

TW Editor:
Alan Good

TULSA WHEELMEN



Tulsa Wheelmen Newsletter



June, 2006

Volume 29, Number 6

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Rich Chillingworth scores big at USAT Long Course Duathlon National Championship & ITU World Championships in Denmark

Rich writes about qualifying for the World Championships "I'm excited to report to you that my time of 2:51:41 was nearly eight minutes faster than the next person in my age group (55-59). In fact I beat all the 50- 54 competitors as well. This win gave me the Grand Master title and winner of my age group. I'm a national champion! The race consisted of an 8k run, a 61k bike, and an 8k run. My run times were 32:01 and 34:02. Overall I was 19th out of 157 finishers."

This great performance qualified Rich for the US Team for the ITU (International Triathlon Union) Long Course Duathlon World Championship, in Denmark on May 28, 2006. Rich

not disappoint as he finished in 9th place in the Men's 55-59 age group category.

Rich was the top US performer in his age group competing among other countries such as Denmark, Germany, Czech Republic, United Kingdom, France, Belgium, and the Netherlands.

Rich's stats:

Age:	55
Overall:	4:31.17
Finish:	9th
Overall Finish:	117th
15.6K run:	1:07.11
90K bike:	2:46.31
7.5K run:	unavail.

Next on the calendar is the Short Course Duathlon World Championships, in Corner Brook, Newfoundland, Canada.

The date will be July 29th and the distance is 10k/40k/5k. Good luck Rich!



Photo of Rich Chillingworth at the World Championship Long Course Duathlon in Fredericia, Denmark



TW Cyclist Feature: Phil Stauner captures 3rd place at Joe Martin Stage Race



Phil Stauner highlighted some standout efforts at Joe Martin Stage Race

Phil Stauner has been silently moving up the charts in category 5 racing for the Tulsa Wheelmen. Phil captured 3rd place at the nationally ranked Joe Martin Stage Race. In Saturday's road race Phil captured a 5 second time bonus by placing 3rd. He then followed that performance later in the day by finishing in 3rd in the 2.5 uphill time trial with a time

of 11:51. In Sunday's crit Phil finished in 5th place. Great job Phil!

Overall GC -3rd place

TT: 3rd place (11:51)

RR: 3rd place

Crit: 5th place



TW Top Results for 2006:

Gary Breipohl	Hell's Kitchen	1st
Amanda Erwin	Cowskin	1st
Devin Gilpin	Cowskin	1st
Devin Gilpin	Port City Crit	1st
Janne Hamalainen	Sea Otter RR	1st
Janne Hamalainen	Flint Ridge	1st
Ben Thigpen	NWA Classic RR	1st
Cheryl Thigpen	Joe Martin SR	1st
Cheryl Thigpen	Bob Herbert SR	1st
Randall Clayborn	NWA Classic RR	2nd
Scott Gibson	Flint Ridge	2nd
Scott Gibson	Primavera II	2nd
Traci Haines	Wichita RR	2nd
Karen Harwood	Port City Crit	2nd
Jennifer Johnson	Cowskin	2nd
Barb Landreth	Flint Ridge	2nd
Barb Landreth	Port City Crit	2nd
Nathan Leigh	NWA Classic RR	2nd
Brian Metz	Salt Creek	2nd
Tom Shriver	Wichita RR	2nd
Ben Thigpen	Wichita RR	2nd
Ben Thigpen	Joe Martin SR	2nd
Ben Thigpen	Bob Herbert SR	2nd
Jim Bohanon	Cowskin	3rd
Jim Bohanon	Port City Crit	3rd
Kary Cummins	Port City Crit	3rd
Amanda Erwin	Port City Crit	3rd
Heidi Gault	Flint Ridge	3rd
Will Gault	Flint Ridge	3rd
Scott Gibson	Salt Creek	3rd
Traci Haines	NWA Classic RR	3rd
Karen Harwood	NWA Classic RR	3rd
Karen Harwood	Cowskin	3rd
Karen Harwood	Salt Creek	3rd
Barb Landreth	Port City Crit	3rd
Nathan Leigh	Primavera I	3rd
Alan Good	Salt Creek	3rd
Jay Small	NWA Classic RR	3rd
Phil Stauner	Joe Martin SR	3rd
Ben Thigpen	Wichita TT	3rd
Ben Thigpen	Wichita RR	3rd
Cheryl Thigpen	Wichita TT	3rd
Chris Cauthon	Port City Crit	4th
Kary Cummins	Port City Crit	4th
Edgardo Delgado	Cowskin	4th
Edgardo Delgado	Port City Crit	4th
Will Gault	Bob Herbert SR	4th
Scott Gibson	Redbud Classic RR	4th
Scott Gibson	Port City Crit	4th
Barb Landreth	Cowskin	4th
Nathan Leigh	Flint Ridge	4th
Jay Small	Flint Ridge	4th
Sean Stevens	Salt Creek	4th
Ben Thigpen	Flint Ridge	4th
Jim Bohanon	Salt Creek	5th
Kary Cummins	Wichita RR	5th
Amanda Erwin	Port City Crit	5th
Scott Gibson	San Dimas SR	5th
Alan Good	Cowskin	5th
Traci Haines	Cowskin	5th
Traci Haines	Port City Crit	5th
Nathan Leigh	Bob Herbert SR	5th
Nathan Leigh	Primavera II	5th
Josh Lewis	Flint Ridge	5th
Andrew McAdoo	Cowskin	5th
Scott Posey	Cowskin	5th
Tom Shriver	Fayetteville RR	5th
Jeremy Stitt	Port City Crit	5th
Jeremy Stitt	Wichita TT	5th
Cheryl Thigpen	Flint Ridge	5th
Cheryl Thigpen	Wichita RR	5th

Scoring in the Top Five for 2006:

Scott Gibson (Cat 1)	6
Ben Thigpen (Cat 3 & M)	6
Nathan Leigh (Cat 3)	5
Cheryl Thigpen (W-Cat 4)	5
Traci Haines (W-Cat 4)	4
Karen Harwood (W-Cat 3)	4
Barb Landreth (W-Cat 4)	4
Jim Bohanon (Cat 4)	3
Amanda Erwin (W-Cat 4)	3
Kary Cummins (Cat 3 & M)	3
Edgardo Delgado (Cat 5)	2
Will Gault (Cat 2)	2
Devin Gilpin (Cat 5)	2
Alan Good (Cat 3)	2
Janne Hamalainen (Cat 2/M)	2
Tom Shriver (Cat 3 & M)	2
Jay Small (Cat 4 & M)	2
Jeremy Stitt (Cat 3)	2
12 Tied with 1 top 5 result	12



Tulsa Wheelmen

Victories 9**Top 5 71****Top 10 114**

Stats as of 5/30/06

Tulsa Wheelmen Top 10 by Category:

Women:	31
Master's:	24
Cat 3:	21
Cat 1/2:	16
Cat 5:	13
Cat 4:	9

Cat 1

Scott Gibson #4

Cat 2

Will Gault #1

Josh Lewis #5

Keith Franklin #6

Cat 3

Nathan Leigh #1

Tom Shriver #4

Alan Good #7

Kary Cummins #12

Cat 4

Jim Bohanon #2

Brian Metz #5

Cat 5

Devin Gilpin #1

E. Delgado #4

Master's

Ben Thigpen #4

J. Hamalainen #6

R. Clayborn #8

Gary Breipohl #12

Women-4

Barb Landreth #4

Heidi Gault #5

Cheryl Thigpen #6

Traci Haines #8

U-23

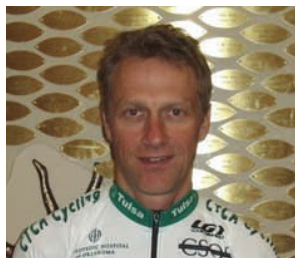
Ben Silk #2

Brian Metz #4

ALPINEER

TULSA WHEELMEN

RACE TEAM UPDATE



Janne Hamalainen was the top CTCA/TW finisher capturing 47th place at Joe Martin in the Pro 1/2 raceStage Race

TW place three in top 60 in the Pro 1/2 field at NRC Joe Martin Stage Race. **Janne** (47th), **Scott Gibson** (54th), and **Tero Hameenaho** (58th) rounded out the top finishers for CTCA/TW. **Will Gault** was the top specialist finishing in 33rd place with a 9:15 in the 2.5 mile uphill time trial.

The 3 field was led by **Kary Cummins** (23rd) and **Alan Good** (32nd).

Brian Metz finished in 16th place overall in the 4's. His TT time of 12:05 was good enough for 22nd place.

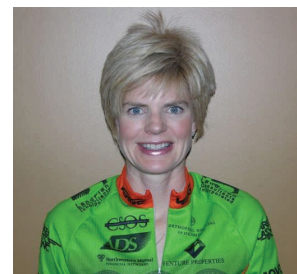
Phil Stauner (3rd place) took a podium spot for TW,

followed by **Edgardo Delgado** (12th) in category 5.

Master's 55+ saw **Ben Thigpen** earning medalist honors with his **2nd place overall**. Chris Cauthon finished 12th in the master's 45+ field overall.

Master's Women 40+ had excellent results from **Cheryl Thigpen** winning in fine fashion. **Barb Landreth** followed with her 6th place finish.

Congrats to all those that competed at Joe Martin Stage Race, May 12-14, 2006!



Cheryl Thigpen captured 1st place at the Joe Martin Stage Race for the women's team

Wichita (KS) CycleFest Time Trial Results (May 5, 2006)

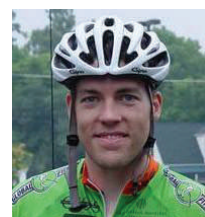
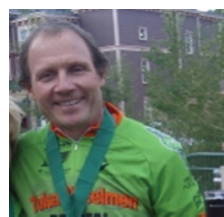
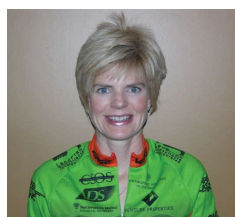
Women Cat 4: **Cheryl Thigpen**, 3rd place (18:08)

Master's 55+: **Ben Thigpen**, 3rd place, (15:49)

Cat 3: **Jeremy Stitt**, 5th place, (15:13)



Traci Haines, Tom Shriver and Ben Thigpen were TW's top finishers at CycleFest in 2006. (See results on right).



Wichita CycleFest (KS) Crit Results (May 6, 2006)

Nathan Leigh was the top performer in the Cat 1/2/3 field finishing in 13th place.

8th on Saturday in the 3/4 field.

Master's 50+ got a strong performance by **Ben Thigpen's** 3rd place finish. In the women's 4 field **Traci Haines** (2nd place) and **Cheryl Thigpen** (7th).

Nathan Leigh, **Tom Shriver** and **Kary Cummins** worked to help place **Jeremy Stitt** in

In the Master's 35+ field **Tom Shriver** got 2nd place followed by **Kary Cummins** 5th place finish.

Wichita Cyclefest Road Race Results (May 7, 2006)



Ben Thigpen finished 2nd in the Master's 50+ road race in Wichita, KS on Sunday



Stitt finished 6th in the 3/4 road race in Wichita for the Cat 3 Team

Wichita CycleFest

RR Results:

Stitt	3/4	6th
Leigh	3/4	10th
B. Thigpen M50+		2nd
Lantz M50+		7th
C. Thigpen W4		5th



Tulsa Wheelmen News: Janne Hamalainen earns TW Racer of the Month

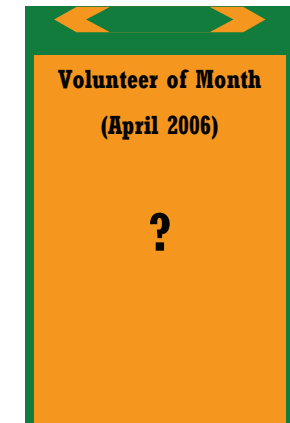
Schedule of Events

- June 2-4 Tulsa Tough (OK)
- June 10 OKC TT Series (OK)
- June 11 Tulsa Tri (OK)
- June 11-17 FreeWheel (OK)
- June 14 Speedwheel (OK)
- June 25 OK State TT Champ (OK)



Janne H. Top Results "At a Glance"

- April 2006 "TW Racer of Month"
- Won Sea Otter Classic Master's race
- Won Flint Ridge Master's race and then raced in the 1/2/3 field and got 6th place
- 47th place at Joe Martin Stage Race in the Pro 1/2 race
- Category upgrade Cat 2 to Cat 1
- 6 top 10 finishes in 2006



Volunteer of Month (VOM) Still a Mystery? by Alan Good

Who is the TW Volunteer of the Month? Sources tell us the ballot was so close that even club officers can not make the guess. Tim Carrigg even fled the country to avoid being asked questions about the VOM.

I know this much, I have heard that the candidates worked their tail off in

March and April and they are truly deserving of the TW award which is announced at the monthly membership meeting.

When we send in the investigative team to analyze all the data we will let you know the winner. Stay tuned TW fans I'm on it!

Goody



Advertisements & News



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

Moving up to #1 in OK: **Will Gault** (Cat 2) and **Nathan Leigh** (Cat 3). Congrats fellas!!!!



Kyle Freeman new to race team. Kyle is a cat 5. Welcome to the Wheelmen Kyle!

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.



Teammate of Month for April: Alan Good

I am very honored to win the Tulsa Wheelmen Teammate of the Month for April. I know this sounds crazy but I do not enjoy being the leader of the Cat 3 team. That role is taken by Nathan Leigh and he seems to accept it very well and has been racing like an animal.

I do however, like being the domestique for our team. I train hard each week so that I can contribute each weekend to help the team. Whatever our race leader (Kary) and TW team needs me to do I am willing to put it out there so that the team has a chance to win. Even if that means sacrificing my results. I enjoy attacking and covering. I am still trying to find

my strengths and weaknesses but I feel like I have really enjoyed racing this year and learned a lot in my first year as a Cat 3.

Jumping from Cat 4 to Cat 3 has been a huge eye opening experience for me this year. Team strategy plays a much bigger role and tactics have to be analyzed every minute of a race. Decisions must be made for the better of the team.

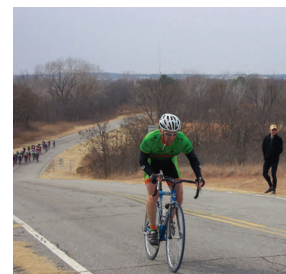
I have enjoyed each minute of racing with my teammates and just wanted to end by saying thank you to all those that voted for me. I really feel we are improving as a team and I am glad the hills are over with. May the day of the flatlanders begin (crits that is)!!!!



Goody getting eaten by an alligator in South Carolina. Cycling in SC is tough when you have to avoid these suckers!



VENTURE PROPERTIES



My favorite thing to do- attack!!!



By Sandra Crisp

Wheelmen Advocacy Director



2006 Oklahoma Bicycle Bill signed into law on National Bike-To-Work Day!

Oklahoma Governor Brad Henry signed HB2926 Into Law on National Bike-To-Work Day (Friday, May 19). The new law takes effect July 1, 2006.

This powerful new law:

1. Re-defines 'bicycle' for the purposes of the state's vehicle code, eliminating restricting wheel sizes and configurations.
2. Eliminates confusing language as to where bicyclists should ride on the road. Bicyclists are required only to ride as far right as is "safe", not "practicable". Practicable is a word so seldom used that it had been often mis-understood and misapplied. "Safe" is better understood. "Safe" often means riding more to the center or left of the travel lane; for instance, when preparing for a left hand turn, when riding at the same speed as other traffic, to

avoid roadway hazards, to improve visibility, or when a lane is not wide enough to be safely shared by a bicyclist and a motor vehicle side-by-side.

3. Eliminates the state mandate to ride on side-paths/sidewalks if required by local ordinance. Note: Tulsa did away with their "mandatory sidepath" ordinance in the late 1990's, but several surrounding communities still have them on their books.

4. Eliminates the mandatory side light requirement for bicycles. The new law repeals the requirement for bicycles ridden after dark to have sidelights that are visible for 1000 feet (Section 78, Chapter 411, O.S.L. 2003 (47 O.S. Supp. 2005, Section 12-705)). Headlights and taillights as well as reflectors are still required.

5. Establishes a minimum safe-passing distance of three feet and sets up fines (in addition to other citations and penalties for manslaughter, improper use of a motor vehicle, etc.) for a motorist who injures or kills a cyclist.

Oklahoma is now the third state to have a safe-passing law and the second to back it up with specific fines. Arizona and Utah are the other states with safe-passing laws, with Arizona having specific fines.

Advocates in other states can now use Oklahoma's law for legal precedence to aid them in their work.

The law was passed with the help of a strong push from the Oklahoma Bicycling Coalition (OBC) www.okbike.org The Tulsa Wheelmen Bicycle Club is a member of the OBC.

June 2006: Rides & Events

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

Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 TW Crit Series	2 Tulsa Tough	3 8 AM No Wimps Noon Racer Train- ing Ride Tulsa Tough
4 8 AM No Wimps 1 PM-Race Train- ing Ride Tulsa Tough	5	6	7	8 TW Crit Series	9	10 8 AM No Wimps Noon, Racer Train. OKC TT Series Tour de Rock
11 8 AM No Wimps 1 PM-Race Train. Tulsa Triathlon FreeWheel 11th- 17th	12 General Mem. Mtg 6:30 PM Panera Race Meeting to follow at 7:30 PM	13	14 SpeedWheel Crit	15	16	17 8 AM No Wimps Noon Racer Train. K-State RR Champ
18 8 AM No Wimps 1 PM-Race Train. K-State Crit Champ	19	20	21	22 TW Crit Series	23	24 8 AM No Wimps Noon-Race Train.
25 8 AM No Wimps 1 PM-Race Train. OK State TT Champ	26	27	28	29 TW Crit Series	30	1 8 AM No Wimps Noon-Race Train.

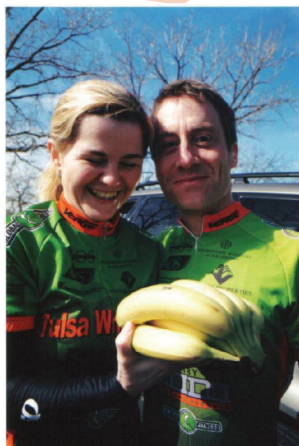
IN THE ZONE

by Mark TeRuki



Nutrition Corner

by Lenka Humenikova
& Tom Shriver



Keeping The Season Going

By the time you receive this issue we will be approaching that time of year in Oklahoma where the racing becomes a little less frequent, unless you are going to hit some of the big races up North, and training tends to become somewhat aimless and random. We've had the spring races here and in Texas and then Joe Martin, Tri Peaks, and Tulsa Tough. Then there is the summer lull before ramping up for the late summer/fall events in this area. So the question is, how do you utilize this period to continue your improvement as a rider.

Back To Base; If you have been engaged in serious racing and race preparation training (intervals, recuperation, and racing) for the past 6-8 weeks, then here is something that surprises most people...you have LOST aerobic conditioning! So a priority for this period is to get back to a cycle of endurance miles, generally at intensities under Threshold. Aim to increase weekly volume over a 3 week period before a decrease in

volume in the 4th week. Hit The Gym; If you lift in the off/pre-season, then this is a good time to get back in the gym to re-establish work on core strength (critical!), flexibility, and muscular strength, which again, has diminished over the past 8 weeks. You don't have to do a lot of volume, and twice a week is all you need, but it will pay dividends in the fall.

Technique and Form; Remember the Pedaling Mechanics work from the winter? It's time to get back to work on that as well. You'll be surprised how bad habits have worked there way back in over the racing season. So weekly ILT's (see January Newsletter) and cadence work will reinforce the time you put into these in the winter months.

Racing Philosophy; Ideally you will take a couple of weeks off completely from racing, but it depends a little on how much you have raced so far this year and what you have planned for the fall. Certainly, if you have had a full spring/summer campaign, and you want to race well from August through October, then a break from racing is

certainly required. Maybe you can take the opportunity to volunteer at a race instead of race it. Other than that, you may be able to get away with a shorter break or just a change in racing philosophy. View the races as training races and take the opportunity to work on some weaknesses or to sacrifice yourself for a team mate who may have identified some of these races as key objectives for the year.

The Bottom Line; The length of the racing season, the structure of our season locally, and the heat of the summer make late June and early July the ideal time to take a mid season break from the race/recuperate cycle.

We are only talking of a 4 week cycle here before ramping back up for racing, but it will allow you to race stronger in the fall because of it. Don't fall into the trap of thinking you can keep your good form going from June right through October without taking a break...the Pro's can't, and nor can you.

Happy Training!

Creatine in Cycling (Part 1)

during periods of intense efforts lasting up to several seconds.

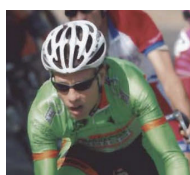
The benefits of creatine lie in its ability to increase ATP resynthesis and buffer the lactic acid that accumulates during short bursts of intense efforts. It also has the potential to speed up muscle recovery during repeated sets of short, intense exercise. While creatine certainly seems to benefit certain types of athletes (e.g., sprinters, baseball players, football players), there is currently no scientific evidence that it improves the performance of endurance athletes.

In addition, it is important to note that up to thirty percent of athletes do not respond to creatine supplementation.

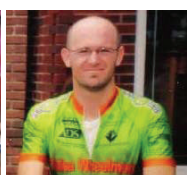
(Article to be continued in the July newsletter)



Meet the Team



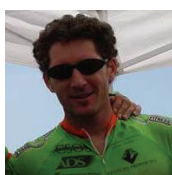
Malcolm McCollam Cat 3



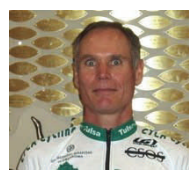
Nathan Leigh Cat 3



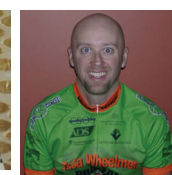
Jay Small Cat 4



Kary Cummins Cat 3



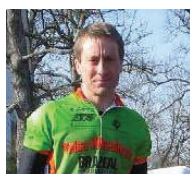
Keith Franklin Cat 2



Alan Good Cat 3



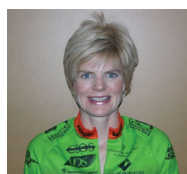
Craig Waldron Cat 5



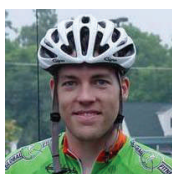
Tom Shriver Cat 3



Ben Thigpen Cat 3



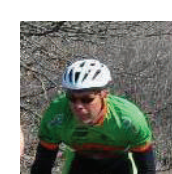
Cheryl Thigpen Cat 4



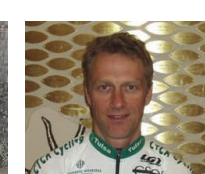
Jeremy Stitt Cat 3



Lenka Humenikova Team Nutritionist



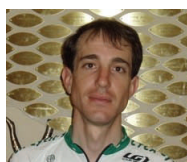
Chris Cauthon Cat 4



Janne Hamalainen Cat 1



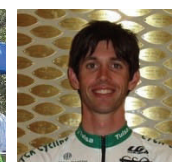
Ben Silk Cat 3



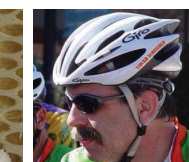
Will Gault Cat 2



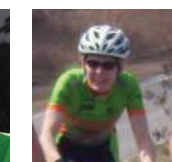
Marc Delametter Cat 3



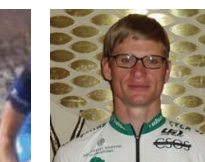
Josh Lewis Cat 2



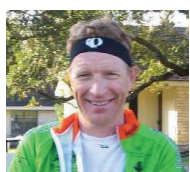
Brian Meahan Cat 4



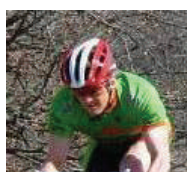
Heidi Gault Cat 4



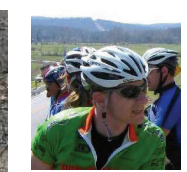
Scott Gibson Cat 1



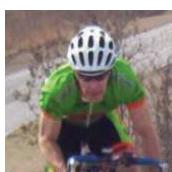
Tim Carrigg Cat 3



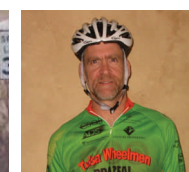
Russell McMahon Cat 3



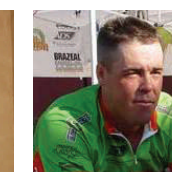
Jim Bohanon Cat 4



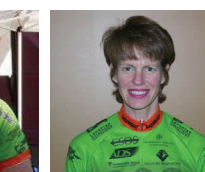
Gary Breipohl Cat 3



Pete Lantz Cat 4



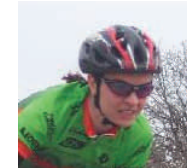
Joe Lederer Cat 4



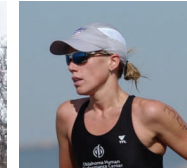
Barb Landreth Cat 4



Karen Harwood Cat 3



Jennifer Johnson Cat 4



Amanda Erwin Cat 4



Traci Haines Cat 4



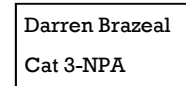
Randall Clayborn Cat 3



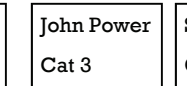
Edgardo Delgado Cat 5



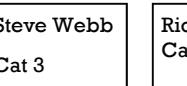
Phil Stauner Cat 5



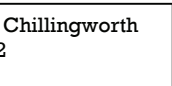
Darren Brazeal Cat 3-NPA



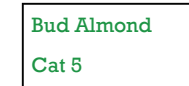
John Power Cat 3



Steve Webb Cat 3



Rich Chillingworth Cat 2



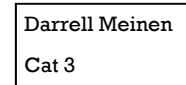
Bud Almond Cat 5



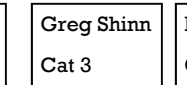
Greg Ingram Cat 3



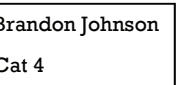
Josh Seabolt Cat 5



Darrell Meinen Cat 3



Greg Shinn Cat 3



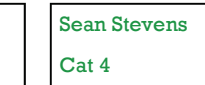
Brandon Johnson Cat 4



Kyle Freeman Cat 5



Brian Metz Cat 4



Sean Stevens Cat 4

THE EMERGENCE OF CHERYL THIGPEN AS A BIKER CHICK by Ben Thigpen

My wife, the lovely and talented Cheryl Thigpen, has never been an enthusiastic bike racer. When we met, she did not own a bike, but avowed that she always knew one was in her future. She bought a Cannondale R-600 with a triple, heavy tires and an uncomfortable saddle in February 1997 and was induced to race her first race at Skiatook in March 1997.

Since that day she has dreaded downhills, fast corners and, most of all, crits. Her dread has steadily lessened each year, but she would be the first to admit that her fears have restricted her ability to compete in bike races. On one famous occasion in 1999 racing the Petit Jean Road Race portion of the Natural States Stage Race, she was dropped by the pack on the neutralized descent off the mountain and rode the entire race all by herself as a result.

The past year has seen the emergence of a somewhat more serious competitor on the bike. Cheryl has always been a formidable opponent in foot races and she has managed to carry over her competitive nature to a previously unattainable level in 2006.

Credit Barb Landreth for hammering Cheryl into off season shape. In years gone by Cheryl often would not ride at all from September to March. In March she would re-emerge on the back of our tandem and be a terror on the Wednesday night rides by July.

Along with Barb, Cheryl also acknowledges that she has received significant motivation from her TW Woman Racer of the Year award for 2005. She thinks that she needs to measure up to the expectation of her peers if she can!

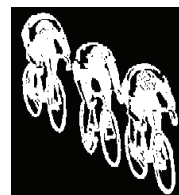
Cheryl has won the Bob Herbert Memorial Stage Race for Cat IV

Women, placed second in the Wichita Cyclefest for Cat IV Women and then she jumped up and won the Joe Martin Stage Race for Masters Women! And, she raced commendably in the crit stage of each of those.

The twins and I are understandably proud. There was a time when the girls would ask her after a race, "Momma were you the caboose?" Now they say, "Momma you were the engine!"



Great job Cheryl for all your improvements for the Tulsa Wheelmen women's team.



2006 Stats:

Cheryl Thigpen

Women's Cat 4

Rankings:

OK Rank: #1 in SR

OK Rank: #1 in TT

OK Rank: #6 in RR

OK Rank: #5 in Crit

2006 Race Results:

1st @ Joe Martin SR

1st @ Bob Herbert SR

3rd @ Wichita TT

5th @ Wichita RR (SUN)

5th @ Flint Ridge CR

6th @ Cowskin CR

6th @ NWA Classic RR

7th @ Wichita RR (SAT)

7th @ Port City Crit

Tulsa Wheelmen Info Pages (June 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

MALCOLM LAW
THE LEGAL SPECIALIST



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.

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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

P.O. Box 52242

Tulsa, OK 74152-0242

Return Service Requested



Adventure Cycling Association

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Joe Martin Race results

Cheryl Thigpen scoring big for TW

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www.tulsawheelmen.com