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Alan Good

Tulsa Wheelmen



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Newsletter



August, 2007

Volume 30, Number 8

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A record Falls by Davis Hale

Ben Silk is a fast racer. Many of us know Ben as the freewheeling, crit racing Tulsa Wheelmen Category 3 racer. Not only is Ben a great teammate and a powerful racer, but he recently set precedence in the 2007 Joe Martin Stage Race. Ben Silk set the course record for the fastest lap in Joe Martin's criterium history. I did not have an actual time for this milestone, just the flash of his white shoe covers and excessive burning of my legs.

The stage was set. Ben Silk, Alan Good, myself, 80 of the top Cat 3 racers in the nation, and I lined up for stage 3 of the Joe Martin Stage Race criterium. The three of us had planned our strategy. We were to warm-up 90 minutes before roll out, stage 30 minutes before the start and push and fight our way to the front of the pack at the starting line (before the whistle). Ben was to attack first, then Alan, then me. However, an extra variable was added to the equation. Prior to the race weekend, I had purchased a pre-race drink that supposedly prepared the body's fast twitch muscles

for hard efforts. This product does work; most likely due to the excessive amount of caffeine per serving. The three of us ingested the recommended serving 30 minutes before start time.

Suddenly I noticed Alan and Ben very upbeat and almost confrontational. They seemed like trapped rats in a cage with more



energy than space allowed. Alan and Ben were riding tiny circles in a 10 x 10 parking lot. The Pro 1/2 field had just finished and riders were already staging for the start. We pushed our way to the front of the pack with Ben front and center in the perfect pole position. As the whistle blew for start, Ben had clipped in his peddles and rounded the first corner before I lifted my second foot off the ground. Before I knew it, the entire field was strung out on half the course trying to hang on

Ben's wheel. Bottom line, half the field was demolished after the first lap. Ben had fired a huge first blow. The whole experience seems somewhat surreal due to high speeds and significant oxygen debt.



None of us finished top 10 in this race. However, we won the first lap of stage 3. Make that, Ben won the first lap of stage 3.



TULSA TOUGH RIDE & RACE



I raced in the 50-54 Master's National Road Race on Tuesday. With the temperature @ 86 degrees, the 5500 feet of climbing over 45 miles was brutal. Of the 95 pre-registered riders, 58 started and I finished 33rd. There were, by my count, at least 20 professional riders in the peloton. The strongest team, Discovery Masters, placed 3 in the top 9, including Kent Bostic, a former Olympic cycling medalist in 9th place. I was dropped when the winning break was initiated racing up a 200' climb @ a grade of 10 - 14% I was on the wheel of the #1 ranked cyclist in my age group, Lindsay Blount, when he attacked from 3 bike lengths off the lead at the base of the climb. I responded with my best, only to be about 40 meters off the lead within a minute! There is a reason those

guys are professional cyclists...they are very, very fast. Gary

On Saturday Ben raced the 55-59 criterium. It was, needless to say, blazing fast. With 2 1/2 laps to go I got popped off the back of what was left of the 49 starters and finished 25th. No excuses!

On Monday, Ben & Cheryl raced the 90+ Tandem Road Race. The course this year is epically brutal. It will be interesting for us to see what Will and Gary have to say after they get a first-hand taste. According to the top programs, this course features over 5500' of climbing. We started out well enough, but could not get out of oxygen debt as various teams moved past

us. So, we ended up riding three quarters of the course by ourselves. We finished, which was in severe doubt for awhile, and took fourth place. Over half the tandems that started did not finish.

As a result of the aforementioned tandem race, Cheryl has decided not to race her own road race on Tuesday---- smart girl! Back-to-back days on that course does not add up well.

The only remaining event for us is now Ben's road race on Wednesday.

Ben Thigpen

Top Performers: Matrix Challenge 2

Kary Cummins

Cat 3

1st Place



Top Performers: Matrix Day 1

Kary Cummins

Cat 3

2nd Place

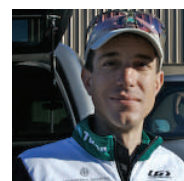


Top Performers: Master's Nationals

Will Gault

Master 35+

2nd Place



Top Perf: Master's Nat's Tandem

Ben & Cheryl Thigpen

Tandem 90

4th Place



Top Performers: Fire Hill Crit

Chris Zenthoefer

Cat 3

3rd Place (1st race as TW)

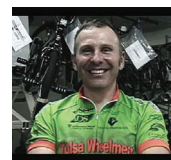
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Top Performers: Matrix Day 1

Randall Clayborn

Master's 45+

4th Place



Tulsa Wheelmen News

Monthly Award Winners:

Phil Stauner Racer of the Month

Nathan Leigh Teammate of the Month

- Welcome to the team: **Chris Zenthoefer** and to getting 3rd place in your 1st race as a CTCA/Tulsa Wheelmen
- Remember to pay your TW membership dues. This is critical to the club. Contact Edgardo Delgado to pay dues. Thank you.

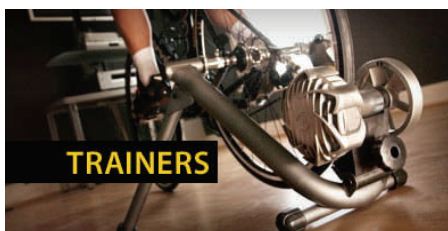


August 2007: Rides & Events Calendar

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 8AM Racer 's Training Ride
5 8 AM Racer's Training Ride	6	7 <i>TW Crit Series</i>	8	9	10 Tour of KC (KS))	11 8AM Racer 's Training Ride Tour of KC (KS))
12 8 AM Racer's Training Ride Tour of KC (KS)	13 CTCA/General Mem. Mtg 6:30 PM Race Meeting to follow at 7:30 PM	14 <i>TW Crit Series</i>	15	16	17	18 8AM Racer 's Training Ride
19 8 AM Racer's Training Ride	20	21 <i>TW Crit Series</i>	22	23	24	25 8AM Racer 's Training Ride HHH100 pro crit only (Wichita Falls, TX)
26 8 AM Racer's Training Ride HHH100 RR (TX)	27	28 <i>TW Crit Series</i>	29	30	31	1Sept 8AM Racer 's Training Ride Gateway Cup (MO) 9/1-9/3

Years ago I threw my old trainer away because I broke the plastic casing around the drive train. Getting the rear wheel aligned on the mount just about took an act of Congress. I figured I did not use a trainer that much because honestly, I don't mind training outdoors in temperatures below 30 degrees. I am from New England and I don't mind cold weather.



simply awesome. Easy to take on and off and smooth to spin on or even kick it up a notch and sprint. Rumor is the Fluid2's run on Cheese Wiz! Throw a Tour de France DVD or favorite race video and you are ready to go! Simply put, CycleOps trainers are the best trainers I have ever ridden and I hope my wife adds one to my X-Mas wish list.

For more information on CycleOps and other products by Saris Cycling Group go to www.saris.com

Recently however, with all the rain we have had and all the racing I have done it has been especially nice too see the CycleOps trainers come race day (specially, Joe Martin Stage Race and Tulsa Tough). At those races it becomes extremely difficult to warm-up prior to the time trial at Joe Martin and the traffic lights and closed streets around the city of Tulsa for Tulsa Tough. For some using a trainer is the only option.

As you all know it is critical to get a proper warm-up (especially for crit races and time trials). Saris Cycling Group providing the trainers at major races is important for cyclists and gives alternatives for riders come race day. I was most impressed with the fluid trainers. I normally hate indoor trainers but the CycleOps Fluid2 trainers were



For many cyclists, warming up on the CycleOps trainers was key to a good start at Tulsa Tough.

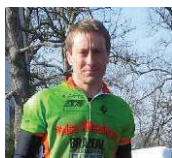


Thanks goes out to Saris Cycling Group for bringing out the trainers to the races. Keep bringing them out to future races!



Tulsa Wheelmen

Meet the Team (Name-Race Category) New Team Member for 2007



Tom Shriver-3



Nathan Leigh-2



Brian Metz-4



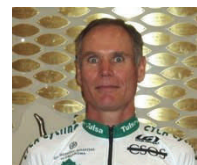
Kary Cummins-3



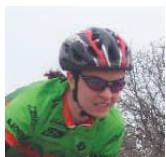
Chris Cauthon-4



Alan Good-3



Keith Franklin-2



Jennifer Johnson-4



Ben Thigpen-3



Cheryl Thigpen-3



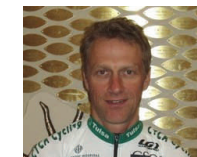
Traci Haines-4



Phil Stauner-4



Amanda Erwin-4



Janne Hamalainen-1



Tim Carrigg-3



Will Gault-2



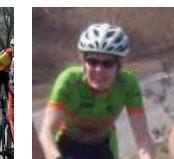
Edgardo Delgado-4



Jeremy Stitt-3



Jim Bohanon-3



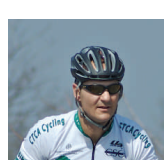
Heidi Gault-4



Scott Gibson-1



Randall Clayborn-2



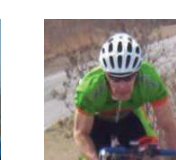
Greg Ingram-3



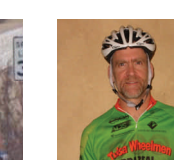
Ben Silk-3



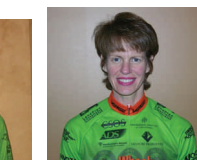
Russell McMahon-3



Gary Breipohl-3



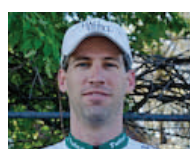
Pete Lantz-4



Barb Landreth-4



Brandon Johnson-4



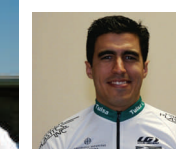
Kyle Freeman-4



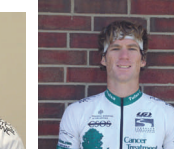
Darren Fritz Cat 4



Ben Grabow -5



Rafael Santiago-4



Davis Hale-3



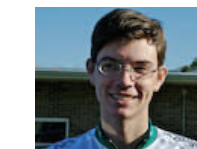
Mitch Houtman-3



Chris Zenthoefer-3



Mark Delozier-5



Chris Genske-5

Eric Andelin-4

Joey Bayles-5

Elizabeth Berman-4

Milus Clarke-5

Eric Doswell-5



Byron Harvison-4



Eric Melton-2

Mike Stern-5

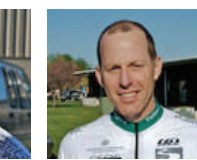
Daniel Rittler-5

Todd Reed-5

Richard Gulotta-5



Dustin Weaver-5



Jeff West-5

Lauren Miller-4

Andy Malcom-1

Tulsa Wheelmen Info Pages (August 2007)

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	45th & Madison	8 AM	4/C/c-d	Year round
Sun	Racer's Training 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

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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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Team Nutritionist:

Lenka Humenikova

www.tulsawheelmen.com

Tulsa Wheelmen Newsletter

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

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

P.O. Box 52242

Tulsa, OK 74152-0242

Return Service Requested



Adventure Cycling Association

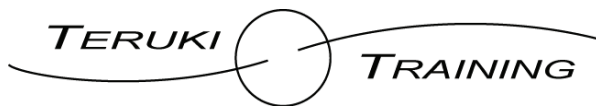
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2007 Tulsa Wheelmen Sponsors



We're on the Web!
www.tulsawheelmen.com