

# N *Tulsa Wheelmen* NEWSLETTER

Vol. 26, No. 7

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

July 2003

## THE PRESIDENT'S PEN FOR JULY 2003 by Brian Meahan

With the 1st of July, the club will officially open the nomination process for the Tulsa Wheelmen Officers for 2004. If you know of someone that you think would do a great job in one of these positions, please submit their name. At the completion of the nomination process, the nomination committee will confirm each of the potential candidates prior to the start of the election. Please email your nominations to me at [bmeahan@datathree.com](mailto:bmeahan@datathree.com) or [bmeahan@cox.net](mailto:bmeahan@cox.net). Positions up for nomination and a brief outline of responsibilities are as follows:

### Position Responsibilities:

**President:** Scheduling and Chairing Monthly General Meeting. Promoting Annual Winter Charity Auction. Coordinating Events with the event directors (race director, touring director, etc). All Official Club Communications to Cycling and Community Organizations (USA Cycling, City of Tulsa, etc.) Scheduling and Chairing annual Executive Budget Meeting. Coordinating Annual Club Officer elections.

**President Elect:** Standing in for President as needed.

**Secretary:** Transcribing and Publishing monthly General Meeting minutes.

**Treasurer:** Preparing Annual Budget. Monthly Budget Report at General Meeting. Accounts Payable & Receivable. Coordinating Event Costs

with Event Director and Event Promoter. Maintaining Club memberships with national bodies (USA Cycling, LAB, OBC, etc).

**Race Director:** Scheduling and Chairing annual Race Directors Meeting. Securing Race Promoters for club races. Securing Race Sponsorship for club races as needed. Permitting all club races. Coordinating Race budget and prize payouts with Treasurer and Race Promoter. Coordinating USA Cycling Officials with Race Promoter for all club Races.

**Touring/Advocacy Director:** Securing Event Directors for club events (other than races). Securing event sponsorship for club events as needed. Permitting all club events as needed (other than races). Coordinating Event budget and prize payouts with Treasurer and Event Director. Acting as Wheelmen Liaison with LAB, OBC and any other national or local groups on advocacy issues.

## Brian

### BICYCLE QUOTE OF THE MONTH

"Not True."

Beth Delametter's comments after reading the following article.

"Cycling can ruin sex life. Vijay Dutt London, June 15 Cycling could make one take to Viagra to combat virility problems. A study by Belgian academics has found that cycling can damage riders' sex lives and may do health more harm than good."

## BEVERLY BERRY VOLUNTEER OF THE MONTH(S)

May's Beverly Berry VOM award goes to Sandra Crisp. Sandra has spent a great deal of time and effort representing the wheelmen and cyclists in general at a number of city council/planning meetings, the Oklahoma bicycle coalition and assisted Tim Carrig, Russell McMahon and Jack McNeal with the recent Wednesday night ride hospitality booth. Thanks for all of the hard work and congratulations.

Brian Meahan

## ALPINEER

### McCollam & Glassco

ATTORNEYS AT LAW  
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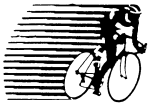
# Tulsa Wheelmen

## **RIDES AND EVENTS CALENDAR**

July 2003

Visit [www.tulsawheelmen.com](http://www.tulsawheelmen.com) for an extended list of upcoming events.

| SUNDAY  | MONDAY  | TUESDAY                           | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY  |
|---|---|-----------------------------------|---|---|---|---|
| <b>June 29</b><br><b>Tailwind Ride,</b><br>8 a.m.   | <b>30</b><br><b>DoT Ride,</b><br><b>4000 N. Hwy</b><br><b>169, 6 p.m.</b>   | <b>July 1</b><br><b>TNWC Ride</b> | <b>2</b><br><b>West Bank</b><br><b>Ride (NOT a</b><br><b>Wheelmen</b><br><b>Promoted</b><br><b>Ride)</b>  | <b>3</b><br><b>Summer Series</b><br><b>Crit Races</b><br><b>Start, 6 p.m.,</b><br><b>Tulsa Safety</b><br><b>Training</b><br><b>Facility</b> | <b>4</b><br><b>INDEPENDENCE</b><br><b>DAY</b><br><b>HOLIDAY</b> | <b>5</b><br><b>Tailwind Ride,</b><br>8 a.m.<br><br><b>Tour De</b><br><b>France Starts</b> |
| <b>6</b><br><b>Tailwind Ride,</b><br>8 a.m.   | <b>7</b><br><b>DoT Ride,</b>  | <b>8</b><br><b>TNWC Ride</b>      | <b>9</b><br><b>West Bank</b><br><b>Ride (NOT a</b><br><b>Wheelmen</b><br><b>Promoted</b><br><b>Ride)</b>  | <b>10</b><br><b>Summer Crit</b><br><b>Series</b>  | <b>11</b><br><b>SUPERWEEK</b><br><b>STARTS</b>                  | <b>12</b><br><b>Tailwind Ride,</b><br>8 a.m.  |
| <b>13</b><br><b>Tailwind Ride,</b><br>8 a.m.<br><br><b>Ark. State</b><br><b>Road Race</b><br><b>Champ.,</b><br><b>Lavaca, Ark</b>                   | <b>14</b><br><b>GENERAL</b><br><b>MEMBERSHIP</b><br><b>MEETING –</b><br><b>MAZZIOS AT</b><br><b>THE FARM –</b><br><b>LOWER</b><br><b>LEVEL</b><br><b>7:00PM</b> | <b>15</b><br><b>TNWC Ride</b>     | <b>16</b> <b>West Bank</b><br><b>Ride (NOT a</b><br><b>Wheelmen</b><br><b>Promoted</b><br><b>Ride)</b>    | <b>17</b><br><b>Summer Crit</b><br><b>Series</b>  | <b>18</b>   | <b>19</b><br><b>Tailwind Ride,</b><br>8 a.m.  |
| <b>20</b><br><b>Tailwind Ride,</b><br>8 a.m.<br><b>Port Road TT</b><br><b>Series</b><br><br><b>State TT</b><br><b>Champ., Tuttle,</b><br><b>Ok.</b> | <b>21</b><br><b>DoT Ride</b>  | <b>22</b><br><b>TNWC Ride</b>     | <b>23</b><br><b>West Bank</b><br><b>Ride (NOT a</b><br><b>Wheelmen</b><br><b>Promoted</b><br><b>Ride)</b> | <b>24</b><br><b>Summer Crit</b><br><b>Series</b>  | <b>25</b>   | <b>26</b><br><b>Tailwind Ride,</b><br>8 a.m.  |
| <b>27</b><br><b>Tailwind Ride,</b><br>8 a.m.<br><br><b>Tulsa Duathlon</b><br><br><b>State Crit.</b><br><b>Champ.,</b><br><b>Duncan, Ok.</b>         | <b>28</b><br><b>DoT Ride</b>  | <b>29</b><br><b>TNWC Ride</b>     | <b>30</b><br><b>West Bank</b><br><b>Ride (NOT a</b><br><b>Wheelmen</b><br><b>Promoted</b><br><b>Ride)</b> | <b>31</b><br><b>Summer Crit</b><br><b>Series</b>  | <b>August 1</b>   | <b>2</b><br><b>Tailwind Ride,</b><br>8 a.m.   |
| <b>3</b><br><b>Tailwind Ride,</b><br>8 a.m.   | <b>4</b><br><b>DoT Ride</b><br><br><b>Master's</b><br><b>Nationals</b>  | <b>5</b><br><b>TNWC Ride</b>      | <b>6</b><br><b>West Bank</b><br><b>Ride (NOT a</b><br><b>Wheelmen</b><br><b>Promoted</b><br><b>Ride)</b>  | <b>7</b><br><b>Summer Crit</b><br><b>Series</b>   | <b>8</b>  | <b>9</b><br><b>Tailwind Ride,</b><br>8 a.m.   |



# Tulsa Wheelmen Club News

## MEMBERSHIP CORNER

JULY 2003

### Electronic Newsletter Delivery

The Newsletter is now available each month in electronic format, as a .pdf file attached to an email message. Delivery to members who have online computer access is more timely and convenient, and it significantly cuts production and delivery costs for the Club. Several members are already receiving their Newsletter this way. We want to hear from others.

If you are interested, please take a minute NOW to call or email your choice to either Marc Delametter - **918-749-4075**, [delafam@sbcglobal.net](mailto:delafam@sbcglobal.net), or Rod Harwood - **918-336-7546**, [rodh@sbcglobal.net](mailto:rodh@sbcglobal.net)

## BEVERLY BERRY VOM AWARD GOING TO OBC

By Sandra Crisp

As most of you know, the Tulsa Wheelmen bicycle club is a member of the Oklahoma Bicycle Coalition (OBC) and an affiliate of the League of American Bicyclists (LAB...formerly known as the League of American Wheelmen).

OBC has resolved to make promotion of the League's BikeEd programs a priority going forward. Last month, OBC sponsored LAB certified instructor training at TCC's NE Campus. Previously, there had only been 2 LCIs in the entire State with none in Tulsa. Now Oklahoma has 12 LCIs, about half of who are also Tulsa Wheelmen members! (See related article in June's Tulsa Wheelmen newsletter). OBC plans to contribute to the support of Oklahoma LCI's efforts and offer Road 1 courses, other BikeEd courses and clinics, and LCI training to Oklahoma cyclists. In addition to traditional venues, several Tulsa Wheelmen LCIs are exploring opportunities to offer Road 1, possibly along with refurbished bicycles, to public service agencies with clients who do not have ready access to motorized transportation. I am going to donate the \$50 May Beverly Berry award to the Oklahoma Bicycle Coalition to help support these BikeEd outreach efforts.

Since I am also the club Treasurer, I will make the check directly to the OBC earmarked for BikeEd. Other Tulsa Wheelmen might want to consider contributing to these outreach efforts too, either through the Tulsa Wheelmen or

directly to the Oklahoma Bicycle Coalition. The Tulsa Wheelmen bicycle club is a 501(c) 3 organization and donations made to the Tulsa Wheelmen for BikeEd or other purpose activities are tax deductible. I can provide a copy of the IRS determination letter to anyone who needs one.

Thank you, Sandra Crisp Treasurer, Tulsa Wheelmen

## EXCHANGE STUDENT – BIKE RACER NEEDS A HOST FAMILY

By Ed Wagner

I had a call in June from Judy Foy with International Student Exchange. She's looking for a host family in Tulsa for Luis Espinosa, a Colombian student who's a competitive cyclist. He's won at the national level, according to Judy. He'll be here from mid-August to June. I told her about the Wheelmen website with its scheduled events, so she can inform Luis. If anyone can host this student or if you know of anyone who may be interested, contact Judy Foy with ISE at 918.683.6417.

The spirit is willing, but the flesh is middle aged.

## MOUNTAIN BIKE RIDING AND RACING UPDATE

By Randall Clayborn

To update everyone about what's happening on the mountain biking scene in the Tulsa Oklahoma area.

**Racing:** July 19th and 20 is the seventh in the Arkansas mountain bike series held at Eureka Springs. This is a Stage race that starts in the down town area and ends at lake leatherwood. For more info go to [www.ambs.com](http://www.ambs.com)

On the 26th of July is the second race in the Summer Short Track series at Keystone State Mountain Bike Park. Beginners start time is 9am; sport 10am and expert 11am Free kids race is at Noon.

**Trail workdays:** A local maintain bike group is having a trail/work day at Keystone mountain bike park on the third Sunday of each month. These trail days are great for learning how the experts have designed and maintained trails, form new trails and keep them from washing away. The start time is 9am till around 12:00 with a bike ride at noon till it is time to go home. Flyers are at local bike shops. (918) 241-2776 for more information.



# ***TW RACING NEWS***

## **JOHN HOWARD DALLAS CLINIC**

By Richard T. Gordon

The John Howard Cycling School and Computrainer will be bringing four days of performance and bike fit clinics to the Dallas area.

John Howard is a verifiable legend in our sport, and his accomplishments include: a. 3-time Olympian b. Inductee in the USA Cycling Hall of Fame c. Winner of the Hawaii Ironman d. 16 championships in different USCF & NORBA categories e. Holder of the World Record for Speed on a bicycle: 152.2 miles per hour!!! John has also coached his athletes to over 130 national titles, 12 World titles, and even an Olympic Gold Medal!

The Clinics will highlight John's newest methodology for higher performance: a. Fit b. Training c. Technique d. Equipment. Better known under the acronym "FTTET". The FTTET Analysis Package will cover Body Position Analysis & Optimization on the bike, as well as John's own resistance training program for cyclists, "Body BalanceT". Both body positioning and Body Balance may be separately ordered. For athletes interested in the latest methods of training, the Advanced Power Analysis provides key information. This 2-hour session will help participants establish fitness baselines, discover strengths & weaknesses, and then learn just how to enhance both. Time Trialists and Triathletes will enjoy the final clinic option: Aerodynamic Optimization. This session will help athletes find the optimal mix of power output and aerodynamic enhancements to help shave crucial seconds off of anything from a 3k Pursuit to a 40k State or National Championship.

Each clinic session is held one-on-one with John Howard and myself. Take advantage of this rare opportunity to learn under the mentorship of a famously successful cyclist and coach. John will be leading a group ride for every participant on Sunday, July 27, and is available for questions and answers. If you have any questions, do not hesitate to contact me. I look forward to seeing you there! Richard T. Gordon, Ph.D. Managing Director The John Howard Cycling School 816.309.3370 [www.johnhowardschool.com](http://www.johnhowardschool.com).

## **McCollam & Glassco**

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## **WAY TO GO JASON RUBY**

By Russell McMahon

Speaking of promoting "positive" comments about cycling, we should all congratulate Jason Ruby for his outstanding performance and finish at the 24Hrs of Adrenalin mountain bike race. Jason won 1st place in the Male SOLO category. And yes as the race name indicates, the race is an endurance mountain bike race lasting 24 hours. One can only imagine participating in a race lasting 24 hours.

## **RACE RESULTS: KEYSTONE SHORT TRACK DIRT CRIT – MAY 31, 2003**

Results of the first of the Keystone Off-Road Society Short Track Series Dirt Crit races held Saturday May 31, 2003 are as follows:

### **Experts 30 +**

Distance 11.7 Miles Time  
1st Bobby Smith 1 hr. 4 min 30 sec  
2nd Dennis Byrtus same time

### **Single Speed**

Distance 9.1 miles Time  
1st Eric Doswell 58 min 44 sec

### **Sport 19+**

Distance 9.1 miles Time  
1st Mark Byrtus 50 min 55 sec  
2nd Tom French 53 min 46 sec  
3rd Jon Chamberlin 53 min 50 sec  
4th Stokley SSamuel 51 min 32 sec (only did 7.8 miles)  
David Byrtus Flatted (did not finish)

### **Sport 40+**

Distance 9.1 miles Time  
1st Michael Karney 53 min 55 sec  
2nd Tim Miller 52 min 15 sec (only did 7.8 miles)  
3rd Earl Martling 56 min 25 sec (only did 7.8 miles)

### **Beginners Open**

Distance 6.5 miles Time  
1st Lonnie Cooper 42 min 47 sec  
2nd Cliff Wright 48 min 29 sec  
3rd Wilfred K. Wright 49 min 00 sec  
4th Jim Burkey 47 min 25 sec (only did 5.2 miles)  
5th Jim Marshall 54 min 08 sec (only did 5.2 miles)

Jack McNeal USFC Cycling Official



# ***TW T.A.C. NEWS, Touring, Advocacy, Commuting***

## **COMMUTE ANOTHER WAY**

By Gary Parker

Howdy Bike Team, As most of you know my bike-commuting goal of a one-day per week average for the year began with Desert Storm. That may seem like a low-level goal, but just one commute a week results in a 20% reduction of commuting by automobile. After ten years I have been above that average which means a greater than 20% reduction impact. So how did this year's Commute Another Way Day go?

At first I wasn't sure how to participate. I had been taking Landan, a nine year old fourth grader to drama camp, (I know coals to Newcastle) at Manion Park near 56th and Harvard. I came up with a plan to load the bikes in the car and drive to Owen Park across from Roosevelt School. We unloaded the bikes there and rode into Bartlett Square downtown for the Commute Another Way Day celebration. After visiting with Adam Vanderberg of Lee's Bicycles for awhile I asked Landan what he wanted to do, go back to the car, or have an adventure and ride to Manion Park? He said, "Let's ride to Manion Park."

We rolled south on Main Street and caught the River Parks Trail at 21st and Riverside. From there we watched the dark clouds off to the west as we headed on south. At 51st we used the traffic signal to cross into the neighborhood and head east. Moving through the streets we went east on 56th and used the light to cross Peoria. From there we continued through the neighborhood just south of Heller Park went to 56th and Lewis. Anyone familiar with Tulsa streets knows what a pain it can be making a left on Lewis much less crossing mid-mile. For us were very lucky and made it across with no wait. It took a few turns working back north and east a few blocks to find the little bridge across the creek at Manion Park. Arriving at Manion Park the rest of the kids were amazed that he had ridden his bike from down town. Just between us, I was pretty amazed too. Bottom line, you never know what you can do until you try. Commute by bike, even if it is just once a week average. Ride well, ride often.

**Key**  
**PERSONNEL**

## **MISSIONARY ZEAL**

By Ed Wagner And Sandra Crisp

**Ed:**

I did a brief BikeEd presentation last week at the American Airlines bicycle club meeting. The theme was "What benefit does BikeEd offer?"

I've been a road cyclist for more than 30 years, and frankly I was skeptical before I took the initial Road1 course. I mean, after all, what more could I learn? But... I rode with Brian Potter to look over the route for one of the classes. Brian convinced me of the utility of riding arterials in preference to 2-lanes. There's ample room to pass, making for a very relaxed, low stress ride provided we maintained proper lane position. It was an eye-opening experience. But the most important thing I gained through BikeEd was confidence. It sounds strange coming from someone with all that saddle time, but it's true. I learned some new skills giving me the confidence to go nearly anywhere on a bicycle.

So when I did this BikeEd presentation at the AA meeting, I had that missionary zeal. I described what I'd learned & how I'd changed as a result. One of my co-workers, Tim Graeff, listened carefully, then went out to apply those same concepts. Thursday, Tim rode the arterials in Owasso, following 86th, Main, and 76th around in a loop. He positioned himself in the lane properly, and discovered what I'd discovered. It's easy! He came to work Friday morning eager to tell about the experience. Tim was fired up! Missionary zeal, indeed. It's a good feeling to see that infect another person.

The spirit is willing, but the flesh is middle aged.

**Sandra:**

Excellent testimony about riding on arterials Ed! I fully agree. Multi-lane city streets (collectors and arterials) are greatly superior to 2-lanes for both safety AND efficiency in getting from A to B, especially when so many destination points are on multi-lane streets. By becoming part of the traffic on these streets and taking a lane, I rarely have conflicts with motorists. They treat me the same as other traffic. They don't try those all-to-close "squeeze by" maneuvers like they often do on other streets on my daily commute. Additional bonuses are fewer stops (able to keep up momentum); usually better quality and more level road surfaces, and protected intersections.

**ALPINEER**





# Tulsa Wheelmen

INFO PAGES

JULY 2003

## Rides & Events

### Ride Classifications

| Miles        | Terrain          |
|--------------|------------------|
| 1 - under 10 | A - Flat         |
| 2 - 10 - 20  | B - Grades       |
| 3 - 20 - 40  | C - Some hills   |
| 4 - 40 - 70  | D - Many hills   |
| 5 - 75 - 120 | E - Severe hills |

### Average Speed in mph.

a - 4-8, leisure b - 7-12, touring  
c - 13-17, fast d - 18+, racing

**Important Notice:** The *Tulsa Wheelmen* only support responsible bicycle riding. riders on *Tulsa Wheelmen* rides acknowledge cycling is a potentially dangerous activity 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 on all rides including not riding more than two side by side.

## vv Weekly Rides vv

\*Note: Times are when wheels roll.

### Any Day, Bike-To-Work Day,

Bicycle to work at least once a week (or more!) and make Tulsa a better community while giving yourself more time on your bike.

**Monday, DoT Ride,** (3/D/c-d) 4000 N. Hwy 169, 6 p.m. (Sp/Su/Fal). Starts April 7<sup>th</sup>

**Tuesday Night World Championships Ride** (4/C/d) Starts at the West River Parkes, 17<sup>th</sup> & Jackson, 6 p.m., 40 mile training ride. Very fast. (Sp/Su/Fal). Starts April 8<sup>th</sup>

**Tuesday Night Ride,** (3/C/c) Starts at 17<sup>th</sup> and Riverside, 5:45pm, 40 mile training ride. (Sp/Su/Fl.). Starts April 8<sup>th</sup>

**Thursday, Tulsa Wheelmen/Bicycles of Tulsa Summer Criterium Series,** (1/A/d) Holiday Hills City of Tulsa Safety Training Facility, 6 p.m. (Starts May 1st)

**Saturdays/Sundays, Tailwind Training Ride,** noon. (Switches to 8:00am on April 26, 2003) (4/C/c-d), 45<sup>th</sup> and Madison, Wright School (one block west of Peoria on 45<sup>th</sup>), west parking lot. Distance will vary on this quick paced ride. Route begins into the wind for a tailwind return. (Year Round)

**Saturdays/Sundays, No Wimps Ride,** 8 a.m. (4/C/c-d), 45<sup>th</sup> and Madison, Wright School (one block west of Peoria on 45<sup>th</sup>), west parking lot. Distance will vary on this quick paced ride. Route begins into the wind for a tailwind return. Contact John Power for more info (Year round).

## Mountain Bike Riding

**Any Day Call-up and Ride,** Call Pat at Bicycles of Tulsa, 918-665-2453, or David, or Mark at T-Town Bicycles, 918-496-8696.

## ^PUT YOUR RIDE HERE^

Are you doing a weekly ride that isn't listed here, but should be? If so, please send information to **Tulsa Wheelmen Newsletter**, Attn: Rides & Events, P.O. Box 52242, Tulsa, OK 74152-0242.

THANK YOU! event volunteers, event directors and sponsors, newsletter contributors, QuikTrip Corp. and to all the cyclists who bicycled to work showing Tulsa that *Yes!, it can be done...* **THANK YOU!** You ARE making Tulsa and bicycling in Tulsa better!

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**SIGN UP A NEW MEMBER.  
MEMBERSHIP APPLICATION  
ON INSIDE BACK PAGE!  
YOUR RECOMMENDATION  
ENSURES THAT THE CLUB  
WILL GROW!**

\*\*\*\*\*

## Membership and Address Correction

If you are a member and not receiving your newsletter, contact **Rod Harwood**, Membership Director (home: 918-336-7546)  
eMail:rodh@ionet.net

## UPCOMING EVENTS

Fri. July 11<sup>th</sup> - Sun. July 27<sup>th</sup>, **SUPERWEEK RACES**, See schedule included in this newsletter.

Sun. July 13<sup>th</sup>, Arkansas State Road Race Championships, Lavaca, Ark., Steve Grife, 501-484-7500

Sun. July 20<sup>th</sup>, Port Road Time Trial, Rod Harwood, 918-336-7546, [rod\\_h@sbcglobal.net](mailto:rod_h@sbcglobal.net)

Sun. July 20<sup>th</sup>, State Time Trial Championships, Tuttle, Ok.

Sun. July 27<sup>th</sup>, Tulsa Duathlon

Sun. July 27<sup>th</sup>, State Criterium Championships, Duncan, Ok.

Mon. - Sat. August 4<sup>th</sup> - 9<sup>th</sup>, Master's Nationals, Louisville, Ky.

FOR MORE DETAILED EVENT INFORMATION SEE OUR WEBSITE AT [WWW.TULSAWHEELMEN.COM](http://WWW.TULSAWHEELMEN.COM)

## McCollam & Glassco

ATTORNEYS AT LAW  
A Professional Association

## ALPINEER





# MORE . . . WHEELMEN INFO

JULY 2003

\*!?! ?!  
**TAKE ACTION**  
*Who You Gonna Write!*  
*Who You Gonna Call!*

## CITY PROBLEMS?

**Mayor's Action Center:** 596-2100, Fax 596-9010.

**Tulsa City Councilors:** mail 200 Civic Center, Tulsa, OK 74103; phone 918-596-1900, Fax 596-1964.

**City Animal Shelter:** 669-6299

## STATE HIGHWAY PROBLEMS?

(e.g. Port Road, Hwy 97/51), Oklahoma Highway Dept, Ed Kellogg, P.E.; P.O. Box 660, Tulsa, OK. 74101, phone 918-838-9933.

**TULSA COUNTY ROAD PROBLEMS?** (e.g. Avery Drive, Wekiwa Road), Tulsa County Engineer, Ray Jordan, 596-5730, Fax 596-4647.

**TULSA COUNTY TRAFFIC PROBLEMS?** Tulsa County Sheriff 918-596-5601.

**RIVERPARKS AUTHORITY,** 707 S. Houston, Suite 202, Tulsa, OK. 74127, 918-596-2001.

**AIR QUALITY/OZONE ALERT QUESTIONS?** Tulsa City-County Health Dept. 918-744-7664.

*This month I took action. I made a call or wrote a letter to: \_\_\_\_\_*

*About: \_\_\_\_\_*

*Response: \_\_\_\_\_*

*Date: \_\_\_\_\_*

## TW MONTHLY MILEAGE LOG

Date: \_\_\_\_\_

Bike \_\_\_\_\_ Bike \_\_\_\_\_

Miles \_\_\_\_\_

Now: \_\_\_\_\_

Prev. \_\_\_\_\_

Month: \_\_\_\_\_

Month \_\_\_\_\_

Total: \_\_\_\_\_

Take current mileage shown on bike computer, subtract the previous month's "Miles Now" figure and the result is the distance ridden for the current month.

## RE-CYCLE-IT!

### THE CLASSIFIEDS

Where member ads are free!

**FOR SALE:** 2001 Trek 5200 Carbon Road Bike, 54cm. Full Ultegra. Rolf Wheels. Includes Shimano Flight Deck computer. Excellent condition. \$1,700. Contact Jeremy or Carie Morrison: (918)224-7996 or C23Kopca@aol.com

**FOR SALE:** Wlier Alp D'Huez, 54 cm. Easton Ultralite frame, Red w/ Yellow accent "CBS". Full Chorus with Record shifters Includes Campy ErgoBrain 10 computer. Used less than 200 miles. Great condition. \$2750/bo contact: [soner\\_tunay@yahoo.com](mailto:soner_tunay@yahoo.com) tel: 617.596.7497

**FOR SALE:** MAVIC Helium wheel set, Shimano 8/9 compatible. Like new. \$325 with bags, \$300 without. Chris King headset, 1" threadless, red lettering, like new, \$50. Deore XT 9sp 170mm crankset with rings and bottom bracket, like new, \$55. XTR 9sp rear derailleur, \$40. Al or Sharron Chinn (members), 918 299-1657 evenings.

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 10<sup>th</sup> of the month.** Other advertising rates available upon request. Make check payable to **Tulsa Wheelmen**. Mail ad directly to Marc or Beth Delametter, TW Newsletter Editors, 4530 S. Louisville, Tulsa, OK 74135. or e-mail to [delafam@sbcglobal.net](mailto:delafam@sbcglobal.net). **DO NOT ATTEMPT TO PLACE ADS BY PHONE**

## BICYCLE WEB SITES

**Adventure Cycling:** [www.adv-cycling.org](http://www.adv-cycling.org). Information on bicycle touring in the United States and worldwide.

**Bicycling Magazine:** name says it, [www.bicyclingmagazine.com](http://www.bicyclingmagazine.com).

**Bikes Belong! Coalition:** [www.outdoorlink.com/bikes-istea](http://www.outdoorlink.com/bikes-istea) Congressional bicycle advocacy.

**Bicycle Federation of America:** [www.bikefed.org](http://www.bikefed.org)

Bicycle issues and advocacy.

**Bike Plan Source:** [www.bikeplan.com](http://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 22<sup>nd</sup> Annual Bicycle Tour, June 12-19.

**ISTEA:** [www.istea.org](http://www.istea.org)

Update information on the upcoming ISTEA legislation.

**League of American bicyclist:** [www.bikeleague.org](http://www.bikeleague.org).

Bicycle advocacy.

**Mountain Bike Daily:** [www.mountainbike.com](http://www.mountainbike.com).

Mountain bike stuff.

**Oklahoma Runner Magazine:** [www.runningnetwork.com](http://www.runningnetwork.com).

Information Oklahoma running events.

**Runner-Triathlete:** [www.runningnetwork.com/RunTriNews](http://www.runningnetwork.com/RunTriNews). Triathlon and running information by region.

**The San Francisco Exploratorium:** [www.exploratorium.edu/sport/](http://www.exploratorium.edu/sport/).

The Science of Bicycling, facts and information.

**Sydney Morning Herald:** [www.smh.com.au](http://www.smh.com.au) Because the 2000 Olympics is closer than we think.

**Transportation Policy Project:** [www.islandnet.com/~litman](http://www.islandnet.com/~litman).

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

**The Tulsa Wheelmen Web Site:** [www.tulsawheelmen.com](http://www.tulsawheelmen.com)

**USA Cycling:** [www.usacycling.org](http://www.usacycling.org) National and regional schedules.

**U.S. Olympic Committee:** [www.olympic-usa.org](http://www.olympic-usa.org).

Olympic information including cycling.

**VeloNews:** [www.velonews.com](http://www.velonews.com) The journal of bicycle racing.

**BECOME INVESTED IN TULSA BICYCLING**  
**JOIN THE TULSA WHEELMEN!**  
**2003 Tulsa Wheelmen Membership and Renewal Application**  
**Membership expires one year from the last day of the month of enrollment date.**

Name: \_\_\_\_\_ Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone (Hm): \_\_\_\_\_ (Wk): \_\_\_\_\_  
Emergency Contact Name: \_\_\_\_\_ Phone (Day): \_\_\_\_\_ (Eve.): \_\_\_\_\_  
E-Mail Address: \_\_\_\_\_

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

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

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

Would you like to receive the newsletter electronically? Yes \_\_\_\_\_ No \_\_\_\_\_

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

**Name    Address    Home Phone    Work Phone**

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

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

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

Signature (of parent if applicant under 18): \_\_\_\_\_ Date: \_\_\_\_\_

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

\*\*\*\*\*

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

**TW MEMBERSHIP + BIKE  
SHOPS = DISCOUNTS!**

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

*Buy from a community bicycle shop.*

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

**TULSA WHEELMEN RIDE  
GUIDELINES**

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

***Tulsa Wheelmen Ride Guidelines:***

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

**TULSA WHEELMEN  
BENEFITS**

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

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



## ***Tulsa Wheelmen Newsletter Staff***

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Touring Advocacy, Commuting Dir

## ***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, touring, mountain biking, or triathlons - 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 10<sup>th</sup> of the month prior to publication. Send submissions directly to **Marc & Beth Delametter, TW Newsletter Editors, 4530 S. Louisville, Tulsa, OK 74135** or to **Tulsa Wheelmen Newsletter Editor, P.O. Box 52242, Tulsa, OK 74152-0242**.

*The Tulsa Wheelmen* appreciate the support of **QuikTrip** and would like to thank **QuikTrip** for printing this month's newsletter.



**TULSA WHEELMEN**  
 P.O. Box 52242  
 Tulsa, Oklahoma 74152-0242

RETURN SERVICE REQUESTED



**ADVENTURE CYCLING**  
 association  
 AFFILIATED CLUB

## ***INSIDE THIS ISSUE***

Officer Nominations are Due  
 Jason Ruby, 24 Hour King  
 Sandra Crisp Works Hard  
 Exchange Student Needs a Home

## Pro & Senior 1/2 Race Schedule

| Date               | Race   | Location                     |
|--------------------|--|------------------------------|
| Friday, July 11    | <a href="#">Beverly Hills Cycling Classic</a> <b>SUPER PRIMES</b>  | Chicago, IL                  |
| Saturday, July 12  | <a href="#">Otto Grunski Menasha Classic Criterium</a>             | Menasha, WI                  |
| Sunday, July 13    | <a href="#">First National Bank Maritime Bay Bike Classic</a>      | Manitowoc, WI                |
| Monday, July 14    | <a href="#">Tour Alpine Valley Road Race</a>                       | East Troy, WI                |
| Tuesday, July 15   | <a href="#">MGA Proving Grounds Road Race</a>                      | Burlington/Town of Lyons, WI |
| Wednesday, July 16 | <a href="#">Whitnall Park Road Race</a>                            | Hales Corners, WI            |
| Thursday, July 17  | <a href="#">Humboldt Park Criterium</a>                            | Milwaukee, WI                |
| Friday, July 18    | <a href="#">Schlitz Park Cycling Challenge</a> <b>SUPER PRIMES</b> | Milwaukee, WI                |
| Saturday, July 19  | <a href="#">Carl Zach Cycling Classic</a>                          | Waukesha, WI                 |
| Sunday, July 20    | <a href="#">Bensenville Criterium</a> * <b>SUPER PRIMES</b>        | Bensenville, IL              |
| Monday, July 21    | <a href="#">Tour of Holy Hill Road Race</a>                        | Hartford, WI                 |
| Tuesday, July 22   | <a href="#">Lake Front Long Course Road Race</a>                   | Milwaukee, WI                |
| Wednesday, July 23 | <a href="#">Title Town Challenge Criterium</a> <b>SUPER PRIMES</b> | Green Bay, WI                |
| Thursday, July 24  | <a href="#">Heritage Square Classic Criterium</a>                  | Sheboygan, WI                |
| Friday, July 25    | <a href="#">Bank One Food Folks &amp; Spokes</a>                   | Kenosha, WI                  |
| Saturday, July 26  | <a href="#">Great Downer Avenue Bike Race</a>                      | Milwaukee, WI                |
| Sunday, July 27    | <a href="#">Bodyworks by Concours Whitefish Bay Classic</a>        | Whitefish Bay, WI            |

\* American Criterium Championship Series (ACCS) event

[Back to top](#)

## Senior 3 Race Schedule

| Date               | Race  | Location                     |
|--------------------|---|------------------------------|
| Saturday, July 12  | <a href="#">Otto Grunski Menasha Classic Criterium</a>        | Menasha, WI                  |
| Sunday, July 13    | <a href="#">First National Bank Maritime Bay Bike Classic</a> | Manitowoc, WI                |
| Monday, July 14    | <a href="#">Tour Alpine Valley Road Race</a>                  | East Troy, WI                |
| Tuesday, July 15   | <a href="#">MGA Proving Grounds Road Race</a>                 | Burlington/Town of Lyons, WI |
| Wednesday, July 16 | <a href="#">Whitnall Park Road Race</a>                       | Hales Corners, WI            |
| Thursday, July 17  | <a href="#">Humboldt Park Criterium</a>                       | Milwaukee, WI                |
| Friday, July 18    | <a href="#">Brewers Hill Criterium</a>                        | Milwaukee, WI                |
| Saturday, July 19  | <a href="#">Carl Zach Cycling Classic</a>                     | Waukesha, WI                 |
| Sunday, July 20    | <a href="#">Bensenville Criterium</a>                         | Bensenville, IL              |
| Monday, July 21    | <a href="#">Tour of Holy Hill Road Race</a>                   | Hartford, WI                 |
| Tuesday, July 22   | <a href="#">Lake Front Long Course Road Race</a>              | Milwaukee, WI                |
| Wednesday, July 23 | <a href="#">Oneida Road Race</a>                              | Green Bay, WI                |
| Thursday, July 24  | <a href="#">Heritage Square Classic Criterium</a>             | Sheboygan, WI                |
| Friday, July 25    | <a href="#">Bank One Food Folks &amp; Spokes</a>              | Kenosha, WI                  |
| Saturday, July 26  | <a href="#">Lake Front Short Course Road Race</a>             | Milwaukee, WI                |
| Sunday, July 27    | <a href="#">Bodyworks by Concours Whitefish Bay Classic</a>   | Whitefish Bay, WI            |

[Back to top](#)