



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

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DECEMBER
2005



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 _____

Total Membership fee. \$ _____

Thanks for becoming a member of TWBC !

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

DECEMBER 2005



TWBC ANNUAL BANQUET BY Bob Myrick

Each year our club sponsors an annual banquet to reflect on the past year's activities and accomplishments. It is a time for fellowship and to honor significant achievements. You are cordially invited to attend. The banquet will be held on Saturday, January 21, 2006 at the Tacoma Mountaineer's Club, 2302 North 30th Street in Old Town Tacoma. This fun, evening event starts at 6:00pm for socializing with dinner to follow at 7pm. There may also be a jam session starting around 4pm, but we are still looking for TWBC musicians brave enough to show up. Where are you? Dean Allen's Catering will again be serving dinner. This will be the ninth year for Dean Allen's team because they do such a great job. Your cost for the event is just \$15 for adults and \$10 for children.

Look below for the 2006 Banquet Reservation Form. Mail your reservations to TWBC Banquet, PO Box 112078, Tacoma WA, 98411. You will not receive any confirmation so just trust us to do the right thing. We must limit attendance to 88 people so think about signing up early.

Dress at the banquet ranges from your old cycling clothes to your best evening wear. The banquet is the time to reflect on the past year and reaffirm your interest in bicycling. We recognize note-worthy mileages, volunteerism, and accidents. There is always good food, beverages, and merriment and good humor. Sometimes, it's the only time of year when the Code 2 riders meet the Code 3 riders or when the Tuesday riders meet with the weekend cyclists and hard-core commuters.

The banquet is traditionally the largest gathering of fellow club members. We limit the attendance due to the size of the clubhouse. Please send your ride logs to Carol Davis, Touring Captain, so that we can recognize your accomplishments. If you have good digital images from the past year, send them to Carla Gramlich. Her address is 2420 Yakima Court, Tacoma, WA, 98405 and her email address is cgramlich@att.com. Her phone number is 879-0115. Carla will organize a Powerpoint Picture Show for your enjoyment.

As always, we welcome any help. Our President, Tim Payne, will be the master of ceremonies. Steve Brown will be providing refreshments and some light snacks for the social hour. Peggy Fjetland is helping me organize the event and the entertainment. I understand that Debbie Hushagen is organizing the choir. These people are all great company, so come out early and help them set up the place. Please call me if you would like to help.

TWBC BANQUET RESERVATION FORM

Please list the names in your party for the nametags so you and others will know who you are.

Name: _____ Name: _____

Name: _____ Name: _____

Number of Children _____ x \$10 each = \$ _____ Number of Adults _____ x \$15 each = \$ _____

Total = \$ _____



Send this form and a check for the total \$ to :TWBC BANQUET, PO Box 112078, Tacoma, WA 98411

The COG Home Page

PRESIDENT: president@twbc.org Tim Payne, 360-871-4478
VICE-PRESIDENT: vp@twbc.org Vern Hase, 253-759-7246
TREASURER: treasurer@twbc.org Gus Fant, 253-564-4710
SECRETARY: secretary@twbc.org Mary Dahl-Smith, 253-473-7174
TOURING CAPTAIN: ridecaptain@twbc.org Carol Davis, 253-857-5396
NEWSLETTER: newsletter@twbc.org Editor: Jan Brame, 253-759-6984, Reporters: Various Members Deadline for articles, 3rd Friday (after meeting)
DIRECTOR OF SPECIAL EVENTS Joyce Clifford, 253-759-2393
MEMBERSHIP DATABASE & MAILING: database@twbc.org Ann Seago, 253-761-0709,
DIRECTOR OF COMMUNITY & GOVERNMENT RELATIONS: gac@twbc.org Bob Myrick, 253-473-7455,
MEMBERSHIP: Phyllis Lay, 253-759-1816
WEB MASTER: webmaster@twbc.org Vern Hase, 253-759-7246 and Ken & Cindy Stagg, 253-770-5530,
DAFFODIL CLASSIC: daffodil@twbc.org To Be Announced
PENINSULA MEIRIC: pnc@twbc.org To Be Announced
HEADWATERS CENTURY: headwaters@twbc.org To Be Announced
BIKE EXPO: bikebooth@twbc.org To Be Announced
JERSEY SALES: jerseys@twbc.org Peggy Fjetland, 253-841-4458
ANNUAL PICNIC: To Be Announced



**TWBC Ride Line
253-759-2800
UPDATED WEEKLY!**

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

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)

Next Club Meeting:

**Tuesday
February 21st
2006
7:00 pm**

**Food galore!
Door Prizes!
Great Program!**

FOREVER GREEN

Members of the TWBC are invited to attend the first ForeverGreen Annual Meeting. ForeverGreen is a new non-profit organization formed to help create an interconnected system of non-motorized trails throughout Pierce County. The ForeverGreen Board of Directors brings together government agencies, elected officials, and other non-profit groups to move forward our collective trail work in Pierce County. They plan to create a 'trails assistance office', housed within the Pierce Conservation District, to provide no-cost professional assistance to any jurisdiction in Pierce County (at their request) on matters related to right-of-way acquisition, design, engineering, permitting, grant writing, etc.

The meeting will be held on Wednesday, December 7 from 6:00 to 8:00 p.m. at the WSU Extension Center in Puyallup. The address is 7612 Pioneer Way E. and the meeting will be in the D. F. Allmendinger Center. Pioneer Way is the natural extension of 72nd Street in Tacoma. If you've done the STP Ride, you should know where this is.

NOTE: a light buffet meal will be provided so you are requested to RSVP in order to estimate attendance. Contact Jayme Gordon at (253) 845-2973.

I have been asked to speak for 3 to 5 minutes on our work with the City of Tacoma to convince the Washington State Department of Transportation to build the Scott Pierson Trail along SR 16 in Tacoma and to connect it with the Cushman Powerline Trail in Gig Harbor via the new Narrows Bridge. TWBC has been invited to set up a table where we might display our membership forms, newsletters, etc. I hope to have information on the Foothills Foundation and brochures featuring my other group, the Mount Tahoma Trails Association. The MTTA hopes to encourage summer use of its trails and cabins by hikers and mountain bikers.

Bryan Bowden Mt. Rainier National Park
(360) 569-2211, ext 2306



Resistance Training cont from p.8

sion cycles subjecting the tendon to high stress. Supplementing the cyclist's training program with strength exercises can help maintain proper muscular balance and enhance the connective tissue network to reduce the possibility of patellar tendonitis.

Lactate threshold, an important element of endurance performance, can be enhanced with strength training. One study in 1991 found that strength training improves cycling endurance performance independently of changes in VO2 max. After twelve weeks of strength training performed three times per week, cycling endurance time performed at 75% VO2 max improved by an average of nearly nine minutes. The improved endurance comes from changes in muscle fiber-type recruitment. A greater percentage of slow-twitch and reduced rates of fast-twitch recruitment during exercise result in increased power.

Critical to the endurance athlete is developing high levels of exercise economy. Exercise economy refers to the energy cost to maintain a given level of output. Economical athletes can perform at a higher level while experiencing less fatigue. A 1997 study by the University of New Hampshire of 12 distance runners revealed that strength training significantly improved running economy, and strength in the upper and lower body.

To achieve full potential as an endurance athlete and remain competitive in challenging events, an individually designed resistance training program should be implemented. Each athlete, regardless of sport, brings to the training table a set of unique talents and abilities that can be molded and shaped into a more complete athlete with the addition of a regular resistance training program.

Resistance training is any activity that overloads muscles more than on the road bike, thus resulting in strength gains. Resistance training does not necessarily require special equipment, or long hours in the gym.

Resistance training can have five benefits for the endurance cyclist:

- * Increasing core strength and creating a stable platform for pedaling power.
- * Developing leg strength, which can be turned into increased power on the bike.
- * Improving the balance among muscle groups, resulting in increased pedaling economy and efficiency.
- * Strengthening connective tissues, to reduce the risk of injury.
- * Improving upper body endurance and comfort on the bike.

Any strength training program should follow the general principles of resistance training:

- * Activities that are weight-bearing and/or use free weights (e.g., hiking, lunges) require more balance and motor control and thus stress connective tissues more than strength training with machines.
- * Exercises that work multiple muscle groups and joints (e.g., lunges, wall squats) are more efficient at developing strength than activities, which work a single muscle group (e.g., hamstring curls).
- * Resistance activities which move in the same forward-backward plane as cycling, and have a similar motion to road cycling (e.g., snow shoeing, mountain biking) will translate more directly to improved cycling than activities which are more general

(e.g., squats).

* Since most of us have a dominant side, exercises which work each leg separately (e.g., one-legged pedaling, lunges) are better than activities, which work both legs (e.g., rowing).

* Exercises which work a single muscle group (e.g., hamstring curls) are useful for addressing specific muscle imbalances.

Resistance Training Exercises

Doing resistance exercises three or four days a week will improve your performance off the bike and reduce the risk of injuries. Recommended exercises are illustrated at www.ultracycling.com/training/training.html to:

- * Increase core strength
- * Develop leg strength
- * Improve muscle balance
- * Strengthen connective tissues
- * Improve upper body endurance

These simple activities don't require much special equipment. You can purchase resistance bands, ankle weights, etc. at

Perform Better <http://www.performbetter.com>
Power Systems <http://www.power-systems.com>

Kehlenbach is certified as a strength and conditioning specialist with the NSCA and as an expert level coach with USA Cycling. John Hughes is director of the UMCA, an NSCA certified personal trainer and a USA Cycling coach.

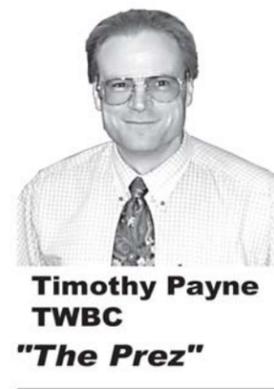
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- John Hughes, Director, UltraMarathon Cycling Association, Inc, PO Box 18028, Boulder, CO 80308 www.ultracycling.com copyright 2005 UltraMarathon Cycling Association, for more information on training go to:<http://www.ultracycling.com>

TIRE BUZZ

By President

Tim Payne



SEASONS GREETINGS

In my few short years with TWBC I have become aware that not everyone shares the same religious beliefs, other than bicycling, of course. Whatever your religion, I wish for you a wonderful holiday season and the best of New Years. May you find this time happy and fulfilling. If your celebration includes the exchange of gifts I hope that you receive something to make your cycling adventures more enjoyable.

WINTER PLANNING

Over the recent Veteran's Day weekend I was in some territory where I had not been for a number of years. The weather was far less than desirable for cycling so I was driving rather than riding. But as I was driving down the road I found myself surveying to determine their "bike-ability." I am happy to report that the roads in the Westport, Grayland, Tokeland area are very "bike-able." There is also a fully paved coastal trail in Westport and a bicycle shop, as well... What kind of a question is that? Of course I stopped in to say hi. The owner has an interesting collection of older Raleigh frames and an eclectic collection of parts. A great find. If you're there stop in.

Anyway, I often find myself dreaming about where to ride in the coming year. Speaking of which—this past year our great summer trip turned into a washout. No, it did not rain the whole time; we did not go. To prevent a repeat in the coming summer, I would like to get some sense from people about their ideas for trips so we can get started on the planning. Carol Davis, our Ride Captain and tour planner extraordinaire, will be wanting to get moving with planning right after the holidays. So, if you have ideas about the when, the how long, or the where, we would certainly like to hear them.

I can almost guarantee, I will be planning a short tour, two or three days, along the Washington coast, including the Westport, Grayland area, sometime in the next twelve months. I will be continuing to look for other entertaining places to have rides in the coming year. If you have ideas, but do not necessarily want to plan the route or lead the ride, please let me know, I am always happy to use another persons great ideas.

BICYCLE EXPO

We will be returning to the status of an exhibitor at the 2006 Bicycle Expo. The event will be February 18 and 19, 2006 at Hangar 27 at Warren G. Magnuson Park, formerly Sandpoint Naval Air Station. The site is right along the Burke-Gilman Trail, northeast of the University of Washington. Peggy Fjetland has volunteered to be our coordinator. So, if you would like to help staff the booth and get admission into the Expo, get a hold of Peggy at your first opportunity.

SAFETY, SAFETY, SAFETY

Perhaps it is just because the news media is reporting more bicycle and pedestrian accidents this year, but I don't think so. I have been alarmed at what seems to be a significant increase in the number of pedestrian or bicycle versus car accidents, most particularly hit and run accidents. It is abundantly clear to me that there are an unnerving number of motor vehicle operators who have blatant disregard for the vulnerable position of pedestrians and bicyclists. In the case of the hit and run these vehicle operators have an even greater disregard for accepting responsibility for their actions. Our only recourse is to maintain high visibility on the roads, increase our awareness of what is around us and whatever we do, not take chances. While we will continue to work through the BAW to get better laws passed to protect bicyclists and pedestrians (as we did in this past session with the new passing law), the quickest way for us to increase our margin of safety is to take on a greater awareness of our own safety. Most vehicle drivers will not look out for you, some will even take steps to endanger you, most have no understanding of the outcome of even a touch against your bicycle. So, your safety, as you use our streets and highways, is almost entirely in your hands. These days' people seem to be of a mind to act more on what they think is right as opposed to what is lawful. So, you may be in a situation where you have the right of way, but you should use your best defensive skills to ensure your use of that right of way finds you alive rather than "dead" right.

It is also a rarity these days when a government organization will watch out for your best interests. You name the branch of government in this state, city, county, or state and I can assure you that 90% of them will advocate for better facilities and rights for cars and car drivers before taking on the needs and safety of cyclists and pedestrians. And we wonder why our culture is becoming increasingly overweight and why traffic congestion is a top issue in most communities?

While my message is a nudge to increase your activity in the area of advocacy for the needs and safety of cyclists and pedestrians, it is more a message that you need to watch out for yourself out there, because no one else is going to. Be aware, be visible, be safe; I want to be able to wish each of you a happy new year next year, too.

BAW - Bike Bytes, Ride More, Drive Less, Be Active: No one ever outgrows recess.

1. Auction a Huge Success
2. Footprints and Bike Tracks and Congratulations to Award Winners
3. The Bicycle Alliance is moving
4. Volunteers are Needed 12/3/06
5. Safe Passing Media Blitz
6. Safe Routes to School grant funded by Traffic Safety Commission
7. Miscellaneous Tidbits
8. Send us your news

1. Auction a Success!

Since we last published, the 13th Annual Bicycle Alliance Auction raised \$70,000 for statewide bicycle advocacy. The new venue proved to be a great move for the auction; it enabled us to increase to three silent auctions; it allowed us to invite more people and 340 generous bidders enjoyed a new caterer, and a very lively live auction. Watch for details about next year soon.

2. Footprints and Bike Tracks Conference Breaks Attendance Record

The auction was followed by another successful Footprints and Bike Tracks conference in Tacoma. Over 146 bicycle and pedestrian professionals gathered at the Tacoma Sheraton November 1-3. The conference attendees flocked to the day long Safe Routes to School workshop. The nationally certified course was taught by Pete Lagerwey and Megan Hoyt of Seattle Department of Transportation, David Levinger, Executive Director of Feet First, and Barbara Culp of the Bicycle Alliance.

The Bicycle Alliance honored three individuals at an awards banquet at the conference. Mr Jan Wolcott, retired Director of Pierce County Parks and Recreation received the More People Bicycling Award for the Foothills Trail. The Bicycle Safety Award was given to Jim O'Horo of Clark County for his ongoing work to teach bicycle/traffic safety skills to middle school students; and Debi Toews of Walla Walla was awarded the Susie Stephens award for her efforts to help pass the Ann Weatherill Safe Passing Bill.

3. We're Moving

After more than eight years in its present location, the Bicycle Alliance of Washington is moving to the Pioneer Square neighborhood of downtown Seattle. The Alliance offices will be moving into the Bikestation at 311 South Third. By rearranging the space to accommodate the Bicycle Alliance offices, 24/7 bicycle parking and bicycle repair will remain. It's going to be a lively space featuring the Bicycle Alliance advocacy and education programs, year-round bicycle repair, and parking for Bikestation members. It will give the Bicycle Alliance a street front presence, at an easy to find location.

The Alliance will also support the King County Metro bicycle

programs: lockers at park and rides, bikes left on Metro buses, and the revitalization of the Bike Buddy program. An Official Open House is planned for the first Thursday in January (1/5/06) but you're welcome to stop by before that.

4. Help Us MOVE on 12/3/05

Volunteers are needed to help move the Bicycle Alliance offices on Saturday, December 3rd. We'll meet at the 903 Union (current location) at 10:00 AM on Saturday. We'll need hand trucks, several more pickups or vans, helpful hands and strong backs. Call 206/224-9252 or email markc@bicyclealliance.org to indicate your availability. Thanks.

5. Ann Weatherill's Safe Passing Bill sweeps state

Thanks to the Washington Traffic Safety Commission (WTSC), and help from a Bicycle Alliance statewide task force, scores of newspaper articles were published, dozens of radio interviews were aired, NPR picked up the story, and KING 5 TV and affiliates carried the story about the importance of the new law. The WTSC provided the news outlets with footage of the incorrect passing maneuver, as well as tips for safe driving and safe bicycling. The purpose of the media blitz was to educate motorists about the new law, as well as tell them how to drive safely around cyclists. The next important step for the Bicycle Alliance is to create educational materials for law enforcement officers.

6. Let Us Know if Your School Would Like Training

The Bicycle Alliance received a \$48,000 grant from the Traffic Safety Commission to train and directly assist 15 schools in the Spokane, Kitsap County, Moses Lake and Olympia regions to plan and implement safe routes to school programs. For more information to see if your community school would qualify, please contact Dave Janis at 206/784-7176. A web site is being developed, and training will be offered beginning in January.

7. Miscellaneous Tidbits

Seattle is poised to issue a request for proposals to write and produce its Bicycle Master Plan. Barbara Culp represents the Bicycle Alliance on an advisory committee overseeing the project. Barbara McCann, a private consultant for America Bikes and the Thunderhead Alliance addressed the Footprints and Bike Tracks Conference on the importance of Complete Streets. She was invited by Secretary Doug MacDonald to meet with Department of Transportation engineers in Olympia after the conference — a positive spin toward a new design policy.

A not so positive turn of the bicycle wheel = we continue to arm wrestle with the WSDOT over the permit process that bicycle clubs have been subjected to while producing rides that use state routes. Representatives from Capital Bicycle Club, Everett BIKES, Port Townsend Bicycle Association, Tacoma Wheelmen and the Bicycle Alliance will meet with the State Engineer later this month to hammer out a model permit policy. This hasn't been a smooth road!

8. What's news with you and your home town?

Send us your news, and we promise to share it with our members.

Indoor Challenge 2006

Too cold, snowy, icy, or rainy to ride outside? Not enough snow to cross country ski? Then take the Indoor Challenge!

The Indoor Challenge is a low-key winter fitness challenge. It is a fun way to motivate those who live in climates where the winter weather may be inhospitable for outdoor cycling. But riders in warmer regions can also participate. Riders track each of their indoor rides of two hours or greater and submit them for points.

Last year Bill Ingraham finished first. He logged 315 hours in 62 sessions. Afterwards he wrote:

"The greatest technological advance in bicycle engineering to date? The remote. You've seen the muscle beach weight lifter types? I tell 'em that no one ever died of a bicep attack. No one ever got hit by a semi riding a wind load either. Lots of riders have missed really good shows because they were outside riding."

Paul Zbiek took second; he rode for 133 hours and 30 sessions. Over the past three years Zbiek has raised over \$20,000 for charity while riding a spin bike

The Indoor Challenge runs November 1 through March 31, 2006. Rides can be done on any indoor bike. A ride must be at least two hours to earn points. A rider can take one 5-minute break per hour. Points are earned as follows:

First full two hours in a session	2 points
Next full hour (3rd hr)	2 points
Next full hour (4th hr)	3 points
Next full hour (5th hr)	4 points
Next full hour and subsequent full hours	5 points each hour

Participants who complete at least 40 hours total will be entered in a drawing for a copy of VeloLogger(tm) Version 3.01 software.

The Indoor Challenge is organized by the UltraMarathon Cycling Association. For more information and complete rules go to:

<http://www.ultracycling.com/standings/indoorchallenge.html>

Any UMCA member can participate in the Indoor Challenge. Membership is just \$35 / year - or \$50 through the end of 2006. If you're not already a member, go to:

<http://www.ultracycling.com/about/join.html>

Remember, no whining!

John Hughes, Director, UltraMarathon Cycling Association, Inc
PO Box 18028, Boulder, CO 80308
www.ultracycling.com

Resistance Training for Endurance Cyclists

by Dan Kehlenbach & John Hughes

"To achieve full potential as an endurance athlete and remain competitive in events, an individual resistance training program should be implemented."

Resistance training is a valuable tool that can contribute to the development of endurance athletes of all abilities. Traditionally, athletes and coaches were reluctant to include strength training as part of the endurance athlete's training program in fear of developing "extra bulk" that would reduce cardiovascular performance. In recent years, current research has shown that strength training has no adverse effect on aerobic capacity and can enhance muscular strength and power. In addition, other benefits to the endurance athlete include: maintaining proper muscular strength ratios, increasing bone mineral density, enhancing connective tissue, preventing overuse injuries, improving lactate threshold and improving exercise economy.

Cycling, swimming, running, or any other endurance activity subjects athletes to continuous, repetitive movements that can last for many hours. This can result in a strength deficit in selected muscle groups that may compromise optimal performance and efficiency, and may also lead to injuries. With cyclists the pedaling motion can overdevelop the powerful hip and knee extensors resulting in an imbalance between the muscles of the hip and thigh. Resistance training can address this by including specific exercises for the hamstring muscles to maintain proper strength ratios and promote optimal joint stability.

In addition to muscular adaptations, strength training also promotes development of bone and connective tissue. Bone is a dynamic tissue that provides a rigid lever to support movement. Bone is sensitive to changes in forces it experiences and has the capacity for growth and regeneration if damaged. Activities must be weight bearing to provide the most effective stimulus for bone formation. Cyclists and swimmers are particularly vulnerable since their activities are non-weight bearing in nature. They should incorporate strength training to promote bone health.

Strength training can also enhance connective tissue resulting in an increased ability to withstand greater forces and improved overall joint integrity.

Overuse injuries can be frustrating to the athlete and may result in lost training time and severe setbacks. Many of these injuries are predictable and can be prevented with proper training progressions and a "prehabilitation" strength-training program. Prehabilitation refers to the realization that a potential for injury exists, and implementing specific strategies to prevent such occurrences. Each sport has common overuse injuries that affect many athletes. In cyclists, inflammation of the patellar tendon (patellar tendonitis) can result from repeated knee flexion and extension during pedaling. During a four-hour training session, the knee joint can undergo over 25,000 flexion/extension.

Training Continued on p 9



twbc monthly event schedule

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

Day	Date	Time	Distance	Ride Code	Leader	Contact at (253)	Ride or Activity
Thurs	12/22	9:30 AM	70 or less	2 A	Louis Boitano	922-1168	Louie's Birthday Ride to South Center lunch. Start: Sumner Library.
Sat	12/24	Morsel/	Facts/	Notes	Saturday	Signs	National Eggnog Day. Moderation!
Mon	12/26	9:30 AM	12 [& 20 +]	1 C	David Barton, Joyce Clifford	759-2393	Get in Shape w/ David. Loop Pt. Defiance [& to Fircrest, 10 miles (espresso, scones)]. Beginners & seasoned veterans. Group riding; no solos. Rain Cancels Start: Starbucks @ 26th & Proctor.
Tues	12/27	9:30 AM	30 - 50	2 B	Call Ride Line	759-2800	Tuesday Decide to Ride. Call Ride Line for details. Various routes & destinations.
Tues	12/27	Morsal/	Facts/	Notes	Tomfoolery	Tuesday	Howdy Doody premiers on NBC, 1947.
Thurs	12/29	9:30 AM	30 - 40	2 B	Debbie H, Joyce C	922-5801	Java Jump. Details on Ride Line/Website. Start: Starbucks @ 26th & Proctor.
Sat	12/31	9 AM	30	3 B	Gene Smith, John Delbridge	272-6747, 460-3091	2 hour challenging ride on some of the local popular bike routes. May have some pace-lining. Start: Spoke & Sprocket in U.P.
Sun	01/01/06	10:30 AM	17 or 25	2 C	Ralph Wessels, ride; Dena Wessels, jump/wade	857-5658, 549-6952, cell	Polar Bear Jump Ride to Olalla. Mileage depends on weather. Will stop @ Starbucks on return route. Deep snow cancels. Start: Jerisich Park, Gig Harbor.
Mon	01/02	9:30 AM	12 [& 20 +]	1 C	David Barton, Joyce Clifford	759-2393	Get in Shape w/ David. Loop Pt. Defiance [& to Fircrest, 10 miles (espresso, scones)]. Beginners & seasoned veterans. Group riding; no solos. Rain Cancels Start: Starbucks @ 26th & Proctor.
Tues	01/03	9:30 AM	30 - 50	2 B	Call Ride Line	759-2800	Tuesday Decide to Ride. Call Ride Line for details. Various routes & destinations.
Tues	01/03	7 PM	Meet	& Eat	Bob Myrick	473-7455	Government Affairs Meeting @ the Guadalajara Taqueria in the Stadium neighborhood @ 1st & Tacoma Ave.
Weds	01/04	Morsel/	Facts/	Wacky	Wednesday	Notes	Braille Day, birthday of Louis Braille. Day of honoring the blind.
Sun	01/08	9:30 AM	50	2 B	Gus Fant	564-4710	Ride to Silver Lake for lunch, rain or shine. Phone @ the Lake: 360-832-4190. Start: Roy YMCA.



Our committee met again on Tuesday, November 1 at 7pm at the Taqueria Guadalajara in the Stadium District at 1st and Tacoma Avenue. We will meet there again on December 6 at 7pm. We reviewed several new and continuing items as follows:

1. **Forevergreen Meeting.** Look elsewhere in this newsletter for an announcement regarding the Forevergreen Groups first annual meeting. This group is composed of government officials, staff, Foothills Rails to Trails members, and many others interested in moving forward with a connected system of trails in Pierce County.

2. **Bike Event Policy.** Ralph is continuing to work with the Bicycle Alliance of Washington to try and wind up with a reasonable policy from the Washington State Department of Transportation(WSDOT). Most of our event rides cross or run along State Highways for a short distance. WSDOT's proposals have been not acceptable to the bicycle community up to now.

3. **Lakewood Bike Facilities.** Bob Warfield visited with us this month and indicated he is continuing to work with City of Lakewood Officials to come up with acceptable Non-motorized Plans and Policies. Lakewood just received several Federal Enhancements Grants to redesign several arterial roads, so some progress is being made. Bob could use some help, particularly from people with Lakewood addresses. All of us would like Lakewood to look more like University Place with a good system of trails and bike lanes. It is very difficult for a neophyte rider to get safely thru many parts of Lakewood.

4. **Narrows Bridge Ramp Issue.** Last month, we described a problem with cyclists trying to merge across a very dangerous proposed access ramp to the new Narrows Bridge. Ralph has composed and I sent a letter to WSDOT indicating our concern with this situation. We have not heard back from WSDOT.

5. **Steilacoom Railroad Tracks.** We will be sending a letter to the Mayor asking for some corrective action to eliminate the dangerous situation where cyclists continue to fall on the tracks. Apparently, the best solution would be to remove the track system and repave it. The cheaper solution would be to cover the tracks

with a speed hump similar to those recently installed at Point Defiance. A speed hump would cost about \$5 to \$10 thousand.

6. **Puyallup River Trail.** The City has extended their trail downstream about 1.3 miles to the City limits. The trail was originally scoped to be built on columns to stay out of the floodway. Because of foundation conditions, it didn't seem prudent to build on columns and the City convinced other regulators that it was OK to build in the floodway. As a result, we have a much better trail that is below the level of the noisy traffic on River Road and the City saved about \$700,000. Now, the City has turned their attention to going up-stream to meet the Foothills Trail at the East Puyallup Trailhead near Van Lierop's Bulb Farm. Construction could start in 2006 and be finished by 2007. Yahoo! We hope to see Pierce County and the City of Fife continue the trail downstream towards Tacoma.

7. **Foothills Trail.** The County may build the long trestle structure across South Prairie Creek and the Lower Burnett area next year because some of their grant monies need to be spent or lost. Also, the County appears to be making progress in finding a right of way along WSDOT property in South Prairie. With this good news, we can visualize the trail being run from South Prairie to Buckley during our lifetimes.

8. **Spanaway Loop Road.** Last month, we talked about the County's plan to erase our bike lane and make this three lane road into a four lane road. With the help of Tim, Ralph and Steve, the County has put this project on hold pending further review. We hope they now do the proper safety and environmental studies. The citizens out there and us hope the road remains as is.

9. **Tacoma Eastern Trail.** I recently learned that Tacoma Rail has agreed to let the Forevergreen Group study the possibility of building a trail with rail from Freighthouse Square to Elbe. As I recall, some of the right of way is only 40 feet wide and there are some long, high trestles that would have to be overcome.

Our committee hopes you all have a great Holiday season. When you make your New Year's Resolutions, think about working in your local community to provide better pedestrian and bicycle facilities for all of us to enjoy.



twbc monthly event schedule

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

Day	Date	Time	Dist- ance	Ride Code	Leader	Contact at (253)	Ride or Activity
Thurs	12/01	9:30 AM	24	3 C	Joe Small	228-9554	Dash Point Dock to East End of BPA trail & back. Hilly. Lunch &/or espresso @ Poverty Bay Coffee Co. Mostly downhill return. Start: Dash Pt Dock. Rain cancels.
Sat	12/03	9 AM	30	3 B	Gene Smith, John Delbridge	272-6747, 460-3091	2 hour challenging ride on some of the local popular bike routes. May have some pace-lining. Start: Spoke & Sprocket in U.P.
Sun	12/04	10 AM	20 ?	2 B	Bob Myrick	473-7455	Fife & Interurban Trail Adventure Ride to El Rancito in Milton. 4 miles of easy dirt & gravel. Wimps bring larger tires. Rain cancels. Start: Starbucks on Pacific near Tacoma UW.
Sun	12/04	4:30 PM	12	1 A	Steve & Phyllis Lay	759-1816	Holiday Lights Ride. Tour the northend neighborhoods. Have lights & reflective clothing; decorated bikes welcomed. Start: D & J's house, 3811 N Madison.
Sun	12/04	6:30 PM	Meet	& Eat	David Barton & Joyce Clifford	759-2393	Party time. Festive evening socializing & best potluck of the year! 3811 N Madison.
Mon	12/05	9:30 AM	13 [& 20 +]	1 C	David Barton, Joyce Clifford	759-2393	Get in Shape w/ David. Loop Pt. Defiance [& to Fircrest, 10 miles (espresso, scones)]. Beginners & seasoned veterans. Group riding; no solos. Rain Cancels. Start: Starbucks @ 26th & Proctor.
Tues	12/06	9:30 AM	30 - 50	2 B	Call Ride Line	759-2800	Tuesday Decide to Ride. Call Ride Line for details. Various routes & destinations.
Tues	12/06	7 PM	Meet	& Eat	Bob Myrick	473-7455	Government Affairs Meeting @ the Guadalajara Taqueria in the Stadium neighborhood @ 1st & Tacoma Ave.
Sat	12/10	9:30 AM	51	2B	Tim Payne	360-871- 4478	Tim's Birthday Ride to South Prairie for Lunch, Start at Freighthouse Square
Sat	12/10	9 AM	30	3 B	Gene Smith, John Delbridge	272-6747, 460-3091	2 hour challenging ride on some of the local popular bike routes. May have some pace-lining. Start: Spoke & Sprocket in U.P.
Sat	12/10	10 AM	30	2 A	Carla Gramlich	879-0115	Cedar River Trail, easy ride. Start: Gene Coulon Park.
Sun	12/11	10 AM	20 ?	2 B	Bob Myrick	473-7455	Parkland for lunch. Rain cancels. Start: Starbucks on Pacific near Tacoma UW.



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Day	Date	Time	Dist- ance	Ride Code	Leader	Contact at (253)	Ride or Activity
Mon	12/12	9:30 AM	12 [& 20 +]	1 C	David Barton, Joyce Clifford	759-2393	Get in Shape w/ David. Loop Pt. Defiance [& to Fircrest, 10 miles (espresso, scones)]. Beginners & seasoned veterans. Group riding; no solos. Rain Cancels Start: Starbucks @ 26th & Proctor.
Tues	12/13	9:30 AM	30 - 50	2 B	Call Ride Line	759-2800	Tuesday Decide to Ride. Call Ride Line for details. Various routes & destinations.
Tues	12/13	6:30 PM	Meet	& Eat	Tim Payne	360- 871-4478	Board Meeting @ the Kim Ahn Restaurant across from TCC on Mildred.
Weds	12/14	5:30 PM	40	3 A	Marguerite Richmond	272-1254	Wednesday Knight Riders Cutie's Anniversary. To Sumner to see the X-mas lights & drink hot chocolate? Rain/ice cancels. Start: Starbucks @ 26th & Proctor.
Thurs	12/15	Morsel/	Facts/	Notes	Thoughtful	Thursday	Bill of Rights Day, the United States Bill of Rights was passed on December 14, 1791.
Sat	12/17	8 AM	30 - 35	2 B	Steve & Phyllis Lay	759-1816	Social Ride to the Pancake Breakfast. Start: Starbucks @ 26th & Proctor.
Sat	12/17	9 AM	30	3 B	Gene Smith, John Delbridge	272-6747, 460-3091	2 hour challenging ride on some of the local popular bike routes. May have some pace-lining. Start: Spoke & Sprocket in U.P.
Sat	12/17	9 AM	40	2 A	Ralph Wessels	857-5658	Visit Jimi Hendrx's grave in Renton. Purple haze cancels. Start: Algona Trailhead.
Sun	12/18	12 Noon, 4 PM 5 PM	0, 35, 0	none, 2 B, none	Bob Myrick	473-7455	1st, Start: Church @ 12 Noon, Immanuel Presbyterian, North 9th & J St; 2nd, Parkway Tavern @ 4 PM for ride before 3rd, Blue Vesper Music @ 5 PM. Rain Cancels Ride, but not Church or Blues.
Mon	12/19	9:30 AM	13 [& 20 +]	1 C	David Barton, Joyce Clifford	759-2393	Get in Shape w/ David. Loop Pt. Defiance [& to Fircrest, 10 miles (espresso, scones)]. Beginners & seasoned veterans. Group riding; no solos. Rain Cancels Start: Starbucks @ 26th & Proctor.
Tues	12/20	9:30 AM	30 - 50	2 B	Call Ride Line	759-2800	Tuesday Decide to Ride. Call Ride Line for details. Various routes & destinations.
Weds	12/21	10:35 AM	Facts/	Notes	Wacky	Wednesday	Winter Solstice. Beginning of winter in the Northern Hemisphere & summer in the Southern Hemisphere. Sun is @ its greatest distance from the celestial equator. Shortest day & longest night of the year.