

N *Tulsa Wheelmen* NEWSLETTER

Vol. 26, No. 6

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

June 2003

THE EDITOR'S PEN FOR JUNE 2003 by Marc Delametter

For the first time in a long time I'm struggling to find something to write about so I'm going to re-write an editorial I wrote several years ago as president of the Tulsa Wheelmen. It went something like this:

Hey, if you're riding more than 13mph or 14mph on the RiverTrail, SLOW DOWN.

Hey, if you think the RiverTrail is a route you can "train" on, THINK AGAIN.

Hey, if your riding on the RiverTrail and you are going so hard that your out of breath and your heart rate is above 120, YOU'RE A DANGER TO YOURSELF AND OTHERS.

As the weather has improved over the past couple of months I've noticed that the use of the RiverTrail between 71st Street and Southwest Blvd by cyclists has increased dramatically. I have also noticed that many of these cyclists qualify (in my book) as "River Racers".

What is a "River Racer". It's one of those cyclists that use the RiverTrail as a training route. It's one of those cyclists that rides way, way too fast on the Trail and looks like they are trying to get into racing condition without venturing out on a quite rural Oklahoma road, for which there are many.

Cyclists on the RiverTrail need to slow down. They need to ride fewer than

15mph, preferably they should be under 13mph. They need to give as much room as possible to pedestrians, not because the walkers and runners and families using the Trail have a higher priority to it, but because it safer. Safety must be the first priority to any cyclist riding the RiverTrail.

If you're on the Trail and your not paying attention, then watch out. Before you know it a pedestrian is going to stop on you, or turn around right in front of you, or some 6 year old (learning to ride his bike) is going to weave right in front of you.

If you need to train to stay in good physical condition then I suggest you use the RiverTrail as a connector. Use it to get to the 23rd Street Bridge and then head out to Avery Drive. Use it to get to the 71st Street Bridge and then head our Elwood. When you are done training, use the RiverTrail for your cool down. I have personally logged hundreds of miles on the RiverTrail at speeds under 12mph as I worked the lactic acid out of my legs.

It's a great tool if used properly. It's dangerous as heck if taken for granted.

Marc

McCollam & Glassco

ATTORNEYS AT LAW
A Professional Association

BICYCLE QUOTE OF THE MONTH

"Newspapers are unable, seemingly, to discriminate between a bicycle accident and the collapse of civilization."

--George Bernard Shaw

BEVERLY BERRY VOLUNTEER OF THE MONTH(S)

By unanimous vote the volunteer of the month for April is Jeremy Stitt.

On behalf of everyone, I want to give Jeremy a big thank you and well done for the excellent job he has done putting together the summer crit series. I'm sure everyone who has had a chance to race this summer appreciates the hard work he has put in.

Thanks
Brian Meahan

p.s. We all know that it was really Amy that did all of the work.



Tulsa Wheelmen

RIDES AND EVENTS CALENDAR

June 2003

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
May 25 Tailwind Ride, 8 a.m. Tri-Peaks Stage Race _____	26 DoT Ride, 4000 N. Hwy 169, 6 p.m. MEMORIAL DAY HOLIDAY	27 TNWC Ride	28 West Bank Ride (NOT a Wheelmen Promoted Ride)	29 Summer Series Crit Races Start, 6 p.m., Tulsa Safety Training Facility	30	31 Tailwind Ride, 8 a.m. Tour De Tulsa
June 1 Tailwind Ride, 8 a.m.	2 DoT Ride,	3 TNWC Ride	4 West Bank Ride (NOT a Wheelmen Promoted Ride)	5 Summer Crit Series	6	7 Tailwind Ride, 8 a.m. The Magnolia Bike Tour
8 Tailwind Ride, 8 a.m. FREEWHEEL	9 GENERAL MEMBERSHIP MEETING – MAZZIOS AT THE FARM – LOWER LEVEL 7:00PM	10 TNWC Ride	11 West Bank Ride (NOT a Wheelmen Promoted Ride) SPEEDWHEEL CRITERIUM	12 Summer Crit Series	13	14 Tailwind Ride, 8 a.m.
15 Tailwind Ride, 8 a.m. Vistory Circle Road Race, TX. Motor Speedway	16 DoT Ride	17 TNWC Ride	18 West Bank Ride (NOT a Wheelmen Promoted Ride)	19 Summer Crit Series	20	21 Tailwind Ride, 8 a.m.
22 Tailwind Ride, 8 a.m. Tulsa Triathlon	23 DoT Ride	24 TNWC Ride	25 West Bank Ride (NOT a Wheelmen Promoted Ride)	26 Summer Crit Series	27	28 Tailwind Ride, 8 a.m.
29 Tailwind Ride, 8 a.m. Port Road Time Trial	30 DoT Ride	July 1 TNWC Ride	2 West Bank Ride (NOT a Wheelmen Promoted Ride)	3 Summer Crit Series	4 INDEPENDENCE DAY HOLIDAY	5 Tailwind Ride, 8 a.m.



Tulsa Wheelmen Club News

MEMBERSHIP CORNER

JUNE 2003

NEW MEMBERS:

A BIG WELCOME to the following riders that have recently joined the Wheelmen. See you on the road.

GARRY	GUNTER
MAURICE	MASTERSON
SCOTT	POWERS
DAMON, JESSE,	WAGGONER
DONALD, GARRETT	WILHELM
MIKE	ZWAYER
KENT	

Notice of Expiring Memberships

Memberships expire the month indicated on your Newsletter mailing label.

The following memberships expire at the dates listed. See membership form in Newsletter for renewal info.

NAME	Expiration Date
Alex Bradley	200307
Chuck Cypert	200307
Fred Delacerda	200307
Craig Dickinson	200307
William & Heidi Gault	200307
Frank Gruntkowski	200307
Bill Schulneer	200307
Jonathan, Ben, Jerry, Nancy Silk	200307
Wl. (Bill) Stith	200307
Ed J. Wagner	200307
Dain Rose	200306
Pat Zimmerman Fayetteville Wheelmen ??	
Scott Collins	??????
Reva Fury	??????
Henry Melikian	??????
Jerry Neville	??????
Alex Welch	??????

Electronic Newsletter Delivery

The Newsletter is now available each month in electronic format, as a .pdf file attached to an email message. Delivery to members who have online computer access is more timely and convenient, and it significantly cuts production and delivery costs for the Club. Several members are already receiving their Newsletter this way. We want to hear from others.

If you are interested, please take a minute NOW to call or email your choice to either Marc Delametter - **918-749-4075**, delafam@sbcglobal.net, or Rod Harwood - **918-336-7546**, rodh@sbcglobal.net

MEMBERS BECOME CERTIFIED CYCLING TRAINERS

By Sandra Crisp

On a beautiful weekend in May several TW members completed the LCI Certification Training at TCC's NE Campus.

The instructors were Fred Meredith, a member of LAB's Board of Directors, and Preston Tyree, Director of Education for the (very powerful) Texas Bicycle Coalition. Great Instructors! Brian Potter did an EXCELLENT job as site coordinator. We really have Brian to thank for the whole event.

There were 14 participants altogether. All passed and are just waiting to receive their LCI numbers to be completely official.

New LCI Graduates include: Christina Birch, Tom Brown, Sandra Crisp, Gary Parker, and Brian Potter, from Tulsa; Ed Wagner from Owasso; Dennis Clark from OKC; Susan Walker from Stillwater; Rod Harwood & Joyce Fogle from Bartlesville; Michael Neven, Coy Hart, and David Hutchison from Missouri; and Jack Logomarsino from Michigan.

LCIs are able to teach League of American Bicyclists Education Programs including Road 1, Road 2, Kids I (for parents), Kids II (for children), Commuting and other courses. Oklahoma previously had only 2 LCIs in the whole state and now has 12!!!

New Graduate Ed Wagner is already putting his training to use this week by presenting a bike safety lecture at Smith Elementary in Owasso based on LAB's Kids I Program.

JUNE MEETING: OKLAHOMA BICYCLE COALITION

Please plan on attending the Oklahoma Bicycle Coalition meeting in Wewoka, OK on June 10. The meeting will be at 7:30 and the exact place and an agenda will be posted before Freewheel. We need more members so let's bring an interested friend or two or three...many!

Adam Vanderburg
OBC President



Tulsa Wheelmen

INFO PAGES

JUNE 2003

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 - 7-12, touring
c - 13-17, 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 7th

Tuesday Night World Championships Ride (4/C/d) Starts at the West River Parkes, 17th & Jackson, 6 p.m., 40 mile training ride. Very fast. (Sp/Su/Fal). Starts April 8th

Tuesday Night Ride, (3/C/c) Starts at 17th and Riverside, 5:45pm, 40 mile training ride. (Sp/Su/Fl.). Starts April 8th

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 1st)

Saturdays/Sundays, Tailwind Training Ride, noon. (Switches to 8:00am on April 26, 2003) (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 (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. Contact John Power for more info (Year round).

Mountain Bike Riding

Any Day Call-up and Ride, Call Pat at Bicycles of Tulsa, 918-665-2453, or David, or Mark at T-Town Bicycles, 918-496-8696.

^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.

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: rodh@ionet.net



UPCOMING EVENTS

Sat. May 31st, Tour De Tulsa, Tina Birch
918-583-8462

Sat. June 7th, The Magnolia Bike Tour, To Request a Form, Mail
Durant Rotary
P.O. Box 283
Durant, OK 74702
Or Phone 580-931-3400 Or
Email john.buchanan@era.com

Sun.-Sat. June 8th -14th, Freewheel,
www.okfreewheel.com

Wed. June 11th, Speedwheel Criterium, CTE and St. Francis Sponsors/Promoters

Sun. June 15th, Victory Circle Road race, Texas Motor Speedway,
www.texasflyers.org

Sun. June 22nd, Tulsa Triathlon

Sun. June 29th Port Road Time Trial, Rod Harwood, 918-336-7546,
rod_h@sbcglobal.net

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

McCollam & Glassco

ATTORNEYS AT LAW
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ALPINEER





MORE . . . WHEELMEN INFO

JUNE 2003

***!?! ?!**
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: Mavic Helium rear wheel-\$200: Great shape, used only in races. 8/9 sp. With skewer, red wheel bag and Continental Grand Prix tire. Mavic Open 4 CD front wheel-\$50: With Sampson titanium hub, 32-15 gauge spokes. Great criterium front wheel, or light training wheel, with skewer, like new Continental Ultra tire.

8-speed cassettes! \$5.00 each: Ultegra 12 x 23 (2 of these), 12 x 21 and \$10: Dura Ace 12 x 23 cog set. 8-Speed Dura Ace Rear Derailleur \$10. 8-Speed Ultegra 172.5 crank set \$25: 53 x 39 Dennis Oliphant 744-6737 or dandcoliphant@cox.net

FOR SALE: Wlier Alp D'Huez, 54 cm. Easton Ultralite frame, Red w/ Yellow accent "CBS". Full Chorus with Record shifters Includes Campy ErgoBrain 10 computer. Used less than 200 miles. Great condition. \$2750/bo contact: soner_tunay@yahoo.com tel: 617.596.7497

FOR SALE: MAVIC Helium wheel set, Shimano 8/9 compatible. Like new. \$325 with bags, \$300 without. Chris King headset, 1" threadless, red lettering, like new, \$50. Deore XT 9sp 170mm crankset with rings and bottom bracket, like new, \$55. XTR 9sp rear derailleur, \$40. Al or Sharron Chinn (members), 918 299-1657 evenings.

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.



TW RACING NEWS

RACING INFORMATION WEBSITES

As a racer I am always looking for race flyers and race dates. Here is a list of sites I go to frequently to find racing information. I hope they help in your quest to find more races.

Marc Delametter

www.usacycling.org US
www.TrueSport.com Midwest
www.ncna.org California
www.2WheelSports.com Indiana / Kentucky
www.flyingrhinocc.com Michigan
www.outdoorathlete.com Michigan
www.tailwind.net Michigan
www.mcf.net Minnesota
www.alta-sport.com Missouri
www.stlbiking.com Missouri
www.necyclocross.com New England
www.ohiovalleyracing.org Ohio
www.ohiooutside.com Ohio
www.pdqcleland.org Ohio
www.TeamColumbus.org Ohio
www.tulsawheelmen.com Oklahoma
www.tbira.org Tennessee
www.txbra.org Texas
http://velonews.com US
www.wicycling.org Wisconsin

WICHITA RIVER FESTIVAL CRITERIUM RACE REPORT

By Bret Sehorn (Race Promoter)

Thursday Rain. Rain on Friday. Pleasant on Saturday, Sunny on Sunday, Rain on Monday. The Bike gods somehow, were nice to all that attended the races this past weekend. Initial estimates place the overall participants about 20 more than the previous years. Roughly 160 riders. (minus the 26 kids on Saturday).

Definitely an increase in Juniors with 13 on Sat and 12 on Sunday.

thanks to Team X for making a big show. Other Jrs with Team Power Train of Tulsa also in form.

Great results from the Oklahoma riders. CTE, Mathis Bros, Los Alamos, CRRC, Tulsa Wheelmen, Team Power Train all with a strong show of force in the races.

I wish to thank all that attended, especially those that did 2, and some that even did 3 races. No major hitches, short of a couple pretty nasty crashes on the Saturday races. Initial reports were no major injuries and we remain cautiously optimistic for there recovery.

Results will follow. Please feel free to email me privately, bret.p.sehorn@boeing.com, with any feedback, good or bad, because without it, the shortcomings are hard to correct.

Regards,
Bret Sehorn
Critierium Race Organizer
Wichita River Festival

BOB HERBERT STAGE RACE RESULTS

Men 1 2

1. Aaron Huerta
2. Chad Cagle
3. Blake McMahon

Men 3 4

1. John Brehmer
2. Jarod Barcenilla
3. David Billingsly

Men 4 5

1. Russell McMahon
2. Andrew Stanley
3. Zach French

Men 5

1. Tom Loeffelholz
2. Joe Lederer
3. David Lencho

Men 35+

1. Gary Loafman
2. Darrell Meiner
3. Marc Delametter

Men 45+

1. David Billingsley
2. David Lee
3. Tony Childs

BECOME INVESTED IN TULSA BICYCLING
JOIN THE TULSA WHEELMEN!
2003 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, including the *Great Tulsa Bike Ride*, *Oklahoma Freewheel* and *The Tough One*.
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 utility, racing, and recreational purposes in the community.**

Tulsa Wheelmen Newsletter Staff

Managing Editors **Marc & Beth Delametter**
delafam@sbcglobal.net
 hm: 918-749-4075

Copy Editors **Marc & Beth Delametter**

Racing Editor **Open**

Mountain Biking Editors **Open**

Multi-Sport Editor **Open**

Distribution **Tom Potter**
 437-9419

Photographer **Open**

Web Site **Jeremy Stitt**
JSTITT@CITGO.COM

Email Address *TW Newsletter*:
delafam@sbcglobal.net.



Tulsa Wheelmen Officers

President **OPEN**

Past President **Brian**
Meahan

Bmeahan@datathree.com
 hm: 688-3386

Treasurer **Sandra Crisp**
cd.sl.crisp@cox.net

President Elect **OPEN**

Secretary **OPEN**

Membership Director **Rod Harwood**
 hm: 918-336-7546 rod_h@sbcglobal.net

Race Team Director **Rich Chillingworth**
 hm: 832-9086 richchill@cox.net

Race Director **OPEN**

Training Advisor **Kim Pettit** 491-0720
Dennis Oliphant 744-6737

MTB Director **Open**

Avery Drive Clean-up **Tom Potter**
 437-9419

Touring Advocacy, Commuting Dir

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, touring, mountain biking, or triathlons - 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

"River Racers" Their Back
 Check Out the Calendar
 Membership Corner
 Check Out the For Sale Stuff