

TW Editor:
Alan Good

Tulsa Wheelmen



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Who was Josh Lantz? by Pete Lantz

Josh had a number of identities. He was my son for 19 years. He was a civil engineering student at the University of Arkansas. His goal was to build water wells in third world countries. He was friend to many people from his high school in Tulsa. He was a child of God and was active in his church. He loved to play the guitar and sing at the top of his voice, often off-key.

But he was also a cyclist. His older sister learned to ride the bike when she was 6. Seeing her ride inspired him so he learned at the age of 4. Since that time there was no stopping him. When we finally got to ride Turkey Mountain here in Tulsa he was soon out riding me, his dad, and I had been riding for 10 years! We actually competed in all the mountain bike races in Oklahoma one year and he won many trophies. But mostly we had fun!

He rode his bike to school frequently which was a 15 mile round trip ride. His friends thought he was weird but he didn't care. He loved the wind in his hair and to fresh air in his lungs. Often he took the opportunity to visit with the homeless who gathered along the river. He liked to give them things like his walkman or take them out to eat.

He occasionally would compete with me in the local crit. He was fast but just inexperienced so he never won. But I was so proud of him and loved to cheer him on.

Cycling was a large part of our family adventures. I have a brother in Colorado and one in Oregon so we always took our bikes when we went to visit. He loved the mountain bike trails in Western Colorado and we made it all the way to Moab twice.



My favorite ride that we had together was early November of last year. We rode from Fayetteville, Arkansas south through the Ozarks. Our intent was to ride to Devil's Den and do some caving. He even threw a pair of tennis shoes in a back pack for me to wear when we got there. But we never got there because he showed up at the ride without a helmet. I made him go to the local Walmart and get a \$10 helmet, which he did but that took just enough time to preclude the Devil's Den hike. Instead we kept going

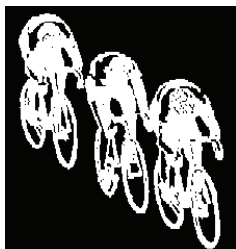
and came back north through Hogeye, actually on the Joe Martin race course. Epic!

One month after that ride Josh was killed while canoeing in the flood waters with some friends near Poteau, Oklahoma. At his funeral many of his friends showed up shoeless because that was typical Josh. He was loved by many and 800 people have signed on to his Facebook blog.

There were more people at his funeral than have ever been in his church before.

Josh will be greatly missed but I am so thankful of the wonderful memories I have. We rode together often, sharing our lives like only a father and his son can do. He is in Heaven now. I would like to have him back but that would be selfish on my part.

Josh, I will see you again, buddy.



New Bicycle Racing Series to Crown Top Team in Arkansas-Oklahoma Area

2007 Arkansas-Oklahoma Spring Series

www.VeloCup.com

PRESS RELEASE

FOR IMMEDIATE RELEASE

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Tulsa, OK February 15, 2007 – VeloCup.com announces the start of the 2007 Arkansas-Oklahoma Spring Series for beginner, amateur, and elite road racing cyclists.

The 2007 Arkansas-Oklahoma Spring Series will consist of seven USA Cycling endorsed events held over five weekends. While most racers will come from Oklahoma and Arkansas, the series is open to any USAC licensed racer. Promoters are planning on entries from Kansas, Louisiana, Missouri, and Texas.

A unique aspect of the Arkansas-Oklahoma Spring Series is that it is a team competition. Racers will work together to compete for points that will be tallied towards their team. "With the increasing popularity of racing and growth of area clubs, team racing makes more sense than ever," said Adam Vanderburg, owner of Lee's Bicycles in Tulsa, OK. "The series will give clubs incentives to compete on a team level."

At the end of the series, the top 3 teams per category and the top 5 overall teams will earn recognition and awards. Elite riders can earn more points than other categories, but a team chasing the overall Arkansas-Oklahoma Spring Series title will need to recruit riders from all levels – including women and beginner racers. Categories include: P/1/2 (elite men), Cat 3, Cat 4, Cat 5 (beginner men), Women 1/2/3 (Elite), Women 4 (Beginner), and Masters 40+ men.

"The events consist of several distinctly different venues, which is one of several reasons for keeping the series team based," stated Nathan Leigh, Event Director for the Tulsa Wheelmen. "Instead of a team having to pick one well-rounded athlete to work for, they can focus on helping their strongest athlete for a given discipline or course. This should keep the series exciting and fresh until the last event. Teams will have to always be on the attack to get the top spots, with any rider from any team capable of breaking away for a win."

The first race weekend will kick off with two criteriums. Saturday, March 10th is Salt Creek Criterium near Tulsa, OK. This venue is known for being a great event to kick off the season with its gradual turns. Sand Springs Criterium on Sunday, March 11th is the only first year event in the series. Held in downtown Sand Springs, OK, it will provide an exciting course as it backs into a leg-breaking steep climb and has a start/finish on a new brick surface.

The next weekend is Hell's Kitchen Road Race in Hogeey, AR near Fayetteville. This event is known for the brutal climb that provides its name. The first 0.8 mile averages 9% and then tapers off until 375 ft in elevation is covered in 1.2 miles. The rest of the course is a combination of rollers and two additional climbs to soften the legs. The Northwest Arkansas Spring Classic Road Race on April 1st is the 4th event of the spring series. Starting in Prairie Grove, AR near Fayetteville it covers a balance of flat cross wind sections, a lot of rolling roads, and one tough climb. This event will also be on the Lance Armstrong Junior Olympic Road Series (LAJORS) calendar.

The series returns to Oklahoma with two events on the weekend of April 14 & 15. On Saturday the Flint Ridge Circuit Race will provide a challenging rolling course through the beautiful Flint Ridge Community near Kansas, OK. It features 300 ft. of climbing for every 5.6 mile lap. On Sunday the Cowskin Road Race west of Tulsa, OK is known to bring out the Tulsa Tifosi to cheer for their favorite riders (and heckle everyone else).

The final event of the 2007 AR/OK Spring Series is the Bob Herbert Stage Race near Bentonville, AR on April 21-22. This event features a challenging 10K time trial, a circuit race with a short steep climb, and a grueling road race. The top riders in GC will be rewarded with 1.5 times the usual points, so the series may be wide open until the last weekend.

While most participants are amateur cyclists, pros that call the area home are known to use these events as tune-ups for their season. Last year neo-pro Brad Huff (TIAA CREF) returned to Salt Creek after racing the inaugural Tour of California. He finished second after Tulsa's own Matt Ankney (Mercy Cycling) attacked the two-up breakaway just before the last lap for the win. In 2004, while racing for Health Net, Brice Jones won the first annual Hell's Kitchen Road Race. Also last year, Brian Jensen (JellyBelly) won the Flint Ridge Circuit Race with a strong solo breakaway. When asked about difficulty of the 50 mile circuit race, he stated "it is long enough".

Events are hosted by area bicycle clubs - Bicycles of Tulsa, Boston Mountain Cyclists, Dickson Street Cycling Club, Fayetteville Wheelmen, and Tulsa Wheelmen. More information about the 2007 Arkansas-Oklahoma Spring Series can be found at www.VeloCup.com. Participants are encouraged to pre-register with www.SportsBaseOnline.com.

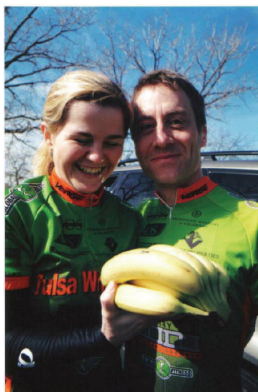
March 2007: Rides & Events Calendar

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
						Noon Racer's Training Ride Primavera I Lago Vista, TX
4	5	6	7	8	9	10
8 AM No Wimps 1 PM-Racer's Training Ride Primavera II Lago Vista, TX						Noon-Racer's Training Ride Salt Creek Crit Mannford, OK
11	12	13	14	15	16	17
8 AM No Wimps 1 PM-Racer's Training Ride Sand Springs Crit Sand Springs, OK	General Mem. Mtg 6:30 PM Race Meeting to follow at 7:30 PM					Noon- Racer's Training Ride
18	19	20	21	22	23	24
8 AM No Wimps 1 PM-Racer's Training Ride Hell's Kitchen RR Hogeye, AR						Noon-Racer's Training Ride Mt. Gaylor TT Mountainburg, AR
25	26	27	28	29	30	31
8 AM No Wimps 1 PM-Racer's Training Ride Dogwood RR Bradleyville, MO						Noon-Racer's Training Ride

Nutrition Corner & Articles

by Lenka Humenikova
& Tom Shriver



Over the past few two years I've had the opportunity to meet some of the big names in Czech cycling, largely through my participation at the Giant League Criterium series held in Lenka's hometown of Plzen. Each week some of the giants of Czech cycling battle it out for prize money, while local amateurs try to hang on for dear life. While we all enjoy following the stories of the cycling's many superstars – those with annual salaries high enough to make us all shudder -- we rarely get a chance to hear about the neo-pros who are just trying to get a shot at the big time. With the help of fellow racer/cycling journalist Jarda Kalous, I caught up with one of those neo-pros, Jiri Nesveda, who races for the Czech continental pro team, *AC Sparta Praha*. I was amazed watching Jiri dominate the Giant League Criterium series last season – no small feat considering the competition – and I was anxious to find out more about his cycling life.

Jiri started cycling when he was young and his earliest races were in mountain biking. At age 14 he added road and track cycling to his repertoire and he started to gain notoriety. In 2002 he became Czech national champion in the Kilometer, an event that suited his style and massive sprint. Gradually, though, Jiri moved away from the track and he began focusing solely on road cycling.

On the road, Jiri's sprint finish has earned him some big-time results over the past two years. The biggest professional cycling races in Czech are part of the Czech Cup, which is roughly the equivalent to the NRC races in the U.S. In a nation full of cycling stars, the Czech Cup races bring out a who's who list of Czech cyclists. Despite his youth, Jiri has already scored two top three finishes in these prestigious races.

I asked Jiri about the types of

races he does with his team, *Sparta Praha*. He explained that as a member of a continental pro team he does most of his racing in Czech, Germany, Belgium, the Netherlands, and Luxembourg. These races are generally part of the UCI calendar and, as a result, these races bring out some of the world's best cycling teams. While *Sparta Praha* has experienced some moderate successes outside of Czech, in bigger UCI races they are small fish in a very big pond! Most importantly, Jiri noted, his team simply doesn't have the budget to compete with the biggest European teams, who have far more riders, support personnel, and resources in general. *Sparta Praha* is severely underfunded in comparison to the European cycling powerhouse teams that they must compete against in international competition.

Since we often hear about the high salaries of cycling's superstars, I was anxious to learn more about the salaries in his team. Jiri explained that the official minimum salary for a continental rider is 300 Euros per month, but he noted that only a few *Sparta Praha* riders actually earned this salary. While the top two or three leaders on *Sparta Praha* earn "decent money," most others, including himself, simply race for equipment, expenses, and prize money. As a result, Jiri hasn't given up on his education. In fact, he is currently a full time university student at West Bohemian University. In addition, he still lives with his parents, who largely support him while he continues his cycling career.

So, how much does a Czech neo-pro train? Jiri logs about 16,000 miles per year. Since he must balance his schedule between being a student and a professional cyclist, Jiri ends up doing most of his training alone. Czech winters can be harsh, so he puts in a lot of time cross-training in the off-season and the team does a couple of annual training camps to Mallorca or other warmer climates in Europe. Jiri had a coach when he was a jun-

ior rider, but now he is self-coached. Interestingly, *Sparta Praha* doesn't employ a coach for the team. Jiri explained that most racers put together their own training programs, but he added that there is a wealth of knowledge and experience on the team. So, guys will routinely offer each other training and racing advice.

Is it easy for junior riders in a country so passionate about the sport? Jiri explained that there are some excellent programs for junior racers, but he also noted that there is no infrastructure for helping riders make the difficult transition into the senior ranks. Once riders leave the junior ranks, he explained, they are "largely on their own." Jiri was fortunate because he had excellent results as a junior racer. This opened up opportunities and led to the opportunity for him to earn a spot on a professional cycling team.

Finally, what are the goals for a 2nd year Czech pro who is juggling full-time university studies with being a professional cyclist? Life is challenging for Jiri, without doubt. Clearly, he couldn't continue to race at this level without strong family support. *Sparta Praha* provides him with equipment and they pay his expenses, but he earns no salary. Despite his love of cycling and his success on the track and road, Jiri remains realistic. Ultimately, he explains, he would like to make it onto a continental German team so that he can "earn some money." Far removed from the multimillion dollar contracts, guys like Jiri train hard, travel a lot and compete eight months out of the year for the "hope" of making it in the future. While Jiri hopes to remain in cycling for the future, he is also realistic about the number of guys that can actually make a living in the competitive European cycling scene.

PRESS RELEASE

Tulsa Wheelmen

www.TulsaWheelmen.com

FOR IMMEDIATE RELEASE

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racedirector@tulsawheelmen.com

Weekly Criterium Training Series moves to Tuesday Night with a new format

Tulsa, OK February 16, 2006 - The Tulsa Wheelmen are pleased to announce a new format for the Weekly Criterium Training Series for 2007. The events will be on Tuesday evenings starting April 3rd and ending in September. The practice races will remain beginner friendly to provide a great opportunity for anyone interested in trying their first race.

After some research of past attendance, there was a notable drop in attendance on the Thursday nights before big weekend cycling events (Hotter than Hell, Tulsa Tough, Joe Martin, etc). Tuesday evenings should provide for more consistent attendance for every week of the year, as most racers can hammer on Tuesday and still recover for the weekend.

"I think it sounds great," says Josh Gifford of Team Sondpony. "I can't wait to [race] on Tuesday and I think attendance will increase. Long live the Pony. Long live the Wheelmen."

The new three race format is as follows...

5:50pm, C Race (Beginner), 30min (One-day, Cat 5 Men, Women 3/4)

6:30pm, B Race (Sport), 40-45min (Cat 4/5, Men 40+, Women Open)

7:15pm, A Race (Expert), 50-70 min (Cat 1/2/3)

While the three race format will eliminate the women's only event, this comes with the support of the female members of the Tulsa Wheelmen. "I don't think that it makes sense to have a women's only race," said Barb Landreth of the Tulsa Wheelmen. "Most of us raced with the men without any problems."

The Tulsa Wheelmen are committed to ensuring that the weekly training criteriums remain beginner friendly. In order to encourage the C race to be a true beginner event, racers will only be allowed to compete and be scored in one practice race each evening. This should simplify the registration process and encourage racers to do the hardest race that they feel they are competitive in.

"Most USCF racers do their first race at a weekday event, so the Wheelmen want to continue this tradition," said Nathan Leigh, Tulsa Wheelmen Event Director. "We will work to make sure that the C race remains as friendly for beginners as the D race was in years past."

At the discretion of the Chief Referee, racers are still welcome to follow and draft behind any group they are eligible for until 5 laps to go. So after a category 5 rider gains experience in the C race, they can follow behind the B race to get a feel for a faster group. But if they want to compete and be scored in the B race, they will no longer be able to compete in the C race.

And for category 4 riders looking to move up to a category 3, the top three B riders will be invited to start the A race.

In addition to the great training and fun that comes from doing the Weekly Criterium Training Series, each night counts towards the 10 events needed to upgrade from a USA Cycling category 5 to a category 4 racer.

We look forward to seeing you on Tuesday, April 3rd at the Tulsa Safety Training Center.

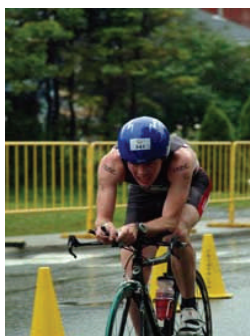
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INSIDE the PELETON

by Davis Hale



William Davis Hale is a doctoral student in Health and Human Performance at Oklahoma State University. He recently joined the Tulsa Wheelman race team for the upcoming season. The past 2 years Davis has raced in USAT specifying in Duathlon competing at the state, regional, national, and world levels.



MALCOLM LAW
THE LEGAL SPECIALIST

Camelback products advocates the slogan "Hydrate or die". Spring is usually a time when athletes begin to acclimate back to their sweat threshold. As you become more trained, your body begins to sweat earlier than untrained individuals. Also, trained athletes sweat more efficiently in order to regulate the body's core temperature. During exercise in higher temperatures, most of the energy used by the body is for thermoregulation. Therefore, experiencing fitness gains is more likely to occur at milder temperatures where the body does not have to prioritize its energy sources.

Recent research in the hydration world has battled with the question of the addition of protein to a carbohydrate beverage. Products by Accelerade, Endurox, and Cytomax claim the addition of protein to a carbohydrate beverage will increase endurance and performance. However, the most recent studies have questioned the methodology of these research claims. The company which conducts the most in-house research is Gatorade. Gatorade has yet to produce a hydration drink that contains protein. The Gatorade Sports Science Institute conducts the most extensive research on hydration and athletes. Gatorade has yet to form a position stand on carbohydrate/protein beverage, however, comments released by the lab state there is evidence lacking for benefits with the addition of protein to a hydration drink. Gatorade's

Gatorade's Endurance Formula

latest endurance product is reflective of their opinion. In the latest release by Gatorade Sports Science Institute, the addition of protein to a hydration drink does not produce significant enough results to yield its addition to their product. However, Gatorade does acknowledge the fact that protein ingestion during recovery can assist the absorption of carbohydrates in the replenishing of glycogen stores in muscles.

Gatorade claims "If you do not need it, it is not in it." Being a sucker for slogans, I recently purchased a canister of Gatorade's new Endurance formula. The flavor of choice, traditional lemon lime. A 50 ounce canister of powder costs around \$25.00 for about 30 servings. Compare this to the \$1.50 you would pay for a premixed bottle and you save tremendously buying in bulk. Powder can also be manipulated in strength for your taste and digestive demands. Now I do not want you to think I am conforming to the standards set by the largest producer of hydration drinks. Trust, me I have tried every hydration and homemade concoction every made. Bottom line on Gatorade Endurance formula, this stuff is liquid gold.

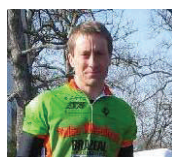
The original formula of Gatorade contains 14 grams of carbohydrates per 8 ounce serving. The new endurance formula does as well. The difference in the formulas is in the electrolytes. Gatorade Endurance contains 90 more mg of sodium and 60 more mg of potassium per serving than old-school Gatorade. Electrolytes are the medium for muscle fiber recruitment in the so-

dium and potassium pump. Sweat disperses this medium and therefore muscle spasms and lack of contraction lead to cramps and fatigue. Gatorade's Endurance formula also has added potassium and magnesium to aid in the absorption of the sodium and potassium. This is where Gatorade feels like their product surpasses those advocating for the addition of protein in a hydration drink.

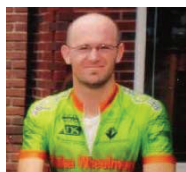
Not only does the Endurance formula prevent cramping, it also gives a simple carbohydrate that can easily be absorbed for quick energy. The Endurance formula taste great and is easily mixed with water. Out of every other hydration beverage and homemade concoction, Gatorade's new Endurance Formula is my favorite. Plus, it comes from the most reputable companies and institution for the hydration of endurance athletes. Check out the most empirically based website on hydration at www.gssiweb.com.



Meet the Team (Name-Race Category) New Team Member for 2007



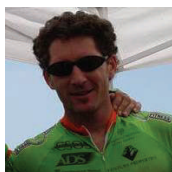
Tom Shriver-3



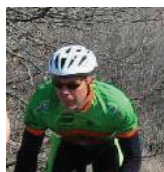
Nathan Leigh-2



Brian Metz-4



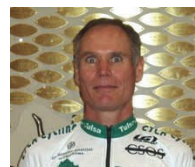
Kary Cummins-3



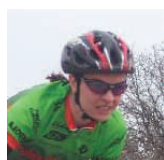
Chris Cauthon-4



Alan Good-3



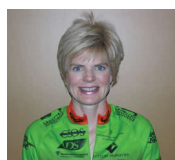
Keith Franklin-2



Jennifer Johnson-4



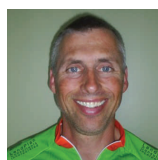
Ben Thigpen-3



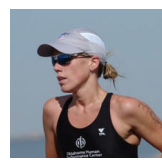
Cheryl Thigpen-3



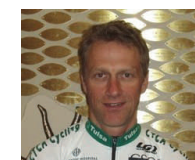
Traci Haines-4



Phil Stauner-4



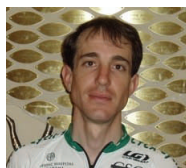
Amanda Erwin-4



Janne Hamalainen-1



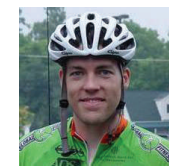
Tim Carrigg-3



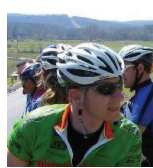
Will Gault-2



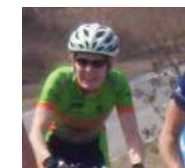
Edgardo Delgado-4



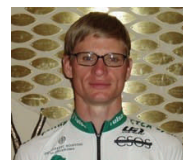
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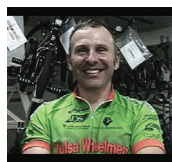
Jim Bohanon-3



Heidi Gault-4



Scott Gibson-1



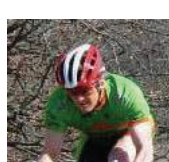
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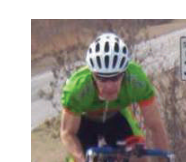
Karen Harwood-3



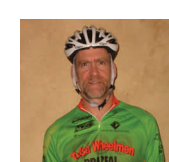
Ben Silk-3



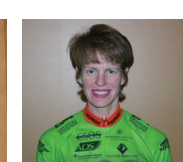
Russell McMahon-3



Gary Breipohl-3



Pete Lantz-4



Barb Landreth-4

Kyle Freeman-4

Darren Fritz Cat 5

Ben Grabow -5

Greg Ingram-3

Brandon Johnson-4

Rafael Santiago-5

Mitch Houtman-3

Eric Andelin-4

Joey Bayles-5

Elizabeth Berman-4

Milus Clarke-5

Eric Doswell-5

Chris Genske-5

Davis Hale-5

Andy Malcom-1

Eric Melton-2

Don Tardiff-5

Dustin Weaver-5

Jeff West-5

Tulsa Wheelmen Info Pages (March 2007)

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 T ride	4000 N. Hwy 169	6 PM	3/D/c-d	Starts Apr 5th
Tues	Summer Crit Series	Tulsa Safety Training Center	6 PM	1/A/d	Runs April-Sept
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
Sat/Sun	Racer's Training Ride	45th & Madison	Sat-12 noon Sun-1 PM	4/C/c-d	Year round
Sun	No wimps ride	Wright School	8 AM	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

MALCOLM LAW
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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.

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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 Traci Haines, Membership Director (info on left)



Tulsa Wheelmen

P.O. Box 52242

Tulsa, OK 74152-0242

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Adventure Cycling Association

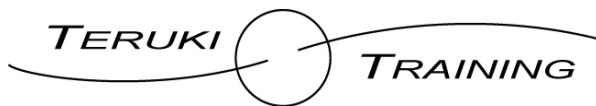
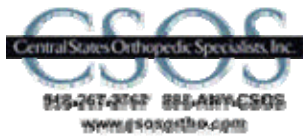
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Who was Josh Lantz by Pete Lantz

VeloCup & Tulsa Crits by Nathan Leigh

Czech Pro by Tom Shriver

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We're on the Web!
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