

Tulsa Wheelmen

February 2005

RIDES AND EVENTS CALENDAR

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
January 30 No Wimps – 8 a.m. Tailwind Ride, 1:00PM	31	February 1	2	3	Wheelmen Race & Stagiaire Team Training Camp	5 No Wimps – 8 a.m. Tailwind Ride, Noon Wheelmen Race & Stagiaire Team Training Camp
6 No Wimps – 8 a.m. Tailwind Ride, 1:00PM Wheelmen Race & Stagiaire Team Training Camp	7	8	9	10	11	No Wimps – 8 a.m. Tailwind Ride, Noon
No Wimps – 8 a.m. Tailwind Ride, 1:00PM	14 GENERAL MEM. MTG – MAZZIOS AT THE FARM – LOWER LEVEL 6:30PM Race Team Mtg. to Follow	15	16	17	18	No Wimps – 8 a.m. Tailwind Ride, Noon
20 No Wimps – 8 a.m. Tailwind Ride, 1:00PM	21	22	23	24	25	26 No Wimps – 8 a.m. Tailwind Ride, Noon Walburg Classic Road Race, Austin, TX.
27 No Wimps – 8 a.m. Tailwind Ride, 1:00PM PURE Pace Bend Road Race, Austin, TX.	28	March 1	2	3	4	5 Salt Creek Circuit Race, Tulsa, OK.
6 No Wimps – 8 a.m. Tailwind Ride, 1:00PM Lochmoor Crit, Bentonville, ARK.	7	8	9	10	11	12 No Wimps – 8 a.m. Tailwind Ride, Noon Primavera Road Race, Austin, TX.



Tulsa Wheelmen

INFO PAGES

FEBRUARY 2005

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 - 7-14, touring c - 15-17, 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 '05

Tuesday Night World Championships Ride (4/C/d) Starts at the River Parks, Riverside and Southwest Blvd. 6 p.m., 40 mile training ride. Very fast. (Sp/Su/Fal). Starts April '05 Tuesday Night Fixed Gear Trail Ride, (3/A/c) Starts at 41st and Riverside, 6:00pm, fixed gear training ride on the Rivertrails. Lights needed.. (Winter Only). Starts Jan. 4th Wednesday Night Trail Ride, (3/A/c) Starts at 41st and Riverside. 6:30pm. Lights needed. (Winter Only). Starts Jan. 5th.

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 '05)

Saturdays/Sundays, Tailwind Training Ride, Noon Sat., 1:00pm Sun. (Switches to Noon on December 4, 2004) (4/C/c-d), 45th and Madison, Wright School (one block west of Peoria on 45th), 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), 45th and Madison, Wright School. Distance & route same as noon ride. Contact John Power for more info (year round).

^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!

<<<<<<<<<<>>>>>>>>>

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:rod_h@sbcglobal.net





UPCOMING EVENTS

Fri./Sat./Sun. 2/4-5-6/05 Tulsa Wheelmen Race and Stagiaire Training Camp

Mon. 2/14 Tulsa Wheelmen General Membership Meeting: 6:30pm Mazzios at the Farm.

Sat. 2/26 Walburg Classic Road Race, Austin TX., www.txbra.org

Sun. 2/27 PURE Pace Bend Road Race, Austin, TX., www.txbra.org

Sat. 3/5 Salt Creek Circuit Race, Tulsa, OK., See flyer in this Newsletter. www.tulsawheelmen.com

Sun. 3/6 Lochmoor Criterium, Bentonville, ARK., Steve Grife (479) 644-6178

Sat. 3/12 Primavera Road Race, Austin, TX., www.txbra.com

FOR MORE DETAILED EVENT INFORMATION SEE OUR WEBSITE AT WWW.TULSAWHEELMEN.COM



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

February 2005

The Editor's Penfor February 2005: Tulsa Wheelmen Founder Remembered for His Gusto

By Lisa Weber

In 1978, Rick Mattioni along with Jim Bryant (deceased 2003) founded the Tulsa Wheelmen. Mattioni felt Tulsa needed a bicycle club that would support not only novice and touring cyclists, but racing as well. Mattioni's son, Rick, designed the Tulsa Wheelmen logo featuring cyclists and a backdrop of the Tulsa skyline. He also began the tradition of the annual Polar Bear ride, which still rings in the New Year for the Wheelmen. For years, riders would end the ride at his home for black-eyed peas and warm cornbread.

In late 1978, Mattioni approached the Tulsa World with the idea of a bicycle tour across the state of Oklahoma. After several meetings, the Tulsa World signed on as a sponsor and in the summer of 1979, Freewheel (now Oklahoma Freewheel) was born. Mattioni's son, Rick, along with Bob Childress plotted the first few years' routes.

In 1980, Mattioni sold Tulsa as the site for the Tulsa Team Bicycle Race. He was also credited with securing the funding for this event. This race brought in not only Tulsa Wheelmen's racing team, but various teams from across the world, including appearances by Eric Heiden.

Mattioni owned and allowed his children, Rick and Lisa to operate a

small bicycle shop called Pro Bike Specialists in downtown Tulsa. Open only on Thursday and Friday evenings, the bike shop served members of the Tulsa Wheelmen and anyone else interested in bike parts, or just joining together to discuss the latest rides/races.

By the mid-eighties, with two children off to college, Mattioni decided to fade from the center of the Wheelmen and allow the now highly successful club to run on it's own. He continued to love cycling, but with his busy schedule never really got back into it with the gusto he had in the 1970's and 1980's.

He was too humble a man to brag on his accomplishments, but always felt a special pride in the fact that he founded the Tulsa Wheelmen and brought the idea of a yearly tour across Oklahoma to fruition.

Rick passed away on December 27, 2004 at the age of 68 after a valiant fight against leukemia. He is survived by his loving wife; Juanita, son; Rick, both of Tulsa and his daughter; Lisa Weber, son-in-law; Mark Weber and his beautiful grand daughter, Lauren Weber of O'Fallon, MO.

Editors Note: If you would like to send Rick's wife Juanita a note about Rick please contact Marc Delametter at no1family@cox.net or at (918)749-4075 and I will be more than happy to give you her mailing address.



Lenka Humenikova Named Team/Club Nutritionist By Marc Delametter

I am pleased to announce that Lenka Humenikova is now the TW Club/Team Nutritionist. Lenka is a PHD student in the Department of Nutritional Sciences at Oklahoma State University and she teaches nutrition at the University of Central Oklahoma. Lenka will work with Club and Team members on general nutrition guidance through her articles, lectures at various team events and through a question and answer format from our wedsite www.tulsawheelmen.com. Just click on the "Send in your questions" link in the "Get Answers Here" section of the website and your question will go directly to Lenka.

Welcome Lenka! We're looking forward to your insight into our eating habits. Well, maybe not my eating habits, but everyone else's.

Nutrition For Training: Refueling On The Bike

By Lenka Humenikova and Tom Shriver

Most athletes would agree that proper eating habits are important for their training and overall performance, as well as for keeping off extra pounds. However, many athletes, including cyclists, fail to realize just how crucial eating and drinking is *during* workout sessions. According to leading sport

(continued on First Race News page)



NUTRITION FOR TRAINING: REFUELING ON THE BIKE

(continued)

By Lenka Humenikova and Tom Shriver

nutritionists, adequate refueling during a workout lasting for more than 60 minutes can significantly increase a cyclist's performance. It can prolong the duration of high quality training sessions, and importantly, it can prevent "bonking" and "hitting the wall."

Glycogen (which is a storage form of carbohydrates in the liver and muscles) and fat serve as the primary sources of energy for virtually all endurance workouts. However, the body uses a varying proportion of either glycogen or fat, depending on the training intensity. For example, longer rides of moderate intensity require the body to use both carbohydrates and fat as sources of energy, with a greater proportion of energy being supplied by fat stores (i. e., "fat burning" workout). When the intensity of the workout increases, the body becomes less efficient in breaking down fat and the body is forced to switch back to utilizing a greater proportion of muscle glycogen for energy. While the human body contains fat stores that are capable of supplying as many as 80,000 calories (a practically endless source of energy), muscle glycogen stores are capable of supplying significantly less energy (i. e., approximately 1,400-1,800 calories). Therefore, regardless the intensity of the workout, every cyclist will eventually deplete his or her muscle glycogen unless refueling takes place.

Given the importance of glycogen for endurance training, there are several good reasons why cyclists should supply new energy to the body during their rides. First, a continuous supply of carbohydrates can reduce and prevent the depletion of muscle glycogen (i. e., hitting the wall) during a workout. Second, carbohydrates from foods or liquids help maintain normal blood glucose levels, thus ensuring that the brain receives an adequate amount of glucose. Without an appropriate supply of glucose to the brain, a cyclist may experience symptoms such as dizziness, lightheadedness, an inability to concentrate and extreme fatigue. phenomenon, known as "bonking," is especially dangerous for endurance athletes because it forces them to slow down or withdraw from a workout/race completely. Third, the adequate consumption of carbohydrates during a ride can preserve glycogen stores in the liver that can be used later. These extra energy reserves may make the difference in the last few miles of a race.

According to the latest recommendations by sports nutritionists, endurance athletes should consume 30-60 grams of carbohydrates per hour (approximately 120-240 calories) after the first 60 minutes to ensure that their muscles get enough fuel during a workout. The following table provides

examples of different snacks that may help you meet refueling requirements.

Foods/Liquids	Carbohydrate (grams)	Calories
Banana (large)	30	120
Honey (2 Tbs)	30	120
Raisins (1/3 cup)	30	160
Fig bars (4	42	223
pieces) Graham cracker (2 oz)	42	250
Sports drink (24 oz)	42	150
Luna Bar	24	180
Balance Oasis	28	180
Bar		
Cliff Bar	39	240
Power Bar	47	240
Cliff shot (2x)	48	200
Honey Stinger	28	112
Power gel (2x)	56	240

If you use commercial energy/sports bars, keep in mind that not all of them are created equal. While some sport/energy bars may be great for your workouts, others are designed for other purposes, such as low-carbohydrate weight-loss diets or meal replacements. A high-protein bar may be suitable as a lunch or dinner replacement when you don't have enough time for a well-balanced meal, but it should not be consumed during endurance workouts. Because of their high protein content, these bars are difficult to digest and may cause serious gastrointestinal problems. Moreover, protein bars generally do not provide the adequate amount of carbohydrates necessary to fuel muscles during endurance workouts. In general, be leery of energy/sports bars that contain more than 10-15 grams of protein. Similarly, avoid snacks that contain more than 5-6 grams of fat as this macronutrient is also harder to digest and may not sit well with you during a ride. Remember, the primary source of energy during your workouts should come from carbohydrates!

In addition to carbohydrate refueling, cyclists should also focus on adequate hydration during workouts. While cyclists are aware of the need to properly hydrate, most fail to consume adequate amounts of fluids during their training. It is estimated that most endurance athletes replace only about 50 to 80% of the fluids lost during workouts. Below we outline some of the symptoms associated with inadequate fluid intake during training.

(continued on next Race News Page)



Tulsa Wheelmen Race News

NUTRITION FOR TRAINING: REFUELING ON THE BIKE

(continued)

By Lenka Humenikova and Tom Shriver

Symptoms of Inadequate Fluid Intake

- 1. Increased heart rate
- **2.** Increased body temperature
- 3. Decreased blood volume
- 4. Mental confusion
- 5. Gastrointestinal discomfort

Assuming an athlete is properly hydrated prior to a workout, he or she should consume 4-8 fluid ounces every 15-20 minutes. Cyclists can meet their fluid needs on the bike by consuming water, diluted juices and sports drinks, depending on the intensity and duration of the workouts. Fluids containing 48% carbohydrate concentration are optimal for endurance athletes because they are easy to digest and they are quickly absorbed into the bloodstream. You will be safe with most sports drinks (i. e., Gatorade), since their carbohydrate concentration ranges between 68 %. However, stay away from soda, energy drinks (i.e., Red Bull) and concentrated juices because their carbohydrate concentrations are too high (11-15%) and they may significantly impair your performance. One way to stay on track with your fluid intake is to set an alarm on your watch or heart rate monitor to remind you to drink at regular intervals. You may also want to monitor your fluid losses by occasionally weighing yourself before and after a ride. For every pound you lose during a workout, you should drink 24 fluid ounces of liquids in order to properly rehydrate While it may seem difficult to meet these recommendations during your workout, a strict regimen of fluid intake is critical for preventing the physiological consequences of dehydration. Remember, both proper fueling and hydration can significantly impact your training and overall performance. It can improve the quality of your workouts and give you an advantage over your competitors during races. In the next article, we will discuss the importance of nutrition during recovery.



2005 RACE CALENDAR

By Marc Delametter

Noted below is our best attempt at a regional 2005 racing calendar. Many of the dates are firm but some still seem to be moving. This calendar is published at our website at www.tulsawheelmen.com so I suggest you follow it there also. Race contact information is noted on the website listing as well. Races with red stars noted above them are considered "Targeted Events"

Good luck this year.

Date	Name	Location
1-Jan	Polar Bear Ride	Tulsa, OK
8-Jan	AR Promoters Meeting	Ft. Smith, AR
9-Jan	OK Promoters Meeting	Oklahoma City, OK
1/14/2015	St. John's Indoor Triathlon	Tulsa, OK
26-Feb	Walburg Road Race	Walburg, TX
27-Feb	Powerhouse Gym Road Race	Pace Bend Park, TX
27-Feb	Lochmoor Crit Series	Bentonville, AR
5-Mar	Salt Creek Circuit Race	Tulsa, OK
3/5/2006	12 Miles of Hell	Lawton, OK
6-Mar	Lochmoor Crit Series	Bentonville, AR
3/12/2013	Primavera	Logo Vista, TX
12-Mar	Magazine Training Ride	Russellville, AR
13-Mar	Russellville Criterium	Russellville, AR
3/19/2020	Fayetteville Stage Race	Fayetteville, Tx
20-Mar	DSCC Hell's Kitchen RR	Fayetteville, AR
20-Mar	Tour de Dirt-Western Okie	Elk City, OK
27-Mar	Lochmoor Crit Series	Bentonville, AR
2-Apr	Cow Skin Circuit Race	Tulsa, OK
3-Apr	NW Arkansas Spring Classic	Fayetteville, AR
9-Apr	Racing on the River	Tulsa, OK
10-Apr	Campus Corner Criterium	Norman, OK
10-Apr	Tour de Dirt - Zink Hopper	Skiatook, OK
10-Apr	Lochmoor Crit Series	Bentonville, AR
4/16/2017	Bob Herbert Stage Race	Bella Vista, AR
20-Apr	OKC Velo - Crit Practice	Oklahoma City, OK
23-Apr	OKC Velo TT Series #1 Tour de Dirt - Turkey	Oklahoma City, OK
24-Apr	Mountain Joseph Sheehan Memorial	Tulsa, OK
24-Apr	Road Race	Leavenworth, KS
27-Apr	OKC Velo - TT Practice	Oklahoma City, OK
4/27-5/1	Tour of the Gila	New Mexico
30-Apr	Sand Springs RR	Sand Springs, OK



Tulsa Wheelmen Race News

2005 RACE CALENDAR

(continued)
By Marc Delametter

Date	Name	Location
1-May	River Shops Bike Ride	Tulsa, OK
4-May	CRRC - Crit Practice	Norman, OK
4-Way	Tulsa Wheelmen - Crit	Norman, OK
5-May	Practice	Tulsa, OK
6-May	Kechi Time Trial	Kechi, KS
7-May	Lake El Dorado Race	Wichita, KS
7-May	OKC Velo TT Series #2	Oklahoma City, OK
5/7/2008	Bartlesville Bike Show Wichita RiverFest	Dewey, OK
8-May	Criterium	Wichita, KS
11-May	OKC Velo - Crit Practice	Oklahoma City, OK
12-May	Tulsa Wheelmen - Crit Practice	Tulsa, OK
1 2-1v1a y	Tracuce	Tuisa, OK
5/13/2015	Joe Martin Stage Race (NRC)	Fayetteville, AR
17-May	Trading Post TT	Lawton, OK
18-May	OKC Velo - TT Practice	Oklahoma City, OK
,	Tulsa Wheelmen - Crit	•
19-May	Practice	Tulsa, OK
5/20/2022	Tri-Peaks Challenge (NRC)	Russelville, AR
5/21/2022	Tour of St. Louis	•
		St. Louis, MO
21-May	OKC Velo TT Series #3 Tour de Dirt - Red Dirt	Oklahoma City, OK
22-May	Rendezvous	Oklahoma City, OK
25-May	CRRC - Crit Practice	Norman, OK
	Tulsa Wheelmen - Crit	
26 May	Practice	Tulca OK
26-May	Practice Snake Alley, Mellon City,	Tulsa, OK
26-May 28-May		Tulsa, OK Iowa
28-May 28-May	Snake Alley, Mellon City, Quad Cities Gary Glickman Memorial <u>Crit</u> <u>Snake Alley, Mellon City,</u>	Iowa Dallas, Tx
28-May	Snake Alley, Mellon City, Quad Cities Gary Glickman Memorial Crit Snake Alley, Mellon City, Quad Cities	Iowa Dallas, Tx Iowa
28-May 28-May	Snake Alley, Mellon City, Quad Cities Gary Glickman Memorial Crit Snake Alley, Mellon City, Quad Cities New Hope RR	Iowa Dallas, Tx
28-May 28-May 29-May	Snake Alley, Mellon City, Quad Cities Gary Glickman Memorial Crit Snake Alley, Mellon City, Quad Cities	Iowa Dallas, Tx Iowa
28-May 28-May 29-May 29-May	Snake Alley, Mellon City, Quad Cities Gary Glickman Memorial Crit Snake Alley, Mellon City, Quad Cities New Hope RR Snake Alley, Mellon City, Quad Cities	Iowa Dallas, Tx Iowa Dallas, Tx
28-May 28-May 29-May 29-May 30-May	Snake Alley, Mellon City, Quad Cities Gary Glickman Memorial Crit Snake Alley, Mellon City, Quad Cities New Hope RR Snake Alley, Mellon City, Quad Cities Texas State Criterium	Iowa Dallas, Tx Iowa Dallas, Tx Iowa
28-May 28-May 29-May 30-May 30-May	Snake Alley, Mellon City, Quad Cities Gary Glickman Memorial Crit Snake Alley, Mellon City, Quad Cities New Hope RR Snake Alley, Mellon City, Quad Cities Texas State Criterium Championship	Iowa Dallas, Tx Iowa Dallas, Tx Iowa Dallas, Tx
28-May 28-May 29-May 30-May 30-May 1-Jun 2-Jun	Snake Alley, Mellon City, Quad Cities Gary Glickman Memorial Crit Snake Alley, Mellon City, Quad Cities New Hope RR Snake Alley, Mellon City, Quad Cities Texas State Criterium Championship OKC Velo - Crit Practice Tulsa Wheelmen - Crit Practice	Iowa Dallas, Tx Iowa Dallas, Tx Iowa Dallas, Tx Oklahoma City, OK Tulsa, OK
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28-May 28-May 29-May 30-May 30-May 1-Jun 4-Jun	Snake Alley, Mellon City, Quad Cities Gary Glickman Memorial Crit Snake Alley, Mellon City, Quad Cities New Hope RR Snake Alley, Mellon City, Quad Cities Texas State Criterium Championship OKC Velo - Crit Practice Tulsa Wheelmen - Crit Practice OK State Criterium Champi	Iowa Dallas, Tx Iowa Dallas, Tx Iowa Dallas, Tx Oklahoma City, OK Tulsa, OK Bartlesville, OK
28-May 28-May 29-May 30-May 30-May 1-Jun 4-Jun 4-Jun	Snake Alley, Mellon City, Quad Cities Gary Glickman Memorial Crit Snake Alley, Mellon City, Quad Cities New Hope RR Snake Alley, Mellon City, Quad Cities Texas State Criterium Championship OKC Velo - Crit Practice Tulsa Wheelmen - Crit Practice OK State Criterium Champi Tour de Tulsa OK State Road Race Champ	Iowa Dallas, Tx Iowa Dallas, Tx Iowa Dallas, Tx Oklahoma City, OK Tulsa, OK Bartlesville, OK Tulsa, OK
28-May 28-May 29-May 30-May 30-May 1-Jun 4-Jun 4-Jun 5-Jun	Snake Alley, Mellon City, Quad Cities Gary Glickman Memorial Crit Snake Alley, Mellon City, Quad Cities New Hope RR Snake Alley, Mellon City, Quad Cities Texas State Criterium Championship OKC Velo - Crit Practice Tulsa Wheelmen - Crit Practice OK State Criterium Champi Tour de Tulsa OK State Road Race Champ KS State Time Trial Championship OKC Velo - TT Practice	Iowa Dallas, Tx Iowa Dallas, Tx Iowa Dallas, Tx Oklahoma City, OK Tulsa, OK Bartlesville, OK Tulsa, OK
28-May 28-May 29-May 30-May 30-May 1-Jun 4-Jun 4-Jun 5-Jun 5-Jun	Snake Alley, Mellon City, Quad Cities Gary Glickman Memorial Crit Snake Alley, Mellon City, Quad Cities New Hope RR Snake Alley, Mellon City, Quad Cities Texas State Criterium Championship OKC Velo - Crit Practice Tulsa Wheelmen - Crit Practice OK State Criterium Champi Tour de Tulsa OK State Road Race Champ KS State Time Trial Championship	Iowa Dallas, Tx Iowa Dallas, Tx Iowa Dallas, Tx Iowa Dallas, Tx Oklahoma City, OK Tulsa, OK Bartlesville, OK Tulsa, OK Bartlesville, OK Pittsburg, KS
28-May 28-May 29-May 30-May 30-May 1-Jun 4-Jun 4-Jun 5-Jun 5-Jun 8-Jun	Snake Alley, Mellon City, Quad Cities Gary Glickman Memorial Crit Snake Alley, Mellon City, Quad Cities New Hope RR Snake Alley, Mellon City, Quad Cities Texas State Criterium Championship OKC Velo - Crit Practice Tulsa Wheelmen - Crit Practice OK State Criterium Champi Tour de Tulsa OK State Road Race Champ KS State Time Trial Championship OKC Velo - TT Practice Tulsa Wheelmen - Crit Practice Tulsa Wheelmen - Crit Practice Tulsa Wheelmen - Crit Practice Baldwin City Stage Race	Iowa Dallas, Tx Iowa Dallas, Tx Iowa Dallas, Tx Iowa Dallas, Tx Oklahoma City, OK Tulsa, OK Bartlesville, OK Tulsa, OK Bartlesville, OK Tulsa, OK Pittsburg, KS Oklahoma City, OK Tulsa, OK
28-May 28-May 29-May 30-May 30-May 1-Jun 2-Jun 4-Jun 5-Jun 5-Jun 8-Jun 9-Jun	Snake Alley, Mellon City, Quad Cities Gary Glickman Memorial Crit Snake Alley, Mellon City, Quad Cities New Hope RR Snake Alley, Mellon City, Quad Cities Texas State Criterium Championship OKC Velo - Crit Practice Tulsa Wheelmen - Crit Practice OK State Criterium Champi Tour de Tulsa OK State Road Race Champ KS State Time Trial Championship OKC Velo - TT Practice Tulsa Wheelmen - Crit Practice Baldwin City Stage Race (KCOI)	Iowa Dallas, Tx Iowa Dallas, Tx Iowa Dallas, Tx Iowa Dallas, Tx Oklahoma City, OK Tulsa, OK Bartlesville, OK Tulsa, OK Bartlesville, OK Tulsa, OK Bartlesville, OK Pittsburg, KS Oklahoma City, OK Tulsa, OK Baldwin City, KS
28-May 28-May 29-May 30-May 30-May 1-Jun 4-Jun 4-Jun 5-Jun 5-Jun 8-Jun	Snake Alley, Mellon City, Quad Cities Gary Glickman Memorial Crit Snake Alley, Mellon City, Quad Cities New Hope RR Snake Alley, Mellon City, Quad Cities Texas State Criterium Championship OKC Velo - Crit Practice Tulsa Wheelmen - Crit Practice OK State Criterium Champi Tour de Tulsa OK State Road Race Champ KS State Time Trial Championship OKC Velo - TT Practice Tulsa Wheelmen - Crit Practice Tulsa Wheelmen - Crit Practice Tulsa Wheelmen - Crit Practice Baldwin City Stage Race	Iowa Dallas, Tx Iowa Dallas, Tx Iowa Dallas, Tx Iowa Dallas, Tx Oklahoma City, OK Tulsa, OK Bartlesville, OK Tulsa, OK Bartlesville, OK Tulsa, OK Pittsburg, KS Oklahoma City, OK Tulsa, OK

6/11/2018	Oklahoma Freewheel	Across Oklahoma
6/15 or 16	Speedwheel	clyounger@earthlink.net
18-Jun	OK State Time Trial Cham Carti Tour de Rock -	
18-Jun	Criterium	Little Rock, AR
19-Jun	AR State Time Trial	Galloway, AR
6/20-7/1	Nationals	Park City, UT
21-Jun	Trading Post TT	Lawton, OK
22-Jun	OKC Velo - Crit Practice	Oklahoma City, OK
23-Jun	Tulsa Wheelmen - Crit Practice	Tulsa, OK
25-Jun	Matrix Crit	Richardson, TX
25-Jun	St. Jude Benefit Ride	Lawton, OK
25-Jun	Tour de Cure	Tulsa, OK
26-Jun	Victory Circle	Fort Worth, Tx
26-Jun	Tour de Dirt - Keystone	Sand Springs, OK
26-Jun	Ozark Valley Triathlon	Fayetteville, AR
29-Jun	OKC Velo - TT Practice	Oklahoma City, OK
	Tulsa Wheelmen - Crit	•
30-Jun	Practice	Tulsa, OK
4-Jul	Tour de Payne	Stillwater, OK
6-Jul	CRRC - Crit Practice Tulsa Wheelmen - Crit	Norman, OK
7-Jul	Practice International Cycling Classic	Tulsa, OK
7/8/2024	(Superweek)	Wisconsin
10-Jul	AR State Road Race	London, AR
13-Jul	OKC Velo - Crit Practice	Oklahoma City, OK
14-Jul	Tulsa Wheelmen - Crit Practice	Tulsa, OK
7/16/2017	Tailwind RR & Crit	Pittsburg, KS
19-Jul	Trading Post TT	Lawton, OK
20-Jul	OKC Velo - TT Practice	Oklahoma City, OK
21.7.1	Tulsa Wheelmen - Crit	T I OV
21-Jul	Practice Training Inc. 18 City	Tulsa, OK
7/23/2024	Tailwind Road Race & Crit	Pittsburg, KS, MO
24-Jul	Tulsa Duathlon	Tulsa, OK
27-Jul	CRRC - Crit Practice Tulsa Wheelmen - Crit	Norman, OK
28-Jul	Practice	Tulsa, OK
7/30/1931	Queen City Criteriums	Springfield, MO
30-Jul	Kids Triathlon	Tulsa, OK
30-Jul	Duncan DeHydrator	Duncan, OK
3-Aug	OKC Velo - Crit Practice	Oklahoma City, OK
4-Aug	Tulsa Wheelmen - Crit Practice	Tulsa, OK
8/6/2007	OKC Velo Classic	Oklahoma City, OK
10-Aug	OKC Velo - TT Practice	Oklahoma City, OK
10 /145	Tulsa Wheelmen - Crit	Ontarional City, Oix
11-Aug	Practice	Tulsa, OK



Tulsa Wheelmen Race News

2005 RACE CALENDAR

(continued) By Marc Delametter

Date	Name	Location
8/13/2014	Tour of Kansas City	Kansas City, MO
16-Aug	Trading Post TT	Lawton, OK
17-Aug	CRRC - Crit Practice Tulsa Wheelmen - Crit	Norman, OK
18-Aug	Practice	Tulsa, OK
8/20/2021	Wedington Grand Prix	Fayetteville, AR
24-Aug	OKC Velo - Crit Practice	Oklahoma City, OK
25.4	Tulsa Wheelmen - Crit	
25-Aug	Practice	Tulsa, OK
8/25/2029	Hotter 'N Hell	Wichita Falls, TX
	Tulsa Wheelmen - Crit	
1-Sep	Practice	Tulsa, OK
9/2/2005	Gateway Cup Tulsa Wheelmen - Crit	St. Louis, MO
8-Sep	Practice	Tulsa, OK
9-Sep	Dam Jam Criterium	Pryor, OK
10-Sep	Dam Jam Ride	Pryor, OK
11.0	Tour de Dirt - Tour de	A 1 C' 1/G
11-Sep	<u>Lizzard</u> Tulsa Wheelmen - Crit	Arkansas City, KS
15-Sep	Practice	Tulsa, OK
17-Sep	Har-Ber Meadows Criterium	Springdale, AR
9/17/2018	Tulsa MS 150	Tulsa, OK
22-Sep	Tulsa Wheelmen - Crit Practice	Tulsa, OK
22 Sep	110000	14104, 011
9/23/2025	Mercy Celebrity Classic Crit	AR
20 Cam	Tulsa Wheelmen - Crit Practice	Tulas OV
29-Sep		Tulsa, OK
1-Oct	Tulsa Little 100 Tour de Dirt - Sooner	Tulsa, OK
2-Oct	Stampede	Norman, OK
10/7/2009	Fall Bikefest	Fairview, OK
8-Oct	Quartz Mtn Tour - Lake Altus	Mangum, OK
0 000	Northwest Arkansas Tour	mangum, ori
8-Oct	de Cure	Bentonville, AR
9-Oct	Oklahoma Cyclocross Series #1	OK
16-Oct	Tour de Dirt - McMurtry	Stillwater, OK
10/21/2023	Ride for the Roses	Austin, TX
22.0	Oklahoma Cyclocross Series	OV
23-Oct	#2 Oklahoma Cyclocross Series	OK
30-Oct	#3	OK
6-Nov	Tour de Dirt - Tom Stead	Snyder, OK
13-Nov	Oklahoma Cyclocross Series #4	OK
	Oklahoma Cyclocross Series	
20-Nov	#5	OK
4-Dec	OK Cyclocross State	OK

Championship

Oklahoma Cyclocross Series

11-Dec OK

Oklahoma Cyclocross Series 18-Dec OK

WHEELMEN MONTHLY MEETING **MINUTES**

Meeting Date: Jan 10th 2005

Attendees:

Marc Delameter, Keith Franklin, Sandra Crisp, Tim Carrigg, Brandon

Adam Pratt, Tom Shriver, Jay Small, Lenka Humenikova, Mitch

Houtman

Budget:

To be finalized by next meeting – Amy S to Beth D

Clothing:

Order is ready

- Balance due \$3,366.00 Marc to pay and club to
- Clothing should be here mid to late Jan 05

Races, Dates & Promoters:

Salt Creek Circuit Race	March 5 th , '05	Promoter
Marc Delameter		
Cowskin Bay Circuit Race	April 2 rd , '05	Promoter
Russell McMahon		
State Criterium	June 4 th , '05	Promoter
Adam Pratt		
State Road Race	June 5 th , '05	Promoter
Rod Harwood		
Summer Criterium Series	May 5 th – Sept 29 th	Promoter
Craig Waldron		

Craig Waldron

- BOT RR in Sand Springs will be changed to a Crit on April
- TT series is in question
- CTE will promote Speed Wheel

Advocacy:

- Road Class 1 in March some time
- Sandra needs help rebuilding bikes for the Community Cycling Program
- OBC met in Broken Bow locals want to build Mt bike

Miscellaneous:

- Tulsa Race: Moving forward towards a race on July 9th and 10th 2005. Malcolm, Kary, Marc, Jeremy and Tim in on
- Still looking for a new storage facility Brian M and Marc D are taking care of details.
- Local Association was discussed and then we were informed that it was a 'done deal'. Three clubs met in OKC for a race-scheduling meeting with Jack Mc and George Heagerty and the three clubs decided for the 14 clubs in the state that a new system of USCF representation would be implemented. More discussion will follow to determine the make up of the new organization (LA).
- VOM will be held off for another month

The Tulsa Wheelmen Present:

COW SKIN CIRCUIT RACE

Held under USA Cycling Permit #_____ located at Cow Skin Bay in Westport, OK

Saturday April 2ndth, 2005

Tulsa Wheelmen Spring Series

RACE DIRECTOR - Russell McMahon (918-494-3531) rxmcmahon@saintfrancis.com

Course Description:

A 4.2 mile circuit with demanding hills at Cow Skin Bay/Westport, Oklahoma. This course starts out with a long 1/2 mile climb, winds around and over some rolling terrain and finishes on a gradual decent.

Directions:

From Tulsa: Take highway 412 west and exit at West Port. At the stop sign, turn left and immediately turn right (north) into the Cow Skin area. Follow the signs to the parking lot.

From OKC: Go east on I-44. Exit at the Keystone/highway 48 exit. Go north on 48 until it ends. Cross straight over and follow the access road to the first stop sign. Turn right into the Cow Skin area and follow the signs to the parking lot.

Registration: Open at 8:00am and will be open all day. There is NO pre-registration! Registration closes 15 minutes before each race.

RACE Will be held Rain or Shine \$1,150 IN CASH PRIZES!

	Categories	Start Time	Fee	Prizes	Places	Laps
TULS	Masters 35+	9:00	\$20	\$250	4	5
	Women Open	10:15	\$15	\$100	3	3
((4/5s	11:00	\$20	\$200	4	4
Service Control	1/2/3s	12:15	\$20	\$350	4	8
	Juniors/5's	2:15	\$15	Awards	3	2
	3/4's	3:00	\$20	\$250	4	5

Special Thanks to the Oklahoma Corps of Engineers for allowing us to use the Cow Skin area!

USCF Permit Pending. USCF rules apply - helmets required. All racers are required to have a current USCF license in hand. Parents or guardians must sign entries for riders under 18. Each race will be scored separately. Promoters reserve the right to combine classes, cancel classes, adjust course length and start times. Fields with fewer than 7 competitors will be combined with other fields and not scored separately.

www.tulsawheelmen.com





























SALT CREEK CIRCUIT RACE

March 5th, 2005

The First Race in the Tulsa Wheelmen Spring Series

RACE DIRECTOR – Marc Delametter (918-749-4075) Nolfamily@cox.net Held Under USA Cycling Permit # (Pending)

Course Description: 3.2mile circuit of rolling hills and soft wide turns. This course is in the shape of a bone – one long straight road with a loop at each end. The course will be closed to traffic and finishes on a slight uphill. Race to be held rain or shine.

Directions:

From Tulsa: Go west on Hwy 51. Just before the city of Mannford on the north side of the road will be the entrance to Salt Creek North.

From OKC: Go east on I-44. Exit at highway 48 and go north to the intersection of highway 51. Turn east onto highway 51 and go through the stoplight in Mannford. Just past the bridge you will see the entrance to Salt Creek on the north side of the highway.

Registration: Open at 8:00am and will be open all day. There is NO pre-registration! Registration closes 15 minutes before each race. Second and third race entry fee discounted \$5.

\$800 IN CASH PRIZES!



Categories	Start Time	Fee	Prizes	Places	Distance/Laps
5's	9:00	\$15	Awards	3	16m/5
Master 35+	10:00	\$20	\$125	4	19m/6
4/5's	11:00	\$20	\$125	4	19m/6
Women Open	12:00	\$15	\$75	3	16m/5
3/4's	1:00	\$20	\$200	5	32m/10
Juniors	2:00	\$15	Awards	3	16m/5
1/2/3's	3:00	\$25	\$275	7	48m/15

Special Thanks to the Oklahoma Army Core of Engineers for allowing us to use the Salt Creek area!

Each race will be scored separately. USCF rules apply - helmets required. All racers are required to have a current USCF license in hand. Parents or guardians must sign entries for riders under 18. Promoters reserve the right to combine classes, cancel classes, adjust course length and start times. Fields with fewer than 7 competitors will be combined with other fields and not scored separately. www.tulsawheelmen.com





























2005 TULSA WHEELMEN SPONSORS















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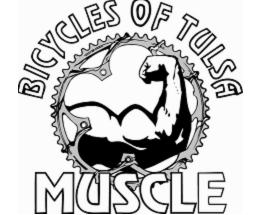
www.csosortho.com





















February 21, 2004 The REI Austin Cycling Team *Presents*

க்க்க்க்க் The Walburg Classic Road Race க்க்க்க்

USCF Permit Pending – Part of the Texas Bicycle Racing Association Texas Cup Event

Categories	Start	Race	Entry	Places	Prizes
Pro 1-2 Men	8:00 A.M.	72 Miles 3 Laps	\$25	10	\$1300
Cat 3 Men	8:10 A.M.	72 Miles 3 Laps	\$25	8	\$500
Cat 4 Men	8:20 A.M.	48 Miles 2 Laps	\$25	6	\$400
Pro 1-2 Women	8:30 A.M.	48 Miles 2 Laps	\$25	6	\$400
Cat 3 Women	8:30 A.M.	48 Miles 2 Laps	\$25	6	\$200
Masters 35+	11:00 A.M.	48 Miles 2 Laps	\$25	5	\$250
Masters 45+/55+	11:10 A.M.	48 Miles 2 Laps	\$25	5	\$200/Merchadise
Cat 5 Men 5**	11:20 A.M.	24 Miles 1 Lap	\$25	5	Merchandise
Cat 4 Women	11:30 A.M.	24 Miles 1 Lap	\$25	5	Merchandise
Juniors / Youth	11:40 A.M.	24 Miles 1 Lap	\$10	3	Ribbons/Merchandise

- * One lap is approximately 24 miles.
- * In the 45+ field, the top five 55+ riders will be awarded merchandise
- * If the minimum field size of 6 riders is not met, promoter reserves the right to combine fields and adjust prize list.
- * Field limits of 100 racers, except for Men 5 public and women 4, which are limited to 50 riders each per USCF regulations.
- * Junior restricted gear ratios will be in enforced per USCF regulations.
- * A second follow vehicle will accompany the Youth in the Junior / Youth race.
- ** A 2nd Men's Cat V Category may be created if the first one fills up two weeks prior to the event and will be started at 11:25 A.M. (after the first Men's V race).

Registration: * \$5.00 Late Fee for Race Day Registration * Race day registration will open one hour before the first race of the day and closes 15 minutes prior to each category start. All USCF riders MUST present their USCF license to the registrar before signing in. Pre-registration is available online at www.bikereg.com. \$1.00 of each entry fee will be submitted to USA Cycling for racer insurance.

Course Description: 24-mile rolling course with hills, false flats, and wind with an uphill finish in the German town of Walburg. Start at the Walburg Mercantile restaurant on FM 972 go to FM 1105. At FM 1105 go west out of town to Theon. Stay on FM 1105 to Schwertner. Take a right turn at Schwertner on FM 487. Continue east. Next turn is on FM 301 heading south. Take a right turn on FM 972 and head back into Walburg. There will be an up hill finish just before reaching the town of Walburg. Also see MAP1 and MAP2.

Directions to Walburg: From Dallas take I-35 South to exit 268 (FM 972) 3 miles north of Georgetown go east on FM 972 4 miles to Walburg. From Austin & Houston take I-35 North to exit 268 (FM 972) 3 miles north of Georgetown go east on FM 972 4 miles to Walburg.

All USCF rules are in effect. All racers are required to wear a Z90.4 ANSI or shell approved helmets, securely fastened at all times while on the bike. Wheels will be neutral. Event held rain or shine. Unlicensed Riders will be required to purchase a one-day license (\$5.00). This is a TXBRA-endorsed Texas Cup Series Event where TXBRA points are calculated.

CONTACT: Visit the website: http://www.gardehouse.com/reibike/index.htm

Jeromie Payne: mpjpayne@cox-internet.com, jpayne@glemco.com 512-431-3948









*|!?! ?! 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:					

TW MONTHLY M	ILEAGE LOG
Date:	
Bike	Bike
Miles	
Now:	
Prev.	
Month:	
Month	
Total:	
Take current mileage show	on bike computer,
subtract the previous mont	th'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!

FOUND: My son and I found a wheel (an aero wheel) at the Spirit Bank parking lot on Memorial Ave. near the Creek Turnpike Sunday, 26 Dec., 2004. We found it in the grass on the south side of the lot. I'm sure someone took it off and then got in a hurry and forgot to load it along with their bike and gear.

I'd be more than happy to return it to the rightful owner. Please have them contact me through my home email account at:

OKBill_589@hotmail.com

Bill

Re-Cycle-It classified ads run for two months and are available free to members, (only \$7.50 for non-members); ads must be submitted in writing by the 10th of the month. Other advertising rates available upon request. Make check payable to Tulsa Wheelmen. Mail ad directly to Marc or Beth Delametter, TW Newsletter Editors, 4530 S. Louisville, Tulsa, OK 74135. or e-mail to nolfamily@cox.net. DO NOT ATTEMPT TO PLACE ADS BY PHONE

BICYCLE WEB SITES

Adventure Cycling: www.adv-cycling.org. Information on bicycle touring in the United States and worldwide.

<u>Bicycling Magazine:</u> name says it, www.bicyclingmagazine.com.

Bikes Belong! Coalition:

www.outdoorlink.com/bikes-istea

Congressional bicycle advocacy.

Bicycle Federation of America:

www.bikefed.org

Bicycle issues and advocacy.

Bike Plan Source: www.bikeplan.com

Great site for community bike planning information. (Yes, Tulsa planners, other people have already invented the wheel.)

FreeWheel Oklahoma:

http://ww.okfreewheel.com.

Information about FreeWheel Oklahoma 22nd Annual Bicycle Tour, June 12-19.

ISTEA: www.istea.org

Update information on the upcoming ISTEA legislation.

League of American bicyclist:

www.bikeleague.org .

Bicycle advocacy.

Mountain Bike Daily:

www.mountainbike.com .

Mountain bike stuff.

Oklahoma Runner Magazine:

www.runningnetwork.com.

Information Oklahoma running events.

Runner-Triathlete:

www.runningnetwork.com/RunTriNews
Triathlon and running information by region.

The San Francisco Exploratorium:

www.exploratorium.edu/sport/.

The Science of Bicycling, facts and information.

<u>Sydney Morning Herald:</u> www.smh.com.au Because the 2000 Olympics is closer than we think.

Transportation Policy Project:

www.islandnet.com/~litman .

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

The Tulsa Wheelmen Web Site:

www.tulsawheelmen.com

<u>USA Cycling:</u> www.usacycling.org National and regional schedules.

U.S. Olympic Committee:

www.olympic-usa.org.

Olympic information including cycling. *VeloNews:* www.velonews.com

The journal of bicycle racing.

BECOME INVESTED IN TULSA BICYCLING JOIN THE TULSA WHEELMEN!

2005 Tulsa Wheelmen Membership and Renewal Application Membership expires one year from the last day of the month of enrollment date.

Name:			Address:	
				(Wk):
				(Eve.):
E-Mail Address:				
The Tulsa Wheelmen, a	as a volunteer bicycle	organization, ex	spects members to help with at le	east 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 Wheel	men? Friend	Other	
Would you like to recei	ve the newsletter elec	ctronically? Yes	No	
The Tulsa Wheelmen w	vill be publishing a lis	st of members to	members only. If you do not w	ish to be included in the list or if you
wish to have part of the	information exclude Nam	•	circling those items which you of Home Phone Work Phone	lo not wish to have published:
Annual	Membership Dues:	Adult: \$20	, Family: \$25, High School Stud	lents or Over 65: \$10
Note:	Memberships expire	one year from m	onth of enrollment. Amount en	closed: \$
N	Make checks payable	to: Tulsa Whee	elmen, P.O. Box 52242, Tulsa, C	OK 74152-0242
Signature (of parent if a	applicant under 18):			
I acknowledge that cy	cling is a potentially	dangerous acti	vity and will hold harmless inc	lividually and as a group,
		-	red to be worn by all cyclists o	on all Tulsa Wheelmen rides. ************
To verify T	ulsa Wheelmen mem	bership for a bik	te shop, detach below this line w	ith 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				
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				
MidTown Bicycles	749-7563				

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. <u>Communicate your position to other riders, e.g., "I'm on your left."</u>
- 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.
- 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 advocacy, racing, and road riding purposes in the community.

Tulsa Wheelmen **Newsletter Staff**

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TANTS INCORPORATED

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President Elect Open

Past President Brian Meahan hm: 688-3386 Bmeahan@datathree.com

Secretary Marc Delametter hm: 918-749-4075 no1family@cox.net

Membership Director Rod Harwood hm: 918-336-7546 rod_h@sbcglobal.net

Race Team Director **Keith Franklin**

kflandplan@aol.com

Race Director

Tom Potter Avery Drive Clean-up

437-9419 Advocacy Director Sandra Crisp

Open

hm: 918-688-8596 CD.SL.CRISP@COX.NET

Club/Team Nutritionist Lenka Humenikova www.tulsawheelmen.com "Send in your questions" Link

Tulsa Wheelmen Newsletter

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

The Tulsa Wheelmen Newsletter welcomes any contributions that fall within the two rules of (1) having to do with bicycling and (2) being legible. Contributions need to be made by the $10^{\rm th}$ 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-

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







INSIDE THIS ISSUE RICK MATTIONI REMEMBERED REFUELING ON THE BIKE 2005 RACE SCHEDULE RACE FLYERS