

TW Editor:
Alan Good

Tulsa Wheelmen



Newsletter

January 2009

Volume 31, Number 1

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Team Power Train/Wheelmen Camp a Huge Success by Alan Good

This year was a huge success for the TPT/Tulsa Wheelmen training camp which was directed by local professional cycling coach Mark Te Ruki. The winter training "mini camp" was held in Turner Falls, Oklahoma on December 26-28th. According to Te Ruki the focus of the camp was:

1. Endurance training
2. Goal setting
3. Team building
4. Fun

Day 1: Friday, December 26th:

Upon arrival lunch was provided prior to the 2 PM ride departure. The weather was unbelievable for this time of year for day 1 of the cycling camp topping out at 77 degrees. We left as a group after a quick team picture. The group pretty much stayed together until the very end when a few of us decided to sprint back to the lodge. I think a few of us were hungry. Total distance for the day was 45 miles of flat terrain.

After the ride dinner was provided by Paul Miller who did an excellent job as the team chef. The meals all weekend long were simply awesome! All the work Paul and his staff put in prior to the camp was certainly seen this weekend as a lot of hungry cyclists were very satisfied by the food he prepared.

Later in the evening Mark led the group with some core training exercises and some flexibility and stretching exercises that we could use throughout the year for cycling and racing. After that we watched some DVD on famous crashes in professional racing history. I have to admit I have never seen a pair of horses cause a crash in the Tour de France before, then race with the cyclists along the route. That was pretty funny!

Day 2: Saturday, December 27th:

After some great REAL oatmeal for breakfast the team assembled for the longest ride of the weekend. The ride departed at around 10:30 am and the cyclists were divided into two groups. Group A's route travelled over some rolling terrain and included some pretty intense efforts especially towards the end of

in the morning but gradually worked its way up to 58 degrees by the end of the ride. It sure was nice having support vehicles follow the groups so we could hand them our clothes as we heated up. Thanks fellas!!!

The final day was the coldest day of the camp at 30 degrees in the morning (9am ride time departure) but with all the climbing we did on this day it did not take long to heat up. The plan today was for group A (four hour ride) and group B (3 hour ride) with many hills. Today was actually the best part of the weekend even though I was very sore. It was the reason why I chose to attend the camp. Lots of climbing! Day 3 had six of us choosing the longer route and by the end a friendly dual between Will Gault and Alex Battles-Wood ended the day with a dramatic climb. Even the pace car drove around us (Garrett and myself) as we saw the both climb away.

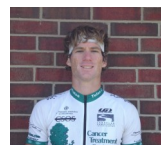
Overall the camp was a great time and I just wanted to take the time to thank all the people that put this camp on. Especially Mark and Paul and the crew that helped prepare the meals and the support vehicles for all their assistance during the ride. Until next year...happy training 2009!



Will Gault (March 2008)



Davis Hale (March 2008)



Todd Reed (April 2008)



Helene Carabin (April 2008)



Rafael Santiago (May 2008)



Todd Reed (May 2008)



Jay Blankenship (June 2008)

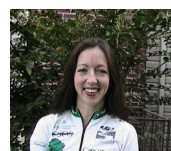
Janne Hamalainen (June 2008)

Kary Cummins (July 2008)



Lauren Miller (July 2008)

Chris Zenthoefer (August 2008)

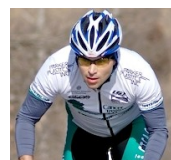


Jeremy Stitt (August 2008)

Alan Good (September 2008)



Shane Carter (September 2008)



January 2009: Rides & Events Calendar

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
4	5	6	7	8	9	10 8AM Racer's Training Ride OKC X race
11 8 AM Racer's Training Ride	12 CTCA/General Mem. Mtg 6:30 PM Race Meeting to follow at 7:30 PM	13	14	15 OKC X race Series #3	16	17 8AM Racer's Training Ride Copperas Cove Classic Cat 1/2 Camp
18 8 AM Racer's Training Ride Cat 1/2 Camp	19	20	21	22	23 Colavita Team Camp (Women)	24 8AM Racer's Training Ride Colavita Team Camp (Women)
25 8 AM Racer's Training Ride Colavita Team Camp (Women)	26	27	28	29	30	31 8AM Racer's Training Ride
1 FEB 8 AM Racer's Training Ride	2	3	4	5	6	7 8AM Racer's Training Ride

Tulsa Wheelmen

Stat Corner



2008 Race Days

Chris Zenthoefer	37
Andy Malcom	31
Janne Hamalainen	30
Jay Blankenship	26
Will Gault	23
Todd Reed	21
Jeremy Stitt	19
Helene Carabin	18
Lauren Miller	18
Phil Stauner	17

Winner's Circle

2008:	41 wins
2007:	39 wins
2006:	22 wins
Totals:	102 wins

2008 Wins (2+)

Helene Carabin	10
Will Gault	6
Todd Reed	6
Shane Carter	3
Andy Malcom	3
Davis Hale	2
Rob Lemaster	2
Lauren Miller	2
Chris Zenthoefer	2

USCF Season Wins

Bold = Active Race Team Member

Will Gault	2004	12
Helene Carabin	2008	10
Keith Franklin	2004	9
Will Gault	2008	6
Janne Hamalainen	2004	6
Todd Reed	2008	6
Ben Thigpen	2005	6
Lauren Miller	2007	5
Jeremy Stitt	2004	5
Tim Carrigg	2004	4
Davis Hale	2007	4
Mark McClay	2004	4
Marcela Nova	2005	4
Ben Thigpen	2004	4
Shane Carter	2008	3
Rich Chillingworth	2004	3
Keith Franklin	2005	3
Heidi Gault	2007	3
Mitch Houtman	2005	3
Andy Malcom	2008	3
Keith Winn	2004	3
Phil Stauner	2007	3
Gary Breipohl	2007	2
Chris Cauthon	2005	2
Kary Cummins	2007	2
Darren Fritz	2006	2
Will Gault	2007	2
Devin Gilpin	2006	2
Davis Hale	2008	2
Janne Hamalainen	2006	2
Rob Lemaster	2008	2
Russell McMahon	2004	2
Lauren Miller	2008	2
Cheryl Thigpen	2006	2
Chris Zenthoefer	2008	2
Chris Zenthoefer	2007	2

(Note: 2 or more season wins)

Career Wins (2004-Present)

Bold = Active Race Team Member

Will Gault	20
Keith Franklin	13
Ben Thigpen	11
Helene Carabin	10
Janne Hamalainen	10
Jeremy Stitt	7
Lauren Miller	7
Todd Reed	6
Davis Hale	6
Gary Breipohl	5
Tim Carrigg	4
Kary Cummins	4
Mitch Houtman	4
Mark McClay	4
Marcela Nova	4
Cheryl Thigpen	4
Chris Zenthoefer	4
Shane Carter	3
Rich Chillingworth	3
Heidi Gault	3
Andy Malcom	3
Phil Stauner	3
Keith Winn	3
Chris Cauthon	2
Darren Fritz	2
Devin Gilpin	2
Malcolm McCollam	2
Russell McMahon	2
Rob Lemaster	2

(Note: 2 or more career wins)

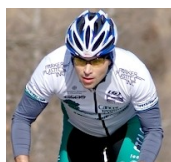


Tulsa Wheelmen

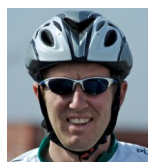
Meet the Team (Name-Race Category) New Team Member for 2009



Nathan Leigh-2



Shane Carter-2



Brian Metz-3



Kary Cummins-2



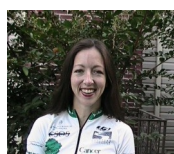
Chris Genske-4



Alan Good-3



Keith Franklin-2



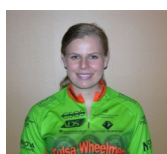
Lauren Miller-3



Ben Thigpen-3



Cheryl Thigpen-3



Traci Leigh-4



Phil Stauner-3



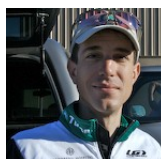
Don Tardiff-5



Janne Hamalainen-1



Tim Carrigg-3



Will Gault-1



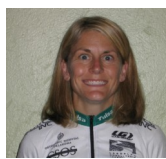
Edgardo Delgado-4



Jeremy Stitt-3



Jim Bohanon-3



Heidi Gault-3



Dustin Weaver-4



Chris Zenthoefer-2



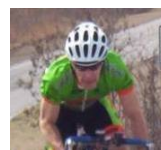
Eric Melton-2



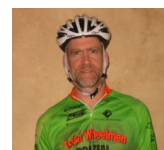
Ben Silk-3



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 (January 2009)

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

Take Action: Who you gonna call or write?

City Problems?

Mayor's Action Center:

596-2100, Fax 596-9010.

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

City Animal Shelter: 669-6299.

State Highway Problems?

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

Tulsa County Rd Problems?

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

Tulsa County Traffic Problems?

Tulsa County Sheriff
918-596-5601.

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

Air Quality/Ozone Alert?

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

Tulsa Wheelmen Staff

Newsletter Staff

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raceteamdirector@tulsawheelmen.com

Avery Drive Clean-up:

Open

CCP: **Ren Barger**

ccpdirector@tulsawheelmen.com

Advocacy Director: **open**

Webmaster: **Kary Cummins & Jeremy Stitt**

Race Event List: **open**

eventlist@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

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

Conquering the Pass by Davis Hale

Season Stats by Alan Good

CTCA/TW Top Performers

2009 Tulsa Wheelmen Sponsors



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www.tulsawheelmen.com

