



Tulsa Wheelmen

RIDES AND EVENTS CALENDAR

October 2004

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
September 26 No Wimps - Tailwind Ride, 8 a.m.	27 DoT Ride, 4000 N. Hwy 169, 6:00 p.m.	28 TNWC Ride, Riverside Drive and Southwest BLVD. 6:00pm	29 West Bank Ride (NOT a Wheelmen Promoted Ride)	30	October 1	2 No Wimps - Tailwind Ride, 8 a.m.
3 No Wimps - Tailwind Ride, 8 a.m.	4 DoT Ride, 4000 N. Hwy 169, 6:00 p.m.	5 TNWC Ride, Riverside Drive and Southwest BLVD. 6:00pm	6 West Bank Ride (NOT a Wheelmen Promoted Ride)	7	8	9 No Wimps - Tailwind Ride, 8 a.m.
10 No Wimps - Tailwind Ride, 8 a.m.	11 GENERAL MEM. MTG - MAZZIOS AT THE FARM - LOWER LEVEL 6:30PM Race Team Mtg. to Follow	12 TNWC Ride, Riverside Drive and Southwest BLVD. 6:00pm	13 West Bank Ride (NOT a Wheelmen Promoted Ride)	14	15	16 No Wimps - Tailwind Ride, 8 a.m.
17 No Wimps - Tailwind Ride, 8 a.m.	18 DoT Ride, 4000 N. Hwy 169, 6:00 p.m.	19 TNWC Ride, Riverside Drive and Southwest BLVD. 6:00pm	20 West Bank Ride (NOT a Wheelmen Promoted Ride)	21	22	23 No Wimps - Tailwind Ride, 8 a.m.
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31 No Wimps - Tailwind Ride, 8 a.m. Day Light Savings Time Ends	November 1	2	3	4	5	6 No Wimps - Tailwind Ride, 8 a.m.



N *Tulsa Wheelmen* NEWSLETTER

Vol. 27, No. 10

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

October 2004

THE EDITOR'S PEN FOR OCTOBER 2004: GENERAL MEMBERSHIP MEETING: OFFICER VOTE SLATED By Marc Delametter

On Monday evening October 11th at 6:30pm at Mazzios in the Farm we will hold a very important general membership meeting. During this meeting we will vote for our 2004-2005 officers. Nominees are:

President – Tim Carrigg (Tim was elected President Elect last year)

President Elect – Currently Open. No nominees to date but we will most likely have one or two before the meeting.

Secretary – Marc Delametter

Treasurer – Beth Delametter

The other major club position to be discussed at this meeting will be Race Director. As this is an appointed position we won't be electing someone but we will have a long discussion about this position for 2004-2005.

Please plan to attend this meeting.

MASTERS NATIONALS RACE REPORT: MASTERS 45-49 CRITERIUM By Keith Franklin

THE FACTS

The fastest crit I have ridden to date. Average speed 28.55MPH
Race time 11:45 AM, temp 67, skies overcast, wind 10-15 MPH.

Course - 1.2 mile, nothing extremely technical. Not flat, but not really any climbs, 60 riders, only 31 finishers.

THE WARMUP

I warmed up in long sleeve and some newly purchased knee warmers the morning of the race. I did a couple of laps with Ben Thigpen prior to his race. The course was fast with one fairly technical corner of about 135 degrees following a 35 MPH slight downhill.

THE RACE

I started with my wheel (Attached to the NEW APINEER AC2) on the line and at the first corner I was probably in 10th or so. I noticed an immediate attack of two riders who got a good gap of 100M or so. After about a lap or lap and a half they came back, and Randy Parker (03 Nat RR champ) countered with a couple of other riders. They got a pretty good gap and it took another couple of laps to reel them in. When we caught the break, I was anticipating a counter and it went and I went with it. Four of us were off a half a lap or so and I was pretty gassed and pretty badly redlined (not a real smart move). Of course there was another counter and I got passed by 20 riders or so before I could recover and get back in. Then while I was trying to recover, there was a split in the field with about 10-15 riders up the road. So I worked some to help bring that back together. It finally came back together. I moved towards the front and Randy Parker attacked at the start/finish and I moved up behind him, but when he went clear I knew I couldn't hang so I dropped back into the pack and let another rider go with him. The pack chased them down in a lap or so. I redlined again in the chase and was in the back third of the field trying to recover. With about 5 laps to go, I was still pretty gassed, but started moving

up. With about 1.5-2 to go, Larry Nolan (USPS master) attacked and got clear. About a 1/4 lap later Randy Parker attacked and started chasing him solo. The pack couldn't catch them. Randy caught Larry and beat him in the sprint. Meanwhile back in the pack I was bouncing around amongst the pretenders since I had not moved up far enough. I was able to move up a few spots and sprinted past 2-3 in the final 100 meters to place 15th just behind Glen Winkel (USPS Master 04 Nat Track Champ). It was interesting to note that most of the better placed finishers had more racing experience at altitude. I was amazed that approximately half the entrants didn't finish the race. I heard they got pulled or dropped out.

IN SUMMARY

It was fast, fun and left me gasping for air. Experts say it takes 2 weeks to acclimatize to the altitude and 7200 ft is up in the thin air. Anyone want to take a two week vacation before natz next year in Park City? No stars and stripes for Tulsa this year.

OTHER RESULTS

In other results Ben and Cheryl Thigpen got 6th in the Tandem race. Ben started the RR, but having not recovered from the tandem race DNFed due to suffering from Altitude, but raced later in the crit. He looked good but started suffering from the thin air and dropped out with six to go. His was a fast race, 27+MPH.

Janne finished 17th in the RR, only 31 seconds behind the winner and 26th in the Crit. He stayed near the front most of the race.

Editors Note: These are all great results. If you see any of these members don't forget to congratulate them on their results.



TW RACING NEWS

RACE RESULTS

By Marc Delametter

Listed on these next three pages are some great race results to report for the Flint Ridge Circuit race, the Dam Jam Criterium and the OKC Velo Stage race. When you see the Tulsa Wheelmen members that placed in these events don't forget to congratulate them.

FLINT RIDGE RACE RESULTS

Junior 10-12		
1	Alex Battles-Wood	Team Power Train
2	Jon Mitchell	Unattached
3	Thomas Huskey	Unattached

Junior 13-14		
1	James Mitchell	Team Power Train

Junior 17-18		
1	Benjamin Silk	Team Power Train
2	Jesse Waggoner	Team Power Train

Masters 40+		
1	Les Akins	Wichita Falls/HHH
2	Janne Hamalainen	Tulsa Wheelmen
3	Buster Brown	CARVE
4	Peter Erdoes	OKC Velo
5	Kenneth Smith	OKC Velo
6	Brad Fisk	Moritz Chevrolet
7	Bob Cable	Fayetteville Wheelmen/Tyson
8	John Moline	BMC
9	Randall Clayborn	KORS
10	Ben Thigpen	Tulsa Wheelmen

Masters 30+		
1	Janne Hamalainen	Tulsa Wheelmen

2	Robert Newell	Dickson Street
3	Ben Upchurch	Dickson Street
4	John LaSorsa	OKC Velo
5	Kyle Freeman	Unattached
6	Shawn DePew	Tornado Alley Cycling

5s/Citizen		
1	Shain Hardin	Unattached
2	Joe Lederer	Tulsa Wheelmen
3	Roger Hale	Tulsa Wheelmen

4/5s		
1	Scott Walnofer	Fayetteville Wheelmen/Tyson
2	Matthew Edmonds	Fayetteville Wheelmen/Tyson
3	Russell McMahan	Tulsa Wheelmen
4	Mark Loyd	Unattached
5	Leonard O'Toole	Mercy
6	Jeremy Stitt	Tulsa Wheelmen
7	Matthew Speer	Unattached
8	Miky Payne	Unattached
9	Bob Cable	Fayetteville Wheelmen/Tyson
10	Gabriel Speth	Unattached
11	Peter Van Rein	Unattached
12	Shawn Rhoads	Unattached
13	Joe Lederer	Tulsa Wheelmen

123s		
1	Alex Welch	Mercy
2	Chad Cagle	Mercy
3	Blake McMahan	Team Power Train
4	Ryan Fiddler	Unattached
5	Mathew Ankney	Mercy
5	Brandon Cowart	Tulsa Wheelmen
7	Bruce Dunn	Fayetteville Wheelmen/Tyson
8	Alex Schneider	Team Power Train
9	Zach French	CRRC
10	Pamela Hinton	Free State Racing



TW RACING NEWS

DAM JAM CRITERIUM RACE RESULTS

CAT V

1	Joe Lederer
2	Chris Cauthon
3	Cory Peranich
4	Brandon Johnson
5	Craig Waldron

MASTERS 35+

1	Brad Fisk
2	Les Atkins
3	John LaSorsa
4	Kenneth Smith
5	Barry Haley
6	Peter Erdoes
7	Keith Winn
8	Charles Long
9	Steven Webb
10	Adam Pratt
11	Kary Cummins
12	David Griggs
13	Wade Colwell
14	Mitchell Houtman
15	Robert Farris

MASTERS 50+

1	Ben Thigpen
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CAT IV

1	Jeremy Stitt
2	Robert Walnofer
3	Mitchell Houtman
4	Leonard O'Toole
5	Adam Pratt

6	Hector Mendoza
7	Frank Wilborn
8	Alan Good
9	Miranda Quigley
10	Gary Gunter
11	Brian Meahan
12	Kevin Goodwin
13	Jeremy Griffen
14	Enrique Gutierrez
15	Wade Colwell
DNS	Carl Norris

CAT I, II, III

1	Matt Ankney
2	Chad Cagle
3	Greg Saunders
4	Doug Greek
5	Ronnie Cookson
6	Tom French
7	Brian Duvall
8	David Billingsley
9	Benjamin Silk
10	Winfield Gibson
11	Alex welch
Field	Shawn Depew
Field	Kary Cummins
Field	Keith Winn
Field	Ben Upchurch



TW RACING NEWS

OKC VELO STAGE RACE RACE RESULTS

SR 3,4 Road Race	Team	Place
William Gault	Tulsa Wheelmen	1
Ronnie Cookson	CTE	2
Jason Pratt	SI/Mathis Brothers	3
Pat Klassen	River City Racing	4
Rob Cree	CRRC/Ideal Homes	5

SR 4,5 Road Race	Team	Place
Scott Barnes	Team Tyson	1
Brian Peters	Eastside	2
Richard Schmidt	BMC	3
Jeff Metcalf		4
Paul Schoelen	CRRC	5
Erin Elliott		6
Stephen Riner	Team Dairy	7
George Chapman	Texas Wheels	8
Scott Walnarfer	Team Tyson	9
Jeremy Stitt	Tulsa Wheelmen	10
Chris Anderson	Tulsa Wheelmen	11
Russell McMahan	Tulsa Wheelmen	Pack
James Bohannon	Tulsa Wheelmen	Pack
Charles Martin	Tulsa Wheelmen	Pack
Kevin Klammer	Tulsa Wheelmen	Pack

35+ Road Race	Team	Place
Keith Winn	Tulsa Wheelman	1
Malcomb McCollam	Tulsa Wheelman	2
Dirk Fruhling	Courage House	3
Ben Thigpen	Tulsa Wheelmen	4
Rich Chillingworth	Tulsa Wheelman	5

45+ Road Race	Team	Place
Chris Latshaw	Team Bicycles Inc	1
David Lencho	Boston Mtn. Cyclists	2
Gary Breipohl	Tulsa Wheelmen	3
JC Jones	OKC Velo	4
Rick Gutierrez	OKC Velo	5
Tim Carrigan	Tulsa Wheelmen	6

SR 1,2,3 Crit	Team	Place
Aaron Smathers	OKC VELO	1
Joseph Spraging	Mercy Cycling	2
Mark McClay	Tulsa Wheelmen	3

SR 4,5 Crit	Team	Place
Scott Barnes	Tyson	1
Stephen Riner	Team Dairy	2
Scott Walnofer	Tyson	3
Walt Brittain	OKC VELO	4
Len O'Toole	Mercy	5
Tom Loeffelholz	CRRC	6
Alan Good	Unattached	7
Garry Gunter	Tulsa Wheelmen	8

35+ Crit	Team	Place
Steve Schlegel	OKC VELO	1
Gary Loafman	OKC VELO	2
Max Miley	PACC	3
Dirk Fruhling	Courage House	4
Jay Hawkins	River City Racing	5
Kary Cummins	Tulsa Wheelmen	6
Darrell Meinen	Tulsa Wheelmen	Pack

45+ Crit	Team	Place
Randall Clayborn	KORS	1
David Lencho	Boston Mtn. Cyclists	2
Keith Franklin	Tulsa Wheelmen	3
Tim Carrigg	Tulsa Wheelmen	Pack



ALPINEER





***!?! ?!**
TAKE ACTION
Who You Gonna Write!
Who You Gonna Call!

CITY PROBLEMS?

Mayor's Action Center: 596-2100, Fax 596-9010.

Tulsa City Councilors: mail 200 Civic Center, Tulsa, OK 74103; phone 918-596-1900, Fax 596-1964.

City Animal Shelter: 669-6299

STATE HIGHWAY PROBLEMS?

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

TULSA COUNTY ROAD PROBLEMS? (e.g. Avery Drive, Wekiwa Road), Tulsa County Engineer, Ray Jordan, 596-5730, Fax 596-4647.

TULSA COUNTY TRAFFIC PROBLEMS? Tulsa County Sheriff 918-596-5601.

RIVERPARKS AUTHORITY, 707 S. Houston, Suite 202, Tulsa, OK. 74127, 918-596-2001.

AIR QUALITY/OZONE ALERT QUESTIONS? Tulsa City-County Health Dept. 918-744-7664.

This month I took action. I made a call or wrote a letter to: _____

About: _____

Response: _____

Date: _____

TW MONTHLY MILEAGE LOG

Date: _____

Bike _____ Bike _____

Miles _____

Now: _____

Prev. _____

Month: _____

Month _____

Total: _____

Take current mileage shown on bike computer, subtract the previous month's "Miles Now" figure and the result is the distance ridden for the current month.

RE-CYCLE-IT!

THE CLASSIFIEDS

Where member ads are free!

FOR SALE: Lightspeed Tuscany, 57cm, Ultegra 9 cog, Thompson post, Aria Ti Saddle, Cane Creek headset, Control Tech stem, Spinergy Spox wheels, Lightspeed carbon fork, less than 200 miles. MINT CONDITION. No pedals. \$2,200. Call Muskogee 918-683-4497 or email fredgdove@aol.com.

FOR SALE: 2003 Mavic Ksyrium SSC SL's WITH 12-23 cassette/skewers. 3t Zepp 110 mm stem, 26.0 clamp Wheelset: Chris King Hubs, Campagnolo Tubular Rims, 28 hole, approx. 1475 grams, all silver. Retail Over 700.

**** Orbea XLR8R Frame****—55 centimeter, Columbus XLR8R tubing throughout, Columbus Carbon wishbone seat stays. Contact me privately with any offers, Thanks again, Tom French

FOR SALE: Cannondale, F800, "Lefty". 2002 Model, purchased new April, '03. Old owner hospitalized 3 times since June, '03. Like new, low mileage. Ridden less than 25 times. Never ridden in competition. Disc. Brakes, all original equipment. \$600. Tulsa (918)-252-7282. Jon.

FOR SALE: 16 inch wheel childrens bike. Great as a beginner bike with or without training wheels. Freewheel and hand brake added. \$50. Call Marc at 918-749-4075

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 no1family@cox.net. **DO NOT ATTEMPT TO PLACE ADS BY PHONE**

BICYCLE WEB SITES

Adventure Cycling: www.adv-cycling.org. Information on bicycle touring in the United States and worldwide.

Bicycling Magazine: name says it, www.bicyclingmagazine.com.

Bikes Belong! Coalition: www.outdoorlink.com/bikes-istea

Congressional bicycle advocacy.

Bicycle Federation of America: www.bikefed.org

Bicycle issues and advocacy.

Bike Plan Source: www.bikeplan.com

Great site for community bike planning information. (Yes, Tulsa planners, other people have already invented the wheel.)

FreeWheel Oklahoma:

<http://www.okfreewheel.com>.

Information about FreeWheel Oklahoma 22nd Annual Bicycle Tour, June 12-19.

ISTEA: www.istea.org

Update information on the upcoming ISTEA 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.

**BECOME INVESTED IN TULSA BICYCLING
JOIN THE TULSA WHEELMEN!**

2004 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.
4. You join a club that presents the most complete bicycle racing program in the state.
5. You join a club affiliated with the *Oklahoma Bicycle Coalition* and the *League of American Bicyclists, Adventures Cycling* and the *United States Cycling Federation*.
6. You receive discount pricing at area bicycle stores.
7. You receive the most dynamic state bicycle newsletter and free classified ads for members.
- 8. Most importantly you are providing a place to work in support of bicycling for advocacy, racing, and road riding purposes in the community.**

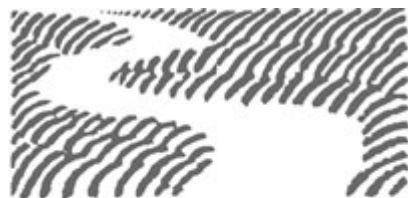
Tulsa Wheelmen Newsletter Staff

Managing Editors **Marc & Beth Delametter**
hm: 918-749-4075
no1family@cox.net

Distribution **Tom Potter**
437-9419

Web Site **Jeremy Stitt**
hm: 918-461-0612
JSTITT@CITGO.COM

Email Address *TW Newsletter*:
no1family@cox.net



**LANDPLAN
CONSULTANTS
INCORPORATED**

Tulsa Wheelmen Officers

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

Treasurer **Amy Stitt**
hm: 918-461-0612
SOONRGRL@YAHOO.COM

President Elect **Tim Carrigg**
cell: 918-645-1143
TCARRIGG@PARKERPLASTICS.COM

Secretary **Marc Delametter**
hm: 918-749-4075
no1family@cox.net

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

Race Team Director **Keith Franklin**
kflandplan@aol.com

Race Director **Jeremy Stitt**
hm: 918-461-0612 JSTITT@CITGO.COM

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

Advocacy Director **Sandra Crisp**
hm: 918-688-8596
CD.SL.CRISP@COX.NET

Tulsa Wheelmen Newsletter

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

The *Tulsa Wheelmen Newsletter* welcomes any contributions that fall within the two rules of (1) having to do with bicycling and (2) being legible. Contributions need to be made by the 10th of the month prior to publication. Send submissions directly to **Marc & Beth Delametter, TW Newsletter Editors, 4530 S. Louisville, Tulsa, OK 74135** or to **Tulsa Wheelmen Newsletter Editor, P.O. Box 52242, Tulsa, OK 74152-0242**.

The Tulsa Wheelmen appreciate the support of **QuikTrip** and would like to thank **QuikTrip** for printing this month's newsletter.



TULSA WHEELMEN
P.O. Box 52242
Tulsa, Oklahoma 74152-0242

RETURN SERVICE REQUESTED



INSIDE THIS ISSUE

GENERAL MEMBERSHIP MEETING
MASTER'S NATIONAL STORIES
RACE RESULTS

