

TW Editor:  
Alan Good

# Tulsa Wheelmen



Cancer  
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Winning the fight against cancer, every day.®

## Newsletter



June, 2007

Quenching Your Muscles' Thirst by Davis Hale

Volume 30, Number 6

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Fitness gains are experienced during the recovery phase of exercise. Obtaining the most gains during periods of recovery actually begin towards the end of the ride. The metabolic processes set off in the body during exercise continue to damage muscles even after you stop exercising. Therefore to off-set the damage and increase the benefits, athletes must practice proper fueling.

The first fifteen minutes following a workout are the most critical.

These fifteen minutes are called the metabolic window. In this window, an athlete can combat the catabolic effects activated by intense physical activity by increases glycogen storage and protein synthesis. Research shows the input of glucose into the muscles is three to four times faster when supplementation is taken immediately after exercise versus three hours later. In other words, muscles deprived of their glycogen stores are primed and ready for absorption immediately after exercise. Also, insulin plays a major role in glycogen uptake and usage during exercise by combating the metabolic effects of cortisol. The hormone insulin controls when the metabolic window opens and closes. Immediately following exercise, muscle cells are very sensitive to the effect of insulin. They are, in a way, thirsty for more sugar because you have used up their stores during exercise.

Ingesting

simple sugars immediately following exercise will prepare you for the next day's training. If this window is ignored, muscles will suffer catabolic effects and energy stores will remain depleted. This is especially true in intense training blocks where off-days are less common. Feeding your body these simple sugars can come in many forms. In today's research driven world, many endurance supplements claim to increase glycogen update and fend off muscle damage. One product that I personally believe in is by a company named First Endurance.

Their product, Ultragen, is marketed as a recovery sports drink. It is a combination of branched chain amino acids and simple sugars which are designed to fit in the metabolic window. Ultragen uses Dextrose, the highest glycemic indexed sugar to replenish glycogen stores. Whey protein is added to Ultragen to increase the anabolic effects on muscles after intense exercise. One of the branched chain amino acids found in Ultragen is glutamine. Glutamine is the most abundant amino acid in the body. It plays a major role in skeletal muscles and immune functioning. The addition of glutamine in the metabolic window increases the chance your muscles will repair before the next hard effort.

The science behind Ultragen is supported by a handful of empirically based studies. Not only does this product work, it also has an appealing taste. I personally

use the cappuccino blend (no caffeine is added) in a two scoop serving. Ultragen should not be used on days absent of intense sessions. A rule of thumb for recovery drink usage is, if your legs burn during the ride, you have depleted your glycogen stores and a recovery drink like Ultragen is needed. On active recovery or less intense workouts, a post ride Gatorade is sufficient. Ignoring the metabolic window has detrimental consequences especially in the later part of the season. Quenching the muscles' thirst for fuel with a recovery drink will improve your performance for the next training session. Remember, you are only as good as your next training ride.



TOP PERFORMERS: Joe Martin Stage Race

Cheryl Thigpen  
Women's Master's 40+  
1st Place Overall



Tim Carrigg  
Master's 45+  
8th Place Overall



Cowdly Lion RR & TT Race

Jeremy Stitt  
Cat 3/4  
3rd Place in road race & time trial

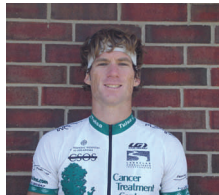


TOP PERFORMERS: State Criterium Champions (Cushing, OK)

Eric Melton  
Cat 2



Davis Hale  
Cat 3



Jeff West  
Cat 5



Top Performers: TX State Crit Champ

Nathan Leigh  
Pro 1/2  
7th Place



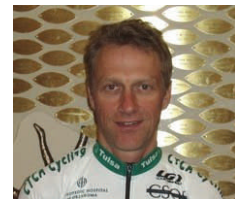
Top Performers: GS Tenzing Crit (TX)

Jeff West  
Cat 5  
2nd Place



Bob Herbert Stage Race Results

Janne Hamalainen  
Master's 40+  
4th Place



## Tulsa Wheelmen News

- **Dustin Weaver** Category Upgrade 5 to a 4. Congrats Dustin!
- **Monthly Award Winners: Traci Haines, Davis Hale, Brandon Johnson & Rafael Santiago**
- What teammates had to say.....

### Team Mate of the Month - **Traci Haines**

Traci Haines is a true teammate. She has been sacrificing for the team in all the races. Both at Cowskin and at Bob Herbert she attacked and attacked, setting up the perfect counters by her teammates. At Cowskin, the team took first through fourth base largely on Traci's selfless acts. Traci received the most nominations we've ever gotten for a teammate of the month. Well deserved.

### Racer of the Month - **Davis Hale**

Davis is having an outstanding season. He has moved quickly from Cat 5 to Cat 3 and has many good results for this season including mostly top ten finishes and a big first place effort in the Cat 3 Crit State Championship!

Volunteer(s) of the Month - **Brandon Johnson/Raphael Santiago** The guys did an awesome job promoting Flint Ridge and Cowskin this year. Go TW!

# June 2007: Rides & Events Calendar

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Tulsa Tough Ride & Races June 1-3	2 8AM Racer 's Training Ride  Tulsa Tough Ride & Races June 1-3
3 8 AM Racer's Training Ride  Tulsa Tough Ride & Races June 1-3	4	5 <i>TW Crit Series</i>	6	7	8	9 8AM Racer 's Training Ride  89er RR (State Champ) OKC, OK
10 8 AM Racer's Training Ride  89er Crit, Norman, OK	11 CTCA/General Mem. Mtg 6:30 PM Race Meeting to follow at 7:30 PM	12	13	14 Speedwheel Crit, Hominy, OK	15	16 8AM Racer 's Training Ride  OKC Velo TT series (OKC, OK)
17 8 AM Racer's Training Ride	18	19 <i>TW Crit Series</i>	20	21	22	23 8AM Racer 's Training Ride
24 8 AM Racer's Training Ride  OK ST TT Champ (OK)	25	26 <i>TW Crit Series</i>	27	28	29	30 8AM Racer 's Training Ride

# CTCA/TULSA WHEELMEN RACE TEAM



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Winning the fight against cancer, every day.™



## Davis Hale



### Rider Info

Hometown:	Stillwater, OK
Born:	Sonora, TX
Height:	6-2
Weight:	170 lbs.
Race Age:	29
USCF Cat:	3
USCF Exp:	first year

### Racing Info

Career Victories*	4
Career Top 5*	7
Career Top 10*	11
Tulsa Wheelmen	0 YRS

\*Career Stats 1/07-5/07

### Rider Summary:

April 2007 CTCA/Tulsa Wheelmen "Racer of the Month" ...started 2007 with a bang, winning races at Sand Springs Criterium, NWA Classic RR, Racing on the River TT, and the OK State Championship (Cimarron Valley Criterium)...has moved from Cat 5 to Cat 3 in just over a month...Cat 3 OK State Crit Champion...member team USA (USAT) in 2006...11th place in 25-29 age group 2006 Duathlon Short Course World Championship, Corner Brook, Canada...top 20 ranking overall in USAT National Duathlon Rankings in 2005...ranked 3rd overall in South Midwest Region USAT Duathlon in 2006

### #Recent Road Race Results:

Race	Date	Category	Results
<b>2007</b>			
OK State Championship Crit (OK)	4/29/07	3	1st
Racing on the River TT (OK)	4/7/07	Men	1st
NWA Classic RR (AR)	4/1/07	4	1st
Sand Springs Crit (OK)	3/11/07	4	1st
Cowskin (OK)	4/15/07	4	2nd
Flint Ridge (OK)	4/14/07	4	3rd
Primavera II-RR (TX)	3/4/07	5	4th
Primavera I-RR (TX)	3/3/07	5	6th
Bob Herbert Stage Race (AR)	4/21-4/22/07	3	7th
Salt Creek (OK)	3/11/07	4	7th
Hell's Kitchen (AR)	3/18/07	4	8th
Joe Martin Stage Race (AR)	5/13/07	3	17th

### Other Top Career Results:

OK ST Championship Duathlon	10/06	overall	2nd
TX ST Championship Duathlon	9/06	overall	3rd



### USCF Rankings

National:	#128 SR
	#268 RR
OK Ranking:	#4 SR
	#10 RR
	#26 Crit

2007 VeloCup Standings (thru Cowskin)								
Teams	Salt Cr	SS	HK	NWA	Flint	CS	BH	Standings
<b>CTCA/Tulsa Wheelmen</b>	156	240	169	313	259	308	307.5	<b>1752.5</b>
Mercy Cycling Team	277	158	205	241	170	201	325.5	<b>1577.5</b>
HRRC / Trek Stores	86	175	70		140	128	298.5	<b>897.5</b>
Oklahoma City Velo Club	204	46	39	135	119	141	183	<b>867</b>
Boston Mountain Cyclist	49		126	167	67	51	123	<b>583</b>
Tyson Racing	57	88	76	60	36	61	151.5	<b>529.5</b>
Dickson Street Cycling Club	11	11	68	74	28	22	129	<b>343</b>
Jelly Belly Cycling Team	75		27		52	41	87	<b>282</b>
Team Soundpony	46	83	35	24	15	8	16.5	<b>227.5</b>
CRRC/Canadian River	32	15	7	28	24	40	16.5	<b>162.5</b>
Bicycles of Tulsa	18	39		28	38	32	6	<b>161</b>
University of MinnCycling/Twin C	49		101					<b>150</b>
Team Hotel San Jose	83	58						<b>141</b>
Central Arkansas Velo/CARVE			19	66			42	<b>127</b>
Big Shark Racing	76						46.5	<b>122.5</b>
Team X	32				36	31		<b>99</b>
Austin Flyers	37				35	27		<b>99</b>
The Bicycle Store	13			1	35	35	13.5	<b>97.5</b>
Team West End	42	41						<b>83</b>
Team Power Train	7	13	7		42	10		<b>79</b>
Fossil 1 Racing	22	7	20	7	14	3		<b>73</b>
Memphis Velo Smith & Nephew Cycling Club				9			60	<b>69</b>
The Ride	65							<b>65</b>
FCS Cycling Club	46				5		7.5	<b>58.5</b>
Matrix Cycling Club		28	27					<b>55</b>
Nova Cycle Sports Foundation Inc. 1		52						<b>53</b>
Pedalers Racing Team	26		13					<b>39</b>
Fast Girls Slow Guys		10	23					<b>33</b>
Buffalo River Cyclists				6			19.5	<b>25.5</b>
Competitive Cyclist		21	2				1.5	<b>24.5</b>
Melting Pot				9			15	<b>24</b>
Colonel's Army	16							<b>16</b>
Dent Wizard/Maplewood Bicycle			15					<b>15</b>
Organicathlete				12				<b>12</b>
Team Undiscovered	8		3					<b>11</b>
Columbia Bike Club Race Team		5						<b>5</b>
Ozark Cycling Club			4					<b>4</b>
GP Velotek						2		<b>2</b>
Recycled Cycles Racing		2						<b>2</b>
OZ Racing					1			<b>1</b>
— Memphis Motor Werks			1					<b>1</b>

Davis Hale



# Tulsa Wheelmen

## Stat Corner

### Career Wins (2004-Present)

**Bold = Active Race Team Member**

<b>Will Gault</b>	<b>14</b>
<b>Keith Franklin</b>	<b>13</b>
<b>Ben Thigpen</b>	<b>11</b>
<b>Janne Hamalainen</b>	<b>9</b>
<b>Jeremy Stitt</b>	<b>5</b>
<b>Gary Breipohl</b>	<b>5</b>
<b>Tim Carrigg</b>	<b>4</b>
<b>Davis Hale</b>	<b>4</b>
<b>Mitch Houtman</b>	<b>4</b>
Mark McClay	4
Marcela Nova	4
Rich Chillingworth	3
<b>Kary Cummins</b>	<b>3</b>
<b>Heidi Gault</b>	<b>3</b>
Keith Winn	3
<b>Chris Cauthon</b>	<b>2</b>
<b>Darren Fritz</b>	<b>2</b>
Devin Gilpin	2
Malcolm McCollam	2
<b>Russell McMahon</b>	<b>2</b>
<b>Cheryl Thigpen</b>	<b>2</b>

(Note: 2 or more career wins)

### USCF Season Wins

**Bold = Active Race Team Member**

<b>Will Gault</b>	<b>2004</b>	<b>12</b>
<b>Keith Franklin</b>	<b>2004</b>	<b>9</b>
<b>Janne Hamalainen</b>	<b>2004</b>	<b>6</b>
<b>Ben Thigpen</b>	<b>2005</b>	<b>6</b>
<b>Jeremy Stitt</b>	<b>2004</b>	<b>5</b>
<b>Tim Carrigg</b>	<b>2004</b>	<b>4</b>
<b>Davis Hale</b>	<b>2007</b>	<b>4</b>
Mark McClay	2004	4
Marcela Nova	2005	4
<b>Ben Thigpen</b>	<b>2004</b>	<b>4</b>
Rich Chillingworth	2004	3
<b>Keith Franklin</b>	<b>2005</b>	<b>3</b>
<b>Heidi Gault</b>	<b>2007</b>	<b>3</b>
<b>Mitch Houtman</b>	<b>2005</b>	<b>3</b>
Keith Winn	2004	3
<b>Gary Breipohl</b>	<b>2007</b>	<b>2</b>
<b>Chris Cauthon</b>	<b>2005</b>	<b>2</b>
<b>Darren Fritz</b>	<b>2006</b>	<b>2</b>
<b>Devin Gilpin</b>	<b>2006</b>	<b>2</b>
<b>Janne Hamalainen</b>	<b>2006</b>	<b>2</b>
<b>Russell McMahon</b>	<b>2004</b>	<b>2</b>
<b>Cheryl Thigpen</b>	<b>2006</b>	<b>2</b>

(Note: 2 or more season wins)

### 2007 Team Results

Wins:	14
2nd place:	16
3rd place:	29
Top 5:	104
Top 10:	168



### 2007 Individual Wins

<b>Davis Hale</b>	<b>4</b>
<b>Heidi Gault</b>	<b>3</b>
<b>Gary Breipohl</b>	<b>2</b>
<b>Cheryl Thigpen</b>	<b>2</b>

Note: 2+ wins minimum

### Race Days

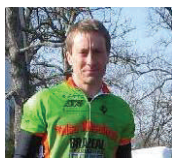
<b>Nathan Leigh</b>	<b>18</b>
<b>Janne Hamalainen</b>	<b>15</b>
<b>Eric Melton</b>	<b>14</b>
<b>Davis Hale</b>	<b>13</b>
<b>Kary Cummins</b>	<b>13</b>
<b>Andy Malcom</b>	<b>12</b>
<b>Lauren Miller</b>	<b>12</b>

Note: Statistics through  
Cowskin Road Race



# Tulsa Wheelmen

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



Tom Shriver-3



Nathan Leigh-2



Brian Metz-4



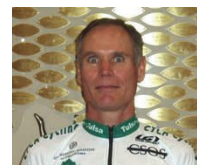
Kary Cummins-3



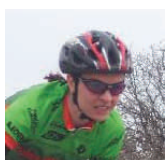
Chris Cauthon-4



Alan Good-3



Keith Franklin-2



Jennifer Johnson-4



Ben Thigpen-3



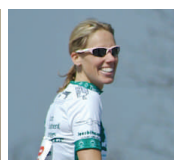
Cheryl Thigpen-3



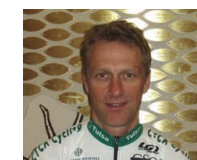
Traci Haines-4



Phil Stauner-4



Amanda Erwin-4



Janne Hamalainen-1



Tim Carrigg-3



Will Gault-2



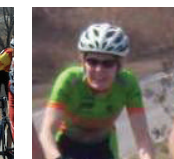
Edgardo Delgado-4



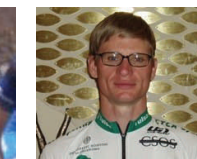
Jeremy Stitt-3



Jim Bohanon-3



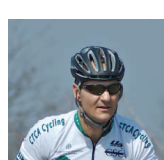
Heidi Gault-4



Scott Gibson-1



Randall Clayborn-2



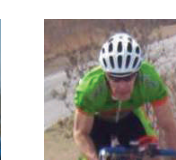
Greg Ingram-3



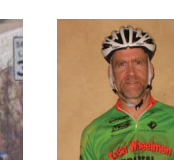
Ben Silk-3



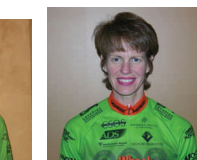
Russell McMahon-3



Gary Breipohl-3



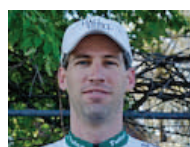
Pete Lantz-4



Barb Landreth-4



Brandon Johnson-4



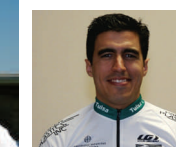
Kyle Freeman-4



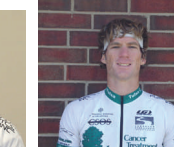
Darren Fritz Cat 4



Ben Grabow -5



Rafael Santiago-4



Davis Hale-3



Mitch Houtman-3



Eric Andelin-4



Joey Bayles-5



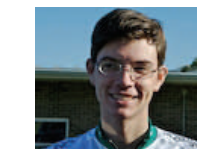
Elizabeth Berman-4



Milus Clarke-5



Mark Delozier-5



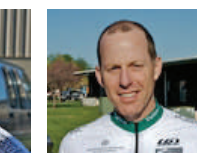
Eric Doswell-5



Chris Genske-5



Byron Harvison-4



Andy Malcom-1

Eric Melton-2

Lauren Miller-4

Don Tardiff-5

Dustin Weaver-5

Jeff West-5

# Tulsa Wheelmen Info Pages (June 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	6 PM	3/D/c-d	Starts Apr 5th
Tues	Summer Crit Series	Tulsa Safety Training Center	6 PM	1/A/d	Runs April-Sept
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.**

## Mountain Bike Riding:

*Any day Call-up & Ride, Call Pat at Bicycles of Tulsa, 918-665-2453, or David at T-Town Bicycles, 918-496-8696*

**MALCOLM LAW**  
THE LEGAL SPECIALIST



**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**

## Bicycle Web Sites:

[www.adv-cycling.org](http://www.adv-cycling.org)

[www.bicycling.com](http://www.bicycling.com)

[www.outdoorlink.com](http://www.outdoorlink.com)

[www.bikefed.org](http://www.bikefed.org)

[www.bikeplan.com](http://www.bikeplan.com)

[www.okfreewheel.com](http://www.okfreewheel.com)

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

[www.bikeleague.org](http://www.bikeleague.org)

[www.mountainbike.com](http://www.mountainbike.com)

[www.runningnetwork.com](http://www.runningnetwork.com)

[www.tulsawheelmen.com](http://www.tulsawheelmen.com)

[www.usacycling.org](http://www.usacycling.org)

[www.olympic-usa.org](http://www.olympic-usa.org)

[www.velonews.com](http://www.velonews.com)

[www.okbike.org](http://www.okbike.org)

## 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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**Past President:** Tim Carrigg

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**Assistant Race Team Director:**

Kary Cummins

**Race Events Director:** Nathan Leigh

[racedirector@tulsawheelmen.com](mailto:racedirector@tulsawheelmen.com)

**Avery Drive Clean-up:**

Open

**CCP:** Sandra Crisp

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**Advocacy Director:** Heidi Gault

**Webmaster:** Kary Cummins & Jeremy Stitt

**Team Nutritionist:**

Lenka Humenikova

[www.tulsawheelmen.com](http://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](mailto:newsletter@tulsawheelmen.com)

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



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OF OKLAHOMA

## 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

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Adventure Cycling Association

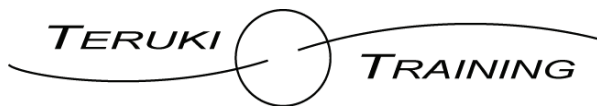
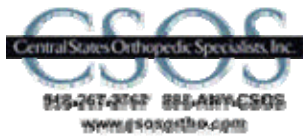
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