

TULSA WHEELMEN



**THE OFFICIAL NEWSLETTER OF
THE TULSA WHEELMEN CYCLING CLUB &
THE TULSA TOUGH RACING TEAM**



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Tulsa Tough Racing Kicks Off the 2011 Season

By—TW Editor

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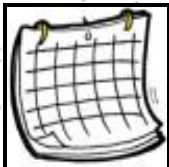
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Although it may be hard to believe looking outside at the mounds of snow and ice that have blanketed Green Country for the last week, Tulsa Tough Racing kicked off its 2011 season January 29th-31st. After a few months of rest from the road racing season, the weekend served as an opportunity to reconnect the team, meet new members and get everyone excited about another year of racing for Tulsa Tough. The weekend of events included a

and Invisible Bracelet. Tulsa Tough team member Chris Zenthoeffer was on hand to talk about the importance and new features of the Invisible Bracelet, including the new text message function. All present were given an Invisible Bracelet packet. Updates on kit orders were also announced; putting arrival date sometime around mid-March.

Saturday's activities kicked off with brunch hosted by new sponsor LEON'S at 32nd & Peoria. The group was treated to food and a talk

by special guest Greg Saunders. Greg is a local real estate agent, but spent years as a competitive cyclist at the sport's highest level. In his talk, Greg highlighted some career moments and shared some inspirational bits he picked up during his years as a pro. He specifically noted how important and fun it is to be part of a team. After brunch the teams split into categories for training rides.

Friday night dinner, Saturday morning brunch/training ride and Sunday training ride.

Friday evening's dinner took place at the Spaghetti Warehouse in downtown Tulsa. After dinner, Club President Tim Carrigg spoke to the group; welcoming the newcomers and informing everyone about some changes for 2011. Among the changes include some new

sponsors like Standard Process Inc. and LEON'S on the Restless Ribbon. We were also given an update from longtime sponsors like Brazeal Masonry, Inc., Farmers Insurance-Rafy Santiago, Malcolm Law, Parker Plastics, Pete Lantz MD

Saint Francis Tulsa Tough Goes Grand Fondo

The Saint Francis Tulsa Tough will be June 10th-12th. While we will keep with the same high caliber racing we've been known for, this year we will be making some changes to our tour rides including:

Chip timing for all riders

King & Queen of the Mountain Competition

7:30am Start Time for All Rides

Redesigned Finish for Saturday in Brady District

For more info: tulsatough.com & click "NEWS"

On the Web: www.tulsawheelmen.com

2010 USA Cycling National Championships

Masters Mixed Tandem 70+

By Hélène Carabin

Félix, Gil and I (and the TT tandem) all headed up, with the Grumman, to Louisville, KY, on August 1st for the National Championships. In the previous 2 years, Gil and I had stayed one night to do the TT and had not gone with Félix. So we were really happy to make this sort of a family holiday this year. It would also be our first year at trying the road race. We had heard that the course was very technical with lots of corners so had done the Fire Hill Crit in OKC the prior week to practice fast cornering. This was a good experience since we learned that the KEO pedals would be much better than the traditional look pedals that kept hitting the ground in the turns during the crit...

We prepared quite well this year, riding exclusively the tandem for at least 4 weeks prior to the event. We had also purchased a new special custom made TT tandem from Guru in Montréal. Given our difference in size, a custom was essential so that we could get very aero. And in our practice TTs, we had been going faster than ever on that bike.

We got there on the Sunday and went to pre ride the TT course on Monday. Luckily, Monty Maughan from OKC was doing the races as well and took care of Félix during that time and during all races. He took such good care of him that Félix got upset each time he went back to his hotel! Anyway, we pre-raced the course and noticed a very suspicious ticking noise on the disc wheel. We talked to Peter Erdoes and Monty about it and got worried that this could be severe enough for us not to use the disc at all for the race. This meant using the power tap wheel, which, even though quite good, had a history of rubbing on the very tight frame at the back... So not ideal conditions to go into a race to defend a title, but luckily, we did have a spare wheel..

Tuesday August 3rd, TT. Bad news of the day – record heat temperatures and heat advisory. So much for leaving Oklahoma – we were getting the same temperatures with the humidity on top of it. Our start time was 14:53, so we had the hottest time of the day. This is NOT good news for a Québec girl whose body simply stops working when it is hot, as I felt it very well at the state TT when I had my worse power ever.... But we had no choice. We started “warming up” if you can call that in heat index values over 110, and noticed that the wheel was rubbing slightly, but we could not do much about it, we had to go with that or nothing. And it was quite mild, so we figured we would be ok. The course starts with a very long 1 mile climb at maybe 3-4% and is up and down the whole 23 km. Even though Gil and I are usually quite good on hills, by those temperatures, it did not go well. By the time we got to the turn, I could hardly (Continued on Page 7)



Monthly Awards



Aug/Sept 2010 Racers of the Month

Male: Janne Hamalainen

Female: Aubree Dock

Aug/Sept 2010 Teammate of the Month

Male: Chris Cauthon

Recent Upgrades

Rebekah Dilley	4 to 3
Aubree Dock	3 to 2
Scott Haus	5 to 4
Pete Lantz	4 to 3
Zach Earnest	3 to 2
Kendall Johnson	5 to 4

Know the Rules...

Rule 12: The minimum number of bikes one should own is three. The correct number is $n+1$, where n is the number of bikes currently owned. This equation may also be re-written as $s-1$, where s is the number of bikes owned that would result in separation from your partner.

-Courtesy of Velominati.com

Wheelmen in the News...

Check out Matt Ankney in the Jan/Feb issue of

Oklahoma Sports & Fitness



www.oksportsandfitness.com

FEBRUARY 2011

Visit www.tulsawheelmen.com for updates

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14 Valentines Day	15	16	17	18	19 Walburg Classic - Walburg, TX
20 Pace Bend Road Race- Spicewood, TX Recap: Tour of Qatar Versus HD - 3 PM CST	21 President's Day	22	23	24	25	26 Mineral Wells Stg Race Bedford, TX
27 Mineral Wells Stg Race Bedford, TX Recap: Tour of Oman Versus HD - 4 PM CST	28					

MARCH 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 La Primavera- Lago Vista, TX
6 La Primavera- Lago Vista, TX Paris-Nice Coverage Versus HD - 3 PM CST	7 Paris-Nice Coverage Versus HD - 3 PM CST	8 Paris-Nice Coverage Versus HD - 3 PM CST	9 Paris-Nice Coverage Versus HD - 3 PM CST	10 Paris-Nice Coverage Versus HD - 3 PM CST	11 Paris-Nice Coverage Versus HD - 3 PM CST	12 Horse Country TT- Manor, TX Paris-Nice Coverage Versus HD - 1 PM CST
13 Daylight Savings Jesuit Ranger Roundup- Celina, TX Paris-Nice Coverage Versus HD - 3 PM CST	14	15	16	17 St. Patrick's Day	18	19 Fayetteville State Race Fayetteville, TX
20 Hell's Kitchen RR- Hogeye, AR Fayetteville State Race Fayetteville, TX	21	22	23	24	25	26 Ronde Von Manor- Manda, TX
27 NWA Spring Classic Prairie Grove, AR Ronde Von Manda- Manda, TX Crit. Intl - Versus 4 PM	28	29	30	31		

Who's in the Hoods: Rafael Santiago

1. When did you start riding/racing bicycles and why?
2004. Worked out with some roadies and a friend of mine wanted to win a race and solicited my help to "cover attacks."
2. What was your first race bike and where is it today?
Schwinn Le Tour. I don't know, the derailleur exploded while trying to go up Big Rock hill in Lawton, OK.
3. What's your favorite local route and if you had a dream cycling destination, where would it be?



My favorite route is Skiatook to Phillips road and back over the lake. It's beautiful out there. I'd like to do the Paris Roubaix course one day.

4. What's your proudest moment on the bike and what goals do you have for 2011?

Going into a full body cramp while riding in the middle of the peloton somewhere in West Texas. Dominate some races with our team.

5. Do you have a favorite piece of cycling equipment?

My old racing Specialized seat or the noise that a disc wheel creates when you pass someone in a time trial.

6. What's on your iPod?

John Mayer, Rege-ton, Third Day

7. Teammate you can always count on?

Kyle Freeman, if I only had one to pick from. He's like a mini-Hincapie.

8. What's your training schedule?
2 days easy, 3 days hard, 7-10 hours a week
9. What's your next major cycling purchase?
Full suspension mountain bike, probably a Trek Fuel or Santa Cruz
10. Anything else you'd like us to know?

Have fun, cross train, do a stage race where you give every ounce of energy to make your team guy win.

Know Your Gear...Lobster Claw Gloves

Let's face it, as a cyclist, your hands play about as important a role as anything when it comes to riding. They are simultaneously steering, shifting, hydrating, and braking. This is not a body part you can afford to let go numb during cold-weather rides/races. So, when it comes to keeping hands warm, I think we can all agree nothing does it quite as well as a mitten. Well, for those who find the mitten too prohibitive for cycling or don't want to end up being called "Apollo Creed" by their regular group, a new style is catching on...the Lobster Claw Glove. The glove works by combining the finger-grouping warmth of mittens with the versatility of a traditional glove. Manufacturers have been quick to catch on to the idea as now many will offer a two-split and three-split model. So do a favor for your watering, shifting, steering, breaking friends a favor and check out a pair.



What's Online?

A few of the TW's favorite cycling related websites...

www.cyclingnews.com

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.usacycling.org

www.olympic-usa.org

www.velonews.com

www.okbike.org

www.velominati.com

www.bikesnobnyc.blogspot.com

stevetilford.com

www.spokemagazine.com

www.cyclingtipsblog.com

yoeddy.blogspot.com



-TW Editor



Meet the 2011 Team



Denotes New Team Member



Aubree Dock—Cat 2



Will Gault—Cat 1



Pete Lantz—Cat 3



Chris Zenthoefer—Cat 2



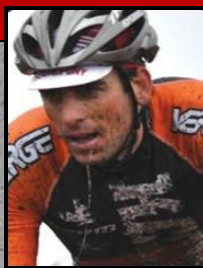
Cheryl Thigpen—Cat 3



Jeff West—Cat 4



Matt Flaherty—Cat 4



Matthew Ankney—Cat 1



Liz Cazer—Cat 2



Edgardo Delgado—Cat 3



Mark DeLozier—Cat 4



Gary Breipohl—Cat 3



Jennifer DeLozier—Cat 4



Barrett Ellsworth—Cat 5



William Radler—Cat 4



Milus Clarke—Cat 4



Lisa DeLozier—Cat 4



Jim Bohanan—Cat 3



Shannan Hair—Cat 4



Ivan Rodriguez—Cat 4

More to Come...for complete roster visit www.tulsawheelemen.com/racers.php

Tulsa Wheelmen Info Pages

Ride Classifications

MILES	TERRAIN	AVG SPEED
1-Under 10 miles	A-Flat	a-4-8 (leisure)
2-10 to 20 miles	B-Grades	b-7-12 (touring)
3-20 to 40 miles	C-Some hills	c-13-17 (fast)
4-40-70 miles	D-Many hills	d-18+ (racing)
5-75-120 miles	E-Severe hills	

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.

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

Weekly Rides (rides roll on time)

DAY	RIDE	LOC	TIME	TYPE	NOTES
M-F	Bike-to-work Day	Home to work	You pick	You pick	Save the planet
Mon	BOT ride	4000 N. Hwy 169	5:30 PM	3/D/c-d	Starts Apr 6th
Tues	Summer Crit Series	Tulsa Safety Training Center	6 PM	1/A/d	Runs April-Sept
Wed	Wed Night Ride	Johnson Park Parking Lot	5:30 PM (sharp for competitive group!)	3/D/c-d	Starts Apr 6th
Sat/Sun	Racer's Training Ride	31st & Riverside	10AM	4/C/c-d	Year round
Sun	"No Wimps" Ride	Wright School	Check listserve	4/C/c-d	Year round

"Training is like fighting with a gorilla. You don't stop when you're tired. You stop when the gorilla is tired."

- Greg Henderson

Tulsa Wheelmen Staff

Newsletter Staff:

Editor: Galen Martens
Cell: 918-633-9586
newsletter@tulsawheelmen.com

Distribution: Tonja Pitzer
membershipdirector@tulsawheelmen.com

Web Site: Kary Cummins
Kary.Cummins@level3.com

Officers:

President: Tim Carrigg
president@tulsawheelmen.com

Treasurer: Edgardo Delgado
treasurer@tulsawheelmen.com

President Elect: Open

Secretary: Lauren Miller
secretary@tulsawheelmen.com

Membership Director: Tonja Pitzer
membershipdirector@tulsawheelmen.com

Race Team Director:
OPEN
raceteamdirector@tulsawheelmen.com

Co-Race Team Director:

Rabyne Rogue

Avery Drive Clean-up:

Mark DeLozier
markdelozier@yahoo.com

CCP: Ren Barger
ccpdirector@tulsawheelmen.com

Advocacy Director: open

Webmaster: Kary Cummins & Jeremy Stitt

Race Event List: Lauren Miller
eventlist@tulsawheelmen.com

Tulsa Wheelmen Newsletter

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

The *Tulsa Wheelmen Newsletter* welcomes any contributions that fall within the two rules of (1) having to do with bicycling and (2) being legible. Contributions need to be made by the 10th of the month prior to publication. Send submissions to Galen Martens at

newsletter@tulsawheelmen.com

Tulsa Wheelmen

P.O. Box 52242

Tulsa, OK 74152-0242

THANK YOU!

Event sponsors, volunteers and event directors.

Sign Up A New Member.

Your recommendation ensures that the club will

Membership and Address Correction

If you are a member and not receiving your newsletter, contact Tonja Pitzer, Membership Director

(info on left)

(Continued from Page 2) breathe, and those who have seen us on this machine will know that my nose is located right in the pelvic bone of my husband, so no much oxygen there... We did what we could and finished with a time of 31'33", 12 seconds faster than the 2nd 70+ mixed tandem, so we successfully defended our title, phew! Close shot but we made it! We were, however somewhat disappointed not to do better. We also did not get the fastest mixed of the day which was 12 seconds faster than us (in the elites). But given the wheel situation and the heat, and the pathetic power we put in, this win is largely attributable to our new Guru (see pic).

Thursday August 4th, RR. Bad news again – torrential rain in the morning meaning that the course could be wet and slick. Good news – the temperature had dropped considerably to the upper 80s, lower 90s. That morning was a time of stressing out due to the possible dangerous course with all those corners. And with the rain, we could not even go to the park with Félix to chill out, instead, we went to drink coffee to relax! Hmmm. The time of the race came not too soon and we rode down there, our B&B being located a few blocks away. Luckily, the roads had mostly dried out and we had the chance to do one lap of the course before our start. And I will tell you that I was very happy not to be steering the bike (those who know me will know my aversions to crits and tight corners)! There were so many corners it was not even funny. The start came at 3PM. The officials decided to split the men and mixed tandems, so unfortunately, we were unable to race with Gil's teammates Peter and Chuck. We had 9 mixed 70+ and probably another 6 in

other age groups. I am not sure if there was a single women tandem. We knew it would be a very difficult race with 4 tandems within 25 seconds at the TT plus the winning team from the previous year. So we told ourselves that we would already be very happy with a podium, especially that the course was not all that well suited for us. The race started at an ok pace as all the captains were probably being told by their stockers (all women) to take it safely on the first lap... Not much happened until about the 3rd lap (we were doing 10) when a team just rolled off without any reaction from the field. We were sitting close to the back at the time so we did not react either. This also happened to be the only tandem with teammates in the field. At about 5 laps to go (I think), we attacked quite hard on the finishing hill and managed to get a pretty good gap on all but one team. Those guys passed us at the top of the hill very fast and we could not quite follow them on the downhill (the captain is a MTB guy who was able to corner very fast). I gave it all I had on the next hill to bridge back to them, which we did, but by that time, both Gil and I were fried and we did not manage to stay on their wheel. It is somewhat unfortunate because that tandem ended up winning the race. Anyway, we got back to the field and another team, who had won the elite TT and who has won the RR in the past attacked pretty hard with 3 laps to go. We decided that we would not let those go. We chased on the climbs and let the defending team take over on a flatter section until we went again extremely hard on the hardest climb of the circuit.

Gil said that he was pretty amazed at how fast the tandem suddenly accelerated, which means that I may have some kind of a sprint after all... So we bridge to that team and had to pretty much pull



them along as they would not work. We did so until the last lap when they did come to the front for a little before completely blowing up. We came through the line in 3rd place with a pretty good gap on the 4th place. We therefore reached our aim and got on the podium, beating those who had come 1st and 2nd the previous year. Those who won were very strong and truly deserved that win, so did those who had gone away early and stayed away.

-Hélène Carabin

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,

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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invisibleBracelet.org

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Dr. Pete Lantz



www.VisitTulsa.com