

TW Editor:
Alan Good

Tulsa Wheelmen



Newsletter

April 2010

Volume 32, Number 2

Inside this issue:

| | |
|---|---|
| Giving Back to Cycling by Alan Good | 1 |
| Mental Training Techniques by Alan Good | 2 |
| Race Calendar | 3 |
| Single Season Wins | 4 |
| TW Career Wins | 4 |
| 2010 Wins | 4 |
| Recent Upgrades | 4 |
| Meet the 2010 Team | 5 |
| Tulsa Wheelmen Info | 6 |
| Tulsa Wheelmen Staff | 7 |
| Tulsa Wheelmen Sponsors | 8 |

Giving Back to the Cycling Community by Alan Good

As a Tulsa Wheelmen member I have been amazed at how far this club has grown and to see the impact Tulsa Wheelmen members have had on the cycling community not only in Tulsa but in the state of Oklahoma and on the national scene for bike racing. Tulsa Tough now commands the 2nd highest race purse in North America and is fast becoming the hot race for professional racers all across the globe to place on their teams calendar for 2010 and beyond!

But what makes this team a special one are the people that volunteer their time and energy to make it all happen. They are the unsung heroes that give back to cycling and make their community a better place to ride or race. You are the ones that make us all live healthier lives and reach our goals as cyclists and for that we should all be very thankful!

The time that many put in for Tulsa Tough is amazing! Jim Beach (Tulsa Tough Ride Director), Tim Carrigg (Tulsa Tough Race Director and Tulsa Wheelmen Club President), Marc Delametter (Director/Administrator Tulsa Tough), Malcolm McCollam (Executive Director Tulsa Tough), Tonja Pitzer (Tulsa Tough Volunteer & Registration Coordinator & TW Membership Coordinator), Chris Zenthoefer (Tulsa Tough Media & Sponsorship & TW Race Director), and all the others that assist them with Tulsa Tough ride & race. We thank you! The things you do behind the scenes are amazing and you do them effortlessly and professionally around your full-time jobs plus Tulsa Wheelmen responsibilities. You are true champions.

But wait I am not done. Chris Cauthon thanks for doing the Tuesday night crits. You are awesome man! I thank you and that job is not easy! Kary Cummins and Jeremy Stitt the webmasters...great job the TW website is the best in America. Shane Carter thanks for making sure the orders are in and the kits and in everyone's possession.

Lauren Miller you wear a lot of hats (Event List Coordinator, TW Secretary, and Team Photographer). Thanks for getting pictures to me friend! Edgardo Delgado (Treasurer)...this guy makes sure we stay within budget and he pays us at the end of the year. Thank you! Ren Barger for all that you do for the Community Cycling Project (CCP). Getting poor kids bicycles you and those that volunteer and help out these kids are truly amazing. Keep it up! To Race Event Director & Salty Cow Race Director & Thursday night TT's, Nathan Leigh and Rabyne Rogue as Co-Race

Team Director sweet job and thanks for all your help. Let's get a collegiate race going in Oklahoma ok?

Now I know I am missing people but I wanted to thank all the others that have helped with the races, volunteered your time with the club, sent me articles (Helene you are a lifesaver...I need another one...haha). I also need articles from others though to keep the newsletter fresh.

To the people and TW members, and organizations and business who have committed their time and money to help the club grow through sponsorship. Please go to page 8. WE THANK YOU EVERY DAY! We could not race without you all.

My passion for cycling has grown as well. I love making sure we have good things to say about the club and cycling in general in our newsletter and as Cat 3 Race Team Captain. I love helping our team move up the ranks and guide our team to victory! I have also started my coaching career as the OSU Collegiate Cycling Coach (USAC). We have already scored our first gold, silvers, and bronze medals in the first year of the collegiate racing for the Cowboy Cycling Team and I am so proud of my boys.

In closing, thanks and for those that have not stepped up to the plate yet it is never too late. Give back to the cycling community. Never for once take for granted that all these races, events, tours, sponsorship, and club activities all just happen over night. They take time, blood, sweat, tears and energy. We all are tired from training, racing, working, family commitments and other daily routines but there is one thing about coming together to make something bigger and better and that is having an impact on what we do. A huge impact! We have the biggest race in the country coming to Tulsa. Tim...Tonja unless I am wrong you are still taking applications right?

The rest is up to you!

Go Tulsa Wheelmen volunteers, non-TW member volunteers and to the City of Tulsa, for making Tulsa, OK one of the Top 50 best cities to ride in *Bicycling Magazine* in 2010!



Mental Training Techniques by Alan Good (MS in Sports Psychology)

A lot of you probably do not know that I have my master's in athletic counseling with a concentration in sports psychology from Springfield College (MA) after completing my undergraduate in Psychology from Bridgewater State College, which is also in Massachusetts where I was born and raised. I am originally from Boston, MA and I grew up loving baseball (Red Sox) of course and hockey (Bruins). After unsuccessful tries at baseball and football as a kid I got into cycling late in life and did my first race in 1988. I believe this was also around the time that Greg LeMond was about to win his first tour de France and cycling was starting to become really big on the east coast from what I could tell.

What I noticed after watching the Tour and competing myself was how hard the races were. The physical and mental toll the Tour riders took, not to mention myself at my first race as I got stomped by the peleton! I was very fascinated by the mental makeup of a champion. What Greg LeMond did that day was purely amazing winning Le Tour by mere seconds. LeMond down by 50 seconds going into the final stage put up one of the fastest time trials in the history of the Tour de France. Using a 55 x 12 gear LeMond made up 58 seconds averaging 34.52 MPH and ultimately winning the Tour from Laurent Fignon by 8 seconds!

Fascinated by this I entered graduate studies in the Fall of 1989 to study psychological aspects of sports. Most of the research I did involved identity development of athletes and injuries. But most of my internship experiences revolved around working with collegiate and semi-professional athletes working on mental training techniques, pain management, and relaxation training. What I noticed in sports over my career and my friends and athletes that I worked with was that most of the concentration of athletes was focused on getting stronger, lifting weights, running many miles, logging tons of hours on the bike, or working on the balance beam until your muscles and body were worn down. Many of the female gymnasts I worked with at Springfield College competed at the Division 1-A level and had dreams and aspirations of qualifying for the Olympics. Many of them practiced and competed with multiple injuries. Their coach forced them to compete and so did their parents. The pressure to win and to compete at the highest level was the priority. To win at all costs was the motto! One of the young ladies I worked with her back was so screwed up that she said to me.. "how much worse can it actually get...just help me deal with the pain coach Good!" I was blown away by this! She wanted me to help her push through the pain mentally. I asked her are you sure and she said...YES...I NEED TO WIN for my SCHOOL and for MY HONOR! She was a senior and this was her last chance...she felt pressured by society, her family, her coach, her community, and by herself to FINISH what she started. Amazing athlete and competitor!

I tell you this story because as we all know competition is hard. If we all won every weekend we would get bored as human beings. I know I want every athlete throwing everything they got on the table to beat me. I do not want to win easy...there are no easy wins in this sport or any sport for that matter. My son Alex, is finding that out in U-12 soccer as he team has not won a game in 2010 Spring season. He easily gets very frustrated and upset. I tell him that sometimes in life sports can be very tough...so tough that sometimes a team might go winless. But what I tell him is in life and in sports it is important that you give 200%. You throw everything you got on the table to help your team. Be a good teammate, pass the ball, set up the goal instead of trying so hard to score. Hustle every play and try to just beat the guy to the ball. Those are things that keep the focus off the score and allow him to play hard and think of his teammates instead of sulking! And this past weekend I helped coach the team... we did not win but we did not lose either. They tied 0-0 but it was the best tie in the history of U-12 Stillwater Soccer I told them after the game. Our team had 40 shots on goal to 6 shots for the other team. I kept the kids motivated all game by cheering loud, telling them they were great and constantly reinforcing teamwork and quick passes and hustle.

My son even played goal and saved the 6 shots on the second period...all within a span of a few minutes. The funny thing was that he did some weird karate move with his hands and feet to save a rifle of a shot on the goal. I was nervous when the other team took the shot but he saved the game and the day for the team and I was so proud of him!!! I hugged him after the game and the boys all high fived him afterwards...you would have thought they won the game and you know what they did. Mentally they believed in themselves today and that was amazing the power of Sports Psychology and "Mind over Matter".

With that said I plan to discuss over the next 3 newsletters the types of mental training techniques that one can do to improve your sport. In cycling there are many things we can do to improve and these can be used around all the physical workouts that make you a good cyclist. What I hope to do here is help you get the extra mental edge in cycling for you. Some of the techniques I will be talking about include imagery and mapping, pain injury management, relaxation training for those nervous times leading up to a big race like Tulsa Tough, hypnosis, and other mental training topics.

I hope you enjoy these because I know I enjoyed learning about them and I have used several of them throughout my racing career from 1988-Present competing in USCF, Collegiate racing and triathlons. Happy training and we will talk to you soon! :)



APRIL 2010: Rides & Events Calendar

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



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|-----------------------|--|---|---|---|
| 4 10AM Racer 's Training Ride (31st & Riverside) | 5 | 6 TW Crits | 7 | 8 TW Thursday Night Time Trial (Next one is on May 13th) | 9 | 10 10AM Racer 's Training Ride (31st & Riverside) |
| 11 10AM Racer 's Training Ride (31st & Riverside) Lincoln RR (AR) | 12 TW Meeting Can- celled | 13 TW Crits | 14 | 15 | 16 | 17 10AM Racer 's Training Ride (31st & Riverside) Mineral Wells SR (TX) |
| 18 10AM Racer 's Training Ride (31st & Riverside) Mineral Wells SR (TX) Bella-M Crit (OK) | 19 | 20 TW Crits | 21 Central OK Sum- mer Race Series (OKC, OK) | 22 | 23 | 24 10AM Racer 's Training Ride (31st & Riverside) Tour de Hills (AR) Matrix (TX) and OKC TT#2 (OK) |
| 25 10AM Racer 's Training Ride (31st & Riverside) Matrix Crits (Dallas, TX) | 26 | 27 TW Crits | 28 | 29 | 30 | 1-May 10AM Racer 's Training Ride (31st & Riverside) Tour de Tulsa |
| 2 10AM Racer 's Training Ride (31st & Riverside) Woo Hoo Ladies Crit (KS) | 3 | 4 TW Crits | 5 | 6 Joe Martin SR (AR) | 7 Joe Martin SR (AR) May 6-9, 2010 | 8-May 10AM Racer 's Training Ride (31st & Riverside) Joe Martin SR (AR) May 6-9, 2010 |

Stat Corner

2010 Tulsa Tough Race Team Wins

| | |
|------------------|---|
| Helene Carabin | 4 |
| Zach Earnest | 3 |
| Cailean Carlberg | 1 |
| Liz Cazer | 1 |
| Kyle Freeman | 1 |
| Ben Thigpen | 1 |

2010 Recent Upgrades

| | |
|-----------------|--------|
| Chris Barnes | 5 to 4 |
| Edgardo Delgado | 4 to 3 |
| Zach Earnest | 5 to 4 |
| Jay Selle | 5 to 4 |
| Bernd Riggers | 5 to 4 |



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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 |
| Keith Franklin | 2004 | 9 |
| Will Gault | 2008 | 6 |
| Janne Hamalainen | 2004 | 6 |
| Todd Reed | 2008 | 6 |
| Ben Thigpen | 2005 | 6 |
| Lauren Miller | 2007 | 5 |
| Jeremy Stitt | 2004 | 5 |
| Helene Carabin | 2010 | 4 |
| Tim Carrigg | 2004 | 4 |
| Davis Hale | 2007 | 4 |
| Mark McClay | 2004 | 4 |
| Marcela Nova | 2005 | 4 |
| Ben Thigpen | 2004 | 4 |
| Shane Carter | 2008 | 3 |
| Rich Chillingworth | 2004 | 3 |
| Keith Franklin | 2005 | 3 |
| Heidi Gault | 2007 | 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 |
| 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 |

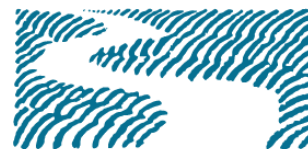
(Note: 2 or more season wins)

Career Wins (2004-Present)

Bold = Active Race Team Member

| | |
|--------------------|----|
| Will Gault | 32 |
| Helene Carabin | 30 |
| Janne Hamalainen | 20 |
| Keith Franklin | 13 |
| Ben Thigpen | 13 |
| Lauren Miller | 8 |
| Jeremy Stitt | 7 |
| 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 |
| Zach Earnest | 3 |
| Heidi Gault | 3 |
| Rob Lemaster | 3 |
| Lise Olivier | 3 |
| Keith Winn | 3 |
| Chris Cauthon | 2 |
| Darren Fritz | 2 |
| Devin Gilpin | 2 |
| Alan Good | 2 |
| Malcolm McCollam | 2 |
| Russell McMahon | 2 |
| Rabyne Rogue | 2 |

(Note: 2 or more career wins)



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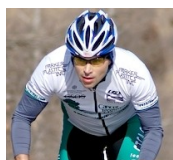
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Tulsa Wheelmen

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



Nathan Leigh-2



Shane Carter-2



Brian Metz-3



Kary Cummins-2



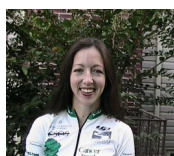
Mark Delozier



Alan Good-3



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



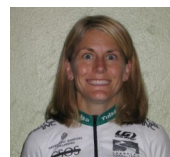
Edgardo Delgado-3



Jeremy Stitt-2



Jim Bohanon-3



Heidi Gault-3



Dustin Weaver-4



Chris Zenthoefer-2



Scott Gibson-1



Rafael Santiago-4



Helene Carabin-2



Gary Breipohl-3



Pete Lantz-4



Paul Miller-4



Rebecca Byers-4



Bernd Riggers-4



Chris Barnes-4



Corie Davis-4



Jay Blankenship-2



Liz Cazer-2



Zach Earnest-4



Kevin Frankenburger-4



John Fisher-5



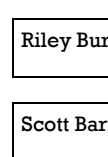
Lisa Delozier-4



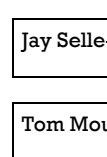
Scott Haus-5



Nic Beaumont-4



Riley Burgoon-3



Jay Selle-4

Scott Barnes-1

Tom Mount-5

Aubree Dock-3

Rabyne Rogue-2

Patrick Sadler-4

Ivan Rodriguez-4

Kara Holland-4

Kendall Johnson-5

Matt Flaherty-5

Shawn Depew-1

Sam Roberts-4

Chris Cauthon-4

Cailean Carlberg-2

John Davis-5

Greg Mckellar-5

Christian Verry-4

Kyle Shay-3

Scott Rodehaver-5

Jim Buchan-3

Jennifer Delozier-4

Christina Luera-4

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

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

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

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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

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Avery Drive Clean-up:

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Advocacy Director: **open**

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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

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



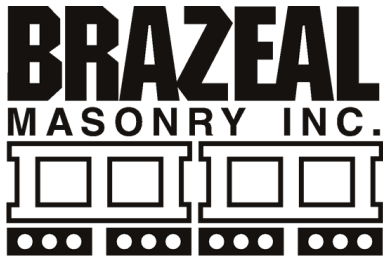
Inside This Issue

Mental Training by Alan Good

Race Stats

Giving Back to Cycling by Alan Good

2010 Tulsa Wheelmen Sponsors



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