TW Editor:
Alan Good

TULSA®WHEELMEN



Tulsa Wheelmen Newsletter



May, 2006

Volume 29, Number 5

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Special Feature: Czech Cyclist Jarda Kalous Races Spring Campaign in Oklahoma by Tom Shriver

Czech cyclist Jaroslav Kalous (aka, "Jardman") arrived on March 14th to begin his spring training camp, Oklahoma style. Jarda and I met last year when I was doing a series of races in Czech and we quickly became friends. Over the course of my annual summer trip to Pilsen (Lenka's hometown), Jarda and I trained and raced together on a regular basis. Jarda took me on training rides throughout Western Bohemia and he taught me about real mountain stages.

He also explained how Czech criteriums work, since they are based on points as opposed to a final sprint finish. He also introduced me to a group of Czech racers, including several pros that live near his hometown of Pilsen. Each week we participated in the Lopatarna Criterium series, which draws racers from throughout the region. The Lopartarna criteriums brought in a virtual who's who of Czech racers, includ-

ing Lubor Tesar (former runner up to Jan Ulrich in the U-23 World Championships), Tomas Konecny (T-Mobile), Franticek Rabon (current U-23 European Champion), and cyclocross great, Kamil Ausbuher (6th this year at the cyclocross world championships). In a normal criterium of this caliber I would have been popped immediately, but these races were held on a large oval, which made it possible to "hang on" for dear life! After the races, many of the 70+ racers hung around to have beers and tell their war stories. During these post-race celebrations Jarda and I discussed everything from the Tour de France to his dream to visit America. Over the next several months Jarda and I stayed in touch and we made arrangements for his visit this spring.

Racing on Lenka's bike, Jarda has made an immediate impact in Category 3 regional races in Texas, Missouri, and Oklahoma. Our first race was the Fayetteville Stage Race and Jarda wasted no time in getting

involved in the action. In the first 5 miles he bridged up to a small break and he and one of his original breakaway companions stayed clear for 65 miles. Sensing that the pack was closing in on the break, Jarda attacked with just 500 meters to go and held off the pack by just 5 seconds to take the victory. He picked up a time bonus for his victory and was well placed going into the afternoon's time trial. Unfortunately, the afternoon's time trial was characterized by gale force winds that didn't suit Jarda's slight build. He finished 44th on the stage. He bounced back the next day to finish 6th in the road race. Next up was the Dogwood Road Race, near Springfield, Missouri. Jarda made the decisive 6man break and he easily won the sprint to take his second victory.

(continued on pages 8-9)



Kary Cummins is TW's Teammate of the Month for March 2006

Kary Cummins earns Teammate of the Month for March by Nathan Leigh

I nominate our own Jacky Durant (**Kary Cummins**) for teammate of the month.

- doubled up at Salt Creek and road hard for both the 3/4s and 123's
- broke away both days at Lago Vista in Texas.
- Road 55 minutes of a 60 minute 3/4 race in a small break off the front at the BOT criterium (Port City).
- Covered and attacked at Flint Ridge Circuit Race.
- Stayed off the front for 40-50miles at North West Arkansas in a small break of Okies that forced all of the Arkansas teams to have to chase for the majority of the race. Alan and I were able to play the "we got a guy in the break" card until almost the end of the race. Nathan L.

Great job Kary! When I looked up TEAMMATE the other day in the dictionary I noticed your name in there as an example. Goody



Kary at Salt Creek 123race

Stat Corner

by Al B Good

2006 Race Statistics (as of 4/23/06)

Scoring in the Top Five for 2006:

Scott Gibson (Cat 1)	6
Nathan Leigh (Cat 3)	5
Karen Harwood (W-Cat 3)	4
Barb Landreth (W-Cat 4)	4
Jim Bohanon (Cat 4)	3
Amanda Erwin (W-Cat 4)	3
Traci Haines (W-Cat 4)	3
Ben Thigpen (Cat 3 & M)	3
Kary Cummins (Cat 3 & M)	2
Edgardo Delgado (Cat 5)	2
Will Gault (Cat 2)	2
Devin Gilpin (Cat 5)	2
Alan Good (Cat 3)	2
Janne Hamalainen (Cat 2/M)	2
Jay Small (Cat 4 & M)	2
14 Tied with 1 top 5 result	13



Tulsa Wheelmen Top 10 by Category:

Women:	25	
Master's:	17	
Cat 3:	17	
Cat 1/2:	16	
Cat 5:	12	
Cat 4:	9	

TW Oklahoma Rankings (Road Race)

USA Cycling

Cat 1	
Scott Gibson	#4
Cat 2	
J. Hamaleinen	#1
Will Gault	#3
Josh Lewis	#5
Keith Franklin	#6
Cat 3	
Nathan Leigh	#2
Tom Shriver	#4
Alan Good	#6
Cat 4	
Jim Bohanon	#2
Brian Metz	#8
Cat 5	
Devin Gilpin	#1
E. Delgado	#5
Master's	
Keith Franklin	#4
Ben Thigpen	#6
R. Clayborn	#7
Women-4	
Barb Landreth	#2
Heidi Gault	#5
Traci Haines	#6
Cheryl Thigpen	#7
U-23	
Ben Silk	#2

TW Top Results		
Gary Breipohl	Hell's Kitchen	lst
Amanda Erwin	Cowskin	lst
Devin Gilpin	Cowskin	lst
Devin Gilpin	Port City Crit	lst
Janne Hamaleinen	Sea Otter RR	lst
Janne Hamalainen	Flint Ridge	lst
Ben Thigpen	NWA Classic RR	lst
Randall Clayborn	NWA Classic RR	2nd
Scott Gibson	Flint Ridge	2nd
Scott Gibson	Primavera II	2nd
Karen Harwood	Port City Crit	2nd
Jennifer Johnson	Cowskin	2nd
Barb Landreth	Flint Ridge	2nd
Barb Landreth	Port City Crit	2nd
Nathan Leigh	NWA Classic RR	2nd
Brian Metz	Salt Creek	2nd
Ben Thigpen	Bob Herbert SR	2nd
Jim Bohanon	Cowskin	3rd
Jim Bohanon	Port City Crit	3rd
Kary Cummins	Port City Crit	3rd
Amanda Erwin	Port City Crit	3rd
Heidi Gault	Flint Ridge	3rd
Will Gault	Flint Ridge	3rd
Scott Gibson	Salt Creek	3rd
Traci Haines	NWA Classic RR	3rd
Karen Harwood	NWA Classic RR	3rd
Karen Harwood	Cowskin	3rd
Karen Harwood	Salt Creek	3rd
Barb Landreth	Port City Crit	3rd
Nathan Leigh	Primavera I	3rd
Alan Good	Salt Creek	3rd
Jay Small	NWA Classic RR	3rd
Chris Cauthon	Port City Crit	4th
Kary Cummins	Port City Crit	4th
Edgardo Delgado	Cowskin	4th
Edgardo Delgado	Port City Crit	4th
Will Gault	Bob Herbert SR	4th
Scott Gibson	Redbud Classic RR	4th
Scott Gibson	Port City Crit	4th
Barb Landreth	Cowskin	4th
Nathan Leigh	Flint Ridge	4th
Jay Small	Flint Ridge	4th
Sean Stevens	Salt Creek	4th
Ben Thigpen	Flint Ridge	4th
Jim Bohanon	Salt Creek	5th
Amanda Erwin	Port City Crit	5th
Scott Gibson	San Dimas SR	5th
Alan Good	Cowskin	5th
Traci Haines	Cowskin	5th
Traci Haines	Port City Crit	5th
Nathan Leigh	Bob Herbert SR	5th
Nathan Leigh	Primavera II	5th
Josh Lewis	Flint Ridge	5th
Andrew McAdoo	Cowskin	5th
Scott Posey	Cowskin	5th
Tom Shriver	Fayetteville RR	5th
Jeremy Stitt	Port City Crit	5th
Cheryl Thigpen	Flint Ridge	5th

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Tulsa Wheelmen Light it Up at Flint Ridge Circuit Race

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TULSA @ WHEELMEN

RACE TEAM UPDATE



Janne Hamalainen won the Master's 35-44 race for his first victory in 2006

The Tulsa Wheelmen & CTCA teams performed well in one of the early classics targeted by TW. The race was promoted by TW Cat 3 racer, Brandon Johnson. The race featured pro racer and former OSU runner Brian Jensen (Jelly Belly). In the 1/2/3 race Scott Gibson, was the top TW racer with his 2nd place finish, followed by teammate Will Gault for 3rd place. Josh Lewis & Janne Hamalainen finished 5th and 6th on the day.

The Master's (35-44) race saw Janne Hamaleinen break away for the solo victory. Jay Small got 4th in

(35-44). **Ben Thigpen** grabbed 4th in the Master's 45+ category, followed by Tim Carrigg (6th) and Scott Posey (9th).

For the 3 squad, Nathan Leigh, broke away with 3 laps to go with a group of 6 riders. Alan Good took the field sprint & 7th place for

In the 4/5 race, Chris Cauthon, was top finisher for TW, grabbing 6th place. Devin Gilpin (8th), Edgardo Delgado (10th), rounded out the top finishers.

Women 1/2/3/4 results:

Barb Landreth 2nd **Heidi Gault** 3rd Cheryl Thigpen 5th Traci Haines 6th

Great job Wheelmen!



Ben Thigpen rock 'n rollin' up "the Ridge"



Nathan Leigh (Cat 3 Team) finished 2nd at NWA Classic in Arkansas

Cat 3 Team gets a scare at NWA Classic

The NWA Classic had its share of drama this year as the Cat 3 team was involved in a crash when a Tyson racer hit a teammate and caused a domino effect into the 40 man field. This only 1 mile into the race. As a result Carrigg (off road), Good (blown tire) and Stitt (broken collar bone) went

down with leaving only two TW in the field (Cummins & Leigh).

After a quick wheel change by Good, Carrigg & Good and another cyclist had to TT to the field. After catching the peloton, Kary Cummins got into a break later into the race. A counter attack

by J-Rod (Tyson) bridged 2 Wheelmen (Good & Leigh) up to the chase group. Leigh solo'd up to the break and finished 2nd for TW, with Good finishing 8th for the last money spot.

It was cramp city in this race but a lot of great team tactics and a lot of fun.



Winning the fight against cancer, every day."

NWA Classic Results (AR) I. Bohanon 4/5 7th B. Meahan 4/5 19th J. Lederer 4/5 42nd Devin Gilpin 5 6th

J. Small	M35-44	3rd
Clayborn	M45-54	2nd
S.Posey	M45-54	6th
B.Thigpen	M55+	lst
Harwood	W1/2/3	3rd

Traci Haines W4	3rd
C. Thigpen W4	6th
Great job TW!	

Janne Wins Sea Otter

Janne Hamalainen won the Sea Otter Road Race in Monterey, CA in the Master's 1/2/3 category on April 7th. Janne was able to hold off Swartzendruber & Fennell (Simply Fit) by 9 seconds.

Janne followed that fine performance with a 6th place showing on April 8th. Great job Janne!

Cold, wind & and flat gets Gibson 4th at RBC

Red Bud Classic had its share of mother nature at the 1st USCF Red Bud Classic road race on Saturday, April 8th. Temperatures in the 30's and wind gusts up to 30-40 MPH made racing a little trickier in the peleton. After a flat by Scott Gibson and a TT to catch the field, and a 2man chase to catch Crosby & Rothe, Gibson took 4th on the day.

Red Bud Classic Results: 1 (0 (0

Gibson	1/2/3	4th
Good	1/2/3	15th
Shriver	1/2/3	24th
Metz	4/5	22nd

Janne Hamalainen won the Master's 1/2/3 road race at Sea Otter

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Schedule of Events

- May 4 TW Sum Crit Series (OK)
- May 5-7 Wichita Cyclefest (KS)
- May 12-14 Joe Martin SR (AR)
- May 13 Tour de Cure (OK)
- May 19-21 Tri-Peaks SR (AR)
- May 20 OKC TT series (OK)
- June 2-4 Tulsa Tough (OK)



Tulsa Wheelmen News: Scott Gibson earns TW Racer of the Month





Scott Top Results "At a Glance"

- March TW Racer of Month
- 6 Top 5 Finishes in 06 (Leads Team)
- Category Upgrade 2 to a 1
- 5th Place at San Dimas Stage Race
- 3rd Place Salt Creek
- 4th Place Port City Crit



Volunteer of Month (VOM) a Mystery? by Alan Good

Who is the TW Volunteer of the Month? Sources tell us the ballot was so close that even club officers can not make the guess. Tim Carrigg even fled the country to avoid being asked questions about the VOM.

I know this much, I have heard that the candidates worked their tail off in March and they are truly deserving of the TW award which is announced at the monthly membership meeting.

When we send in the investigative team to analyze all the data we will let you know the winner. Stay tuned TW fans I'm on it!

Goody





Advertisements & News





 $\ensuremath{\textit{Mark Teruki}}$ has offered a team discount for his coaching services.

If you are interested, contact Keith Franklin



 $\begin{tabular}{ll} \textbf{Scott Gibson} \ \mbox{recent upgrade from cat 2 to cat 1.} \\ \begin{tabular}{ll} \end{tabular}$

See Tulsa Wheelmen website for the latest information on the *Tulsa Tough Ride & Race* and other race & events list information for 2006.

Go to www.tulsawheelmen.com for more info.



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TW Cowskin Results

Cat 3/4		Cat 5		Cat 3 (Overall C	SC)
Alan Good	5th	Devin Gilpin	lst	Nathan Leigh	5th
Tom Shriver	6th	Edgardo Delgado	4th	Alan Good	14th
Gary Breipohl	8th	Andrew McAdoo	5th	Tom Shriver	15th
Kary Cummins	9th	Travis West	6th		
Nathan Leigh	10th	Mark DeLozier	7th	Cat 1/2	
Tim Carrigg	15th			Will Gault	4th
Cat 4/5		W1/2/3/4		Josh Lewis	llth
Jim Bohanon	3rd	Amanda Erwin	lst	Cat 4	
Devin Gilpin	9th	Jennifer Johnson	2nd	Brandon Johnson	DNF
Chris Cauthon	13th	Karen Harwood	3rd		
Joe Lederer	17th	Barb Landreth	4th	Master's 55+	
Julius Almond	20th	Traci Haines	5th	Ben Thigpen	2nd
Master's 35+		Cheryl Thigpen	6th	Women Cat 4	
Scott Posey	5th			Cheryl Thigpen	3rd

Bob Herbert SR





Cat 4/5 Race at Cowskin Circuit Race



bicycle

advocacy

By Sandra Crisp
Wheelmen Advocacy Director



Go to

www.tulsacommuter.com to Pledge to Bike-To-Work on May 19th

May is National Bicycle Safety Month. You can increase awareness of bicycling and bicyclists in our community by participating in the Ride of Silence on May 17th; attending the Bike Rally in Downtown Tulsa the on May 19th (National Bike-To-Work Day); and, whether you are able to attend the Rally or not, be counted by making your Pledge to Bike-To-Work on May 19th.

1. THE RIDE OF SILENCE

Adam Vanderburg is organizing our local Ride of Silence this year. This is the 3rd year in Tulsa for this annual awareness ride that began in Texas four years ago following the death of endurance cyclist Larry Schwartz.

This ride is to be conducted as a solemn procession. Cyclists are to slowly ride

Cyclists are to slowly ride two-by-two with no passing and no talking.

May is National Bicycle Safety Month

May 17th, 2006 at 7PM

WHERE: 21st and Jackson (West Bank Festival Park/ Amphitheater Area)

ROUTE: The ride is 9.7 miles long and will be ridden at 10 mph.

WEB-

SITE: <u>WWW.RIDEOFSILEN</u> <u>CE.ORG</u>

QUESTIONS: Please Contact Adam Vanderburg at 810-5072 or adam@leesbikes.com

TULSA BIKE RALLY on NA-TIONAL BIKE-TO-WORK DAY Join the Rally!!
On Friday, May 19, make plans to join the 2006 Bike to Work Summer Series kickoff at the Williams
Greens Stage at Mayfest.

Cyclists are encouraged to bike to work and meet up for breakfast, speakers, booths and demonstrations beginning at 7:30 am. For more information, go to www.tulsacommuter.com

3. MAKE YOUR PLEDGE!!

To make your pledge to bike-to-work on May 19th, visit

www.tulsacommuter.com



May 2006: Rides & Events

Visit <u>www.tulsawheelmen.com</u> for an extended list of upcoming events

Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 TW Crit Series	5 Wichita Cyclefest Race Series (Time Trial)	6 8 AM No Wimps Noon Racer Train- ing Ride Wichita Cyclefest
7 8 AM No Wimps 1 PM-Race Training Ride Wichita Cyclefest	8 General Mem. Mtg 6:30 PM Panera Race Meeting to follow at 7:30 PM	9	10	11 TW Crit Series	12 Joe Martin SR (AR)	13 8 AM No Wimps Noon, Racer Train. Joe Martin SR (AR)
14 8 AM No Wimps 1 PM-Race Train. Joe Martin SR (AR)	15	16	17	18 TW Crit Series	19 Tri-Peaks SR (AR)	20 8 AM No Wimps Noon Racer Train. Tri-Peaks SR (AR) OKC TT Series
21 8 AM No Wimps 1 PM-Race Train. Tri-Peaks SR (AR)	22	23	24	25 TW Crit Series	26	27 8 AM No Wimps Noon-Race Train.
28 8 AM No Wimps 1 PM-Race Train.	29	30	31	1 TW Crit Series	2 Tulsa Tough June 2-4	3 8 AM No Wimps Noon-Race Train. Tulsa Tough

IN THE ZONE

by Mark TeRuki







Nutrition Corner by Lenka Humenikova & Tom Shriver





Intervals for Beginners

For many of you, the "real" racing season starts as April comes to an end. Hopefully you all have established a good base of miles interval training as well as a healthy dose of spring racing to get you ready for this next phase of the season. Here are some tips to help get the best out of yourself over the next few months of racing.

Evaluate Strengths and Weaknesses; Assess your racing so far to determine your strengths and weaknesses. Don't focus on results so much as trying to identify patterns – did you consistently struggle on climbs for example, or did you consistently make into the final selection, only to be beaten in the sprint, etc.

Establish Training Priorities; Based on the upcoming races you want to focus on and the results of the evaluation of your strengths and weaknesses, develop a training plan that works on your weaknesses while maintaining your strengths. Keep in mind that it takes about 4 weeks of training to create enough overload to significantly improve a par-

ticular area of weakness.

Recuperate: The closer you get to an important race, the more critical recuperation becomes. If it's the week of the race, and you haven't done the training required, its too late!!! Also, the more intensity you are doing in your training, the more recuperation is required. Recuperation involves nutrition, hydration, sleep, minimizing "real life" stress (as much as possible), and a number of rides done at intensity levels under threshold intensity....they can be long rides, but they must be low intensity.

Hydrate!!! Its getting hot, in case you haven't noticed yet. The initial weeks of heat may require you to back off the intensity a little to allow you body to acclimate. Feeling weak and lethargic, having an elevated heart rate are signs that your body is struggling to deal with the heat, so back off a little and follow all the guidelines I'm sure you have heard re hydration.

Utilize Thursday Crit Races; Remember these are "training races", so utilize them as such. They are a great way to work on weaknesses in a race environment. Positioning and moving within a pack, cornering, accelerating, working with team mates, learning to "read" a race, timing of sprints, the list is almost endless. Use these races to become a better rider...it's the best environment to do so.

"Open Up" Prior to the Key Races; This is something many people do not do. As you taper before a big race. your body starts to "shut down" and if you go into a race like this you will feel flat. So about 2 days prior to the event you need to start to "open up" your body and activate the energy systems you will be using in the upcoming race. The key to these "openers" is to take the body into the various race intensities for a short duration and then allow extra recovery between efforts - a good rule of thumb is to double the recovery time used when doing interval training at the same inten-

Happy Training.

Question: Is Body Mass Index useful for determining my ideal body weight?

This month's nutrition question:

Body mass index (BMI) is a measure of your body weight in relation to your height. It is commonly used for classifying individuals as underweight, at a healthy weight, overweight or obese. The calculation for BMI is shown below. If your

BMI = weight (kg)/height (m2)
Weight (kg) = weight (lb)/
2.2

Height (m)= height (inches) x 2.54/100

BMI falls between 19.00 and 24.99, you are at a healthy

weight. However, if your BMI is above 25, you are considered to be overweight. An individual with a BMI of ≥30 would be considered obese.

While BMI correlates relatively strongly with fatness among general population, BMI as a measure of adiposity should not be used for athletes. Athletes with a high amount of lean body mass (LBM) and a relatively low percentage of body fat can be easily misclassified as overweight based on their BMI. Because lean body mass (i.e., muscle) weighs more than body fat, BMI scores of athletes are

likely to be high compared to non-athletes. A better way to evaluate your body weight/composition is to have your body fat measured by a trained professional.

Lenka & Tom



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Tulsa Wheelmen Newsletter

TULSA @ WHEALMEN

Meet the Team









Malcolm McCollam Cat 3



Nathan Leigh Cat 3



Jay Small Cat 4



Kary Cummins
Cat 3



Keith Franklin Cat 2



Alan Good Cat 3



Craig Waldron
Cat 5













and the second

Tom Shriver
Cat 3

Ben Thigpen
Cat 3

Cheryl Thigpen
Cat 4

Jeremy Stitt Cat 3

Team Nutritionist

enikova Chris Cauthon
tionist Cat 4

Janne Hamalainen Cat 2



Ben Silk Cat 3



Will Gault Cat 2



Marc Delametter
Cat 3



Josh Lewis Cat 2



Brian Meahan Cat 4



Heidi Gault Cat 4



Scott Gibson Cat 2







Russell McMahon Cat 3



Jim Bohanon Cat 4



Gary Breipohl Cat 3



Pete Lantz Cat 4



Joe Lederer Cat 4



Barb Landreth Cat 4



Karen Harwood Cat 3



Jennifer Johnson
Cat 4



Amanda Erwin Cat 4



Traci Haines Cat 4



Randall Clayborn Cat 3



Edgardo Delgado Cat 5



Phil Stauner Cat 5

Darren Brazeal Cat 3-NPA

Cat 3

John Power

Steve Webb Cat 3 Rich Chillingworth Cat 2 Bud Almond
Cat 5

Greg Ingram
Cat 3

Josh Seabolt Cat 5

Darrell Meinen
Cat 3

Greg Shinn Cat 3 Brandon Johnson Cat 4 Brian Metz Cat 4 Sean Stevens Cat 4

Czech Racer Interview (Cont'd) by Tom Shriver

At the Tulsa Port of Catoosa, held the following day, Jarda once again figured prominently into the action and finished 2nd. Jarda also had top-10 finishes at Flint Ridge and Mineral Wells. He finished off his visit racing with a 10th place in the Red Bud Classic and 2nd place at Cowskin. I sat down with Jarda to discuss his impressions on racing and training in America.

Tom: I know that this is your first trip to the United States. What are your impressions of training and racing here?

Jarda: First of all, the races here are safer. The riders are more respectful of each other. In Czech and Germany, there is a tremendous battle to get to the front and this makes the races dangerous. Also, training is much safer because the drivers are much more respectful to riders.

Tom: Talk about your training since arriving in Oklahoma? How about the wind?

Jarda: My training has been great since I arrived in Oklahoma. Sure, the wind gets extreme sometimes [yesterday we had 50+mph gusts, Tom], the temperature is really warm. Well, there was snow during two days, but it quickly got warm again.

Tom: How much have you been training here in Oklahoma?

Jarda: We've had races every weekend, so I usually do 5-6 hours on Monday and Tuesday or on Tuesday and Wednesday. I then do an easy hour and a half on Thursday and take Friday as a rest day before the next races.

Tom: I know that you race for German team. Why are on a German team as opposed to a Czech team?

Jarda: I had some good results in Germany last season and the German team, RC Pfeil Hof contacted me and invited me to join the team.

Tom: In addition to being a passionate bicycle racer, you are a professional bicycle mechanic. Can you talk about the experience of serving as the pit crew for professional cyclocross racer, Vaclav Metlicka?

Jarda: Yes, it is very exciting to me to work for Vaclav. We traveled to World Cup races in Belgium, Czech, the Netherlands, German and Switzerland. It's hard work and stressful, but I love doing it.

Tom: I know that you love mountain races. Can you talk about the annual King of Sumava race in Czech?

Jarda: King of Sumava is the most important race of my season. There are three different race courses. The longest is 250 K, but there are also races for 200K and 150K. Together, there are over 1,000 racers that participate. So, it is a big race. For example, in 2004 Claudio Chiapucci [former rival to Greg Lemond in the Tour de France] participated in the event and finished 5th. The biggest victory of my career was in the 250K (150 miles!) King of Sumava event, but that was several years ago.

Tom: Can you talk about the regional races in Czech. You participate in the Sumava Union of Amateur Cyclists (SUAC), right?

Tarda: Yes, that's right. Czech is divided into six amateur cycling leagues and each has its own racing license. I race in SUAC because it is close to my home. It is also the league with the most mountainous stages. As you know, these races are all about climbing. For example, the toughest race, the Kasperske Hory road race, includes nearly 20 miles of climbing. [Nearly half the race, Tom]. Also, these races usually end with uphill finishes, which really suits my strengths.

Tom: So, there is an overall series winner?

Jarda: Yeah, there are 14 individual stages, or races for the overall SUAC series.

Tom: What is your best overall finish in the SUAC series?

Jarda: I have finished 3rd overall on three separate occasions. But, I was younger then [laughing]. These races have gotten tougher in recent years. Even though it is part of the Czech amateur cycling league, there are several pros that show up for any individual race. And there are several ex-pros that now do most all of the SUAC races just to stay fit. So, compared to the United State Cycling Federation, these races are like Pro,1,2,3.

Tom: You also participate in UCI races, right? Can you talk about those races?

Jarda: Yeah, there are three categories of races I participate in. First, I participate in the regional amateur league races and this has been my priority over the past several years. Second, I participate in UCI races, mostly in Germany. I have a UCI license, category "C," which roughly translates into a USCF Category 3. Some of the UCI races are only for Category C racers, but others are for A,B, and C. The combined races are just incredibly difficult. Finally, I participate in some Czech Cup races, which are the elite races in Czech, something like your NRC races here in America.

Tom: That sounds brutal. And you mentioned once that you did the Czech National Championships?

Jarda: Yeah, that's right. That was in 2002. I was riding alongside Pavel Padronos (Discovery Channel) and Jan Hruska (Once) and Jan Svorada (Lampre). I survived 80K with the main leaders and that was a real moral victory for me. I was satisfied.

Tom: The Lopatarna Criterum series is held in your hometown of Pilsen. Can you explain how the criteriums work in Czech?

Tarda: Yes, it is very different in Czech. In Czech, our criteriums are based on points. So, for example, every 5th lap is for points. First place takes 5 points, 2nd place takes 3 points, 3rd place takes 2 points, and 4th place takes 1 point. Normally, the points are doubled for the finish. So, this changes the dynamics of the race quite a lot. For example, if a four man break gets away from the start then they will take all the places.

(cont'd on page 9)

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Czech Racer Interview (Cont'd) by Tom Shriver Czech racers. Each

Tom: How does Lopatarna draw such a strong group of cyclists?

Jarda: Yeah, it is pretty amazing how strong the field is at Lopatarna, as you learned last year [laughing]. We have a lot of great cyclists living near Pilsen. And Prague is just 1-hour away. So each week, Sparta Prague brings over a full squad of 6-8 guys. They have some former national champions from the track, so they normally set up a train for all the points laps. Also, they have Zdenek Mlynar, who is a world-class cyclocross racer [former junior cyclocross world champion, Tom].

Tom: So, it must be tough for smaller teams or individuals to compete?

Jarda: Yes, it is extremely difficult to get points at Lopatarna. There are some guys who are strong enough to get away in breaks, so they don't need a full team

For example, Lubor Tesac (former 3rd place in U-23 World Championships...Tom.) and Kamil Ausbuher (world class cyclocross racer) always try to get away in the breaks, which helps them to nullify the Sparta train. And this year Jindrich Vana, who rode for the Czech professional team, eD' System Czech, did very well with no teammates. Also, you have some world class mountain bike racers who do Lopatarna each week for training and they help make the race really hard!

Tom: So, do these guys do Lopatarna for money or for training?

Jarda: Both. Many guys are looking for a hard training effort because its like motor pacing. But, the money is also good for Czech racers. Each week, the winner gets 1,000 Czech Krowns (about \$45), which is a lot considering some Czech pros that ride for smaller teams are making maybe 6,000 Krowns per month.

Tom: So, will you come back for spring training camps?

Jarda: Yes, I sure hope so. I've had a great time. The weather is warm and everyone is very friendly. The climate reminds me of Majorica [island in Spain, Tom], where many Czech pros train during the winter months. It is really difficult to train outside in Czech during the winter because of the snow and cold temperatures. So, this is like paradise for me. And, besides, I'll have to come back to get Panera bagels!



ALPINEER







ORTHOPEDIC HOSPITAL OF OKLAHOMA

THE RIDE OF SILENCE

MAY 17TH, 2006 beginning at 7PM

21st and Jackson

(West Bank Festival Park / Amphitheater Area)

Tulsa, Oklahoma

(This is a world-wide event being held on the same day in numerous countries, including over 120 cities in the USA www.rideofsilence.org)

In honor of those cyclists killed or injured on the roads

A Police Escorted, 9.7 mile ride, in silence, at 10 MPH

As this ride is meant to honor those either injured or killed by motorists, this will be **ridden procession**-style without passing, in rows of two riders abreast, observing silence at all times.

This ride is open to anybody with access to a bike and a helmet

This is not a race

Please come out and help raise awareness

(Please wear a black arm band to mourn or red if you have had a bike/motor vehicle accident)

This ride will be Police escorted

Donations to offset the cost of Police Escorts will be accepted. Donations will be collected at the Wednesday Night Rides on May 3rd and May 10th.



PRESS RELEASE: Ride of Silence

WHEN: Wednesday, May 17th, 2006 at 7PM

WHERE: 21st and Jackson (West Bank Festival Park/ Amphitheater Area)

ROUTE: The ride is 9.7 miles long and will be ridden at 10 mph.

WEB SITE: WWW.RIDEOFSILENCE.ORG

Event History

In 2002, Chris Phelan organized the first Ride of Silence in Dallas, after endurance cyclist Larry Schwartz was killed while riding his bicycle by a passing motorist.

This ride was first held in May 2002 in Dallas, attracting 1,000 riders. In 2003 through word of mouth, the event was held in 120 cities across the US and Canada. Last year's event in Tulsa attracted over 500 cyclists. This year the event has grown to become an international event. All Rides will happen on May 17th at 7PM.

Intent

To raise awareness among cyclists, motorists, elected officials, law enforcement, and local communities of cyclist's rights and responsibilities as lawful road users. This supports the League of American Bicyclists' "Share the Road" campaign. Bicycle riders on our roads may be commuters going to work, racers in training, enthusiasts out for recreation, or children riding to school. The Ride of Silence is being held during National Bicycle Safety Week to honor cyclists who have been killed or injured on our roads, and to promote bicycling education for both cyclists and motorists.

Route Detail

The ride starts at the West Bank parking lot where Tulsa's regular Wednesday Night Ride gathers. This is at the West Bank Festival Park/Amphitheater area at 21st and Jackson.

The ride is 9.7 miles in length and will be ridden at a deliberately slow pace of 10mph.

Begin riding north on S Jackson Ave - road winds NW to W becoming W 17th Street South

Right Turn (N) onto Southwest Blvd
Right Turn (SE) onto Riverside Drive
Left Turn (E) onto 31st Street
Right Turn (S) onto S Cincinnati Ave
Left Turn (E) onto E 33rd Place S
Right Turn (S) onto S Peoria Ave
Right Turn (W) onto 41st Street
Right Turn (N) onto Riverside Drive
Left Turn (SW) onto Southwest Blvd
Left Turn (E) onto W 17th Street S

Continue to Finish area at Festival Park area of S Jackson Ave

Donations to offset the cost of Police Escorts will be accepted.

Questions: Please Contact Adam Vanderburg at 810-5072 or adam@leesbikes.com

Tulsa Wheelmen Info Pages (May 2006)

DAY RIDE

Ride Classifications

Weekly Rides (rides roll on time)

TIME

NOTES

TYPE

LOC

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	

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 www.bicycling.com www.outdoorlink.com www.bikefed.org www.bikeplan.com www.okfreewheel.com www.istea.org www.bikeleague.org www.mountainbike.com www.runningnetwork.com www.tulsawheelmen.com

www.olympic-usa.org

www.velonews.com

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





M-F Home to Save the Bike-to-You pick You work Day work pick planet Dot Tride 4000 N. Hwy 6 PM Starts 3/D/c-dMon 169 Apr 5th Tues World River Parks, 4/C/d Day-Champ ride Riverside & light SW Blvd savings time (Apr-Oct) Fixed gear Tues 41st & 6 PM 3/A/c Starts trail ride Riverside Jan 6th Wed Night Trail 41st & 6:30 PM 3/A/c Starts Riverside Ride Jan 7th Summer Crit Holiday Hills 6 PM Thur 1/A/d Runs Series Safety Train-Maying Facility Sept Sat/ Racer's 45th & madi- Sat-12 noon 4/C/c-d Year Training Sun son round Sun-1 PM Ride Sat/ No wimps 45th & madi- 8 AM 4/C/c-d Year Sun ride round

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.

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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 made by the 10th of the month prior to publication. Send submissions to Alan Good at goody@okstate.edu

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 Marc Delametter, Membership Director at nolfamily@cox.net



Tulsa Wheelmen
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Return Service Requested







Adventure Cycling Association

Inside This Issue

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