



Tulsa Wheelmen

RIDES AND EVENTS CALENDAR

January 2003

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
December 29 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, Noon	30	31	January 1 Polar Bear Ride	2	3	4 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, Noon
5 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, Noon	6	7	8 Urban Assault Ride, 7 p.m., 41st & Riverside	9	10	11 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, Noon
12 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, Noon	13	14	15 Urban Assault Ride, 7 p.m., 41st & Riverside	16	17 St. John's Indoor Triathlon - Teams	18 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, Noon St. John's Indoor Triathlon - Individuals
19 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, Noon	20	21	22 Urban Assault Ride, 7 p.m., 41st & Riverside	23	24	25 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, Noon
26 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, Noon	27	28	29 Urban Assault Ride, 7 p.m., 41st & Riverside	30	31	February 1 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, Noon
2 No Wimps Ride, 8 a.m. Tailwind/Fixed Gear Ride, Noon	3	4	5 Urban Assault Ride, 7 p.m., 41st & Riverside	6	7	8 CompuTrainer Racing – Eastland Mall - Tulsa

(Editors comments: This was Jay's onelist comment when he was informed that the January newsletter would be published later than



TW T.A.C. NEWS, Touring, Advocacy, Commuting

OSAGE PRAIRIE TRAIL

By Gary Parker

Tulsa Wheelmen,

Many are becoming interested in riding the Osage Prairie Trail.

Maps are available on <http://groups.yahoo.com/group/osageprairietrail/> look under the "files" section. If you do not have a yahoo account you can set one up for free.

You can access the trail from Pine Street just east of the Rudisell Library, two blocks east of Pine and Greenwood. The trail goes north from there. Just north of 36th Street North the Railway Bridge is still in serious disrepair. You will probably want to go west one block to Lansing(?) continue north to 46th Street North before going back east to the trail. From there you can easily(?) get to 76th Street North.

Going on north from Sperry the bridge over Hominy Creek is described as impassable. Perhaps use Peoria to continue north to Skiatook. You can catch the trail there at the Highway 20 crossing. From there you can go north as far as your adventuresome legs will carry you. This is a very scenic section. Getting to Avant will probably require walking some railway trestles.

Expect the travel to be fairly flat, slow and deliberate, as the large ballast stone requires deliberate concentration. From time to time you will find some smoother sections that will make the riding more pleasant.

The right of way in the Tulsa area is fairly well littered with debris. The locals seem to be in a waving mood, although expect to hear the barking of dogs as you pass.

With the settling in of winter the overgrowth is dying back and the passage is fairly pleasant especially north of Skiatook, although there are interesting sections that will catch your attention from the Pine Street beginning point.

The right of way is legal for access all the way to Barnsdall. Any fencing that has been put in place can be traversed, but if you encounter resistance use your own good judgment as to the proper response and feel free to contact the local legal enforcement.

Enjoy the Osage Prairie Trail.

Ride well, ride often.

TANDEM RALLY COMING TO TULSA

Tulsa Bicycle Club will host the Southwest Tandem Rally April 25 - 27, 2003.

A post-tour is available April 28 - May 2. You will find the details & registration form @ www.tulsabicycleclub.com Or SASE to:

Bob & Jo Carol Williams
7721 S. 28 W. Ave.

Tulsa, OK 74132

918-446-3255

email: wetandem2@webtv.net



Tulsa Wheelmen Club News

TECH TIPS

By Charlie Davis

Forks with Carbon Fiber Steerer Tubes:

Riders installing carbon fiber forks with carbon fiber steerer tubes or installing new stems on existing forks should be careful and smooth (with 400 (min) grit emory cloth or sand paper) any and all sharp edges. Do this on margins of stems to eliminate "scratching" or scoring of steerer tube which could cause a stress line in the tube. The top sharp edges of the steerer tube where cut should also be smoothed.

Also, some manufacturers "suggest that only "so many" spacers be used with their forks; if substantial raising of the stem is required, an alternative stem with an up rise might be considered to achieve appropriate bar height.

Also, stay with the supplied expansion plug or equivalent; if the plug does not "seat" resist the urge to use a star nut unless approved by the fork's manufacturer.

A cautious roughing of the inside of the tube might fix, generally trying a different plug is the preferred fix, or a bonded in plug per the Alpha Q forks.

Any second hand or otherwise used fork should be carefully examined for scratches, this cautionary note should apply for all carbon fiber composite parts.

GLAD WE'RE NOT SKIERS

By Ed Wagner

My response to a post about the increase in the USCF membership fee which goes to \$50 next year.

Some other national governing body membership costs:

USA Track and Field: \$20

USA Wrestling: \$30

USA Triathlon: \$30

U.S. Tennis Association: \$35

USA Cycling: \$45

U.S. Figure Skating Association: \$60 U.S.

Skiing Alpine Competitor Membership: \$95

At least we're not skiers!

OKLAHOMA BICYCLE COALITION

ANNUAL MEETING

Please bring a friend, relative or spouse who has any interests in cycling!!!

When?

Saturday, January 11 at 1:00 p.m.

Where?

Stillwater Parks & Rec Building
315 E. 9th in Stillwater, OK

Who?

People interested in alternative modes of transportation for fun, fitness and commuting.

What?

Promoting bicycle access, safety, and education.

Get in the fast lane!

Join the OBC paceline and help hammer out state and local cycling issues.

Why?

- -- Frustrated by motorists who endanger and harass you?
- -- Embarrassed by cyclists who don't know or follow the rules of the road?
- -- Wondering whether there's a scenic, low-traffic, bike route near you?
- -- Itching to find the state's best off-road trails?
- -- Dedicated to getting your city to incorporate bicycle signage, facilities, and lanes into its city planning?

Make 2003 the year that you broaden your bicycle awareness and get involved in city and state cycling issues. Help make bicycling in Oklahoma the best in the nation!

www.oklahomabicyclecoalition.com

Tulsa Wheelmen

INFO PAGES

JANUARY 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. Highway 169, 6 p.m. (Sp/Su/Fal). Ends 11/1

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). Ends 10/1

Tuesday Night Ride, (3/C/c) Starts at 17th and Riverside, 5:45pm, 40 mile training ride. (Sp/Su/Fl.). Ends 11/1

Wednesday, *West Bank Ride*, (3/D-E/b-c) 17th & Jackson--the West Bank River Parks, 6 p.m. (Sp/Su/Fal). Ends 11/1

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

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



MORE . . .

WHEELMEN INFO

JANUARY 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: (1.) Hybrid
Specialized Crossroad, 21 speed,
\$150. (2.) Gianni Motta
Triathlon. Campy brakes and
levers, hubs, rims. Omega crank
set. Clipless pedals. Columbus
tubing. \$395. Both are in great
condition. Call Patsy after 5:00-
(918) 459-2790

FOR SALE: 2002 Cannondale
CAD 5 Frame 54cm, Silver, Time
Carbon Fork with carbon steerer
tube. Very light.....~2.8 lbs for
frame alone. Perfect condition.
Email me for pics:
ksyrium@msn.com \$650 Thanks,
Chad Cagle

FOR SALE: 01 Titus Switchblade.
medium frame w/fox float rc
w/lockout. manitou black super air
100/120 fork. XTR rear, XT front.
XT radid fire shifters. Avid sd7
brakes & levers. XT hollowtech
cranks. XT bb. XTR chain. XTR
cassette. Rolf dolomite wheelset
w/irc mythos tires. Answer protaper
riser bar. ODI grips. Thomson
stem & seatpost. Chris King
headset. Avocet saddle. Frame &
fork are both black. Top tube is
23.0, stand over is 29.3. Call Dave
Hydrick for price @ 749-7844 home
or 808-7844 cell or email
.....madakalu@aol.com.

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**

TULSA WHEELMEN and EASTLAND MALL

WILL BE HOSTING A

COMPUTRAINER BICYCLING EXPOSITION

FEBRUARY 8, 2003

The event will take place at Eastland Mall Shopping Center located at East 21st Street & South 145th East Avenue in Tulsa, Oklahoma. It will take place on Saturday February 8, 2003 on the Mall Food Court Stage.

It will be a Tulsa Wheelmen Club event held under USCF permit # 2003-00000

Registration on day of event only until 15 minutes before each race start time.

CATEGORY	PRIZES	PLACES	FEE	START	DISTANCE
Women	Trophies	3	\$12	12 noon	10 min
Beginners	Trophies	3	\$12	1:00 pm	15 min
Intermediate	Trophies	3	\$12	2:00 pm	20 min
Advanced	Trophies	3	\$12	3:30 pm	20 min

Event will be held regardless of weather



Riders must furnish their own bikes.

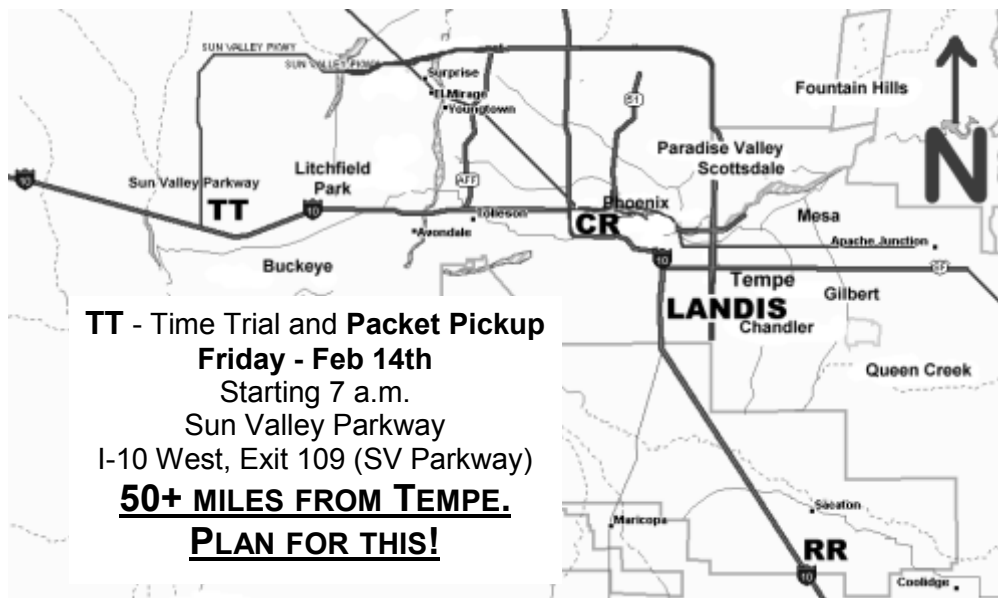
Riders must enter the mall from the South parking lot through the center entrance. PUSH your bike through the mall—DO NOT RIDE!

Approved helmets must be worn by all riders!

Come and enjoy the day with us and check your fitness level for spring races.

For more information contact: Jack McNeal (918) 272-1258
smilinjack2@prodigy.net





TT - Time Trial and Packet Pickup
Friday - Feb 14th
 Starting 7 a.m.
 Sun Valley Parkway
 I-10 West, Exit 109 (SV Parkway)
50+ MILES FROM TEMPE.
PLAN FOR THIS!

CR - Criterium Location
Sunday, Feb 16th
 Downtown Phoenix,
 near the State Capitol

LANDIS - Landis Cyclery
Packet Pickup
Thursday - Feb 13th
 12 Noon - 4 pm
 NE Corner Rural & Warner
 Tempe

RR - Road Race Location
Saturday, Feb 15th
 I-10 South of Phoenix,
 Exit 185 (SR 187/387)
45+ miles
 from Tempe to RR Start.

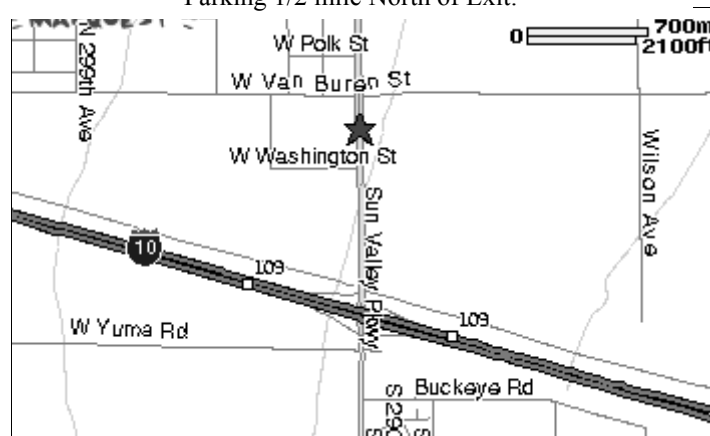


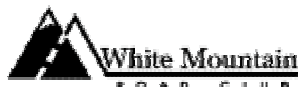
Packet Pickup (Thursday) - Landis Cyclery



Packet Pickup (Friday) and Time Trial Start:

I-10 West, to Exit 109, Sun Valley Parkway
 Parking 1/2 mile North of Exit.





11th Annual John Earley Memorial Valley of the Sun Stage Race

February 14, 15, 16 - 2003

\$10,000 Cash Purse

(plus primes)

A three stage race based on time

Held under the authority of the U.S. Cycling Federation (permit pending)

PREREGISTRATION ONLY
100 Rider Field Limits

www.landiscyclery.com

Category		Entry Fee
Men Pro, I		\$70
Men II		\$70
Men III		\$65
Men IV		\$55
Men V		\$55
Masters Men 35+		\$55
Masters Men 45+	*1	\$55
Masters Men 55+	*1	\$55
Women Pro, I, II	*2	\$70
Women III	*2	\$60
Women IV	*3	\$55
Masters Women 35+	*3	\$55
Jr Men 12-14		\$20
Jr Men 15-16		\$20
Jr Men 17-18		\$20
Jr Women 12-14		\$20
Jr Women 15-16		\$20
Jr Women 17-18		\$20

Notes: * 1, 2, 3

These categories will race together but will be scored separately.

Other categories may race together but will be scored separately.

USCF One Day Licenses:

Unlicensed riders must **purchase a one-day racing license, for each race day**, in order to race and may race as Men Cat V or as Women Cat IV only.

USCF One Day license may be purchased at packet pickup for \$5 per day (\$15 total). Full USCF licenses will also be available for sale at each packet pickup.

Registration:



MAIL IN: Send standard USCF release form & check payable to WMRC
Send To: WMRC c/o Bill Peschka, 2519 N Sean Dr, Chandler, AZ 85224
Mail In Deadline: Registrations must be in hand by Saturday, February 8th.

or

REGISTER ONLINE at <http://www.active.com>

Online Deadline: Online registration closes 12 NOON, Sunday, Feb 9th.

Late Fee on entries after February 7th.

or

LAST CHANCE WALKUP REGISTRATION: Saturday February 8th at
Landis Cyclery, Warner & Rural, Tempe, 12 noon to 4 pm.

No Packet Pickup at this time.

Late Fee Applies

Late Fee: \$10 on all entries received after Friday, February 7th.

Packet Pickup:

Thursday, February 13th - Packet Pickup & TT Start Times Only

4 pm to 8 pm

Landis Cyclery, Rural & Warner, Tempe -

No Registrations Accepted

Friday, February 14th - Packet Pickup & TT Start Times Only

Starting at 7 am

At Time Trial Venue - Sun Valley Parkway, Phoenix AZ

I-10 West of Phoenix, Exit 109 (Sun Valley Pkwy), then North.

No Registrations Accepted

Info: www.wmrc.org

email: vos2003@wmrc.org

(480) 730-1055

**A portion of the
proceeds from this
race will be donated
to the Phoenix Police
Department's Safe
Kids Program**



Watch **www.wmrc.org** for more info!

*We value walkable
and bikable
communities that
encourage human
interaction.*

OBC inspires people to
choose bicycling and walk-
ing with benefits like pro-
tecting our environment,
staying fit, saving money
and promoting a stronger
sense of community.

OBC is helping provide
Safe Routes to Schools to
improve traffic conditions
and encourage more chil-
dren to walk or ride bikes
to school.



OBC is helping create a seam-
less network of bicycle, pedes-
trian and public transit facilities
throughout Oklahoma.

Oklahoma Bicycle Coalition
2619 S. Mar Vista Street
Stillwater, Oklahoma 74074

**Thank you for joining the OBC! We
will add your voice to others to
create a bicycle and pedestrian
friendly Oklahoma!**

**Oklahoma
Bicycle
Coalition**



**Creating a
Bicycle and
Pedestrian
Friendly
Oklahoma**

Log on to
oklahomabicyclecoalition.com

The Roads are for Everyone!



It is in Oklahoma's interest to do everything possible to en-

courage bicycle use and to encourage development and improvement of facilities to accommodate safe and efficient bicycle use. Bicycle use for touring, commuting and recreation can provide enjoyment, improve public health, and reduce air pollution, traffic congestion, energy consumption, and the cost of transportation. The many benefits of bicycling, both personal and social, provide the incentive for local, regional and state government to recognize the bicycle as a legitimate mode of transportation.

Advocacy

We value the right of all citizens to safely walk or ride bikes to their destinations.

- OBC removes the uncertainties from the decision to the ride a bike or walk through education and encouragement programs.
- OBC promotes bicycling and walking as environmentally friendly modes of transportation that save energy, protect air and water quality, and conserve our open spaces.
- OBC promotes civility between drivers and people who chose alternative forms of transportation.

We value insightful community planning that places the needs of people before cars.

- OBC partners with policy makers and others to assure strong bicycle and pedestrian policies.
- OBC supports our public safety officers who enforce the rules of the road.



- OBC is a valuable resource for individuals, developers, policy makers and organizations who seek to improve conditions for bicycling and walking.

YES! I want to be a member of
the Oklahoma Bicycle Coalition!

- ☐ \$20 Individual ☐ \$100 Corporate Sponsor
- ☐ \$35 Joint/Family ☐ \$500 Patron
- ☐ \$50 Club Supporter ☐ Other _____

Name _____

Address _____

Day/Phone _____

Evening Phone _____

E-mail/address _____

Please enclose check or money order made payable to Oklahoma Bike Coalition.

How many miles do you ride per year? _____
How many times do you ride per month? _____
Are you a bike commuter? _____
Do you ride city trails? _____
Do you ride on streets and highways? _____
Did you buy your bike from a bike shop? _____
Do you belong to a bike club? (list) _____

Thank you for joining the OBC!
We will add your voice to others
to create a bicycle and
pedestrian friendly Oklahoma!

Oklahoma Bicycle Coalition
2619 S. Mar Vista Street
Stillwater, Oklahoma 74074
Phone: 918-747-7687
Fax: 918-749-4327
oklahomabicyclecoalition.com

**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: 630-2897

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

President Elect **OPEN**

Secretary **OPEN**

Membership Director **Rod Harwood**
 hm: 918-336-7546 rodh@ionet.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
 Richard Bunn, 252-5067

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

CompuTrainer Races Coming
 What a Velodrome in Tulsa
 Osage Prairie Trail
 Tandem Rally Coming