

EDITOR:
ALAN GOOD

TULSA WHEELMEN



Tulsa Wheelmen Newsletter



February, 2006

Volume 29, Number 2

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2005 Tulsa Wheelmen's Racer of the Year: One-on-One with Janne Hamalainen by Alan Good

1) How does it feel to win the Tulsa Wheelmen "Racer of the Year Award" for 2005?

It's nice to get the recognition after putting so much time and effort into cycling last year. Although I have to say I got excellent support from the team and I would not have been able to get the results by training and racing by myself.

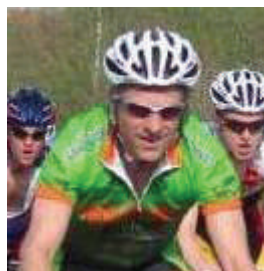
2) Which races did you enjoy the most in 2005?

I was pleased to make the podium at Masters Nationals Criterium so it was the highlight of my season. Sea Otter masters road race in Monterey was pretty nice too although it was pretty tough without any teammates there.

3) How many years have you been racing for the Wheelmen? Did you feel this was your best year?

This is going to be my fourth season. I started racing in the spring of 2003. I remember going to my first team meeting after my first or second race

and discussing tactics. My name was used as example of a rider who should not be allowed to be the only Wheelman in the break because I would probably get dropped anyway. Based on my results at the time, the comments were certainly valid but it gave me some extra motivation to train. I think I have improved every year since then and hopefully will do even bet-



ter this year.

4) Tell us about which races were the hardest?

Probably Joe Martin and Tripeaks. I got dropped on the second day at Tripeaks going up Mt. Magazine and was over a minute behind the field at the top. Luckily I got into a chase group with a couple of pro's

and we were able to chase down the lead group on the downhill side when it started to rain.

5) What are some of your goals for 2006?

I'd like to have decent races at Joe Martin, Tripeaks and Tulsa Tough. Hopefully by then I have enough points to cat up to 1 and be able to do both Master's and Elite Nationals in July.

6) Tell us about the 2006 1/2 Team. What do things look like this year?

Things look good for 2006 team. We should have a strong team this season as long as everyone stays healthy and is able to train. Both Scott and Will are just coming off their cross season and are both riding extremely well right now. Keith and Josh are putting the long hard training miles and are both on track for a good season. I have had a couple of injuries, but I should be ready for the spring races in March.

See page 9 for more of Janne interview

2006 Polar Bear Ride: "You Couldn't Beat the Weather" by Marc Delametter

It's hard to have a bad Polar Bear Ride when it's over 70 degrees outside and the wind is light. And this year wasn't bad. In fact, it was one of the most fun Polar Bear Rides we've ever had. Who would have ever thought that the "Polar Bear Ride" would be held under beautiful blue skies and temperatures warm enough to sit outside on the patio afterwards and drink beer. We had 47 riders on the annual "first ride of the year" event and all were enthusiastic about riding and socializ-

ing. The route took us West across the Arkansas River, out Avery and back to Tulsa on Wekewa Road. After the ride nearly everyone hung around our house until late into the afternoon drinking beer and telling old riding stories. As usual, Beth made her wonderful black-eyed peas and everyone had their fill until they were all gone. After all the food and liquid treats were consumed most of the participants waddled to their cars

and headed home. What a great day.



2006 Polar Bear Ride

Tulsa Wheelmen

1999 & 2000

USA Cycling Club of
the Year



at Southwestern Regional Medical Center

Winning the fight against cancer, every day.®

RACE TEAM UPDATE

The Killer G's go 1-2 as Gibson & Gault Place First and Second at the 2005 Oklahoma Cyclocross Championship

2005 Victories by Category:

Master's	12
Women	5
Cat 4	4
Cat 1/2	2
Cat 3	2
Cat 5	2
Totals	27

Scott Gibson and Will Gault dominated the fall race season as the two Wheelmen went 1-2 overall in the Oklahoma Cyclocross points series. The two had finished the same in each individual race as well. Scott finished with 160 points in cruising to the overall victory in the series, while Will had 120 points to grab 2nd place overall.

Scott also won the 2005 **Oklahoma State Cyclocross Championship** in December.

We congratulate these Wheelmen for all their hard efforts and wish them good luck with the 2006 road season.



The Tulsa Wheelmen have been dominating this winter in the Oklahoma Cyclocross series

2005 Race Awards

Racer of the Year
Janne Hamalainen
Female Racer of the Year
Cheryl Thigpen
Wheelmen of the Year
Keith Franklin
Most Improved Racer
Tom Shriver
Teammate of the Year
Kary Cummins

PLASTICS
INC

Northwestern Mutual
FINANCIAL NETWORK*

2005 Victories:

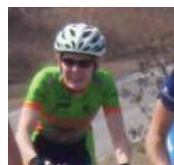
Ben Thigpen	6
Marcela Nova	4
Keith Franklin	3
Mitch Houtman	3
Chris Cauthon	2
Gary Breipohl	1
Tom French	1
Heidi Gault	1
Will Gault	1
Scott Gibson	1
Alan Good	1
Josh Lewis	1
Malcolm McCollam	1
John Power	1

Cat 1/2/3

Scott Gibson	1st
Will Gault	2nd

Women

Heidi Gault	2nd
-------------	-----



Heidi Gault finished 2nd in the 2005 Cyclocross series

Stat Corner

2005 Oklahoma State Champions

Tim Carrigg (Crit)	Master's 45+
Heidi Gault (Crit)	Women Master's 35+
Will Gault (RR)	Cat 3
Janne Hamalainen (Crit)	Cat 2
Mitch Houtman (Crit)	Cat 4
Mitch Houtman (RR)	Cat 4
Malcolm McCollam (RR)	Master's 50+
John Power (Crit)	Master's 50+
Ben Thigpen (Crit)	Master's 55+
Ben Thigpen (RR)	Master's 55+

Scoring in the Top Five for 2005:

Alan Good & Ben Thigpen	11
Janne Hamalainen	10
Will Gault	9
Keith Franklin & Mitch Houtman	8
Marcela Nova	7
Chris Cauthon, Ryan Fiddler & Tom French	6
Josh Lewis & Cheryl Thigpen	5
Pete Lantz & Tom Shriver	4
5 tied with	3

Oklahoma Spring Races Announced

Salt Creek Circuit Race

Saturday, March 4, 2006

Flint Ridge Circuit Race

Saturday, April 1, 2006

Cowskin Circuit Race

Saturday, April 9, 2006

Tulsa Tough

Friday-Sun, June 2-4, 2006

Schedule of Events

- February 4-5-Cat 3 Mini-Camp
- February 13-General Membership Meeting-Panera Bread at 71st & Lewis @ 6:30 PM
- February 13-Race Meeting to follow General Meeting
- February 17-19-TW Team Camp
- February 25-Walburg Road Race
- February 26-Pace Bend Road Race



Volunteer of Month (December 2005)



Tim Carrigg

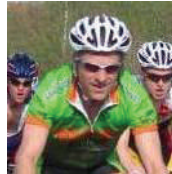


at Southwestern Regional Medical Center
Winning the fight against cancer, every day.*



Tulsa Wheelmen News: 2005 Team Award Winners Announced

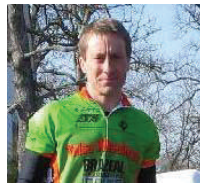
Racer of the Year: Janne Hamalainen



Wheelmen of the Year: Keith Franklin



Most Improved Racer: Tom Shriver



Teammate of the Year: Kary Cummins



Female Racer of the Year: Cheryl Thigpen

Willy "Lenka" Bars by Lenka Humenikova

These energy snack bars were such a hit last year that I had to include them in this month's newsletter.

- 1) Mix in large bowl

2 cups of oatmeal and 1/4 cup of raisins

- 2) Mix & microwave for 2 min. in large bowl

1/2 cup corn syrup, 1/2 cup reduced fat peanut butter and 1/3 cup brown sugar (mmm sugar)

- 3) Add 1 tsp. vanilla extract into the hot peanut butter mixture & stir.

- 4) Quickly pour peanut butter mix into raisins & oatmeal. Start mixing immediately, corn syrup hardens in a few seconds. Mix until oatmeal is moist.

- 5) Transfer into 8x11 or 9x12 dish (sprayed with pam), spray your hands with Pam and spread into dish.

- 6) Refrigerate for several minutes then cut into 10-12 bars and refrigerate for 1 hour.

Enjoy!

Willy Lenka Bar

Advertisements & News

Mark Teruki has offered a team discount for his coaching services. If you are interested, contact Keith Franklin

Category Upgrade: **Russell McMahon** 4 to 3

Let's take time to thank the new sponsors for 2006 including **Cancer Treatment Centers of America** and **Lee's Bicycles**

Clothing order should be in by February 1st. Contact **Marc Delametter** for more info.



See Tulsa Wheelmen website for the latest information on the **Tulsa Tough Ride & Race** and other race & events list information for 2006. Go to www.tulsawheelmen.com for more info.

Karen Harwood has taken over the duties of secretary for the Tulsa Wheelmen. Let's welcome her and take the time to say thank you, and to recognize **Marc Delametter's** efforts as well!

Tulsa Wheelmen winter training camp (February 17-19, 2006) in Tulsa, OK. Contact **Nathan Leigh** for additional information.

My First Year as a Wheelman (part 2 in a series of 3 articles)

by Alan Good

My first year as a member of the Tulsa Wheelmen has been a most memorable one. I had fun racing, working as a team and meeting new friends that share the same passion I have for cycling. I thought it would be nice to share some of my experiences in my first race season with the team. This is part 2 in a series that will run from Jan-March in the newsletter.

5/7/05-El Dorado Circuit Race, KS. I just remember this race being in the middle of hurricane force winds. I would say at least a category 2 hurricane anyway. Towards the end of the race I remember yelling at Tom Shriver after repeated attacks in the wind, "Tom get the team up here now!" Tom's reply was simply "Al, there is no

one else!" The only thing I could think of to say was, "Oh shit!" Anyways I ended up taking 4th and Tom got 6th.

5/14-15/05-Joe Martin Stage Race, AR. The hardest race I have ever done in my life. I remember the road race



sprint coming down to a photo finish for 2nd-4th which the Wheelmen placed (Tom, Mitch and I). The time trial later in the day was grueling but when I saw my time (11:13) I was stoked! My previous best was 12:41. Going into the final day I was in 5th place and managed to move

up a spot in the crit. Of course I had to make it interesting as I almost crashed in the killer downhill left turn on lap 1. I just remember Tom saying, "How the hell did you save that one?" I told him it was winter driving when I lived in Boston, MA because I slid forever and I truly thought I was going to kill the family of 4 in the corner. Anyways, I'll take the 4th overall and that I came back to OK in one piece.

6/4/05-State Championship Crit, OK. Attacked from the gun and never looked back until Mitch bridged to me and gave me a GU and I puked, fell back and re-joined the band. Man I was upset I did not get that pizza prime. I was happy with the team win and my 5th place finish for as hot as it was.

Next issue: More racing & fun



Photo finish in the road race at Joe Martin Stage Race in AR.



By Sandra Crisp

Wheelmen Advocacy Director



We are fortunate that our Metropolitan Planning Organization, INCOG, has established a Bicycling Advisory Group (BAG) composed of representatives from the local cycling community. The mission of the INCOG BAG is to provide assistance and advice to area planners and governmental agencies concerning bicycle planning in the Tulsa Transportation Management Area.

Examples of matters related to bicycle planning include bicycle-related projects, facility improvements, bicycle commuting, bicycle safety and public education, project identification, project plan review and other issues governed by the Tulsa Transportation Management Area Trails Master Plan.

The BAG is composed of nine (9) voting members:

The Chairman (the bicycle

representative from the INCOG Transportation Policy Committee – currently Jeff Couch)

Organization representatives

Oklahoma Bicycle Coalition

Tulsa Wheelmen

Tulsa Bicycle Club

Representatives appointed by the Chairman

Suburban cycling community

Bicycle commuter

Bike shop

Area corporate bicycle commuter program

Member at-large

As Advocacy Director, I represent the Wheelmen on the BAG. Our next regular meeting is scheduled for February 21, 2006 but the agenda wasn't available in time to make this newsletter. I will post the agenda to the Wheelmen's e-list Wheelmen@yahooogroups.com when it is available and will post BAG meeting minutes to this newsletter going forward as they become available.

Please, let me know when you have input on agenda items and also when you become aware of new issues you feel should be brought before the BAG.

Thank you very much!

Sandra Crisp

Wheelmen Advocacy Director

sandracrisp@cox.net



February 2006: Rides & Events



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
					Cat 3 Mini-Camp Talimena, AR	8 AM No Wimps Noon Racer Training Ride Cat 3 Mini-Camp Talimena, AR
5	6	7	8	9	10	11
8 AM No Wimps 1 PM-Race Training Ride Cat 3 Mini-Camp Talimena, AR						8 AM No Wimps Noon, Racer Train. Tour of New Braunfels, TX
12	13	14	15	16	17	18
8 AM No Wimps 1 PM-Race Train. Tour of New Braunfels, TX	LOC. CHANGE General Mem. Mtg 6:30 PM Panera Race Meeting to follow				TW Training Camp, Tulsa, OK (Times TBA)	8 AM No Wimps Noon Racer Train. TW Training Camp, Tulsa, OK
19	20	21	22	23	24	25
8 AM No Wimps 1 PM-Race Train. TW Training Camp, Tulsa, OK						8 AM No Wimps Noon-Race Train. Walburg RR, TX
26	27	28	1	2	3	4
8 AM No Wimps 1 PM-Race Train. Pace Bend RR, TX						8 AM No Wimps Noon-Race Train

IN THE ZONE

by Mark TeRuki



Cadence Workouts, Part 1

Last month I addressed pedaling mechanics, and hopefully you have been working on this and are ready to integrate your improved mechanics into cadence workouts. Continue to perform ILT's several times a week and continue to monitor your knee alignment as you perform these cadence drills.

There are almost an endless number of cadence workouts possible to address a number of cycling weaknesses. This being the case, I will focus on just a few in these articles. The first point to keep in mind with cadence work is that cadence and intensity/heart rate (HR) are independent of each other. Unlike running, where the faster you stride, the faster you will run and the higher your HR will rise, with cycling you can use gearing, resistance (stationary trainers, hills, wind) and your own level of exertion to achieve specific cadences at specific intensity/HR and therefore illicit very specific training adaptations.

Over Geared (OG) Workouts:

First a word of caution. OG workouts can cause increased stress on the knees, and patella tendon, so monitor this carefully and cease or reduce these workouts at the first sign of pain.

Muscle Tension (MT) workouts. Basically this is weight training on the bike and is ideal for integrating strength gains made in the gym into cycling specific strength. In Tulsa, it is best done on an indoor trainer. The workouts can be done on climbs but around Tulsa there are few climbs long enough for the duration required. Set the bike up on the trainer, and after a thorough warm up, increase the resistance setting and gearing and allow cadence to drop to around 60-65 rpm. Maintain cadence between 60-80 rpm, and keep intensity/HR in Zone 3 or about 80% of TT intensity. This is a muscular strength/ strength endurance workout, NOT a cardiovascular workout. Focus on utilizing the pedaling mechanics you developed while doing the ILT's and keeping the upper body relaxed. To increase specificity for climbing, raise the front wheel and adopt your normal

seated climbing position. To increase TT specificity, do these on your TT bike/in your aero bars. Beginners' start with 2 or 3 x 6 minute repeats, with equal recovery time, and build up to 4-5 repeats over a 4 week period. Advanced riders may progress up to 4x12 minutes with 6 minutes recovery.

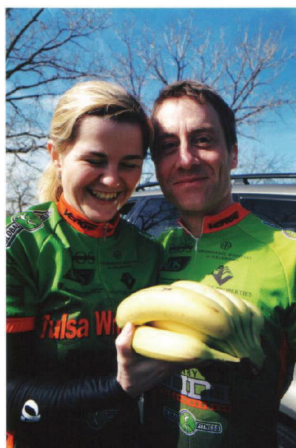
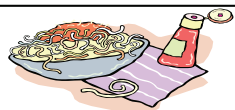
Force Intervals. These are a progression from the MT workouts and need to be performed later in the year, usually after some kind of Threshold training. While still performed OG, cadence is usually about 10-15 rpm higher than MT workouts and intensity is right around TT intensity or even a little higher...these hurt! Beginners start with 2x12 minute efforts with 10 minutes recovery, and progress to 4x12 minutes. Advanced riders will progress from 4x12 minutes up to 4x15 minutes or 3x20 minutes, with 10 minutes recovery. Again focus on mechanics and form!

Next month, high cadence workouts.

Happy Training

Nutrition Corner

by Lenka Humenikova
& Tom Shriver



Dietary fiber is a carbohydrate that is critical to any athlete's diet. It is important to understand that there are two types of fiber found in foods: *water-soluble* and *water-insoluble*. Each type is handled differently during the digestive process and thus both types of fiber have unique health benefits for athletes.

First, soluble fiber offers great health benefits in terms of weight management and cardiovascular health. Since water soluble fibers form gels with water in the digestive system, its consumption will help you feel satisfied long after your meals. While insoluble fiber speeds up the transit time of food in the digestive tract, soluble fiber slows down gastric emptying and keeps you full for several hours. Therefore, choosing meals with plenty of soluble fiber is recommended for any athlete who is trying to maintain or lose weight.

Second, insoluble dietary fiber has been shown to increase the transit time of food particles through the digestive system. As a result, it minimizes

the exposure of the intestines to harmful bacteria and potential carcinogens and lowers your risk of developing colon cancer.

Third, increased consumption of insoluble fiber can alleviate the problems associated with irregular bowel movement and constipation that plague many middle-age athletes. Since too much fiber in your diet can actually lead to constipation, be sure to increase your fiber gradually over several weeks and be sure to simultaneously increase your fluid intake. Beans, vegetables, and whole grains are all examples of foods that are high in insoluble fiber.

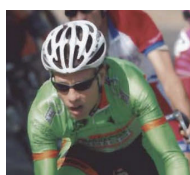
Finally, because of its chemical properties, the consumption of soluble fiber can decrease LDL cholesterol levels. Since soluble fiber binds the "bad" cholesterol in your blood, it can significantly decrease your risk of cardiovascular disease. To increase your consumption of soluble

fiber, be sure to consume a variety of fruits, beans and oats.

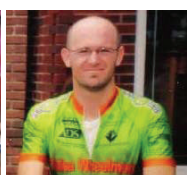
Most people, including athletes, don't consume enough dietary fiber. Current recommendations suggest that both men and women under 50 should consume between 20-35 grams of fiber per day. For example, one serving of fruits or vegetables has 2-3 grams of fiber and half a cup of beans has about 7 grams. Be sure to check food labels and consume a variety of grains, fruits, and vegetables that are rich in fiber. If you are unsure about your normal dietary fiber intake, try tracking it for a couple of days. Remember, awareness is the key to healthy eating!



Meet the Team



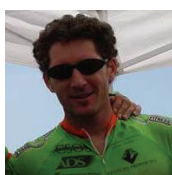
Malcolm McCollam Cat 3



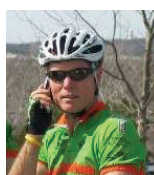
Nathan Leigh Cat 3



Jay Small Cat 4



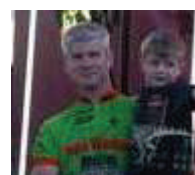
Kary Cummins Cat 3



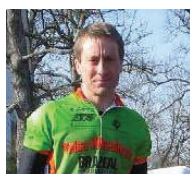
Keith Franklin Cat 2



Alan Good Cat 3



Craig Waldron Cat 5



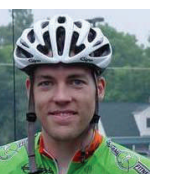
Tom Shriver Cat 3



Ben Thigpen Cat 3



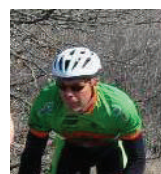
Cheryl Thigpen Cat 4



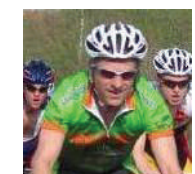
Jeremy Stitt Cat 3



Lenka Humenikova Team Nutritionist



Chris Cauthon Cat 4



Janne Hamalainen Cat 2



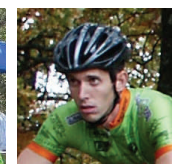
Ben Silk Cat 3



Will Gault Cat 2



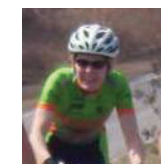
Marc Delametter Cat 3



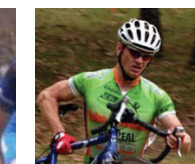
Josh Lewis Cat 2



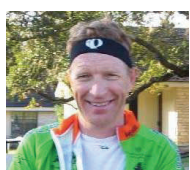
Brian Meahan Cat 4



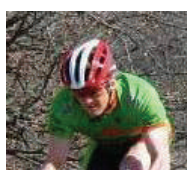
Heidi Gault Cat 4



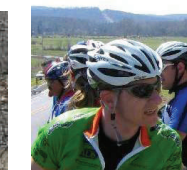
Scott Gibson Cat 2



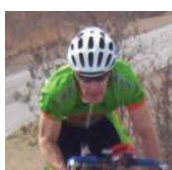
Tim Carrigg Cat 3



Russell McMahon Cat 3



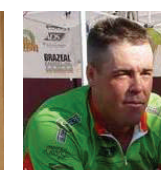
Jim Bohanon Cat 4



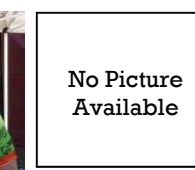
Gary Breipohl Cat 3



Pete Lantz Cat 4



Joe Lederer Cat 4



Brandon Johnson Cat 4



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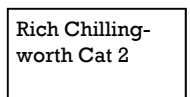
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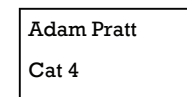
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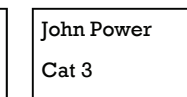
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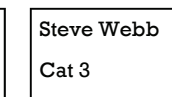
Rich Chillingworth Cat 2



Adam Pratt Cat 4



John Power Cat 3



Steve Webb Cat 3



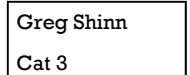
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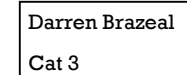
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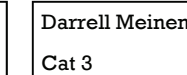
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Greg Shinn Cat 3



Darren Brazeal Cat 3



Darrell Meinen Cat 3



Winning the fight against cancer, every day.*

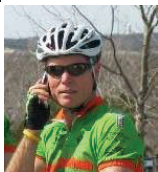
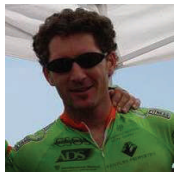
New Tulsa Wheelmen Team Members for 2006

Bud Almond Cat 5
Randall Clayborn Cat 3
Edgardo Delgado Cat 5
Amanda Erwin Cat 4
Traci Haines Cat 4
Karen Harwood Cat 3
Greg Ingram Cat 3
Jennifer Johnson Cat 4
Barb Landreth Cat 4
Brian Metz Cat 4

Josh Seabolt Cat 5
Philip Stauner Cat 5
Sean Stevens Cat 5

2005 Race Season

Victories 27
State Champs 10
#1 in OK 8
Top 10 in Nation 1



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VENTURE PROPERTIES

Tulsa Wheelmen Rides by Kary Cummins & Keith Franklin

Last year in March Marc Delametter published an article that outlined our weekend rides. After a year has passed, we'd like to revisit those rides. We'll be continually fine tuning the rides and their formats so we can make them what we need as a race team.

RACER'S TRAINING RIDE

Last March it was initially stated that a new ride would start, the Racer's Training Ride, separate from the Tailwind Ride. This never happened. Basically the Tailwind Ride was replaced by the Racer's Training Ride. The name change helped to set expectations for the format of the ride. This seems to be working well.

Earlier this year there was talk about designating Sunday's route to always be the "Coyote to Shell Creek to North Road" loop. After more discussion it was agreed that the route would be left open. However, early in the season, before racing starts, it would be preferred that the group picks the "Coyote to Shell Creek to North Road" loop. This will allow people to predict where the group is going in the winter and early spring. Some reasons for taking the same route are: if riders are late, if riders are getting in extra miles before the ride, or if riders get dropped during the ride and want to take a short cut to meet back up with the group. Once racing season is upon us, hopefully most of the racers will be racing, which will allow those who show up to choose a route to their liking.

The ride is what it says it is - a training ride for those who want to race. The pace of the rides change based on different factors, one being the time of year. The pace might be steady-state, base miles, early in the season, changing to tempo, changing to tempo with pace-lining, changing to tempo with sprints & hills, changing to fartlek training, etc. A lot of the time the pace will average over 18 mph. It could be as long as 60 to 80 miles. The routes, stops along the way, and designated regrouping points should be decided by the group just prior to departure. The routes will probably include hills. There will not be a designated ride leader. The group will probably not stop for riders that flat. You should know the route before you leave the parking lot. The group will probably not wait for slower riders. Basically this is a tough, racer-oriented training ride.

As you all know, rides with large numbers of people have a natural tendency to form smaller groups based on pace. Since everyone has personalized training plans, some riders will need to go slow and some will need to go fast. Set expectations at the parking lot. This will allow riders of like minds to pack up, as early as rolling out of the parking lot.

If you are new and don't know the route, please make sure other riders know. If you are a regular and notice a new rider, make sure they are informed about the route prior to leaving the parking lot. We want to make sure

everyone can get back home safely.

RIDES IN GENERAL

Please ride defensively while on the Wheelmen rides. We should be stopping at all traffic lights and stop signs. Make sure that the whole group can cross traffic. When the group splits due to crossing traffic, don't penalize the rides for being safe. Stop and regroup immediately. Yield to traffic when appropriate. Riders on the front should take into account the entire group when crossing traffic, merging, stopping, etc. Be aware of the size of the group. The dynamics of a large group are different than a small one.

There are no designated Tulsa Wheelmen ride leaders. During racing season, it's possible that no Wheelmen will be on the training ride.

On all rides, we will stop for crashes! Likewise we should stop for mechanicals, at least long enough to make sure the rider can get home. Flats are a common mishap and you should be able to handle these on your own. Thus, the group may or may not stop for riders with flats. On some rides the group may stop for flats on the way out, but not on the way back in. When stopping as a group, make sure everyone gets off the road. We don't want to impede the flow of traffic. If possible, find a cut-out or driveway.

Depending on the ride, the group may or may not slow down for slower riders. This really depends on the group that assembles for

Tulsa Wheelmen Rides (Continued from page 8)

the ride that day. Be prepared with tubes, food and water. Be prepared to ride back by yourself if you drop off the pace. Have what you need and know the routes. Be prepared to ride by yourself if you are the only one that shows. Basically, be prepared for anything. And if you have a cell phone, please bring it in case of an emergency.

The rides should leave

promptly at the posted times. Please don't be late. If you are, expect to chase. This is very important on cold days.

FINAL THOUGHTS

Our racers are getting stronger each year, in part due to these rides. They ARE making a difference. Everyone benefits from riding with a group, with experienced riders and people that are fast. Don't

be discouraged if you don't make the whole ride with the group. Not everyone is on the same training schedule. You might get dropped on a hill today, but tomorrow you might be the one dropping others. We're all in this sport to have fun, get fit, get fast, compete and make some friends. Remember this on the rides and the pain will somehow seem a little more tolerable.

Tulsa Wheelmen Membership Notice

LAST	FIRST	EXP Date	Parker, Gary & Barbara	200503	Martin, Charles	200505	SHINN, GREGORY A.	200506
Birch	Christina	200501		200503	Martin, Andrew	200505	HYDRICK DAVE	200507
Bunn	Rich & Sue	200501	Pierce, Michael	200503	McCollam, Barbara Hess & Malcolm	200505	Line, Robb G.	200507
Jones	Bill	200501	Spradley (Terry's Bicycles) TERRY	200503	Pratt, Adam	200505	McClendon, Sr. Michael	200507
Meahan, Brian		200501	Veatch, BILL	200503	Saunders, Greg, Debbie, Bella	200505	McCoy, Jamie	200507
Mondloch, Dale		200501	Harris, George	200504	Schneider, Alex, Merideth, et al.	200505	MENDOZA, HECTOR	200507
Potter Tom		200501	Lee, Marvin R.	200504	Shepherd, Jeff	200505	Mitchell James	200507
West Matt & Barb		200501	Andersen, Chris	200505	Vanderburg, Adam	200505	Mitchell Jon	200507
Younger, Don		200501	Billingsly, David	200505	Waggoner, Damon Jesse, Donald, Garrett	200505	Russell Tyler	200507
Schneider, Chris		200502	Bohanon, Jim	200505	Wilborn, Frank Jr.	200505	COHEN COREY L	200508
Wilson Janet		200502	Ginn, Lori & Deb	200505	Winn, Keith	200505	MCALLISTER, MIKE	200508
Dilldine LARRY		200503	Goodwin, Kevin	200505	Zimmerman, Pat	200505	MOODY NEIL	200508
Haus Scott		200503	Hamalainen, Janne	200505	ZWAYER KENT	200505	LEDERER, JOE	200509
Hlicks HAROLD		200503	Harmon, Bill	200505	Breiner, Matt	200506	WAGNER, ED J.	200509
Ingram Greg & Shannon		200503	Hawkins, Bryan	200505	Case, Chuck & Pam	200506	KEYLOR DAVE	200511
Kingston, George		200503	Hooley Ron	200505	COWART BRANDON	200506	MCCLAY MARK	200511
Knowlton, Tony		200503	Lasley, Jacob	200505	HARWOOD, KAREN	200506	Thigpen, Ben & Cheryl	200511
KRUTKA DONNA BROWN / LARRY		200503	Lemieux, James	200505	LEHRMAN, JESSE	200506	HAANEN TOM	200512
			Lowe, Daren	200505			Jacobsen, Mike	200512
							Landreth Barb	200512
							Renberg Don	200512
							Shriver, Lenka Humenikova & Tom	200512
							Graham, Howard	200601
							Harwood, Joyce, Fogle, Rod	200601
							McNeal, Jack, Jolene, Mike	200601
							Tardiff Don	200601
							Wakefield David	200601
							Fater, STEPHEN J.	200602
							Lazdins Erik	200602
							Phillips Frank	200602
							Robert (Rob), James	200602
							SNIDER ROSS L.	200602
							Please contact Marc Delametter	
							At no1family@cox.net if you have questions.	

Racer of the Year Janne Hamalainen Interview (cont'd from page 1)

I'm hoping that we will have at least three cat 1's at the end of the season. We plan to do at least one cat 2 stage race in California as a team, which should be pretty interesting.

7) What is going to be your 1st race for 2006?

Walburg and Pace Bend road races in Austin Feb 25-26. I'll be treating the early races as hard training ses-

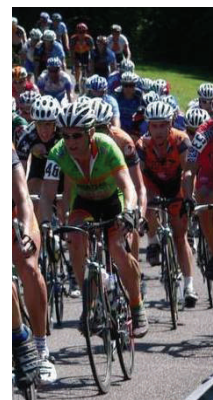
sions than races although I'd still like to do well.

8) Any closing thoughts for team & the TW readers?

I think this is going to be an excellent year for the Tulsa Wheelmen. I have been pleased to see so many people out putting in long miles already. We should have more team members upgrading to 2 this summer and appears we will have a

strong cat 3 squad. I'm also pretty excited about the new sponsors, especially having Cancer Treatment Centers of America as the new title sponsor.

It is also nice to see new faces of those that have recently joined the club and want to race for the Wheelmen. For some it will be their first year to race and I wish them all good luck.!



Janne Hamalainen, Tulsa Wheelmen's Racer of the Year

Tulsa Wheelmen Info Pages (February 2006)

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	

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.

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	World Champ ride	River Parks, Riverside & SW Blvd	6 PM	4/C/d	Day-light savings time (Apr-Oct)
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
Thur	Summer Crit Series	Holiday Hills Safety Training Facility	6 PM	1/A/d	Runs May-Sept
Sat/Sun	Racer's Training Ride	45th & Madison	Sat-12 noon Sun-1 PM	4/C/c-d	Year round
Sat/Sun	No wimps ride	45th & Madison	8 AM	4/C/c-d	Year round

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**

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

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

Newsletter Staff

Editor: **Alan Good**

Hm: 405-612-4847

goody@okstate.edu

Distribution: **Tom Potter**

437-9419

Web Site: **Kary Cummins**

Hm: 918-748-8858

Kary.Cummins@wiltel.com

Officers

President: **Tim Carrigg**

Hm: 918-645-1143

tcarrigg@parkerplastics.com

Treasurer: **Beth Delametter**

Hm: 918-749-4075

nolfamily@cox.net

President Elect: **Open**

Past President: **Brian Meahan**

Secretary: **Karen Harwood**

Hm: 214-226-8434

cyclinggirl@gmail.com

Membership Director:

Marc Delametter

Hm: 918-749-4075

nolfamily@cox.net

Race Team Director:

Keith Franklin

kflandplan@aol.com

Race Director: **Open**

Avery Drive Clean-up:

Tom Potter 437-9419

Advocacy Director:

Sandra Crisp

Hm: 918-688-8596

sandracrisp@cox.net

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 goody@okstate.edu

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 Marc Delametter, Membership Director at nolfamily@cox.net



Tulsa Wheelmen

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Inside This Issue

Janne Hamalainen "ROY Interview"

Polar Bear Update

Mark Teruki "IN THE ZONE"

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