



2008



Team Wrench – Tulsa Tough, 2008

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Proposed Work Locations, Dates, and Times

Saturday, May 31 st – Team Wrench assignments			
Name	Rest Stop	Opens	Closes
Mike Schooling	2 – Skiatook East	8:45am	10:15am
Ed Wagner	4 - Ochelata	10:00am	12:30pm
Tim Doering	6 – Avant	9:30am	3:00pm
Richard Hall	8 – Blackdog VFD	9:15am	5:00pm
Sunday, June 1 st – Team Wrench assignments			
Name	Rest Stop	Opens	Closes
Mike Schooling	3 – Kellyville	8:30am	10:30am
Chuck Davis	5 – Quik Trip SandSprings	8:30am	12:00 noon
Ed Wagner	6 – Keystone Fire Dept	9:30am	12:00 noon
Chris Clausen	8 – Pogue Airport SS	10:15am	2:00pm
Wayne Mark	10 – Osage Dr & Apache	11:15am	4:00pm

Where and When are we needed?

Above are two tables outlining proposed rest stop assignments for each of the days of the Tulsa Tough. Please review this info and let me know if the suggested assignment won't work for you.

There are descriptions of the exact location for each of these Super Rest Stops later in this document. Also, I've provided an overview of what Team Wrench is all about, what you need to supply, and what we supply, and our expectations.

Let me know if you have questions or suggestions at any time before or after the event; Mike.Schooling@Williams.com, work phone 573-1297, home phone 749-3298.

We will attempt to gather one evening during the week prior to the rides for a brief tutorial from a local bike mechanic, to distribute supplies to the Saturday workers, and address any questions and such you may have. I'll coordinate this with everyone via email.

I think that's all of the "general" stuff. What follows are sections with info you can use to better understand what you've gotten yourself into.

Also, take a minute to review the Purpose and Vision info on the last page. This gives you a better idea of what the Tulsa Tough's goal is in the long term.

Oh, THANKS for volunteering!!! Here we go ...

What is "Team Wrench"

In 2007, Jim Beach approached the Tulsa Bicycle Club about providing mechanical support for the Tulsa Tough in the form of "citizen mechanics" located at each of four "Super Rest Stops" each day of the rides. The thought was then, and continues to be, reliance on local cyclists with general mechanical ability to supply rider support in lieu of depleting local bike shop staffs on the weekend when they're generally busiest. We're engaging local shops to provide consumable supplies, primarily tubes, and instruction for the "citizen mechanics," later dubbed "Team Wrench" by me, just for fun!

We're still learning and haven't fully engaged the local bike shop community yet, but have a couple of shops onboard to assist. In 2007 Tom's provided the instruction and supplies. I'm hopeful Tom will help with instruction again this year, and I'm approaching other shops for consumable supply contributions.

Local bicycle wrench and shop-owner, Tom Brown, says that these five problems are the ones he addresses most when providing mechanical support for tour rides:

- Flats and tire problems
- Loose bolts and nuts
- Broken spokes
- Derailleur problems
- Chain problems

Aside from mechanical assistance, Tom says that just providing a "shoulder to cry on" (not that anyone actually cries; you know what I mean) is the biggest assistance provided by on-road mechanics. Letting the rider know that someone empathizes with them and giving them an ear to vent to is as beneficial as any mechanical wizardry provided. Maybe we should provide a couch for them to lie on while working on their problem?

So, members of Team Wrench don't need to be "ace" bicycle mechanics to supply the sort of support that can get most riders back on the road and on to the finish. For problems requiring more skill and experience, we do what we can, as our experience may vary widely, or put them on a SAG to the finish if we can't help out.

Note that each of the super rest stops where we'll be providing mechanical support is also a shuttle stop for taking stranded, injured, or exhausted cyclists back to the ride finish area.

We ask each Team Wrench member to supply their own basic set of tools, a list of which appears in the next section, and we supply an inventory of various parts and consumables, which are also listed in a section below.

What you need/supply

Each Team Member will need their own tools and work stand. Let me know if you need assistance in assembling a sufficient set of tools or need a work stand.

Minimal set of "stuff" suggested by Tom Brown
8mm Allen wrench
Multi Allen wrench
Medium-sized crescent wrench
Tire tools
Spoke Wrenches - Black, Green, Red, or Multi
Medium Phillips Screw Driver
Medium Slotted Screw Driver
Chain Tool
14mm Socket Wrench
Medium Pliers
Wire or Cable Cutters
Hammer
Pump
Work stand

Optional additions if you've gott'em
Bottom Bracket Tools
Crank Arm remover
8, 10, 13, 15mm box-end wrench
End Wrenches
Small Vise Grips
Hack Saw
Cassette Lock-ring Tool

Again, if you don't have something suggested, let me know and we'll come up with it for your use.

Items to enhance your enjoyment!!!
Chair
Hat
Sunscreen
Boom Box and your favorite tunes
Snacks and drinks (in case you don't like whatever the rest stop folks are providing the riders)

What we'll supply

All of our mechanical stops are Super Rest Stops, so there will be food and beverages there that you can consume. We'll also have a 10' x 10' popup shelter for you (this is new in 2008 ... last year we were in the sun).

We'll have a bin with the supplies and consumables below for each location. We'll distribute these supplies prior to the Saturday ride to those working on Saturday and will arrange to get them passed to the Sunday workers somehow.

In 2008 about the only parts we used were tubes, and we only used about five of those, so you won't necessarily be using much of what we supply. You'll need to provide an inventory of what you used at the end of the day to help us account for what's left and whether we need to resupply. If you're not working on Sunday, we'll arrange for you to drop the remainder of the supplies or we'll pick them up from you.

Note that if you repair a flat for someone, be sure they have a spare tube when they leave your site. We don't want folks to be without a spare if they have a way to carry one. There will not be a charge to the rider for any of the consumables we use. That doesn't mean that we'll give everything that's left away at the end of the ride, however! Use what you need to and return the rest.

General Supplies	
10' x 10' Pop-up Shelter	
Zip Ties	
Chain Lube	
Light Grease	
Electrical Tape	
Paper towels	
Hand Cleaner	

Parts inventory supplied	
Qty	Item
	Bolt assortment (cleat, water bottle cage, seat post)
1	Brake Cable (Cable Brk Tandem Slick SS)
1	Derailleur Cable (Cable Der Tandem Slick SS)
1	Shifter Cable (cable shifter SS Slick Campy)
10	700 x 18-23c tubes
5	27 x 1 1/8 - 1 1/4 (700 x 28/32c) tubes
2	26 x 1.5/1.75 tubes
2	24 x 1.9/2.125 tubes
2	20 x 1.5/1.75 tubes
2	Patch Kits tubes
1	Tire - 700 x 23c
	Tire Boot material

Rest Stop Locations

You can access the following info and more at the Tulsa Tough web site under the "Rides" section ... view course map: <http://www.tulsatough.com/site/tulsatough/section/17>

Note that I've located myself at the first Super Rest Stop each day. When that rest stop closes, I will be cruising the routes for the remainder of the day to supply assistance as needed and to collect your supply inventory at the end of your shift.

Saturday, May 31st

Saturday, May 31 st – Team Wrench assignments			
Name	Rest Stop	Opens	Closes
Mike Schooling	2 – Skiatook East	8:45am	10:15am
Ed Wagner	4 - Ochelata	10:00am	12:30pm
Tim Doering	6 – Avant	9:30am	3:00pm
Richard Hall	8 – Blackdog VFD	9:15am	5:00pm

Sat 2 - Skiatook East Rest Stop

Last Updated by [DamJamJim](#) on May 1



[South of intersection Highway 11 North and Highway 20, east side of road, in grassy area south of gravel flea market parking lot.](#)

Open: 8:45 a.m.
Close: 10:15 a.m.

100km Distances:

21.6 miles from start

11.8 miles from previous

11.1 miles to next on 100km

38.8 miles to finish 100km

100mi Distances:

21.6 miles from start

11.8 miles from previous

11.2 miles to next on 100mi

79.6 miles to finish 100mi

Sat 4 - Ochelata Rest StopLast Updated by [DamJamJim](#) on May 1

[North Side of road, just east of railroad at fire station.](#)

Open: 10:00 a.m.
Close: 12:30 p.m.

100mi Distances:
46.8 miles from start
14.0 miles from previous
14.9 miles to next
54.4 miles to finish 100mi

Sat 6 - Avant Rest StopLast Updated by [DamJamJim](#) on May 1

[West side of Broadway Ave., just south of fire station.](#)

Open: 9:30 a.m.
Close: 3:00 p.m.

100km Distances:
32.7 miles from start
11.1 miles from previous
9.1 miles to next
27.7 miles to finish 100km

100mi Distances:
73.5 miles from start
11.8 miles from previous
9.1 miles to next
27.7 miles to finish 100mi

Sat 8 - Blackdog Rest Stop

Last Updated by [DamJamJim](#) on May 1



[West side of road in short stub street, just north of 52nd West Avenue and West 58th Street North.](#)

Open: 9:15 a.m.

Close: 5:00 p.m.

50km Distances:

24.1 miles from start

14.3 miles from previous

9.0 miles to finish 50km

100km Distances:

51.4 miles from start

9.6 miles from previous

9.0 miles to finish 100km

100mi Distances:

92.2 miles from start

9.6 miles from previous

9.0 miles to finish 100mi

Sunday, June 1st

Sunday, June 1 st – Team Wrench assignments			
Name	Rest Stop	Opens	Closes
Mike Schooling	3 – Kellyville	8:30am	10:30am
Chuck Davis	5 – Quik Trip SandSprings	8:30am	12:00 noon
Ed Wagner	6 – Keystone Fire Dept	9:30am	12:00 noon
Chris Clausen	8 – Pogue Airport SS	10:15am	2:00pm
Wayne Mark	10 – Osage Dr & Apache	11:15am	4:00pm

Sun 3 - Kellyville Rest StopLast Updated by [DamJamJim](#) on May 1

[Kellyville Methodist Church, open lot southwest of building. Set porta-johns on paved parking across street to the west.](#)

Open: 8:30 a.m.
Close: 10:30 a.m.

Distances on 100km
36.8 miles from start
12.5 miles from previous rest stop
12.8 miles to next rest stop
26.8 miles to finish 100km

Distances on 100mi:
36.8 miles from start
12.5 miles from previous rest stop
12.8 miles to next rest stop
65.7 miles to finish 100mi

Sun 5 - QuikTrip Rest Stop

Last Updated by [DamJamJim](#) on May 1



[QuikTrip rocks! at 41st and Highway 97 South.](#)

Open: 8:30 a.m.
Close: 12:00 p.m.

Distances on 50km:
29.0 miles from start
16.2 miles from previous rest stop
9.0 miles to finish 50km

Distances on 100km:
54.6 miles from start
5.0 miles from previous rest stop
9.0 miles to finish 100km

Sun 6 - Keystone Fire Department Rest Stop

Last Updated by [DamJamJim](#) on May 1



[North side of Coyote Trail, west side of 255th West Avenue.](#)

Open: 9:30 a.m.
Close: 12:00 p.m.

Distances on 100mi:
58.5 miles from start
8.9 miles from previous rest stop
7.2 miles to next rest stop
44.0 miles to finish 100mi

Sun 8 - Pogue Airport Rest Stop

Last Updated by [DamJamJim](#) on May 1



[Located on abandoned road, east side of Crankcase Services, south side of Shell Creek Road.](#)

Open: 10:15 a.m.

Close: 2:00 p.m.

Distances on 100mi:

74.0 miles from start

8.3 miles from previous rest stop

10.2 miles to next rest stop

28.5 miles to finish 100mi

Sun 10 - Osage Apache Rest Stop

Last Updated by [DamJamJim](#) on May 1



[Last rest stop for 100mile riders. Located on west Side of Osage Drive, north of Apache in wide grassy area north of small road. KILLER VIEW of Downtown Tulsa.](#)

Open: 11:15 a.m.

Close: 4:00 p.m.

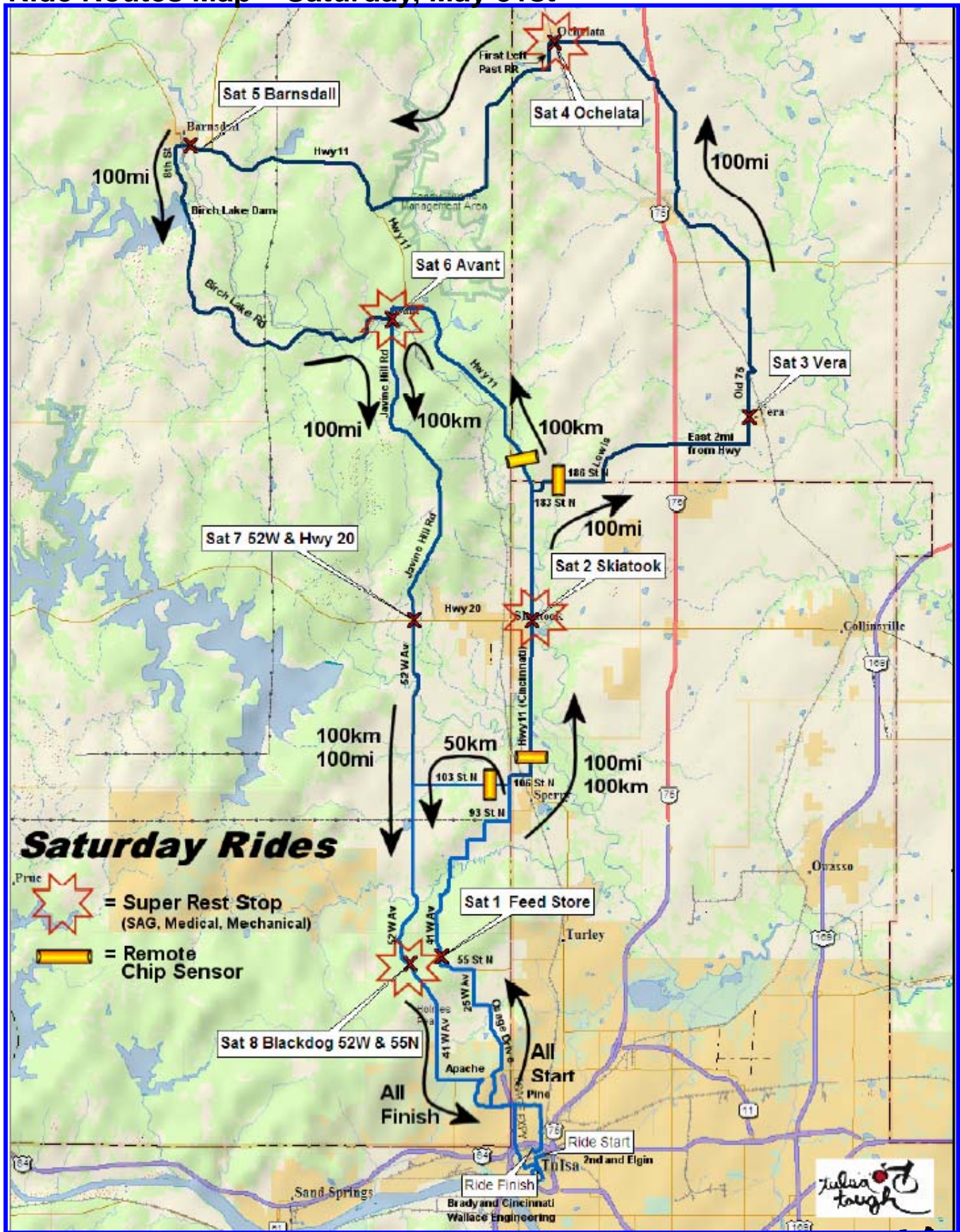
Distances on 100mi:

94.9 miles from start

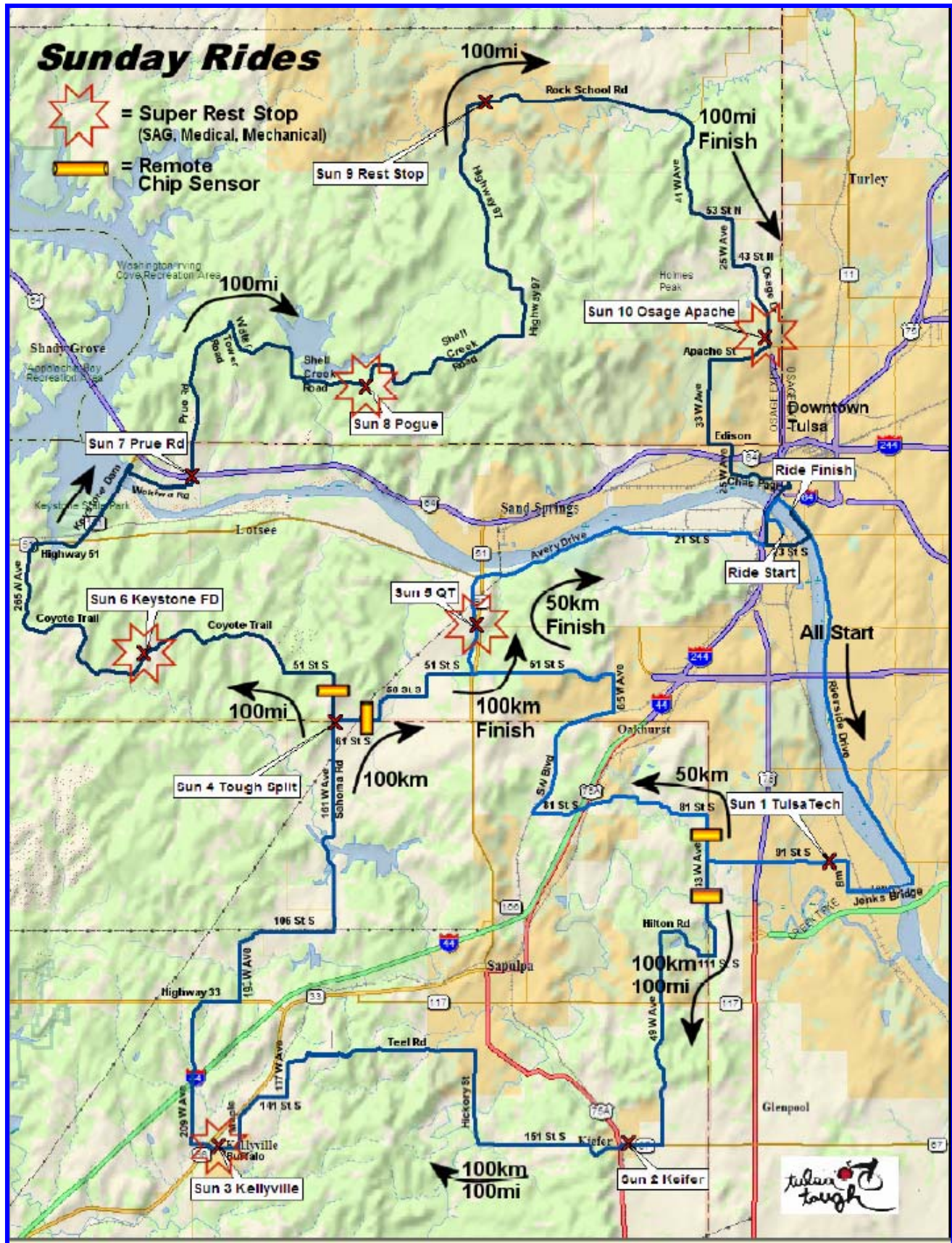
10.7 miles from previous rest stop

7.6 miles to finish 100mi

Ride Routes Map – Saturday, May 31st



Ride Routes Map – Sunday, June 1st



Tulsa Tough – Statement of Purpose, Vision, and Guidelines

Purpose

Our statement of purpose defines why we exist. It is our reason for being. Every aspect of our event should play a role in helping us achieve our purpose. By having a clear statement of purpose Tulsa Tough Ride & Race will maintain continuity as it grows and evolves.

Organized and promoted through a joint effort of the Tulsa Sports Commission and the Tulsa Wheelmen cycling club, *our purpose is to promote economic development downtown and along the river and to promote healthy lifestyles.*

Vision

If you follow a path to nowhere, that's exactly where you will end up. We created our view of the future - what we want Tulsa Tough Ride & Race to be - to better enable us to develop a road map for getting there. When we look into our crystal ball, this is what we see:

- Adults and children begin to **see bicycles as a means of both recreation and as a mode of transportation**. Instead of having their parents drive them to school, children ride bikes. Instead of having their parents drive them to their friend's houses, children ride bikes. And instead of driving to the coffee shop on a weekend morning, adults ride bikes.
- Tulsans set participation in Tulsa Tough Ride & Race as a goal which contributes to **adoption of healthier lifestyles** and results in an overall improved quality of life.
- Tulsa Tough Ride & Race **contributes to Tulsa's economy** by attracting out-of-town visitors to Tulsa who stay in area hotels and enjoy the downtown entertainment district.
- Tulsa Tough Ride & Race is one of the **largest events** in terms of numbers of racers, riders, and spectators, with a reputation for high quality organization and outstanding venues.
- Tulsa Tough Ride & Race is recognized by the cycling community - both racers and recreational riders – as one of the **nation's premier cycling events**.
- And finally, Tulsa Tough is a **sustainable event**, less dependent upon outside sponsorship with a significant portion of its funding generated by entry fees and merchandise sales.

Guidelines

Many events enjoy early success only to struggle in later years. Tulsa Tough Ride & Race will avoid this by focusing on purpose and vision and adhering to the following guidelines:

- **UNIQUELY TULSA** - among other things, exposure to Tulsa's downtown and neighborhood architecture, to Tulsa's verdant landscape; engagement of Tulsa's volunteer community and participation of Tulsa's philanthropic community.
- **DISTINCTIVE ACTIVITIES** –venues, race and ride formats, awards and a website that deliver experiences different from other cycling events.
- **FIVE-STAR QUALITY** - every activity related to the event will be measured against a "five-star" standard.
- **BIG BANG** - endeavor to make an immediate and major impact when adding new features to the event. It is not our wish to be known as just another cycling event. This attitude will be reflected in the size of our prize money purse, in the scope of our youth bicycle program and in the professionalism of our organization.

We have an unyielding passion to "be the best and bring the best" to Tulsa!