



Tulsa Wheelmen

RIDES AND EVENTS CALENDAR

August 2004

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
August 1 No Wimps - Tailwind Ride, 8 a.m.	2 DoT Ride, 4000 N. Hwy 169, 6:00 p.m.	3 TNWC Ride, Riverside Drive and Southwest BLVD. 6:00pm	4 West Bank Ride (NOT a Wheelmen Promoted Ride)	5 Summer Weekly Criterium Series Race	6	7 No Wimps - Tailwind Ride, 8 a.m. OKC Velo Club Classic
8 No Wimps - Tailwind Ride, 8 a.m. OKC Velo Club Classic	9 GENERAL MEM. MTG - MAZZIOS AT THE FARM - LOWER LEVEL 6:30PM Race Team Mtg. to Follow	10 TNWC Ride, Riverside Drive and Southwest BLVD. 6:00pm	11 West Bank Ride (NOT a Wheelmen Promoted Ride)	12 Summer Weekly Criterium Series Race	13	14 No Wimps - Tailwind Ride, 8 a.m. Tour of Kansas City
15 No Wimps - Tailwind Ride, 8 a.m. Tour of Kansas City	16 DoT Ride, 4000 N. Hwy 169, 6:00 p.m.	17 TNWC Ride, Riverside Drive and Southwest BLVD. 6:00pm	18 West Bank Ride (NOT a Wheelmen Promoted Ride)	19 Summer Weekly Criterium Series Race	20	21 No Wimps - Tailwind Ride, 8 a.m.
22 No Wimps - Tailwind Ride, 8 a.m.	23 DoT Ride, 4000 N. Hwy 169, 6:00 p.m.	24 TNWC Ride, Riverside Drive and Southwest BLVD. 6:00pm	25 West Bank Ride (NOT a Wheelmen Promoted Ride)	26 Summer Weekly Criterium Series Race	27 Hotter 'N Hell Weekend	28 No Wimps - Tailwind Ride, 8 a.m.
29 No Wimps - Tailwind Ride, 8 a.m. HHH Weekend	30 DoT Ride, 4000 N. Hwy 169, 6:00 p.m.	31 TNWC Ride, Riverside Drive and Southwest BLVD. 6:00pm	September 1 West Bank Ride (NOT a Wheelmen Promoted Ride)	2 Summer Weekly Criterium Series Race	3 Gateway Cup Weekend	4 No Wimps - Tailwind Ride, 8 a.m. Wedington Grand Prix Stage Race
5 No Wimps - Tailwind Ride, 8 a.m. Wedington Grand Prix Stage Race Gateway Cup Weekend	6 Labor Day Holiday	7 TNWC Ride, Riverside Drive and Southwest BLVD. 6:00pm	8 West Bank Ride (NOT a Wheelmen Promoted Ride)	9 Summer Weekly Criterium Series Race	10 Dam Jam Criterium	11 No Wimps - Tailwind Ride, 8 a.m.



ALPINEER

N *Tulsa Wheelmen* NEWSLETTER

Vol. 27, No. 8

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

August 2004

THE EDITOR'S PEN FOR AUGUST 2004: Newsletter Snail Mail No More

By Marc Delametter

During the past several months Brian Meahan and Jeremy Stitt have been testing a new distribution method for the monthly Newsletter. They have been e-mailing a pdf Version of the monthly Tulsa Wheelmen Newsletter to all members with an e-mail address. During the test Brian asked everyone to notify him if they had any problems receiving the Newsletter. He resolved a few issues but for the most part the test went very smooth.

During this same time we have also been sending the monthly Newsletter through the "Snail Mail" to all members, bike shops and friends of the club (e.g. other regional bike clubs). Well, it's time to start saving on postage and stop the "Snail Mail". So beginning with this Newsletter we will stop mailing the monthly Wheelmen Newsletter through the mail to club members with an e-mail address.

Don't fret if you don't have an e-mail address. We are still going to mail the Newsletter to any member that doesn't have an e-mail address attached to their membership name in our membership database. We are also going to continue to mail the Newsletter to all local bike shops and friends of the club.

So, if you experience a problem receiving this newsletter send Brian Meahan an e-mail (his e-mail address is on the back page of this Newsletter) and let him know. I'm sure he will fix the

problem ASAP. And if the problem cannot be fixed we will add you back to the "Snail Mail" list until the problem can be resolved. If you have an e-mail address and still receive a hard copy of the Newsletter, please contact Rod Harwood and give him your e-mail address. Then distribution can happen electronically.

Thanks for your help.

INTERNATIONAL RACE REPORTS

By Janne Hamalainen

Rosendahl Grand Prix, Tampere Finland

Course: 75k, 20 laps w/ 200 ft elevation gain per lap (4000ft total over 75k vs 5000 ft at Tri Peaks over 150+ miles).

Weather: 45 degrees and rain

The elite race (cat 1-2-3) had 70 starters. The race started fast with people attacking on the first lap once we hit the climbs. I thought that I have been climbing pretty well so I got into a few early breaks. My heart rate was under control and I felt ok but I didn't realize that we were hitting the climbs quite a bit harder than I'm used to.

When we got to the halfway of the race, the pace up the hills picked up further and I had to switch into survival mode. My legs were totally gone although I could still spin up the hills and stay with the main pack but I really couldn't try to go with the attacks anymore. I ended finishing towards the back of the field in 23rd or 24th place, 16 people had gotten away before the last two laps in three

separate groups. More than half the starters didn't finish race.

I ended up averaging close to 24 mph, which wasn't too bad for the course and conditions. The biggest down hill had a 120degree turn at the bottom, which brought everyone to a stand still as people were careful not to crash in the rain. I had real problems staying warm with the continuous rain but so did others - normally the race stays together and most people finish. The positive thing about the rain was that my glasses were not covered with as much sand on the outside as the inside since the rain kept washing it off.

Definitely a good training ride but I still need to work more on sprinting up the hills.

Porvoo Ajot, Finland

The field included teams Amore Vita from Italy, Team Bianchi Nordic, Estonian under 23 National team etc, 99 riders started race. The course was combination of a crit (3 k in the city for each 24.5 k lap) and a road race. They had included a nice downhill dirt road section with gravel and turns leaving the town. I found myself chasing the rider in front of me doing 36 mph a few times after getting out of town ... not pleasant.

The current Finnish National Road Racing Champ won the race, the Swedish champ racing for Team Bianchi Nordic placed 4th just showing the Finns are better than the Swedes. The Finnish rider for Amore Vita was second with an Estonian and Norwegian 3rd and 5th.

Continued on Race News Page.



ALPINEE



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INCORPORATED





TW RACING NEWS

INTERNATIONAL RACE REPORTS

By Janne Hamalainen

(Continued)

I was in a break on the last lap (7 long laps) that got chased down. I didn't (couldn't) go with counter and those guys ended up taking places 6-17. I placed 27th overall. They had four extra 3.5 k laps around town but luckily the field was scored when entering the town since we were slightly over 2 minutes behind the leaders. I ended up averaging around 26+ mph which doesn't seem too bad for 100+ race.

Definitely different than the Cat 3 race in Tri Peaks.

Link to results

<http://www.akkilles.fi/cykel/res/porvoo04.htm>

JULY THURSDAY NIGHT CRIT SERIES POINTS TOTAL – THRU WEEK 4

A Race	
Name	Points
Bryan DuVall	34
John Brest	22
David Billingsly	21
Chad Cagle	20
Greg Saunders	20
Keith Franklin	16
Kary Cummins	15
Randall Clayborn	12
Tim Carrigg	12
Ben Silk	11
Brice Jones	11
Tim Tobbe	10
Blake McMahon	10
Joey Spragins	9

B Race	
Name	Points
Randall Clayborn	29
Mitch Houtman	26
Ben Thigpen	22
Len O'Toole	21
Raton Parmain	20
Jim Bohanan	19
Adam Pratt	19
Brent Wilson	13
Alex Schneider	13
Keith Winn	12
Jarred Gilker	11
Joe Lederer	10
Frank Wilborn	9
Russell McMahon	9

Mat Ankney	7
Jeremy Stitt	6
Ronnie Cookson	6
Marc Delametter	5
Chas Walter	5
Jared Janowiah	4
Len O'Toole	4
Randy Schwes	4
Keith Winn	3
Will Gault	2
Tom French	2
Josh Gifford	2
Ryan Fiddler	2
Russell McMahon	2
Alex Lewis	1
Alex Schneider	1
Scott Posey	1
Chris Foster	1
Mitch Houtman	1
Matthew Miller	1
Darren Brazeal	1
Chris Anderson	1
Brandon Cowart	1
Hector Mendoza	1

Darrell Meinen	7
Hector Mendoza	7
Ron Hooley	6
Dave Hydrick	4
Alan Good	4
Mark Loyd	4
Micky Payne	4
Dale Mondloch	4
Scott Posey	4
Jesse Waggoner	3
Greg Shinn	3
Charles Martin	2
Chris Foster	2
Carl Norris	1
Darron Dutton	1
Corey Cohen	1
Daren Lowe	1
Chris Anderson	1
Malcolm McCollam	1
Bob Roth	1
James Lemieux	1
Cory Peranich	1
Adam Va nderburg	1
Jay Small	1
Darren Brazeal	1
Brian Meahan	1
Tim Tobbe	1
Pam Hinton	1
Michael Fooshee	1



TW RACING NEWS

JULY THURSDAY NIGHT CRIT SERIES POINTS TOTAL – THRU WEEK 4

Cory Peranich	1
Chris Crowder	1
Jordan Shinn	1

C Race	
Name	Points
Dennis Beckmann	26
Chris Cauthon	21
Don Allen	21
Dave Hydrick	20
Jeff Shepherd	19
Damon Waggoner	19
David Barber	16
Kevin Goodwin	14
Jon Mouser	14
Jesse Lehrman	14
Ron Hooley	11
Kevinn Matthews	11
Dennis Lyle	11
Tyler Russell	8
Clint Bob	7
Chuck Case	6
Jamie McCoy	6
Jim Buchan	5
Adam Harmon	4
Corey Cohen	4
Bryan Hawkins	4
Brian O'Connell	3
Jim Marshall	3
Joanna Fedick	3
Bob Roth	2
James Wiggins	1
Craig Waldron	1
Mike Nunnelle	1

D Race	
Name	Points
Andrew Martin	33
Gary Parker	23
Adam Harmon	21
James Mitchell	16
Robb Line	15
Jordan Shinn	13
Barbara Parker	13
Jeff Shepherd	11
Andy Wheeler	11
Joanna Fedick	11
Carl Norris	11
James Wiggins	10
Brandon Johnson	9
Chris Cauthon	9
Alex Battles-Wood	8
Heidi Beckmann	8
Jody Johnson	8
Cheryl Thigpen	7
Jason Shackleford	5
Levi Harrelson	5
Jordan Wagner	4
Mike McClendon	3
Ryan Wiggins	2
Charlie Davis	1
Taylor Wiggins	1
Roger Hale	1
Keith Mateychick	1



LODGING

See www.okcvelo.org for some lodging suggestions.

INFORMATION

For more information contact
Bill Wylie at 405-721-5934
or email at billwylie@cox.net.

Make checks payable to:
Oklahoma City Velo Club
P.O. Box 21465
Oklahoma City, OK 73156

Technical support for the races
provided by:



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ERDOES, P.C.**

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DeVore
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SPECIAL THANKS

- City of Luther
- City of Oklahoma City
- Oklahoma County
- Oklahoma County Commissioners
- Oklahoma County Sheriffs Department
- The City of Jones
- OKC Fire Department All Terrain Medical Response Team
- MMDesign



P.O. BOX 21465
OKC. OK 73156

OKC VELO CLUB CLASSIC

2004 RACES

AUGUST 7TH & 8TH

\$6000

CASH PAY-OUTS

ROAD RACE • CRITERIUM

RACES ARE SEPERATE EVENTS



DIRECTIONS

See website for maps.
www.okcvelo.org

CRITERIUM -

Exit Robinson street off I-40,
North to Sheridan street, West to
Walker, North to Main street.

ROAD RACE -

I-35 North to Britton Road
(exit 6 miles north of downtown
OKC), go 9 miles **east** to Henny
Road in Jones. Park in the
designated area, located in the
field behind Sak-N-Go at Britton
and Henny Road.

REGISTRATION

Save Time! Pre- Register On-Line
at www.active.com.

Register at the Lighthouse Sport
Center from 6 p.m. to 9 p.m.
Friday night. The Lighthouse is on
Hefner Road just east of the Lake
Hefner Parkway, on the north side.

Last minute Road Race
Registration from 7 a.m. to 7:45
a.m. at the Jones Park Pavillion.

Last minute Criterium Registration
from 6 a.m. to 6:45 a.m.

Downtown at the start/finish line
at Park & Hudson.

Each criterium registration closed
30 minutes prior to a race.

ENTRY FEES

Single Event: \$25.00

Additional criterium races are
\$15.00 each, after first paid event.

Save Time! Pre- Register On-Line
at www.active.com.

Non-licensed riders will need to
purchase a \$5 one-day USCF
license for each day they
participate. Entry fees for all races
include a \$2 per day USCF
insurance surcharge. To pre-
register by mail, send a completed
2004 Standard Athletes Release
Form with your check and the
races and categories you are entering.

COURSE DESCRIPTION

Course profile available on-line at
www.okcvelo.org

CRITERIUM -

Start/Finish: Park Avenue and
Hudson. North on Hudson to R.S.
Kerr, East on R.S. Kerr to Harvey,
North on Harvey to N.W. 3rd,
West on N.W. 3rd to Walker,
South on Walker to Couch Dr.,
East on Couch Drive back to
Walker, South on Walker to Main,
Easton Main to Hudson.
(6 left turns, 2 right turns,
1 block uphill).

ROAD RACE -

Circuit course on a 17 mile loop
with demanding hills. The finish line
and feed zone are located between

Hogback and Indian Meridan on
Memorial Road. Registration will
be at the park on the east side of
Jones on Britton Road. Staging will
be on Henny Road, north of Britton
Road next to the ball fields. There
will be a neutral roll out to the
course on Hogback Road.

EVENTS

ROAD RACE - SATURDAY

Cat./Class	Laps	Dist.	Time
Sr. 1,2,3	4	68	8:30 a.m.
Sr. 3,4	3	51	8:35 a.m.
Sr. 4,5	3	51	8:40 a.m.
Sr. 1,2,3 Women	3	51	8:45 a.m.
Sr. 4 Women	2	34	8:45 a.m.
Mstrs 35+	3	51	8:50 a.m.
Mstrs 45+	3	51	8:50 a.m.
Citizen Men	2	34	8:55 a.m.
Citizen Women	2	34	8:55 a.m.

CRITERIUM - SUNDAY

Category / Class	Dist.	Time
Sr. 1,2,3 Women Sr. 4 Women	30 min.	7:00 a.m.
Mstrs. 35+/45+	45 min.	7:45 a.m.
Sr. 4,5	30 min.	8:45 a.m.
Sr. 3,4	45 min.	9:30 a.m.
Sr. 1,2,3	60 min.	10:30 a.m.

PAY-OUTS

FOR EACH EVENT*

Cat./Class	Places	Prizes
Sr. 1,2,3	10	\$ 660
Sr. 3,4	10	\$ 600
Sr. 4,5	10	\$ 480
Sr. 1,2,3 Women	7	\$ 300
Sr. 4 Women	4	\$ 120
Mstrs 35+	7	\$ 480
Mstrs 45+	4	\$ 360
Citizen Men	5	Medals
Citizen Women	5	Medals

* **Results and awards will be available
at the Jones Park Pavillon (road),
and the criterium start/finish (crit).**

RULES

- All 2004 USCF rules will be in effect.
- The yellow line rule will be strictly enforced.
- Valid and current USCF license must be presented at registration.
- Fields are limited to a minimum of 15 riders and a maximum of 100 riders.
- Helmets must be worn at all times when on the bike.
- The promoter reserves the right to adjust starting times, mileage, cancel/combine events and prize lists as necessary on race day.
- Events will be held regardless of rain.

Where to Stay

- **Seville Plaza Hotel**
43rd & Main; Kansas City, MO
816/561-9600 ask for KCBC rate \$82
- **Holiday Inn & Suites** - Overland Park
8787 Reeder Rd (near crit course)
913/888-8440 ask for KCBC rate \$59



Where to Eat -

Saturday night and Sunday morning:
(located on Sunday's criterium course)

- | | |
|--|---|
| <ul style="list-style-type: none">• Eckerd Drug Store- gatorade, drinks, supplies
(on Marty, after turn #2)• Mildred's Coffee Shop - coffee, sandwiches
(across from stage area)• The Other Place - variety menu
(between turn #3 and turn #4)• Papa Keno's Pizza - thin and by the slice
(inside turn #1)• The Pub on Sante Fe - variety menu
(just south of the stage)• The Dragon Inn - chinese
(on 80th before last turn) | <ul style="list-style-type: none">• Maloney's Sports Bar & Grill
(east of turn #2)• Dip n dogs - ice cream & hotdogs
(before the 120 degree turn)• Sabor Brazil - brazilian
(1 block east of turn #3)• Fu Man Chu - chinese
(on turn #3)• Homer's Coffee House
(2 blocks east of turn #3)• Torreón - mexican
(east of the farmer's market) |
|--|---|

Please support these local merchants so that we may continue to use this great course!

Tour of Kansas City CHAMPION

Determined by highest combined race points
(20pts for 1st, 19pts for 2nd, ...1pt for 20th).

Racers must enter both races to be
eligible for title and bonus prize money.
In the event of a tie, placings will be
determined by highest finisher on Sunday.

KCBC RACING PRESENTS

THE 42nd ANNUAL



\$10,000+ Cash Prizes!

Saturday, August 14th

Cliff Drive Classic

Kid's Races

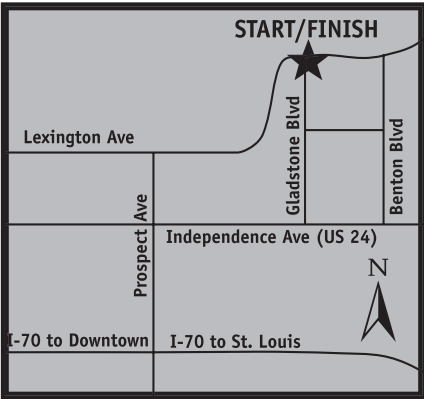
Sunday, August 15th

OP Grand Prix Criterium

Kid's Races



See course maps and race details at www.KBCRACING.org



Sponsored by:
**Kansas City Missouri
Neighborhood Tourism Development Fund**



CLIFF DRIVE CLASSIC CIRCUIT RACE

Saturday, August 14th

category	time	laps/distance	prize	places	entry*
masters 40+	8:30am	7 laps/ 20 miles	\$300	6	\$25
masters 50+	8:30am	7 laps / 20 miles	\$100**	3	\$25
beginner/cat 5 men	9:30am	4 laps / 11 miles	trophies	3	\$15
beginner/cat 4 women	9:31am	4 laps / 11 miles	trophies	3	\$15
juniors	9:32 am	4 laps / 11 miles	\$50	3	\$10
womens cat 1/2/3	10:30am	7 laps / 20 miles	\$400	10	\$25
womens cat 3/4	10:31am	5 laps / 14 miles	\$100	3	\$25
kids races	11:30am	various	medals	all	free
cat 4/5	12:00pm	7 laps / 20 miles	\$700	12	\$25
cat 3	1:00pm	9 laps / 25 miles	\$900	12	\$25
pro 1/2	2:30pm	18 laps / 50 miles	\$1999***	20	\$30

Kid's races are held both days.

Saturday, 11:30am - Cliff Drive Course

Sunday, 11:30am - downtown OP Course.

Children must be registered with a
parents or guardian's signature 20
minutes prior to event. **No entry fees.**

KIDS'S EVENTS



approximate age	category	distance
3yrs & under	tricycle	50 yards
5yrs & under	training wheel	200 yards
8yrs & under	mt bike/bmx	400 yards
12yrs & under	mt bike/bmx	1 lap
15yrs & under	mt bike/bmx	2 laps

category	time	laps/distance	prize	places	entry*
masters 40+	8:00am	35 min + 3 laps	\$300	6	\$25
masters 50+	8:00am	35 min + 3 laps	\$100**	4	\$25
juniors	8:45am	25 min + 3 laps	\$50	3	\$10
womens cat 1/2/3	9:15am	35 min + 3 laps	\$400	10	\$25
womens cat 3/4	9:16am	35 min + 3 laps	\$100	3	\$25
beginner/cat 5 men	10:00am	25 min + 3 laps	trophies	3	\$15
beginner/cat 4 women	10:01am	25 min + 3 laps	trophies	3	\$15
cat 4/5	10:30am	40 min + 5 laps	\$700	12	\$25
kids races	11:30am	various	medals	all	free
cat 3	12:00pm	45 min + 5 laps	\$900	12	\$25
pro 1/2	1:00pm	75 min + 5 laps	\$1999***	20	\$30

OP GRAND PRIX CRITERIUM

Sunday, August 15th

Race Rules:

SATURDAY

- No free lap
- Wheel vehicle will follow
- Wheels in/Wheels out
- No feeds except pro 1/2
- Pro 1/2 water/feed zone on hill

SUNDAY

- Free lap rule applies
- Wheels in/Wheels out
- Absolutely no feeds

GENERAL - All USCF rules apply

- No late fees
- No sleeveless jerseys
- ANSI/SNEL helmet required
- Promoter reserves right to combine or alter races

Beginner racers must purchase a one-day USCF license for \$5 if they do not have an annual license.

Please note for all races: Prize payout will be to no more than 50% of the field. For example, if there are 20 cat 3 men in the race, the payout will be for 10 places.

* entry fee reduced by \$10 for 2nd entry on same day

** masters 50+ may also win masters 40+ prize money

*** bonus \$1000/5 places based on cumulative points
(\$350, 250, 175, 125, 100)





USCF RACE REGISTRATION
Ultra Criterium and Ultra Road Race
at the 2004 HOTTER'N HELL HUNDRED
August 27th - 28th

Leave one space between fields please. www.hh100.org

Leader Jersey and Champion Jersey awarded for Men Pro 1 & 2 and Women 1, 2 & 3!

Last Name										First Name										Middle Initial			
Street Name																							
City										State				Zip									
USCF License #										USCF Club										Sex			
Phone										Ext				Race Age				USCF Cat					

CATEGORY	START	DURATION	FEE	PRIZE
FRIDAY CRITERIUM				
Women 1, 2 & 3	5:30 pm	45 mins	\$60 Series	See Below*
Men Pro 1 & 2	6:30 pm	75 mins	\$75 Series	See Below*
SATURDAY ROAD RACE - MEN				
Pro 1 & 2	6:50 am	100 miles	Series	See Below*
Cat 3			\$30	\$500
Cat 4			\$30	\$450
Cat 5		100 kilos	\$25	Awards
35+			\$30	\$500
45+			\$30	\$400
55+			\$30	\$300
SATURDAY ROAD RACE - WOMEN				
Cat 1, 2 & 3	6:50 am	100 kilos	Series	See Below*
Cat 4			\$25	\$100
* Overall Series Prizes including Hot Spots is \$4700 for Men Pro 1 & 2, and \$2900 for Women 1, 2 & 3.				

Champion Jersey awarded for Men Cat 3, 4 & 5, Masters, and Women Cat 4!

Add \$5 per event if registering after August 15th. Total Fees for events selected above = \$ _____

USCF WAIVER (INCLUDING PARENTAL RELEASE IF APPLICABLE) MUST BE SIGNED DURING CHECK-IN

Entries with payment enclosed should be sent to: Hotter'N Hell (USCF) • P.O. Box 2099 • Wichita Falls, Texas 76307 and Credit Card Entries may be sent to same address or Faxed to (940) 322-1118. Credit Card registration will also be accepted via E-Mail at info@hh100.org or On-Line www.hh100.org.

Fees are not refundable and no rain days are scheduled. Credit Cards will be charged upon receipt of application.
For USCF questions, email Karen Polvado at karen@texomacyclingcenter.com



Wichita Falls, Texas

Registration Date _____

VISA ☐ MASTERCARD ☐ CARD NUMBER _____ Expiration Date _____

Card Holder Name _____ Signature _____



MORE . . . WHEELMEN INFO

AUGUST 2004

*!?! ?!
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!

FOR SALE: Lightspeed Tuscany, 57cm, Ultegra 9 cog, Thompson post, Aria Ti Saddle, Cane Creek headset, Control Tech stem, Spinergy Spox wheels, Lightspeed carbon fork, less than 200 miles. MINT CONDITION. No pedals. \$2,200. Call Muskogee 918-683-4497 or email fredgdove@aol.com.

FOR SALE: 2003 Mavic Ksyrium SSC SL's WITH 12-23 cassette/skewers. 3t Zepp 110 mm stem, 26.0 clamp Wheelset: Chris King Hubs, Campagnolo Tubular Rims, 28 hole, approx. 1475 grams, all silver. Retail Over 700.

** Orbea XLR8R Frame**--55 centimeter, Columbus XLR8R tubing throughout, Columbus Carbon wishbone seat stays. Contact me privately with any offers, Thanks again, Tom French

FOR SALE: Cannondale, F800, "Lefty". 2002 Model, purchased new April, '03. Old owner hospitalized 3 times since June, '03. Like new, low mileage. Ridden less than 25 times. Never ridden in competition. Disc. Brakes, all original equipment. \$600. Tulsa (918)-252-7282. Jon.

FOR SALE: 16 inch wheel childrens bike. Great as a beginner bike with or without training wheels. Freewheel and hand brake added. \$50. Call Marc at 918-749-4075

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 *Marc or Beth Delametter, TW Newsletter Editors, 4530 S. Louisville, Tulsa, OK 74135. or e-mail to delafam@sbcglobal.net*. **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 ISTE legislation.

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!**

2004 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
Cycles International 252-7696
G. Oscar's Bicycles 582-1711
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
Venable's Bicycles 749-7563
The Wheel Bike Shop 587-5927

**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 **Marc & Beth Delametter, TW Newsletter Editors, 4530 S. Louisville, Tulsa, OK 74135** 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
P.O. Box 52242
Tulsa, Oklahoma 74152-0242

RETURN SERVICE REQUESTED



INSIDE THIS ISSUE
INTERNATIONAL RACE REPORTS
RACE RESULTS
RACE FLYERS ATTACHED

