



Newsletter

February 2009

Volume 31, Number 2

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TULSA TOUGH RIDE & RACE

Training in Australia by Helene Carabin

Gil, Félix and I headed to down under on December 16th for a holiday with the grandparents. After an interesting start, with the plane between LA and Brisbane cancelled, we arrived in tropical Brisbane on the 19th. We stayed for nearly 3 weeks and here is a summary of the rides that we did there. The first thing to note is that Brisbane does not have a single flat straight. It is up and down all the time. And these ups and downs are at a gradient that has to be worth going down under. The second important thing to remember is – left side of the road, left side of the road, left side of the road (yep, this British colony remained British for that!). Finally, the third thing to remember is that kangaroos are very big and common – so you watch for them!

The River loop classic: The Summer holidays are during Christmas time in Australia. Therefore, there is a LOT of people on bikes at that time. The most popular circuit is around the river, which swirls in all directions in Brisbane, meaning that I get even more disoriented than usual. It starts from *La Dolce Vita*, a café-restaurant tended by an old Italian guy who loves Bersculloni and cycling. The start is given by this guy with a whistle every morning. We hopped to groups a few times to get on the ride. After maybe 20 miles, it gets to that kick ass hill on the other side of campus. That thing must be between 15 and 20% gradient. And then after that hill, it continues for another half a mile or so at a pretty good gradient. So the pack usually gets totally de-

stroyed there. The rest consists of a long downhill followed by an easy ride back to the restaurant for excellent Italian coffee.

The River loop redux – The Gil Version: Because that ride was not had enough, Gil had the good idea of starting with Mount Coot-tha before we headed to the river. And of course, if you climb it once, you have to climb it twice. So we would start by warming up on a flat section (yeah, right! – see profile). We would then head to the climb. I am not too sure what the gradient was but the first part is quite steep. It



then goes down for a bit and climbs for about 2.3 km with a pretty good and steady gradient. And then ups and downs at the pseudo-top before coming down again. The REAL downhill is pretty fun – totally straight and we reached a speed of about 45 mph. We would then get on a very nice cycling path next to a big highway which would take us to an area where Gil used to live and eventually back to the River loop. A very nice (and hard) 50 miles ride.

The Redcliff Classic: Sunday morning is when the all cycling Brisbane gathers to go to

Moreton Bay (Redcliff). Again, we ride in a huge pack of nearly 100 people. The first 25 miles are usually not very eventful since we have to stop at an infinite number of traffic lights. The first time we did the ride, we got to a reasonably big hill on which a guy hammered, Gil followed (and overtook him) and I followed as well. Gil and I then took the next pull but were told NOT to hammer and keep it at about 23 mph. No problem. The same guy who told us to slow down attacks 1 mile later. And this is the epic arrival to Redcliff with 10 miles of absolute chaos through roundabouts and intersection. I survived this pass the both time we did this ride, which was nice. We would then come back over a very long bridge (must be about 3 miles) to the other side of the Bay.

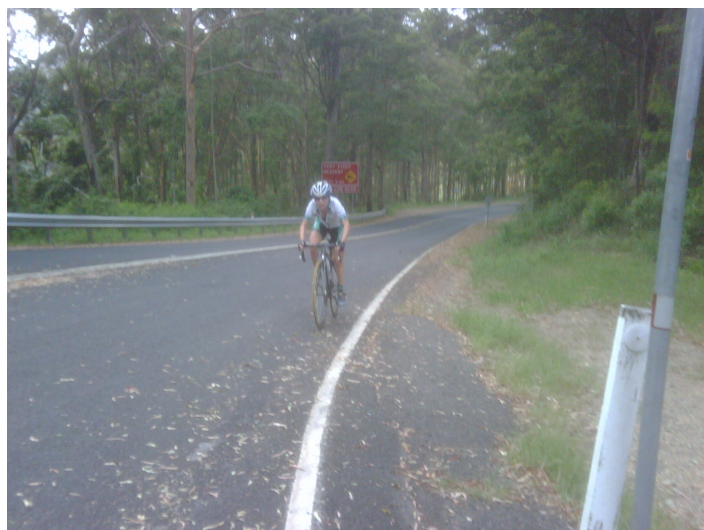
Mt-Glorious / Mt Nebo epic ride: This is the most beautiful ride but also the hardest. We stated, in the first 100 feet, with a hill that must have been 20%. Nice way to warm up. Then Gil took us to a “new” improved way (meaning more hills) to get to Mount Glorious. The climb is about 6 miles, or at least, this is the panel that I saw where it seemed to be the bottom. The last time we had done that ride was almost 10 years ago when I had a very heavy bike with 650 wheels and had to come off twice. (see page 2)

Training in Australia (Continued)

So, surely, I would have no problem this time with my super light Giant and my new level of fitness. Ha!, no problem, I can do this! Ha! Hao! Hoo! Ow! You know what – coming off the bike sounds like a pretty good idea after all... But I have to show that I am fitter right? But it hurts! And Gil is in the front (of course), but actually, not as much in the front as he is usually in the front. And then I see the nice pictures as shown below – and we were not on the “descent” part but rather climbed that thing! Ah great.... 15% steep for 2 kms... But yes! I see Gil OFF the bike, it means the top. And I made it this time!!! Hurray!

And then you think you are done for the day uh? Well no, you still have about 20 miles of ups and downs. The ups are called “cassepattes” in French – what my Dad calls them and he used to race in France. It means break legs and it was really what they were. So we finally made it home with a total of 50 miles, which felt like about double that distance.

We rode almost everyday expect for about 6 days that we spent in the Rainforest. This time was good weight lifting with hiking with a big back pack and a 25 lbs baby in it! I recommend Queensland for riding for anyone who ever goes to Australia. We had a great time and came back quite fit and rested.



Copperas Cove Classic, Texas (January 17th 2009).

Following our nice training time in Australia, Gil and I went down to Texas on Saturday to test our form at the Copperas Cove race near Waco in Texas. We had never done this race before but had been told that it was epic and had to be done. So be it. The epic part of it is that it used to be a mass start of ALL categories combined. But I think that the organizers may have gotten tired of filling in crash reports and the Women Open was combined with all Masters. Meaning that we had between 80 and 90 starters, and I must admit that this was more than enough. The course was advertise to about 54 miles but I think it was more like 52. As usual, we got there about 20 minutes before the start and our only warm up was to pin one another's numbers. And as usual for a Masters' race, it started hard from the gun. But given the very large size of the pack and that cat 4s and 5s can race Masters (when they are old enough), the first 20 miles were extremely sketchy with people breaking for no reason and a lot of very scary moves. The start was just really fast and I did not really noticed the few rollers that were there even though I was told they were some (after Australia, this was nearly flat!). And next thing I knew, that was a group of maybe about 6 who had broke off the front (including Gil) and I was in a group of maybe about 15 including one another woman, Chris Wolfe, who is now a cat 2 and a pretty talented rider. There were a few attacks with some of the guys trying to bridge to the front group and a pretty hard cross wind section which I happily survived. The last 10 miles were in a total head wind and fairly hilly, but not enough for me to break away from Chris, plus, when you ride with another category, it would have been nearly impossible to get away because the guys would have brought her back. So all I could hope for was a finish on a climb. But unfortunately, the finish was downhill with cones all over the road. Given that I broke my elbow a few years back smashing in a cone, I kind of freeze when I see these things and, the most important time, I am a pathetic sprinter, so I came second after Chris. This was a pretty satisfying race as I came 17th out of this large number of starters, most of whom were men. We did the whole race in 2h15, which also showed that I must be in OK shape. Now all we need is to race as a team. And with our recent expansion to 10 -- YES TEN -- women in the team, I am very much looking forward to the next few races!



February 2009: 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	5	6	7
					Cat 3/4 Training Camp	8AM Racer 's Training Ride Cat 3/4 Training Camp
8	9	10	11	12	13	14
8 AM Racer's Training Ride Cat 3/4 Training Camp	CTCA/General Mem. Mtg 6:30 PM Race Meeting to follow at 7:30 PM					8AM Racer 's Training Ride
15	16	17	18	19	20	21
8 AM Racer's Training Ride						8AM Racer 's Training Ride Walburg Classic RR (TX)
22	23	24	25	26	27	28
8 AM Racer's Training Ride Pace Bend RR (Austin, TX)						8AM Racer 's Training Ride La Primavera (Lago Vista, TX) Feb 28 & Mar 1st (SAT/SUN)
1 MAR	2	3	4	5	6	7
8 AM Racer's Training Ride La Primavera 8 MAR Cowskin (Mannford, OK)						8AM Racer 's Training Ride Salt Creek (Mannford, OK)

Tulsa Wheelmen

Stat Corner



2008 Race Days

Chris Zenthoefer	37
Andy Malcom	31
Janne Hamalainen	30
Jay Blankenship	26
Will Gault	23
Todd Reed	21
Jeremy Stitt	19
Helene Carabin	18
Lauren Miller	18
Phil Stauner	17

Winner's Circle

2008:	41 wins
2007:	39 wins
2006:	22 wins
Totals:	102 wins

2008 Wins (2+)

Helene Carabin	10
Will Gault	6
Todd Reed	6
Shane Carter	3
Andy Malcom	3
Davis Hale	2
Rob Lemaster	2
Lauren Miller	2
Chris Zenthoefer	2

USCF Season Wins

Bold = Active Race Team Member

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

(Note: 2 or more season wins)

Career Wins (2004-Present)

Bold = Active Race Team Member

Will Gault	20
Keith Franklin	13
Ben Thigpen	11
Helene Carabin	10
Janne Hamalainen	10
Jeremy Stitt	7
Lauren Miller	7
Todd Reed	6
Davis Hale	6
Gary Breipohl	5
Tim Carrigg	4
Kary Cummins	4
Mitch Houtman	4
Mark McClay	4
Marcela Nova	4
Cheryl Thigpen	4
Chris Zenthoefer	4
Shane Carter	3
Rich Chillingworth	3
Heidi Gault	3
Andy Malcom	3
Phil Stauner	3
Keith Winn	3
Chris Cauthon	2
Darren Fritz	2
Devin Gilpin	2
Malcolm McCollam	2
Russell McMahon	2
Rob Lemaster	2

(Note: 2 or more career wins)



Tulsa Wheelmen

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



Nathan Leigh-2



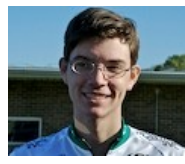
Shane Carter-2



Brian Metz-3



Kary Cummins-2



Chris Genske-4



Alan Good-3



Keith Franklin-2



Lauren Miller-3



Ben Thigpen-3



Cheryl Thigpen-3



Traci Leigh-4



Phil Stauner-3



Don Tardiff-5



Janne Hamalainen-1



Tim Carrigg-3



Will Gault-1



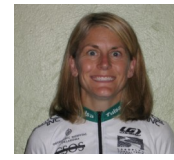
Edgardo Delgado-4



Jeremy Stitt-3



Jim Bohanon-3



Heidi Gault-3



Dustin Weaver-4



Chris Zenthoefer-2



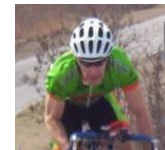
Eric Melton-2



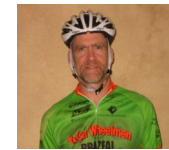
Ben Silk-3



Helene Carabin-3



Gary Breipohl-3



Pete Lantz-4



Mark Delozier-4



Brandon Johnson-4



Kyle Freeman-3



Darren Fritz Cat 4



Todd Reed-3



Rafael Santiago-4



Jeff West-4



Mitch Houtman-2

James Hiatt-4

Ivan Rodriguez-5

Christian Verry-4

Mike Stern-5

Andy Malcom-1

John Allen-3

Scott Posey-3

Doug Wheeler-5

Rob Chance-5

Jay Blankenship-2

Jim Buchan-3

Richard Gulotta-4

Rob Lemaster-5

Rebecca Byers-4

Tina Fountain-4

Lori Ginn-4

Cailean Carlberg-2

Shawn Depew-1

Chris Moore-3

Garrett Grow-4

Rabyne Rogue-4

John Fisher-5

Kyle Shay-4

Julie Swagerty-4

John Brest-3

Kevin Frankenburger-5

Kendall Johnson-5

Scott Rodehaver-5

Cory Hair-5

Tulsa Wheelmen Info Pages

Ride Classifications

MILES	TERRAIN	AVG SPEED
1-Under 10 miles	A-Flat	a-4-8 (leisure)
2-10 to 20 miles	B-Grades	b-7-12 (touring)
3-20 to 40 miles	C-Some hills	c-13-17 (fast)
4-40-70 miles	D-Many hills	d-18+ (racing)
5-75-120 miles	E-Severe hills	

Weekly Rides (rides roll on time)

DAY	RIDE	LOC	TIME	TYPE	NOTES
M-F	Bike-to-work Day	Home to work	You pick	You pick	Save the planet
Mon	DOT ride	4000 N. Hwy 169	5:30 PM	3/D/c-d	Starts Apr 5th
Tues	Summer Crit Series	Tulsa Safety Training Center	6 PM	1/A/d	Runs April-Sept
Wed	Wed Night Ride	Johnson Park Parking Lot	5:30 PM (sharp for competitive group!)	3/D/c-d	Starts Apr 5th
Sat/Sun	Racer's Training Ride	35th & Riverside	8 AM	4/C/c-d	Year round
Sun	"No Wimps" Ride	Wright School	8 AM	4/C/c-d	Year round

Important Notice: The Tulsa Wheelmen only support responsible bicycle riding. Riders on Tulsa Wheelmen rides acknowledge cycling is a potentially dangerous sport and will hold harmless individually and as a group the Tulsa Wheelmen, its members and sponsors. Helmets are required. All traffic laws are to be obeyed.

Bicycle Web Sites:

www.adv-cycling.org

www.bicycling.com

www.outdoorlink.com

www.bikefed.org

www.bikeplan.com

www.okfreewheel.com

www.istea.org

www.bikeleague.org

www.mountainbike.com

www.runningnetwork.com

www.tulsawheelmen.com

www.usacycling.org

www.olympic-usa.org

www.velonews.com

www.okbike.org

Mountain Bike Riding:

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

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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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Tulsa Wheelmen Newsletter

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

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

newsletter@tulsawheelmen.com

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

THANK YOU!

Event sponsors, volunteers and event directors.

Sign Up A New Member. Your recommendation ensures that the club will grow!

Membership and Address Correction

If you are a member and not receiving your newsletter, contact Traci Haines, Membership Director (info on left)



Tulsa Wheelmen

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Tulsa, OK 74152-0242

Return Service Requested



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Season Stats by Alan Good

Meet the 2009 Tulsa Tough Team

2009 Tulsa Wheelmen Sponsors



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