

TW Editor:  
Alan Good

# Tulsa Wheelmen



## Newsletter

August 2010

Volume 32, Number 4

### Inside this issue:

Saint Francis Health System named title sponsor for 2011	1
Imagery by Alan Good	2
ROM/TOM for 2010	2
Upgrades for 2011	2
MS 150 Ride	2
Rides/Race Calendar	3
Single & Career Wins	4
Meet the 2010 Team	5
Tulsa Wheelmen Info	6
Tulsa Wheelmen Staff	7
Tulsa Wheelmen Sponsors	8

### Tulsa Tough Sponsor Secured for 2011

**(Tulsa, OK)** – Representatives from Saint Francis Health System, the William K. Warren Foundation, Tulsa Tough Ride & Race and the Tulsa Sports Commission announced Saint Francis Health System as the 2011 Tulsa Tough title sponsor and unveiled the event's new logo today at a press conference.

"Saint Francis Health System's participation and support of events such as this is an absolutely critical element of our mission and purpose," said Jake Henry Jr., president and chief executive officer, Saint Francis Health System. "It is through activities such as these we are able to demonstrably promote adoption of more active—and hopefully healthier—lifestyles."



In recognition of the title sponsorship, Tulsa Tough will now be known as Saint Francis Tulsa Tough and the new logo incorporates the Saint Francis name. This sponsorship is a continuation of the strong support Saint Francis Health System has provided the event since its inception in 2006.

"Saint Francis has been critical to the growth and success of the event," said Saint Francis Tulsa Tough Event Director Malcolm McCollam. "It is an honor to be associated with leaders who share our vision and commitment to health and fitness and community development. Recognizing that leadership and commitment through the title of the event is appropriate."

The announcement also served to kick off the fifth annual event, which will attract an estimated 1,500 riders, nearly 2,000 racers and 15,000 spectators, from 35 states and five countries in-

cluding Australia and New Zealand. The weekend event is expected to generate up to a \$2 million economic impact.

"Saint Francis Tulsa Tough has not only become a "must do" event locally, but has become a signature event for Tulsa and achieved national prominence as one of the top cycling events in the country," said Tulsa Sports Commission Executive Director Mike Dodson. "We're excited for this weekend and encourage everyone to come out and participate either as a rider or a spectator."

Saint Francis Tulsa Tough offers events for every fitness level including an eight-mile Townie Ride on Sunday, June 6 at 2 p.m. The Townie Ride is designed for all age groups, fitness levels and cycling experience. The ride entry fee is \$20 for adults, and includes a participant t-shirt. Children aged 12 and under ride free. Free registration does not include a t-shirt, but shirts will be available for purchase at registration. Registration for the Townie Ride will be open from 11 a.m. – 1:45 p.m. on Sunday before the race. The registration table will be located near the start line just south of 15th and Galveston Streets on Riverside Drive. All participants will receive a finisher's medal and refreshments at the Zink Park rest stop



## Mental Mapping & Imagery by Alan Good

Mental training techniques and sports psychology can help you gain a mental advantage over your opponents. I have already discussed mentally dealing with the physical pain in training and injuries as well as mental training techniques. For cyclists one of the more important mental strategies include using imagery or "mental mapping". Most competitive athletes want to gain the edge on their opponents and one way to do this is to have a mental map of where you plan to "attack" or make your move in the race. To do this you must have an image in your mind of the course layout. Knowing where the big climbs are and your strengths and weakness make a big difference here. Focus and knowing when and where you plan to make your move (attack) is huge. Understanding the course layout and making a break on the steepest part of the climb or attacking prior to a sketchy corner into a fierce crosswind can make the difference of being in a break and getting on the podium or being part of the pack in a huge field sprint for 55th place. To truly compete having this mental image of the course and using imagery prior to competition can give you the edge and possibly the victory.

Other mental training techniques that cyclists can use include:

- Setting short term and long term goals and make sure they are clear. Be specific and put them down in your training log. For example DO NOT stress winning when defining your goals. Instead list things such as training 5 days a week, 5 hour training ride, placing in specific races or upgrading
- Be motivated! Use your brain and think outside the box in your training methods. Try Yoga or plyometrics. During the fall try cyclocross to get you stronger for 2011.
- When you decide to act, do so decisively. Making a move quickly and with determination can make the difference of being in a break but you have to think quickly. Waiting a second or 2 might mean you miss the winning break so be on your toes.
- Take control, do not be intimidated. Take control in a race and be aggressive in the corners and let others know you have the inside line if they are getting too close. Don't let others ride you into the curb.
- Know when to rest mentally and physically. Each month you need to keep in mind you need to have a rest week in there. As you train for specific races and work your weaknesses each week and put in the miles and work on your interval training, climbing, and sprinting remember to give your body a break and eat the right kinds of recovery foods to help your body recover faster.
- Think positively, negative thinking only makes things worse. Telling yourself you are ready to be the break, you are going for it, you are a good racer can make you train harder and race faster. The brain has to believe so it can tell the body to put everything out there on the course.
- Reinterpret pain as the sensation of becoming fitter and better. What a great way to look at the pain we all suffer on a 100 mile training ride or an intensive interval session workout. No pain no gain!
- Develop a strong sense of belief. In order to win you have to believe you are capable of performing well. Telling yourself over and over that you have trained well and you are ready.
- Concentrate on things that will improve your performance not on things that will have no effect on it like how fast the other guy is.

Good luck and happy mental training!

## June 2010 Racers of the Month

Male: Will Gault

Female: Aubree Dock

## June 2010 Teammate of the Month

Male: Nathan Leigh

Female: Lisa Delozier

## 2010 Upgrades

Galen Martens 5 to 4

Grey Mckellar 5 to 4

Alan Good 3 to 2

Matt Flaherty 5 to 4

John Fisher 5 to 4

Zach Earnest 4 to 3

Chris Barnes 5 to 4

Edgardo Delgado 4 to 3

Jay Selle 5 to 4

Bernd Riggers 5 to 4

## 25th Annual 2010 Bike MS Oklahoma: The Mother Road Ride Presented by Sam's Club Tulsa to OKC on Historic Route 66 September 25 – 26, 2010

Join us for Bike MS Oklahoma as we take you on an unforgettable two-day journey from Tulsa through the rolling plains of Oklahoma using Route 66 as our guide to Oklahoma City. More than 800 cyclists will cruise along scenic roads riding along the Mother Road. Come enjoy five full meals, generous amenities, stunning landscapes stocked rest stops every 10 to 12 miles at spectacular sites, and spirited festivities that include music, beer, and awards. Join us as we ride along the country's most historic road – Route 66. If you accept the challenge, you'll join a powerful movement dedicated to a world free of MS.

# AUGUST 2010: Rides & Events Calendar

Visit [www.tulsawheelmen.com](http://www.tulsawheelmen.com) for an extended list of upcoming events.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10AM Racer 's Training Ride (31st & Riverside)	2	3 TW Crits	4 Central OK Sum- mer Race Series	5	6	7 10AM Racer 's Training Ride (31st & Riverside)
8 10AM Racer 's Training Ride (31st & Riverside)	9 TW Meeting Check listserv or website	10 TW Crits	11	12 TW Thursday Night Time Trial	13	14 10AM Racer 's Training Ride (31st & Riverside)
15 10AM Racer 's Training Ride (31st & Riverside)	16	17 TW Crits	18 Central OK Sum- mer Race Series	19	20	21 10AM Racer 's Training Ride (31st & Riverside)  OK ST RR Champs (Flint Ridge)
22 10AM Racer 's Training Ride (31st & Riverside)	23	24 TW Crits	25	26	27 HHH100 crit and MTB races	28 10AM Racer 's Training Ride (31st & Riverside)  HHH100 RR
29 10AM Racer 's Training Ride (31st & Riverside)  HHH100 crit	30	31 TW Crits (ladies night)	SEPT 1	2	3 Gateway Cup (St. Louis, MO) 9/3/10-9/6/10	4 10AM Racer 's Training Ride (31st & Riverside)  Gateway Cup (St. Louis, MO) 9/3/10-9/6/10



### 2010 Female Racer of the Month

Aubrey Dock	June
Liz Cazer	May
Aubrey Dock	April
Helene Carabin	March

### 2010 Female Teammate of the Month

Lisa Delozier	June
Corie Davis	May
N/A	April
Liz Cazer	March

### 2010 Male Racer of the Month

Will Gault	June
Sam Roberts	May
Alan Good	April
Zach Earnest	March

### 2010 Male Teammate of the Month

Nathan Leigh	June
Jay Selle	May
Matt Flaherty	April
Rafy Santiago	March

## USCF Season Wins

**Bold = Active Race Team Member**

Helene Carabin	2009	16
Will Gault	2009	12
Will Gault	2004	12
Janne Hamalainen	2009	10
Helene Carabin	2008	10
Will Gault	2010	9
Keith Franklin	2004	9
Helene Carabin	2010	8
Zach Earnest	2010	6
Will Gault	2008	6
Janne Hamalainen	2004	6
Todd Reed	2008	6
Ben Thigpen	2005	6
Lauren Miller	2007	5
Jeremy Stitt	2004	5
Tim Carrigg	2004	4
Davis Hale	2007	4
Mark McClay	2004	4
Marcela Nova	2005	4
Ben Thigpen	2006	4
Ben Thigpen	2004	4
Cailean Carlberg	2010	3
Shane Carter	2008	3
Rich Chillingworth	2004	3
Keith Franklin	2005	3
Heidi Gault	2007	3
Janne H.	2010	3
Mitch Houtman	2005	3
Andy Malcom	2008	3
Lise Olivier	2009	3
Keith Winn	2004	3
Ben Silk	2009	3
Phil Stauner	2007	3
Ben Thigpen	2010	3
Zach Earnest	2010	3
Gary Breipohl	2007	2
Chris Cauthon	2005	2
Kary Cummins	2007	2
Darren Fritz	2006	2
Will Gault	2007	2
Devin Gilpin	2006	2
Davis Hale	2008	2
Janne Hamalainen	2006	2
Rob Lemaster	2008	2
Russell McMahon	2004	2
Lauren Miller	2008	2
Rabyne Rogue	2009	2
Cheryl Thigpen	2006	2
Chris Zenthoefer	2008	2
Chris Zenthoefer	2007	2

## Career Wins (2004-Present)

**Bold = Active Race Team Member**

Will Gault	41
Helene Carabin	34
Janne Hamalainen	23
Ben Thigpen	18
Keith Franklin	13
Lauren Miller	10
Jeremy Stitt	7
Zach Earnest	6
Todd Reed	6
Davis Hale	6
Gary Breipohl	5
Tim Carrigg	5
Ben Silk	5
Chris Zenthoefer	5
Kary Cummins	4
Mitch Houtman	4
Andy Malcom	4
Mark McClay	4
Marcela Nova	4
Phil Stauner	4
Cheryl Thigpen	4
Shane Carter	3
Rich Chillingworth	3
Heidi Gault	3
Alan Good	3
Rob Lemaster	3
Lise Olivier	3
Keith Winn	3
Cailean Carlberg	3
Chris Cauthon	2
Aubrey Dock	2
Darren Fritz	2
Devin Gilpin	2
Pete Lantz	2
Malcolm McCollam	2
Russell McMahon	2
Rabyne Rogue	2

(Note: 2 or more career wins)

Lauren Miller	2010	2
Pete Lantz	2010	2

(Note: 2 or more season wins)

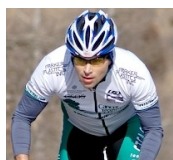


# Tulsa Wheelmen

## Meet the Team (Name-Race Category) **New Team Member for 2010**



Nathan Leigh-2



Shane Carter-2



Brian Metz-3



Kary Cummins-2



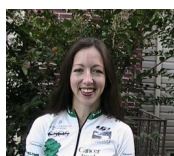
Mark Delozier-4



Alan Good-2



Kyle Freeman-3



Lauren Miller-3



Ben Thigpen-3



Cheryl Thigpen-3



Jeff West-4



Phil Stauner-3



Brandon Johnson-4



Janne Hamalainen-1



Tim Carrigg-3



Will Gault-1



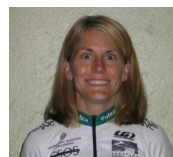
Edgardo Delgado-3



Jeremy Stitt-2



Jim Bohanon-3



Heidi Gault-3



Dustin Weaver-4



Chris Zenthoefer-2



Scott Gibson-1



Rafael Santiago-4



Helene Carabin-1



Gary Breipohl-3



Pete Lantz-4



Paul Miller-3



Jay Blankenship-2



Bernd Riggers-4



Chris Barnes-4



Corie Davis-4



Rebecca Byers-4



Liz Cazer-2



Zach Earnest-3



Kevin Frankenburger-4



John Fisher-5



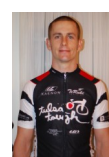
Lisa Delozier-4



Scott Haus-5



Nic Beaumont-4



Scott Barnes-1



Matt Flaherty-5



Patrick Sadler-4



Jim Buchan-3

Chris Cauthon-4

Cailean Carlberg-2

Christian Verry-4

Aubree Dock-3

Jess Parker-4

Kara Holland-4

Scott Rodehaver-5

Shawn Depew-1

John Davis-5

Cate Rolfs-4

Milus Clarke-4

Jay Selle-4

Galen Martens-5

Sam Roberts-4

Kyle Shay-3

Jennifer Delozier-4

Christina Luera-4

Greg Mckellar-5

# Tulsa Wheelmen Info Pages

## 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	

## 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 ride	4000 N. Hwy 169	5:30 PM	3/D/c-d	Starts Apr 5th
Tues	Summer Crit Series	Tulsa Safety Training Center	6 PM	1/A/d	Runs April-Sept
Wed	Wed Night Ride	Johnson Park Parking Lot	5:30 PM (sharp for competitive group!)	3/D/c-d	Starts Apr 5th
Sat/Sun	Racer's Training Ride	31st & Riverside	10AM	4/C/c-d	Year round
Sun	"No Wimps" Ride	Wright School	Check listserve	4/C/c-d	Year round

**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.**

### Bicycle Web Sites:

[www.adv-cycling.org](http://www.adv-cycling.org)

[www.bicycling.com](http://www.bicycling.com)

[www.outdoorlink.com](http://www.outdoorlink.com)

[www.bikefed.org](http://www.bikefed.org)

[www.bikeplan.com](http://www.bikeplan.com)

[www.okfreewheel.com](http://www.okfreewheel.com)

[www.istea.org](http://www.istea.org)

[www.bikeleague.org](http://www.bikeleague.org)

[www.mountainbike.com](http://www.mountainbike.com)

[www.runningnetwork.com](http://www.runningnetwork.com)

[www.tulsawheelmen.com](http://www.tulsawheelmen.com)

[www.usacycling.org](http://www.usacycling.org)

[www.olympic-usa.org](http://www.olympic-usa.org)

[www.velonews.com](http://www.velonews.com)

[www.okbike.org](http://www.okbike.org)

### 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

**BRAZEAL**  
MASONRY INC.

**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**

## Take Action: Who you gonna call or write?

### City Problems?

*Mayor's Action Center:*

596-2100, Fax 596-9010.

*Tulsa City Councilors:* mail 200 Civic Center, Tulsa, OK 74103; ph.918-596-1900, fax 596-1964.

*City Animal Shelter:* 669-6299.

### State Highway Problems?

(e.g. Port Rd, Hwy 97/51), Oklahoma Highway Dept, Ed Kellogg, P.E.; P.O. Box 660, Tulsa, OK 74101, phone 918-838-9933.

### Tulsa County Rd Problems?

(e.g. Avery Drive, Wekiwa road), Tulsa County Engineer, Ray Jordan, 596-5730, fax 596-4647.

### Tulsa County Traffic Problems?

*Tulsa County Sheriff*  
918-596-5601.

**Riverparks Authority**, 707 S. Houston, Suite 202, Tulsa, OK. 74127.

### Air Quality/Ozone Alert?

*Tulsa City-County Health Dept.* 918-744-7664.

# Tulsa Wheelmen Staff

## Newsletter Staff

**Editor:** Alan Good

Hm: 405-612-4847

[newsletter@tulsawheelmen.com](mailto:newsletter@tulsawheelmen.com)

**Distribution:** Tom Potter

437-9419

**Web Site:** Kary Cummins

[Kary.Cummins@level3.com](mailto:Kary.Cummins@level3.com)

## Officers

**President:** Tim Carrigg

[president@tulsawheelmen.com](mailto:president@tulsawheelmen.com)

**Treasurer:** Edgardo Delgado

[treasurer@tulsawheelmen.com](mailto:treasurer@tulsawheelmen.com)

**President Elect:** Open

**Secretary:** Lauren Miller

[secretary@tulsawheelmen.com](mailto:secretary@tulsawheelmen.com)

**Membership Director:** Tonja Pitzer

[membershipdirector@tulsawheelmen.com](mailto:membershipdirector@tulsawheelmen.com)

**Race Team Director:**

**Chris Zenthoefer**

[raceteamdirector@tulsawheelmen.com](mailto:raceteamdirector@tulsawheelmen.com)

**Co-Race Team Director:**

**Rabyne Rogue**

**Avery Drive Clean-up:**

**Open**

**CCP:** Ren Barger

[ccpdirector@tulsawheelmen.com](mailto:ccpdirector@tulsawheelmen.com)

**Advocacy Director:** open

**Webmaster:** Kary Cummins & Jeremy Stitt

**Race Event List:** Lauren Miller

[eventlist@tulsawheelmen.com](mailto:eventlist@tulsawheelmen.com)

## Tulsa Wheelmen Newsletter

The official newsletter of the Tulsa Wheelmen, a member organization established in 1978 to "...promote responsible bicycling in all its forms." Whatever your interests; fitness, racing, advocacy, annual events, newsletter and network of 150+ members can help you achieve your cycling goals.

The *Tulsa Wheelmen Newsletter* welcomes any contributions that fall within the two rules of (1) having to do with bicycling and (2) being legible. Contributions need to be made by the 10th of the month prior to publication. Send submissions to Alan Good at

[newsletter@tulsawheelmen.com](mailto:newsletter@tulsawheelmen.com)

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 Tonja Pitzer, Membership Director

(info on left)



Tulsa Wheelmen

P.O. Box 52242

Tulsa, OK 74152-0242

Return Service Requested



## Inside This Issue

**Imagery by Alan Good**

**Race Stats**

**2011 Tulsa Tough Title Sponsor**

## 2010 Tulsa Wheelmen Sponsors

