



Tulsa Wheelmen

RIDES AND EVENTS CALENDAR

January 2005

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
December 26 No Wimps – 8 a.m. Tailwind Ride, 1:00PM	27	28	29	30	31	January 1 Polar Bear Ride
2 No Wimps – 8 a.m. Tailwind Ride, 1:00PM	3	4	5	6	7	8 No Wimps – 8 a.m. Tailwind Ride, Noon
9 No Wimps – 8 a.m. Tailwind Ride, 1:00PM	10 GENERAL MEM. MTG – MAZZIOS AT THE FARM – LOWER LEVEL 6:30PM Race Team Mtg. to Follow	11	12	13	14	15 No Wimps – 8 a.m. Tailwind Ride, Noon
16 No Wimps – 8 a.m. Tailwind Ride, 1:00PM	17	18	19	20	21	22
23 No Wimps – 8 a.m. Tailwind Ride, 1:00PM	24	25	26	27	28	29
30 No Wimps – 8 a.m. Tailwind Ride, 1:00PM	31	February 1	2	3	4	5 No Wimps – 8 a.m. Tailwind Ride, Noon

Tulsa Wheelmen

INFO PAGES

JANUARY 2005

Rides & Events

Ride Classifications

Miles	Terrain
1 - under 10	A - Flat
2 - 10 - 20	B - Grades
3 - 20 - 40	C - Some hills
4 - 40 - 70	D - Many hills
5 - 75 - 120	E - Severe hills

Average Speed in mph.

a - 4-8, leisure b - 7-14, touring

c - 15-17, fast d - 18+, racing

Important Notice: The *Tulsa Wheelmen* only support responsible bicycle riding. riders on *Tulsa Wheelmen* rides acknowledge cycling is a potentially dangerous activity 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 on all rides including not riding more than two side by side.

vv Weekly Rides vv

*Note: Times are when wheels roll.

Any Day, Bike-To-Work Day,

Bicycle to work at least once a week (or more!) and make Tulsa a better community while giving yourself more time on your bike.

Monday, DoT Ride, (3/D/c-d) 4000 N. Hwy 169, 6 p.m. (Sp/Su/Fal). Starts April '05

Tuesday Night World Championships Ride
(4/C/d) Starts at the River Parks, Riverside
and Southwest Blvd. 6 p.m., 40 mile training
ride. Very fast. (Sp/Su/Fal). Starts April '05

Tuesday Night Fixed Gear Trail Ride, (3/A/c) Starts at 41st and Riverside, 6:00pm, fixed gear training ride on the Rivertrails. Lights needed.. (Winter Only). Starts Jan. 4th

Wednesday Night Trail Ride, (3/A/c) Starts at 41st and Riverside. 6:30pm. Lights needed. (Winter Only). Starts Jan. 5th.

**Thursday, Tulsa Wheelmen/Bicycles of
Tulsa Summer Criterium Series, (1/A/d)**
Holiday Hills City of Tulsa Safety Training
Facility, 6 p.m. (Starts May '05)

Saturdays/Sundays, Tailwind Training Ride, Noon Sat., 1:00pm Sun. (**Switches to Noon on December 4, 2004**) (4/C/c-d), 45th and Madison, Wright School (one block west of Peoria on 45th), west parking lot. Distance will vary on this quick paced ride. Route begins into the wind for a tailwind return. (year round).

Saturdays/Sundays, No Wimps Ride, 8 a.m.
(4/C/c-d), 45th and Madison, Wright School.
Distance & route same as noon ride.
Contact John Power for more info (year
round).

^PUT YOUR RIDE HERE^

Are you doing a weekly ride that isn't listed here, but should be? If so, please send information to **Tulsa Wheelmen Newsletter**, Attn: Rides & Events, P.O. Box 52242, Tulsa, OK 74152-0242.

[illegible]

THANK YOU! *event volunteers, event directors and sponsors, newsletter contributors, QuikTrip Corp. and to all the cyclists who bicycled to work showing Tulsa that Yes!, it can be done..."* **THANK YOU!** *You ARE making Tulsa and bicycling in Tulsa better!*

***SIGN UP A NEW MEMBER.
MEMBERSHIP APPLICATION
ON INSIDE BACK PAGE!
YOUR RECOMMENDATION
ENSURES THAT THE CLUB
WILL GROW!***

Membership and Address Correction

If you are a member and not receiving your newsletter, contact **Rod Harwood**, Membership Director (home: 918-336-7546)

eMail:rod_h@sbcglobal.net



UPCOMING EVENTS

Mon. 1/10 Tulsa Wheelmen General Membership Meeting: 6:30pm Mazzios at the Farm.

**FOR MORE DETAILED EVENT
INFORMATION SEE OUR WEBSITE
AT WWW.TULSAWHEELMEN.COM**

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N *Tulsa Wheelmen* NEWSLETTER

Vol. 28, No. 1

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

January 2005

THE EDITOR'S PEN FOR JANUARY 2005: TIME TO RENEW YOUR MEMBERSHIP

By Marc Delametter

If you came to the Polar Bear Ride on January 1st then you had your first opportunity of the year to renew your membership. If you forgot, that's ok because you can do it by mail. Attached to this (and every) Newsletter is a Tulsa Wheelmen Membership and Renewal Application. Just complete the appropriate lines, add a check and pop it in the mail. You can also print off this Application on the website at www.tulsawheelmen.com. Just click on the Club Info link and then Membership Application. It's that easy.

How about some more good news, the cost of membership **hasn't** gone up for 2005. In fact, the cost of a Wheelmen Membership has been \$20 for as long as I've been a member and that's just about 15 years. Wow, that is hard to believe.

Now, just what is the value of this membership? Well here's a list.

1. You join your voice with hundreds of others promoting responsible bicycling in Tulsa.
2. You support a wide range of weekly training rides.
3. You support annual bicycling events and races.
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.

These eight reasons for membership are real, don't think they aren't. Over the years the Tulsa Wheelmen have garnered several reputations, some good, some bad. But, without a doubt, the best are that we have a reputation for promoting great local cycling events, great local training rides, a fantastic regional race team program and a great monthly newsletter. In my mind that's a lot for \$20 per year.

NICE COMMENTS ABOUT THE TULSA WHEELMEN

By Marc Delametter

I read an article published on December 22, 2004 on the Oklahoma Cycling News website at www.cycleok.com that had some really nice things to say about the Tulsa Wheelmen. Noted below is an excerpt from that article.

"Silence can be deafening and OKC Velo has been relatively silent for some time. A quick check on their club's listings at USA Cycling shows that may be about to change. On that list is the name Peter Erdoes. Whenever he is involved or associated with a club, carnage and success are soon to follow. In 2003 the Mathis Brothers road race team wreaked utter havoc upon the

Texas Cup. If OKC Velo's legs look as cool as their new kit does then it looks like they may be able to rise from the ashes of relative anonymity to throw down big next season. On the other hand the relatively new resurrection of the Tulsa Wheelmen appears to be going strong. The presentation of their program on their web-site is impeccable. One can remember the pleas of several of their members back in 2003 to get that program back on track. Keith Franklin, Josh Lewis, Brian Meahan, and several others have spearheaded one of the most exemplary road race programs in the state if not region and nation."

It sure is nice to see that all the work we have done to redefine the Tulsa Wheelmen is getting noticed. Kudos to the Tulsa Wheelmen members making this happen. You can read the entire article at www.cycleok.com/December%20Cross.htm.



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Tulsa Wheelmen Race News

CYCLOCROSS RACE RESULTS

By Jack McNeal

Here are the results of the Cyclocross bicycle race promoted by the "Rolling Fools" of the OK Velo Sports bicycle club of Tulsa, Oklahoma. This event took place at Chandler Park in Tulsa on November 21, 2004.

"A" OPEN Race 11 laps

- | | | | | |
|-----|------------------|------------------------|---|---|
| 1. | Jacob Lasley | | | |
| 2. | Josh Lewis | | | |
| 3. | Ray Hall | | | |
| 4. | William Gault | | | |
| 5. | Bryan Duvall | | | |
| 6. | Charles Parmain | | | |
| 7. | Ronnie Cookson | only completed 10 laps | | |
| 8. | J. C. Gifford | " | " | " |
| 9. | Randall Clayborn | " | " | " |
| 10. | Matt Reynolds | " | " | " |
| 11. | Darren Sherkat | " | " | " |
| | Chad Christian | Did Not Finish | | |

Category 4-5 Race 8 Laps

- | | | |
|----|-------------------|-----------------------|
| 1. | Doug Anderson | |
| 2. | Brent Wilson | |
| 3. | Sammy Davidson | |
| 4. | Terry Frohnappfel | |
| 5. | Chris Parks | |
| 6. | Michael Payne | |
| 7. | Steve Edstrom | |
| 8. | Carl Irwin | |
| 9. | Corey Cohen | Only Completed 7 laps |
| | Rance Shields | Did Not Finish |

Masters 30+ Race 8 Laps

- | | |
|----|------------------|
| 1. | Bryan Duvall |
| 2. | J. C. Gifford |
| 3. | David Billingsly |
| 4. | Charles Parmain |
| 5. | Ronnie Cookson |

Masters 40+ Race 8 Laps

- | | |
|----|------------------|
| 1. | Randall Clayborn |
|----|------------------|

Masters 50+ Race 7 Laps

- | | |
|----|----------------|
| 1. | Charles McKown |
| 2. | Les Banta |

Women Open Race 7 Laps

- | | | |
|----|-------------------|-----------------------|
| 1. | Miranda Quigley | |
| 2. | Julie Thomas | |
| 3. | Amanda Stevens | |
| 4. | Vivian Chwalanski | |
| 5. | Megan Pfeiffer | Only Completed 4 Laps |

2005 RACE AND EVENT CALENDAR

By Marc Delametter

A draft/proposed/preliminary 2005 regional bicycle race/bicycle event calendar has been posted to the Tulsa Wheelmen website at www.tulsawheelmen.com. (Just wanted to make sure that you get the hint that this calendar is not final yet.)

I have not reproduced this calendar in this Newsletter because there are still many dates on the calendar that are tentative. Candidly, the draft calendar has already changed several times just since the first of December. I expect that we will publish a very firm calendar in the February Newsletter. Until then, if you need some tentative dates for your personal racing/riding schedule for 2005, please visit our website events listing.

THE RACER WITHIN

By Dennis Oliphant

Have you wondered if there is a world class, professional level racer deep inside you? Perhaps this awesome ability will spontaneously emerge during a high-profile race under the right conditions.

Certainly, years of fast riding will tune your anaerobic threshold and strengthen your quads. But, only training will bring that optimistic ideal of you as a powerful racer to the surface. In order to move up or cat-up or be noticed; in order to be a participating player in the race, you have to change your perspective, NOW, this racing season. You cannot wait for the training effect to happen if you are not sincerely training.

If you admire a strong sprint, that may be because you are weak at sprinting. The same holds true with time trialing and climbing. Quit thinking about the pain and the routine of training. You have to love to train to improve your performance. Pick one aspect, like sprinting, and concentrate on just that this season.

Start now, by sprinting 3 times on every ride. Get out of the saddle and sprint like the finish line is 15 seconds away. Fully recover and repeat. If you are not willing to put 15 seconds into improving your racing performance, you may be only a wisher. You may never have the courage to see just what you are made of.

Don't start by choosing an entire plan that you may or may not complete. Start with a reasonable chance of success. Sprinting is a great place to start, as this will bring about other performance returns. Start this season with a new mantra, "I love to train, I love to train, I love to train..." Throw out that voice inside you that keeps telling you, "I'm not a sprinter." The more you work at it the better you will feel about racing.



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MORE . . . WHEELMEN INFO

JANUARY 2005

*!?! ?!
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.

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 noIfamily@cox.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 ISTEALegislation.

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!

2005 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
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
MidTown Bicycles 749-7563

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 Officers

President **Tim Carrigg**
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TCARRIGG@PARKERPLASTICS.COM

Treasurer **Beth Delametter**
hm: 918-749-4075
nolfamily@cox.net

President Elect **Open**

Past President **Brian Meahan**
hm: 688-3386
Bmeahan@datathree.com

Secretary **Marc Delametter**
hm: 918-749-4075
nolfamily@cox.net

Membership Director **Rod Harwood**
hm: 918-336-7546
rod_h@sbcglobal.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
CD.SL.CRISP@COX.NET

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
TIME TO RENEW MEMBERSHIPS
GETTING NOTICED
CYCLOCROSS RESULTS
THE RACER WITHIN

