



Tulsa Wheelmen Newsletter



April, 2006

Volume 29, Number 4

Special Feature: "Focus on TW Women's Team-Getting Started" by Barb Landreth

Inside this issue:

| | |
|---|-------|
| TW Women's Team Focus | 1 |
| TW Women's Team Salt Creek Results | 1 |
| Race Team Update/Race Results/Stat Corner | 2 |
| Tulsa Wheelmen News | 3 |
| Nathan Leigh VOM | 3 |
| Advertisements | 3 |
| TW Women's Team Interview Bicycle Advocacy by Crisp | 4 |
| Events Calendar | 5 |
| In the Zone by Mark TeRuki | 6 |
| Nutrition Corner by Lenka | 6 |
| Meet the Team | 7 |
| TW Women's Team Interview (Cont'd) | 8 |
| TW Dues/More Race Results | 9-10 |
| Meet the TW Women's Team | 11-17 |
| Tulsa Wheelmen Info Pages | 18 |
| Tulsa Wheelmen Staff | 19 |
| Tulsa Wheelmen Sponsors | 20 |

I caught up with Barb Landreth at Salt Creek and asked her to talk about the TW Women's team and some of the things they have been doing leading up to Salt Creek. I hope you like it! Goody

I think that it is important to give credit to the people who have been willing to spend time with the TW women to try to help us become a race team.

Our first training was on Jan. 22. All seven women met at Malcolm's house. Barb and Malcolm opened their house to us before the ride because it was a very cold day. Malcolm went over the basics of pace line riding, echelon riding and basic bike maintenance and fit before we left his back yard. We rode as a group to the crit course where we did some balance drills to help us get comfortable stopping without falling off the bike. We also learned how to turn around and look to the rear safely. Malcolm then

showed us how to corner using counter steering techniques. He stood at one corner and had each of us approach him from both directions until we could all demonstrate that we had an idea of how to turn effectively. After the training we rode back to Malcolm's house and were treated to a feast of chips and salsa and home made brownies that Malcolm and Barb had baked that morning. It was a very enjoyable and helpful day of training and socializing, and was an ideal way to get the group together for the first time. Thanks again to Malcolm and Barb.

On March 5th, Tim Carrigg volunteered to ride with the women and help us with more racing skills. Since the Salt Creek race had been the day before, we wanted to get together and have Tim tell us what we did right and what we needed to improve on. Four of the women racers were able to attend, as well as Charlotte (Josh's girlfriend). We met at 1:00 at the Wright Middle School and headed out Avery

with the TW group. We broke off from the guys at Avery Drive and practiced pacelines and rotating pacelines for several miles. Once we were very comfortable riding in a group, Tim challenged us again by teaching us how to attack and chase. We each had to initiate an attack and the rest of the group had to chase. By the end of the fourth attack in two miles my legs were burning! We finished up the ride by learning how to attack going up a hill. Tim was both a wonderful teacher and a great ride leader. I know that the skills he was able to share with us will be useful in upcoming races. We appreciate Tim taking his time to ride (slower than his usual pace) with us to help us become better racers!

Barb Landreth

Tulsa Wheelmen Women's Team does well at 2006 Salt Creek Circuit Race



Karen Harwood, top finisher on the TW Women's Team, shown here grabbing 3rd place at Salt Creek Circuit Race

The TW women's team performed well at Salt Creek circuit race in the Women's Category 1,2,3,4 on March 4th. The race took place in Mannford, OK. Newcomer **Karen Harwood** (Cat 3) earned a trip on the podium with her 3rd place finish behind Stacey Bertsch (Mercy) and Helene Carabin (BIRocks) both of whom are Cat 2's.

Working hard to put Karen in position for the win were Cat 4 racers, **Heidi Gault, Barb Landreth, Amanda Erwin, Jennifer Johnson** and **Traci Haines**. "I am very pleased with the way the women worked as a team. This is a crucial part of bike racing," said TW president, **Tim Carrigg**, after the race on Saturday.

TW Women's Team Results:

| | |
|----------------------|------------|
| Karen Harwood | 3rd |
| Heidi Gault | 8th |
| Barb Landreth | 9th |
| Amanda Erwin | 10th |
| Jennifer Johnson | 12th |
| Traci Haines | 17th |

Way to go TW and good luck in 2006!

Tulsa Wheelmen Place Well at Salt Creek Circuit Race

ALPINEER

TULSA WHEELMEN

RACE TEAM UPDATE



1/2 Team at Salt Creek finished 3rd, 6th, 7th and 8th in Mannford.



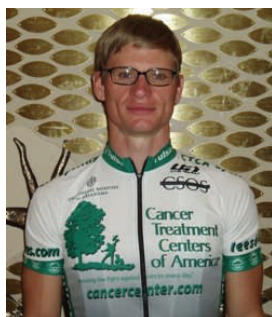
at Southwestern Regional Medical Center

Winning the fight against cancer, every day.*



Primavera II in Lago Vista, TX during the Cat 3 race on Sunday (photo by Randall Clayborn's bike cam)

Stat Corner by Al B Good



Scott Gibson, was the top performer at Primavera, capturing 2nd place in 90 degree heat

The Tulsa Wheelmen & CTCA teams performed well in one of the early classics targeted by TW. The race was promoted by TW Cat 3 racer, **Russell McMahon**. The race featured some of the biggest field sizes since the race began in 2003.

In the 1/2/3 race **Scott Gibson**, worked with former TW, Ryan Fiddler (Mercy), to catch Matt Ankney (Mercy) and Brad Huff (TIAA-CREF) who placed 1st and 2nd respectively. Scott broke away from Fiddler capturing 3rd place to gain the top spot for CTCA. **Will Gault, Keith Franklin**, and

Janne Hamalainen finished 6th, 7th, and 8th on the day.

For the 3 squad, **Al Good**, broke away with 3 laps to go with a group of 5 riders. Alan took home 3rd place for TW. **Nathan Leigh** was 7th.

In the 4/5 race, newcomer **Brian Metz**, was top finisher for TW, grabbing 2nd place.



Jim Bohanon (5th), **Jay Small** (11th), rounded out the

top finishers.

The 5 race featured strong performances by newcomers **Sean Stevens** (4th), **Devin Gilpin** (8th) and **Edwardo Delgado** (10th) rounding out the top 10 for TW.

For women's results (see page 1).

Other results included:

Devin Gilpin 16th in 4/5's

Sean Stevens 17th in 4/5's

Andy McAdoo 38th in 4/5's

Joe Lederer 41st in 4/5's

David Wakefield 16th in 5's

CTCA & TW Race Hard in Lago Vista, Texas at Primavera I & II

Racing in 90+ degree heat in the hills with huge field sizes the TW can hold their heads high after racing well as a team and getting on the podium Saturday and Sunday.

Primavera I was highlighted by **Nathan Leigh's** (Cat 3) courageous performance, capturing a career best at

Lago by getting a 3rd & 5th place finish. **Tom Shriver** following soon after grabbing 13th (also a career best there).

In the pro race, **Scott Gibson** dominated capturing a 2nd place finish on day 2, followed by **Janne Hamalainen's** 16th place

2006 OK Spring Races

Salt Creek Circuit Race

Saturday, March 4, 2006

Flint Ridge Circuit Race

Saturday, April 1, 2006

Cowskin Circuit Race

Saturday, April 9, 2006

Tulsa Tough

Friday-Sun, June 2-4, 2006

TW Top Results for 2006:

| | | |
|-----------------|-----------------|-----|
| Gary Breipohl | Hell's Kitchen | 1st |
| Devin Gilpin | Port City Crit | 1st |
| Scott Gibson | Primavera II | 2nd |
| Karen Harwood | Port City Crit | 2nd |
| Brian Metz | Salt Creek | 2nd |
| Jim Bohanon | Port City Crit | 3rd |
| Kary Cummins | Port City Crit | 3rd |
| Amanda Erwin | Port City Crit | 3rd |
| Scott Gibson | Salt Creek | 3rd |
| Karen Harwood | Salt Creek | 3rd |
| Barb Landreth | Port City Crit | 3rd |
| Nathan Leigh | Primavera I | 3rd |
| Alan Good | Salt Creek | 3rd |
| Chris Cauthon | Port City Crit | 4th |
| Kary Cummins | Port City Crit | 4th |
| Edgardo Delgado | Port City Crit | 4th |
| Scott Gibson | Port City Crit | 4th |
| Sean Stevens | Salt Creek | 4th |
| Jim Bohanon | Salt Creek | 5th |
| Amanda Erwin | Port City Crit | 5th |
| Scott Gibson | San Dimas SR | 5th |
| Traci Haines | Port City Crit | 5th |
| Nathan Leigh | Primavera II | 5th |
| Tom Shriver | Fayetteville RR | 5th |
| Jeremy Stitt | Port City Crit | 5th |

(Results as of 3/27/06)

Scoring in the Top Five for 2006:

| | |
|---------------------------|---|
| Scott Gibson (Cat 2) | 4 |
| Jim Bohanon (Cat 4) | 2 |
| Kary Cummins (Cat 3 & M) | 2 |
| Amanda Erwin (W-Cat 4) | 2 |
| Karen Harwood (W-Cat 3) | 2 |
| Nathan Leigh (Cat 3) | 2 |
| Gary Breipohl (Cat 3 & M) | 1 |
| Chris Cauthon (Cat 4 & M) | 1 |
| Edgardo Delgado (Cat 5) | 1 |
| Devin Gilpin (Cat 5) | 1 |
| Alan Good (Cat 3) | 1 |
| Traci Haines (W-Cat 4) | 1 |
| Barb Landreth (W-Cat 4) | 1 |
| Brian Metz (Cat 4) | 1 |
| Tom Shriver (Cat 3) | 1 |
| Sean Stevens (Cat 4/5) | 1 |
| Jeremy Stitt (Cat 3) | 1 |

(Results through 3/27/06)

Schedule of Events

- April 1-Flint Ridge Circuit Race (OK)
- April 2-NW Ark Spring Classic (AR)
- April 6-9-Sea Otter SR (CA)
- April 8-Racing on the River (OK)
- April 8-Red Bud RR (OK)
- April 9-Cowskin Cir. Race (OK)
- April 22-23-Bob Herbert SR (AR)



Volunteer of Month (February 2006)



Nathan Leigh

Tulsa Wheelmen News:

1/2 Team has Big Goals Ahead Thanks to CTCA Sponsorship!



2006 CTCA 1/2 Team with corporate sponsor Cancer Treatment Centers of America



1/2 Team Picture (from left to right; Janne Hamalainen, Scott Gibson, Josh Lewis, Keith Franklin, Will Gault)

2006 Upcoming CTCA Targeted Races:

- Flint Ridge CR (4/1)
- NWA Spring Classic (4/2)
- Cowskin CR (4/9)
- Bob Herbert SR (4/15-16)
- El Dorado CR (5/6)
- Wichita Crit (5/7)
- Joe Martin SR (5/12-14)
- Tri-Peaks (5/19-21)
- Tulsa Tough (6/2-6/4)



Volunteer of Month (Nathan Leigh) Recognized for TW Training Camp by Tim Carrigg

Volunteer of the Month for February 2006 is **Nathan Leigh**. He did all the work to set-up the Tulsa Wheelmen training camp. The weather: The worst weekend of the year and therefore we could not ride outside, but did get some trainer time in the Parker Plastics production room. Great get together Friday PM and good dis-

cussion topics on Saturday AM and Saturday PM with Mark TeRuki.



Nathan Leigh at 2006 Salt Creek Circuit Race



Advertisements & News

Mark Teruki has offered a team discount for his coaching services. If you are interested, contact Keith Franklin

Sean Stevens recent upgrade from cat 5 to cat 4

See Tulsa Wheelmen website for the latest information on the **Tulsa Tough Ride & Race** and other race & events list information for 2006. Go to www.tulsawheelmen.com for more info.



Thank you to **Dr. Ann Taylor** on her presentation on EMDR training at the Wheelmen meeting on March 13th.



Women's Team Interview: 1st Race as TW (Jennifer Johnson & Amanda Erwin)

Alan: How did you feel at Salt Creek?

Jennifer: I felt really good as I flew by everyone; then I felt really bad as they would come flying around me. Repeat that cyclical feeling about 12 times and that pretty much sums it up for me.

Amanda: I didn't crash, drop out or finish last! The fact that I was at the starting line was an accomplishment; really the only reason I finally went was to get my 1st race experience over and done with.

The race was exciting and scary at the same time. I learned that unless I overcome my apprehension about sharp turns and fast

downhills I am not going to be a successful bike racer. Being in the middle of the pack most of the race and then totally losing contact on the SAME right turn and SAME downhill for five loops was very frustrating. I don't think my heart could have taken much more of the all-out effort to catch back up to the pack each and every loop! All in all, this bike racing thing is a very humbling experience for me.

Alan: What you learned as a team?

Jennifer: I don't know what the team learned but I am thinking about getting one of those multi-speed bikes. Everyone that has them seems to have better results for some reason. Oh, and I

learned that Amanda doesn't like pack riding downhill unless those were shrieks of joy.

Amanda: Since competing in triathlons is a totally individual effort, I really enjoyed being a part of a team again. It reminded me of traveling to college cross-country meets. Even though it was our first event as a team, I felt like all of the girls bonded quickly and supported each other while the guys were there for moral support. Nate was awesome for helping us set up our trainers, pin our numbers on and making last minute adjustments to our bikes. Having the rest of the men's team on the sidelines cheering for us was a great feeling! (Continued on page 8)



Heidi Gault, followed by Barb Landreth and Amanda Erwin at Salt Creek Circuit Race finish



By Sandra Crisp
Wheelmen Advocacy Director



<http://tulsawheelmen.com/cp.php>

Bill Relating to the Operation of Bicycles currently making its way through the Oklahoma Legislature

House Bill 2926 has passed the Oklahoma House and was introduced in the Oklahoma Senate on March 13.

Major provisions of this bill include:

- Simplifying and making more inclusive the definition of a bicycle
- Eliminating the provision for local mandatory side path laws
- Adding a minimum passing distance of 3 feet for motorists overtaking a cyclist
- Adding additional penalties (albeit small) for injury or death of a cyclist being passed too close
- Replacing "...as near as practicable..." with "...as close as is safe..." when describing how close to the right-hand curb or edge of roadway a cyclist is to ride when an exception (there

are many) is not present

- Eliminating mandatory sidelights for bicycles

These legal reforms are not a final solution and do not yet make bicycling laws uniform throughout the state; however, they are a step in the right direction.

You can find the full text of this bill and track its progress through the Oklahoma Legislature's website www.lsb.state.ok.us.

Sandra Crisp, Tulsa Wheelmen Advocacy Director



April 2006: Rides & Events



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

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|------------------|------------------|---|------------------|--|
| | | | | | | <p><i>1</i></p> <p>8 AM No Wimps</p> <p>Noon Racer Training Ride</p> <p>Flint Ridge Circuit Race</p> <p>Kansas, OK</p> |
| <p><i>2</i></p> <p>8 AM No Wimps</p> <p>1 PM-Race Training Ride</p> <p>NW Arkansas Spring Classic</p> <p>Prairie Grove, AR</p> | <p><i>3</i></p> | <p><i>4</i></p> | <p><i>5</i></p> | <p><i>6</i></p> <p>See Otter Classic SR (CA)</p> <p>April 6-9th</p> | <p><i>7</i></p> | <p><i>8</i></p> <p>8 AM No Wimps</p> <p>Noon, Racer Train.</p> <p>Racing on the River (Tulsa,OK)</p> <p>Red Bud RR (OKC, OK)</p> |
| <p><i>9</i></p> <p>8 AM No Wimps</p> <p>1 PM-Race Train.</p> <p>Cowskin Circuit Race</p> <p>Westport, OK</p> | <p><i>10</i></p> <p>General Mem. Mtg</p> <p>6:30 PM Panera</p> <p>Race Meeting to follow at 7:30 PM</p> | <p><i>11</i></p> | <p><i>12</i></p> | <p><i>13</i></p> | <p><i>14</i></p> | <p><i>15</i></p> <p>8 AM No Wimps</p> <p>Noon Racer Train.</p> <p>Bison Tour/Race Shawnee,OK</p> |
| <p><i>16</i></p> <p>8 AM No Wimps</p> <p>1 PM-Race Train.</p> | <p><i>17</i></p> | <p><i>18</i></p> | <p><i>19</i></p> | <p><i>20</i></p> | <p><i>21</i></p> | <p><i>22</i></p> <p>8 AM No Wimps</p> <p>Noon-Race Train.</p> <p>Bob Herbert SR, Bentonville, AR</p> |
| <p><i>23</i></p> <p>8 AM No Wimps</p> <p>1 PM-Race Train.</p> <p>Bob Herbert SR</p> <p>Spring Fever Tri</p> <p>Claremore,OK</p> | <p><i>24</i></p> | <p><i>25</i></p> | <p><i>26</i></p> | <p><i>27</i></p> | <p><i>28</i></p> | <p><i>29</i></p> <p>8 AM No Wimps</p> <p>Noon-Race Train.</p> <p>OKC TT Series</p> <p>OKC, OK</p> |

IN THE ZONE

by Mark TeRuki



Intervals for Beginners

Interval training is the most beneficial manner to become a faster, stronger, and more efficient racing cyclist and yet too many racers overlook them. It's just easier to go ride with the group, but if you really want to improve you must do what the others won't do – and many of the others won't do intervals. For a beginner, it only means 1 or at the most 2 rides a week devoted to intervals, the other days you can do the group rides and get the specific benefits they provide.

The scope of interval training is almost endless – intervals can and should be individualized to meet the needs of more advanced racers, but the beginner will benefit from doing the following “generic” intervals.

Each of the following interval types addresses a specific energy system. Choose one to address and perform the intervals once a week, early in the week when you are most recovered, for a period of 3-4 weeks...no longer. Also note that due to the stress these in-

tervals place on the body, it is normal to experience side effects from doing these – increased fatigue, and generally feeling like you are not riding as strong. The benefits from doing these workouts will show up a week or so after you have completed the 4 week cycle of them. VO2 max Intervals; designed to increase the rate of oxygen delivery and utilization during exercise. They are very intense! Interval duration – 4 minutes initially, progressing up to 6 minutes. Recovery duration – equal to interval duration. Number – 1 set of 4 is probably enough for true beginners, although those with an endurance sport background may be able to tolerate 2 sets, in this case take 15 minutes between sets. Intensity – max effort you can MAINTAIN for the duration of the interval. If using heart rate, you will be within 10% of your max HR, or 100-110% of Threshold HR.

Threshold Intervals; designed to improve Lactic Acid clearance and the ability to ride at or close to your Lactate Threshold. If you use heart rate, first determine an estimate of your Threshold HR.

Perform a 30 minute Time Trial and record your average HR over the final 20 minutes. This is your Threshold HR. Interval Duration – 15 minutes progressing to 20 minutes. Recovery duration – 10 minutes. Number – 2 intervals.

Intensity – 85-100% of Threshold HR. If you don't use HR, you will have to use a perceived exertion that is slightly under time trial intensity. The biggest mistake riders make with these intervals is they go too hard – these are not all out max efforts!

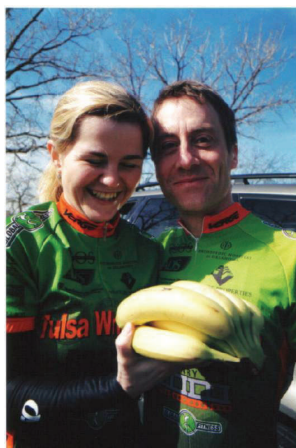
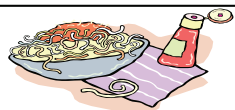
Anaerobic Power Intervals; designed to increase the ability to produce high power in an anaerobic state. Interval Duration – 30 seconds, progressing up to 1 minute for beginners (1 ½ minutes for more advanced riders) Recovery duration – 5 minutes. Number – 1 or 2 sets of 4, again for true beginners, 1 set is probably sufficient.

Intensity – maximum intensity!!! HR values are not applicable due to the short duration.

Happy Training!

Nutrition Corner

by Lenka Humenikova & Tom Shriver



Nutrition Question of the Month: Redbull by Lenka & Tom

This month's nutrition question:

Does the energy drink Red Bull do more for you than water or Gatorade? What about sports nutrition drinks like CytoMax? Are they worth buying?

Thanks for the question. Some people believe that Red Bull gives them energy on the bike, but in fact the opposite is true. Because of the high concentration of carbohydrates, Red Bull (as well as pop or fruit juice) does not leave the stomach as quickly as needed and your muscle cells don't receive much needed fuel. In addition, the high amount of caffeine in Red Bull can cause additional stomach problems in some people, especially those that are not used to large amounts of caffeine. So, we do not recommend drinking Red Bull for training or racing.

The ideal carbohydrate concentration in a sports drink is 6-8%. For instance, the concentration of carbohydrates in Gatorade is 8%, which is ideal. As far as water goes, it is sufficient for about an hour-long ride of moderate to vigorous intensity. After that you need some form of carbohydrate, either a sports drink such as Gatorade, an energy bar, or some other type of carbohydrate (fig bars, banana etc.) to fuel your muscles. Muscle glycogen gets depleted fairly quickly (within 1.5-2 hours of moderate to intense training/race), so you need to supply carbohydrates regularly through foods or liquids.

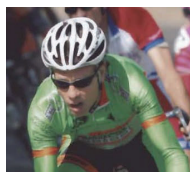
While many sports drink manufacturers make exaggerated claims about their products' effectiveness, the key is to focus on the carbohydrate concentration of

6-8%. Some products, such as CytoMax, claim to provide several compounds that assist in energy metabolism, but these claims have yet to be verified by scientific research. Simple sports drinks like Gatorade provide the adequate carbohydrate concentrations and work well for most athletes. An important thing to remember is that in order to maximize the benefits of Gatorade on the bike, you should not dilute the original formula. It is okay to dilute Gatorade for hydration purposes, but if you are using it for energy (i.e., carbohydrate needs), you need to drink it at full strength.

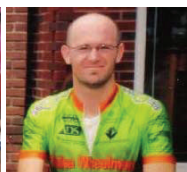
Lenka & Tom



Meet the Team



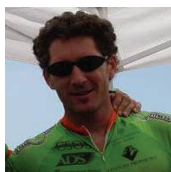
Malcolm McCollam Cat 3



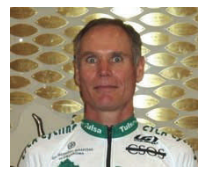
Nathan Leigh
Cat 3



Jay Small
Cat 4



Kary Cummins
Cat 3



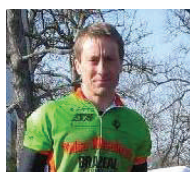
Keith Franklin
Cat 2



Alan Good
Cat 3



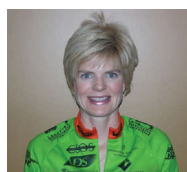
Craig Waldron
Cat 5



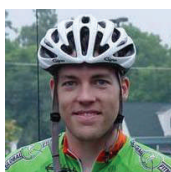
Tom Shriver
Cat 3



Ben Thigpen
Cat 3



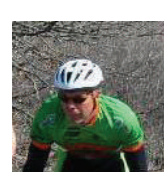
Cheryl Thigpen
Cat 4



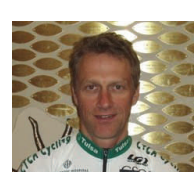
Jeremy Stitt
Cat 3



Lenka Humenikova
Team Nutritionist



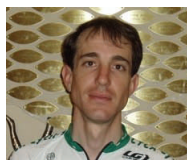
Chris Cauthon
Cat 4



Janne Hamalainen
Cat 2



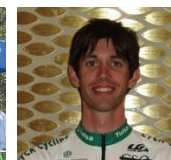
Ben Silk
Cat 3



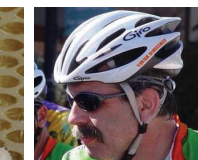
Will Gault
Cat 2



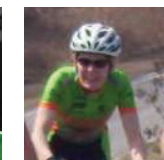
Marc Delametter
Cat 3



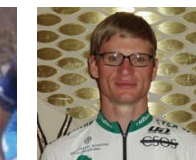
Josh Lewis
Cat 2



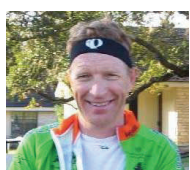
Brian Meahan
Cat 4



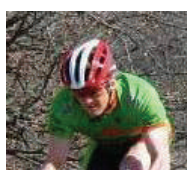
Heidi Gault
Cat 4



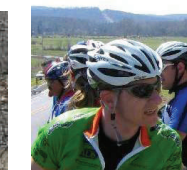
Scott Gibson
Cat 2



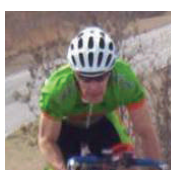
Tim Carrigg
Cat 3



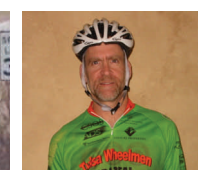
Russell McMahon
Cat 3



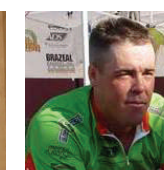
Jim Bohanon
Cat 4



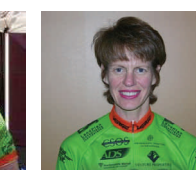
Gary Breipohl
Cat 3



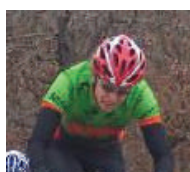
Pete Lantz
Cat 4



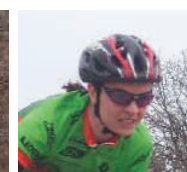
Joe Lederer
Cat 4



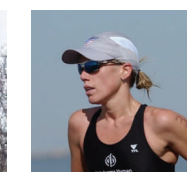
Barb Landreth
Cat 4



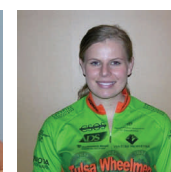
Karen Harwood
Cat 3



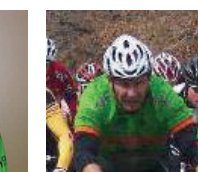
Jennifer Johnson
Cat 4



Amanda Erwin
Cat 4



Traci Haines
Cat 4



Randall Clayborn
Cat 3

New Tulsa Wheelmen Team Members for 2006

Bud Almond Cat 5
Edgardo Delgado Cat 5
Greg Ingram Cat 3
Brian Metz Cat 4
Josh Seabolt Cat 5
Philip Stauner Cat 5
Sean Stevens Cat 5
(No Picture Available)

No picture
available

John Power
Cat 3

Steve Webb
Cat 3

Adam Pratt
Cat 4

Rich Chillingworth
Cat 2

Darren Brazeal
Cat 3

Darrell Meinen
Cat 3

Greg Shinn
Cat 3

Brandon Johnson
Cat 4

Women's Team Interview: 1st Race as TW (Jennifer Johnson & Amanda Erwin & Barb Landreth) Continued from page 4

I learned that every part of the race is a step towards advancing the team, not just one person fighting for the best possible finish for herself. I'm looking forward to learning more about the strategy involved in bike racing from experienced racers like Heidi and Karen.

Alan: Team goals for 2006?

Jennifer: I think we should take our bikes to the Friday night drag races and race rednecks for cash.

Amanda: I think at this point, we just want to learn what each others strengths are so that we can find our "groove" as a team. We need to get used to each others' personalities and riding styles by training and racing together.

Alan: Personal goal for 2006?

Jennifer: Find that wise-ass Mercy rider that suggested I shift occasionally (derailleur was frozen) and run her off the road. Maybe research what those gears are on everyone else's bikes.

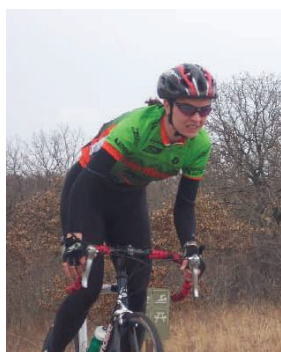
Amanda: My individual goal for bike racing this year is just to keep pushing myself outside of my comfort zone. For me, that will be working on handling and technique so that those things don't hold me back.

Alan: Team races for 2006?

Jennifer: Giro, Tour, Vuelta

Amanda: We have not discussed this yet. March 20th we plan to cover this.

Barb Landreth: I had never been to a bike race before except for the three time trials in which I participated in years past. I was amazed to see that so many riders from all across the state and neighboring



Jennifer Johnson at 2006 Salt Creek Circuit Race

states were there racing. I was also surprised to learn that 19 women showed up to race! I had been told that women's fields were typically very small, so I was a little nervous to see so many strong looking women at the starting line.

We all brought trainers and warmed up together before the race. Nathan Leigh tried to give us some pointers on how to approach the race while we were warming up. It was very comforting to have teammates around me with the large number of women racers there. One thing that I was glad not to know before the race was the fact that many of the other women racers were Cat 2s! I think that I would have been more intimidated had I known this before the race started.

At one point during a fast downhill into a turn I heard Amanda behind me saying

"This is so way outside my comfort zone!" I remember agreeing with her as I was struggling to stay with the lead group. On the last lap of the race I learned several good lessons as a novice racer. It is important to be in the right gear when approaching the last hill so that you don't get dropped. I had to sprint on the downhill to catch up with the lead group. When it came time for the last sprint up the hill to the finish, my legs were shot! I was also thrilled that I was not involved in a crash and that I was able to stay on the bike despite being bumped several times.

I plan on racing in most of the races that are close to Tulsa this year including the Tulsa Tough crits. I hope to be able to survive the season without crashing and to have fun racing with the team. Since I am the old lady of the women's team, I would be happy just to be able to race with all of the younger strong women that we now have on our team.



Amanda Erwin, TW Women's Team member is also a 5-Time OK State Champion in Triathlon. Amanda finished 10th at Salt Creek Circuit Race



More pictures (below) of the TW Women's race at Salt Creek in Mannford, OK



Bicycle Power
Calculator

<http://www.mne.psu.edu/amancusa/ProdDiss/Bicycle/bikecalc1.htm>

Tulsa Wheelmen Membership Notice (March & April 2006)

Last First EXP DATE
Almond Bud & Lisa 03/2006

Please contact Marc Delametter
At no1family@cox.net if you have questions.



ALPINEER



San Dimas (CA) Stage Race Results: Cat 2 Team Results

Overall GC:

Scott Gibson-5th place (26 seconds behind the leader)

Janne Hamalainen-33rd place (2:22 behind)

Will Gault-34th place (2:32 behind)

Josh Lewis-52nd place (8:14 behind)

Keith Franklin-64th place (17:11 behind)

Stage Results:

Saturday Road Race

Will Gault-4th

Janne H-8th

Scott-11th



Sunday Road Race

Scott-6th

Janne-31st

Keith-37th

Glendora Chevy Mountain Time Trial

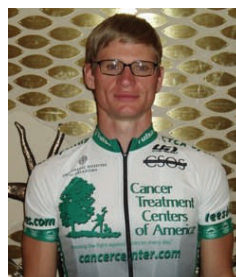
Scott Gibson-9th (15:09.07)

Josh Lewis-54th

Janne H-61st

Will Gault-63rd

Keith Franklin-96th



Scott Gibson, captured 5th place overall for Team CTCA/Tulsa Wheelmen in the 2006 San Dimas Stage Race



Hell's Kitchen (AR) Road Race Results

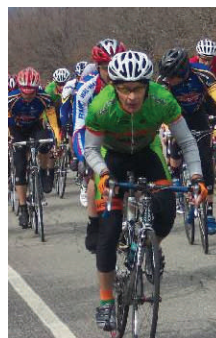
Report from **Gary Breipohl**

1st Place Master's 50+

Hell's Kitchen was surprising dry after a little mist during warm-up. I managed to get over the big hill with 8 other riders in my peleton all riding in the 40+ masters group. We stayed "together" until the 2nd time up the big climb where two of us attacked and stayed away. I was able to finish with the group while finishing 1st in the 50+ master's.

Great job Gary!

Sean Stevens, TW Cat 5 racer, got 7th place at Hell's Kitchen. Sean also is the recipient of a recent category upgrade from 5 to 4. Great job Sean on your result and your move up to Cat 4!



Gary Breipohl, Winner of the 2006 Hell's Kitchen Road Race (Master's 50+ category)

| 2005 Race Season | |
|-------------------------|-----------|
| Victories | 27 |
| State Champs | 10 |
| #1 in OK | 8 |
| Top 10 in Nation | 1 |



Black Stone Ranch II (AR) Crit Race Results: Joe Lederer (Cat 4)

Joey Lederer got 14th at the Black Stone Criterium on March 3, 2006. Joe competed in the Cat 4/5 Master's 35+ (B Group). The race took place in Fort Smith, Arkansas.



Joe Lederer, Cat 4 racer for TW, has competed at both Black Stone I & II



ALPINEER



Fayetteville (TX) Stage Results: Tom Shriver Lone Cat at FSR

Overall GC: 3/19/06

Tom Shriver-31st place

Stage Results:

Saturday Road Race (3/18)

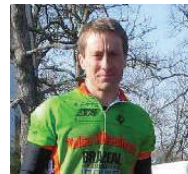
13th place

Sunday Road Race (3/19)

5th place

Time Trial (3/18)

48th place



Tom Shriver, was the lone Wheelmen at the 2006 Fayetteville Stage Race in Texas. Tom got 5th in Sunday's Cat 3 road race in Fayetteville

Shriver is moving up the USCF rankings in road races (#4 in Oklahoma and #91 in the USA) going into Port City Crit. Keep up the great work Tom!



Tulsa Wheelmen "Drive the Boat" at Port City Crit Race (Results below):

Top TW placer

1/2/3

Scott Gibson 4th

Keith Franklin 6th

Janne H. 8th

Will Gault 10th

3/4

Kary Cummins 3rd

Jeremy Stitt 5th

Randal C. 8th

4/5

Jim Bohanon 3rd

5's

Devin Gilpin 1st

Edgardo D. 4th

Master's 35+

Kary Cummins 4th

Jay Small 8th

Scott Posey 13th

Tim Carrigg 14th

Ben Thigpen 15th

Master's 35+/4/5's

Chris Cauthon 4th

Joe Lederer 7th

Brian Meahan 14th

Master's 35+/4/5's-cont'd

Brandon J. 15th

W-Open

Karen Harwood 2nd

Amanda Erwin 5th

Jennifer Johnson 6th

Traci Haines 8th

Cheryl Thigpen 9th

W-Cat 4

Barb Landreth 2nd

Amanda Erwin 3rd

Traci Haines 5th

Cheryl Thigpen 7th



TW Women's race at Port City Crit, OK



TULSA WHEELMEN WOMEN'S TEAM



Amanda Erwin



March 2006



Rider Info

Hometown: Tulsa, OK-
Born: Monterey, CA
Height: 5-10
Weight: 128 lbs.
Race Age: 33
USCF Cat: 4
USCF Exp: 0 years
USCF-1st Year: 2006
TW-1st Year: 2006

Racing Info

Career Victories* 28
Career Top 5* 29
Career Top 10* 31
Tulsa Wheelmen 1st YR

*Career Stats 1997-05

Rider Summary:

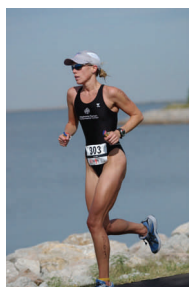
Named by South Midwest Region-USAT "Elite Athlete to look for in 2006"...
4-Time Oklahoma State Triathlon Champion (1998, 2000, 2001, 2005)...first year with TW women's team in 2006...Ranked in top 15 in nation (age group) since 1997-triathlon...OK State Half-Ironman Champion 2005...OK State Duathlon Champion (2000)...10th place (25-29) at 2001 World Triathlon Championships (Alberta, Canada)...racing goals for 2006 include a top 5 age group (30-34) finish at National Triathlon Championships in July and top 20 overall finish at ITU World Triathlon Championships in September...USCF race schedule include races at Salt Creek, Cowskin, Racing on the River, Tulsa Tough, and Tour of KC

2005 Race Results:

| Race | Date | Category | Results |
|------------------------------------|---------|--------------|---------|
| Tulsa Tri-State Championship (OK) | 6/12/05 | W-Olympic D. | 1st |
| OK State 1/2 Ironman Championships | 9/24/05 | W-1st 1/2 IM | 1st |
| Ironhead Dallas Triathlon (TX) | 7/17/05 | W-Olympic D. | 2nd |
| Memphis in May Triathlon (TN) | 5/22/05 | W-Olympic D. | 10th |

Other Top Career Results:

| | | | |
|----------------------------------|---------|------------------|------|
| World Tri-Championships (Canada) | 2001 | W-25-29 | 10th |
| World Tri-Championships | 2001 | Overall-U.S. pl. | 13th |
| OK State Tri-Championships | 2004 | W | 1st |
| OK State Tri-Championships | 2001 | W | 1st |
| OK State Tri-Championships | 2000 | W | 1st |
| OK State Tri-Championships | 1998 | W | 1st |
| OK State Duathlon Championships | 2000 | W | 1st |
| Port City Crit (OK) | 3/26/06 | W4 | 3rd |
| Port City Crit (OK) | 3/26/06 | W-Open | 5th |
| Salt Creek Circuit Race (OK) | 3/4/06 | W1/2/3/4 | 10th |



USCF Rankings

National: NR RR
NR Crit
OK Ranking: NR RR
NR Crit

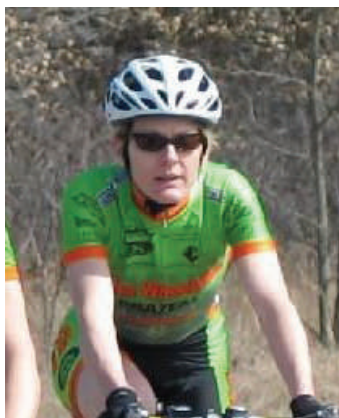
TULSA WHEELMEN WOMEN'S TEAM



Heidi Gault



March 2006



Rider Info

Hometown: Tulsa, OK-
 Born: Wichita, KS
 Height: 5-4
 Weight: 115 lbs.
 Race Age: 36
 USCF Cat: 4
 USCF Exp: 1 year
 USCF-1st Year: 2005
 TW-1st Year: 2005

Racing Info

Career Victories* 1
 Career Top 5* 3
 Career Top 10* 4
 Tulsa Wheelmen 1 YR

*Career Stats 2005

Rider Summary:

2005 Oklahoma State Crit Champion in Women Master's 35+...2nd on women's team in wins (1)in 05...helped guide women's team to 5 victories last year...raced in expert field in cross country/mountain biking capturing 2 wins and a 2nd place...1st & 2nd place in 2005 OK Cyclocross Series.

2005 Race Results:

| Race | Date | Category | Results |
|---------------------------------|--------|----------|---------|
| OK State Crit Championship (OK) | 6/4/05 | W-M35+ | 1st |
| OK State RR Championship (OK) | 6/5/05 | W-M35+ | 3rd |
| Cowskin Circuit Race (OK) | 4/2/05 | W1/2/3/4 | 5th |
| Salt Creek Circuit Race (OK) | 3/5/05 | W1/2/3/4 | 6th |

Other Top Career Results:

| | | | |
|--------------------------------------|----------|----------------|-----|
| Salt Creek Circuit Race (OK) | 3/4/06 | W1/2/3/4 | 8th |
| OKC Velo Cyclocross | 10/30/05 | W-SR18+ | 1st |
| Turkey Mountain XCC | 4/24/05 | Expert SR19-39 | 1st |
| Tom Steed Great Escape/XCC | 11/6/05 | Expert SR19-39 | 1st |
| OK Velo Cyclocross (OK) | 12/18/05 | W-SR18+ | 2nd |
| Tour de Lizard fat Tire Classic (OK) | 9/11/05 | Expert SR19-39 | 2nd |



USCF Rankings

National: #46 RR
 NR Crit
 OK Ranking: #2 RR
 NR Crit

TULSA WHEELMEN WOMEN'S TEAM



Traci Haines



March 2006

Rider Summary:

1st Year with TW Women's Team...race plans for 2006 include Salt Creek, Racing on the River, NWA Classic road race, and other local races...excited to race with the TW Women's Team in 2006

2005 Race Results:

| Race | Date | Category | Results |
|------|------|----------|---------|
| None | | | |

Other Top Career Results:

| | | | |
|------------------------------|---------|----------|------|
| Port City Crit (OK) | 3/26/06 | W-Cat 4 | 5th |
| Port City Crit (OK) | 3/26/06 | W-Open | 8th |
| Salt Creek Circuit Race (OK) | 3/4/06 | W1/2/3/4 | 17th |

Rider Info

| | |
|----------------|------------|
| Hometown: | Tulsa, OK- |
| Born: | NA |
| Height: | NA |
| Weight: | NA |
| Race Age: | 26 |
| USCF Cat: | 4 |
| USCF Exp: | 1st year |
| USCF-1st Year: | 2006 |
| TW-1st Year: | 2006 |

Racing Info

| | |
|-------------------|--------|
| Career Victories* | 0 |
| Career Top 5* | 0 |
| Career Top 10* | 0 |
| Tulsa Wheelmen | 1st YR |

*Career Stats TBA



USCF Rankings

| | |
|-------------|---------|
| National: | NR RR |
| | NR Crit |
| OK Ranking: | NR RR |
| | NR Crit |

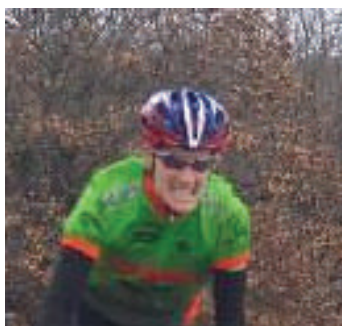
TULSA WHEELMEN WOMEN'S TEAM



Karen Harwood



March 2006



Rider Info

Hometown: Tulsa, OK
 Born: Austin, TX
 Height: 5-6
 Weight: 135 lbs.
 Race Age: 37
 USCF Cat: 3
 USCF Exp: 8 years
 USCF-1st Year: 1998
 TW-1st Year: 1997

Racing Info

Career Victories* 2
 Career Top 5* 7
 Career Top 10* 9
 Tulsa Wheelmen 6 YRS

360 Cycleworks Inc. 1 YR
 (TX-2005)

*Career Stats 2003-05

Rider Summary:

Raced for TW 1998-2002...1998 *TW Female Racer of the Year*...high points racer in "C" crit races in 1998...moved to Texas and took some time off the bike in 2002-2004...raced for 360 Cycleworks Inc. (Texas) in 2005...back with TW women's team in 2006...2nd Place at Salt Creek Circuit Race in 2005...only Cat 3 racer on women's team...plans are to get back into race form after two years off and a short season in 2005...excited to race with teammates for the first time

2005 Race Results:

| Race | Date | Category | Results |
|------------------------------|---------|----------|---------|
| Salt Creek Circuit Race (OK) | 3/5/05 | W1/2/3/4 | 2nd |
| Pace Bend RR (TX) | 2/27/05 | W3 | 5th |
| Lago Vista II (TX) | 3/13/05 | W-Open | 6th |
| Lago Vista I (TX) | 3/12/05 | W-Open | 9th |

Other Top Career Results:

| | | | |
|-------------------------------|---------|------------|------|
| Port Rd. TT Series (OK) | 8/17/03 | W-M19+ | 1st |
| Liberty RR (OK) | 1999 | W4 | 1st |
| OK State RR Championship (OK) | 6/6/04 | W1/2/3/4/5 | 3rd |
| Salt Creek Circuit Race (OK) | 3/4/06 | W1/2/3/4 | 3rd |
| HHH Overall Pts Race (TX) | 8/99 | W4 | 3rd |
| Port City Crit (OK) | 3/36/06 | W-Open | 2nd |
| Joe Martin Stage Race (AR) | 5/99 | W4 | 12th |
| HHH TT (TX) | 8/99 | W4 | 13th |
| HHH Road Race (TX) | 8/99 | W4 | 18th |
| HHH Crit (TX) | 8/99 | W4 | 18th |



USCF Rankings

National: #161 RR
 NR Crit
 OK Ranking: #2 RR
 NR Crit

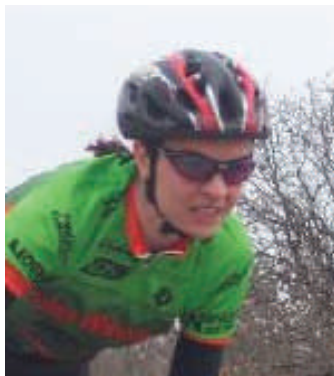
TULSA WHEELMEN WOMEN'S TEAM



Jennifer Johnson



March 2006



Rider Info

Hometown: Tulsa, OK
 Born: Tulsa, OK
 Height: 5-6
 Weight: 122 lbs.
 Race Age: 29
 USCF Cat: 4
 USCF Exp: 1st year
 USCF-1st Year: 2006
 TW-1st Year: 2006

Racing Info

Career Victories* 0
 Career Top 5* 0
 Career Top 10* 0
 Tulsa Wheelmen 1st YR

*Career Stats 2002-05

Rider Summary:

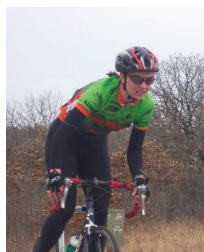
"J.J. Flash"...1st Year with TW Women's Team...has competing in triathlons since 1997...ranked #1 in 25-29 age group in the USAT South Midwest Region (LA,AR,OK,TX)...2005 USAT All-American...2005 Ironman World Tri Championship in Kona, Hawaii... 2006 ITU Long Course Triathlon World Championship Qualifier (Canberra, Australia)...2005 Long Course National Champion (25-29) ...plans to race with the TW women's team at most of the local races...excited to race for Tulsa Wheelmen in 2006...main focus for 2006 will be qualifying for the Ironman World Championship in Kona and the 70.3 World Championship in Florida...plan on racing at 70.3 California, Buffalo Springs Lake 70.3 Ironman, Ford Ironman 70.3 Honu Tri and Vineman Ironman 70.3

2005 Race Results:

| Race | Date | Category | Results |
|-----------------|------|----------|---------|
| No USCF results | | | |

Other Top Career Results:

| | | | |
|------------------------------|---------|----------|------|
| Port City Crit (OK) | 3/26/06 | W-Open | 6th |
| Salt Creek Circuit Race (OK) | 3/4/06 | W1/2/3/4 | 12th |



USCF Rankings

| | |
|-------------|---------|
| National: | NR RR |
| | NR Crit |
| OK Ranking: | NR RR |
| | NR Crit |

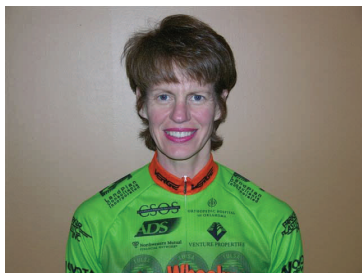
TULSA WHEELMEN WOMEN'S TEAM



Barb Landreth



March 2006



Rider Info

Hometown: Tulsa, OK
 Born: Tulsa, OK
 Height: 5-10
 Weight: 145 lbs.
 Race Age: 47
 USCF Cat: 4
 USCF Exp: 1st year
 USCF-1st Year: 2006
 TW-1st Year: 2006

Racing Info

Career Victories* 3
 Career Top 5* 4
 Career Top 10* 4
 Tulsa Wheelmen 1st YR

*Career Stats 2004-05

Rider Summary:

Won Tulsa event Racing on the River in 2005...in 1st year with women's team in 2006...participated in Avery Drive TT Series in 2004...plans to race in Tulsa Tough crits and other local races in 2006...excited to race with the TW Women's team in 2006

2005 Race Results:

| Race | Date | Category | Results |
|--------------------------|--------|----------|---------|
| Racing on the River (OK) | 3/5/05 | W | 1st |

Other Top Career Results:

| | | | |
|------------------------------|---------|----------|---------------|
| Avery Drive TT Series (OK) | 2004 | W | 1st (overall) |
| Avery Drive TT Series #2 | 2004 | W | 1st |
| Port City Crit (OK) | 3/26/06 | W4 | 2nd |
| Avery Drive TT Series #3 | 2004 | W | 3rd |
| Salt Creek Circuit Race (OK) | 3/4/06 | W1/2/3/4 | 9th |



USCF Rankings

National: NR RR
 NR Crit
 OK Ranking: NR RR
 NR Crit

TULSA WHEELMEN WOMEN'S TEAM



Cheryl Thigpen



March 2006



Rider Info

Hometown: Tulsa, OK
 Born: Muskogee, OK
 Height: 5-4
 Weight: 108 lbs.
 Race Age: 43
 USCF Cat: 4
 USCF Exp: 9 years
 USCF-1st Year: 1997
 TW-1st Year: 2001

Racing Info

Career Victories* 4
 Career Top 5* 12
 Career Top 10* 31
 Tulsa Wheelmen 6 YRS

*Career Stats 1997-05

Rider Summary:

2005 TW Female Racer of the Year...helped guide women's team to 5 victories in 2005...had 5 top 5 placings in 2005... raced at Master's Nationals with husband & TW race team member Ben...2004 Oklahoma State Road Race Champion

2005 Race Results:

*NRC Event

| Race | Date | Category | Results |
|---------------------------------|-------------|--------------|---------|
| Joe Martin Stage Race (AR) | 5/15/05 | W-M40+ | 3rd |
| Master's Nationals TT (UT) | 6/20-7/1/05 | Mixed Tandem | 4th |
| NWA Spring Classic RR (AR) | 4/3/05 | W-Open | 4th |
| OK State Crit Championship (OK) | 6/4/05 | W-M35+ | 4th |
| Speedwheel Crit (OK) | 6/16/05 | W1/2/3/4 | 5th |
| OK State RR Championship (OK) | 6/5/05 | W-M35+ | 7th |
| Tour of KC-Cliff Drive (KS) | 8/13/05 | W3/4 | 8th |
| Master's Nationals RR (UT) | 6/20-7/1/05 | Mixed Tandem | 9th |
| Cowskin Circuit Race (OK) | 4/2/05 | W1/2/3/4 | 11th |
| Salt Creek Circuit Race (OK) | 3/5/05 | W1/2/3/4 | 11th |
| Hotter 'N Hell RR (TX) | 8/27/05 | W4 | 19th |

Other Top Career Results:

| | | | |
|---------------------------------|----------|---------|-------------|
| OK State RR Championship (OK) | 6/6/04 | W-M35+ | 1st |
| Joe Martin Stage Race-TT (AR) | 5/14/05 | W-M40+ | 2nd (14:16) |
| OK State Crit Championship (OK) | 6/5/04 | W-M35+ | 3rd |
| OK Velo Cyclocross | 10/30/05 | W-SR18+ | 4th |
| Joe Martin RR (AR) | 5/14/05 | W-M40+ | 5th |
| Joe Martin Crit (AR) | 5/15/05 | W-M40+ | 5th |
| Port City Crit (OK) | 3/26/06 | W4 | 7th |
| Port City Crit (OK) | 3/26/06 | W-Open | 9th |



USCF Rankings

National: #93 RR
 NR Crit
 OK Ranking: #5 RR
 NR Crit

Tulsa Wheelmen Info Pages (March 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

MALCOLM LAW
THE LEGAL SPECIALIST



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.

Tulsa Wheelmen Staff

Newsletter Staff

Editor: Alan Good

Hm: 405-612-4847

goody@okstate.edu

Distribution: Tom Potter

437-9419

Web Site: Kary Cummins

Hm: 918-748-8858

Kary.Cummins@wiltel.com

Officers

President: Tim Carrigg

Hm: 918-645-1143

tcarrigg@parkerplastics.com

Treasurer: Beth Delametter

Hm: 918-749-4075

nolfamily@cox.net

President Elect: Open

Past President: Brian Meahan

Secretary: Open

Hm:

Membership Director:

Marc Delametter

Hm: 918-749-4075

nolfamily@cox.net

Race Team Director:

Keith Franklin

kflandplan@aol.com

Race Director: Open

Avery Drive Clean-up:

Tom Potter 437-9419

Advocacy Director:

Sandra Crisp

Hm: 918-688-8596

sandracrisp@cox.net

Team Nutritionist:

Lenka Humenikova

www.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 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

P.O. Box 52242

Tulsa, OK 74152-0242

Return Service Requested



Adventure Cycling Association

Inside This Issue

TW Women's Team Focus 2006

San Dimas & FSR Stage Race results

Salt Creek, Port City & Hell's K results

2006 Tulsa Wheelmen Sponsors



We're on the Web!
www.tulsawheelmen.com