

EDITOR:
ALAN GOOD

TULSA WHEELMEN



Tulsa Wheelmen Newsletter



March, 2006

Volume 29, Number 3

Interview-2006 CTCA/Tulsa Wheelmen 1/2 Squad Outlook

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Alan: Can you let the Tulsa Wheelmen readers know how you feel about the upcoming California race San Dimas?

Scott: I am very excited about the start of the season. Our team has multiple goals but we agree that we look forward to racing against a full field of Cat 2's. The Cat 2 only field increases our chances of acquiring a few tasty up-grade points.

Alan: Why did you pick that race and what are the team's expectations?

Scott: This race is a very large event and as I stated before, it will offer us the opportunity to get the much-needed points. My goal is to be qualified for nationals by May 1, so I need to get the show on the road early. Stage one is a hill climb and we have great hopes that our Will "Marco" Gault will win the day. Look out for Janne as being a contender for that day as well. Josh's legs are coming around and with his

"sprinter sense", he should also do very well in both the road race and the crit. Last but not least, Keith and I should be in the mix looking for the right opportunity to pounce. CTCA/TW should have at least two guys in the top ten if everyone is healthy and riding well.

Alan: What are some other big races you are looking forward to?

Scott: Joe Martin, Tri-Peaks, and Gateway Cup are always perennial favorites. Kicking butt on our home turf at the Tulsa Tough is way up the list as well. Finally, Nationals will also be a major priority for us.

Alan: How important is it for the team to do well at Tulsa Tough? What are the goals for the 1/2 team here in T-Town?

Scott: Honestly, we haven't discussed it a ton. Considering the Pro field that is going to be here, finishing with the main field may be a feat in itself. That being said, I would like for us to take a few primes to get CTCA/TW some expo-

sure and maybe pull off a top 10 or two.

Alan: Can you tell the TW readers about the team training, how the team is getting along, and team outlook for 2006?

Scott: I feel like the team is really coming together. We ride often together and are supporting one another as we try to blend work, personal life and training. As we ride together, we are starting to see one another's strengths and areas that need improvement. CTCA/TW should have a very good year and build upon the race program that the Tulsa Wheelmen have spent so much effort in developing.

Thank you and good luck to your season fellas!!!!!!

Tulsa Wheelmen

1999 & 2000

USA Cycling Club of
the Year



at Southwestern Regional Medical Center

Winning the fight against cancer, every day.*

Tulsa Tough Makes NewsChannel 8

The Tulsa Tough Criterium Races are making headlines in the media (see article/link attached).

<http://www.ktul.com/news/stories/0206/300091.html>

The races scheduled for June 2nd, 3rd, and 4th will bring some of the top pro's from around the country with the purse exceeding close to \$72,500. The races are anticipated to draw thousands of spectators this year and the goal is to make Tulsa Tough one of the premier bike races in the coun-

try. Sponsorship from Cancer Treatment Centers of America among others are just some of the keys to making this race happen.

Details of Tulsa's premier cycling race can be found at

www.tulsawheelmen.com



TULSA TOUGH RIDE & RACE

Tulsa Tough will be the City of Tulsa's premier sporting event for 2006

RACE TEAM UPDATE



Tulsa Wheelmen Cat 1/2 Team opened up the road season in Austin, Texas for some early racing



at Southwestern Regional Medical Center

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2005 Victories:

Ben Thigpen	6
Marcela Nova	4
Keith Franklin	3
Mitch Houtman	3
Chris Cauthon	2
Gary Breipohl	1
Tom French	1
Heidi Gault	1
Will Gault	1
Scott Gibson	1
Alan Good	1
Josh Lewis	1
Malcolm McCollam	1
John Power	1

Tulsa Wheelmen begin Race Season with Road Trip to Pace Bend Road Race (Texas) by Janne Hamalainen

Race was set up on a six mile loop with rolling terrain with total of 13 laps for 80 miles. The course had two climbs that were a little more challenging but not big enough to split up the field. The weather was great with the temperature in the sixties, sunny and some wind. With the nice conditions the field size was over 110.

The race started out pretty fast and seemed like there were continuous attacks at the front. I decided to sit back in the field for the first few laps since I'm not in my racing shape yet. Scott Gibson was staying closer to the front keeping an eye

that nothing too dangerous would get away. I moved to the front after three laps and tried to go with one of the attacks. It was reeled in right away so I decided to go back to drafting in the middle of the field. Scott continued the work at the front and got into some breaks that were brought back.

With five or six laps remaining I moved towards the front again and tried to go with some attacks. It seemed like the pace was pretty hard and after a lap or so I had to move back so I would have something left at the end. A break got off right after I started drifting back which I should have guessed since the pace

had been pretty brutal. The break stayed away but the field was getting close with a little over two laps left. I managed to get into a group that bridged up to the lead group which now had 20 to 30 riders so I didn't think it would stick. However, with constant attacks the pace stayed high enough and field was not chasing that hard so we stayed away and it came down to a field sprint. I managed to finish 12th which was pretty good without much interval/sprint training yet. Scott finished with the field after not getting lucky with the right break like I did.

Salt Creek Circuit Race Kicks Off Home Opener for Tulsa Wheelmen Women's Team

The women's team looks to carry over from last year's success at Salt Creek Circuit Race in Mannford, OK. The team has a stronger team with regulars (Gault, Thigpen, *TW Female Racer of the Year*) and new additions Karen Harwood (Cat 3), and 4's Amanda Erwin, Traci Haines, Jennifer John-

son, and Barb Landreth. To follow the women's team go to:

www.tulsawheelmen.com

Good luck ladies!



Stat Corner

2005 Oklahoma State Champions

Tim Carrigg (Crit)	Master's 45+
Heidi Gault (Crit)	Women Master's 35+
Will Gault (RR)	Cat 3
Janne Hamalainen (Crit)	Cat 2
Mitch Houtman (Crit)	Cat 4
Mitch Houtman (RR)	Cat 4
Malcolm McCollam (RR)	Master's 50+
John Power (Crit)	Master's 50+
Ben Thigpen (Crit)	Master's 55+
Ben Thigpen (RR)	Master's 55+

Scoring in the Top Five for 2005:

Alan Good & Ben Thigpen	11
Janne Hamalainen	10
Will Gault	9
Keith Franklin & Mitch Houtman	8
Marcela Nova	7
Chris Cauthon, Ryan Fiddler & Tom French	6
Josh Lewis & Cheryl Thigpen	5
Pete Lantz & Tom Shriver	4
5 tied with	3

2006 Oklahoma Spring Races

Salt Creek Circuit Race

Saturday, March 4, 2006

Flint Ridge Circuit Race

Saturday, April 1, 2006

Cowskin Circuit Race

Saturday, April 9, 2006

Tulsa Tough

Friday-Sun, June 2-4, 2006

Tulsa Wheelmen News: 2006 Cat 3 Camp Pictures

Schedule of Events

- March 4-Salt Creek Circuit Race (OK)
- March 5-Blackstone Ranch II Crit (AR)
- March 11-12-Lago Vista (TX) RR's
- March 13-General Membership Meeting-
Panera Bread at 71st & Lewis @ 6:30 PM
- March 13-Race Meeting to follow General Meeting
- March 19-Hell's Kitchen RR (AR)
- March 26-Port City Crit (OK)

PARKER
PLASTICS
INC

Thigpen & Good leading the team



Teamwork was the focus of the 3 camp



12 Mile Climb to the Lodge on Sunday



Chased by the dogs on Day 2



Volunteer of Month (January 2006)



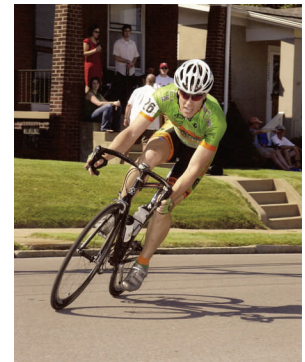
Jeremy Stitt

Volunteer of Month (Jeremy Stitt) Recognized for Efforts on the Computer by Kary Cummins

In changing the entire look of our website, adding database related functionality, incorporating a Racer Forum within our site, and changing the whole infrastructure behind the scenes, **Jeremy Stitt** has been working long hours over the last few months to bring to fruition the new Tulsa Wheelmen website.

Others have helped along the way, but without Jeremy's expertise, determination and creativity the new site would not be. For this Jeremy Stitt has been selected as the **Volunteer of the Month for January**. Congratulations Jeremy!

To see Jeremy's hard work go to www.tulsawheelmen.com



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Advertisements & News



Mark Teruki has offered a team discount for his coaching services. If you are interested, contact Keith Franklin

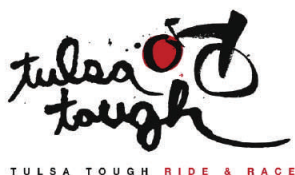
Let's thank **Jeff Keith** (from **Lee's Bicycles**) for the great job he did presenting "Keeping our Rides in Top Shape" at the February meeting.

Clothing order is in please contact **Marc Delametter** for more info.

See Tulsa Wheelmen website for the latest information on the **Tulsa Tough Ride & Race** and other race & events list information for 2006. Go to www.tulsawheelmen.com for more info.



Dr. Ann Taylor will be presenting EMDR training at the next Wheelmen meeting March 13th.



My First Year as a Wheelman (part 3 in a series of 3 articles) by Alan Good

This is the last article in a 3-part series on my first year experiences as a member of the Tulsa Wheelmen. The first thing I noticed upon joining the Wheelmen was how organized and how TEAM focused they were. The race team is focused on winning and teamwork and that played a major role in some of the success stories we shared as a team.

6/16/05-Speedwheel Crit, OK. This was a great race for me personally because my mom and dad were out visiting from Boston, MA and they got a chance to see me race for the first time which was something I will cherish (4th Place and a prime made it even bet-

ter).

8/7/05-OKC Velo RR, OK. What a great race and a great result (2nd place). Jumped a second too late in the sprint and Jason Humphrey got me on the line.



8/27/05-HHH 100-Wichita Falls, TX. I ate and drank well during this race, no teammates so I had to make

the TW proud and bring back the bronze (3rd place). My best finish ever at HHH. A guy from Italy that could not speak English won the race so I did feel so bad. I was stoked when the team voted me for *Racer of the Month* for August 2005.

9/17/05-Harber Meadows Crit-AR. My first official race as a Cat 3. I was ecstatic to get 4th place and owe the honor to my Cat 3 teammates for working so hard during the race.

It was a hell of a year and a great experience racing for the TW this year. It will be something I will cherish forever, meeting new friends, laughing and racing is such a passion of mine. Thank you team!



Cat 4 finish at Hotter n' Hell 100, Wichita Falls, TX (photo by Jere Arnold)



By Sandra Crisp

Wheelmen Advocacy Director



<http://tulsawheelmen.com/cp.php>

Community Cycling Project to Receive \$6,000 Grant

On February 9, 2006, the Indian Nations Council of Governments (INCOG) Board of Directors voted to amend their Congestion Mitigation and Air Quality (CMAQ) Program apportionment for fiscal year 2006 to include CMAQ projects totaling \$683,700 in federal funds and \$90,250 in local match. Among those projects, the Community Cycling Project (CCP) was included for the first time.

For 2006, the Community Cycling Project will be receiving \$6,000 with a \$1,500 match requirement. Other projects receiving CMAQ funds include the Alternative Fuels Grant Program, the Tulsa RideShare Program, the OzoneAlert! Program, traffic signal improvements for the City of Tulsa and, Tulsa Transit (MTTA) operations.

The Community Cycling Project is a community outreach project of the Tulsa

Wheelmen in partnership with Tulsa Parks. The Tulsa Wheelmen are a 501(c)(3) organization and Tulsa Parks is a Department of the City of Tulsa. The Community Cycling Project provides bicycles, gear and League of American Bicyclists BikeEd training for year-round commuting to individuals referred by local social service agencies as being able to benefit from having a bicycle for transportation.

The Tulsa Wheelmen obtain and refurbish bicycles for the project and obtain the commuting gear and tools provided to project recipients. Tulsa-area bicycle shops actively assist the Wheelmen in this work. The Tulsa Wheelmen also obtain funding for Tulsa Parks provides facilities, infrastructure and administrative support.

The Bike Ed training received by project recipients is also provided through Tulsa Parks. Classes are open to both project recipients and the general public. The next class is scheduled for May 13th at McClure Park and is listed in the Tulsa Park's "Fun Guide" as *CYCLING: Transportation to Transform*. the project. Donations to the Community Cycling Project are tax deductible. Contact Tulsa Wheelmen Advocacy Director, Sandra Crisp at scrisp@ci.tulsa.ok.us or 918-688-8596 with any questions or to make arrangements for donations of good bicycles or gear (new or used). Checks should be sent to:

Tulsa Wheelmen
Community Cycling Project
Attention: Treasurer
P.O. Box 52242
Tulsa, Oklahoma 74152-0242

March 2006: Rides & Events



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
						8 AM No Wimps Noon Racer Train- ing Ride Salt Creek Circuit Race Mannford, OK
5	6	7	8	9	10	11
8 AM No Wimps 1 PM-Race Train- ing Ride Black Stone Series Crit Ft. Smith, AR						8 AM No Wimps Noon, Racer Train. LaPrimavera, Lago Vista, TX
12	13	14	15	16	17	18
8 AM No Wimps 1 PM-Race Train. Lago Vista, TX Blackstone Crit Ft. Smith, AR	LOC. CHANGE General Mem. Mtg 6:30 PM Panera Race Meeting to follow					8 AM No Wimps Noon Racer Train.
19	20	21	22	23	24	25
8 AM No Wimps 1 PM-Race Train. Hell's Kitchen Hogeye, AR						8 AM No Wimps Noon-Race Train.
26	27	28	29	30	31	1
8 AM No Wimps 1 PM-Race Train. Port City Crit, TX						8 AM No Wimps Noon-Race Train. Flint Ridge Circuit Race Kansas, OK

IN THE ZONE

by Mark TeRuki



Cadence Workouts, Part 2

This month we address the subject of High Cadence (HC) workouts and their benefit to you. It is important to know what we are and are NOT trying to achieve with these workouts. It is not as simplistic as saying, Lance Armstrong rides at such and such cadence and Jan Ulrich could not stay with him in the mountains therefore Lance's cadence is correct. Cadence is specific to individuals and although it is a trainable factor, ultimately we each need to find where we are most efficient and produce the highest power output. Remember, Ulrich often beats riders to the top of mountain finishes that ride at cadences closer to Armstrong's than his.

One of the greatest benefits of HC workouts is that by stimulating the neuromuscular firing patterns to adapt to the higher rate of pedaling, you become a smoother and more efficient peddler at not only the higher cadence range, but also at your usual cadence. You also develop the ability to more effectively react to the sudden accel-

erations that occur during racing. Another benefit of training HC, is that you can elicit a higher cardiovascular response to a given workout. Finally, by experimenting with higher cadences you may well find you are more powerful and efficient at a higher cadence range than you previously thought. You can effectively do this if you train with power meters and/or heart rate monitors.

HC Tempo: This is a great workout to develop cardiovascular and pedaling efficiency and serves as a great precursor to Threshold workouts that come later in the year. This is a great workout to perform on rollers if you have them, or on a trainer set at an appropriate resistance setting. After 20 minutes of warm up, increase your cadence to 10-15 rpm above your usual range and maintain this, at a heart rate and/or power in the Tempo zone for 15-20 minutes initially. You can progress in 2 different ways; if you can comfortably hold between 110-125 rpm, then increase the time of the interval, ultimately up to 60 minutes, if on the other hand you can not hold at least 110 rpm

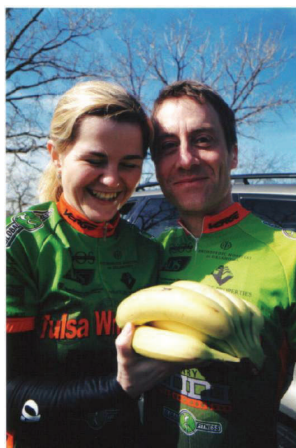
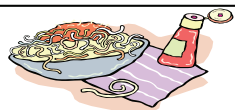
for 15-20 minutes without "bouncing" on your saddle or slowing down, then perform a 15 minute interval at the highest cadence you CAN hold for 15 minutes, then ride 10 minutes at your usual cadence then perform another 15 minute Tempo, and work on increasing your cadence for these 2 intervals to 110 rpm.

Spin Ups: These are short bursts of high cadence efforts performed from regular riding pace. Again, you can use rollers, trainers, or you can perform out on the road. You can also perform these on a slight down hill section of road.

From your regular riding pace, without changing gears, and staying seated, smoothly increase your cadence as high as you can without "bouncing" and hold for no more than 30 seconds. Recover 5 minutes. You can start with 5 repeats and increase up to 20 for advanced riders. No heart rate range is applicable due the short duration. Happy Training!

Nutrition Corner

by Lenka Humenikova
& Tom Shriver



The Benefits of Dietary Fiber by Lenka & Tom

Question: One of the chief causes of the obesity and diabetes epidemic in the US revolves around the amount of simple sugars and processed foods found in the US diet. You, like most nutritionists, recommend natural, "whole" foods like fruits, vegetables, whole grains, etc. Yet during a race, the trend is the use of gels and gels that are composed of simple and complex carbohydrates. Obviously an athlete will burn most of these carbs, but are these not the same processed foods that we are discouraged to eat on a regular basis? Are there better alternatives to gels and gels? Are some better than others?

Answer: Yes, you are right- your everyday diet should consist mainly of complex carbohydrates such as grains, whole grains, legumes, vegetables and some simple sugars from fruits. Obesity may result from a consumption of any macronutrient, including simple and complex carbohydrates, fat or protein, if they are consumed in excess of your energy requirement. Processed carbohydrates from candy, white bread etc. can cause sharp increases in blood sugar that is followed

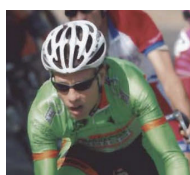
by a rapid insulin response. This may over time lead to an impaired insulin metabolism and possibly to a higher risk of insulin resistance and diabetes. To avoid the fluctuation of blood sugar, I recommend people to consume whole wheat grains and other foods high in fiber that will keep their blood sugar steady during the day. While fruits contain simple sugars as well, the amount is much lower than in processed foods and so they don't cause sharp increases in blood sugar. As you can see, most people don't become obese or develop diabetes because they eat white bread or pasta, but more likely because they over-consume calories and don't include nutrient dense foods into their eating plans.

As far as simple sugars and racing, athletes should consume carbohydrate gels during prolonged events that last over 60 minutes. Since exercise actually triggers an insulin-like response in the muscle cells, your body is more efficient in utilizing carbohydrates without sharp increases in

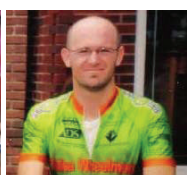
insulin. Simple sugars in the form of Gels and other gels help to supply much needed glucose to muscle cells when you are running low on other sources of energy, such as muscle and liver glycogen. The form (simple carbohydrates) and concentration of carbohydrates in these products ensures the fastest absorption and transport of fuel into your muscles. If you would consume complex carbohydrates during a race, your body would not be able to utilize this fuel fast enough for your muscles' energy needs. I suggest to experiment with different gels during training rides and see how you tolerate them. Some of the gels contain caffeine which may make some athletes jittery or anxious and could have negative effects on your performance. Also, make sure fructose is not the first ingredient on the list as this simple sugar takes longer to digest and may cause stomach upset in some riders. Some gels contain antioxidants such as vitamin C and E, but that is just an additional marketing trick that is not going to affect your performance during a race.



Meet the Team



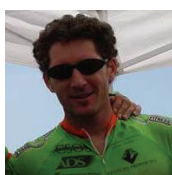
Malcolm McCollam Cat 3



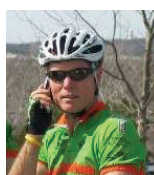
Nathan Leigh Cat 3



Jay Small Cat 4



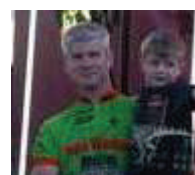
Kary Cummins Cat 3



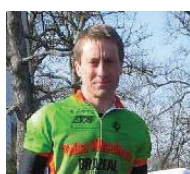
Keith Franklin Cat 2



Alan Good Cat 3



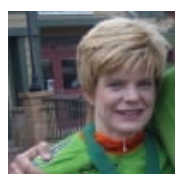
Craig Waldron Cat 5



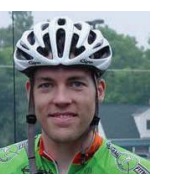
Tom Shriver Cat 3



Ben Thigpen Cat 3



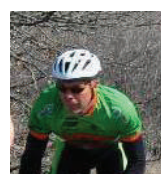
Cheryl Thigpen Cat 4



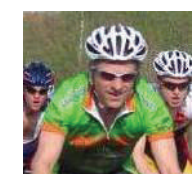
Jeremy Stitt Cat 3



Lenka Humenikova Team Nutritionist



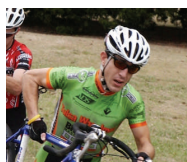
Chris Cauthon Cat 4



Janne Hamalainen Cat 2



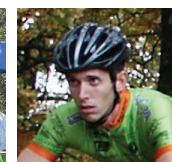
Ben Silk Cat 3



Will Gault Cat 2



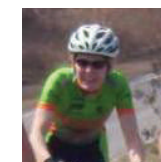
Marc Delametter Cat 3



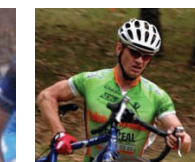
Josh Lewis Cat 2



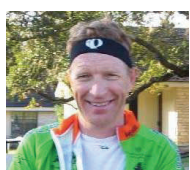
Brian Meahan Cat 4



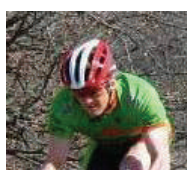
Heidi Gault Cat 4



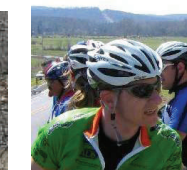
Scott Gibson Cat 2



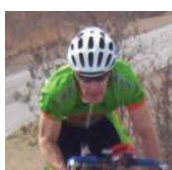
Tim Carrigg Cat 3



Russell McMahon Cat 3



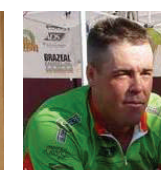
Jim Bohanon Cat 4



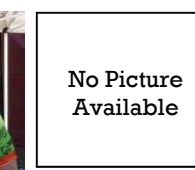
Gary Breipohl Cat 3



Pete Lantz Cat 4



Joe Lederer Cat 4



Brandon Johnson Cat 4



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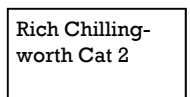
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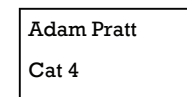
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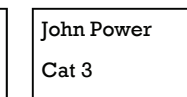
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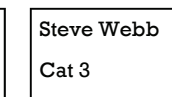
Rich Chillingworth Cat 2



Adam Pratt Cat 4



John Power Cat 3



Steve Webb Cat 3



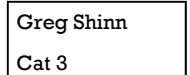
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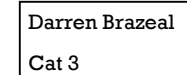
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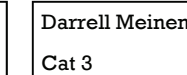
No Picture Available



Greg Shinn Cat 3



Darren Brazeal Cat 3



Darrell Meinen Cat 3



Winning the fight against cancer, every day.*

New Tulsa Wheelmen Team Members for 2006

Bud Almond Cat 5
Randall Clayborn Cat 3
Edgardo Delgado Cat 5
Amanda Erwin Cat 4
Traci Haines Cat 4
Karen Harwood Cat 3
Greg Ingram Cat 3
Jennifer Johnson Cat 4
Barb Landreth Cat 4
Brian Metz Cat 4

Josh Seabolt Cat 5
Philip Stauner Cat 5
Sean Stevens Cat 5

2005 Race Season

Victories 27
State Champs 10
#1 in OK 8
Top 10 in Nation 1



2006 Cat 3 Training Camp A Success

Reports from the riders:

The Saturday ride from Queen Wilhelmina Lodge may have been the hardest bike ride of my life.

Whether this was due to my fat, out of shape body, the cold, the wind or my "23", does not matter. It was one epic experience that I treasure now that it is over!

Thanks to Gary Breipohl's "27", Sunday was better in spite of the blown condition of my legs.

The time spent with the team was immensely satisfying in every respect. The food was OK, but the fact that we had no flats, no mechanicals and no wrecks is almost miraculously grand.

A huge thanks to Kary and Jeremy and anyone else involved in the logistics and arrangements! Ben T.

It's amazing how a 20-25min climb can only last a few minutes when you're going the other way – down hill in the morning!

Miserably, one of the longest climbs, the 20-25 minute climb was saved for our return back to the lodge after a very long day of riding. On a more positive note, the climbing did take my mind off my frozen toes. After the 1st 15 minutes of cold weather riding, I never felt my toes again till almost 7 hours later. I owe Randal big thanks for giving me toe warmers for Sunday's ride.

Wow, can you believe the size of pancakes the lodge served for breakfast? Even with the thought of riding all day on Saturday, I only managed to choke down no more than half of my plate size cakes. If we had started climbing more dur-

ing the early hours of the day, I could have blamed my performance on the breakfast.

It was nice to spend time with everyone that attended. Suffering and challenges always bring a group together.

And I want to especially thank Kary for a fantastic job of getting the CAT 3 team together for a demanding but rewarding weekend. Kary is such a nice guy and team player, I never did figure out if he was serious about offering to take everyone's water bottle up the climbs!

Russell M.

What a great weekend on and off the bike. All the planning that went into this event was certainly appreciated. From reserving the rooms, dropping off water and energy drinks along the ride, planning the routes, swag, and focusing on the team the whole weekend. It will be one of my more memorable rides I have ever done.

The scenery was fantastic and I was glad a few pictures came out from the trip. Thank God for the all-you-care-to-glutton yourself with on Saturday night, especially after the 91 mile ride. The food was awesome and it was great eating, riding, and meeting as a team.

It was the first time I have ever ridden in 2 states on the same ride before, so that was cool.

Thanks to Kary and all those that planned this weekend.

Alan G.



Cat 3 Team (summit at Queen Wilhelmina Lodge) prior to Saturday morning's 91 mile ride through the Ouachita mountains.



Winning the fight against cancer, every day.*



Bicycle Power
Calculator

<http://www.mne.psu.edu/amancusa/ProdDiss/Bicycle/bikecalc1.htm>

Tulsa Wheelmen Membership Notice (March & April 2006)

Last First EXP DATE
Almond Bud & Lisa 03/2006

Please contact Marc Delametter
At no1family@cox.net if you have questions.



ALPINEER



Cat 3 Training Camp (cont'd from page 1)

Tulsa Wheelmen Cat 3 Secret Training Camp 2006

I am racing for a new road team this year. Well, I am not new to this team but after a short two year MIA I am back. Most of the same people I started out racing with years ago are on this cat 3 team. I couldn't have picked a better group of guys to race with this year. There wasn't even any flats the whole weekend. WOW! The scenery by far made up for the cold weather. It was a great weekend. We met at the Wilhelmina State Park Lodge in the



Pit stop along Day 1 at the Cat 3 Camp in OK/AR.

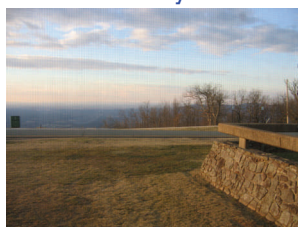
Ouachita Mountain area of Oklahoma and Arkansas. We rode for over 6 hours the first day around and over highway 1 and around 3 hours the second day though Mena and West up highway 1. Randall C.

I want to thank everyone that attended. It was perfect. I was just hoping that 2 or 3 would show up so I

wouldn't have to ride alone and then 11 of us were there. NICE! The only thing I could have asked for was another 10 degrees warmer.

I also wanted to thank Darren and Randall for making the swag, real swag!!

The rides were great. 91 miles on Saturday with an-



Overlook at Queen Wilhelmina Lodge, Mena, Arkansas

other 40 on Sunday made for a great weekend of training. I think the best part of the weekend was that we rode like a team. 11 started together and 11 finished together. 2 by 2. It was just like the pros and just what I was hoping for. And once we were able to strip off the rainbow of jackets our green jerseys looked awesome flowing up and down the drive.

This is exactly what our team needs, a little teamwork to start the season off right. Now we need to carry this through to the end of the

season. Teamwork will be my focus this year and I hope yours. The season is long and the strong in March might be the weak in July. I'm counting on each and everyone of us being in top form at different times throughout the year. So the team will be working for you at some point in the season. And for them to give everything for you on your day, they need to know and respect you and your abilities. This will take time and effort. If you don't know ask. If you know tell. We will live and die by our actions, abilities and TEAMWORK.

Let's make it one fantastic season! Kary C.



This was a picture of the only flat section on the trip! City of Mena, AR on Day 2 of Cat 3 Camp

Tulsa Wheelmen Info Pages (March 2006)

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	

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.

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 T ride	4000 N. Hwy 169	6 PM	3/D/c-d	Starts Apr 5th
Tues	World Champ ride	River Parks, Riverside & SW Blvd	6 PM	4/C/d	Day-light savings time (Apr-Oct)
Tues	Fixed gear trail ride	41st & Riverside	6 PM	3/A/c	Starts Jan 6th
Wed	Night Trail Ride	41st & Riverside	6:30 PM	3/A/c	Starts Jan 7th
Thur	Summer Crit Series	Holiday Hills Safety Training Facility	6 PM	1/A/d	Runs May-Sept
Sat/Sun	Racer's Training Ride	45th & Madison	Sat-12 noon Sun-1 PM	4/C/c-d	Year round
Sat/Sun	No wimps ride	45th & Madison	8 AM	4/C/c-d	Year round

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

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

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 goody@okstate.edu

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 Marc Delametter, Membership Director at nolfamily@cox.net



Tulsa Wheelmen

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Return Service Requested



Adventure Cycling Association

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