



the twbc newsletter

tacoma wheelmen's bicycle club newsletter

po box 112078 tacoma, wa 98411

253-759-2800

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welcome to our bicycle club

www.twbc.org is our club's internet website. Our Webmaster is Dorian Smith. Please be sure to check out his great work that includes links to upcoming ride events, mileage and commute logs, old newsletter issues, and other bicycling web sites.

The Ride Line, 253-759-2800, is a recorded message announcing upcoming club sponsored organized rides. Riders do not have to be members to attend. Helmets *are* required.

Next Meeting is Mar 19, 2002



At 7 PM the business (old business, new business, reports, etc) part of the meeting commences. Then after a short break of food and socializing...the entertainment starts. Meetings are held at the South Park Community Center, 4851 S. Tacoma Way, in Tacoma. [see Important news of Interest column on this page regarding the next meeting]



important news of interest by various contributors...

Next Meeting... RAGBRAI Slide Show... by President Anne Heller

Ever wonder if the stories you've heard about RAGBRAI (Register's Annual Great Bike Ride Across Iowa) are true? Does the mind boggle at the thought of 10,000 bikes and not a single lock? Can you imagine roads full of bikes and an occasional tractor but virtually no cars? Does the thought of mixing homemade rhubarb pie, beer, 90 degree weather and cycling make you salivate? Come to the March 19 meeting and see a slide show about the granddaddy of cross state rides.

Daffodil, Peninsula Metric, and Headwaters Rides...by Ralph Wessels

The organization for our three 2002 event rides is well underway. By the time you read this, the flyers will have been distributed to bike shops and other bike clubs, in addition to the thousands handed out at Bike Expo. Even before the flyers were printed, TWBC received registrations for all three rides from bicyclists who either registered online or downloaded forms from our website.

So people are anxious to come ride our spectacular events!



And what makes our rides so spectacular? In addition to the great routes and excellent food, it is the volunteer effort that goes into making our events quality rides. If you haven't volunteered before, it really is quite fun. Plus, you get a T-shirt or mug (depending on the event), get to ride for free, and can attend the pizza party afterwards. Please contact Carol Davis, Volunteer Coordinator for the three rides, and let her know you can volunteer. Carol can be contacted at 857-5396 or BicyclGuy@aol.com

If you would like to help in the organization of the rides, plan to attend the monthly Special Events meetings. The March 6 meeting will be from 6:30 to 8:30 PM at Curtis High School (8425 40th W., University Place) in the Staff Development room, close to the flagpoles. The April 3 and May 2 meetings are scheduled for the University Place Library (35th and Bridgeport Way), also from 6:30 to 8:30 PM.



Thanks to all of you who volunteer for the event rides. It allows TWBC to do many good things for bicycling in our community.

Old Bike Swap Meet and Show...reported by Steve Brown



The 14th Annual Seattle Area Old Bike Swap Meet and Show will be held on Sunday, March 31, 2002, 8 AM to 2 PM, at the Kent National Guard Armory located at 24410 Military Road in Kent, WA. There will be hundreds of old, antique and classic bicycles and lots of fun. See this web site for more info:

www.geocities.com/seattleoldbikeswap

club officers and volunteers

PRESIDENT:

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Position is open to volunteers

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from the president's handlebars by: TWBC President, Anne Heller

When I first joined the Wheelmen seven years ago, a friend told me that I was too slow and inexperienced as a rider to go on Wheelmen rides, I believed him. So, for the first year or more of my membership I didn't do anything with the club. When I finally braved the expected scorn, I found that everyone was welcoming and helpful and there were rides I could comfortably participate in. I don't think my experience was too unusual.



Oftentimes people join the Wheelmen with the idea of getting in shape by getting back on a bike that has been carefully stored in the garage or basement for years. Or, they buy a new bike with the idea of taking up riding again but they find the new bike doesn't much resemble the bike they had when they were 12 years old. Their good intentions are thwarted by the same kinds of intimidation I felt. The intimidation of seeing all those other riders in spandex using clipless pedals. The intimidation of not being comfortable with how to shift into the correct gears. The intimidation of not knowing how to change a tire. The intimidation and fear of being left behind by faster riders.

If this description fits you, have I got the ride for you. On March 30 at 10:00 a ride will start at the Starbucks at N. 26th and Proctor geared specifically for the novice rider or the rider who is a bit rusty or out-of-shape. A guaranteed 15 miles of riding on streets as free of hills as is possible in the Northwest, at speeds of less than 12 mph. So, pump some air into those tires, clean the cobwebs out of the spokes, buy a spare tube, get a helmet and come out for an easy introduction to cycling. I hope to see you there.

Bicycle Alliance Would Like Your Help... submitted by Barbara Culp

Pedal Power: Educate your Elected Bicyclists! What do we do best? Ride! Where do we want to ride? Roads, trails, lanes, paths, shoulders! So what's the problem? Money! It's about funding bicycle facilities as the transportation pie shrinks and more people want a bigger slice. What can you do? Educate your elected. Pedal with your politician. Ride with your Representative. Saddle up with your Senator. It's time to take to the streets and demonstrate the power of the pedal during this extremely important election year. The Bicycle Alliance is asking our members all across Washington to do the following over the next six months:

1. Call your legislator in Olympia and talk to an aide. Ask the aide if your legislator rides a bike. Ask about favorite projects in his or her district. Ask when would be a good time to schedule a short bike ride (or walk) in the district. To find out which district you live in look on the web at <http://dfind.leg.wa.gov/dfinder> or call the Legislative Hotline at 1-800-562-6000.

2. Do some homework and carefully consider what project you would like to highlight with the legislator. Is there a project in the city/county/regional plan that needs support in your community? Is that project on the transportation project list? Is there a shoulder that with minor improvements would create a regional connector route for bicycle commuters? Is there a trail that needs support?

3. Call your legislator after the legislative session is over (mid-March hopefully) and schedule a short bike ride sometime over the summer before his or her campaign begins to heat up.

continued on page 7, col 3



that's bunk!
from the editor's cubicle

Dear TWBC readers....

OK, I have this problem...I can't spell, especially the word 'calender'. My spell check software says that the wrong spelling is correct.



Moving on...next item, Name the TWBC Newsletter. The Entry portion of the contest is over and these names have been submitted, via email, to my cubicle:

- Spoke 'n' Word
- Handlebar Herald
- Monthly Reflector
- Pedal Pusher
- Pedalin' Post Intelligencer
- Frame of Mind
- Old Spokes
- Wheel Times [or Wheelmen's Times]
- 2-Tire'd Tales
- Scuttlebutt
- Chain of Events
- Greasy Gazette
- Cycling Shorts
- Cognitive Courier
- Padded Shorts and Brief Reports
- Between the Ditches

OK, TWBC members/readers of this newsletter please vote. Send me your first choice from the above newsletter names. Results will be published in two months.

There have been questions addressed to me regarding the "Member Declarations" [Want Ads] column; how do I submit an ad? TWBC members can submit an ad via email [the best way] to newsletter@twbc.org, or call me at my cubicle: 253.274.8657, and leave the info on the message recorder [the second best way], or write it down and mail it to me at PO Box 112078, Tacoma, 98411 [a good way, but it is slow].

The TWBC board members have been finalizing the club's mission statement during the last couple of meetings. What the heck is a mission statement? It is a way to define the purpose, the business, and values of our bicycle club. Here's what we have come up with:

continued on page 7, col 1

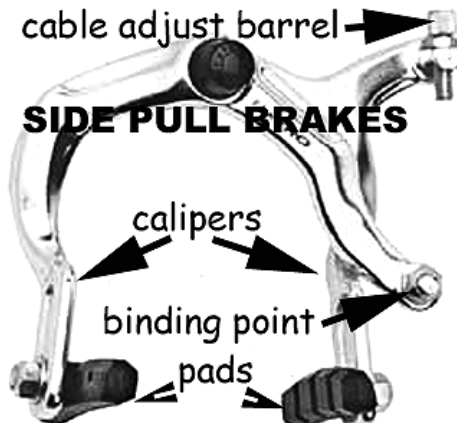
bike tech
by Eddy Johnson

I'm not sure which is worse. Riding in the snow or riding in the tons of sand that gets spewed on the roads. At least the snow goes away. The sand stays for weeks. That gritty gunk loves to eat bicycle parts, especially your brake pads.

So, whatdaya say we put new ones on. This time around I'm only going to discuss road brakes. Cantilever brakes are much more complex than side pulls, so I'll save those until next time.



There are lots of aftermarket brake pads. I use Kool Stop. The reason being that they are the only company that makes a pad that will work with my "no longer manufactured", Modolo brakes. I really don't have a beef with any particular brand. I use what works with the brake. Mathausser is considered to be the "best" by those who know but I've never used them. They're not widely available without a special order. If I try them some day, I'll let you know. One suggestion I have is to stay away from pads with grooves in them. This may be difficult because most all come that way. The grooves are supposed to help shed the water and grit that a brake pad peels off a rim. In actuality, the grooves trap the grit, especially that nasty winter sand. If you've ever looked at your



brakes after a wet ride are those grooves full or empty?

The first step to installing the new pads is to remove the old ones, duh. I loosen the screw that holds them on, open the quick release, and then free the cable from its binding point. This will let the caliper open to its max distance making it easier to get the old pads off. Install the new pads with the arrow (if they got one) facing the direction the wheel travels. Most modern pads come with a dished seat and cupped washer to allow toe-in adjustment. The front of the pad should be "toed-in" slightly closer to the rim than the rear of the pad. I use a cardboard matchstick as my toe-in gauge. Toe-in reduces brake squeal and pad vibration.

Move the cable-adjusting barrel clockwise until it can't go any further and then back it off 2 complete rotations. Install



the new pads hand tight. Close the quick release, push the calipers closed and then pull your cable tight until your pads touch the rim on both sides (I use a "fourth hand" tool for this and if you don't have one and you do a lot of brake work, get one, it's the best bike tool ever made). Tighten the cable binder. The trick is to keep the calipers snug to the rim while you tighten the cable. I used to use zip ties until I bought a "fourth hand" tool. Center the pads on the rim. I set them slightly lower from the top of the rim than the bottom. Take care not to set them beyond the edge of the rim wall. Put the matchstick between the rim and the back edge of the brake pad. Tighten the pad down, remove the match. Do the same for the other one.

When you're done with those steps your pads will still be snug against the rim. Turn the adjusting barrel one turn clockwise. Can your wheel now move without rubbing the brakes? No? Give it another turn clockwise. Still no? Better true your wheel.

Eddy (eddyj@galaxy-7.net)



the gov't report by "Burrito Bob" Myrick



Our committee last met at Vuelve A Vida near my home and then we adjourned to the Moore Public Library to listen to a presentation on the proposed new salmon protection rules for Pierce County. Pierce County's salmon queen, Debby Hyde, was the guest speaker and Audubon and Sierra Club hosted the event.

I have been attending the new Mayor's Transition Team meetings and one town hall meeting at Bates College. I was able to speak mainly on the topic of revitalizing downtown by using the new light rail link. Likewise, I mentioned the development potential at the new Sounder Train Station at South 56th and South Tacoma Way.

Chuck Morrison, Executive Director of The Foothills Rails-to-Trails Coalition, wants to approach Tacoma Water regarding their plans to revise their crossing of the White River between Enumclaw and Buckley. The idea was to share any new bridge with a Foothill's trail crossing of the river. We approached Tacoma Water and found they were planning on going under the river so we will have to develop our own crossing. On another matter, we plan to approach Tacoma Water and propose opening the gravel Pipeline Road to non-motorized transportation. The Pipeline Road runs almost 12 to 14 miles between the McKinley Ave. area and South Hill Puyallup. It goes thru the County's Orange Gate property, which is used, by mountain bikes and horses.

You may have read by now that University Place is proposing bike lanes on Cirque Drive from Bridgeport to Orchard Street. The Public Hearing was on February 20 and it was to consider a downgrade of the street to two lanes from four lanes. Both alternatives included bike lanes on both sides of the street. The four-lane alternative would have shared a widened sidewalk on one side with pedestrians. The two-lane alternative would cost only \$2 million compared to \$4 million for the four lanes.



TWBC riders Steve Brown, Carla Gramlich, Bob Myrick, and Ernie Bay are shown in the poster on the PT Bus. Photo by Carla Gramlich



Steve Brown and Chuck Morrison man the TWBC and Foothills Rails-To-Trails Coalition booth at the Liveable Community Fair...while Bob Myrick and Carla visit the other exhibits. Photo by Carla Gramlich

I wrote Senator Kastama and Senator Chopp regarding the proposed transportation bill. We tried to support the one third for choices concept and also indicated the need for a new effort we call "Live Close to Work" education.

Chuck Morrison and I were the primary hosts in a booth at the County Executive's Livable Communities Fair on February 9 at the Gig Harbor Airport. TWBC members, Steve Brown and Carla Gramlich, were kind enough to help Chuck Morrison and myself at the booth so that we could tour the fair. The fair was thought to be a great success especially since so many people turned out. We were able to network with the public and other like-minded agencies and groups.

The Puget Sound Regional Council's Bike and Pedestrian Committee met on February 7 and I completely forgot to go. I guess I will catch up next time. On a positive note, TWBC President Anne Heller and I successfully attended Tacoma's Mobility Task Force monthly meeting.

President Anne and Peggy Fjetland are the stars of a TV program highlighting the TWBC. AT&T Broadband's Community Television [Channel 29 and 76 on AT&T cable only] is creating a 15-minute segment on our club and it will be shown about 18 times over the next few months on their cable community TV channel. The half hour show will run with a 15 minute segment featuring the Fort Steilacoom Running Club.

Steve Brown and Carla Gramlich attended the Tacoma City Council Meeting in lieu of my government meeting. They presented a petition asking for bike lanes on North 30th Street.

Our next meeting will be on Tuesday, Mar 5, at 7PM, at Guadalajara Taqueria, a Mexican restaurant, in the Stadium Neighborhood, at 1st @ Tacoma Ave, where the Chaplin's Pantry used to be. I hope to see you there.



twbc ride schedule - page 1

call the ride line for updates 253-759-2800



More fine print: Attention Members: This ride calendar is compiled about two weeks before you receive your newsletter in the mail. To have the latest, up to the minute listings, regarding rides and meetings... please take the time to call the Ride LineThanks, your editor.

Day	Date	Time	Distance	Ride Code	Leader	Call me at	Ride or Activity Page 1
Friday	3/1	9am-noon	30-40	3B	Various	253-759-2800	Fast Friday Decide to Ride. Call Rideline for start location and other details
Fri, Sat, Sunday	3/1, 3/2, 3/3	--	00	--	Yourself	--	Bike Expo at Seattle Stadium Exhibition Center. Friday: 4-8 PM, Saturday: 10 AM- 7 PM, Sunday: 10 AM- 5 PM. www.twbc.org-click on Bike Expo link.
Sat	3/2	9:30 AM	40+	2B	Bob Myrick	253-473-7455	Meet at Freighthouse Square, Door 3. Ride to Bike Expo and return on Sound Transit Bus.
Sat	3/2	9:30 AM	10	1B	Bill Newman	253-582-3485	Meet at Lakewood City Hall, 6000 Main St, Parking Lot, back side. Ride to Lake City Perks for Coffee.
Sat & Sunday	3/2 & 3/3	8 AM - 1 PM	16.8	1A	Volksbike-no leader	253-847-1843	Volksbike ride. Start at Lion's Club in Ocean Shores. Contact Joy Roelofs for details and ?s
Sun	3/3	9:25 AM Ferry	30	2B	Capt'n Carol and Roz Davis	253-857-5396	Meet at Southworth Ferry Terminal for 9:25 Boat departure...OR meet Southworth riders at 10 AM at Lincoln Park to ride to Bike EXPO.
Tues	3/5	Call	Call	Call	Call Ride Line	253-759-2800	Tuesday Morning Ride. Call Ride Line for details
Wed	3/6	6:30 to PM	--	--	Ralph Wessels	253-857-5658	TWBC Special Events Rides meeting at Curtis High School, 8425 40th W., in University Place. 6:30 to 8:30 PM.
Wed	3/6	9:30 AM	--	--	Bob Myrick-Head Trail Dog	253-473-7455	Meet in Orting. Trail Dog's maintenance on Foot Hills Trail...or Carbon River Trail.
Thurs	3/7	10 AM	30+	2C	Bob Myrick-	253-473-7455	Go East on SR 18 approx 2.5 miles past Auburn Exit SR164, to Auburn-Blk Diam Rd exit. Go Left under freeway to Park n Ride lot. Ride to Black Diamond for SNACK [not lunch]. <i>Rain Cancels</i>
Friday	3/8	9am-noon	30-40	3B	Various	253-759-2800	Fast Friday Decide to Ride. Call Rideline for start location and other details
Sat	3/9	10 AM	40	2D	Bob Myrick-	253-473-7455	Meet at Sumner Library for exciting Adventure Ride to Carbonado Tavern for lunch. [not snack] 4 miles of gravel. 700X25 or larger tires req'd. <i>Rain will cancel.</i>
Sun	3/10	12:30 PM	25	2B	Carla Gramlich	253-752-4038	Carla's STP Training. Meet at Freighthouse Sqare, Door 3. Lunch precedes at 11:30 AM
Sun	3/10	9 AM	50 +	2A and 2C	Capt'n Carol and Roz Davis	253-857-5396	Ride Around Lk Washington. Meet at Gene Coulon Park. I-5 N to I-405 N to exit 5. Go L under freeway on NE Park Dr. Go R on Lk Wash Blvd N.
Sun	3/10	8:30 AM	6-10 XC Ski	XC	Bob Vogel and Koko Waters	253-756-9984	Meet at Roy Y Park n Ride to Carpool to Mt Rainier Nat Park, ski Paradise to Reflection Lakes. \$10 NPS entrance fee. Bad WX canc
Tues	3/12	Call	Call	Call	Call Ride Line	253-759-2800	Tuesday Morning Ride. Call Ride Line for details





twbc ride schedule - page 2

call the ride line for updates 253-759-2800



Day	Date	Time	Distance	Ride Code	Leader	Call me at	Ride or Activity Page 2
Tues	3/12	6:30 PM	00	0A	Call Ride Line	253-759-2800	TWBC Board Meeting. Meet at Richie's Kickstand Cafe [next to Grand Cinema], 604 S Fawcett, Tacoma. See your officers in action.
Friday	3/15	9AM	30	3C	Ralph Wessells	253-857-5658	Faaast Friday with Ralph. Meet at Dupont Starbucks [-5 So to exit 119. Go R, then first R, then R into strip mall. Ride to Oly.
Sat	3/16	8:00	25, 50, 70	varies	BIKES of Snohomish County	www.bike-sclub.org	McClinchy Mile. Monroe Highschool on Main St [East of the prison towards town]. I-5 N to I-405 to SR 522[near Woodinville]. Exit on SE 164th St- becomes Main St. You'll see the prison.
Sun	3/17	10:30	30 maybe 35	2C	Richard Patrick	253-274-8657	Beggorah! It's Ramrod training . Ascending and Descending 2 or 3 loops around Pt Def, Ruston Way, Dock St, & up McKinnley. Meet at Stadium Tully's coffee, N Division @ Tacoma Ave. Snack at Old Town. Wear Green.
Sun	3/17	call	ride	line	Jill Priest	360-871-7184	Spring Fling, Flea Market & Potluck with West Sound CC. RSVP to host, Jill.
Tues	3/19	Call	Call	Call	Call Ride Line	253-759-2800	Tuesday Morning Ride. Call Ride Line for details
Tues	3/19	7 PM	00	0A	TWBC President Anne	253-759-2800	TWBC Monthly meeting. Slides of RAGBRAI by Prez Anne. It's gonna be good.
Friday	3/22	9am-noon	30-40	3B	Various	253-759-2800	Fast Friday Decide to Ride. Call Rideline for start location and other details
Sat	3/23	8:30 for carpool	53	2C	Birthday Girl Carol and Roz Davis	253-857-5396	Meet at Purdy Park n Ride. Poulsbo-Pt No Pt-Kingston. Lunch at Main St. Ale House. Rain may cancel or shorten this ride.
Sat	3/23	8 AM - 1 PM	15.5	1A	Volksbike- no leader	253-847-1843	Self Guided Volksbike ride. Start at Dupont City Hall. Contact Joy Roelofs for details and ?s
Sun	3/24	12:30 PM	25	2B	Carla Gramlich	253-752-4038	Carla's STP Training. Meet at Freighthouse Sqare, Door 3.
Sun	3/24	8:25 Ferry	45	3D	Bob Vogel	253-756-9984	Circumnavigate Vashon and Murray Isl. Ferry leaves at 8:25 AM. NO LUNCH, bring snacks Rain Cancels.
Tues	3/19	Call	Call	Call	Call Ride Line	253-759-2800	Tuesday Morning Ride. Call Ride Line for details
Friday	3/29	9:00 AM	30+	3B	Ralph Wessells	253-857-5658	Faaast Friday. Meet Ralph at Jerisich Park in DownTown Gig Harbor
Sat	3/30	10 AM	10	1A	Anne Heller, TWBC CEO	253-761-0709	Meet at Starbucks at N 26th @ N Proctor, Tacoma, for a flat, slow-paced, ride for newcomer bicyclists. Must wear a helmet.
Sun	3/31	8:30 AM	50	2B	Ralph and Dena Wessells	253-857-5658	Meet at Orting Park to ride Daffodil Classic course with Ralph and Dena's tandem
Sun	3/31 to 4/7		325	--	Birthday Girl Carol Davis	253-857-5396	Capt'n Carols Spring Break Ladies "Biking the Bayou" trip. Meet in Lafayette, LA. Call Carol for details.



The Tacoma Wheelmen's Bicycle Club:

Promotes safe bicycling for recreation, for health and as an alternate form of transportation.

Organizes social activities for members and sponsors events with other bicycle clubs.

Advocates for laws, regulations, policies and facilities that promote bicycling and bicycle safety.

As you will read in this month's Gov't Report column by Bob Myrick...TWBC is gonna be on TV, that's Community TV. The dates and times will be announced on the

sidewalk ["Now, do it again with feeling"] a few times. There was road construction in the street. Next, Paul taped Bob and myself riding over the cable suspension bridge on our way to Fife. At this taping location, before Bob and I arrived...someone had called 911 to report that Paul was filming illegal skateboarders. Paul and the police had some discussion and the taping continued. Bob and I were then taped riding down the hill towards the Milton Tavern on our way to Auburn via the Goat Trail.

But wait!!! There's more. On Saturday, Feb 16, Cameraman Paul met Anne Heller and four other riders at Proctor Starbucks for Anne's "Getting to Know You" ride. The riders were taped on N 26th Street, then on N



AT&T Broadband Community TV's cameraman Paul Turner and Bob Myrick near the Milton Tavern during taping session on Feb 14. This ride's destination was Auburn.

ride line and this newsletter. The 15-minute "article" about TWBC will show taped footage of TWBC riders in action.

I participated in two taping sessions that Bob Myrick arranged with the cameraman, Paul Turner. The first session was to be on the Tuesday Ride; Feb 12... the cameraman didn't find the Sumner Library in time. That opportunity would have been ideal because it was very sunny and 10 or so riders showed up.

Paul the cameraman did make it to Bob Myrick's Feb 14 ride that started at Freight house Square. It was a nice sunny day...but only Bob and myself showed to ride. Cameraman Paul had us ride up and down the

Vassault riding towards Pt Defiance Park, and then riding inside of the park. During this ride...I couldn't get that ole Buck Owens song outa my head:

"They're gonna put me in the movies
They're gonna make a big star out of me
We'll make a film about a man that's sad and lonely
And all I have to do is act naturally"

To me the taping was fun...but at the same time it seemed obtrusive. Anyway...I am sure that the Community TV show will spread the word about the good things TWBC does for our community and it will be good for our bike club.

Bicycle Alliance...cont'd

4. Create a short, friendly, leisurely ride with lots of stops. Create a ride map to send with directions prior to the ride. Confirm the representative or senator's attendance. Invite aides to join you.

5. If you can't get a legislator or congressional delegate to ride with you, invite the Public Works director, the mayor of your city, a county council person - a decision-maker. Even better, invite several of the above.

6. Invite your friends and local bicycle club to join you on the ride. Invite media to ride along. Be sure to notify your local bike shop.

7. Call the Bicycle Alliance if you have questions 206/224-9252 or email barbc@bicyclealliance.org.

8. Have fun.

9. Be sure to let the Bicycle Alliance know when you have scheduled a Pedal Power event. We'll post it on the web site. There are 49 legislative and 9 congressional districts. Our goal is to cover the state with Pedal Power!

For more information, call 206/224-9252 or email barbc@bicyclealliance.org

rocket science by Wichtig A I

Achtung! I was riding on the Inter-Urban Trail the other day and my foot came out of my Look pedal. Many attempts to jam the cleat back into the pedal failed. Luckily I was about a hundred yards from der Wagen...and I was able to "hinken" back. Die strenge untersuchung found that the Look cleat had abgearbeitet. The thin convex part of the cleat...at the front...that slips into the front part of the Look pedal...had worn down paper thin and finally broke off. Etwas dummes. I too often take my nice equipment for granted. I regret not checking my cleats sooner. I hope that all Look cleat users can benefit from my experience. Im augenblick!...find your shoes...check for cleat wear. Ja!



LOOK CLEAT WHERE THE WEAR IS

the ride report by Capt'n Carol Davis

The **Heaven and Hells trip**, which is organized by Carol and Roz Davis, is scheduled for June 22 to July 7, 2002. This will be a two-week trip through the Willowa and Blue Mountains of Northeast Oregon and the Nez Perce Country in Idaho. A rafting or jet boat trip on the Snake River through Hells Canyon will be included. This trip is open to either gender [where the "Spring Break" trip was 'women preferred']. For more information on this great trip, please call or e-mail Carol Davis at 253-857-5396, Bicyclguy@aol.com.

Bob Myrick asked the editor to include the unadulterated version of this wonderful trip:

Retired guys mountain bike trip. We would start in Tacoma, ride to Ellensburg on the John Wayne trail over Snoqualmie Pass, then ride over Colockum Pass to Wenatchee. We would then ride to the Moses Coulee area over some back roads.

On the way back, we might ride the Bee Hive reservoir road over Mission Ridge. Then, we might go over Red Top Mountain via Jack Creek to the Teanway drainage. If we're feeling frisky, we might head down to Ellensburg and go over Ellensburg Pass to Wenas. Then we could head up the Naches River and find Naches Pass to ride down to Greenwater. This proposed trip might take a couple weeks. Any retired guys out there who are interested? We will wait until the snow melts and let it get real hot to enhance our adventure.

Bob Myrick is still looking for riding mates for his:

Loaded bicycle tour from St. Louis to Tacoma: I am thinking of following a book describing the Lewis and Clark Bicycle Trail that follows the pavement. I plan to start this ride at the end of May.

If either of these trips interests you, please call me at 473-7455 or email me at BobMyrick@msn.com.

But wait!!! There's more.

Rod Giffels emailed the editor with an announcement on the upcoming **Gallop-ing Goose Ride/Sooke** ride which takes place over Memorial Day Weekend.

On Memorial Day weekend, a beautiful 2A

(no hills) ride will leave Port Angeles by ferry to Victoria, B.C. and the town of Sooke. This 90-mile ride will cover three days and two nights, staying in beautiful bed and breakfasts. From Victoria the trip winds along a "Rails to Trails" trail (mountain or cross bikes required) 30 miles to the town of Sooke.

On the second day riders can ride through Pot Holes Provincial Park or walk around the small town of Sooke. On the final day the group will return and stroll around Victoria. This is a magnificent ride whose gracious hosts will make you feel like part of the family. TWBC has had several groups go on this ride and everyone always wants to return. A cross bike or mountain bike is recommended since the paved trail turns to cinders outside the urban area. Sooke has a lot of fun things to do. Biking, kayaking, and chartering out for salmon fishing are just a few. Check out the community website at www.sookenet.com/sooke.html.

The Galloping Goose Trail starts next to the blue bridge in Victoria and runs 40 Km (25 miles) out to Sooke. Almost the entire trail is a 2 percent grade or less, with exceptions being a couple locations where a bridge trestle has yet not been rebuilt. Info on the trail can be found at <http://www.sookenet.com/activity/trails/goose.html>.

See the Galloping Goose website for much more details: www.twbc.org/goose.htm. Email Rod Giffels for reservations and more info. rgiffels@kmsn.com.

Steve Brown reports that he is planning a Memorial Day Weekend **Follow the Sun** bicycle tour. This trip will be on the East side of our state in hopes of avoiding the rain. This trip will be based out of Goldendale, WA. Possible ride options include the Klickitat River Canyon, the town of Glenwood and a return to Bickleton, aka the Bluebird Capital of the World. Finalized details of this trip will be announced in the April 2002 newsletter...and/or call

Steve Brown at 253-752-4038.

Carla Gramlich reports that old and new faces showed up for the first STP training meeting last month. A second informal meeting will be held on Sunday, Mar 10, at 11:30 AM in the Freighthouse Square food court near Wendy's. A discussion about training will accompany lunch. After lunch at 12:30 the cyclists will ride 25 miles around Tacoma.

Bicycle Expo [Mar 1-3] will offer the opportunity to sign up for the STP event. Cascade Bicycle Club offers several chances to participate in their club's STP training sessions. The McClinchy Mile, held on Mar 16, is a great ride to attend and practice riding in an organized event. Several other training rides will be offered in March. If your goal is to accept the challenge of the STP ride...then it is important to get out and ride your bike. See the Ride Schedule— for dates and times of upcoming training rides.

I'll be seeing you on the road.



Check out Ken's huge blinky light. Photo by Rich Walter on ride to Trophy Lake.

RIDE CODE CHART

Pace:

- 1 - Easy pace, frequent stops to catch up and regroup, 9-12 m.p.h.
- 2 - Moderate pace, occasional stops to catch up and regroup, 12-15 m.p.h.
- 3 - Steady pace, limited stops, cue sheets or maps provided, 13-16 m.p.h.
- 4 - Fast pace, very limited stops, cue sheets or maps provided, 16+ m.p.h.

Terrain:

- A - Mostly flat (Interurban Trail)
- B - Gently Rolling, one or two steep hills
- C - Rolling, steeper hills (Kitsap Peninsula)
- D - Difficult terrain with longer, steeper hills (Vashon Island)



Ya gotta wear a helmet !!!

membership report reported by Phyllis Lay

TWBC welcomes these new members:

Debbie Hushagen, Stephen L Hjelmstad, Noel Morgan, John B Lea, Tom Keenan, Wayne Vanderpol.

Welcome back to these members:

Debbie, Mike, Chris, & Cassie Romaine; Susan Coley, David Tison, Kenneth Stagg, Sondra Johnston, Milton Loflin, Mark Sikas, Jim Eanes, Ken & Mary Neukom, Robert A Wakfield, John Vipond, Michael Silvers, Louis W Boitano, Steve & Phyllis Lay, Howard Kaplan, Ernie Stephenson, Michael Wood, Paul Jakeman, Sue Yerian, Ed & Angie Littleton, Barbra & Lufe Altier, and Walt Boepple.

More on Memberships...by Ralph Wessels...

Online TWBC Memberships – It's Here! Tired of cutting up a favorite article in your TWBC newsletter in order to send in a membership form? Can't find those stamps? Just ran out of checks? Well, TWBC has the solution for you! TWBC has added a feature to its website (under "Join") that allows new and renewing memberships to occur online with a credit card. The transactions are through Active.com. TWBC has successfully used the services of this company for the past several years on its event rides. Active.com forwards the membership and ride fees to TWBC every 2 weeks. They also charge the user a small additional fee.

Those using Active.com receive an email confirmation of their membership. Reggie Tison, the club's

Secretary, also receives an email notifying her of the membership. She can then forward the information to the other club members that handle membership functions. This should result in new members, who use the online service, receiving membership and other materials sooner.

member declarations

For Sale: 1996 Burley Duet road tandem bicycle. Size is Small, 20 inch X 17.75 inch [51cm X 46 cm]. Color is blue. Comes with nice extras.

Call Mike Romaine, 253-537-2330, or email mdomaine@yahoo.com



Week-Long Adventures.

Adventure Cycling events are perfect for the busy adventure cyclist who doesn't have a lot of time but still wants to ride in some of the most scenic spots in America, both on-road and off. We provide great food, full support, snack stops, maps, route markings and more. At the end of a great day of riding, your luggage will be waiting for you at the overnight location, or at your hotel. After a hearty dinner, it's time to relax, socialize, explore the local surroundings, or enjoy the provided entertainment. Before your trip leaves, we send you a complete information packet, which includes everything you need to know to prepare yourself and your equipment for the trip. Sign up today for your week-long adventure with Adventure Cycling!

Cycle Utah (spring) \$600; 7-days, 266 mi, June 1-7

Cycle Utah (fall) \$600; 7-days, 266 mi, Sept. 7-13

Cycle Washington \$600; 8-days, 450 mi, July 20-27

Cycle Montana \$600; 7-days, 314 mi, July 27-Aug. 2

Cycle Vermont \$600; 7-days, 399 mi, Aug. 17-23

Cycle the Divide - CO \$700; 7-days, 250 mi, July 6-12

Cycle the Divide - MT \$700; 7-days, 270 mi, Aug. 10-16

More details? Visit us at: www.adventurecycling.org/vc, email: tours@adventurecycling.org or call (800) 755-2453.

Adventure Cycling Association

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March , 2002

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Please deliver to:

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Please note: You can become a member at www.twbc.org. Click on 'Online' under the Join heading.

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Name: _____

Address: _____

City, State: _____

Home Phone: _____

Work Phone (optional): _____

E-mail: _____ @ _____



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Family membership \$20 _____

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Optional subscription to The Bicycle Paper \$12 _____

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PO Box 112078
Tacoma, WA 98411**

Check box if you do not want your phone # or address in the membership listings.

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