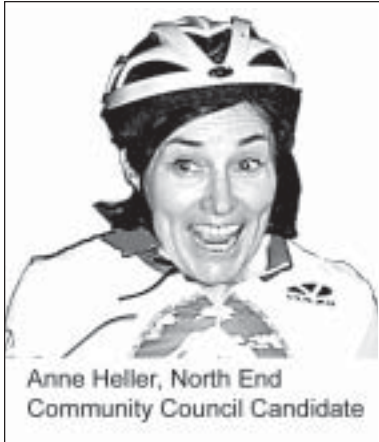


TWBC Board Member Runs for North End Community Council Position

by Richard Patrick, TWBC Newsletter Editor

Anne Heller, who holds the Past President position on the TWBC board (and who was the club's



previous president for two years) is running for a seat on Tacoma's North End Neighborhood Council. Anne is hoping to bring her ideas and beliefs to the council which will support safe bicycling and alternate methods of transportation in Tacoma.

It is important for all North End TWBC members to come to the council meeting on Monday, Nov 18 at 7:00 PM to support Anne's effort. Please see Anne's article in this month's newsletter.

Got Pancakes? No... Well, Yes
 by Perry White

Yes...November is pancake month. The other 11 months are doughnut months. This year's cornucopia of pancakes will be eaten at the Spanaway Senior Center where the pancakes are made from scratch, the eggs are scrambled, the ham is tasty, and the coffee is good to the last drop [guess which kind]. The ride leaders are Steve and Phyllis Lay who will start the ride on **Saturday, Nov 16** at the Proctor Starbucks (N26th @ N Proctor in N Tacoma) at **8:00 AM**. There usually is a round-a-bout route where we will end up at the Senior Center at about 9:30 AM.

No, Not, Darn! According to Steve Brown, The Annual November Pancake Breakfast Ride at Steve and Carla's house has been cancelled. ☹

Steve and Phyllis are also hosting another great sounding overnight ride in November. See Steve's article on page 7.



This month's COG...

- Vote for Anne.... page 1
- Officers and Volunteers..page 2
- The Prez Says..... page 2
- The VP Report..... page 3
- Bike Tech- by Eddy...page 4
- [Not] Bunk Issues.... page 4
- Event Schedule... page 5
- Those Knight Riders...page 6
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- Go to Fort Flagler... page 7
- Next Meeting's program..page 7
- Same ole last page..... page 8

**Next Club Meeting:
 Tuesday, Nov 19
 Action Sport Cycling-
 Parkland Bicycles**

About the Meetings....
 Meetings are held at the South Park Community Center, 4851 S. Tacoma Way, in Tacoma at 7 PM. The business (old business, new business, reports, etc) part of the meeting comes first... then after a short break of food and socializing...the entertainment.
Please attend. All members or interested parties are welcome. No meetings in July, August, and December.

club officers and volunteers

PRESIDENT

Ralph Wessels, 253-857-5658, president@twbc.org

VICE-PRESIDENT:

Tim Payne, vp@twbc.org

SECRETARY:

Position Open secretary@twbc.org

TREASURER:

Joy Roelofsz: 253-847-1843 treasurer@twbc.org

TOURING CAPTAIN and RIDE LINE Updates

Carol Davis: 253-857-5396 ridecaptain@twbc.org

NEWSLETTER:

Editor: Richard Patrick, Reporters: various members.
Email articles to: newsletter@twbc.org
Printed by Barb at Orca Press in Downtown Tacoma.

MEMBERSHIP DATABASE and MAILING:

Don Izenman: 253-752-1284 database@twbc.org

DIRECTOR OF COMMUNITY AND GOV'TMENT RELATIONS and BANQUET COMMITTEE

Bob Myrick: 253-473-7455 gac@twbc.org

DIRECTOR OF SPECIAL EVENTS:

Position is open to volunteers. events@twbc.org

PAST PRESIDENT:

Anne Heller: 253-761-0709 past-prez@twbc.org

MEMBERSHIP:

Phyllis Lay: 253-759-1816

PUBLICITY:

Please contact Ralph Wessels to volunteer.

Safety and Education:

Dave Tison: 253-761-2398 dtison@bigfoot.com

EQUIPMENT MANAGER:

Position Open Equipment@twbc.org

WEB Master

Dorian Smith: 253-752-9498 webmaster@twbc.org

DAFFODIL CLASSIC: daffodil@twbc.org

Team Daffodil: Jan Beame, Bob Myrick, Anne Heller, Dave Parker, Ralph Wessels@253-857-5658

PENINSULA METRIC:

Howie Kaplan: 253-460-3319, pmc@twbc.org

HEADWATERS CENTURY: headwaters@twbc.org

Linda Higgins, 253-759-5480

BICYCLE SHOW BOOTH:

Mike Romaine: 253-537-2330
Peggy Fjetland: 253-841-4458,
bikebooth@twbc.org

JERSEY SALES

Peggy Fjetland: 253-841-4458
jerseys@twbc.org

ANNUAL PICNIC:

Toni Matson and Vern Martin:
253-212-0781
amatson1@attbi.com



the view of the bicycle club... from the president's handlebars



Ralph Wessels
TWBC
President

Dena and I returned home last week from riding Cycle North Carolina. Other than me having driven through the NC many years ago, neither of us had been there. The event had great organization and support from the State, REI, Pepsi, Gatorade, and others. About 1,000 cyclists from across the US, Canada and parts of Europe participated. We rode from Statesville in the west to New Bern on the coast on portions of the 5,000 miles of signed bike routes in NC.

A couple of things struck me about this ride. As bicyclists, we had instant camaraderie with other cyclists and bonds with the communities we rode through. Dena

and I met a lot of interesting people and learned about their lives and lifestyles. The locals showed their southern hospitality to us and put on their best efforts to showcase their communities. For a week, our traveling community of cyclists shared many things including good riding, hot humid weather becoming very wet humid weather, food, conversation, beer, music, great scenery, daily rituals, comparing bikes and gear, and other aspects that come with a bike trip. We said farewell to newly made friends at the end of the ride. How different it would have been if we had opted to visit NC by car.

If you have never taken a bicycle vacation, you should plan on doing so. Trips can range from inexpensive with camping to expensive with four-star hotels. There are a number of state events to choose from (check out www.nbtada.com) and TWBC has organized spring and summer trips as well. If a week trip sounds daunting, start with a shorter trip such as a 3-day excursion on the Galloping Goose Trail from Vancouver to Sooke, BC where you can stay in a B&B. Go on a few TWBC rides this fall and winter to stay in shape and spend some of the gray days finding or planning a bicycle vacation.

Ride Safely,
Ralph

Use the chart below to help de-code the Event schedule on page 5.

RIDE CODE CHART

Pace Code: Average mph on flat surface:

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

Terrain Code examples:

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

the vice prez sez



Timothy Payne
TWBC
Vice President

Got Club?

I am willing to bet you are reading this because you have some connection with bicycling. Is that a fair statement? You may even be reading it because you are a member of the Tacoma Wheelman's Bicycle Club (no, I am not a mind reader). Well, you may remember a letter written last year by our webmaster, Dorian Smith. He declared that the "Tacoma Wheelman's is not for whimps." Regardless of how you took Dorian's assertion, whether you agreed, or not, you would have to say that it certainly attracted attention, con-

versation and introspection. Of course, Dorian was referring to the physical prowess of people who choose to belong to and remain active in the club.

I would like to take a different look at the statement. I believe the reason each of us has joined TWBC is that there is some aspect of bicycling that we find interesting and invigorating. From the person who rides for weight control to the person who is a Cat. 2 racer, from the tyro to the veteran, from the pre-teen to the active aged, we have them all and we share a common interest, bicycling. TWBC is not for whimps, it is for people dedicated to a hobby, a sport, a social outlet, advocacy, a stress outlet, recreation, a way of life, even a profession.

The club offers a broad array of activities that many people find attractive. Not every activity will attract every member (it's a good thing too, otherwise we would have to replace South Park Community center as our meeting location). Members participate in our three organized rides, The Daffodil Classic, The Peninsula Metric Challenge, The Headwaters Century. Members gather more informally for rides that appear in our monthly ride calendar. A great way to find people to ride with and have some fun! Then there are the meetings, the Christmas Party, our participation in the BAW Banquet,

the TWBC Banquet, the picnic, the Bike Expo not to forget, of course, the newsletter and the website. Seldom does a week go by that there is not some activity sponsored by TWBC for member participation.

So just how do all these good things happen? Who organizes and maintains all these activities for members to enjoy? There is a dedicated, relatively small, band of us who volunteer our time to ensure that the club goes forward. Organizing, communicating, taking care of finances, keeping track of members, putting together all those wonderful rides, small and large, publishing the newsletter, maintaining the website, the list goes on. There is just one problem, our band is getting smaller, too small.

There are jobs that need to be done, with no one stepping forward to take on responsibility. As you may know the board has two vacancies, a secretary and a special events director. In addition, there is a need for an equipment manager and we need people who are willing to learn to be ride coordinators. These are the folks who organize our formal three rides every year. Yes, these positions mean a dedication of time. Yes, there are people willing to help newcomers learn the ropes. While our situation is not desperate, it is serious. All the good things this club does for the members require that we have people behind the scenes. We need club members to step forward and volunteer. If you are interested in helping the club succeed in our mission of providing a wide variety of bicycling experiences contact any of the board members. We'll get you started. Not as glamorous as riding your bike, often not as fun, but TWBC is not for whimps.

Got club?



membership report by Phyllis Lay

New Members

Linda Adams, Nic Daniel, Keith T Terrano, Jackie Petersen, Sue Derkin, Terry DeWitt, Steve Gann, Thom & Noranne Skaanland, Stu & Janine Merryfield, Tamara Jackson, John Dimant, Allison Eckenroad, Jennifer Block, Sally Swanson, John R Delbridge, and Martell Kiefer.

Renewals

William Horn, Jr, Fay Tong, Georgene Kinz, John Campbell, Tanya & Walt Richardson; Pam & Bill LaBorde; Steve Brown, Carla Gramlich, Mark & Debbie & Jila & Pete Bozanich, Lewis Jones, John Davis & Family, Joanne Gladfelter, Paul & Judy Rice, Mike Smith, Marguerite Richmond, Mel Spliter, Bob & Pat Branson.

Sonna Cain, Sylvia Shiroyama, Philip L Chang, Janice Brame, Diane Koch, Douglas Shipman, James Porter, Robert Deehan, and Lana Chaffee.

Bike Tech

by Eddy Johnson

This is an "encore presentation" of Bike Tech from January 2001....*The Editor*

Today's "modern bicycle" comes with what one may consider vast improvements over "old technology". Ergo shifting, dual pivot brakes, exotic alloys, threadless headsets and my favorite, sealed bearings. The old ball and cone bearing set up is giving way to the "maintenance free", sealed cartridge units.

The main reason sealed bearings are so popular is that they save time in the manufacturing process of a complete bicycle, especially the bottom bracket (crank bearings). It takes a considerable amount of time and experience to get a cup and cone bottom bracket adjusted correctly. Sealed bearings are also "considered" to be maintenance free. Most sealed BB's are not serviceable unless they are of higher quality. Just chuck the old and screw in the new.

Now hub bearings, that's a different story. If you ever get the opportunity to open up the cartridge of a new, sealed bearing hub you may be wondering just where the grease went. Brand new, off the shelf, medium quality sealed bearings do not have enough grease in them. The first thing I do before building a wheel with a sealed bearing hub is pry the seal off and add grease.

Sealed bearings are not meant to last unless you get a very high quality unit like Phil Wood uses. So don't be feeling too smug about your hubs if you have sealed bearings. They do tend to be more resistant to crud and moisture and they will last longer if you pop the little seals every year, clean them out with a pressurized aerosol solvent (automotive brake cleaner works well, but do it outdoors and protect your eyes from spray back) and re-grease them.

I personally believe that a high quality cup and cone bearing rolls the best and will last forever with the right care. Permit me to indulge my eccentricity in saying that nothing feels more velvety smooth to the touch than a Campagnolo, Nuovo Record, cup and cone hub, shear delight.


Which reminds me, when you're checking bearings for wear, turn the axel by hand, don't just spin the wheel or turn the crank. Only then can you really feel what your bearings are doing. Eddy

(eddyj@galaxy-7.net)

(courtesy of Joyce Clifford)

not Knight Riding.
3. Riders are standing around...
2. It's not dark
1. It's not night

Knight Riders Puzzle-Answers



I Can Use Your Help!

by Anne Heller, TWBC Past President

Do you live, work or own property in Tacoma's North End? Do you care about bicycle advocacy and safety in the city of Tacoma? If so, I invite you to come to the general meeting of the **North End Neighborhood Council on November 18 at 7:00 at the Wheelock Library**. I have registered to run for a seat on the Council and would appreciate any friendly faces in the crowd on the evening of the 18th. Anyone over the age of 16 who lives, works or owns property in the north end is eligible to vote in the election.

For over a year I have been a member of Tacoma's Mobility Task Force. This group is working on plans for traffic calming measures; we are starting to see some results of its work as bike lanes are being painted on arterials throughout the city. Through my participation on the Task Force, I have become aware of the role the neighborhood councils play in advocating for improvements to our communities. The neighborhood councils, which are sanctioned and authorized by the city council, advocate for not only traffic calming but they also work towards making our communities more livable through arts, recreation and safety initiatives. Since I will be retiring in January, I expect to have more time to devote to volunteer activities such as the neighborhood council.

(Yes, this is a blatant campaign pitch.)

That's Bunk!

From the COG Editor's Cubicle



Got Bunk? Nope...not this time.

This column replaces Bob Myrick's Gov'ment report... cuz it's mostly about gov'ment stuff. I want to take up some white space to list some selected Q & A from the City of Tacoma Planning & Neighborhoods web site about neighborhood councils

Q: What are neighborhood councils?

A: In September 1992, the City Council passed legislation designating eight neighborhood council areas whose boundaries correspond to the City's traditional planning areas with minor adjustments. Each neighborhood council serves as an independent, non-profit citizen organization to promote citizen-based efforts for neighborhood improvements. Each

Continued on page 6



twbc monthly event schedule

call the ride line for the latest additions and corrections...253-759-2800

Day	Date	Time	Distance	Ride Code	Leader	Call me at	Ride or Activity
Sat	11/2	9AM-Noon, 1 PM	15	1A	Carla Gramlich cgramlich@att.com	253-752-4038	Meet at Orting Bell Tower. Walk and pick up trash along Foot Hills Trail.. Lunch...then at 1 PM, ride the clean trail for 15 miles
Sun	11/3	1 PM	15 or so	2B	Connie Reitzeig	253-460-1533	Sunday Spin... meet at Starbucks in Green Fir Village- 40th @ Bridgeport. Rain cancels.
Tues	11/5	Call	Call	Call	Call Ride Line	253-759-2800	Tuesday Morning Ride. Call Ride Line for details
Weds	11/6	6:00 PM	20 to 30	2B	Joyce Clifford & Peg Winsewski	759-2392 475-3625	Wednesday Knight Riders- ..Meet at Proctor Starbucks: N26th and N Proctor, Tacoma. Your bike must have lights.
Sat	11/9	9 AM 10 AM	20	2A	Carla Gramlich cgramlich@att.com	253-752-4038	9 AM-Meet at UPS Fieldhouse to carpool to Lk Wilderness Park to ride Cedar River Trail at 10 AM. Gravel trail...need fat tires
Sat + Sun	11/9-11/10	Call	38 + 42	2B	Steve and Phyllis Lay	253-759-1816	Two day overnighter. Meet at Edmonds or Kingston. Boeing Employees Club Ride. See article in this newsletter for details.
Sun	11/10	10 AM	40	2B	Louie Boitano	253-922-1168	Sunbreak Cafe in Auburn for Lunch. Meet at Freighthouse Square, door #3.
Tues	11/12	Call	Call	Call	Call Ride Line	253-759-2800	Tuesday Morning Ride. Call Ride Line for details
Weds	11/13	6:00 PM	20 to 30	2B	Joyce Clifford & Peg Winsewski	759-2392 475-3625	Wednesday Knight Riders- ..Meet at Proctor Starbucks: N26th and N Proctor, Tacoma. Your bike must have lights.
Sat	11/16	9 AM	25-35	2B	Steve and Phyllis Lay	253-759-1816	Meet at Starbucks in Proctor, N26th @ Proctor. Ride to Spanaway Senior Center for their inexpensive and tasty breakfast.
Sat	11/16	6 PM	0	0	You and other members	253-759-2800	Bicycle Alliance Dinner/Auction at Scottish Rite Temple in Seattle.
Sun	11/17	10:00 AM	40	2B	Ralph Wessels	253-857-5658	Brunch in Port Orchard. Meet at Purdy Park n Ride
Mon	11/18	7 PM	0	0	North End club members	n/a	Wheelock Library, N 24@ Proctor. Vote in N End Neighborhood council election
Tues	11/19	Call	Call	Call	Call Ride Line	253-759-2800	Tuesday Morning Ride. Call Ride Line for details
Weds	11/20	6:00 PM	20 to 30	2B	Joyce Clifford & Peg Winsewski	759-2392 475-3625	Wednesday Knight Riders- ..Meet at Proctor Starbucks: N26th and N Proctor, Tacoma. Your bike must have lights.
Sat	11/23	10 AM	20	2B	Carol Davis and other riders	253-8575396	Meet at Skyline Park n Ride, N Skyline @ 6th Ave. Tet a tet ride leader training. Brunch afterwords at Aloha Cafe at Noon.
Sun	11/24	10 AM	40	2B	Carol Davis	253-8575396	Allyn-Grapeview loop. Meet at Espresso Shop at 118th @ Hy 302 , kitty corner from old Vet office, park in gravel area.
Tues	11/26	Call	Call	Call	Call Ride Line	253-759-2800	Tuesday Morning Ride. Call Ride Line for details
Weds	11/27						Wednesday Knight Riders- NO RIDE
Friday	11/29	10 AM	25	2B	Ralph Wessels	253-857-5658	Tour Gig Harbor... stopping at Starbuck's along the way. Meet at Jerisich Park, GH
Sat	11/30	10 AM	20	2B	Anne Heller	253-761-0709	Meet at Starbucks, N26th @ Proctor, N Tac. Ride to Freighthouse Square to celebrate election to office.

Bunk- not this time...from page 4

Neighborhood Council also establishes a partnership between City government and the neighborhoods it serves.

Q: What incentive do citizens have to get involved in their neighborhood council?

A: For Tacoma to become a more livable, safe and united city, a broad and diverse cross section of citizens must join together to develop projects and implement positive changes in their neighborhoods.

Q: In what kinds of activities do the neighborhood councils get involved?

A: Because each neighborhood council is independent, citizens from each neighborhood decide their own specific mission and activities, though they should:

- 1) Seek consensus and provide citizens with opportunities to advise the City Council on issues important to each neighborhood;
- 2) Undertake a wide range of neighborhood improvement projects as determined by neighborhood residents;
- 3) With cooperation from the City, identify and develop solutions to mutual problems.



Looky there... It's some of the the Knight Riders. Peg, Joyce, and Dave.

Photo from Joyce Clifford.

What three things are wrong with this picture? Look for the answers on page 4.

Come and Join the Wednesday Knight Riders By Peg and Joyce

This is an invitation for all adventurous souls who may be bored with the prospect of training indoors this winter. Joyce Clifford and Peg Winczewski are leading Wednesday night rides starting at 5:30 PM beginning at Proctor Starbucks. These will be code 2B rides intentionally beginning and ending in the dark to truly experience the joys of night riding.

All right you may be wondering what is joyful about riding at night, in the cold with limited visibility? Well, let us tell you. There are many sights and sounds that you experience during night rides that you miss out on during the day. Mainly, the lack of noise creates a serene riding experience and the sights to behold include, watching the sun go down and the moon and the stars appear in the sky. The coldness is refreshing similar to an early morning ride but the activity warms you just the same.

Some riders have expressed reservations about riding at night including increased danger and flats. In my experience riding at night there is less danger. Several factors contribute to this

belief, less cars on the road, the rider is more visible due to lights and fluorescent clothing, and a more relaxed pace. In fact, I ride more often on the busier streets at night due to low traffic volume and the ability of cars to see me better since I am literally glowing in the dark. With the lower traffic I have more streets available when choosing my route. It is really kind of fun riding where the cars go.

Ok now, on the issue of flats, there is this myth going around that there are MORE flats at night due to not seeing debris in the road. However this is NOT the case. In my experience I have not had any more flats at night than during the day and when you think about it how often have you actually seen the object that caused your flat? At night you can ride in the road where the cars ride and their big tires have clean out all that little stuff.

We have discovered the joys of night riding and would like to share it. Cruising through the shadows between street lamps, experiencing freedom from our bike computers, focusing on the activity and not the results and enjoying the moment.

See the light and come and join us in the dark.





Carol Davis
twbc
touring captain

I Need Your Ride Logs

November 1 is the official beginning of our riding year. Be sure to make your New Year's Resolutions for riding club and commuting miles. This time of year is a nice time to come out and ride with the club because people are more relaxed and not worrying so much about training schedules. The rides tend to be a bit slower, more social, and inclusive.

Please start keeping track of your New Year miles and send me your Nov 2001 to Oct 31 2002 ride logs so I can tally them for the upcoming banquet awards. Send the logs directly to me:

Carol Davis,
10618 122nd Ave KPN,
Gig Harbor, WA 98329.

In case we ever have some rainy weather again, it is always a good idea to check with the ride leader before you head out if the weather is threatening.

Ride Leader Tête-à-Tête (Heads Together) Training November 23

Ride Leaders and Ride Leaders to be are invited to an informal get together to discuss the ins and outs of leading rides for the Tacoma Wheelmen. We will meet at the **Skyline Park & Ride (6th & Skyline, W Tacoma) at 10 Am** for a short ride. Afterwards we will

meet at the Aloha Dining Company across the street from the park & ride for lunch or brunch and take more time to talk about the business of leading rides. Everyone is invited.

Hopefully experienced and inexperienced leaders will come in hopes of inspiring more of you to participate in leading and attending our rides. If weather is inclement, we will only meet at Noon for the lunch at the Aloha Dining Company.

Fort Flagler Get Away By Steve Lay

If you're looking for a November weekend get away, why don't you join the joint ride with the Boeing Employees Bicycle Club to Fort Flagler?

The ride is Saturday November 9th and Sunday November 10th. Riding is from Kingston ferry dock to Fort Flagler on Saturday and return on Sunday. It is a short ride – 35 miles on Saturday and 42 miles on Sunday.

The cost is \$23 per person and includes: dinner, breakfast, overnight in one of the barracks, snacks, sag wagon, and maybe a Saturday night program.

You will need to bring: sleeping bag, warm clothes, rain gear, money (for lunches and ferries (if you start in Edmonds), helmet, bicycle and anything you think you might need for and overnight (within reason).

The group meets at the Edmunds Ferry dock at 8am on Saturday, but we drive to Kingston and meet them at the ferry dock there. This saves money for the ferry and we have found free parking in Kingston.

If this sounds like the "perfect get away" contact Pete and Hannelore Maas (425) 255-4192 or Steve and Phyllis (253) 759-1816. Reservations need to be in by Wednesday November 6th.

A Future Tour Winner, from Tacoma? Come and see! by Tim Payne, TWBC VP

Tuesday, November 19, 7:00 pm, South Park Community Center, the monthly club meeting will feature an exciting new program.

Two energetic individuals, Jerry Cutright and Steven Skeehan, have taken on the challenge of running a bike shop and a junior bicycle racing team. Within the past two years they formed Action Sport Cycling, LLP, purchased Parkland Bicycles (11802 Pacific Ave. S.) and formed the ASC-GenSoy Junior Bicycle Racing Team.

The team participates in road, cyclocross and mountain events with freestyle and BMX soon to follow. Their goal is to get kids out from behind the Nintendo and onto bicycles. If the name Parkland Bicycle sounds familiar, it should. They provided mechanical support on the Daffodil Classic. Come see what should prove to be an interesting, exciting program about this new racing team in our community.

While details of the program were still being worked out at press time, we will have a member of the team present along with a presentation about the team and racing. We have also discussed the possibility of a section of the program on roadside repairs and a "show and tell" holiday gift guide for bicyclists. Let's turn out for the meeting and show support for this fine effort in our community.

Please Note:

Deadline for Newsletter articles is the third Friday of the month, by 11:59 PM

Visit TWBC's web site-

Your gateway to gigabytes of interesting bicycling information.

Make **www.twbc.org** one of your favorites in your web browser.



Tacoma Wheelmen's Bicycle Club
 PO Box 112078
 Tacoma, WA 98411

Prsrt Std
 U.S. Postage
 Paid
 Tacoma, WA
 Permit No. 151

November, 2002



mail to:



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

B e c o m e a m e m b e r o f T W B C

Name: _____
 Address: _____
 City, State: _____
 Home Phone: _____
 Work Phone (optional): _____
 E-mail: _____@_____

Check Box: New Member Renew Addr Chg

Individual person membership	\$15 _____
Family membership	\$20 _____
One-time initiation Fee for new members	\$ 5 _____
Optional subscription to Sports Etc	\$18 _____
Optional subscription to The Bicycle Paper	\$12 _____
Total Membership Fee:	\$ _____

Send this form and a check for the total \$ amount to:

**TWBC Membership
 PO Box 112078
 Tacoma, WA 98411**

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

Also...Check boxes if you are interested in volunteering for:

- Leading Bike Rides
- Events
- Newsletter
- Club Meeting Programs
- Becoming a club officer