

JUNE 2003

TWBC Members Helps provide Bicycle Helmets

On May 3, TWBC volunteers helped to provide almost 500 helmets to cyclists at the annual Children's Safety Fair.

For five dollars, children and adults could purchase helmets from Helmets on Wheels TWBC members custom fitted that helmet to the buyers head. The Helmets on Wheels program was started to increase helmet usage in Pierce County after Pierce County and other jurisdictions enacted a mandatory helmet law for all bicycle riders.



A Special *Thank You* to all the following volunteers who donated their time:

Pat Wingerter, Janice Jensen, Vern Martin, Mike Silvers, Malaina Walls, Shelia Pudists, Steve Ludowese, Joy Roelofsz, Peggy Fjetland, Noel Hagens, Debbie Hushagen, Dave Parker, Jan Brame, Terry Dewit, Anne Seago, Dave Seago, Bob Vogel, and Koko Waters.

On May 8, 66 more five dollar helmets were purchased and fitted at the Orting Safety Fair.

At both locations many people were impressed with the quality of these five dollar helmets.

Money donated to Helmets on Wheels by TWBC helps to subsidize this program. The organisation informed local residents that bicycle rides like the Daffodil Classic helps to provide these helmets and keep the cost down to the more than affordable five dollars. A Special *Thank You* to Chuck Morrison for taking time out of his busy schedule to help that afternoon in Orting Chuck mentioned that most helmets he sees on the trail and around Orting are helmets from the Helmets on Wheels program.

Foothills Trail Update

Foothills members were sadden upon the death of Dr. Douglas Tait in April. Dr. Tait was one of the founding members of the Foothills Rails to Trails Coalition. We hope that Dr. Tait's dream of the completion of the trail will come to fruition in the next couple of years.

The Tacoma Wheelmen Bicycle Club has been a big supporter of the Foothills Trail from it's conception in 1987. This past year the Foothills Rails to Trails Coalition members have, Cleared miles of undeveloped trail right-away, planted hundred of evergreen trees for environmental mitigation, encouraged and supported continuation of trails in Fife, Puyallup, and Milton, and testified in Olympia in support of the Klickitat Trail

The Foothills Coalition has met with Pierce County's Executive's office to better focus and coordinate trail work contracted to other departments by Pierce County Parks. The Foothills Coalition's mission is to help Pierce County Communities develop a

continued on page 7



Ralph Wessels
TWBC
President

By the time you read this, the Peninsula Metric Century will have occurred. Although the weather cannot be predicted, the quality of TWBC's rides is predictable and is widely regarded as the best in the Northwest. Thanks to the many volunteers who make it so, some who have been working on the ride since November. Special thanks to Howie Kaplan!

The next rides meetings are for the Headquarters Century and will be at Linda Higgins house, 4947 N. Vassault St., on July 15 and August 19, starting at 6:30 PM. There will be snacks and refreshments. Contact Linda at 759-5480 for more information.

Don't forget that TWBC does not have club meetings in July and August. The next official club function will be the picnic on August 16 at the Orting City Park.

I have enjoyed the past year as being your President and would like to extend my thanks to the Board and many volunteers that make TWBC run smoothly. You are a great group. Ride safely,

June Elections

Remember Alice Cooper's song, "Elected"? Don't you think that would make a nice sound backdrop for election of officers at the June TWBC meeting? If you have interest in the positions of President, Vice President, Secretary, Treasurer, Director of Special Events, Director of Community and Government Relations, Newsletter Editor, or Ride Captain, please contact any of the Board members to obtain information. General responsibilities are also listed in the TWBC charter on our website.

The Board meets the second Tuesday of the month at 6:30 PM and meetings generally last 1.5 to 2 hours. There are also many volunteers that assist the Board and make TWBC a great bike club. Please come to the June meeting and cast your helmet into the ring or vote for others who do so.

Tacoma Narrows Bridge Update

The shoulders of the detour route were finally paved on May 5. This was exactly three months after WSDOT was first contacted by TWBC about the hazardous condition created by closing the shoulders of SR16 and not providing a proper bicycle detour. The shoulders were paved on both sides of the off-ramp at the bridge to provide 4-foot shoulders and extended to connect to the previously paved shoulder on Stone Drive beneath the bridge. Cyclists still need to be careful navigating the detour route but at least they are no longer in conflict with cars and trucks. The next change for cyclists will occur once the 24th Street interchange is opened, likely this fall.

Tim Payne and Bob Myrick have been reviewing the proposed design for the relocated War Memorial Park. The design has problems for cyclists. WSDOT has not coordinated well with other governmental agencies and they also have issues on the park that are currently unresolved. TWBC will continue to maintain its vigilance on the design.

You've Got Mail!

by Prez Ralph

Or maybe not. A number of emails sent to club members recently came back as undeliverable. How can you tell if yours is out of date? If you did not receive an email about the May club meeting, your email is not correctly on file with the club. To receive announcements about bike rides, club activities, or bicycle issues, be sure to keep your email up-to-date with our database manager, Anne Heller. Send your updated email to Anne at database@twbc.org. Please note that TWBC does not share membership information with others.

VP from page 4

On the Daffodil Classic, member Phil Lux, road his bicycle through a part of the course (sorry Phil couldn't remember how many miles) then climbed into his trusty sag wagon and began patrolling the course. I know he helped a number of people, but here are two events I personally witnessed. Seems two folks were having a rollicking good time on their tandem that was, perhaps, in need of a bit of attention and maintenance. They were riding along on one of the more desolate parts of the Daffodil, when one of the crank arms, the one with the chain wheels attached, decided this was a good time to separate itself from the bicycle. The bolt that secures the crank to the tapered shaft was nowhere to be found, so they had a separated crank and a handful of chain with about 15 miles to get help. Along comes Phil, picks up them and their bicycle, transports them to the Kapowsin rest stop where master mechanic Steve Gann of Velocity Cycles had them reassembled and back on the road. Without Phil, who knows where and how these folks would have returned to Orting?

ride to page 7

The COG Home Page



**TWBC Ride Line
253-759-2800**

**Next Club Meeting:
Tues, June 17, 2003
Board Member
Elections - Fun!**



Hey Riders... Use this handy chart to decypher the ride code listed on the Monthly Ride/Event Calendar 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, cue 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)



Come to the Monthly Meeting!

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, Aug, Dec, and January.



Get yourself a new jersey!
Call Peggy... the Jersey Lady at
253-841-4458 or jerseys@twbc.org

club officers and volunteers

PRESIDENT

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

VICE-PRESIDENT:

Tim Payne, vp@twbc.org, 360-871-4478

SECRETARY:

Sandy Byrd, 253-474-6721, secretary@twbc.org

TREASURER:

Joy Roelofse, 253-847-1843, treasurer@twbc.org

TOURING CAPTAIN and RIDE LINE Updates

Carel Davis, 253-857-5396, ridecaptain@twbc.org

NEWSLETTER:

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

MEMBERSHIP DATABASE and MAILING:

Anne Heller, 253-761-0709, 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:

Position Open... Contact Prez Ralph

EQUIPMENT MANAGER:

equipment@twbc.org
John Lea, 253-770-5530

WEB Master:

webmaster@twbc.org
Ken and Cindy Staggs, 253-752-0925

DAFFODIL CLASSIC:

daffodil@twbc.org
Team Daffodil: Jim Brune, Bob Myrick, Anne Heller, Dave Parker, Ralph Wessels@253-857-5658

PENINSULA METRIC:

Howie Kaplan, 253-490-3319, pmc@twbc.org

HEADWATERS CENTURY:

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 vice prez sez



Timothy Payne
TWBC
Vice President

Early Summer Whining

There is only one thing worse than bicycle problems, and that is computer problems. As I write this I am quite literally on my way out the door to the Bend Bicycle Festival. Good intentions to the contrary, my computer decided this was a good time to add a bit of stress to my life, it has gone relatively lifeless. Fortunately for me and, not so much for my travel schedule, there is another computer in the house that I can use to get this article written and off to the editor. In the meantime, the sun in Bend awaits my arrival. Okay, do you feel sorry for me yet? I will report on the events in Bend in next month's column.

May Meeting a Pleasant Potpourri

Many thanks to members Terry DeWitt, Rich Elgin, and Susie Paxhia for their presentations at the May meeting. Terry took us on a barn and flower tour across the northern tier of states and Canada from Maine to Anacortes, Washington by bicycle. The pictures she shared are striking reminders of the variation and beauty of this continent we occupy. Along with the eloquently stated pictures Terry offered some very good advice for those contemplating a ride across America. Among the more interesting and less traditional advice: Be sure your riding partner has their hormones under control (ask Terry for a brief summary), do not deviate significantly from your pre-planned route, and when the sign says "road closed," believe it. Thanks for sharing, Terry

Rich and Susie provided us with a sampler and expository on their business, Postural Alignment Therapy. They provide therapy that manipulates the muscle and connective tissue to correct the "set" of muscles that have taken on less healthy and more stressful shapes. I learned a couple of things: my hamstrings are sometimes tight, not necessarily because of lack of fitness, it can be the alignment of my whole back/hip/leg muscle group. Even more encouraging was to learn that my Continental (spare tire, love handles, etc.) are more of a muscular condition than a place where my body has chosen to store some of those less nutritious meals. By the time they were done with their presentation I already felt better and they had not yet laid a hand on me! Rich and Susie maintain a website for their business at www.4alignment.com. Based on what I saw at the meeting, I will be paying them a visit. Thank you, Rich and Susie, for sharing this information and the free samples of your wares.

June Meeting Summer Kick-Off

Aside from the very entertaining aspects of the election of club officers, the June meeting will offer two more practical applications to everyday life as a cyclist. Based on recent events at rides it has come to my attention that many of our members are not too clear on how to change a flat. Well, our very own Steve Lay, who by his own admission has lots of practice, will put on a clinic on how to change a flat. I have watched Steve on more than one occasion and he is lightening fast. So come learn from the master. The other topic will be one on ride and recover nutrition. If you pay any attention at all you know the marketplace is filled with food stuffs intended to improve a cyclist's performance. Does any of this stuff really make a difference? More important, how does it taste? Am I willing to spend my hard earned money to purchase a product that tastes like a combination of white paste and cardboard only to find I feel absolutely no different? I am sure we will not be able to completely answer those questions. But we will have a sampler of products from the marketplace for your tasting pleasure. Along with that will be the manufacturer's information about all the good things it does for you. I don't know about you, but if it does not taste good, I am not particularly interested in eating it, no matter how much it helps my cycling performance. Bring your taste buds!

Sag Driving

One of the more important volunteer efforts at our TWBC sponsored rides events (Daffodil Classic, Peninsula Metric Century, Headwaters Classic) is the position of sag driver. It is interesting that it is a very important position and at the same time very difficult to recruit people for the job. It seems we are always working to the last minute to find sag drivers. From personal experience and observation, I can tell you they are much needed and very appreciated.

double back to page 2



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
Sun	6/1	0700--1100	varies	varies	TWBC	253-759-2800	TWBC's PMC Ride
Mon	6/2	6:30 PM	10	3B	Jan Brame	253-759-6984	Triathlon Training... Meet at Pt Defiance Park entrance.
Tues	6/3	Call	Call	Call	Call Ride Line	253-759-2800	Tuesday Morning Ride. Call Ride Line for details
Weds	6/4	6:30 PM	15	2C	Joyce Clifford Toni Matson	759-2393 212-0781	Meet at Tides Tavern, DT Gig Harbor for Crescent Valley loop. Dinner at Tav at 8 PM.
Sat	6/7	9:00 AM	50-60	2D	Carol Davis	253-857-5396	Wild Rhody Ride along Hood Canal to Seabeck. Bring Lunch. Meet at Belfair QFC parking lot at North Shore Rd. Rain Cancels.
Sat	6/7	9:45 AM	8	1A	Bill Newman	253-503-1327	Ride to Lakewood Gardens for Lunch at Kevin's. Meet at Ft Steilacoom Park.
Sat	6/7	6:00 AM	50+	2B	Phil Lux	253-473-4867	Meet at Parkland Park n Ride. Ride to Rainier.
Mon	6/2	6:30 PM	10	3B	Jan Brame	253-759-6984	Triathlon Training... Meet at Pt Defiance Park entrance.
Tues	6/10	Call	Call	Call	Call Ride Line	253-759-2800	Tuesday Morning Ride. Call Ride Line for details
Weds	6/11	6:30 PM	10	3B	Jan Brame	253-759-6984	Triathlon Training... Meet at Pt Defiance Park entrance. Its really on Wednesday, too.
Friday	6/13	2:00 PM	35-40	2C	Carla Gramlich	253-879-0115	Friday Afternoon ride. Meet at the usual Starbucks, N 26th / Proctor, N Tacoma. Ride to Vashon on 2:40 Ferry. Diner at Anthony's at 6:15 PM
Sat	6/14	8 AM	varies	2B 2C	You		Apple Century. www.wenatcheesunrise.org/century/ A good ride in Wenatchee
Sun	6/15	9 AM	35	2C	Jan Brame	253-759-6984	Ride Vashon Island. Meet at Pt Defiance Ferry Terminal.
Sun	6/15	10 AM	45	3B	Robert Deehan	253-272-9682	Ride to Bonnie Lake. Robert is actually gonna stop and have lunch at the Power House in Puyallup. Meet at UPS Field House.
Sun	6/15	8AM	100	3D	Bob Myrick	253-473-7455	Chelan Century [it's free], Meet at City Park in Chelan, WA
Mon	6/16	6:30 PM	10	3B	Jan Brame	253-759-6984	Triathlon Training... Meet at Pt Defiance Park entrance.
Tues	6/17	Call	Call	Call	Call Ride Line	253-759-2800	Tuesday Morning Ride. Call Ride Line for details
Tues	6/17	7:00 PM	00	00	Prez Ralph Wessels	253-879-7455	TWBC Club meeting. Elect someone to a board position. Could be entertaining. Clint Eastwood is rumored to be attending.
Weds	6/18	6:00 PM	15	2B	Joyce Clifford & Peg Winsewski	759-2393 475-3625	Wednesday Knight Riders- ..Meet at Proctor Starbucks: N26th and N Proctor. Ride to Dinner at Le Le's 1012 MLK at 7:30 pm.
Sat	6/21	10:00 AM	50	2B	Jim Deyoung	253-912-0757	Ride Ft Lewis perimeter. Meet at Dupont Starbucks, Exit 119 off of I-5.



twbc monthly event schedule

Day	Date	Time	Distance	Ride Code	Leader	Call meet	Ride or Activity
Sat	6/21	10 AM	50+	2B	Jim De Young	253-912-0757	Meet at I-5 Exit 109 Park n Ride. Ride the perimeter of Fort Lewis.
Sat	6/21	7:00 AM	??	??	Cascade Bike		Flying Wheels Century. Marymoor Park. see www.cascade.org
Sat	6/21				Longview Rotary Club		Meet in Toutle, Exit 49 off of I-5. www.tourdeblast.com . Act now, quantities are limited. 400 ride slots open.
Sat	6/21	8:45 9:00	appx 75	2B	Mike & Renda Murphy	email	Roy Tandem Rally II Meet at Skyline Park n Ride @8:45 to socialize, 9AM to ride. Coffee at Dupont, Lunch at Roy at appx 1 pm. See the sights of Thurston and Pierce County. Call TWBC ride line or Evergreen Tandem Club ride line: 206.789.8722, or email: wetandem@mindspring.com Single bikes are welcome.
Sun	6/22	Call	Call	Call	Carol Davis	253-857-5396	Ride the Duck. See Carol's ride report. Meet at Lincoln Park or Southworth Ferry. Call Ride Line for times and details.
Sun	6/22	Call	32- 42	2D	Bob Vogel	253-756-9984	Ride to Sunrise before the Park opens the road. Call Bob for meeting details and arrangements. Fix your brakes B4 going.
Mon	6/23	6:30 PM	10	3B	Jan Brame	253-759-6984	Triathlon Training... Meet at Pt Defiance Park entrance.
Tues	6/24	Call	Call	Call	Call Ride Line	253-759-2800	Tuesday Morning Ride. Call Ride Line for details
Tues	6/24	7 PM	20	2B?	Carla Gramlich	253-879-0115	Tour DePierce Pre Ride. Meet at Puyallup Fairgrounds BLUE parking lot. 7 PM.
Weds	6/25	6:30 PM	30	2B?	Carla Gramlich	253-879-0115	Tour DePierce Pre Ride. Meet at Puyallup Fairgrounds BLUE parking lot. 6:30 PM
Thurs	6/26	7 pm	12	1A	Carla Gramlich	253-879-0115	Family bike ride... Tour De Pierce course. Meet at Puyallup Fairgrounds BLUE parkinglot at 7 PM.
Sat	6/28	10:00 AM	30 52 68	1C 2C 3C	Carol Davis	253-857-5396	Four Sisters Ride. Shelton Walmart Gas Station Parking Lot. See Carol's ride notes for more details.
Sun	6/29	9 AM	vario- us	vario- us	Pierce County Parks		Tour de Pierce at Puyallup Fairgrounds, Blue Parking lot. see flyer in last months newsletter.
Sun	5/26 HOL	9:00 AM	50	2B	Louie Boitano	253-922-1168	Ride to South Center. Meet/Start at Sumner Library for this Monday Holiday day off ride.
Tues	7/1	Call	Call	Call	Call Ride Line	253-759-2800	Tuesday Morning Ride. Call Ride Line for details
Fri Sat Sun	7/4-6	call	call	2B			Northwest Tandem Rally in Eugene, OR. www.nwtr.org/2003
Fri	7/4	7AM	100	2B	Carla Gramlich	253-879-0115	Meet at UPS Field House, N 11th/ N Union. Ride 100 miles to someplace and back.
Sat	7/12	7:00 AM	100	2.5C	Ralph Wessels	253-857-5658	Ride to around the Sound. Meet at Gig Harbor Park n Ride. See the sights of Olympia and Belfair. Code 2.5 C

Carla Report... cont'd

countywide trail network. This past year's accomplishments has shown that they are working towards that goal. This summer the trail section between Orting and South Prairie is scheduled to be paved. *YOU* can become a member of the Foothills Rails to Trails Coalition to help support trails in Pierce County. For more information go to 'piercecountytrails.org' on the web.

Car-Less Commute

JUNE 9-22, 2003

What is Car-Less Commute?

It is the event that encourages commuters to burn calories instead of fossil fuel, reduce traffic congestion and air pollution, and leave the car at home. From June 9-22, thousands of Pierce County Commuters will be doing just that when they compete for prizes during car LESS Commute and *YOU* can join them! During this time period, get out of your car and ride your bike, take a bus, walk, carpool, or, telecommute.

I have volunteered to be the TWBC Team Captain [call me Capt'n Carla] for Car-Less Commute. (I had to do this job since many people think this program is really Carla's Commute). If your workplace doesn't have a team think about being part of the TWBC team. The TWBC team is also made up of people retired and are not using their cars for appointments and errand. Get the forms from the web, <http://www.co.pierce.wa.us/text/Abtus/ourorg/parks/carless.htm>, Or at the TWBC June Monthly Meeting.

VP Tim Report... cont'd

Then there is my own story. Despite appearances to the contrary, I do sometimes have physical problems when I ride. On the Daffodil, for whatever reason or combinations of events and/or food intake, about forty miles into the ride, my legs started cramping. I stopped rubbed them

continued on next column

out and kept going, for another mile, they cramped again, more severely this time. Same drill, I stopped stretched and rubbed out and got going again, all to no avail. About a mile down the road, the cramps were severe enough I literally could not pedal. A bit beyond my awareness, Phil had been watching me suffer along with this series of muscular malfunctions. I was less than a quarter-mile from the Kapowsin rest stop when Phil stopped and asked me if I wanted a lift. I very reluctantly agreed. The reluctance was my pride getting in the way of my common sense, "I always finish a ride." Phil very gently, but very persuasively, convinced me that it was in my better interests to preserve my body to ride another day. I really appreciated his personal touch. Many thanks to Phil for his excellent work as a sag driver. For that matter many thanks to all those volunteers who take on the task of driving sag, it is not easy, but it is very much appreciated.

When you are considering your volunteer position for the Headwaters, think about the position of sag driver. For the riders who have difficulty, mechanical or physical, I don't believe there is a more appreciated volunteer involved in the ride.

One LAST THING!

There is still room for you on the Circumnavigate Hood Canal ride. The ride is September 13 and 14, 2003. This will be a supported ride, 150 miles in two days. We will start in Belfair with our overnight at Kitsap Memorial Park (this is located about two miles south of the Hood Canal Bridge). We will be camping out. This should be a beautiful ride. Don't wait too long! Let me know if you are interested. I am limiting the ride to fifteen riders due to the logistics involved. There are presently 10 spots available. Call me at (360) 871-4478 or drop me an e-mail at paynet@msn.com to get more information or reserve your spot.

end of report

Bicycle Race In University Place. Volunteers needed.

By Robert Deehan

The Spoke and Sprocket Cycling Club is putting on a United States Cycling Federation sanctioned bicycle race in University Place on Saturday August 2nd. The race is part of the UP Festival. It is a type of race referred to as a "criterium". A criterium consists of multiple laps of a very short roadcourse (less than a mile). They are usually flat and extremely fast.

There will be 7 races for different categories starting at 9:00am including two races for women and a Men's Pro Cat 1 and 2 race at 2:05 PM. The Pro Cat 1 and 2 race will most likely average between 28 to 30 MPH and is only an hour in length. The cat 1 women are also very fast.

There will also be a 10 minute race for children. One does not need a racing license for that race.

Spoke and Sprocket Cycling Club is looking for volunteers for this race. We mainly need course marshals but we will need a few people for registration as well.

If you would like to volunteer contact me (Robert Deehan) at (253)-272-9682 or email me at deehare@earthlink.net with the title of "Race Volunteer". There will be a pizza feed after the race or any volunteers. I tried to get Jim Couch to donate a Mondonico frameset to all volunteers but he was strangely reluctant to comply.



New Members: Barbara Arlett and Crail Miller.

Renewals: Herb & Sherry Brooks, Tim Payne, Carolyn Nelson, Dianne Bechtold, Jeff Grider, Paul Binford, Gerald F Kluch, and Gus Fant.



Before I blast off into my usual plethora of bicycler blabber and spewage, I would like to first of all say farewell and thank you to Richard Patrick, our esteemed editor (retired). During his brief but unmistakable tenure, no other editor of any other publication I've written for has shown me the support that Richard has. A true champion has left the podium.

Speaking of podiums, that brings me back to the topic of the month: European Bicycle Racing!! Yes, here I go again. Not a typical "tech" topic but I can't let the racing season zoom by without saying just a few words about it. You may think me un-American because when

I talk about bicycle racing I don't include the domestic scene or mountain bike racing. Racing in Europe has been around for generations. The Tour de France is in its 100th year.

It seems every town in every country in Europe hosts some sort of Bicycle race. From the Southern tip of Italy to the northern most edge of Spain and everywhere in between. There are one day races, week long races, 3 week races, 6 day track events, single day track races, pro, semi-pro and amateur. Regular people like you and me pile into the family car with picnic baskets bulging and wait by the side of the road for half the day, sometimes overnight, just to catch a glimpse of the Peloton whizzing by at 40+ kph.

There are fanatics (that would be me) who rent Winnebagos and follow a 3 week stage race every day from point to point. People dress in costume, construct monuments, floats and roadside props for bike races.

Mountain top finishes at a grand tour make Mardi Gras look like a school picnic. I've had some extended time off work and so I've been able to watch all, well, most of the spring Classics like Paris-Roubaix, the Tour of Flanders, Liese-Bastione-Liese and now the Giro D' Italia. Every year about this time. I swear I have this unquenchable need to write about the drama, emotion, suffering, and dedication that makes European racing come to life.

You don't even have to like bicycle racing to enjoy it. If you've ever watched a race on TV you know the average sports fan would find it boring. Let's face it, those 200+ kilometer stages that are totally flat can be a little tedious to watch, if you're an average sports fan. I guess the key word here is sports. While it's true that bicycle racing is a sport, it is one born of angels and not humankind. How could any one human come up with such a platform for self inflicted torture and suffering and call it a sport? But that's what makes bicycle racing an enigma. Without the strife, hard work and pain that goes into racing and training there would not be the intense emotion or passion that makes racing what it is, a super human event only angels can embrace.

The life of a serious racer in Europe is a year round commitment. Most racers that compete at the highest level barely get a few weeks a year off the bike. Every racing season seems to get longer, mid January through October. I find it amazing that so many pro racers have families. They live and breathe racing every waking moment, even when they sleep.

Bicycle racing is an international sport with participants from all over the world. Most teams are sponsored by private industry and are made up of individuals from around the globe. The more you experience European racing, the more you come to learn about the participants and their countries of origin especially when you read racing publications like "Velo News" or "Cycle Sport". Everyone has a unique personality with the characteristics of their homeland and nowhere else is that more obvious than in Europe. There are all these countries surrounded by each other, all of them different. The main contenders in European racing are the French, Italians and the Spanish, all with their own major, 3 week race. Over the years you come to know the racers that return year after year. You watch them go from a work horse or "domestique" to a major contender that has the support of the entire team.

Each nationality has a way of expressing their personal battles. The Italians have a flare for the dramatic. Big egos and big mouths to match. You can bet that an Italian racer is always up to the challenge but if he loses it is not his fault. Like their fashion, their food and their cars, the Italian racers are flamboyant. The French...well, they're French. They like to whine a lot, they're arrogant and condescending and they like to think they thought of it first. I feel a little sorry for the French because they host the biggest race of the year and they haven't had a winner since 1988... *sigh*. The Spanish are known to be the climbing specialists and are very aggressive racers and the most soft spoken. They're very methodical and calculating. Come to think of it, the Columbian and Mexican racers have a lot in common with the Spanish. The Mexican racers tend to be a bit more vocal about their abilities. I have a soft spot for the Columbian

continued on page niner, col 1

Bike Tech Eddy...from page 8

racers. They can really "hot up" a race as the Brits would say. The Columbians love to attack in the mountains and you would swear you were seeing angels fly.

Like everything, bicycle racing has changed over the years. Most top racers must specialize in certain events every year to be in top contention. The races are demanding more and more of the participants making it nearly impossible to compete at a high level for an extended period. The body just can't do it. All eyes will be on the Tour de France this year. Like every year, even in the United States. Gregg Lemond and Lance Armstrong have brought a piece of Europe to America. Obviously Lance's specialty is the Tour de France and winning it for the 5th time in a row would tie Miguel Indurain's record and maybe even get him an audience with George W. Bush.

I think Lances' most powerful and threatening opponent this year is a fellow American, Tyler Hamilton of the CSC Team. He and Lance rode together on US Postal. Tyler was his right hand man in the mountains and left Postal to pursue his own dreams. Tyler is the team Captain of CSC and has their support for this years Tour de France. I think Tyler can kick Lance's ass, but no matter who wins, they'll both be on that podium in Paris.

EDDY (EDDYJ @ galaxy-7.net)

Our June calendar offers a great variety of rides from casual to serious, and at different times of the day. Be sure to check for the times and rides that suit you and your schedule. Several rides also offer dinner opportunities if riding doesn't fit in for that day.

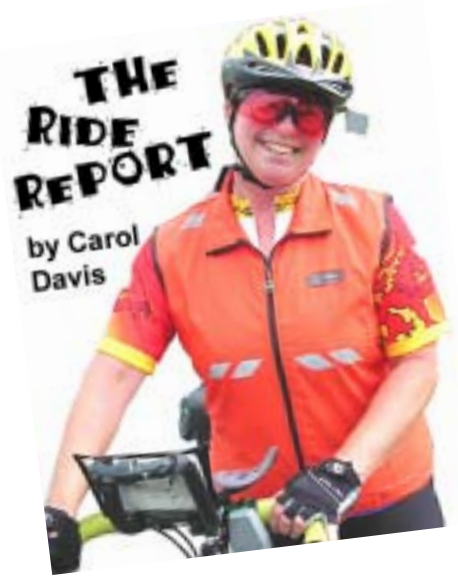
June 28 is the 2nd annual 4 Sisters Ride. This ride has really picked up momentum. This year six clubs will actually be participating: West Sound Cycling Club, TWBC, Seattle Bicycle Club, Mountaineers, Capital Bicycle Club, and BIKES of Everett. Three codes are offered all starting at 10 AM: Code 1C, 30 miles, Code 2C, 52 miles, 3C, 68 miles. Rides begin at The Shelton Wal-mart Parking lot off of Wallace Road. Take the 3rd Shelton exit off of Hwy 101. As you exit right, get into the left lane to the Wal-mart parking lot. Park by the gas station. Bring plenty of food and water. Some food is available along the Hood Canal. This ride goes on beautiful roads that are almost wilderness with great views of the Olympics, Hood Canal, lakes, and pastoral scenes (can you hear Beethoven yet?) you won't want to miss this special event!!

Celebrate the summer Solstice in Seattle on June 22 (a day late), with a tour of Seattle that includes many highlights: Alki, Downtown waterfront, Elliot Bay Trail, Magnolia Scenic Loop, the Ballard Locks, Fremont, U District, and A RIDE ON THE DUCK with Captain Tina (Carol's little sister). Because of the special relationship we will get a 20% discount on the tickets bringing them down to \$17.60. The Ducks are amphibious vehicles that I believe are left over from WWII.

Also on June 22, Bob Vogel is planning a trip to Sunrise before the road opens to cars. Give him a call for arrangements.

Jan and Den(a) will be offering Triathlon training for anyone interested in short, fast rides. Joyce and team are offering outings with dinner.

Great times await you on our June calendar!!



Take the 3rd Shelton exit off of Hwy 101. As you exit right, get into the left lane to the Wal-mart parking lot. Park by the gas station. Bring plenty of food and water. Some food is available along the Hood Canal. This ride goes on beautiful roads that are almost wilderness with great views of the Olympics, Hood Canal, lakes, and pastoral scenes (can you hear Beethoven yet?) you won't want to miss this special event!!

Great times await you on our June calendar!!



RADFAHRER ALBERT
The Cog's
Bicycling Book Reporter



Ja! I am back. I just read what Eddy J wrote about European Bicycle Racing. If der interested in Euro-Cycling then you must read the first two books in the four book series by author, Greg Moody. The books are: Two Wheels and Perfect Circles.

This fictional murder mystery takes place in Paris and showcases the Paris-Roubaix-Paris and the Tour de France road races. The books tell all about what happens behind the scenes and on the road. In the second book illegal pharmaceuticals are introduced. There are bombs, babes, drugs, and French Policeman who is a hybrid of Lt Colombo and the Pink Panther. Anyway... if you are getting into Euro Cycling... this is an entertaining place to start.

**MEMBER'S STUFF
FOR SALE**
Quantities are limited, so act now. Assembly may be required.

For Rent: Bike Pro USA Hardshell Tandem Case Very nice case with customizable foam interior to offer your rig the highest degree of protection. \$50 per week plus refundable deposit. Contact Vincent_Gutierrez via phone : 253-761-3024 or email vincentgutierrez@msn.com

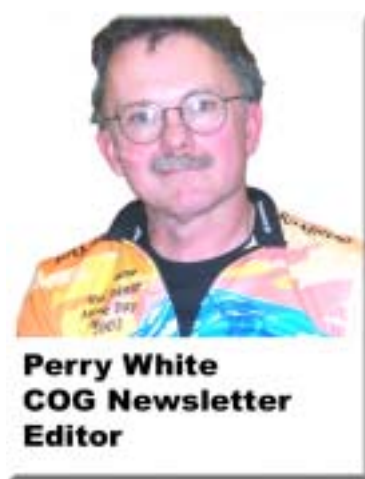
[Editors Note: I sometimes edit the description and layout to save space and be concise. My apologies to the submitters if your want add didn't print exactly as you wrote it....PW]



Looking to buy two used mountain bikes for my kids. Willing to spend around \$100 to \$150 on each bike. If you have an old bike please e-mail me soon! gregory.mikat@us.army.mil [no phone # given].

That's Bunk!
From the **COG** Editor's Cubicle

Tritan 3-wheeled Recumbent, NEW with only 50 miles on it. 20" alloy rims, spokes, stainless steel wheels. One wheel drive, 24-speed derailleur system, bar-end shifters. Rear disc brakes, Shimano front V-brakes. Red TIG welded CroMo frame. Paid \$2000. Price \$1400. Photos available. Call for ride appointment. We live along Green River Bike Trail. 253-859-5132. Taylor512c@attbi.com



I still get accused of being the same person as Eddy J of the Bike Tech column. Well it just ain't true. Eddy is out there somewhere and his column majically appears every month via email. Speaking of his column... I normally don't open the emails from the regular newsletter contributors until I start putting together the newsletter. I was very touched when I read Eddy's column and his writing of me. Thank you, Eddy, for the nice compliment. There is a creative side of me that enjoys putting the newsletter together, coming up with new design ideas, and finding the best photo for the situation. However, as much as I like it... it's time for me to move onto some other outlet. I am sure that the next newsletter editor will continue to

Want to buy: used pannier bags for sale. Call Bill Newman. Home phone number is 503-1327. newman.w.f@att.net

support the regular contributors in their effort to bring the readers the 'word of bicycling'. Who knows... Maybe ole crack pot, Perry White will contribute every once in a while, if allowed by the new editor.

I will be in Seattle for the summer and I love cycling. I can not bring my bike with me - I was hoping to either buy or rent a cheap bike for the summer. Thanks-Britta Riede, Briede1@lsu.edu

Speaking of the new newsletter editor... Please note that one person took me up on my offer to create a campaign poster for the June 17 TWBC board member election. Enter, Jan Brame... the candidate for Newsletter Editor. I have spoken with Jan about filling the position... and I can say with 100 percent sureness that she will make a great COG newsletter editor. Jan knows computers, software, and is eager to fight for Truth, Justice, and the American Way [from the old Superman TV show in alignment with the current theme of Perry White and Jimmy Olsen]. Maybe Jan [surely she will be elected] will take on the pen name of Lois Lane. Will Clark Kent emerge? Once again... Vote for Jan on June 17. You gotta be there to vote... So, go to the meeting, eat some grub, and vote!

For Sale: 2003 TREK 5500 (62cm).new frame, as a result of a warranty. It also has Bontrager Select wheels (new), Bontrager Race stem (new) and Shimano Dura-Ace components from my previous bike. Email me for photos. I am asking \$1800...Thanks, Dave greedav@wvc.edu [no phone # given].

The next issue of the COG will be edited by me... and after that Jan takes over. That's all folks! See ya in the funnies.



continued next column

the Picture Page



Happy Birthday, Happy Birthday to you. Hey everyone... it's the Nuevo Bayou Babes... practicing for the next TWBC Banquet. Just kidding- it's some of the riders from the May 18- Joyce, Toni, and Jan Birthday Ride. It's Toni, Jan, Joyce, Mary, and Carol.



**Vote for Jan Brame,
Newsletter Editor,
at the Annual Elections
Meeting, June 17**



More of the BD riders at Alki Beach in West Seattle. I don't know everyone in the photo.... but you know who you are.

Photos provided by Jan Brame.

A handwritten signature in black ink, appearing to read "Jan Brame".

A second handwritten signature in black ink, identical to the one above.



Tacoma Wheelmen's Bicycle Club
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