

TW Editor:
Alan Good

Tulsa Wheelmen



Newsletter

July 2009

Volume 31, Number 6

Master's Nationals 45-49 Road Race Report by Janne Hamalainen

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Race Report – Master's Nationals 45+ Road Race

The race was on the same 5 mile hilly circuit in Louisville, KY as last year. The weather was nice with temperature around 80 degrees and low humidity. Since the course was fairly technical and we had around 80 participants, I lined up over 10 minutes before the scheduled start. We ended up waiting 35-40 minutes as the start was delayed multiple times due to issues with the previous race.

Once the race finally got going, I was not warmed up for the fast pace and constant fighting for position. Since I wasn't expecting any significant attacks early, I ended up drifting fifteen to twenty places back towards the end of the first lap which was further back than I should have been.

The peloton was stretched out almost in single file on the climb thru start/finish at the end of the first lap and that's when Chris Halverson, Troy Kimball and another rider attacked. I knew Chris was strong and had worked hard in a chase group with me last year so I moved up in the field in case I needed to bridge up. As I got towards the front, Robbie Robinette attacked and I got on his wheel. I figured that would give us five riders in the break which might be enough to stay away for 45 miles. Robbie won the 40+ road race a few years back from an early break so I wasn't going to let that happen again.

Robbie got us close to halfway to the break before he slowed down. I encouraged him to get on my wheel when I went around him but he felt that it was too much work and too early. I ended bridging up by myself, sprinting out of the saddle for long ways. As I reached the break, one of the guys got dropped. I was not happy, now we had three left and 45 miles to go with the whole peloton chasing us. I felt like I had just thrown away any chances of winning the race. I should have been more patient.

Once I got to the front group, I had to rest in the back first. Chris was driving the break extremely hard trying to get it established. I had some trouble pulling thru early as Chris kept surging on the hills. I started getting my legs back after a while and was able to contribute more. After couple of laps, we got the gap up to about a minute and things settled down a bit.

With the constant turns and hills, we were out of sight fairly quickly and the field probably never saw us after the third lap. We were getting frequent splits from the lead motorcycle and spectators on the side. The gap was staying between a minute and a minute twenty seconds. There were several attacks in the main group but no one managed to gain more than 10-15 seconds on the field and each attack was brought back. I was hoping the field would have split up more but close to 40 riders remained in the main group even though we were averaging over 26 mph on a hilly course.



Master's National Champion Janne Hamalainen displaying his stars & stripes on the podium in KY

Everyone continued to work hard in the break and as we made it to the second half of the race, I started believing that we could actually hold off the field. With a lap to go, we still had about a minute lead and kept rotating for another four miles. I didn't know how well the other guys could sprint so I decided to at least test attacking on the climb about a mile from the finish. I was able to get a gap on the climb and managed to hold it and solo in 8 seconds before Chris. Troy finished third and the field came in about a minute behind me.

Our times were several minutes faster than the winning time last year on the same course so I knew we had ridden hard. I was pleased though that I had forgotten my SRM display at home and could not see the power during the early part of the break. I'm not sure if I would have been willing to put in that kind of early effort had I seen the required power.



TULSA TOUGH RIDE & RACE

Tulsa Tough Race Team sets record with 52 wins in 2009 breaking the previous record of 41 wins from 2008! See page 6

2009 Master's National Champions (Tandem Time Trial/70+ Mixed Class) by Gil Summy

Helene and I decided that we would give the tandem TT at Masters Nationals another go this year. In 2008 we had been 2nd in the combined 70+ mixed class, this time one of our top goals for the year was to win the jerseys. In preparation we did quite a bit of aerodynamic testing on our race tandem and added some proper TT bars with bar end shifters. Tandems are pretty "un-aero", yet can pump out lots of power, so it's possible to make some significant improvements in speed if you put in some effort on aero optimization. When all was said and done I figured we were at least 1.5 mph faster than we were last year, hopefully enough to take the title. Looking at the pre-reg, last year's winners of our category had elected to do the elite race (so we didn't have to worry about them), but it appeared that we would face some strong competition from a tandem captained by Stephen Spanbauer who had won the solo 40-44 TT in 2008. We showed up in Louisville the day before the race with enough time to go and ride the course. It wasn't ideal for tandems, the first mile or so was up hill with a gradient of about 4% and the rest of the course was pretty much 23 km of non-stop rollers. The surface was great though, since it was on one side of a 4-lane highway, the side used by the race being totally closed to vehicular traffic (nice).

The day of the race we went out to the course about two hours before our scheduled start since we were told we needed to have the tandem checked for UCI compliance (whatever that is on a tandem I have no idea). When we got there we found that tandems were exempt from the bike check (at least someone had some sanity at USAC), and in addition all start times had been delayed by two hours! This was pretty annoying because it meant our feeding was going to be screwed up and we weren't going to be able to make it home to OKC until very late. I spent a lot of the spare time we now had walking around looking at the bikes (especially the tandems) and talking to the riders. Needless to say there was some pretty nice equipment out there.

Onto the race: well it was a TT, so to be totally objective isn't the most exciting thing to write about. We went as hard as we could, averaging a bit over 500 Watts and about 28.5 mph (boy I wish I could do that by myself). I knew we were going well because we caught two other tandems and were pretty close to catching a third. I'm sure Helene would have a different "perspective" on this as she told me afterwards that she didn't see anything but my butt for the entire 30 minutes we were racing. As we crossed the finish line we had the fastest mixed time of the day and we just had to wait for a couple of other tandems to come in to be sure that we had clinched the title.

Spanbauer and his wife Karen did a great ride, especially considering she doesn't ride competitively, coming in with the second fastest time. In the end not only did Helene and I win our category, but we also went faster than the elite tandem that had beaten us last year by a minute. Overall, it was pretty satisfying and I must admit that even though both Helene and I are foreigners we're really going to enjoy wearing the stars and stripes during the coming year.



Gil Summy and Hélene Carabin (above) displaying their stars and stripes. Master's National Champions in the 70+ Mixed Class Tandem TT on the podium (left). Way to bring back the gold guys! What a great week for the Tulsa Tough Race Team and the State of Oklahoma!

July 2009: Rides & Events Calendar

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
5	6	7	8	9	10	11
		<i>TW Crits</i>				8AM Racer's Training Ride
12	13	14	15	16	17	18
8 AM Racer's Training Ride OK State TT Championships (Lawton, OK)	CTCA/General Mem. Mtg 6:30 PM Race Meeting to follow at 7:30 PM	<i>Soundpony Street Sprints</i>				8AM Racer's Training Ride AR State Crit Champs (Little Rock, AR) Sunflower Crit(KS)
19	20	21	22	23	24	25
8 AM Racer's Training Ride Sunflower RR (Topeka, KS)		<i>TW Crits</i>				8AM Racer's Training Ride Queen City Crits (Springfield, MO)
26	27	28	29	30	31	1-AUG
8 AM Racer's Training Ride Queen City Crits (Springfield, MO)		<i>TW Crits</i>				8AM Racer's Training Ride KS Age Group Crits (Wichita, KS)
2 AUG	3	4	5	6	7	8
8 AM Racer's Training Ride SPECS Crit (Wichita, KS)		<i>TW Crits</i>			Tour of KC Aug 7-9 (FRI-SUN)	8AM Racer's Training Ride Tour of KC Aug 7-9 (FRI-SUN)

Rebecca Byers	89er RR/OK ST CH	1st	Women's M45+
Helene Carabin	Master's Nationals	1st	Mixed Tandem TT 70+ (with Gil Summy/OKC Velo)
	OK ST Crit CH	1st	Women's M35+
	89er RR/OK ST CH	1st	W 1-2-3
Tim Carrigg	89er RR/OK ST CH	1st	M50+
Will Gault	89er RR/OK ST CH	1st	Cat 1-2
	KS TT Champ	1st	Cat 1-2
Alan Good	Fossil 1/Tornado Crit	1st	Cat 3-4
Janne Hamalainen	Master's Nationals	1st	M45-49 road race
	Tour of Lawrence	1st	M40+ (Circuit)
	89er Crit	1st	Cat 1-2-3
	Fossil 1/Tornado Crit	1st	Cat 1-2-3
Rob Lemaster	89er Crit	1st	Cat 4-5
Lauren Miller	Lewis & Clark Crit	1st	W-Open
Lise Olivier	KS TT Champ	1st	Women Cat 1-2
Kyle Shay	89er RR/OK ST CH	1st	Cat 4
Ben Silk	Lewis & Clark Crit	1st	Cat 3-4
Ben Thigpen	Lewis & Clark Crit	1st	M55+ & 3rd in M45+
Jay Blankenship	89er RR/OK ST CH	2nd	Cat 1-2
John Brestovansky	Speedwheel Crit	2nd	M35+
Helene Carabin	89er Crit	2nd	W-Open
Garrett Grow	Fossil 1/Tornado Crit	2nd	Cat 3-4
Janne Hamalainen	89er RR/OK ST CH	2nd	M40+
	Fossil 1/Tornado Crit	2nd	M40+
Rob Lemaster	89er RR/OK ST CH	2nd	Cat 4
	Lewis & Clark Crit	2nd	Cat 4
	AR ST RR CH	2nd	Cat 4
Lauren Miller	Speedwheel Crit	2nd	W-Open
Paul Miller	OK ST Crit CH	2nd	Cat 4
Sam Roberts	89er RR/OK ST CH	2nd	M60+
Ben Silk	Speedwheel Crit	2nd	Cat 3-4
Chris Zenthoefer	Speedwheel Crit	2nd	Cat 1-2-3
John Brestovansky	Speedwheel Crit	3rd	Cat 3-4
Helene Carabin	Speedwheel Crit	3rd	W-Open
Alan Good	89er RR/OK ST CH	3rd	Cat 3
Pete Lantz	89er RR/OK ST CH	3rd	M50+
Lise Olivier	Tour of Lawrence	3rd	Women's 1-2 (Circuit)
	Tour of Lawrence	3rd	Women's 1-2 (Crit)
Eric Melton	89er RR/OK ST CH	3rd	Cat 1-2
Ben Silk	89er Crit	3rd	Cat 3-4
Chris Zenthoefer	Fossil 1/Tornado Crit	3rd	Cat 1-2-3



**Tulsa Tough
Race Team
Podium Spots**



One "Silky Smooth" Racer by Alan Good

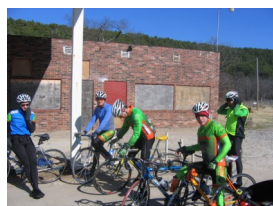
Every year our Cat 3 team sends a few racers up to Cat 2. It is one of our primary goals as a Cat 3 squad and the Tulsa Tough Race Team to take young talent to the next level. One of these guys is Ben Silk. Some of you know him as "Silky Smooth," not because he shaves real close prior to race day, but because he races smooth as a "Pro". He handles his racing with a very professional work ethic and always is there to help the team for the win or money spot. Silky is always willing to switch roles to team "domestique" by chasing down a break, bringing up water to a teammate or leading out a guy for the victory.

Ben Silk started his bike racing in the Junior ranks in 1999 and even competed against some of the top pros in the game today at Junior Nationals. Competing against the likes of Brad Huff (Jelly Belly), Steven Cozza (Garmin-Slipstream), Tom Peterson (Garmin-Slipstream), and Dan Holloway (Garmin-Slipstream-Developmental Team).



"Silky" Career Highlights:

- 1st win as a Wheelmen in 2007 at Mercy Celebrity Classic
- 5th place at SuperWeek in 2004
- Two top 10's at Tulsa Tough in 2009
- Won Lewis & Clark Crit in 2009
- 27th place at Junior Nationals road race in 2002
- OK State Crit Champion in Junior (17-18) and Bronze medalist in Cat 3 in 2004
- Teammate of the Month (July 2007)
- Top money winner in 2009 for the Cat 3 team
- Five races in the top 5 in 2009
- 13 races in the top 10 in 2009
- 6 wins on the junior circuit (14-18) and 8 wins overall in his cycling career
- 9th place at Tour of KC in 2007
- 28 top 5 finishes over his 9 year career in cycling



2009 OK STATE CHAMP MEDALISTS

Gold Medalists (OK STATE CHAMPS)

Rebecca Byers	Women's M45+ Road Race
Helene Carabin	Women's M35+ Crit
Helene Carabin	Women's 1-2-3 Road Race
Tim Carrigg	M50+ Crit
Will Gault	Cat 1-2 Crit
Will Gault	Cat 1-2 Road Race
Lise Olivier	Women's 1-2-3 Crit
Kyle Shay	Cat 4 Road Race

Silver Medalists

Janne Hamalainen	M40+ Road Race
Ron Lemaster	Cat 4 Road Race
Eric Melton	Cat 1-2 Road Race
Paul Miller	Cat 4 Crit
Sam Roberts	M60+ Road Race

Bronze Medalists

Kevin Frankenburger	Cat 4 Crit
Pete Lantz	M50+ Road Race
Alan Good	Cat 3 Road Race

2009 TW Award Winners

Teammate of the Month:

Janne Hamalainen	June 2009
Garrett Grow	May 2009
Paul Miller	April 2009
Jeff West	March 2009

Racer of the Month:

Janne Hamalainen	June 2009
John Brestovansky	May 2009
Rabyne Rogue	April 2009
Helene Carabin	March 2009



Tulsa Wheelmen

Stat Corner



2009 Race Days

Will Gault	26
Helene Carabin	24
Lauren Miller	24
Paul Miller	24
Andy Malcom	23
Cailean Carlberg	22
Chris Zenthoefer	21
Janne Hamalainen	21
Edgardo Delgado	20
Shawn Depew	19
Lise Olivier	19
Alan Good	18
Ivan Rodriguez	18
Nathan Leigh	17
3 tied with	16

Winner's Circle

2009:	52 wins
2008:	41 wins
2007:	39 wins
2006:	22 wins
Totals:	153 wins



USCF Season Wins

Bold = Active Race Team Member

Helene Carabin	2009	15
Will Gault	2004	12
Will Gault	2009	11
Helene Carabin	2008	10
Janne Hamalainen	2009	9
Keith Franklin	2004	9
Will Gault	2008	6
Janne Hamalainen	2004	6
Todd Reed	2008	6
Ben Thigpen	2005	6
Lauren Miller	2007	5
Jeremy Stitt	2004	5
Tim Carrigg	2004	4
Davis Hale	2007	4
Mark McClay	2004	4
Marcela Nova	2005	4
Ben Thigpen	2004	4
Shane Carter	2008	3
Rich Chillingworth	2004	3
Keith Franklin	2005	3
Heidi Gault	2007	3
Mitch Houtman	2005	3
Andy Malcom	2008	3
Lise Olivier	2009	3
Keith Winn	2004	3
Phil Stauner	2007	3
Gary Breipohl	2007	2
Chris Cauthon	2005	2
Kary Cummins	2007	2
Darren Fritz	2006	2
Will Gault	2007	2
Devin Gilpin	2006	2
Davis Hale	2008	2
Janne Hamalainen	2006	2
Rob Lemaster	2008	2
Russell McMahon	2004	2
Lauren Miller	2008	2
Cheryl Thigpen	2006	2
Chris Zenthoefer	2008	2
Chris Zenthoefer	2007	2

(Note: 2 or more season wins)

Career Wins (2004-Present)

Bold = Active Race Team Member

Will Gault	31
Helene Carabin	25
Janne Hamalainen	19
Keith Franklin	13
Ben Thigpen	12
Lauren Miller	8
Jeremy Stitt	7
Todd Reed	6
Davis Hale	6
Gary Breipohl	5
Chris Zenthoefer	5
Tim Carrigg	5
Kary Cummins	4
Mitch Houtman	4
Mark McClay	4
Marcela Nova	4
Phil Stauner	4
Cheryl Thigpen	4
Shane Carter	3
Rich Chillingworth	3
Heidi Gault	3
Rob Lemaster	3
Andy Malcom	3
Lise Olivier	3
Keith Winn	3
Chris Cauthon	2
Darren Fritz	2
Devin Gilpin	2
Alan Good	2
Malcolm McCollam	2
Russell McMahon	2
Rabyne Rogue	2
Ben Silk	2

(Note: 2 or more career wins)

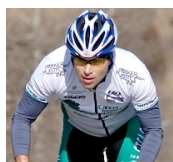


Tulsa Wheelmen

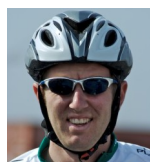
Meet the Team (Name-Race Category) New Team Member for 2009



Nathan Leigh-2



Shane Carter-2



Brian Metz-3



Kary Cummins-2



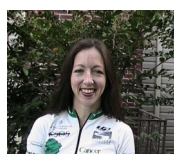
Chris Genske-4



Alan Good-3



Keith Franklin-2



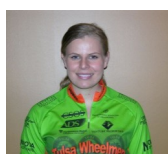
Lauren Miller-3



Ben Thigpen-3



Cheryl Thigpen-3



Traci Leigh-4



Phil Stauner-3



Don Tardiff-5



Janne Hamalainen-1



Tim Carrigg-3



Will Gault-1



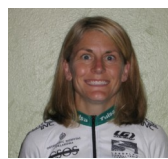
Edgardo Delgado-4



Jeremy Stitt-2



Jim Bohanon-3



Heidi Gault-3



Dustin Weaver-4



Chris Zenthoefer-2



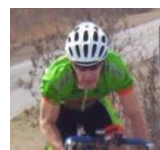
Eric Melton-2



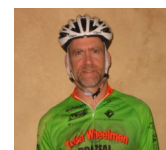
Ben Silk-3



Helene Carabin-2



Gary Breipohl-3



Pete Lantz-4



Paul Miller-4



Brandon Johnson-4



Kyle Freeman-3



Darren Fritz-4



Todd Reed-3



Rafael Santiago-4



Jeff West-4



Mitch Houtman-2

Andy Malcom-1

Rob Chance-5

John Allen-3

Rob Lemaster-4

Christian Verry-4

Milus Clark-4

Rebecca Byers-4

James Hiatt-4

Ivan Rodriguez-4

Scott Posey-3

Mike Stern-4

Eric Andelin-4

Alex Bradley-3

John Brestovansky-3

Jay Blankenship-2

Jim Buchan-3

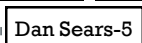
Richard Gulotta-4

Doug Wheeler-5

Tina Fountain-4

Lise Olivier-2

Austin Roberts-3



Rae Mcsweeney-4

Sam Roberts-4

G. Sellmeyer-4

Kara Holland-4

Patrick Sadler-4

Lori Ginn-4

Cory Hair-5

Sean Lang-5

Cailean Carlberg-2

Shawn Depew-1

Chris Moore-3

Garrett Grow-3

Rabyne Rogue-3

John Fisher-5

Kyle Shay-4

Kevin Frankenburger-4

Nich Fernandez-5

Julie Swagerty-4

Kendall Johnson-5

Scott Rodehaver-5

David Lawrence-5



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	

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	DOT ride	4000 N. Hwy 169	5:30 PM	3/D/c-d	Starts Apr 5th
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 5th
Sat/Sun	Racer's Training Ride	35th & Riverside	8 AM	4/C/c-d	Year round
Sun	"No Wimps" Ride	Wright School	8 AM	4/C/c-d	Year round

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.usacycling.org

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

MALCOLM LAW
THE LEGAL SPECIALIST

BRAZEAL
MASONRY INC.

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 be made by the 10th of the month prior to publication. Send submissions to Alan Good at

newsletter@tulsawheelmen.com

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 Traci Haines, Membership Director (info on left)



Tulsa Wheelmen

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Tulsa, OK 74152-0242

Return Service Requested



Inside This Issue

Master's Nationals by Janne & Gil

One Silky Racer by Alan Good

Race Results and OK State Champions

2009 Tulsa Wheelmen Sponsors

