

TW Editor:
Alan Good

Tulsa Wheelmen



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Newsletter



April, 2008

Volume 31, Number 3

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TULSA TOUGH RIDE & RACE

Women's Cat 3 Racer: Helene Carabin by Alan Good

Tell the readers a little about yourself...where you are from originally, how long you have been racing, etc.

I was born in Montréal, Québec and am a Native French speaker. I started riding bikes really young, and actually on the handlebars of my Dad, My Dad is originally from Bretagne (Brittany) in France and used to race Amateur over there in the late 1940s early 1950s. So, needless to say, that I have always been surrounded by bikes. After veterinary, Master and PhD degrees in Montreal, I moved to the UK in 1998 to do a post-doctoral training bringing my bike and books with me, but not enough clothes for the rain! This is when I first raced. It was a time trial, that Brits are so fond of. But the thing is that I DID NOT KNOW that it was a race so I showed up with a camera and lunch in my little bag. I then ended up on the wheel of another woman for the whole race, because I did not know you could not draft! Anyhow, I started racing more seriously the following year and the years after that. This included a few TT's with my now husband Gil on the tandem. We are actually the Wales 100 miles TT tandem champion for 2001 (it rained the WHOLE TIME!!). We moved to OKC in 2002 when I joined the Mathis Brothers. I raced a little that year as a cat 4. Then in 2003 I had a very bad crash in a TT (don't ask, stupid crash) and broke my elbow in 7 places which took me out of racing for the sea-

son. And I continued racing with OKC Velo until 2006 when I joined B1Rocks and raced as a cat 2 with Andrea Ratkovic. This was quite an experience,



especially the Joe Martin Stage race with all these big names! I managed to survive the first 3 stages and then totally blew up at the crit -- legs gone, this is where you see the difference between girls who ride for a living and those who are University Professors! Last year, I had a very big belly with a little boy in it, so no racing for me. And I came back this year as a cat 3 given the reduced hours on the bike.

How did you come about joining the CTCA/Tulsa Wheelmen women's team?

After my belly experience last year, I was looking for a new team this year with some cat 3s that was based in Oklahoma. Given that OKC Velo was more focused on supporting cat 4 women only, I thought of the Tulsa ladies. I have known Heidi for a while (she speaks French so I got to know her very quickly) and I had seen Cheryl around for 2-3 years. So I asked them what they thought about this possibility and had a great welcome!

How was your first race experience as a CTCA/TW member? And getting the win at Salt Creek (W123 race) that

must have been special!

The first race this year was at Lago Vista in Texas. I was the only TW woman there so it was more similar than the previous years where I had been riding pretty much alone as a cat 3. Now Salt Creek was really great. After managing 5th in the Men Master's race, that win in the W123 was really a surprise. I guess that my origins from a cold climate may have helped there! I think that I also got a boost from being in a team where I KNEW that we could do something. So I talked to Heidi a little at the start (in French so women on the other teams wouldn't understand) to discuss tactics. We started in the front and I attacked on the 1st hill without much damage, tried again on the next little incline without much more success and then Heidi took over after the turn. I saw that other girls seemed to be struggling a bit following Heidi so I attacked on the next hill, and there it worked. And Heidi and Lauren did a GREAT job -- going to the back and letting the others pull and then attacking when I had a good lead. Lauren did a great sprint at the end to give us 1,2 in the race! It is just a shame that Heidi had a flat at the end because I think that we could have gotten top 3. It was a great race, probably my best win ever. (Cont'd page 4)

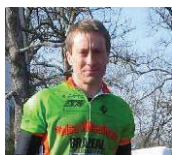
April 2008: Rides & Events Calendar

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
						8AM-"No Wimps" Ride 10AM Racer 's Training Ride Racing on River, Tulsa, OK
6	7	8	9	10	11	12
8AM-"No Wimps" Ride 10AM Racer's Training Ride Dogwood RR, MO		<i>TW Crit Series</i>				8AM-"No Wimps" Ride 10AM Racer 's Training Ride Flint Ridge Circuit Race, OK
13	14	15	16	17	18	19
8AM-"No Wimps" Ride 10AM Racer's Training Ride Cowskin Circuit Race, OK	CTCA/General Mem. Mtg 6:30 PM Race Meeting to follow at 7:30 PM	<i>TW Crit Series</i>				8AM-"No Wimps" Ride 10AM Racer 's Training Ride Sea Otter (NRC)
20	21	22	23	24	25	26
8AM-No wimps 10AM Racer's Training Ride		<i>TW Crit Series</i>				8AM-No wimps 10AM Racer 's Training Ride Bob Herbert SR, AR
27	28	28	30	1 MAY	2	3
8AM-No wimps 10AM Racer's Training Ride Bob Herbert SR, AR		<i>TW Crit Series</i>				8AM-No wimps 10AM Racer 's Training Ride

Tulsa Wheelmen

Meet the Team (Name-Race Category) New Team Member for 2008



Tom Shriver-3



Nathan Leigh-2



Brian Metz-3



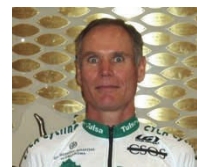
Kary Cummins-2



Chris Cauthon-4



Alan Good-3



Keith Franklin-2



Dustin Weaver-4



Ben Thigpen-3



Cheryl Thigpen-3



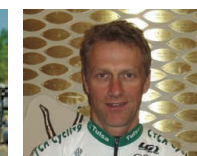
Traci Leigh-4



Phil Stauner-3



Mark Delozier-4



Janne Hamalainen-1



Tim Carrigg-3



Will Gault-2



Heidi Gault-3



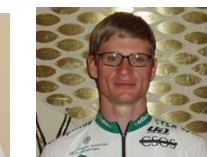
Jeremy Stitt-3



Jim Bohanon-3



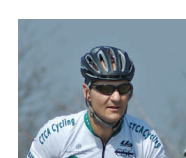
Edgardo Delgado-4



Scott Gibson-1



Randall Clayborn-3



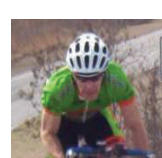
Greg Ingram-3



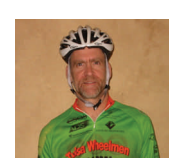
Ben Silk-3



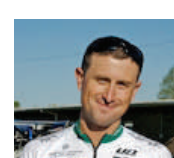
Byron Harvison-4



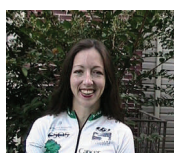
Gary Breipohl-3



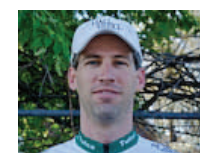
Pete Lantz-4



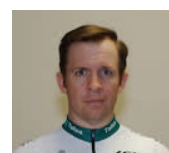
Eric Melton-2



Lauren Miller-3



Kyle Freeman-4



Darren Fritz-4



Ben Grabow-4



Rafael Santiago-4



Davis Hale-2



Mitch Houtman-3



Chris Zenthoefer-2



Joey Bayles-5



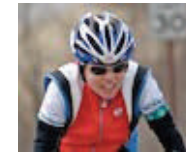
Jeff West-4



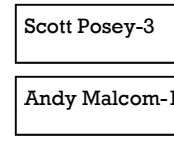
Chris Genske-4



Todd Reed-4



Helene Carabin-3



Scott Posey-3



Andy Malcom-1



Milus Clarke-5

Don Tardiff-5

Rob Chance-5

Rich Gulotta-5

John Allen-3

Jay Blankenship-2

Mike Stern-4

Shane Carter-3

Brett Clark-5

James Hiatt-5

Mark Jackson-5

Ryan Kruger-5

Robert Lemaster-5

Don Renberg-5

Ivan Rodriguez-5

Jim Buchan-3

Alex Schneider-3

Christian Verry-4

Corbin Wantland-5

Helene Carabin Interview (Continued from page 1) by Alan Good



How do you get along with your teammates? Do you all get a chance to train together?

I guess that I have answered that question in the answers to the 2 previous questions. I have known Heidi and Cheryl for a while and I think that they are super. And I just met Lauren at Salt Creek after a few email exchanges when I joined the team. I believe that she is a very talented rider with a lot of potential. I think that we will be able to have pretty good results as a team. We are all team players and want to get the team a win, the individual is not the emphasis! Unfortunately, we do not train together because I live in OKC and it would make it a little too far.

What races are next on the horizon for you?

Weather permitting, I will be doing the Hell's Kitchen on Sunday March 16 (before taking the plane to Montreal in the afternoon). Then the team is planning to do the NWA race. I will be doing the OKC Velo TT series (given I am helping organizing it), Mineral Wells down in Texas and the Fort Davis Hammerfest (very far south in Texas). It is far but I simply love that race because 1) there is no crit and 2) there are a lot of hills! Our "biggie" team race will be at Joe Martin. I hope that one of us can make the top 3, but the competition will be high.

What are some of your goals for 2008? Individual? Team?

I am really looking forward to racing in a team. I am also hoping to be able to

share some of my experience with the others. I really felt so stimulated at the Salt Creek to be part of that group. So my goal is to have fun and contribute to get good results for our team.

Anything else you want to share with the Tulsa Wheelmen readers?

I think that sums it up!

Thanks for taking the time to speak to the sponsors and the CTCA/Tulsa Wheelmen. Good luck to your 2008 season Helene and to the rest of your teammates!

Alan



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Brian Metz

bmetz@okstate.edu

405-517-2311



Stat Corner



Dustin Weaver (sprinting above) went on to finish 4th at the 2008 Salt Creek Circuit race. Dustin Weaver races for the Cat 4 team.



Cat 123 women's race saw new team member Helene Carabin capture the victory behind some solid teamwork by the CTCA/TW women's team.



Jay Blankenship (CTCA/TW) in the break at Salt Creek in the Pro 1/2 race. Will Gault trying to bridge in the foreground.

2008 Salt Creek Top Results

3/8/08

Cat 1/2:

Jay Blankenship	3rd
Will Gault	5th
Chris Z	9th

W1/2/3:

Helene Carabin	1st
Lauren Miller	2nd
Cheryl Thigpen	6th
Heidi Gault	7th

Cat 3:

Shane Carter	5th
Alex Schneider	7th
Alan Good	9th

Cat 4:

Dustin Weaver	4th
Kyle Freeman	5th
Jeff West	6th

Cat 5:

James Hiatt	5th
Rob Chance	7th
Rich Gulotta	8th

Master's 40+

Helene Carabin	4th
Greg Ingram	5th

Master's 50+

Ben Thigpen	2nd
Scott Posey	3rd

2008 Hell's K Top Results

3/16/08

Cat 1/2:

Will Gault	4th
Janne Hamalainen	10th
Jay Blankenship	12th

Women's Open:

Heidi Gault	5th
Lauren Miller	9th

Cat 3:

Alex Schneider	5th
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Master's 50+

Gary Breipohl	4th
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2008 Primavera I and II

3/1/08-3/2/08

Cat 1/2: (SAT) (SUN)

Kary Cummins	38th	N/A
Davis Hale	46th	44th
Chris Z	54th	54th

Women's Cat 3: (SAT) (SUN)

Helene Carabin	4th	N/A
Cat 3: (SAT) (SUN)		
Jeremy Stitt	13th	DNP
Alex Schneider	32nd	48th

Phil Stauner	41st	44th
John Allen	N/A	46th

Cat 4: (SAT) (SUN)

Dustin Weaver	N/A	24th
Jeff West	N/A	35th

Master's 35+

Kary Cummins	N/A	28th
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2008 Walburg & Pace Bend

2/23/08-2/24/08

Cat 1/2: Walburg Road Race (TX)

Davis Hale	44th
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Cat 1/2: Pace Bend Road Race (TX)

Janne H	31st
Chris Z	36th

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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	Jackson Park Parking Lot	5:30 PM (sharp for competitive group!)	3/D/c-d	Starts Apr-Oct
Sat/Sun	Racer's Training Ride	31st & River-side Parking lot	10AM (Winter time)	4/C/c-d	Nov-Mar
Sat/Sun	"No Wimps" ride	Wright School	8AM	4/C/d	All Year

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 Tonja Pitzer, Membership Director

(info on left)



Tulsa Wheelmen

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Return Service Requested



Adventure Cycling Association

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Race Team Results

Salt Creek Pictures by Darren Fritz

