

TW Editor:
Alan Good

Tulsa Wheelmen



Newsletter



August, 2008

Volume 31, Number 6

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2008 Bike MS Oklahoma Ride September 13 & 14

Join the Movement! Come ride with us! The 23rd Annual Bike MS Oklahoma Ride presented by SemGroup, L.P. is a 2-day cycling event on September 13 and 14 that raises funds to support people living with multiple sclerosis in Oklahoma and throughout the United States. Money raised through this event funds MS research, programs, services and advocacy.

Same ride, new route...this statewide cycling event is heading to Pryor, OK this year! Cyclists will ride 150 miles over both days. They will complete 82.1 miles on day one, Saturday, September 13. The day begins at 6:00 a.m. with Check-in and breakfast at Southcrest Hospital (8801 S. 101st East Avenue, Tulsa); then the bike ride will start at 7:30 a.m. Along the ride, cyclists can find stocked rest stops every 10 miles and SAG (Support and Gear) vehicles will be available between these stops. Medical support and expert bike maintenance and repair from supporting bicycle shops are provided along the ride as well.

Cyclists will travel through beautiful northeastern Oklahoma passing through Broken Arrow, Catoosa, and north to Sageeayah, stopping for lunch in Claremore. The ride continues east to the Pryor Creek Recreation Center (1111 Southeast 9th Street, Pryor). Once arriving at the recreation center, cyclists can jump in the Olympic-size swimming pool to cool off or take a shower before the night's festivities. Dinner will be provided at the recreation center at 6:00 p.m. Then cyclists can head to the Tent Village for awards, refresh-

ments and entertainment. Those who wish to sleep indoors may do so inside the Pryor Creek Recreation Center, or they can choose to camp outdoors with fellow cyclists.

Day 2 (Sunday, September 14) will begin at 6:00 a.m. with breakfast at the Pryor Creek Recreation Center; then the ride will start at 7:30 a.m. Cyclists will travel south through Tulsa, west to Tiawah and shadow the historic route 66 for part of the trip. Rest stops along the way guide them through Catoosa and Broken Arrow, leading them south of the Tulsa metro area. At the end of their 64.1 miles, cyclists will find the finish line at Southcrest Hospital (Tulsa). At 2:00 p.m. the "Mile 151" party begins in the Southcrest Hospital parking lot. The finish line activities include food, refreshments, fun and socializing with Oklahomans with multiple sclerosis, volunteers, fellow cyclists, family and friends.

For more information on the 2008 Bike MS Oklahoma Ride, call Blaine King (Development Manager for National MS Society Oklahoma Chapter) at 1-800-FIGHT MS (1-800-344-4867), then press 2. Also, go to www.nationalMSSociety.org/oke.



MS Bike Tour

REGISTRATION Information:

- Fee: \$35
- Each cyclist is required to raise a minimum of \$200 to fight Multiple Sclerosis (due by October 13, 2008)
- The average cyclist in the ride raises \$450
- Each cyclist receives an official long-sleeved Bike MS T-shirt
- Each cyclist receives a commemorative patch



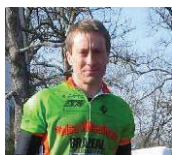
August 2008: Rides & Events Calendar

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4	5	6	7	8	9
		<i>TW Crit Series</i>			Tour of KC	8AM-"No Wimps" Ride 8AM Racer 's Training Ride Tour of KC
10	11	12	13	14	15	16
8AM-"No Wimps" Ride 8AM Racer's Training Ride Tour of KC	CTCA/General Mem. Mtg 6:30 PM Race Meeting to follow at 7:30 PM	<i>TW Crit Series</i>				8AM-"No Wimps" Ride 8AM Racer 's Training Ride Nat Crit Championships (IL)
17	18	19	20	21	22	23
8AM-"No Wimps" Ride 8AM Racer's Training Ride Nat Crit Championships (IL)		<i>TW Crit Series</i>			HHH100 Crit (Wichita Falls, TX)	8AM-"No Wimps" Ride 8AM Racer 's Training Ride HHH100 RR (Wichita Falls, TX)
24	25	26	27	28	29	30
8AM-No wimps 8AM Racer's Training Ride Queen City Crit (MO)		<i>TW Crit Series</i>				8AM-No wimps 8AM Racer 's Training Ride
31	1	2	3	4	5	6
8AM-No wimps 8AM Racer's Training Ride AR State RR (AR)	SEPT	<i>TW Crit Series</i>				8AM-No wimps 8AM Racer 's Training Ride Har-ber Meadows Crit (AR)

Tulsa Wheelmen

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



Tom Shriver-3



Nathan Leigh-2



Brian Metz-3



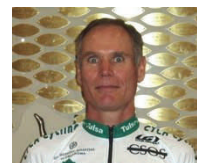
Kary Cummins-2



Chris Cauthon-4



Alan Good-3



Keith Franklin-2



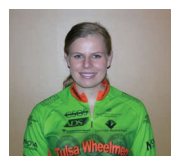
Dustin Weaver-4



Ben Thigpen-3



Cheryl Thigpen-3



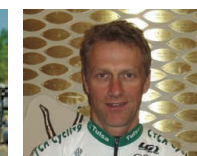
Traci Leigh-4



Phil Stauner-3



Mark Delozier-4



Janne Hamalainen-1



Tim Carrigg-3



Will Gault-1



Heidi Gault-3



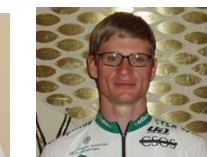
Jeremy Stitt-3



Jim Bohanon-3



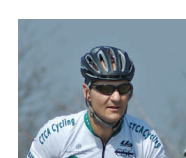
Edgardo Delgado-4



Scott Gibson-1



Randall Clayborn-3



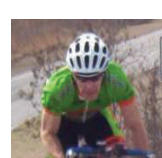
Greg Ingram-3



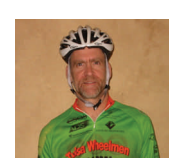
Ben Silk-3



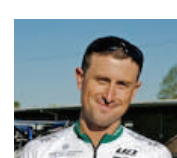
Byron Harvison-4



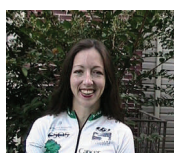
Gary Breipohl-3



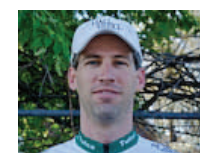
Pete Lantz-4



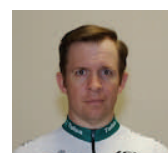
Eric Melton-2



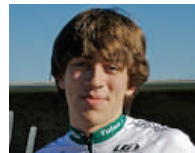
Lauren Miller-3



Kyle Freeman-3



Darren Fritz-4



Ben Grabow-4



Rafael Santiago-4



Davis Hale-2



Mitch Houtman-2



Chris Zenthoefer-2



Joey Bayles-5



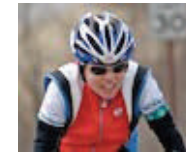
Jeff West-4



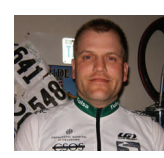
Chris Genske-4



Todd Reed-3



Helene Carabin-3



Don Tardiff-5

Mike Stern-4

Scott Posey-3

Milus Clarke-5

Rob Chance-5

Rich Gulotta-4

John Allen-3

Jay Blankenship-2

Andy Malcom-1

Shane Carter-3

Brett Clark-5

James Hiatt-4

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

Stat Corner



2008 Winners Circle: (through 6/30/08)

Helene Carabin	7 wins
Todd Reed	6 wins
Will Gault	4 wins
Shane Carter	2 wins
Davis Hale	2 wins
Andy Malcom	3 wins
Kyle Freeman	1 win
Lauren Miller	1 win
Scott Posey	1 win
Chris Zenthoefer	1 win



2008 Top 5 Results Leader board: (through 6/30/08)

Helene Carabin	16 top 5 finishes
Janne Hamalainen	12 top 5 finishes
Kyle Freeman	10
Todd Reed	10
Will Gault	8
Lauren Miller	7
James Hiatt	6
Jay Blankenship	5
Shane Carter	5
Andy Malcom	5
Chris Zenthoefer	5
Davis Hale	3
Scott Posey	3
Jim Bohanon	2
Mitch Houtman	2
Alex Schneider	2
Dustin Weaver	2

Note: 8 tied with 1 top 5 result

Inside the Numbers:

2008 could be great?

A glance at the last 3 year's win total results:

2006:	22 wins
2007:	39 wins
2008:	29 wins and counting...go CTCA/TW!

Top 5 Results by Year:

2006:	153
2007:	198
2008:	127

Top 10 Results by Year:

2006:	257
2007:	324
2008:	192

Wheelmen Top Performers

Wheelmen Top Performers

2008-08-03	Ark. State RR Championships - RR	2	Jeremy Stitt	Cat 3
2008-07-27	Queen City Crit - CRIT	2	Jeremy Stitt	Cat 3-4
2008-07-27	Queen City Crit - CRIT	4	Lauren Miller	Women 1-2-3-4
2008-07-26	Queen City Twilight Crit - CRIT	5	Mitchell Houtman	Cat 3-4
2008-07-26	Queen City Twilight Crit - CRIT	6	Lauren Miller	Women 1-2-3-4
2008-07-13	OKCVelo OK State Criterium Champ - CRIT	2	Mitchell Houtman	Cat 3
2008-07-13	OKCVelo OK State Criterium Champ - CRIT	2	Lauren Miller	Women 1-2-3
2008-07-13	OKCVelo OK State Criterium Champ - CRIT	3	Kary Cummins	Cat 1-2-3
2008-07-13	OKCVelo OK State Criterium Champ - CRIT	4	Jeremy Stitt	Cat 3
2008-07-13	OKCVelo OK State Criterium Champ - CRIT	7	Alan Good	Master 40
2008-07-13	OKCVelo OK State Criterium Champ - CRIT	8	Kyle Freeman	Cat 4
2008-07-12	Fire Hill Criterium - CRIT	1	Andy Malcom	Cat 1-2-3
2008-07-12	Fire Hill Criterium - CRIT	2	Alan Good	Masters 35
2008-07-12	Fire Hill Criterium - CRIT	2	Lauren Miller	Women 1-2-3
2008-07-12	Fire Hill Criterium - CRIT	2	Jeremy Stitt	Cat 3-4



Andy Malcom
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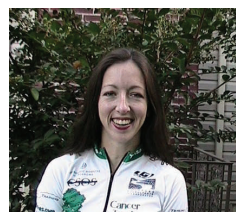
Congratulations to our two award winners for June 2008.

Teammate of the month - **Jay Blankenship**

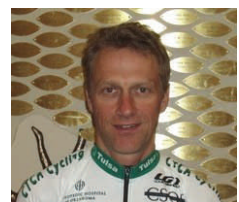
Jay is new to the team this year but has shown his support and dedication many times already. He's been very helpful to fellow teammates during races. He's a very smart racer and has been helping the rest of us with tactics. Nothing like having a "in the race" coach. Thanks Jay!

Racer of the month - **Janne Hamalainen**

What can I say. He's done it again. Even getting married, or at least during the preparation phase, didn't slow him down. Janne had fantastic results in June. I'm always glad we have him on our team.



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Jay Blankenship
June 2008
Teammate of the

Janne Hamalainen
June 2008
Racer of the Month

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 & Riverside Parking lot	8AM (Summer time)	4/C/c-d	May-Oct
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

MALCOLM LAW
THE LEGAL SPECIALIST

BRAZEAL
MASONRY INC.

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.

Tulsa Wheelmen Staff

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treasurer@tulsawheelmen.com

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Past President: Tim Carrigg

Secretary: Jeff West

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membershipdirector@tulsawheelmen.com

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Kary Cummins 549-8241

kary.cummins@gmail.com

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Open

Race Events Director: Open

racedirector@tulsawheelmen.com

Avery Drive Clean-up:

Open

CCP: Brian Potter

ccpdirector@tulsawheelmen.com

Event List: Lauren Miller

Team Nutritionist:

Lenka Humenikova

www.tulsawheelmen.com

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

P.O. Box 52242

Tulsa, OK 74152-0242

Return Service Requested



Adventure Cycling Association

Inside This Issue

MS Ride

Race Team Top Performers

Stat Corner

