



Newsletter

March 2009

Volume 31, Number 3

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Report of the Colavita Sutter Home Women training Camp, Austin, January 24-25, 2009

From the Women's Squad Leader (Helene Carabin):

My role as the captain of the Women component of the Tulsa Tough Racing is to try to plan the races that our team will do this year and maximize our chances to give a good impression locally and regionally about our racers. Lauren Miller, while browsing the TXBRA website, spotted the announcement for a training camp strictly for women organized by the Colavita Sutter Home team. What a wonderful opportunity for our newly expanded team members to get to know one another. Indeed, our team passed from a total of 2 to 3 racers last year to 10 this year! To further encourage this new team, the Tulsa Wheelmen was kind enough to sponsor our women's team to attend the camp. So it is with a lot of enthusiasm that we headed down to Austin, Texas on Friday, January 23rd. I will divide this report by lessons learned rather than a lengthy day to day report on what we gained from this great experience

Lesson #1: Do not believe the weather man in Austin. Yep, we were all expecting temperatures in the 60's both days but got caught off guard with a max of 42 on Saturday and a brisk north wind and no sun. Sunday was somewhat warmer but still fairly cold (as can be noticed by our relaxed looks on the picture below taken

before the ride on Sunday). The advantage of wind is that it is a great opportunity to practice echeloning in a pace line and to learn to position a sprinter behind a leader. The cat 3 girls (Heidi, Lauren and myself, along with Rae) were all in the same group on Saturday and we got the opportunity to practice leads-out for a sprinter. But since the conditions were really bad, the poor Lauren only had me as a lead out and we could only practice this twice.

Lesson #2: Women and men training camps are VERY dif-



ferent. Whereas what I have heard of men training camp usually equates to trying to drop as many guys as possible, the whole purpose of the camp was for us to learn strategy from a group of experienced racers who had gone to very important races, including the Olympics. It was amazing being able to ask Tina Pic, well, how should I lead Lauren for a sprint and what would you do in such and such situation. The experience of some of those races was a source of knowledge that we were invited to tap into while riding and during the meetings. The

picture of Lauren and Tina Pic is a good example of the wonderful collegial ambiance which we enjoyed the whole weekend.

Lesson #3: Setting goals is a must. One of the most important things that I have personally gained from the camp was group discussions that we had with the Colavita team members on Saturday night. The discussion groups were on tactics, psychological aspects of racing, nutrition and weight lifting. The psychological aspects of racing are probably a topic from which the team will benefit extensively. The "Director Sportif" (Iona) was very good at encouraging us to think about leaders and to set up goals for the team for this season and for the women's team future.

Lesson #4: Time is of essence. Finally, as very well noticed by Rabyne, our Cat 4 leader, it is important to always allow more time than we thought to do anything in a larger team. My past experience has often been to race alone (Lauren having raced later in the season when I was done and Heidi in the midst of a house move). So trying to get rolling with 9 people was challenging. This training camp was a great way to realize that we will need to plan in advance and make sure to allow a lot of time to be able to talk tactics before each race.

Colavita Camp (Continued from page 1)

From the Women's Cat 4 Squad Leader (Rabyne Rogue):

First, I'd like to say how proud I am of our Cat 4 women for maintaining great attitudes throughout the entire trip despite cold, heavy wind, and the amateur-mixed-race-paced echelons on the first day. We learned, first of all, how to communicate. We are women, we have voices, and each one of us found our outdoor voices this weekend. We also learned successful drafting, pacelining, rotation, working as a unit, chasing down breakaways, tactics, hydrating, fueling, recovery, and much more by example of the Colavita racers.

Lesson #1: TIME... The eight to nine hour travel into Austin was full of laughter and wash-room breaks. You may laugh at that, but I personally learned a valuable lesson about this element of our new women's racing team. We will have to take the wash-room break, snack-break element into consideration when planning to get to places on time (8 hour drive = rally 1-2 hours earlier for safety cushion) When we arrived we soon settled into our cozy-tight quarters. With four racers to each hotel room and four bikes, luggage... yes, we were very soon acquainted. In the midst of learning each others names... Ray-Rah, G, Meg, Sellmmm- Oh dear! We found our bike nicknames a more natural phenomenon. Instead of, "Hey please hand me the wheel to my Madone- no not that one... the other," we morphed into, "Hey please- Chip needs his wheel, did Luna's tires get aired, Yeah Masi is vintage- but at least he's faithful... Gi-Gi sure is sleek- Chip's jealous!" This sort of insanity is reasonable for cyclists... now for those that think their family's quadruped-mammal is human... and for the emotional sanity of said pet, they wrap the latest fashionable doggy sweater and leave it faithfully under the family tree for Fido on Christmas Morning... that's just weird.

Lesson #2: DROPPING THE CHAIN... it happened more than usual this weekend. Chain-drops with a properly adjusted derailleur typically happen when trying to shift under load... never a good idea no matter what gear combo you are in. When it happens we're usually in the big/big and trying to drop it into the small ring. This happens when we run out of strength climbing a hill and try to bail out of the big gear combo, likely standing up while doing so. If that was the case, learning to down shift earlier while lightening up on the pedals to decrease the tension on your chain is the only real cure for dropping the chain.

Lesson #3: BIKE FIT... Several comments were made by the Colavita Racers as to our bike fits. For us, parts may need to be ordered such as different length handlebar stems, orthotics/shims to reduce leg-length discrepancies which will reduce wobbling translated to handlebars, etc. In short, every single one of us needs to be professionally fit by Mark TeRuki or Adam Vanderburg before the season begins. This will make us stronger racers, more comfortable on our rides and less prone to repetitive use injuries like chondromalacia and saddle sores.

Lesson #4: SPRINTING & DESCENDING HILLS...

According to the Colavita racers, descending hills and sprinting towards the finish line should always be performed in the drops. They called hands on top of bars amateur and dangerous. Their reasoning behind hands in the drops are: you have more control and maneuverability, obviously you have better aerodynamics, and when your hands are in the drops versus the on-top position no passing handlebars can hook or tangle in yours.

Lesson #5: CLIMBING OUT OF SADDLE... When a high cadence won't get you to the top and lactic thresholds peak, you must stand. Before you stand, increase your gear by one so you don't lose speed when you get out of the saddle. Keep your bum over or near the saddle tip versus leaning forward over the handle bars where you lose power and fatigue prematurely. Tighten the lower abdomen to give your legs a stronger base to thrust from. To gain extra power, grip the handle bars and pull hard as the opposite leg thrusts down. Keep your body in a steady line with your bike as your legs climb over it. The plane of motion is more like climbing a ladder than that of a Broadway dancer - bobbing up and down and thrusting arms, hips, and props (bike) side to side theatrically. Always increase your gears... never decrease once you're in the climb. Decreasing gears will slow you down and you will get dropped. Instead, choose the lowest gear you can climb the hill in and then you'll have the freedom to increase your gears as you climb in order to dominate or at the very least keep from being dropped.



March 2009: Rides & Events Calendar

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>1-March</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i> 8AM Racer's Training Ride Salt Creek
<i>8</i> 8 AM Racer's Training Ride Cowskin	<i>9</i> CTCA/General Mem. Mtg 6:30 PM Race Meeting to follow at 7:30 PM	<i>10</i>	<i>11</i>	<i>12</i>	<i>13</i>	<i>14</i> 8AM Racer's Training Ride
<i>15</i> 8 AM Racer's Training Ride Hell's Kitchen (Hogeye, AR)	<i>16</i>	<i>17</i>	<i>18</i>	<i>19</i>	<i>20</i>	<i>21</i> 8AM Racer's Training Ride Fayetteville SR (TX)
<i>22</i> 8 AM Racer's Training Ride Fayetteville SR (TX)	<i>23</i>	<i>24</i>	<i>25</i>	<i>26</i>	<i>27</i>	<i>28</i> 8AM Racer's Training Ride Dogwood Classic RR (MO)
<i>29</i> 8 AM Racer's Training Ride NWA Classic (AR) <i>5-April</i> Flint Ridge RR	<i>30</i>	<i>31</i>	<i>1-April</i>	<i>2</i>	<i>3</i>	<i>4</i> 8AM Racer's Training Ride



Tulsa Tough Race Team Results



Primavera I (February 28, 2009)

Lago Vista, Texas

Pro 1/2

Janne Hamalainen 18th

Will Gault 31st

Women's Open

Helene Carabin 5th

Master's 40+

Phil Stauner 11th

Alan Good 20th

Women's Cat 4

Rhoda McSweeney 9th

Men's Cat 4

Dustin Weaver 13th

Jeff West 15th

Rafael Santiago 27th

Edgardo Delgado 32nd

Paul Miller 53rd

Men's Cat 5

Ivan Rivera 34th

Primavera II (March 1, 2009)

Lago Vista, Texas

Pro 1/2

Jay Blankenship 37th

Andy Malcom 44th

Cailean Carlberg 53rd

Women's Open

Helene Carabin 11th

Master's 40+

Alan Good 6th

Phil Stauner 20th

Men's Cat 4

Jeff West 4th

Paul Miller 14th

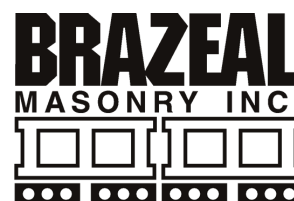
Dustin Weaver 18th

Rafael Santiago 40th



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Meet the Team (Name-Race Category) New Team Member for 2009



Nathan Leigh-2



Shane Carter-2



Brian Metz-3



Kary Cummins-2



Chris Genske-4



Alan Good-3



Keith Franklin-2



Lauren Miller-3



Ben Thigpen-3



Cheryl Thigpen-3



Traci Leigh-4



Phil Stauner-3



Don Tardiff-5



Janne Hamalainen-1



Tim Carrigg-3



Will Gault-1



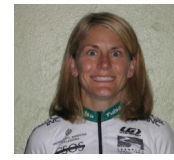
Edgardo Delgado-4



Jeremy Stitt-3



Jim Bohanon-3



Heidi Gault-3



Dustin Weaver-4



Chris Zenthoefer-2



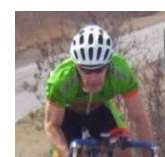
Eric Melton-2



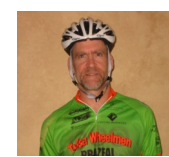
Ben Silk-3



Helene Carabin-3



Gary Breipohl-3



Pete Lantz-4



Mark Delozier-4



Brandon Johnson-4



Kyle Freeman-3



Darren Fritz Cat 4



Todd Reed-3



Rafael Santiago-4



Jeff West-4



Mitch Houtman-2

James Hiatt-4

Ivan Rodriguez-5

Christian Verry-4

Mike Stern-5

Andy Malcom-1

John Allen-3

Scott Posey-3

Doug Wheeler-5

Rob Chance-5

Jay Blankenship-2

Jim Buchan-3

Richard Gulotta-4

Rob Lemaster-5

Rebecca Byers-4

Tina Fountain-4

Lori Ginn-4

Cailean Carlberg-2

Shawn Depew-1

Chris Moore-3

Garrett Grow-4

Rabyne Rogue-4

John Fisher-5

Kyle Shay-4

Julie Swagerty-4

John Brest-3

Kevin Frankenburger-5

Kendall Johnson-5

Scott Rodehaver-5

Cory Hair-5

Tulsa Wheelmen Info Pages

Ride Classifications

MILES	TERRAIN	AVG SPEED
1-Under 10 miles	A-Flat	a-4-8 (leisure)
2-10 to 20 miles	B-Grades	b-7-12 (touring)
3-20 to 40 miles	C-Some hills	c-13-17 (fast)
4-40-70 miles	D-Many hills	d-18+ (racing)
5-75-120 miles	E-Severe hills	

Weekly Rides (rides roll on time)

DAY	RIDE	LOC	TIME	TYPE	NOTES
M-F	Bike-to-work Day	Home to work	You pick	You pick	Save the planet
Mon	DOT ride	4000 N. Hwy 169	5:30 PM	3/D/c-d	Starts Apr 5th
Tues	Summer Crit Series	Tulsa Safety Training Center	6 PM	1/A/d	Runs April-Sept
Wed	Wed Night Ride	Johnson Park Parking Lot	5:30 PM (sharp for competitive group!)	3/D/c-d	Starts Apr 5th
Sat/Sun	Racer's Training Ride	35th & Riverside	8 AM	4/C/c-d	Year round
Sun	"No Wimps" Ride	Wright School	8 AM	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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MASONRY INC.

Re-Cycle-It classified ads run for 2 months and are available free to members, (only \$7.50 for non-members); ads **must be submitted in writing by the 10th of the month**. Other rates are available upon request. Make check payable to Tulsa Wheelmen. Mail ad directly to TW Newsletter Editors, P.O. Box 52242 Tulsa, OK 74152-0242 or e-mail a club officer. **DO NOT PLACE ADS BY PHONE**

Take Action: Who you gonna call or write?

City Problems?

Mayor's Action Center:

596-2100, Fax 596-9010.

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

City Animal Shelter: 669-6299.

State Highway Problems?

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

Tulsa County Rd Problems?

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

Tulsa County Traffic Problems?

Tulsa County Sheriff
918-596-5601.

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

Air Quality/Ozone Alert?

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

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CCP: **Ren Barger**

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Advocacy Director: **open**

Webmaster: **Kary Cummins & Jeremy Stitt**

Race Event List: **Lauren Miller**

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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 Traci Haines, Membership Director (info on left)



Tulsa Wheelmen

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Tulsa, OK 74152-0242

Return Service Requested



Inside This Issue

Colavita Training Camp

March Race Team Calendar

Primavera

2009 Tulsa Wheelmen Sponsors

