. Do you ride better on certain foods or fluid replacement drinks? Is the saddle and handlebar position optimum.

Winter trainer riding is a much better time to experiment with them than during racing season as the conditions are fixed on the trainer. Another trick is to watch TV. Yes, I sometimes watch TV when I ride the trainer. A lot of the race videos show many tactics that can be used in our races. Sometimes I sprint when they sprint (and I generally win!) Watch how the riding positions vary greatly from rider to rider as no one position seems to be ideal for everyone. Pay particular attention to the sprinters

and the tactics they use. How do the same people get in the best sprint position time after time? The best climbers look super relaxed, smooth and wasting no energy going up the steepest climbs. In the early spring I do intervals during most of the TV commercials, (it gives me another reason to hate long commercials.) Since commercials come often and for unknown lengths they can simulate a hard race with many attacks.

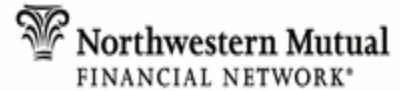
Off-season weight training is one part of the exercise program that I really don't like. But to be competitive it's an essential part of your overall plan. The years that I have stuck to my weight training goals definitely gave me an edge in sprints and jumps and proved well worth the effort. Like other training, I have come to believe that no single weight training system is good for all. The system needs to be tailored to your goals, strength and style of riding.

For most of us the key to a successful racing/touring season is in keeping fit and trim during the off season. The keys to keeping fit and trim in the off season are written goals and a training plan/log that you can stick to. As many of you know I was one of the coaches for the summer cycling classes this summer, and we had a great group of students! I was impressed with the progress made and I expect to see more great racing next year. Hope to see all of you this winter riding and skiing.

2005 TULSA WHEELMEN SPONSORS



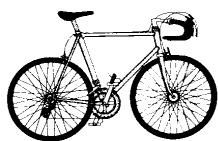
ALPINEER



VENTURE PROPERTIES







MORE . . . WHEELMEN 770

November 2005

***!?! ?!**
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.

RE-CYCLE-IT!

THE CLASSIFIEDS
Where member ads are free!

MALCOLM LAW
THE LEGAL SPECIALIST

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 nojfamily@cox.net.* **DO NOT ATTEMPT TO PLACE ADS BY PHONE**



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.

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.

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.

Oklahoma Bicycle Coalition www.oklahomabicyclecoalition.com

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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 **Jeremy Stitt, TW Newsletter Editors, 7917 S. 92nd E. Place, Tulsa, OK 74133** 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

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RETURN SERVICE REQUESTED



INSIDE THIS ISSUE

NEW NEWSLETTER EDITOR

OK STATE RACE RESULTS

WEB SITE TRAFFIC