



# 2018 Tulsa Bicycle Club

## Spring Training Rides

Date	Day	Time	Miles	Start Location
March 17	Saturday	10:00 am	5	Cornerstone Church
March 18	Sunday	1:30pm	5	Cornerstone Church
March 24	Saturday	10:00 am	10	Cornerstone Church
March 25	Sunday	1:30pm	10	Cornerstone Church
March 31	Saturday	10:00 am	15	OK Department of Transportation
April 1	Sunday	1:30pm	15	OK Department of Transportation
April 7	Saturday	10:00 am	20	OK Department of Transportation
April 8	Sunday	1:30pm	20	OK Department of Transportation
April 14	Saturday	9:00am	25	Bixby Central Intermediate School
April 15	Sunday	1:30pm	25	Bixby Central Intermediate School
April 21	Saturday	9:00am	30	NSU Broken Arrow Campus
April 22	Sunday	1:30pm	30	NSU Broken Arrow Campus
April 28	Saturday	9:00am	40	Bixby Central Intermediate School
April 29	Sunday	1:30pm	40	Bixby Central Intermediate School
May 5	Saturday	8:00am	Various	OSU Center for Health Sciences, Tour de Tulsa
*May 6	*Sunday	*8:00am	*50	*West Bank Skate Park
*May 12	*Saturday	8:00am	*60	*West Bank Skate Park
*May 13	*Sunday	*8:00am	*60	*West Bank Skate Park
May 19	Saturday	8:00am	Various	Tulsa Police Trnng Ctr – Copland Classic
*May 20	*Sunday	*8:00am	*70	*Tulsa Police Training Center

\*These longer rides are NOT SUPPORTED in any way by Tulsa Bicycle Club.

\*Riders are welcome to ride the marked course at their own risk; maps are available for download on the Tulsa Bicycle Club website, [TulsaBicycleClub.com/spring](http://TulsaBicycleClub.com/spring).

Revised 03/01/2018

### Support your local bike shop!

## Ride Start Locations

### Cornerstone Church

7770 Whirlpool Dr, 76<sup>th</sup> North & Yale east of Hwy 75  
Southeast area of church parking lot.

### Oklahoma Department of Transportation

4002 N Mingo Valley Expy, Tulsa, OK 74116-5002  
Just north of 36<sup>th</sup> St N on access road west of Hwy 169.

### Bixby Central Intermediate School

9401 E 161<sup>st</sup> St South, Bixby, OK 74008  
Just east of Riverview on 161<sup>st</sup> St 1/2 mile east of Memorial.

### NSU Broken Arrow

3100 E New Orleans, Broken Arrow, OK 74014-3501  
West of Creek Turnpike at New Orleans (101<sup>st</sup> St)

### OSU Center for Health Sciences

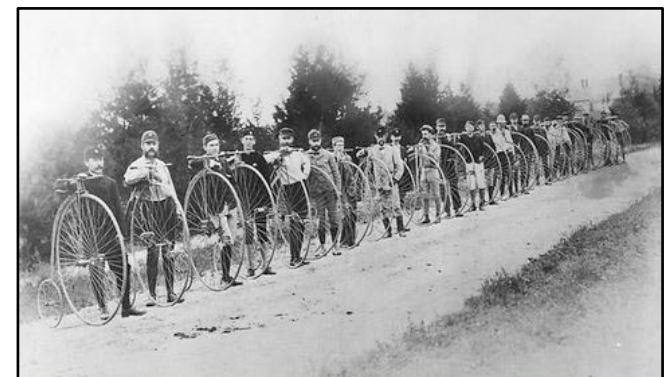
1111 W 17<sup>th</sup> St, Tulsa, OK  
West bank of Arkansas River, 17<sup>th</sup> & SW Blvd.

### West Bank Skate Park

West bank of the Arkansas River at 23<sup>rd</sup> St, south of  
23<sup>rd</sup> St

### Tulsa Police Training Center

6066 E 66<sup>th</sup> St N, Tulsa, OK 74153  
One mile east of Hwy 75 on 66<sup>th</sup> Street North.



**[TulsaBicycleClub.com/spring](http://TulsaBicycleClub.com/spring)**

# Tulsa Bicycle Club

## Spring Training Rides

When was the last time you looked at your bicycle? Sure it's been cold outside, but that's no excuse. It's time to saddle up and begin training for spring and summer riding, including Tour de Tulsa, FreeWheel, Tour de Cure, Tulsa Tough and more!



### Expectations

- **Get your bike tuned up!**
- **Be On Time and Be Ready!**
- **Carry a spare tube.**
- **Carry a water bottle.**
- **Plan to ride the full distance.**

We want you to have a good ride.

That means we want you to show up for the ride prepared to have a good ride.

**Get a Tune-Up.** We expect you to be riding a bike that is in reasonably good repair. In other words, we don't want to spend time fixing your bike along the way. So take your bike in for a tune-up if you're not able to get it prepped yourself.

**Don't make us wait on you, please.** Show up early enough to get you and your bike ready to ride by the start time!

**Have a spare tube!** Be prepared to assist in repairing a flat; at a minimum, have a spare inner tube of the appropriate size for your bicycle.

**Bring water!** You should carry at least one water bottle and preferably two and be prepared to refill when the opportunity arises. Hydration is important and it's your responsibility.

**Can you go the distance?** If you can't ride the distance planned, then please don't start. You'll know after the first few short rides what you're realistically capable of. Although you're welcome and encouraged to challenge yourself, do so intelligently.

### Before You Begin

So, it's been a while since you were on a bike ... heck, maybe it's been a while since you've been off the couch for any length of time? Before you begin any exercise or training program, you should assess your present physical state. A tool to help you is the "Physical Activity Readiness Questionnaire" or PARQ. This questionnaire, used widely by exercise professionals, will help you assess your fitness level and encourage you to visit with your physician before entering into an exercise program if you identify certain risk factors, including not having exercised regularly in a long while. Be honest in your assessment of yourself and err on the side of caution. Refer to the previous paragraph on "Expectations." You owe it to yourself to adequately prepare and not put yourself at risk when preparing for any event ride.

Answer [PAR-Q questions](#) from the National Academy of Sports Medicine:

<https://tinyurl.com/h9xs3ux>

### Need help or advice?

**Local Bike Clubs and Shops** - Check your local bicycle club's calendar for rides and join them for fun, fitness, social interaction, and for training.

**Group Rides** - For group rides around the state, check the ride calendars on the [Oklahoma Bicycle Society's web site](#). And check the [Tulsa Bicycle Club's web site](#) for a complete set of training rides that begin in March with two rides each weekend until May's end, with increasing mileage each weekend.

<http://tinyurl.com/z745mhe> (OBS)

<http://tulsabicycleclub.com/Spring> (TBC)

Don't have a club nearby? Get out on your own or find grab some friends and get on your bike!

**Training guides** - There are many training "plans" and suggestions available in print and on the Internet. Following are a few Internet resources of the many available. Take a few minutes to search the Internet for training plans that will fit your fitness level, lifestyle, time available, etc.

**Tour de Cure Cyclist Guide** - This is a great resource from the [American Diabetes Association](#), with lots of info. Preparation and training info on pages 5-7 will be helpful for any event you're thinking about riding, whether that's FreeWheel or some other one-day or multi-day event.

<http://tinyurl.com/zj2voaf>

### Area Event Rides

<http://TulsaBicycleClub.com/TourDeTulsa>

<http://FlowerPowerBicycle.com>

<http://Tour.Diabetes.org>

<http://OKFreewheel.com>

<http://TulsaTough.com>

<http://DamJamBicycleTour.com>

<http://BikeMSOK.org>

<http://OBSSstreak.com/>

<http://TulsaBicycleClub.com/FallCentury>

**[TulsaBicycleClub.com/spring](http://TulsaBicycleClub.com/spring)**