



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

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mail to:



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

Become a member of TWBC

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

the cog-nitive courier
 tacoma wheelmen's bicycle club newsletter
 since 1888
 po box 112078 tacoma, wa 98411
 253-759-2800

RAPSody Ride - August 28 & 29, 2004

A joint-club ride called the Four Sisters Ride started several years ago as a fun ride to increase the interaction between clubs. The name is now not really correct, as there are five clubs that participate, B.I.K.E.S. of Everett, Capital Bicycle Club, Seattle Bicycle Club, the Tacoma Wheelmen's Bicycle Club, and the West Sound Cycling Club. The joint ride gives an opportunity to meet other cyclists and strengthen the friendship between these clubs.

Recently in organizing for the Four Sisters Ride, it was relayed that Cascade Bicycle Club would no longer be contributing \$1 per rider from their events to the Bicycle Alliance of Washington (BAW). The five bike clubs were concerned about the loss of funds as BAW is the statewide advocacy organization for bicyclists and is important to the bike clubs. The bike clubs wanted to do something positive to address the situation, recognized that they have expertise in hosting rides, did some quick brainstorming, and in 2 days came up with a concept for a Ride Around Puget Sound, hence the name RAPSody was born. Carol Davis coined the name.

All of the proceeds from RAPSody will go to the Bicycle Alliance of Washington. In addition, RAPSody will be the marquee event for Bike Summer, per Barb Culp, Executive Director of the BAW.

The first organizational meeting was held on 1/11/04, within a week of the first email, and was attended by twelve dynamic people. These included Jim Eanes and Molly Johnson of SBC; Nanette Baker, Jim Lazar, Mike Wellborn, and Terry Zander of Capital Bicycle Club; Carol Davis, Tim Payne, and Ralph Wessels of the Tacoma Wheelmen; and Sarah Armstrong, Lee Derror, and Jill Priest of the West Sound Cycling Club. Kristin Kinnamon of B.I.K.E.S. had been actively working with group by email but was unable to attend.

RAPSody will be held on August 28 and 29. The start time will be for riders to depart between 6 and 9 AM (to be confirmed). The route is still being refined but will be approximately 150 miles with elevation gain of around 9,400 feet. There will be a 1-day or 2-day option. The start will be at the Tacoma Dome Station parking structure. Pierce Transit has agreed to let participants park there overnight. The route will go through University Place, Steilacoom, Dupont, the Nisqually Delta, Olympia, Shelton, Hood Canal, Belfair, Pt. Orchard, Southworth, Vashon Island, and Pt. Defiance before returning to Tacoma. The overnight stay will be in Shelton, the midpoint of the ride, so riders can either camp or avail themselves of a local motel. CBC and WSCC are working on arrangements there and hope to obtain use of a school. We want the community to welcome this event so we will be working with groups there that may provide the the riders with options for dinner and breakfast

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VOLUNTEERING IS GOOD FOR YOU

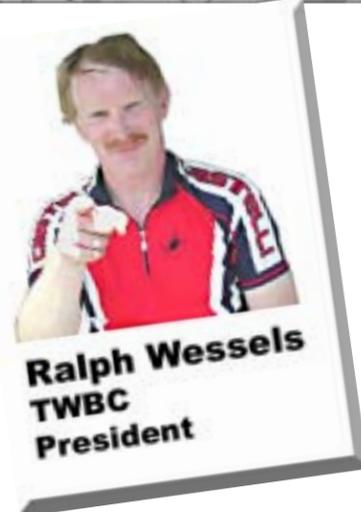
By Cynthia Hammer

Volunteer opportunities abound as we plan for the Daffodil Classic, the Peninsula Metric and the Headwater Century. Visit www.twbc.org to sign up for the volunteer slots you want or call Cynthia Hammer at 253-752-0801 if you don't have Internet access.

Remember Volunteers get to ride for free, get a pair of socks (Daffodil), a T-shirt (Peninsula) and a mug (Headwater), along with the knowledge that you have done something worthwhile.



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



safety and education such as helmet fittings, bike rodeos, the Pierce County Sprocket Person.

Ride Publicity – Markets TWBC rides using various forms of advertising, arranges for the printing and distribution of flyers to bike shops, other clubs, and distribution at other events, prepares and distributes news releases for the rides, contacts The Bicycle Paper, Sports ETC, and other media for inclusion of TWBC events in their publications, and coordinates advertisements on the web and using the Internet.

Some of these could be a shared task or handled by a TWBC team.

There are also a couple of ad-hoc tasks that we need to have done so we can enhance service or provide better info to TWBC members. If you have the skills and some time to do this, please contact the person listed.

1. Develop and have printed a reminder card to be mailed to members whose membership has lapsed. (contact Anne Seago at 761-0709)
2. Purchase more wire sign holders for the club event rides. (contact Ralph Wessels at 857-52658)
3. Join the food team to pick up food, ordered by Barb Lee and Laura Swartz, for this year's events (contact Ralph Wessels at 857-52658)
4. Develop a current database of bike shops for flyer distribution (contact Ralph Wessels at 857-52658)
5. Proof-read the website for info that needs updating or links that are no longer valid (contact Ken Stagg at webmaster@twbc.org)
6. Trail cleanup (contact Bob Myrick at 473-7455 to help on one of his scheduled events.)
7. The Ride Around Puget Sound (RAPSody Ride) on August 28 to 29 sponsored by 5 bike clubs including TWBC needs volunteers for the start/end point in Tacoma, staffing a rest stop, and sag support to approximately Thurston County. You can also be part of the organizational team working with the other bike clubs or on local arrangements. (contact Ralph Wessels at 857-5658, Tim Payne at 871-4478, or Carol Davis at 857-5396 for more info.)
8. Leading bike rides. New Ride Leaders are always wanted. (contact Carol Davis)

We have had some good riding weather so I hope you are taking advantage of it. You should be contacting your local bike shop and arranging for a tune-up of your bike so it is in top condition when the weather really turns nice. I hope to see you and many new faces on a TWBC ride soon.

Ride safely,
Ralph Wessels

The COG Home Page



TWBC Ride Line
253-759-2800



**Next Club Meeting:
Tues, February 17
Hostess Dolores Fitch
brings food galore!**

**See old Friends and
share cycling stories
and food.**

Hey Riders... Use this handy-dandy chart to decypher the ride code listed on the Monthly Ride/Event Calendar on page

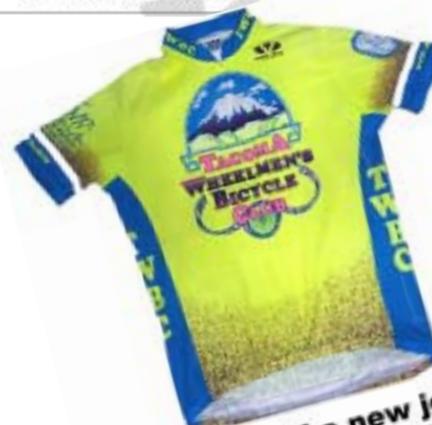
RIDE CODE CHART

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 steeper hills (Vashon Island)



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



PRESIDENT:: Ralph Wessels, 253-857-5658, president@twbc.org
VICE-PRESIDENT:: Tim Payne, 360-871-4478, vp@twbc.org
TREASURER: Joy Roelofs, 253-847-1843, treasurer@twbc.org
TOURING CAPTAIN & RIDE LINE UPDATES: Carol Davis: 253-857-5396, ridecaptain@twbc.org
NEWSLETTER: Editor: Jan Brame, 253-759-6984, newsletter@twbc.org
 Reporters: Various Members
 Deadline for articles, 3rd Friday (after meeting)
MEMBERSHIP DATABASE & MAILING: Ann Seago, 253-761-0709, database@twbc.org
DIRECTOR OF SPECIAL EVENTS: Position Vacant, **VOLUNTEER NEEDED!**
DIRECTOR OF COMMUNITY & GOVERNMENT RELATIONS: Bob Myrick, 253-473-7455, gac@twbc.org
MEMBERSHIP: Phyllis Lay, 253-759-1816
PUBLICITY: Position Vacant, **VOLUNTEER NEEDED!**
SAFETY & EDUCATION: Position Vacant, **VOLUNTEER NEEDED!**
EQUIPMENT MANAGER: Position Vacant, **VOLUNTEER NEEDED!**
WEB MASTER: Ken & Cindy Stagg, 253-770-5530, webmaster@twbc.org
DAFFODIL CLASSIC: daffodil@twbc.org
 Joyce Clifford 253-759-2393 & Marguerite Richmond 253-272-1254
PENINSULA METRIC: pmc@twbc.org
 Dianne Koch, 253-564-3271
HEADWATERS CENTURY: headwaters@twbc.org
 Robert Deehan, 253-272-9682
BIKE EXPO: bikebooth@twbc.org
 Peggy Fjetland, 253-879-0115
 Carla Gramlich, 253-879-0115
JERSEY SALES: jerseys@twbc.org
 Peggy Fjetland, 253-841-4458
ANNUAL PICNIC: Vern Martin & Toni Matson, 253-212-0781
amatson1@attbi.com



Our small committee couldn't meet in January due to the great snow storm of 2004. Our next meeting will be on Tuesday, February 3 at 7pm at the Guadalajara Taqueria in the Stadium District at 1st and Tacoma Avenue. I am still out skiing at Ashford's Mount Tahoma Trails Association and trying to avoid work. Check out my clean-up walks on various trails throughout the area. We recently became aware that Bicycle Alliance of Washington has volunteered to put on Bicycle Summer here in the Puget Sound Region. Bicycle Summer has been in San Francisco, Chicago, Vancouver BC, Portland, and New York City (www.bikesummer.org). Since Tacoma was just named America's most stressful City, I have decided to provide a draft idea for your consideration for Tacoma's Bike Summer. If Tacoma only had a bike/ped/trails coordinator, I'm sure we wouldn't be so stressed out around here. Anyway, I'm thinking of a modified "Critical Mass" program where an activity is available each and every day from May 1 to September 30. Specific events would be spread out throughout the Summer. TWBC would show case the program at the Livable Communities Fair on Saturday, April 3 at PLU. Here's my proposal for your consideration. Please write or call me with your suggestions.

Each and everyday something good will be happening:

Monday is Movie Day. Ride your bike to the movies at the Grand, the Blue Mouse or the Galaxy 6. Don't forget your lights.

Tuesday is Starbucks Day. Ride your bike to your neighborhood Starbucks. Don't forget your lycra. Bertolinos is OK too.

Wednesday is Trail Ride Day. Pedal to the Cushman Trail, Ruston Way, the Foothills Trail, the Esplanade, or Puyallup's Trail.

Thursday is Oriental Food Day. Pedal to Wendy's I or II, May's Vietnamese, SARS, MeKong, Kim Ahn, or S. 38th St

area. This is my favorite day. Don't be afraid to ride on the sidewalk. Be a scofflaw. Be safe.

Friday is Pub Crawl Day. Pedal to your favorite Pub for fuel. Try the Engine House, Harmons, Swiss, Parkway, Milton, Power House, Tides, Spar, Parkland's Garfield Street, or Spar Pole in Orting. Wow, this activity could take all summer.

Saturday is Point Defiance Day. Pedal from home and enjoy the car free morning ride around Five Mile Drive. Stop at the Antique Sandwich Shop to have coffee with your biker friends

Sunday is University Place Day. Pedal from home and ride the nice loop around the City. Start at the Spoke and Sprocket Shop on 27th and head west to Grandview. Turn left on Grandview, left on 64th, right on Chamber's Creek Road, cross Bridgeport to 67th Ave. and head north back to 27th. Cut thru the Storage Unit place to avoid the dangerous intersection. This route is under 10 miles. Starbucks is down Bridgeport Way across from City Hall.

Specific Events will be available too:
The Livable Communities Fair is on Saturday, April 3 at PLU. Look for our shared booth with Foothills Trail Coalition.

You can Commute to Work starting about May 1 thru the end of September or the start of the rainy season.

The Daffodil Century ride is on Sunday, April 18. Be there for sure.

The Peninsula Metric ride is on Sunday, June 6. Good training for the mountains and a good time.

The CarLess Commute officially starts about June 6 and runs to June 19. Show your work mates how good you are.

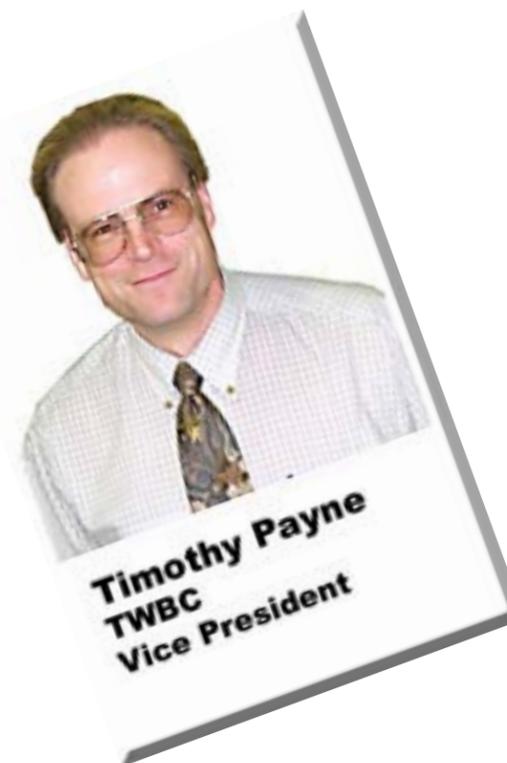
Buy your Pierce Transit Summer Youth Pass and pick up a free helmet on about June 19 at Freighthouse Square. TWBC, Helmets on Wheels, Safe Kids or others will provide 200 helmets to promote bike safety and encourage ridership.

National Trails Day is June 5. Look for the dedication and party for the Foothills Trail segment running out to South Prairie.

The Tour de Pierce bike ride will be about the last weekend in June. Watch for details on this great ride.

The Foothills Trail Coalition Breakfast in the Woods event will be on August 14. The bike ride will start in Orting.

The Headwaters Century ride is scheduled for Sunday, September 12. Some people say this is the best TWBC ride event.



Excitement!!!

Maybe it is fighting old age, maybe it is mid-life crisis, maybe it is boredom, or maybe it is just love of the sport, but I am looking forward to the coming months with great anticipation and excitement. There have been good things and not so good things that have happened to me, personally and to cycling in the Puget Sound region that are combining to produce motivation for me that has not existed in past years.

Many of the personal occurrences have been difficult; family deaths, onset of tragic disease among friends and co-workers, just to name a few. However, in each instance the people so effected have been forward looking and optimistic about the future. So why shouldn't I? A co-worker, a year younger than I, was recently stricken with a career ending brain attack. He has always been optimistic and lived his life in a way that he would leave few regrets for how he has lived. It has been very easy for me to slip into a thought pattern that makes me believe I am next on the "unfortunate occurrence list," however, I have chosen, instead, to focus on moving ahead in my life on a positive basis trying to incorporate what I admire most about my co-worker's life. I could go on with more personal stuff, but the point is that my motivations for staying healthy and active have been strengthened through the events of recent months.

Then there is the excitement in the cycling community. Five bike clubs working together to assemble the first new large event ride in Washington in some years, RAPSody, all to benefit the Bicycle Alliance, has proven to be personally energizing. And while we

are discussing BAW, the organization is bringing BikeSummer to the Seattle area (yes, Maude that includes Tacoma). One hundred days of cycling events from June 19 to September 21. The marquis event will be the RAPSody ride. Much of the program is under development but keep your eye on www.bikesummer.org. The BAW auction was a great success this year and I was a personal beneficiary of some of that success. Next Monday I go to TI Cycles in Seattle for fitting a new road bike, courtesy of the BAW auction and some healthy spending on my part. Thank goodness for understanding spouses.

It would be an understatement to say that I am personally challenged in trying to work through the bureaucracy of WSDOT in producing the best possible outcome for cyclists in the SR-16 corridor with construction of the new bridge. Recently, the turn of events has been less than satisfactory, but I am energized to keep on trying. There will be more on this in a later newsletter when I figure out how to be civil about the current outcomes and a strategy to improve the outcomes.

Within the walls of TWBC we are seeing new members and people stepping up to take on leadership roles that have been vacated for a number of reasons. The club has real life. Steve Burgess has really got things going in special events. We have new ride coordinators for each ride, all with new ideas and energy to put on the best TWBC rides yet. Cynthia Hammer, our volunteer coordinator, was nearly mugged at the January meeting as people jockeyed to sign up as volunteers for the three ride events for 2004. Peggy Fjetland was filling vacancies for staffing our booth at the Bike Expo as fast as people could write. It is with great reservation that we bid farewell to our Treasurer Joy Roelofs as she prepares to retire in the high deserts of eastern Oregon. Joy has been an extraordinarily competent treasurer for TWBC, watching our money with great care, ensuring that our bills got paid, our funds properly accounted for and doing battle with the IRS. In budget season, Joy has been able to provide a wealth of information that has allowed us to craft a viable spending plan for the coming year. Thank you, Joy! Happy Retirement, but don't be a stranger. By the way, the high desert is a great place to cycle and I bet Joy will have some nice little patch of property available for tent pitching cyclists to come visit once in a while. While we have not yet finished saying our good byes to Joy, up steps Jim DeYoung willing, ready, and able to take on the task of Treasurer. That, my fellow cyclists, is what I call invigorating.

All of the above is my "stream of consciousness" way of saying that there are exciting developments that coincide with my personal motivation to make this year one to remember. I hope every one of you can feel the pick up of the rhythm, it sounds like a chain running at 105 rpm on a 53 tooth chainwheel and it is exhilarating. Listen for it, it is there. I hope you will join us in the many events to come in 2004.

Louis, Louis!!!

Louis Boitano took us across America by bicycle at the January meeting. The scenery was unbelievable and the architecture outstanding. I was particularly intrigued by the bevy of southern beauties that showed up in the last week of the ride. Every final

Something New to Try to Break Your Neck

Courtesy of Bob Myrick

Here's an opportunity to try In-Line Skating while learning the proper techniques for optimal enjoyment, safety and fitness. This all adult session will provide you with a comfortable, dry, warm environment to learn a new skill. Classes will be held at the Skate-n-Station, located less than 2 miles north of Sprinker Recreation Center. I have made arrangements for you to drop in on any of the four learning sessions. The instructors are National Champion Coaches and the fee is only \$10 per session with skates included. The facility is at 301 133rd Street South just off Pacific Ave., right turn headed south.

The lessons will be from 7 to 9pm on Sunday February 1 and 22 and January 7 and 28. Write it down now in your calendar. You can also pay only \$5 to skate from 8:30 to 11pm if you already know how to skate. If you're taking lessons, I think you can skate pass 9pm if you want. This program is for adults only. If you have questions, call me at 473-7455.

Danskin Triathlon Experience: Run

By Dena Wessels

"Move, move!! Faster, faster!!" Dodge & weave, dodge & weave (around other participants). My mind as well as my body was at an accelerated rate as I completed the Bike section of the Danskin 2003 Sprint Triathlon in Seattle on August 17th. The (long) ½ mile swim section was done. I'd just finished the (short) 12.7 mile bike portion, avoiding the downed cyclists just in front of the dismount area @ the Bike Finish Gate. I was trying to move in a relatively straight line with my trusty Rodriguez down the 'pathways' toward the specific section of the bike racks where I had my 'spot,' among the 4000+ other bikes in the 12-partioned Transition Area. I had one more section, the 3.1 mile Run, to complete of this all women's triathlon. Then I'd be done; or was that done in?

I've run in road races in past years (eons ago). At one time I figured that it was a relatively inexpensive way to get in shape. Besides, I had family members who were runners—all right, they were from Ralph's family. I had even looked at flyers for runs in the area, thinking that in two weeks I'd enter one. So I took to the road in my everyday sneakers, shorts and support. No prior stretching, training, inhalers, or previous knowledge, just got out there & ran. I think I'd made it about a 1/8th of a mile before I had to stop 'cause I was out of breath & about ready to collapse.

I started my main training for this section of the Danskin at my local YMCA. As a middle-aged female, I realized that the pounding on my legs was not something I could just jump into. I'd learn a thing or two since that first foray onto the asphalt. Age as well as physical structure does take its toll. The age is some-

thing that can't be overcome (yet). At least in races now, there are fewer participants in my age bracket, then in years past. Middle of the pack in a small group is better than middle of the pack in a large one. My exercise-induced asthma has improved these past years thanks to my pusher's (doctor's) wares (prescription drug). Yes, I'm a drug addict, but it's a legal drug. The 'huffing' on my sanctioned inhaler uses the same technique that kids use when huffing assorted substances obtained nefariously. I just have to figure out how to get my insurance company to pay not only for my inhaler, but also for my chocolate supply.

Besides the lungs, the other physical component of the running aspect is the leg/foot area. Now this is similar to riding a bike as the same areas are involved, but the usage is slightly different. You can get your breath back by coasting on a bike. When you run, you can slow down, but you can't coast—you're still the one moving your body. That component involves leg muscles and foot contact with the substrate (ground, not bike pedal). Riding uses different leg muscles that does running. Take a look at a biker's legs as opposed to a runner's legs; you'll see the difference. The various weight machines at the YMCA assisted me here. Now, I have leg strength to spare, an additional reason why I preferred to power rather than spin on my bike. But after the Y's 'Women on Weights' (WOW) program, I was able to tailor my strength training more toward the endurance training the leg muscles need in order to propel the body.

With the leg bone connected to the foot bone, that foot/substrate component is one of the last things to come into play. One cannot just haul out any old sneakers & hit the road, or injuries will pop up in the near future. One type of injury that plagued several TWBC members was shin splints. Structure, as well as form, must be addressed. As a toddler my baby shoes were built up on the inside of the shoe by ¼ of an inch, in an attempt to correct my knock-knees. I've still got 'em, (the knock-knees), but now my running shoes, just as with my bike shoes, have to take that structuring into account. Fortunately, there are lots of sales during the spring & summer months. It's a good thing, since it's recommended that running distance should be increased by only 10% per week to prevent injuries. Also recommended is that new shoes should be acquired after about 300 miles of running, due to the pressure of gravity on the cushioning portion of the shoe. Muscle weighs more than fat; I'm supposed to be adding a bit of muscle (i.e., weight) during training, aren't I?

My local YMCA has beautiful training equipment (besides the weights): the treadmill. Outdoor conditions are not a factor inside a building where one can save those knees from the pounding pavement while indulging in watching worldwide events from a series of TV's hanging from the ceiling & listening to personal selections on portable head phoned CD players, all the while being cooled by breezes from nearby mechanical fans, and secure in the knowledge that medical attention is quickly nearby if needed. Wake up! Sure, I spent a lot of time on the treadmills. My age, lungs, knees, shoes, & attire all played a factor here. However, all training cannot be done on

Danskin cont. on page 7

Danskin cont. from page 4

the treadmill. Actually running conditions can be simulated, but not actually replicated. This became all too clear to me during the summer.

Since the run portion of the Danskin was a 5K (read 3.1 miles, U.S. measurement), I looked for actual runs to enter in the local area (read Puget Sound). The first one was the "Dolphin Dash," a 5K & 10K on the Bangor Sub-Base. Yea, non-naval types had to be cleared by security (submit race form weeks in advance, along with proper identification), but I had a bonus. Nancy & Mike, Ralph's sister & brother-in-law (the runners—5K, 10K, ½ marathon, marathon), were going with me. The advice, the camaraderie.... It was sort of like the STP though: I saw them only at the start & at the end of the race.

I didn't want to be in anyone's way for my first road race in years, and so had stationed myself at the back of the runners. The main incentive I had here was the squad (platoon?) of Navy Seals (Marines?) that took position behind the entire pack of runners. At the start, everyone took off running; this squad also started running, and chanting various 'songs' (... "I don't know, but I've been told..."). I will have to admit that the cadence of their 'songs,' did keep me moving at a good clip, till about 1.5 miles. This was the distance the treadmill programs ended, and was the start of a small hill on the course. Breathing hard I slowed down, moved to one side & was quickly passed. After walking up the hill, I finished the race, sounding like a steam engine. At least the MP's marshalling the course didn't stop me running with my bandana covering my mouth & nose. Arriving at the finish line, I found the squad engaged in the last half of their normal 20-minute post-run calisthenics. The next day I could hardly walk, & traversed stairs sideways. Runners & bikers use different leg muscles, & indoor conditions do not replicate those outdoors. Later races increased my experience, if not my supply of Ben Gay.

This Sunday, as I made my way through the Transition area, I found my sandal-marked space on the bike rack, hung & bunged my bike to secure it off of the ground. Off came the helmet, camel-back & bandana, & out came the stool to sit on while I exchanged bike shoes for running shoes. Also on went a baseball cap as well as (covertly) the chest strap of the heart monitor together with the wrist unit I'd forgotten to wear for the bike section. I kept the socks, shorts, runner's singlet & fanny pack, though I did rotate the latter to my left side. I also kept my biker glasses, including the rear-view mirror: I'd practiced with them in other races, so I could slow down or shift 'lanes,' without anyone running into me. Gulping some blue Gatorade, I chased it with water, & headed though three sections of bikes to the Run Start.

A benefit (or curse) of an event of this nature is the presence of professional photographers. The one picture of myself that I did purchase shows me just out of the Run gate—but it looks as if I'm shackled. Left wrist: watch. Right wrist: heart monitor. Left ankle: Road ID. Right ankle: timing chip. Continuing down a slight incline to round a corner, I passed the first of three water tables on the run course. Settling into an easy pace, I joined with the other runners heading towards the turnaround @ Seward Park, taking up both lanes of the mostly flat, closed course, while enjoying the scenic views of Lake Washington on one side & residences on the other. My muscles were still adjusting to running rather than biking, and my strides were short & choppy.

Danskin cont. next month

ATTENTION TANDEM RIDERS

The Evergreen Tandem Club is pleased to announce that registration is now open for the 19th Annual Northwest Tandem Rally, Pedalin' Round Puget Sound, Memorial Day weekend, May 28-31, in Lacey, Washington (1 hour south of Seattle). Our website includes all the details featuring route maps, rally-wear and online registration. Please visit: www.nwtr.org/2004.

If you have any questions or want to find others from your area that will be attending, please visit the forum at www.nwtr.org/forum. If you're not already registered, please use your real name and indicate your location when you register. As more of us use this forum it will become a useful community resource.

We're offering an early-bird discount on registration though March 1, which is also the deadline for ordering your rally jerseys.

We have great appreciation for all the generous sponsors who have already committed to the rally. If you are interested in getting involved as a sponsor, exhibitor or volunteer please <mailto:nwtr2004@nwtr.org>.

Potential Volunteers Read On!

There are numerous ways you can help. We need a few key folks that can take on some responsibilities leading up to the event, as well as many more volunteers for the weekend of the Rally.

Here are the "managerial" openings remaining:

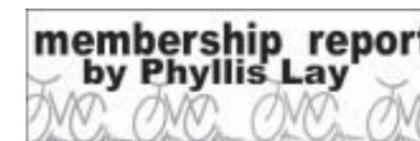
[Volunteer Coordinator](#) (to take over for us in mid-January)

[Banquet Organizer](#) – table centerpieces, decorations, door prize plan, agenda, emcee, etc.

[OnSite Lodging Coordinator](#) – track tent, RV and dorm registrations in advance; check in above on Friday evening and Saturday a.m.

[Marketing/Public Relations](#) – web site, brochure, display ads, TV, e-mail lists

The above people will begin work "soon". There are also numerous other tasks that won't require effort until much closer to the actual ride: *See the website for additional information.*



NEW MEMBERS

Johnmichael Adona, John & Tabitha Carpentier

RENEWING MEMBERS

Joyce Marciel, Mark Horst, John Lea, Jim DeYoung, Thom and Noranne Skannnland, Jim Eanes, Robert Warfield, Louis Boitano, Tome Riopley, Wayne VanDerpol, Ken & Mary Newkom, Steve & Phyllis Lay

Rapsody cont. from page 1

Each of the clubs will host a segment of the route and there is early indication of friendly competition between the bike clubs as to who will have the best rest stop.

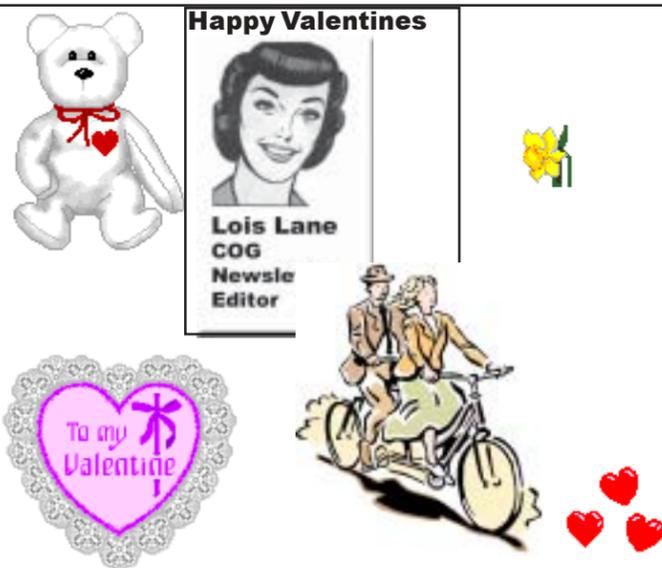
The price will be \$75 and include luggage transport, souvenir socks (for early registrants), ferry ticket for Vashon Island, mechanical, sag, and rest stop support. T-shirts will also be available for purchase and a design is underway.

We think that RAPSody will attract a lot of riders due to the fabulous route and scenery, great logistics for the start/end point, the ride being hosted by 5 bike clubs, and the proceeds going to BAW.

By the time you read this, the flyers should be printed and available, the website up and running, you will be able to register online at Active.com, and the organizational team will have made great progress. If you would like to assist in organizing or volunteering for the event, please contact Ralph, Tim, or Carol. It is a great chance to work with bicyclists from other clubs on a spectacular new event for a good cause and you will have a lot of fun.

McClinchy Mile Ride March 20

BIKES Club of Everett invites you to ride the rolling hills and river valleys of beautiful Snohomish County, with loops of 25, 47, 72 and 102 miles available. Racers and casual cyclists alike use McClinchy to kick off the season. Enjoy a fully supported ride with great food stops and fun folks. Ride starts at Monroe Junior High School between 8-11 a.m. Saturday, March 20. Cost: \$17 through March 5; \$20 through day of event. Visit www.bikesclub.org for information or register online at www.active.com



Veep cont. from page 3

week picture that Louis showed us had these three young ladies featured in the foreground. Hmm... Anyway, pulchritude aside, Robert Deehan and I were sitting next to each other and both commented on how this particular set of slides and Louis' presentation had inspired both of us to ride across the good ole USA, although probably not until we retire. Congratulations to Louis for being one of only 35 to make it all the way across the country on this particular ride and thank you for sharing a magnificent pictorial of the ride.

Road Rash Squared

On a recent ride we had a crash that sent two people very abruptly to the ground at about 15 to 20 MPH. Fortunately, neither of them was seriously injured, although both were transported to the hospital for observation. Special note here – BOTH HELEMTS WERE CRACKED, it is very likely their helmets saved them from far more serious injury. As they were laying on the ground trying to gather their wits and inventory their skeletal system, the rest of us were doing what seemed the right thing to do under the circumstances. Consequently, we placed two calls to 911 and had a multitude of people directing traffic around the crash scene while others tried to help our fallen comrades. Hindsight is always 20/20, but we could have handled things better than we did. Another member on the ride came up with the idea of trying to get a program together on what to do and how to react when one of these inevitable crashes takes place. What should we be doing? I thought it was a great idea and am in the process of trying to get a program together on crash scene management for our February 17 meeting. It may not be a topic any of us want to face, but we do need to be better prepared. Hope you will join us for this meeting and program.

Other notes from Bob Myrick

There will be a "Walk for the Benefits" fundraiser dedicated to Claudia Peters starting in Orting on May 15. We will have a bike ride starting in Orting on May 15 and going up to the Carbon River entrance of Mt. Rainier.

- The Tour de Pierce date is June 29.
- The University Place Criterium is on August 7.
- The premier Bike Summer event is the two day RAPSody ride on August 28-29 starting in Tacoma and going to Shelton

03/5-6-7: Bike Expo: Admission \$7, \$5 for juniors, children under six are admitted free.

"Leap Year 2004. What will you do with your extra day?"

Get healthy, fit, fast, and have fun at the Group Health Seattle International Bicycle Expo. Expo and the Cascade Bicycle Club welcome our new event title sponsor Group Health Cooperative. We found a perfect partner in Group Health Cooperative to help promote cycling for fun, fitness and transportation. Cascade along with our sponsors Group Health, Newsradio 710 KIRO, Clif Bar, Verity Credit Union, Sports Rack Vehicle Outfitters and Stark Tours are planning the best Expo ever. Group Health will have a dedicated staff of health care professionals; doctors, nurses, nutritionists and orthopedists available at Expo to help you with your training, nutrition and fitness. Just imagine you'll have health pros here to consult with all for the low, low co-payment fee of the price of admission. What a great way to dis those winter blues and blahs and start the year off right. Expo can be the start of your best year ever.

Expo is the place to get fit and have fun doing it. Look who's here for you to meet and greet. Race against your friends and the clock and cheer the contestants on at Expo's indoor time trial competition.

- Award winning Expo favorite Willie Weir returns to regale us with the trials, tribulations and triumphs of his latest cycling journey to Turkey. Willie pedaled in Turkey while across the border US forces battled Iraq. Meet Willie and ponder the question, "when is adventure worth the risk"?
- Adventure racer Brett Wolfe joins us to share his slideshow tale of the TransRockies Challenge, a 7 day mountain bike race across the incredibly scenic and rugged Canadian Rockies.
- We are extremely pleased and excited to have writer and cycling enthusiast, Jef Mallett, artist of the popular syndicated and Seattle Times cartoon "Frazz" as a guest. Meet this creative cycling philosopher, view his original artwork and find out how he finds artistic inspiration through cycling.
- Talk politics or cycling with Dave Dederer, guitarist and vocalist of the Grammy nominated band "The Presidents of the United States of America".
- Professional racer, bike designer and winner of the Giro d'Italia, Andy Hampsten returns to talk about racing, European touring and what to look for in a custom bike.
- Maynard Hershon, noted author and columnist will be here to give us his unique take on cycling and life.
- Get away from that TV and meet a *real* "survivor". Erden Eruc bicycled self contained from Seattle to Alaska in winter, summited Mt. McKinley, and then cycled back. This was the first stage of his goal of reaching the highest summits on 6 continents while circumnavigating the world by human power.

- Thrill to the stunts of nationally ranked BMX flatland rider Mickey Gaidos who combines the speed of road riding with superhuman balance to create awe inspiring BMX bike wizardry.

You have good odds of winning Expo's grand prize, a dream cycling vacation to Tuscany, Italy courtesy of Stark Tours. Some lucky Expo visitor will win this trip. Why not you?

Expo brings the best in the business together for the greatest concentration of cycling knowledge in the north-west. What's new, what works, how to, why, why not and what to buy. Expo is the place to get your cycling answers. The biggest selection and the best deals are here. Try before you buy at the test ride area. Road, mountain, recumbent, trikes, travel bikes and full suspension rides are here for you to take for a spin. Expo's also the place to check out and sign up for all the great rides of summer.

2004 is a leap year. You have one more day to ride. What will you do with your extra 24 hours? Make the most of it at the Group Health Seattle International Bike Expo. Be here Friday, Saturday and Sunday, March 5, 6, and 7 at the

Wine, Women, and Wheels, April 3-10.

The Wild "Flowers" are returning to California this year for another week of idyllic riding through the California wine country in Sonoma and Napa Counties. Flowers will be blooming, the birds will be singing, and the sun will be shining. We will have deluxe accommodations. Space is limited. If interested, call or e-mail Carol Davis, bicyclguy@aol.com; 253-857-5396.

Adventures in Montana with Lewis and Clark, June 26-July 11

The annual two-week trip will begin in Missoula looping towards Great Falls, through Yellowstone, and returning through the Bitterroot Valley. There will be mountain passes as well as long flat stretches. We will have 12 riding days and two rest days, covering about 750 miles. This is a SAG supported trip. Dianna Payne has offered to drive the SAG for the entire trip. Accommodations will be mostly camping with a motel thrown in here and there. To get to Missoula, either driving or flying are options. Parking will be available. We will also be able to transport the bikes in truck and trailer to Missoula. If interested, contact Carol Davis at bicyclguy@aol.com or 253-857-5396.

TWBC February Ride Notes:

02/15 Seattle Bike Swap: Sponsored by Sports Etc. Bargains on new & used bike related goods. Anyone with a surplus of road, mountain or track bike stuff can sell at a prepaid space. General admission \$3, or \$5 for two. www.

02/25: The Federal Radio Commission issued the first U.S. television license to Charles Jenkins Laboratories in Wash. D.C., in 1928. The first Commercial TV license was issued in 1941.

Day	Date	Time	Distance	Ride Code	Leader	Contact at (253)	Ride or Activity
Tues	02/03	Call	Call	Call	Call Ride Line	759-2800	Tuesday AM Ride. Call Ride Line for details.
Tues	02/03	6 PM	20 - 30	xxx	Peg W & Joyce C	475-3625 & 759-2393	Tuesday Knight Riders. Lights/Reflectors required. Start: Starbuck's @ N 26th & Proctor.
Tues	02/03	7 PM	00	00	Bob Myrick	473-7455	Government Affairs Meeting @ the Guadalajara Taqueria in the Stadium neighborhood @ 1st & Tacoma Avenue.
Weds	02/04	9 AM - 11 AM	xxx	xxx	Bob Myrick	473-7455	Trail Walk & Incidental Clean Up on the Orange Gate Property. Start: S. 84th & 46th Ave. E. @ Power Substation.
Weds	02/04	6:30 PM	00	00	Steve Burgess & Joyce Clifford	202-3005 & 759-2393	Special Events Meeting. Daffodil, PMC, & Headwater's planning, & pizza @ J. Clifford's house, 3811 N. Madison St.
Thurs	02/05	00	00	00	Trivial	Thursday	Reader's Digest Magazine was first published on February 5, 1922.
Fri	02/06	6 PM	5 +	xxx	Steve Brown	752-4038	Mowich by Moonlight. XC Ski toward Mowich Lake. Bring headlights if cloudy. Start: Freighthouse Square to carpool.
Sat	02/07	6 PM - 7 PM	Social	Dinner	Bob Myrick	473-7455	TWBC Annual Banquet @ Tacoma Mountaineer's Club. Tickets required.
Sun	02/08	9:30 AM	40 +	2 C	Roz & Carol Davis	857-5396	Post-Banquet Ride. Manchester for Lunch. Start: Gig Harbor Park & Ride. Rain Cancels.
Tues	02/10	Call	Call	Call	Call Ride Line	759-2800	Tuesday AM Ride. Call Ride Line for details.
Tues	02/10	6 PM	20 - 30	xxx	Peg W & Joyce C	475-3625 & 759-2393	Tuesday Knight Riders. Lights/Reflectors required. Start: Starbuck's @ N 26th & Proctor.
Tues	02/10	6:30 PM	00	00	Ralph Wessels	857-5658	Board Meeting @ the Kim Ahn Restaurant across from TCC on Mildred.
Weds	02/11	9 AM - 11 AM	xxx	xxx	Bob Myrick	473-7455	Trail Walk & Incidental Clean Up on the Puyallup River Trail. Start: Gog-Le-Hi-Te Wetland off Lincoln Ave.
Fri	02/13	00	00	00	Frivolous	Friday	The Cornerstone of the Lincoln Memorial in Wash. D.C., was layed on February 13, 1915.
Sat	02/14	8:30 AM	8	xxx	Self Lead	473-7455	XC Ski to Copper Creek Hut (Bob Myrick). Start: Tall Timber Cafe in Eatonville.
Sat	02/14	9:30 AM	54	2 A	Sandy Byrd	474-6721	Sweetheart Ride, Lunch in Renton. Start: Sumner Sounder Station.
Sat	02/14	10:30 AM	40	2 C	Tim Payne	360-871-4478	Ride to Fort Flagler. Start: Fort Worden St Pk; park by flag pole on parade grounds.
Sun	02/15	759-2800	40 +	2 B	Roz & Carol Davis	857-5396	Seattle Exploration. Call Ride Line for time. Start: Southworth Ferry or Lincoln Park.
Sun	02/15	9 AM - 3 PM	00	00	Sports Etc.	206-932-5921	2004 Seattle Bike Swap. Northwest Rooms @ Seattle Center (North side of Key Arena). See Ride Notes. www.pazzovelo.com

Day	Date	Time	Distance	Ride Code	Leader	Contact at (253)	Ride or Activity
Mon	02/16	9 AM	35	2 B	Ralph Wessels	857-5658	Ride to Dupont Starbuck's. Rain will cancel. Start: 6th Ave. & Skyline P&R.
Mon	02/16	00	00	00	Marvelous	Monday	Nylon stockings were patented in 1937.
Tues	02/17	Call	Call	Call	Call Ride Line	759-2800	Tuesday AM Ride. Call Ride Line for details.
Tues	02/17	6 PM	20 - 30	xxx	Peg W & Joyce C	475-3625 & 759-2393	Tuesday Knight Riders. Lights/Reflectors required. Start: Starbuck's @ N 26th & Proctor.
Tues	02/17	7 PM	00	00	TWBC	253-759-2800	February Club Meeting @ South Park Community Center, 4851 S. Tacoma Way.
Weds	02/18	9AM - 11 AM	xxx	xxx	Bob Myrick	473-7455	Trail Walk & Incidental Clean Up on the Narrows Bridge. Start: North Side of bridge down North 11th or North 13.
Sat	02/21	8 AM	30 - 40	2 B	Steve & Phyllis Lay	759-1816	Pancake Breakfast @ Spanaway Senior Center. Start: Starbuck's @ 26th & Proctor.
Sat	02/21	10 AM	35 - 45	2 B	Bob Myrick	473-7455	Ride to Yelm, through the woods to Annie's Bistro for Lunch. Start: Roy Y P&R.
Sun	02/22	8:25 AM #	35 - 45	3 C	Bob Vogel	756-9984	Circle Vashon. Big hills, little traffic. Start: Pt. Defiance Ferry@ 8:25 AM; \$4.50 for ticket.
Sun	02/22	9 AM	50	2 B	Gus Fant	564-4710	Silver Lake for Lunch. Rain will not cancel, Snow will cancel. Start: Roy Y P&R.
Tues	02/24	Call	Call	Call	Call Ride Line	759-2800	Tuesday AM Ride. Call Ride Line for details.
Tues	02/24	6 PM	20 - 30	xxx	Peg W & Joyce C	475-3625 & 759-2393	Tuesday Knight Riders. Lights/Reflectors required. Start: Starbuck's @ N 26th & Proctor.
Weds	02/25	9AM - 11 AM	xxx	xxx	Bob Myrick	473-7455	Trail Walk & Incidental Clean Up on the Puyallup River Trail. Start: Puyallup Skateboard Park.
Fri	02/27	00	00	00	Frivolous	Friday	First U.S. television license issued. See Ride Notes.
Sat	02/28	8:30 AM	8	xxx	Self Lead	473-7455	XC Ski to Copper Creek Hut (Bob Myrick). Start: Tall Timber Cafe in Eatonville.
Sat	02/28	8:45 AM# or 9:15 AM	60	2 C	Tim Payne	360-871-4478	Lunch@ Port Gamble General Store, Chocolate @ La La Land. Start: 9AM @ Port Orchard Foot Ferry (arrive early) or 9:15AM @ Bremerton Ferry Dock.
Tues	03/02	7 PM	00	00	Bob Myrick	473-7455	Government Affairs Meeting @ the Guadalajara Taqueria in the Stadium neighborhood @ 1st & Tacoma Avenue.
Weds	03/03	9AM - 11 AM	xxx	xxx	Bob Myrick	473-7455	Trail Walk & Incidental Clean Up on the Puyallup River Trail. Start: Frank Albert Rd & North Levee Rd.
Fri, Sat, & Sun	03/05, 03/06, 03/07	4- 9 PM 10- 7, & 10 - 5	00	00	Cascade Bicycle Club	888-334-BIKE	Group Health Seattle International Bicycle Expo @ Seahawks Exhibition Ctr. See Newsletter article. www.cascade.org