

TW Editor:
Alan Good

TULSA WHEELMEN



Tulsa Wheelmen Newsletter



July, 2006

Volume 29, Number 7

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Tulsa Tough a Huge Success for City of Tulsa and Cycling by John Ferguson (World Sports Writer)

Jason Donald was genuinely surprised by two things during Sunday's wrapup of the first Tulsa Tough Bike Race and Ride. Donald was shocked that someone asked him for an autograph and that he won the men's pro I,II race for the second straight day. The 26-year-old from Winter Park, Colo., who races for Team Einstein, was not expecting either. "Believe me, I am surprised," Donald said.

The third day of closed-course Tulsa Tough criterium racing was the most challenging. Cyclists were viewed by a crowd estimated at 1,500 by race officials.

New Zealand champion Jo Kiesanowski won her second women's pro I,II,III race. Kiesanowski led the last five laps and easily won her second \$1,250 check. Her bank account inflated when she also won the omnium individual title and part of the \$1,500 purse.

"I didn't plan it, but I thought I would attack," Kiesanowski said of her strategy. "I thought it might discourage them (the rest of the field) and it did. It was so hot out there."

Shontell Gauthier and Andrea McAdams were second and third. Jen McRae from Austin's ConexTrain was fourth.

"The Tulsa Tough people did a great job. It was so

exciting for a first event," said Kiesanowski, who rides for Univega. "Hopefully, the women's field will grow."

The early reviews from local officials, riders and regional staff all gave thumbs up to the Tulsa Tough.

"This was seamless," said George Heagerty, who is national field operations manager for USA Cycling in Colorado Springs, Colo. "I was blown away this weekend."

Heagerty thinks Tulsa Tough should be part of the national racing calendar for the top cycling teams. However, the top riders have asked USA Cycling to limit the NRC to the best 35 events.

"That's the ultimate goal: Get the Tulsa Tough on the NRC," said Heagerty, who participated in masters 40 / 50-plus division criteriums Saturday and Sunday. "The (local) promoters are flexible on dates, but would like to have it around this time. The Tulsa Tough meets all the criteria to get on the NRC




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tulsa tough

TULSA TOUGH RIDE & RACE

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
Karen Harwood	Speedwheel	1st
Barb Landreth	OK ST TT	1st
Phil Stauner	Tulsa Tough	1st
Ben Thigpen	NWA Classic RR	1st
Cheryl Thigpen	Joe Martin SR	1st
Cheryl Thigpen	Bob Herbert SR	1st
Randall Clayborn	KS ST Crit Champ.	2nd
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	Speedwheel	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	Tulsa Tough	3rd
Jim Bohanon	Cowskin	3rd
Jim Bohanon	Port City Crit	3rd
Kary Cummins	Port City Crit	3rd
Amanda Erwin	Port City Crit	3rd
Darren Fritz	Tulsa Tough	3rd
Heidi Gault	Flint Ridge	3rd
Will Gault	Flint Ridge	3rd
Scott Gibson	Salt Creek	3rd
Devin Gilpin	KS RR Champ.	3rd
Alan Good	Salt Creek	3rd
Traci Haines	Speedwheel	3rd
Traci Haines	NWA Classic RR	3rd
Janne Hamalainen	Tulsa Tough	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
Andrew McAdoo	Tulsa Tough	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
Devin Gilpin	Tulsa Tough	4th
Devin Gilpin	Tulsa Tough	4th
Karen Harwood	Tulsa Tough	4th
Karen Harwood	Tulsa Tough	4th
Barb Landreth	Cowskin	4th
Nathan Leigh	Flint Ridge	4th
Jay Small	Flint Ridge	4th
Sean Stevens	Salt Creek	4th
Cheryl Thigpen	Speedwheel	4th
Ben Thigpen	Flint Ridge	4th

Jim Bohanon	Salt Creek	5th
Kary Cummins	Wichita RR	5th
Amanda Erwin	Port City Crit	5th
Kyle Freeman	Tulsa Tough	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)	7
Karen Harwood (W-Cat 3)	7
Barb Landreth (W-Cat 4)	6
Ben Thigpen (Cat 3 & M)	6
Nathan Leigh (Cat 3)	6
Cheryl Thigpen (W-Cat 4)	6
Devin Gilpin (Cat 5)	5
Traci Haines (W-Cat 4)	5
Jim Bohanon (Cat 4)	4
Amanda Erwin (W-Cat 4)	3
Kary Cummins (Cat 3 & M)	3
Janne Hamalainen (Cat 1/M)	3
Edgardo Delgado (Cat 5)	2
Will Gault (Cat 2)	2
Alan Good (Cat 3)	2
Andy McAdoo (Cat 5)	2
Tom Shriver (Cat 3 & M)	2
Jay Small (Cat 4 & M)	2
Phil Stauner (Cat 5)	2
Jeremy Stitt (Cat 3)	2
13 Tied with 1 top 5 result	13

Tulsa Wheelmen Top 10 by Category:

Women:	42
Master's:	29
Cat 3:	30
Cat 1/2:	20
Cat 5:	28
Cat 4:	12

Cat 1

Scott Gibson	#4
Janne H.	#5

Cat 2

Will Gault	#2
Keith Franklin	#4
Josh Lewis	#5

Cat 3

Nathan Leigh	#1
Tom Shriver	#4
Alan Good	#7
Kary Cummins	#12

Cat 4

Jim Bohanon	#2
Brian Metz	#11

Cat 5

Devin Gilpin	#1
E. Delgado	#3

Master's

Ben Thigpen	#4
Gary Breipohl	#13
J. Hamalainen	#16
R. Clayborn	#17

Women 3

Cheryl Thigpen	#2
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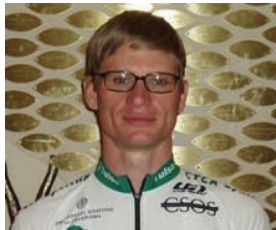
Women-4

Barb Landreth	#4
Heidi Gault	#5
Traci Haines	#10
Charlotte S	#11

ALPINEER

TULSA WHEELMEN

RACE TEAM UPDATE



Scott Gibson finished 6th at Tulsa Tough Riverside Crit



Tulsa Wheelmen

Victories	12
Top 5	90
Top 10	161

The Pro 1/2 field saw **Scott Gibson** (6th place-Riverside Crit), try to bridge to the break. Scott also secured a 15th place finish on Saturday.

The 3 field was led by **Jeremy Stitt** (7th) on Friday nights "Blue Dome" district criterium. Jeremy also finished 10th on Saturday for the 3 team. **Nathan Leigh** was the 3's top placer on Sunday with his 9th place finish.

Jim Bohanon finished 3rd in the 4's on Saturday and 7th place on Sunday. His teammate **Brian Metz** finished 11th & 10th respec-

Tulsa Tough Results

tively.

Darren Fritz (3rd place) took a podium spot for TW, followed by **Devin Gilpin** (4th) in category 5 for Sat. and Sun.

Phil Stauner (Cat 5) got the victory on Sunday with a win at Riverside Crit. Great job Phil! **Andy McAdoo** finished in 3rd place Sunday.

Women's 3/4 race had excellent results from **Karen Harwood** (4th) and **Amanda Irwin** (6th) on Saturday.

Congrats to all those that competed at this year's Tulsa Tough!



Gibson chasing the break with Mercy at Tulsa Tough on Sunday

OK State Crit Champions Crowned at Tulsa Tough-Brady District Crit

Cat 1/2		Junior 13-14		Master Men 40-45	
Chad Cagle	Gold	Alex B.-Wood	Gold	John LaSorsa	Silver
Scott Gibson	Silver	Junior 15-16		Clendon Brown	Bronze
Alex Welch	Bronze	James Mitchell	Gold	Master Men 46-50	
Cat 3		Kal Farmer	Silver	Randall Clayborn	Gold
Stephen Riner	Gold	Junior 17-18		Keith Franklin	Silver
Jeremy Stitt	Silver	Alex Schneider	Gold	Peter Erdoes	Bronze
Shane Carter	Bronze	Women Cat 3		Master Men 51-55	
Cat 4		Karen Harwood	Gold	Scott Posey	Gold
Erin Elliott	Gold	Women Cat 4		Steve Webb	Silver
Brian Wilson	Silver	Christina Moore	Gold	Master Men 56-60	
Jim Bohanon	Bronze	Barb Landreth	Silver	Ben Thigpen	Gold
Cat 5		Traci Haines	Bronze	John Hoke	Silver
Tommy Willis	Gold	Master Women 40-45			
Rafael Santiago	Silver	Barb Landreth	Gold		
Darren Fritz	Bronze	Master Men 40-45			
Junior 10-12		Janne H.	Gold		
Graham Smith	Gold				
Ian Mullinax	Silver				

Congrats TW medalists!

SpeedWheel Results (June 14, 2006)

In the women's open race **Karen Harwood** scored the win for TW. **Landreth, Haines & Thigpen** finished 2nd-4th. Great job ladies!

Scott Gibson finished 3rd behind Alex Welch & Chad Cagle from Mercy in the Cat 1/2/3 race. Nathan Leigh

got a 5th place for TW.

Master's 35+ race was led by **Randal Clayborn's** 6th place finish.

Ben Silk had his best outing of the year by grabbing the lead and a 2nd place sprint in the 3/4 race. **Stitt** I got ya

down for 7th.

Kyle Freeman came in 9th position in the 4/5 race.

7 in the top 5 not bad.

Congrats to all those that competed!

Tulsa Wheelmen News: Cheryl Thigpen earns TW Racer of the Month

Schedule of Events

- July 5-8 Junior National's
- July 8 OC Crit Edmond (OK)
- July 13-17 Master's Nationals
- July 16 Campus C. Crit (OK)

See calendar for other events!



Cheryl T. Top Results "At a Glance"

- May 2006 "TW Racer of Month"
- 1st place overall GC at Joe Martin SR
- 1st place overall GC at Bob Herbert SR
- 2nd place overall GC at Wichita Cyclefest
- 4th place at Speedwheel Crit
- 2005 Tulsa Wheelmen Female Racer of Year



Volunteers of Month

(May 2006)

Malcolm McCollam

Jim Beach

Marc Delametter

Tim Carrigg

Volunteers of Month Nominated for Efforts with Tulsa Tough

Hats off to the hard work and efforts for putting on the best damn cycling race in America period!

Great job Malcolm, Jim, Marc, and Tim for making Tulsa proud.

See you in 2007!



Advertisements & News



Bicycle Rack

Make: Graber

Model: The Mountaineer, Model 1059

Purchase date: I can't remember, but I'll estimate 5-6 years ago

Use: Max six times-realized I could no longer ride

Capacity: Slots for three, but comfortably two

Description: 90 degree frame designed to fit over the trunk of a sedan or coupe, or the back of an SUV or van; on a coupe or sedan, rear legs covered with foam pads slide back over the trunk and padded front leg rests on the bumper; equipped with S hook and tie down straps and shock cord handle; adjusting levers with a pull handle allow for raising rear leg.

Asking price: \$ 60.00

Contact Joe: cell phone: 918-671-7462

Land line: 918-481-6609



Teammate of Month for May: Nathan Leigh

The Teammate of the Month has been awarded to Nathan Leigh for his efforts with the Cat 3 team in the month of May. Nathan has been racing strong all year but his teamwork showed as he helped Jeremy grab some great places for the 3 team in Wichita.

Nathan has been instrumental and organizing tactical clinics at the Thursday night crits to help work on teamwork and tactics for future races.



Nathan Leigh has been named the Tulsa Wheelmen Teammate of the Month for May for his efforts at Wichita and for helping with the team strategy clinics.



Nathan helping the Cat 3 team at Tulsa Tough



Winning the fight against cancer, every day.®



Keep up the great work Nathan!



By Sandra Crisp

Wheelmen Advocacy Director



The information below was sent out by the League of American Bicyclists on June 19th. Even though it will be a couple weeks old by the time the July Wheelmen newsletter comes out, the Anna, Texas politicians are digging in and everyone's awareness and help will still be needed. FM 455 is the only east/west route through this town that is roughly 45 miles north/northeast of Dallas - Sandra

Last week, the League and the Texas Bicycle Coalition alerted cyclists to a possible bike ban on a critical east-west road, FM 455, in Anna, Texas. In response, more than 100 cyclists attended the City Council public hearing on June 13. Anna is located in Collin County, north of Dallas. Representatives from BikeDFW, the Plano

Help Fight a Bicycle Ban in North Texas!

Bicycle Association, the Texas Bicycle Coalition and two citizens from Anna spoke against the bike ban. Only one resident was in attendance to support the bike ban.

Despite the impressive turnout, the Anna City Council passed a motion to increase the fine for cycling on FM 455 to \$200. The Council also chose to add the penalty of impounding the bicycles of offenders. The motion did remove a requirement that bicycles be registered with the City. The Council added the word 'temporary' to the bike ban ordinance with no explanation or discussion. The duration of temporary was not defined, but the Texas Bicycle Coalition has evidence to indicate that it will be a minimum of five years before the roadway in question can be widened.

The citizens of Anna, Texas need your help! Write respectful letters addressed to Anna Mayor Kenneth Pelham requesting the City of Anna repeal the bike ban ordinance on FM 455. He can be reached at The Honorable Kenneth L. Pelham; City of Anna; P.O. Box 776; Anna, Texas 75409. The League's letter to Mayor Pelham can be found here:

http://www.bikeleague.org/programs/bikeadvocacy/images/anna_texas.pdf

Sandra Crisp

July 2006: Rides & Events

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

Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 8 AM No Wimps Noon Racer Train- ing Ride
2 8 AM No Wimps 1 PM-Race Train- ing Ride	3	4	5 USCF Junior Nat's July 5-8th	6 TW Crit Series	7	8 8 AM No Wimps Noon, Racer Train. OC Crit, Edmond, OK
9 8 AM No Wimps 1 PM-Race Train. USCF Master Nat's July 13-17	10 General Mem. Mtg 6:30 PM Race Meeting to follow at 7:30 PM	11	12	13 TW Crit Series	14	15 8 AM No Wimps Noon Racer Train. Tyler RR (TX) Norman Conquest
16 8 AM No Wimps 1 PM-Race Train. Campus Corner Crit (Norman, OK)	17	18	19	20 TW Crit Series	21	22 8 AM No Wimps Noon-Race Train.
23 8 AM No Wimps 1 PM-Race Train.	24	25	26	27 TW Crit Series	28	29 8 AM No Wimps Noon-Race Train. Denton Crit (TX) DeHydrator (OK)

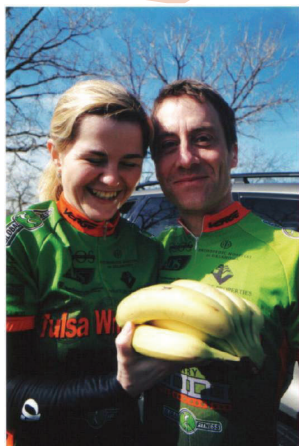
IN THE ZONE

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!

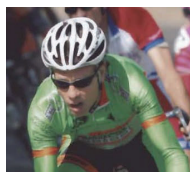
Creatine in Cycling (Part 2)

tial portion of the weight gain is associated with increased muscle mass.

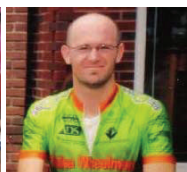
According to Elizabeth Applegate, a leading sports nutritionist, athletes may take creatine at lower doses of 3 grams per day over a 28-day period. Alternatively, they can do a "creatine loading" by taking 25 grams a day (5x5 grams/day) for 5 to 7 days. In addition, creatine remains in the muscles for 4-5 weeks after supplementation ends. Therefore, Applegate recommends that you take creatine supplementation no more than one to two times a year. If

you do want to try creatine, I would recommend that you carefully follow the recommended dosage for either type of creatine supplementation. Based on the current recommendations, you should not take creatine for more than two consecutive months. As mentioned earlier, creatine has not been shown to have significant benefits for endurance athletes so if you want to try it then it is probably best to do so in the off-season, when you are doing strength workouts. Since it is a fairly new supplement, more research is needed to determine the benefits as well as long term side effects.

Meet the Team



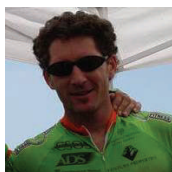
Malcolm McCollam Cat 3



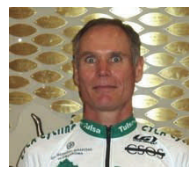
Nathan Leigh Cat 3



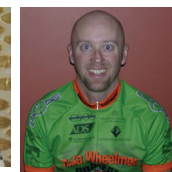
Jay Small Cat 4



Kary Cummins Cat 3



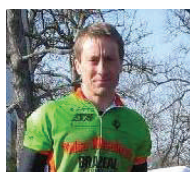
Keith Franklin Cat 2



Alan Good Cat 3



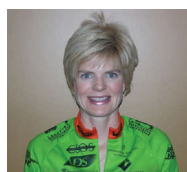
Craig Waldron Cat 5



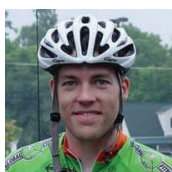
Tom Shriver Cat 3



Ben Thigpen Cat 3



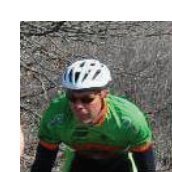
Cheryl Thigpen Cat 4



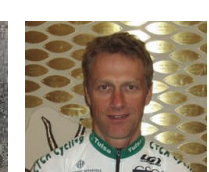
Jeremy Stitt Cat 3



Lenka Humenikova Team Nutritionist



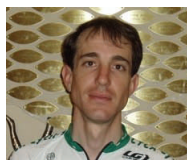
Chris Cauthon Cat 4



Janne Hamalainen Cat 1



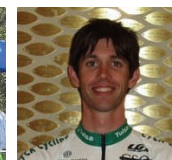
Ben Silk Cat 3



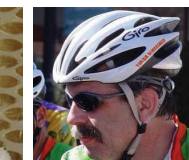
Will Gault Cat 2



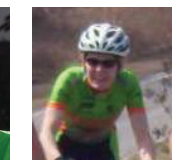
Marc Delametter Cat 3



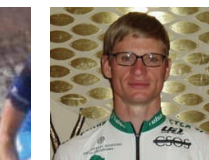
Josh Lewis Cat 2



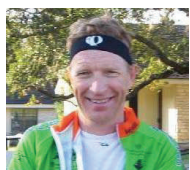
Brian Meahan Cat 4



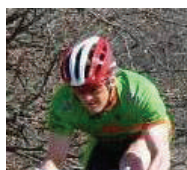
Heidi Gault Cat 4



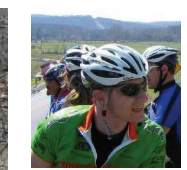
Scott Gibson Cat 1



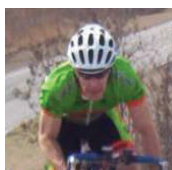
Tim Carrigg Cat 3



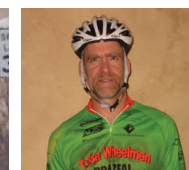
Russell McMahon Cat 3



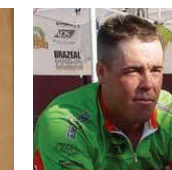
Jim Bohanon Cat 4



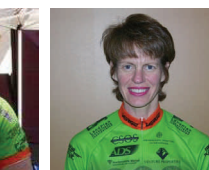
Gary Breipohl Cat 3



Pete Lantz Cat 4



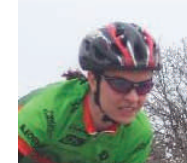
Joe Lederer Cat 4



Barb Landreth Cat 4



Karen Harwood Cat 3



Jennifer Johnson Cat 4



Amanda Erwin Cat 4



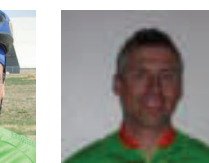
Traci Haines Cat 4



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

Andy McAdoo Cat 5

Josh Seabolt Cat 5

Darrell Meinen Cat 3

Greg Shinn Cat 3

Brandon Johnson Cat 4

Darren Fritz Cat 5

Kyle Freeman Cat 5

Brian Metz Cat 4

Sean Stevens Cat 4

Tulsa based Junior Team Making some noise by Alan Good

Team Power Train has been dominating the midwest cycling circuit as Tulsa based junior team has been racking up news headlines across the southwest.

Team Power Train has been having a fantastic year with the help of coach Mark TeRuki and sponsorship by Adam (Lee's Bicycles). Junior's on TPT include: **Alex Battles-Wood**, **James Mitchell**, **Alex Schneider**, **Grahmm Smith**, and **Ian Mullinax**.

Other racers **Kal Farmer**, **Adam Harmon** and **Grayson Warrior** complete this well rounded team.

Alex Battles-Wood (age 14) is one of TPT's up and coming cyclists. He has victories at Speedwheel, Tulsa Tough, Flint Ridge, and Port City Crit.

James Mitchell (age 15) is moving up the charts (#7 Cat 3 ranking in Oklahoma), and has been racking up results for TPT capturing wins at Flint Ridge (3/4 race) and Tulsa Tough (JR 15-16 cat). James also finished 3rd at Speedwheel, 6th at Bob Herbert SR (Cat 3) and 7th at Cowskin (3/4).



James Mitchell racing in Tulsa Tough Friday night in Blue Dome district

Alex Schneider (age 17), has raced in Cat 1/2/3 at Speedwheel (7th) and Cowskin (13th). Alex grabbed a win at Tulsa Tough in the Junior (17-18 age group). Alex also finished 17th at Bob Herbert (Cat 3).



"This group of talented and hard-working youngsters from Tulsa train and race alongside the Tulsa Wheelmen. We are fortunate to have such a great team train around the structure



that the Wheelmen have set up for this new generation of future pros," says Larry Mitchell, James's dad and active follower of Team Power Train.

Grahmm Smith (age 12), absolutely crushing the competition in the 10-12 division with wins at Tulsa Tough, Glickman Crit, Wichita TT, Velotek GP



Stage Race, Mineral Wells Road Race, Flint Ridge Circuit Race. Other notables include a pair of 2nd place finishes at Wichita (road race & crit).

Ian Mullinax (age 12) has a pair of 2nd place finishes at Tulsa Tough and Flint Ridge. On top of this Ian has finished 4th at Port of Catoosa and 5th at Cowskin & Saltcreek.



Kal Farmer (age 15) has finished 2nd at Tulsa Tough (JR 15-15), 4th at Speedwheel in the 14-18 division, and 8th at Joe Martin SR (15-16).

Adam Harmon (age 17) scored a 2nd place at Speedwheel (14-18). He also finished impressively last year at Tour di Anna (Cat 4) with the win.



Team Power Train has been dominating the junior circuit this year

Grayson Warrior finished 5th at Speedwheel.



Tulsa Wheelmen Info Pages (July 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

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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**

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

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Tulsa, OK 74152-0242

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Adventure Cycling Association

Inside This Issue

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Team Power Train

Nathan Leigh named TW-TOM

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www.tulsawheelmen.com