



Tulsa Wheelmen

RIDES AND EVENTS CALENDAR

June 2005

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
May 29 No Wimps – 8 a.m. Racer Training Ride, 1:00PM	30	31	June 1	2 Tulsa Wheelmen Summer Criterium Series	3	4
5 Racer Training Ride & No Wimps – 8 a.m.	6 DOT Ride, 4000 North HWY 169, 6:00pm	7 Tuesday Night World Championship Ride (TNWC), SW Blvd. & Riverside Drive, 6:00pm	8 Wednesday Night Ride, West Bank Ark. River, 6:00pm	9 Summer Crit Series	10	11 Racer Training Ride & No Wimps – 8 a.m.
12 Racer Training Ride & No Wimps – 8 a.m.	13 GENERAL MEM. MTG – MAZZIOS AT THE FARM – LOWER LEVEL 6:30PM Race Team Mtg. to Follow	14 TNWC	15 Wednesday Night Ride, West Bank Ark. River, 6:00pm	16 No crits because of: <u>Speedwheel</u>	17	18 Racer Training Ride & No Wimps – 8 a.m. <u>OK State TT Championships</u>
19 Racer Training Ride & No Wimps – 8 a.m.	20 DOT Ride, 4000 North HWY 169, 6:00pm <u>Nationals</u>	21 TNWC	22 Wednesday Night Ride, West Bank Ark. River, 6:00pm	23 Summer Crit Series	24	25 Racer Training Ride & No Wimps – 8 a.m. <u>Tour De Cure</u> <u>Nationals</u>
26 Racer Training Ride & No Wimps – 8 a.m. <u>Nationals</u>	27 DOT Ride, 4000 North HWY 169, 6:00pm	28 TNWC	29 Wednesday Night Ride, West Bank Ark. River, 6:00pm	30 Summer Crit Series	July 1	2 Racer Training Ride & No Wimps – 8 a.m.
					<u>Nationals</u>	
3 Racer Training Ride & No Wimps – 8 a.m.	4 DOT Ride, 4000 North HWY 169, 6:00pm <u>Tour De Payne</u>	5 TNWC	6 Wednesday Night Ride, West Bank Ark. River, 6:00pm	7 Summer Crit Series	8	9 Racer Training Ride & No Wimps – 8 a.m.

N *Tulsa Wheelmen* NEWSLETTER

Vol. 28, No. 6

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

June 2005

THE EDITOR'S PEN FOR June 2005:

AN INTRODUCTION

AND THE FIRST

RAPID FIRE LIST

By: Jeremy Stitt

For my first month as newsletter editor, I'm writing this article about two weeks into June which means this won't reach you for at least another week, which means this newsletter is very, very late. How's that for starting off on the right foot? What I'm really doing is helping you all appreciate the work Delametter has done over the past five years as newsletter editor. The newsletter isn't an easy task (which I have painfully discovered this month). For someone to keep it running so smoothly each month for the past five years deserves recognition and appreciation. Great job, Marc.

As your new editor, I have written down a lot of little ideas I want to do to put my stamp on this publication. I had a list of about 6 or 7 things which included revamping the look, posting racing results, etc. I've since lost that list, but when I find it I'm going to start implementing each one of those items. You can expect to see some changes here in the future – hopefully most are considered improvements.

Of course, the original sections will remain unchanged – race reports, for sale adds, and general comments about the hot topic of the month.

When there is no hot topic of the month (or I choose not to write about it) I'm going to give you the Rapid Fire list – my list of random facts or opinions that pertain to our club. Hopefully you will learn something you didn't know, disagree with something, and wonder why a particular point was even included.

- Marc Delametter has been editor of this newsletter for the last 5 years which is almost longer than I have been racing.
- Rod Harwood and Adam Pratt are two of the best race promoters the Wheelmen have right now. For their races alone, they raised over \$4,000.00 in sponsorship money, which is roughly 30% of the entire yearly sponsorship income for the club.
- The green Wheelmen uniforms are the best club jerseys in the South Central United States. At least four teams were represented in the cat 3 race in the state crit and three of the clubs were wearing all red. You couldn't tell them apart, but you knew exactly who the Wheelmen were.
- Don't borrow your buddy's \$1400 set of Zipp 404s and go preview the state road race course. That's just bad judgment. If you are ever going to trash a set of wheels, it will be on the State road race course. Trust me on this, I've done it, I'm still paying for it.
- Is it possible to have too many teammates in a race? Lately the cat 3 races have been absolutely stacked with Wheelmen. In many ways this can be a huge advantage (more guys to work, more chances to win, etc.) Can it also be a

problem in the sense that there are no clearly defined roles with a team that size? Especially when you consider how well ALL the 3s are riding right now – who wants to be the person to tell someone who has the ability to win the race that they should instead sacrifice themselves at the front?

- Another perspective on how the Wheelmen have grown: In 2003, the Wheelmen sent 8 racers to the Joe Martin Stage race – 5 masters and 3 cat 4s. In 2005, the Wheelmen sent 28 racers to Joe Martin – 2 pro 1/2s, 7 cat 3s, 6 cat 4s, 7 masters, and 2 women.
- The Tulsa Wheelmen Summer Criterium Series is the most important function the club promotes. Without the summer crits, our racers lose training, we don't bring in new racers, our membership decreases and we are no longer active as a club. Next time you see Craig Waldron, our summer crit promoter, ask him if he needs any help.
- This past month, Rich Chillingworth placed 8th at the Long Course Duathlon World Championships in Barcis, Pordenone Italy. This is the WORLD CHAMPIONSHIPS, people!

There you have it, the first Rapid Fire list. Do you have an opinion or thought you would like to share on these or any topic? Email me at jeremy.stitt@gmail.com.



Tulsa Wheelmen Race News

Velotek Stage Race Cat 4 Race

Report

By: Tom Shriver

Here's a summary of the Velotek Stage Race for Cat. 4's.

Overall GC: Mitch - 3rd Place
Tom - 4th Place

Prologue: Mitch - 2nd
Tom - 14th

Criterium: Mitch - 1st!
Tom - 10th

Road Race: Tom - 3rd
Mitch - ~7th/8th

As we expected with the big payouts (Mitch and I took home \$350.00 for 3rd & 4th), the Cat. 4 field was strong. We had done our homework ahead of time, so we had a sense of who to watch for even before the race started. In addition to the Kansas guys, there were strong guys from Lincoln, NE, Iowa and Colorado Springs (Air Force Academy). When we woke up for Saturday morning's prologue it was a frigid 33 degrees (w/ frost on the car windows!). Mitch set a blistering pace in the prologue and finished 2nd! I was way back in 14th spot.

The afternoon's criterium was all Super Mitch. It was a great course, w/ nice turns and a section of a S-curves going into a strong wind. Tom French coached us before the race and explained that you had to be 1st going into the final corner to win. He said, "That's your finish line." There was a brief scare late into the race when two guys opened a significant gap. The Kansas teams were reluctant to chase, so I went to the front and took a strong pull. That sparked a reaction and other guys who then joined in and picked up the pace, so w/ 4 laps to go the bunch was back together. On the last lap Mitch moved into 3rd or 4th spot -- the perfect position. Clearly, the other guys hadn't heard Tom French's advice and they were waiting for the finishing stretch after the last corner to launch their sprints. But, 100 meters or so before the last corner Mitch kicked it, flew into the corner and sailed home for the victory. He even had time to raise his arms in for the victory salute! The time-bonus for the victory also moved Mitch into 1st on overall G.C.! After the Criterium I was sitting in 15th spot, but I was only 6 seconds away from the guy way up in 4th.

Before the race, I had been warned by the local Velotek racers that the course would be "very selective," and they were right. The 58-mile course was tough (it is the same course they will use for the U.S. National Collegiate Championships this year). The 29-loop had several decisive hills and with exposed roads the wind was a major factor. Once again, it was cold in the morning. I was shivering at the start line. The peloton didn't blink when 2 guys (low overall GC) rolled off the front in the first 5 miles of the race and we also didn't worry when a couple of other guys joined them. But, by mile 20 or so the group started to get concerned when they weren't being brought back. We soon realized that there were 6 guys off the front and that they were gaining time.

During the first section of serious hills guys started to drop the hammer. At that point, Mitch wasn't feeling well so he told me to go with any breaks. Air Force Academy's main guy was super-strong and he was setting a blistering pace on all the climbs (hell, he's from Colorado Springs). On one of the tougher climbs I followed these strong attacks and about 5-6 guys opened up a gap, but things came back together. When we came through the start/finish line at the top of the hill we were screaming for time checks, "2:15!" More importantly, we learned that Velotek had a guy in the break, which is why they had refused to work.

Things got very interesting in the second lap as we realized the break was serious. There were repeated efforts to chase but the peloton was disorganized. We would get organized for 5-10 minutes, but then someone would attack and disrupt the flow. Despite the disorganization, slowly we started to pull back the original break. We picked up one, then another, and finally a third -- but, this time it was the Velotek guy. We knew that Velotek's team leader, James, was a serious threat to the overall and with their guy out of the break things were about to get serious. Again, Mitch instructed me to "go with the break!" Velotek moved to the front and James sent his top climber off to set pace on the climb. This busted up the remaining peloton. I jumped on, along w/ a guy from Lincoln Bicycle Club (LBC). The Velotek leader, James was there waiting to launch the "real" attack. I looked back one last time to Mitch and he pointed and screamed, "Go! Go!"

The velotek climber set pace until the four of us were clear and when he burned himself out James attacked. I was freakin dying and I could not grab James's wheel. At this point, the KCOI guy who had won the prologue blew by me and moved to the front of the breakaway. I pushed and pushed and ended up in "no man's land" -- unable to get to the break of three but clear of the remaining peloton. Eventually, the Air Force guy bridged up to me, then a couple of the other GC guys, including Super Mitch. Velotek's seemingly perfect strategy "backfired" when James was dropped from the break he had initiated. The chase group grew to about 8-9 and it was clear that this was the race. We picked up the rest of the original break and so on the road ahead was the fresh breakaway (LBC guy and KCOI guy) and 8-9 chasers. James later said that the LBC guy was setting a relentless pace in the break -- this was obviously the case as they opened up a 2-minute gap on us to take 1st and 2nd overall.

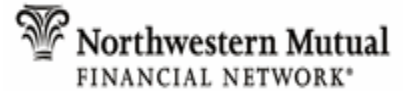
There were still valuable places open in the GC, so Mitch instructed me to go "all-out" at the base of the final 1/2 climb to the finish. He was now sitting comfortably with the other important GC guys, so he only needed to finish safely with the chase group. Super Mitch set tempo in the crosswinds (over the dam) leading up to the final climb so I could recover. At the start of the climb an Iowa-based guy (4th overall on GC) attacked and the Air Force guy quickly followed so I dropped the hammer down. I caught those two and kicked it into overdrive. I finished alone at the top of the climb and picked up the valuable 5-second time bonus. The seconds I gained on the climb plus the time bonus moved me from 15th overall to 4th on GC. Mitch cruised in safely to secure his 3rd place overall in GC.

It was a great race weekend. The race was very organized and professional and the payouts were awesome. We should all try to target this event next year.

2005 TULSA WHEELMEN SPONSORS



ALPINEER



VENTURE PROPERTIES





Tulsa Wheelmen Race News

Velotek Stage Race Women's Race Report

By: Tom Shriver

Cat. 3/4: Marcela
2nd place, Overall GC (by 1-second!)
1st place, criterium
2nd place, 58-mile road race
2nd place, prologue

Cat. 4: Lenka
3rd place, Overall GC
3rd place, 29-mile road race

Marcela set an unbelievable time in the prologue, equal to some of the men's Cat. 4's times and just shy of many Cat. 3 men's times! She then won the criterium in typical "Novian" fashion by leading out the sprint and holding it all the way to the line. She too had benefited from Tom French's advice and dove into the last corner in 1st spot and holding it all the way. In her post-race analysis, she explained that she realized that the woman in first position just before the final corner was in "too small" of a gear. Once she realized this, she explained, "I put it in the 'big one' and just went."

Going into the 58-mile road race she was first overall by several seconds, but she had only done 1 "long" ride in her short career (a 46-mile endurance ride). She rode great throughout but one woman slipped away up the final climb, gained a few seconds plus the extra time bonus for 1st place on the stage. Unfortunately, this gave her a 1-SECOND lead over Marcela for the overall. Marcela was most unhappy after the race. Clearly, Super-Nova does not like finishing 2nd! She explained that she had been forced to pull too much toward the end of the race as the other women stopped taking their pulls. She was particularly angry that the woman who had won had refused to pull through on much of the last lap. No doubt Marcela will be looking for revenge at this week's races in Wichita!

Again, great payouts at Velotek: \$140.00 or \$150.00 for Marcela's 2nd place. Marcela has tons of points so she will be upgrading to a Cat. 3 this week.

Lenka's back is doing better and she finished well in the Women's Cat. 4 race. Like Marcela's race, the women's field was small (only four in the field w/ two teammates) which makes tactics difficult if not impossible. Lenka was tied for 3rd after the prologue and finished with the group in the criterium. In the road race the group dropped the 4th place woman and Lenka finished 3rd on the stage and 3rd overall. We're both pleased that she is back on her bike and is able to compete. Again, Velotek payouts: \$70.00 for Lenka's 3rd place!

Recent Upgrades

Several Wheelmen have recently upgraded their category which always deserves recognition. Upgrading a category means your racing has improved and you are ready to start training and racing at a higher level. All these people deserve congratulations!

- Recent Upgrade – 3 to 2 – Will Gault
- Recent Upgrade – 3 to 2 – Josh Lewis
- Recent Upgrade – 4 to 3 – Mitch Houtman
- Recent Upgrade – 4 to 3 – Marcela Nova
- Recent Upgrade – 5 to 4 – Chris Cauthon
- Recent Upgrade – 5 to 4 – James Lemieux
- Recent Upgrade – 5 to 4 – Pete Lantz

Wheelmen Placings at the Oklahoma State Criterium Championships

Junior Men 10-12		
Chandler Houtman	Tulsa Wheelmen	1
Women Cat 1-4		
Marcela Nova	Tulsa Wheelmen	2
Master Women 35+		
Heidi Gault	Tulsa Wheelmen	1
Cheryl Thigpen	Tulsa Wheelmen	4
Master Women 45+		
Barbara Parker	Tulsa Wheelmen	2
Men Cat 1/2/3		
Janne Hamalainen	Tulsa Wheelmen	2
William Gault	Tulsa Wheelmen	3
Men Cat 3		
Josh Lewis	Tulsa Wheelmen	3
Benjamin Silk	Tulsa Wheelmen	4
Kary Cummins	Tulsa Wheelmen	5
Keith Winn	Tulsa Wheelmen	6
Tom French	Tulsa Wheelmen	7
Darrell Meinen	Tulsa Wheelmen	9
Nathan Leigh	Tulsa Wheelmen	10
Jeremy Stitt	Tulsa Wheelmen	11



Tulsa Wheelmen Race News

OK State Crit Championship Results (cont.)

Men Cat 4/5		
Mitchell Houtman	Tulsa Wheelmen	1
Jim Bohanan	Tulsa Wheelmen	3
Alan Good	Tulsa Wheelmen	5
James Lemieux	Tulsa Wheelmen	9
Chris Cauthon	Tulsa Wheelmen	16
Roger Hale	Tulsa Wheelmen	19
Master Men 40+		
Darrell Meinen	Tulsa Wheelmen	4
Master Men 45+		
Tim Carrigg	Tulsa Wheelmen	2
Keith Franklin	Tulsa Wheelmen	4
Greg Shinn	Tulsa Wheelmen	9
Brandon Johnson	Tulsa Wheelmen	11
Master Men 50+		
John Power	Tulsa Wheelmen	1
Scott Posey	Tulsa Wheelmen	2
Steve Webb	Tulsa Wheelmen	3
Master Men 55+		
Ben Thigpen	Tulsa Wheelmen	1



3 PT Sessions for \$99

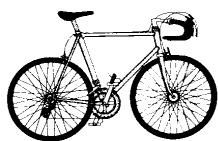
This option is great if you want a jump start for your summer exercise program! Get three, one-hour sessions with a certified personal trainer for only \$99. Learn great tips to implement during your own workout so you get out of your stale routine and on to experiencing long-term results. (Offer is good for new COR customers only; limited time offer!)

One-Time Program

Are you certain you are performing the right exercises to reach your goals? If not, the one-time program is perfect for you! This program includes a one hour workout and a detailed posture and fitness assessment. We test your body fat, take measurements, and analyze your body's strengths and weaknesses. Your complete exercise program is only \$99. (Offer good for new customers only; limited time offer!)

Wheelmen Placings at the Oklahoma State Road Race Championships

Master Women 35+		
Heidi Gault	Tulsa Wheelmen	3
Cheryl Thigpen	Tulsa Wheelmen	7
Men Cat 1/2/3		
William Gault	Tulsa Wheelmen	2
Janne Hamalainen	Tulsa Wheelmen	6
Ryan Fiddler	Tulsa Wheelmen	7
Josh Lewis	Tulsa Wheelmen	10
Men Cat 4/5		
Mitchell Houtman	Tulsa Wheelmen	1
Jim Bohanan	Tulsa Wheelmen	9
Alan Good	Tulsa Wheelmen	11
Chris Cauthon	Tulsa Wheelmen	16
James Lemieux	Tulsa Wheelmen	26
Master Men 35+		
Keith Winn	Tulsa Wheelmen	3
Master Men 40+		
Kary Cummins	Tulsa Wheelmen	4
Darrell Meinen	Tulsa Wheelmen	5
Master Men 45+		
Tim Carrigg	Tulsa Wheelmen	2
Gary Breipohl	Tulsa Wheelmen	7
Pete Lantz	Tulsa Wheelmen	8
Greg Shinn	Tulsa Wheelmen	9
Master Men 50+		
Malcolm McCollam	Tulsa Wheelmen	1
Scott Posey	Tulsa Wheelmen	2
John Power	Tulsa Wheelmen	3
Roger Hale	Tulsa Wheelmen	4
Master Men 55+		
Ben Thigpen	Tulsa Wheelmen	1



Tulsa Wheelmen

INFO PAGES

JUNE 2005

RIDES & EVENTS

Ride Classifications

Miles	Terrain
1 - under 10	A - Flat
2 - 10 - 20	B - Grades
3 - 20 - 40	C - Some hills
4 - 40 - 70	D - Many hills
5 - 75 - 120	E - Severe hills

Average Speed in mph.

a - 4-8, leisure b - 7-14, touring
c - 15-17, fast d - 18+, racing

Important Notice: The *Tulsa Wheelmen* only support responsible bicycle riding. Riders on *Tulsa Wheelmen* rides acknowledge cycling is a potentially dangerous activity and will hold harmless individually and as a group the *Tulsa Wheelmen*, its members and sponsors. Helmets are required. All traffic laws are to be obeyed on all rides including not riding more than two side by side.

Weekly Rides

*Note: Times are when wheels roll.

Any Day, Bike-To-Work Day,

Bicycle to work at least once a week (or more!) and make Tulsa a better community while giving yourself more time on your bike.

Monday, DoT Ride, (3/D/c-d) 4000 N. Hwy 169, 6 p.m. (Sp/Su/Fal). Starts April '05

Tuesday Night World Championships Ride (4/C/d) Starts at the River Parks, Riverside and Southwest Blvd. 6 p.m., 40 mile training ride. Very fast. (Sp/Su/Fal). Starts April '05

Tuesday Night Fixed Gear Trail Ride, (3/A/c) Starts at 41st and Riverside, 6:00pm, fixed gear training ride on the Rivertrails. Lights needed.. (Winter Only). Starts Jan. 4th

Wednesday Night Trail Ride, (3/A/c) Starts at 41st and Riverside. 6:30pm. Lights needed. (Winter Only). Starts Jan. 5th.

Thursday, Tulsa Wheelmen/Bicycles of Tulsa Summer Criterium Series, (1/A/d) Holiday Hills City of Tulsa Safety Training Facility, 6 p.m. (Starts May '05)

Saturdays/Sundays, Racer Training Ride, Noon Sat., 1:00pm Sun. (Switches to 8:00am on April 3, 2005) (5/C/d), 45th and Madison, Wright School (one block west of Peoria on 45th), west parking lot. Distance will vary on this fast paced ride. Route varies depending on who shows up. (year round).

Saturdays/Sundays, No Wimps Ride, 8 a.m. (4/C/c-d), 45th and Madison, Wright School. Distance & route vary. Contact John Power for more info (year round).

PUT YOUR RIDE HERE

Are you doing a weekly ride that isn't listed here, but should be? If so, please send information to **Tulsa Wheelmen Newsletter**, Attn: Rides & Events, P.O. Box 52242, Tulsa, OK 74152-0242.

THANK YOU! *event volunteers, event directors and sponsors, newsletter contributors, QuikTrip Corp. and to all the cyclists who bicycled to work showing Tulsa that Yes!, it can be done..."* **THANK YOU!** *You ARE making Tulsa and bicycling in Tulsa better!*

**SIGN UP A NEW MEMBER.
MEMBERSHIP APPLICATION
ON INSIDE BACK PAGE!
YOUR RECOMMENDATION
ENSURES THAT THE CLUB
WILL GROW!**

Membership and Address Correction

If you are a member and not receiving your newsletter, contact **Rod Harwood**, Membership Director (home: 918-336-7546)
eMail:rod_h@sbcglobal.net



UPCOMING EVENTS

Thurs. 6/16 Speedwheel
Drumright, OK
Chris Younger clyounger@earthlink.net
More info at www.tulsawheelmen.com

Sat. 6/18 OK State TT Championships
Tuttle, OK
Ralph Hamerla (405) 360-8846

6/20-7/1 Nationals
Park City, UT
More info at www.tulsawheelmen.com

Sat. 6/25 Tour De Cure
Tulsa OK

Mon. 7/4 Tour De Payne
Stillwater, OK

Sun. 7/10 Arkansas State Road Race
London, AR
Chuck Gordon (405) 967-3449

Sun. 7/10 Campus Corner Criterium
Norman, OK
Tobin Vigil (405) 364-5513

Sat/Sun 7/15-16 Forrest City Classic
Forrest City, AR
See flyer at www.tulsawheelmen.com

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

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MORE . . . WHEELMEN 770

JUNE 2005

***!?! ?!**
TAKE ACTION
Who You Gonna Write!
Who You Gonna Call!

CITY PROBLEMS?

Mayor's Action Center: 596-2100, Fax 596-9010.

Tulsa City Councilors: mail 200 Civic Center, Tulsa, OK 74103; phone 918-596-1900, Fax 596-1964.

City Animal Shelter: 669-6299

STATE HIGHWAY PROBLEMS?

(e.g. Port Road, Hwy 97/51), Oklahoma Highway Dept, Ed Kellogg, P.E.; P.O. Box 660, Tulsa, OK. 74101, phone 918-838-9933.

TULSA COUNTY ROAD PROBLEMS? (e.g. Avery Drive, Wekiwa Road), Tulsa County Engineer, Ray Jordan, 596-5730, Fax 596-4647.

TULSA COUNTY TRAFFIC PROBLEMS? Tulsa County Sheriff 918-596-5601.

RIVERPARKS AUTHORITY, 707 S. Houston, Suite 202, Tulsa, OK. 74127, 918-596-2001.

AIR QUALITY/OZONE ALERT QUESTIONS? Tulsa City-County Health Dept. 918-744-7664.

This month I took action. I made a call or wrote a letter to: _____

About: _____

Response: _____

Date: _____

TW MONTHLY MILEAGE LOG

Date: _____
Bike _____ Bike _____
Miles
Now: _____
Prev. _____
Month: _____
Month _____
Total: _____

Take current mileage shown on bike computer, subtract the previous month's "Miles Now" figure and the result is the distance ridden for the current month.

RE-CYCLE-IT!

THE CLASSIFIEDS
Where member ads are free!

SELLE ITALIA SADDLES

1) ProLink – Gelflow
2) SLR – Gelflow
3) SLK – Gelflow
All used less than 150 miles. \$50 each.
Contact Fred Delacerda, 405-624-0955

RITCHEY LOGIC ROAD FRAME

54cm. Campagnolo Record Carbon brakes/shifters/rear derailleur. Ritchey Logic headset/BB/crank (53/38) Control Tech seat post. Flite Ti. saddle. 3T handlebars and stem. Mavic rims. No pedals, crashes or scratches. Perfect. \$975 negotiable. Contact Christian 812-2040

Re-Cycle-It classified ads run for two months and are available free to members, (only \$7.50 for non-members); ads **must be submitted in writing by the 10th of the month.** Other advertising rates available upon request. Make check payable to **Tulsa Wheelmen.** Mail ad directly to Jeremy Stitt, TW Newsletter Editor, 7917 S. 92nd E. Pl. Tulsa, OK. or e-mail to: jeremy.stitt@gmail.com.

DO NOT ATTEMPT TO PLACE ADS BY PHONE

BICYCLE WEB SITES

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

Bicycling Magazine: name says it, www.bicyclingmagazine.com.

Bikes Belong! Coalition: www.outdoorlink.com/bikes-istea
Congressional bicycle advocacy.

Bicycle Federation of America: www.bikefed.org

Bicycle issues and advocacy.

Bike Plan Source: www.bikeplan.com

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

FreeWheel Oklahoma: <http://www.okfreewheel.com>.

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

ISTEA: www.istea.org
Update information on the upcoming ISTEALegislation.

League of American bicyclist: www.bikeleague.org.

Bicycle advocacy.

Mountain Bike Daily: www.mountainbike.com.

Mountain bike stuff.

Oklahoma Runner Magazine: www.runningnetwork.com.

Information Oklahoma running events.

Runner-Triathlete: www.runningnetwork.com/RunTriNews.

Triathlon and running information by region.

The San Francisco Exploratorium: www.exploratorium.edu/sport/.

The Science of Bicycling, facts and information.

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

Transportation Policy Project: www.islandnet.com/~litman.

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

The Tulsa Wheelmen Web Site: www.tulsawheelmen.com

USA Cycling: www.usacycling.org
National and regional schedules.

U.S. Olympic Committee: www.olympic-usa.org.

Olympic information including cycling.

VeloNews: www.velonews.com
The journal of bicycle racing.

BECOME INVESTED IN TULSA BICYCLING
JOIN THE TULSA WHEELMEN!
2005 Tulsa Wheelmen Membership and Renewal Application
Membership expires one year from the last day of the month of enrollment date.

Name: _____ Address: _____
City: _____ State: _____ Zip: _____ Phone (Hm): _____ (Wk): _____
Emergency Contact Name: _____ Phone (Day): _____ (Eve.): _____
E-Mail Address: _____

The Tulsa Wheelmen, as a volunteer bicycle organization, expects members to help with at least two activities during the year.

I will be calling to help with _____ Racing _____ Touring _____ Advocacy _____ Events _____ Officers/Committee

Why did you decide to join the Tulsa Wheelmen? Friend _____ Other _____

Would you like to receive the newsletter electronically? Yes _____ No _____

The Tulsa Wheelmen will be publishing a list of members to members only. If you do not wish to be included in the list or if you wish to have part of the information excluded, indicate so by circling those items which you do not wish to have published:

Name Address Home Phone Work Phone

Annual Membership Dues: Adult: \$20, Family: \$25, High School Students or Over 65: \$10

Note: Memberships expire one year from month of enrollment. Amount enclosed: \$ _____

Make checks payable to: **Tulsa Wheelmen**, P.O. Box 52242, Tulsa, OK 74152-0242

Signature (of parent if applicant under 18): _____ Date: _____

I acknowledge that cycling is a potentially dangerous activity and will hold harmless individually and as a group, the Tulsa Wheelmen and its members. Helmets are required to be worn by all cyclists on all Tulsa Wheelmen rides.

To verify Tulsa Wheelmen membership for a bike shop, detach below this line with address label attached.

**TW MEMBERSHIP + BIKE
SHOPS = DISCOUNTS!**

Identify yourself as a Tulsa Wheelmen member by using your Tulsa Wheelmen Newsletter address section (on the other side), and receive up to 10% off on regular purchases from Tulsa area bike shops.

Buy from a community bicycle shop.

Bicycles of Tulsa 665-2453
Lee's Bicycles 743-4285
Lee's BikeMart 250-8130
Oklahoma Velo Sports 587-0574
Sun & Ski Sports 254-0673
Tom's River Trails Bicycles
..... 481-1818
T-Town Bicycles 492-8696
MidTown Bicycles 749-7563
Adventure Bicycle Center.....
..... 918-333-9222

**TULSA WHEELMEN RIDE
GUIDELINES**

The Tulsa Wheelmen membership only supports responsible bicycling. The guidelines listed below are reminders to those participating in Tulsa Wheelmen rides of the kind of bicycling expected. Please ride responsibly and ask the same of others.

Tulsa Wheelmen Ride Guidelines:

1. Ride courteously and responsibly, obeying the rules of the road.
2. Always ride with your helmet on and secure.
3. Never ride more than two abreast, especially in a group. **Two by two looks sharp to drivers and other riders, and it's state law.**
4. Pass other cyclists on the left, i.e., never on the right, especially in a group.
5. Communicate your position to other riders, e.g., "I'm on your left."
6. Should another rider have a flat, verify that they have the situation under control. Offer to help.
7. Should you be involved in an accident with another rider, stop, check for injuries, exchange names. This is more than just a good idea; **as a vehicle operator, it's the law.**

**TULSA WHEELMEN
BENEFITS**

By joining the *Tulsa Wheelmen*, you can take advantage of several benefits:

1. You join your voice with hundreds of others promoting responsible bicycling in Tulsa.
2. You support a wide range of weekly training bicycle rides.
3. You support annual bicycling tour events.
4. You join a club that presents the most complete bicycle racing program in the state.
5. You join a club affiliated with the *Oklahoma Bicycle Coalition* and the *League of American Bicyclists, Adventures Cycling* and the *United States Cycling Federation*.
6. You receive discount pricing at area bicycle stores.
7. You receive the most dynamic state bicycle newsletter and free classified ads for members.
8. **Most importantly you are providing a place to work in support of bicycling for advocacy, racing, and road riding purposes in the community.**

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Tulsa Wheelmen Newsletter

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

The *Tulsa Wheelmen Newsletter* welcomes any contributions that fall within the two rules of (1) having to do with bicycling and (2) being legible. Contributions need to be made by the 10th of the month prior to publication. Send submissions directly to **Jeremy Stitt, TW Newsletter Editors, 7917 S. 92nd E. Place, Tulsa, OK 74133** or to **Tulsa Wheelmen Newsletter Editor, P.O. Box 52242, Tulsa, OK 74152-0242**.

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



TULSA WHEELMEN
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