



Newsletter

April 2009

Volume 31, Number 4

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Alsation country omnium race report

What got into us to do a stage race that early in the season I do not know. What I know is that it was early in the season and that I was not overly confident about how I would possibly perform, especially when I saw that there were 25 women registered in the women open, which could have been called women 1,2,3, category. So, this is the state of mind in which I went down to San Antonio for the first stage race of the season.

Stage 1 – 10 miles TT

The first stage was a fast outgoing 5 miles with a pretty strong tail wind, and I got the impression that it may have even slightly been going downhill. The bad thing about this is that you know very well that if you are going that fast out, it will be bloody hard to come back. And to facilitate the whole process, my power, heart rate monitor and speed were not working -- great. Luckily, I had actually tested the TT bike earlier on during the week to find out that the valve on the tubular on my disc wheel was busted. So, it was not starting too well. We did, on the other hand, have a few good things on our side. First, the organizer was kind enough to start Gil, the first 40+ men, and me, the last woman in the open category, so that we had enough time to swap Félix (our son). Second, he was even more kind to take care of Félix for about 15 minutes so that I could get a little bit of a warm up. So, off I went last of all the women open with Chris Wolfe one minute ahead. I knew one thing - I would not see her again, and I did not. However,

that disc wheel, once it had a pumped tubular, did seem to make me go at a pretty good speed, overtaking my 30 second girl on the way out and another two on the way back with a fourth almost caught at the line. The return was indeed hard but not as bad as it could have been. However, not having any element functioning on my bike, I had no clue how I had done, so it came a bit as a surprise when I was told that I was 3rd on GC! Sweet... I did



the 10 miles at a speed of a little over 39 kph (sorry, still not Americanised –please notice the “s” -- enough to be able to count in mph). So this was a good start.

Stage 2 – 50 minutes criterium

Hélène + criterium + no team mate= bad mental. Do I need to say more? The course was not technical, the field not bad, the wind somewhat strong but no reason not to perform. But I did not. It is mental - I block when I see the word criterium. So it was 50 minutes of no fun for me with the usual attacks and sprints and slow downs. The ATT team actually rode quite well and had good tactics. They managed to get someone

in the front with Jenn Purcell from Hotel San Jose, who

ended up winning. I came 12th, second from last in the pack. After the crit, I was 6th overall, which was not all bad I suppose.



Stage 3 – 45 miles road race

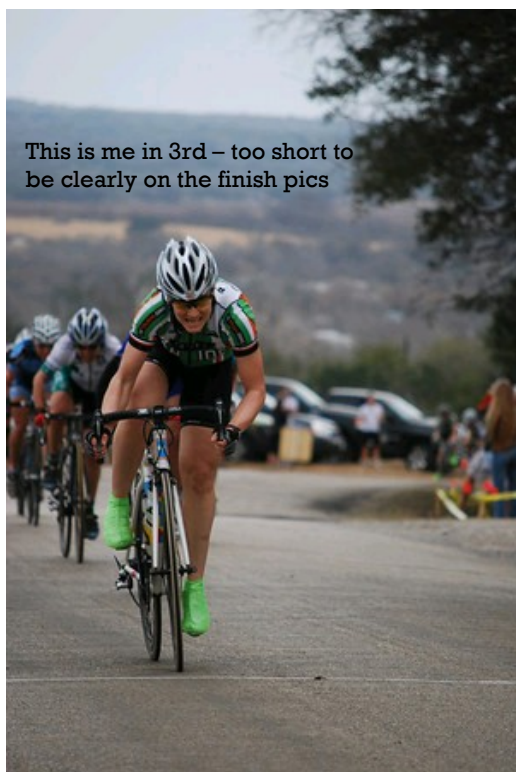
The good thing about the road race was that it had an uphill finish. Not a monster hill but a reasonably long one where I knew that I could clearly do better than on a downhill finish. The other good thing that happened is that three of us who did not have a team decided to help one another to be able to have a better time. This definitely helped with the mental part of things. The first 7 or 8 miles were fast with a strong tail wind. Sheri Rothe then decided to have fun and attacked on her own on that part of the course. This soon got everyone rolling and we started to get organised to catch her. Then came the turn into the cross wind and since the ATT girls were in 2nd and 3rd in the GC, they started hammering it and guttering everyone. It was hard, given that those girls are pretty good time trialists.

(See page 2 for more)

I think that quite a few got dropped there even though I was not really looking – I was trying to survive. It was a relief when we turned back to the tail wind and then the only reasonable climb was the feed zone – great, this meant that I could not really do much there. So off we were for a second lap with that crazy cross wind. It started the same way with the ATT girls guttering the field but we would not let them have it. The rest of us got organized and applied the pace line and echelon skills learned during the Colavita camp. In fact, most of the girls, except for the ones in the ATT team were at the camp. This made this section hard but not as crazy as the previous lap. This lasted until the cat 1,2 men overtook us (so we could not do anything) and then they STOPPED FOR A PEE, meaning that we overtook them and they overtook us again. So, our race was basically neutralized for about 20 minutes. One girl from Austin Flyers went off the front on the downhill part and no one seemed to care about chasing her. When we turned back on the return road, it became interesting again with the strong head wind and the big teams starting to become interested in the wind. We picked up the lone rider maybe half a mile before the finish on the start of the hill. I felt reasonably good by then and managed to follow the leaders in the front to finish third. This was very satisfying as the climb was not a Fort Davis type of climb.

Overall I came in 5th, 1 point off the girl in 4th. What was frustrating to me was that in the omnium there were less points for the TT than the other 2 stages, but well, this is an incentive to fix the mental blockage!

I am now looking forward to racing with teammates!



This is me in 3rd – too short to be clearly on the finish pics

Tulsa Tough Top 5

2009 Tulsa Tough Race Team

(Top 5 Results):

Helene Carabin	8
Gary Breipohl	3
Will Gault	2
Garrett Grow	2
Lauren Miller	2
Scott Posey	2
Rabyne Rogue	2
Ben Thigpen	2
Jeff West	2
Alex Battles-Wood	1
Jim Bohanon	1
Heidi Gault	1
Lori Ginn	1
Janne Hamalainen	1
Rae McSweeney	1
Paul Miller	1
Phil Stauner	1



April 2009: Rides & Events Calendar

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>29-March</i> NWA Classic RR (AR)	<i>30</i>	<i>31</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i> 10AM Racer 's Training Ride Racing on the River TT (Tulsa, OK)
<i>5</i> 10 AM Racer's Training Ride Flint Ridge Circuit Race (OK)	<i>6</i>	<i>7</i> <i>Tulsa Wheelmen Criteriums</i>	<i>8</i>	<i>9</i>	<i>10</i>	<i>11</i> 10AM Racer 's Training Ride Velo Club TT#1 (OKC)
<i>12</i> 10 AM Racer's Training Ride	<i>13</i> CTCA/General Mem. Mtg 6:30 PM Race Meeting to follow at 7:30 PM	<i>14</i> <i>Tulsa Wheelmen Criteriums</i>	<i>15</i>	<i>16</i>	<i>17</i>	<i>18</i> 10AM Racer 's Training Ride Bob Herbert Circuit Race (AR) Fire Hill Crit (OK)
<i>19</i> 10 AM Racer's Training Ride Woo Hoo Girlies Crit (KS)	<i>20</i>	<i>21</i> <i>Tulsa Wheelmen Criteriums</i>	<i>22</i>	<i>23</i>	<i>24</i>	<i>25</i> 10AM Racer 's Training Ride Tour De Hills RR (AR) Matrix Criteriums (TX) Velotek GP (KS)
<i>26</i> 10 AM Racer's Training Ride Matrix Criteriums (TX) Velotek GP (KS)	<i>27</i>	<i>28</i>	<i>29</i>	<i>30</i>	<i>1-May</i>	<i>2-May</i> 10AM Racer 's Training Ride



Tulsa Tough Race Team Results



Top 5 Women's Team 2009 Results:

Hell's Kitchen	Helene Carbin	1st	W-Open
Salt Creek	Helene Carabin	1st	W 1/2/3
Cowskin RR	Helene Carabin	1st	W 1/2/3
Cowskin RR	Rabyne Rogue	1st	W Cat 4
Copperas Cove RR	Helene Carabin	2nd	W-Open
Hell's Kitchen	Rae McSweeney	2nd	W Cat 4
Spring Fling Crit	Lauren Miller	2nd	W Cat 3/4
Alsatian TT	Helene Carabin	3rd	W-Open
Alsatian RR	Helene Carabin	3rd	W-Open
Hell's Kitchen	Rabyne Rogue	3rd	W Cat 4
Salt Creek	Heidi Gault	4th	W 1/2/3
That Dam Race	Lauren Miller	4th	W 1/2/3
Alsatian GC	Helene Carabin	5th	W-Open
Primavera	Helene Carabin	5th	W-Open
Hell's Kitchen	Lori Ginn	5th	W-Open



Top Men's Team 2009 Results:

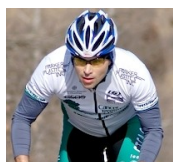
Cowskin RR	Garrett Grow	1st	Cat
Salt Creek	Garrett Grow	2nd	Cat 4
Cowskin	Gary Breipohl	2nd	M 50+
Salt Creek	Gary Breipohl	3rd	M 50+
Hell's Kitchen	Will Gault	3rd	P 1/2
Cowskin	Jim Bohanon	4th	M 40+
Salt Creek	Janne Hamalainen	4th	M 40+
Salt Creek	Ben Thigpen	4th	M 50+
Cowskin	Ben Thigpen	4th	M 50+
Primavera II	Jeff West	4th	Cat 4
Cowskin	Will Gault	5th	P 1/2
Cowskin	Paul Miller	5th	Cat 4
Salt Creek	Scott Posey	5th	M 50+
Cowskin	Scott Posey	5th	M 50+
Cowskin	Phil Stauner	5th	Cat 3
Salt Creek	Jeff West	5th	Cat 4



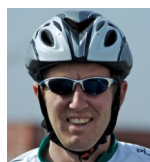
Meet the Team (Name-Race Category) New Team Member for 2009



Nathan Leigh-2



Shane Carter-2



Brian Metz-3



Kary Cummins-2



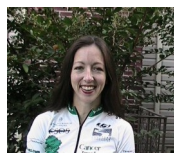
Chris Genske-4



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



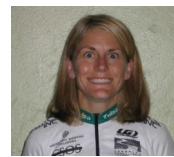
Edgardo Delgado-4



Jeremy Stitt-3



Jim Bohanon-3



Heidi Gault-3



Dustin Weaver-4



Chris Zenthoefer-2



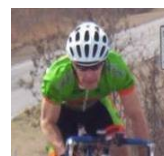
Eric Melton-2



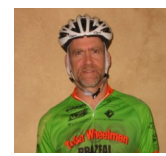
Ben Silk-3



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	MNR	17th & Riverside (parking lot)	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	31st & Riverside	10AM	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 Tonja Pitzer, Membership Director

(info on left)



Tulsa Wheelmen

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Return Service Requested



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