

# July 2007

## The New Tacoma Bridge Opening

Sunday, July 15, 2007

### Ribbon Cutting Ceremony for the Bicycle Lane At 4 p.m.

submitted by Carla Gramlich

Finally, the new Tacoma Narrows Bridge is going to be open for traffic. On Sunday, July 15, the bridge will be open to pedestrians from 10 am - 4 pm. Originally I was under the impression that bicycles would be included.

But right before the newsletter was going to print we found out from the state, that on opening day bicycles would be restricted during those hours. But they are having a special ribbon cutting ceremony at 4 pm, for the bike/ped portion of the new bridge. I will still lead a ride that day but just in the afternoon oppose to the morning. At 2:30 pm, I will lead a ride from Freighthouse Square, up to the Scott Pierson Trail, and I do mean up. Actually, I am hoping to show people the easiest way from downtown, up to the start, or is it the end, of the Scott Pierson Trail.

We will arrive in time for the 4 pm Ribbon Cutting Ceremony of the bike/ped land of the New Tacoma Narrows Bridge. Then I will take a quick ride over to the Cushman Power Trail and quickly return in time to ride back over the new bridge. The bike/ped land will only be open for about an hour after the ribbon cutting ceremony to insure enough time is available to ready the bridge for the grand opening to traffic on Monday morning.

Feel free, to go down to the bridge during the day between 10 am - 4pm on foot to catch some great views off the bridge. I am trying to find out if a person would be allowed to walk their bicycles across the bridge but didn't have an answer when this article was being edited. I will send out an email via google, when I find out the answer to that question.

The State expects a huge turnout (of pedestrians) to this event, that is why the restriction on bicycles. I think it was admirable that another event was made available for bicycles that day. I hope lots of folks can turn out for it. I would love to see a ride starting at the Gig Harbor side. If you would like to lead it just let me know.

Remember, the bike/ped lane will only be open for a short time on July 15. We do not have a date for the official opening of that lane. Bicycles/pedestrians will still be using the old bridge for a while after July 15. Sadly, they could be using either the north or south side of the old bridge depending on the work that is being undertaken on the old and new bridge (signs should be posted).

I look forward to the day that I can ride over the Narrows on the new lane of the new bridge. Hopefully we don't have to wait too long. But enjoy the short ride on July 15 as we patiently wait for that day.

*(Editor's Note: The bike/ped lane on the new bridge will be used as a construction staging area for some remaining work, after the bridge is open to motor vehicle traffic.)*

the cog-nitive courier

tacoma wheelmen's bicycle club newsletter

253-759-2800

po box 112078 tacoma, wa 98411

OWC  
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1888

# The COG Home Page

Note the election of new officers!

## NEW PRESIDENT:

[president@twbc.org](mailto:president@twbc.org)

Carol Davis, 253 - 460 - 5622

## VICE - PRESIDENT:

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Vern Hase, 253 - 759 - 7246

## NEW SECRETARY:

[secretary@twbc.org](mailto:secretary@twbc.org)

Marguerite Richmond

## TREASURER:

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Deadline for Ride Calendar,  
usually, 3rd Thurs of every month

## NEWSLETTER EDITOR:

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Reporters: Various members

## NEW DIRECTOR OF SPECIAL EVENTS:

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Jan Brame

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Peggy Fjetland, 253 - 841 - 4458

## ANNUAL CLUB PICNIC:

Carla Gramlich & Peggy Fjetland



**Next Club Meeting:  
September 18, 2007**

**August Ride Calendar Deadline:  
July 19, 2007**

**Article Deadline for the Aug. COG:  
July 20, 2007**

*(If you don't receive your mailed  
newsletter, contact the editor!)*



The TWBC 'Smiling Bicycle' Logo was designed by member Steve Lay, as are the majority of our Club Ride T-shirts, as well as the Club Jersey.

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



## President's Message: June, 2007 by Carol Davis

From the time I joined the Tacoma Wheelmen over 10 years ago, the club has been a large part of my life, and I have taken an active role in the life of the club. Walking into a group of people who already shared a great passion and held so many similar concerns encouraged me to become more and more involved.

The Tacoma Wheelmen Bicycle Club is a community that embraces diversity, bringing people together for common interests in both recreation and civic responsibility. I have learned so much from so many great people! Each of you makes a contribution in whatever way you can, and working together, we do make an impact on our greater Tacoma population.

My goals as president are manyfold. All goals are building on the foundation that has been laid by so many of you. One is to continue to grow the club, reaching out to so many of those cyclists we see riding down the street that we don't know yet. I will work with the board and all of you to plan an outreach program to make the club appealing to an even greater portion of the cycling community. Strength is in numbers!

Another is education: education for cyclists on safety and health, and education for the community on how to operate safely, sharing the road with cyclists, pedestrians, and vehicles.

Image building is my third goal. What can we do as a community of cyclists to improve the impression we make on our greater community? Each of us is responsible for how we behave as we move down the road. Tacoma Wheelmen already has programs that contribute to our communities. What else can we do, and how can we promote ourselves as making a positive impact?

I hope to work with other clubs, as we already do, to find out how they are approaching these issues and to increase our impact statewide and nationally.

I know that as I work in my new role, I will learn and grow along with you! Please let me know what your concerns and issues are. Thank you for trusting me to be your president. I'm excited to embark on this new adventure!

## Club Jerseys for Sale

Remaining in stock at this time are thirty-two TWBC Jerseys, designed by our own Steve Lay!

Get one for yourself before they're gone for good. A new design is in the works for the next TWBC Club Jersey.



**Get yourself a new jersey!**  
Call Peggy... the Jersey Lady at  
253-841-4458 or [jerseys@twbc.org](mailto:jerseys@twbc.org)

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***What have you done for your bicycling community this (or last) month? Just getting out and riding, whether a short or long distance, is a pedal forward for our community. Get out and be seen on your bike! Ride the streets & trails of our cities & county. Make your presence known, in a safe and reasonable manor that will reflect favorably upon all cyclists.***



**Bob Myrick**  
TWBC Director of  
Community and  
Government  
Affairs



Just four of us gathered for our committee meeting. What a great meal and evening. It was a 100 percent increase from our last meeting. Maybe, we will have eight people at our next meeting on Tuesday, July 3, but it is right next to the Fourth of July. In August, there will not be a meeting. There should be a meeting on September 4. We will meet at the Taqueria Guadalajara in the Stadium District at First and Tacoma Avenues at 7 pm.

Please try and turn in your forms for the CarLESS Commute if you were able to participate this past month. The form and instructions are in your May newsletter.

In the March newsletter, we included a list of eight small projects that could be submitted to the City Manager (Eric Anderson) and Dana Brown (Public Works) for bike improvements. We still would like two more ideas from TWBC members. One suggested idea was to use "Dan Henry" signage to direct bike traffic into neighborhoods adjacent to the new Scott Pierson Trail. Another suggestion is to provide "Share the Road" and "Bikes on Road" type signs on streets commonly used by cyclists. Such signage would avoid the "Bike Route" sign where cities have been sued for encouraging people to ride on the street even though it was presumed to be a safer street to ride on.

Carla suggested we might provide a monetary award for people reporting graffiti artists on the Scott Pierson Trail. The City requires homeowners to clean graffiti up within about three days, but apparently, they don't follow those rules on their own property?

I talked about my idea of having a worldwide bicycle map that would be similar to worldwide maps now available on GPS Navigator units. Steve Brown later sent me a web address where you can register your routes. Adventure Cycling is working with AASHTO (American Association of State Highway and Transportation Officials) to provide a basic United States map that would include Adventure Cycling routes. A United States based administrator would probably be necessary to blend together maps like the Pierce County Bike Map,

Thurston County and King County, etc. to eventually provide a web based system. In Thurston County, forget about visting the Chehalis - Western Trail. The County still has not complied with the State of Washington Order to provide five-foot wide barrier free travel on their trails. In Pierce County, we are still waiting for painted safety envelopes to be provided on the County system as well as the other systems within the County. Out on the Puyallup Riverwalk Trail, I found it would only cost about \$5 to \$10 thousand to connect the Riverwalk with the Foothills Trail. Puyallup doesn't have permission to use the necessary right of way near the Railroad bridge. For \$20 thousand, a paved shoulder or trail could be provided on the north side of Pioneer near Shaw Road to allow the sidewalk on Pioneer to be connected to the Foothills Trail.

Near the Narrows Bridge, we are still trying to get WSDOT and the County to enter an agreement to provide some excess bridge money to the County to provide needed shoulders on County roads near the bridge. There still is no agreement.

This past month I attended several meetings on your behalf. We had another Eatonville Trail Plan meeting on June 14 where progress was made on developing their trail plan. Ernie Bay and I attended the Transportation Enhancements Meeting at the Puget Sound Regional Council where we were forced to choose only three projects in the four County area to receive about \$8.6 million. We recommended a \$3 million street improvement on old Highway 99, South Tacoma Way, in Lakewood, near the new Sounder Station. Under our old rules, we could have provided funding to about 3 to 6 projects in Pierce County. We could have provided funding to Sumner trails, Tacoma Water Ditch Trail and bike shoulders near the Narrows Bridge under the old rules. Somebody in the State Legislature is gaming the system and we don't like it one bit. I attended a major meeting regarding Center Street re-striping and we suggested the City look at striping a "fog" line on the north side of Center to provide a climbing lane. We also talked about providing a bike lane for climbing up St. Helens Avenue. On June 28, there will be a workshop at Snake Lake to discuss the City Water Ditch Trail. The public is invited to attend from 4 to 6pm.

Don't forget the new Tacoma Narrows Bridge dedication on July 15 and try to cycle more and worry less.

## Ride Captain July Report



By Carla Gramlich



I returned from Guatemala after being there for three weeks and then was kept busy with the Annual Safety Fair. I would like to thank TWBC members that took time to help fit helmets that day. Peggy Fjetland, Bob Myrick, John Ernest Barry III, Mary Dahl-Smith, Corky Smith, Gene Smith, Janice Jensen, and Noel Hagens spent part of day providing a custom fit.

Then the second weekend of May was the Scott Pierson Trail opening. We had a nice turn out for the ribbon cutting ceremony. It has been a joy to ride the trail and I now use it several times of week for errands. I am trying to use my car only once a week. Some weeks are better then others. Recently, I was using the trail and a family rode towards me with helmets from one of the Pierce County helmet sales. Nice to see the helmets we helped fit out using the Scott Pierson Trail.

In May, you might have noticed a new ride calendar on the web. Club member Joe Small spent many hours on this new calendar. I would like to thank Joe for all the hard work. We realize that not everything is working the way that we would like it to work at this moment. Joe is taking a little break and training for the Senior Games. In the fall, we will work with Joe to iron out some of those wrinkles.

I am trying to learn the calendar. It does have some nice features like better directions/maps for the start of our rides. Another new feature is a spot for a picture of the ride leader. I am hoping to get photos of ride leaders and add them to the calendar. Or if you have a good shot of yourself, send it to me and it can be added.

I am writing this report the week before Tour de Pierce. Since the beginning of the ride, TWBC members have been involved in helping with the course. For several years, I have been helping to mark the course with Peggy Fjetland. This year, several members have come on the pre-ride and taken a can of paint to help mark the course. This is probably the first time that I don't have a sore back the day before Tour de Pierce. So, thanks for all your help.

During the summer, lots of members take vacation. This makes finding ride leaders a little harder. If you would

like to lead a ride, send me an email. I then will add it to the ride calendar and rideline. This is a good time to become a ride leader. If you have any questions or need help with a route, feel free to email or call me. HAPPY CYCLING!

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### membership report by Phyllis Lay

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In the August issue of the Cog will be another listing of members which have joined the Club in the past few months.

#### Renewing Members:

Tim Duggan & Amy Young & Family, Gary Finke & Family, Judy Fisher, Evonne Howard, Allyn Hughes, Kurt Ikemeier, Jaun le Roux & Family, Bill Kriese, Krista Pearson, Ken Rousslang & Family, Kris Symer, and Ralph & Dena Wessels.

#### New Members:

Heather Gillooly, Randy Gray, Larry LeClair, Ross Logan, Laura McKeown, Kim Smith & Family, Christian Vaas, Craig Warnock, and David Weller.

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### Bright, Bright, Bright Sun Shiny Day! (a PMC post-ride report)

submitted by Mary Dahl-Smith

Hello Members, I want to start off telling you about the 25th Annual Peninsula Metric Century Ride (PMC) by saying what wonderful volunteers we had. Some were called at the last minute and joyfully signed on. THANK YOU ALL SO MUCH! Way to go TEAM!

Next, I would like to say what good weather we had! Because of all the sunshine, we had a great turnout of 457 riders. Many riders had a good time. There were a lot of great comments. From what we understand, this is the second time in eight years that we had sunshine for the PMC. We made sure the SAG vehicle had extra water to prevent any riders from overheating.

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*(Editor's Note: It is hopeful that Steve & Cynthia will have good things to say about the customer service they receive from Northwest Airlines in regards to the damage that occurred to their tandem, described in the article on page 14-15. We await their report for a future edition of this Newsletter.)*

## Touring the Columbia Gorge

Submitted by TWBC Member Ralph Wessels

The area where we grew up was in the eastern outskirts of Vancouver, WA that at the time was pretty rural. There were expanses of undeveloped land, farmhouses, small houses along the primary roadways, and just a few small-scale residential developments. Gary Hillestad and I lived about ½ mile apart then and became best friends at age seven. As friends do, we blended back and forth between each other's families. He would go camping with my family and I would get to share in the things his family did. And while on our own, our bicycles allowed us to be adventurous and travel far from the parental-defined limits of our neighborhoods.

At age fourteen, Gary and I decided to go camping 65 miles up the Columbia Gorge to a place called Bear Creek where my family frequently camped. How many parents today would let their young teenage boys take off for a week? And without even a cell-phone for communication? It was a different time then and our parents didn't object. And so we began our preparations. We had our heavy one-speed bikes that were built to take abuse. We borrowed some worn cotton panniers that said "The Columbian" from a friend who delivered newspapers, secured canned goods and bread from the kitchen, a few utensils, a canteen each for water, the minimal essentials for camping, and pooled our funds of less than \$20. What else could the two of us possibly need?

Gary's mom cooked us an early breakfast before we left on Saturday. The sun warmed us in the cool early mornings as we rode east on Mill Plain Rd., south on 164th Ave. and then to Camas on the old Evergreen Highway. Birds sitting on the drooping power lines observed our passage. There was only an occasional car. We had planned to ride to Beacon Rock State Park the first day and then reach Bear Creek on the second day. However, we arrived at Beacon Rock at 11 A.M., which was way too early to stop riding. So on we pedaled.

Portions of SR 14 were constructed using prison labor to blast a highway into the rock hillside. The scenic highway offers spectacular views of the Columbia River, such as near Windy Point. It was certainly not designed with one-speed bikes loaded down with full panniers and camping gear roped to the back racks in mind. So

pushing the bikes was required to surmount the long hills. We finally reached Bear Creek twelve hours after leaving Vancouver. We were so tired that we would coast down the gradual down grades and then have to walk up the slight inclines. We had picked up a roadside hub-cap outside of Stevenson to use as our cooking surface over the campfire. Dinner that night was soup warmed in the can and bread. We fell asleep in our sleeping bags on the rocks of the old streambed and did not awake until morning.

The sleeping bags that we had were WW2 Army surplus. They were beige in color with down insulation. So every morning after emerging from our bags, Gary and I looked like poorly plucked Foster Farm chickens from all of the white feathers attached to us.

After just a few days, we moved our camp farther up the road to Little Soda Springs Campground, which had no camping fee. Low cost was important when you are traveling on limited funds. The downside was that the only water there came from a hand pump and had the taste of sulfur and minerals to render the water hardly drinkable. I still remember a car with Oklahoma plates that pulled in. An old farmer in bib overalls and straw hat tasted the water and let out a loud, "Wooowheee, that tastes lahk Ahdaho wahta". We imitated him for the next several days whenever we drank even normal tasting water. With nobody but the occasional tourist to stop there and taste the water, we had the place to ourselves and could leave our gear hidden not far into the brush while we ventured elsewhere on our bikes.

The area had everything we needed. Government Mineral Springs, a campground with good water (and a camp fee), was only a mile away. Baths were accomplished by a swim in Hemlock Lake. Most of the people in the area worked for the Forest Service or in the timber industry. When we would stop somewhere, such as at the Wind River Fish Hatchery, the locals already knew that we were bike camping and where we were staying. Word travels fast in small communities. Our expenditures were minimal. We caught trout from the local streams and would have several for dinner. The only food we purchased was a milkshake bought at the corner store in Carson that had a soda fountain and a few canned goods and sodas at the small store in Hemlock. One morning as we rode through a campground, a couple camping in their trailer insisted that we join them for breakfast. They

**Touring .... George, cont. on page 7**

**Touring .... Gorge, cont. from page 6**

served us heaping portions of scrumptiously delicious eggs, hash browns, sausage, and milk. We declined their offer to take food with us, as we did not want to overly impose on them. We thought we had already eaten too much of their provisions. They even called our parents for us to let them know we were doing fine. Gary's mom still remembers the late night call that she received asking if she knew a Gary Hillestad. Her initial fear quickly turned to relief when the lady informed her we were OK. So lessons learned from this were that almost all people are good and will be helpful to bicycle tourists, particularly adolescents. After a week of being on our self-supported tour, my parents drove up to retrieve us on Saturday. We loaded our bikes into the back of the truck and returned to Vancouver. The weeklong bicycle adventure was over.

While the trip ended, the memory of the trip never did. In looking back at our many adventures together, the bike trip up the Columbia Gorge was one that Gary and I both probably cherished the most. Even after the many years, we could recall many of the details and had talked several times about how it would be fun to do the same trip together again some day. Unfortunately, that will not happen. On April 6, 2007, my friend of 48 years passed away after a very tough year and a half battle with cancer. He requested that a portion of his ashes be spread at Bear Creek.

To celebrate and commemorate my friendship with Gary, I am planning a ride from Vancouver that will travel up the Washington side of the Columbia Gorge and return on the Oregon side. The ride will be between July 16 to 22 (although I might start on July 15) and it will be self-supported. I might depart on the 16th, which is after STP. I have a rough itinerary and will likely continue to make some adjustments. I plan to start in Vancouver, where I have a place to park vehicles, and then ride to Beacon Rock State Park the first day. If you would like to discuss or join me on this scenic bicycle adventure, contact me by July 7 at 253-857-5658 or ralphdena@earthlink.net.

**Bike for Sale:**

One R&E built women's model road bike,  
roughly 18" frame,  
with custom gold and flames paint (matching  
handpump),  
650 wheels and Campy components.  
Very good condition. \$500.

Contact Mary Kubiszewski @ [mzkubi@comcast.net](mailto:mzkubi@comcast.net)

**Alert for TWBC Members**

Does anyone have information on the whereabouts of the remaining Daffodil shirts for 2006? If you know where these missing shirts can be located, please contact

Jan Brame, the new Special Events Director--  
see the Cog Home Page.

**Opportunity Knocks...**

If you did not get a chance to purchase a 2007 PMC T-shirt, you can still pick one up for \$10. Contact Mary Dahl-Smith @ 253 - 473 - 7174.

## Wisconsin Wanderings: A Bicyclist's Dream

Submitted by TWBC Member Cynthia Hammer

Years ago Steve and I bicycled across northern Wisconsin, and thought it was such a beautiful state, we wanted to return. So we did, from May 18th to June 3rd of this year.

Doing the trip on our own, I was a bit apprehensive about how we would find our way, but the state of Wisconsin was a wonderful resource. They have created eight sectional maps of the state, so every state and county road was easily identified, along with notations on which were the best for biking.

Where we rode in Wisconsin was determined by where we could get to in Wisconsin for a two-week trip. The starting and ending choices were the airport in Minneapolis-St. Paul and the airport in Minneapolis—St. Paul. This was the only city near Wisconsin that we could get to without changing planes or backtracking, so we started and ended our trip in Minneapolis.

After this decision was made, it was a no-brainer to decide we needed to ride south down the Great River Road on the Wisconsin side—this is the famous road that follows the Mississippi River. It was about a 35-mile ride from the airport to Prescott, Wisconsin and the Great River Road. Then we took 4 days to ride 240 miles on this road before heading inland and exploring the rolling hills and farmlands of southwest Wisconsin. But more about that later.

One major challenge in planning our trip, besides where to ride, was how to get our tandem there. I was in favor of putting the bike in a plastic bag—I had secured one from Macy's that they covered sofas with—but Steve wanted something more substantial. The best advice from bike shops was to get two bike boxes and tape them together. Unfortunately, I did this only a few days before our departure, so the boxes I got were mismatched—one being four inches wider than the other! Very strong strapping tape held it all together but it looked like hell. The Embassy Suites at the Minneapolis Airport where we spent our first night, was kind enough to store it for us, without comment, until our return 2 weeks later.

The other major challenge—as many towns in Wiscon-

sin are very tiny—300-600 people—was developing a route where we would have places to eat and places to stay.

We were planning to ride 60 miles a day, 'guesstimating' by measuring distances on a map; figuring, in most cases, it would be slightly more. I would look at the map, see what place we could go to next, and then check the online yellow pages of that town to see if they had any places to stay, any places to eat. In some cases, we lucked out and found a great B&B, the only places for miles around. In other cases, there was no place to stay, so I would revise our route and go to a different, 60 miles away, town. And for one town, the B & B was eight miles from any restaurant so they prepared a wonderful dinner for us. Once I knew the addresses of where we would be spending each night, I did a Mapquest search for those addresses and then printed out the maps so we would be able to easily find our destinations each day. We finished the trip without getting lost and without backtracking!!

For our trip we stayed in 6 motels and 5 B & Bs and one place we would rather forget. The accommodations were great—we will look for AmericInns in the future—and a few B&Bs were outstanding so we wished we were staying longer. The food was surprisingly good. I say this because years ago, when we biked in Montana, the food was awful and in my mind I had lumped these eastern states together. I should take this back. We stopped at one place where, when we asked a departing customer if the food was good, he happily replied that, "Today the special is Tator Tot Casserole." This place and one other had the least enjoyable food, but we were hungry so it tasted great.

I say Wisconsin is a cyclist's dream because the roads are excellent, with almost no traffic. But this also means there are long stretches with no shelter. Sure, there are farms but they seem to be miles away, up a dirt road. We were fortunate that the three times it rained--or should I say poured--we were near or in shelter. If our timing hadn't been so good, I probably wouldn't be speaking about this bike trip with such enthusiasm as the rain comes down in buckets when it comes.

Cars have courteous drivers who swing wide around you. There is no roadside trash. I loved the rural scenery of trees, and more trees, cows, red barns, blue silos, corn

**Wisconsin Wanderings, cont. on page 9**



## Wisconsin Wanderings, cont. from page 8

fields as far as the eye could see, neat homes and well-manicured huge lawns. We're talking the size of a football field or two. It seems to be the wife's duty to maintain the yard as we saw several women riding their lawn mowers.

There is no place in Wisconsin higher than 2000 feet but cycling in the southwest corner of the state, I think we kept going up and down these 2000 foot rolling hills—rarely very steep but often long. The rest of the state is flatter as they had glaciers there, but the southwest corner was never visited by glaciers. When glaciers recede, I guess they flatten the land.

And then there were headwinds—we hadn't heard about these ahead of times. Locals told us it is only windy in the spring; we don't know if we should believe them. The headwinds were often refreshing as some days were hot, but sometimes they were tiring as they were so constant, and on two days, particularly strong. Even the local people were staying indoors.

Our bike arrived in good condition, but by the second day of riding we couldn't get it into the biggest chain ring. I am all for experimenting—"lets try turning that and see what happens"—but Steve was totally against this approach. Instead, we rode in the other available gears for a day until finding a bike shop. It was a simple fix, shortening the cable that moves the derailleur, and now we know. We had one flat on the first day, and then again, on the last, a Sunday when the area bike shop was closed. That's when we realized we only had one spare tube that would work and that was the one that had gotten punctured on the first day—the other two we had brought had stems that were two short.

Steve inserted this patched tube into the rear tire and blew it up, to no avail. No air was going in. Or should I say the air was going in and coming out again. Fortunately, or unfortunately, when he took the tube off to examine it, we realized I had put a great patch on the tube, just not on the puncture. This got promptly remedied and we were able to ride our 40 miles to the Embassy Suites and pack up our bike for a 5:30 p.m. flight back to Seattle.

Unfortunately, our bike did get damaged on the return trip. When we were re-assembling it, the chain kept falling off. That's when we realized that the front chain ring had gotten bent. At the bike shop they told us the front pedal crank was also bent. We are thankful this

happened at the end, instead of the beginning, of the trip. A total of \$175 in repairs--we are hopeful Northwest Airlines will reimburse us. We are sending photos, etc.

We enjoyed biking in Wisconsin so much that we think we will bike there again, in a different part of the state. But we will have to choose carefully. Yesterday's weather forecast said there were four tornadoes in Wisconsin with hail the size of baseballs. Car windshields were being broken. And in my mind I envisioned us being on our tandem with no place to hide, getting clobbered by hailstones. We had a wonderful trip and I would be happy to share our itinerary if anyone is interested.



**TWBC**  
**Buddy Flaps**  
**for Sale to**  
**TWBC Members**

These Buddy Flaps come in three colors, Titanium (shown) , Red & Yellow, with the TWBC logo on them. Including all the hardware for mounting, they are \$10 a pair.

Contact Peggy Fjetland  
@ 253 – 841 – 4458 or [jerseys@twbc.org](mailto:jerseys@twbc.org)  
for info on how you  
can get a pair  
& be a TWBC Buddy  
to your riding chums when it rains.



# twbc monthly event schedule

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

Day/- Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
07/01 Sun	7 AM	2 B	50	Jim De Young 686 - 8995	Double Half Part A. Ride perimeter of Fort Lewis clockwise, breakfast in Roy, return about noon. Start: in Du Pont.
07/01 Sun	1 PM	2 B	50	Jim De Young 686 - 8995	Double Half Part B. Ride perimeter of Fort Lewis, counter-clockwise, Hope to be done by 5 pm. Start: in Du Pont.
07/02 Mon	9:30 AM	1 C	22	David Barton, Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Loop Pt. Defiance, regroup @ Nisqually, then to Fircrest for espresso, scones. Beginners & seasoned veterans. Someone stays w/ slowest rider. Rain/Freezing Cancels. Start: Starbucks @ 26th & Proctor.
07/03 Tues	9 AM	2 B	35 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Call RideLine for details. Start: Call Ride Line or check the Club website.
07/03 Tues	7 PM	00 Meet	00 & Eat	Bob Myrick 473 - 7455	<b>Government Affairs Meeting</b> @ Guadalajara Taqueria in the Stadium H.S. area @ 1st & Tacoma Ave. Working on bicycle problems around Pierce County. All are invited to participate.
07/05 Thurs	9:30 AM	3 D	70	Bob Myrick 473 - 7455	Hard Ride to Wilkeson for Lunch. Five major hills. Start: Freighthouse Square.
07/05 Thurs	9: 30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smoooothly. Paved trail; few road crossings; no hills. Beverage of your choice (no host) in South Prairie. Rain Cancels. Start: East Puyallup Trailhead.
07/05 Thurs	7 PM	1 A	12	Carla Gramlich 879 - 0115	Thurs. Night Family Ride. Will stop @ Dairy Queen near end of ride. Start: Freighthouse Square.
07/07 Sat	9 AM	2 B	50	Peggy Fjetland 841 - 4458	Ride to Wilkeson for Lunch. Start: Sumner Library on Fryar.
07/07 Sat	9 AM	3 C	30	Gene Smith 272 - 6747	Ride to Black Diamond Bakery along Green River. One big hill @ Flaming Geyser Pk. Stop @ midpoint 4 coffee. Start: Call for start location.
07/08 Sun	1 PM	2 B	30	Carla Gramlich 879 - 0115	Find Chief Sealth Trail & explore it; getting lost might be included. Google CST to find more info about the trail. Start: Gene Coulon Park, Renton.
07/09 Mon	9:30 AM	1 C	22	David Barton, Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. See 07/02 for details.
07/10 Tues	9:30 AM	2 B	35 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Call RideLine for details. Start: Call Ride Line or check the Club website.
07/10 Tues	7 PM	00 Meet	00 & Eat	Carol Davis 380 - 8819	<b>Board Meeting</b> canceled. Held on 06/26 instead.



# twbc monthly event schedule

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

Day/- Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
07/11 Weds	10 AM	4 A	20	Joe Small 228 - 9554	Senior Games Cycling Training. Join others to ride multiple laps of the official 5K event course in preparation for this July 29th competition. Start: Meet @ Exit 111 McDonalds, 1/2 hr before start or 10 AM @ Jubilee Community Center, Lacey.
07/12 Thurs	9: 30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smooothly. See 07/05 for details.
07/12 Thurs	Call	1 A	12	Peggy Fjetland 841 - 4458	Thurs. Night Family Ride. City streets & County roads north to Algonia/Pacific. Short section of trail in Summer. Start: Sumner Library on Fryar.
07/14 Sat	8 AM	4 B	30	Gene Smith 272 - 6747	Ride to Senior Games Cycling venue. Possibilities: ride some laps together & practice pace line techniques. Start: DuPont Park & Ride.
07/15 Sun	2:30 PM	2 B	30	Carla Gramlich 879 - 0115	Ride to New Narrow Bridge. Take the easiest route out of downtown, then Scott Pierson Trail. Across bridge, & Cushman trail. Stop for snack @ midway. Bring camera. Start: Freighthouse Square.
07/15 - 07/22 Sun - Sun	All Day	All	Varied	Ralph Wessels 857 - 5658	Touring the Columbia Gorge, self supported. Up the Washington side of Columbia River & back down the Oregon side. See article in Cog. Start: Vancouver, WA
07/16 Mon	9:30 AM	1 C	22	David Barton, Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. See 07/02 for details.
07/17 Tues	9 AM	2 B	35 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Call RideLine for details. Start: Call Ride Line or check the Club website.
07/18 Weds	10 AM	4 A	20	Joe Small 228 - 9554	Senior Games Cycling Training. See 07/11 for details.
07/19 Thurs	9: 30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smooothly. See 07/05 for details.
07/19 Thurs	7 PM	1B	10 - 15	Jim De Young 686 - 8995	Thursday in DuPont. Varied ride in area. Start: Exit 118 @ P & R, Meet @ Kaffe Pegasso.
07/21 Sat	9 AM	3 B	25	Gene Smith 272 - 6747	Training Ride; emphasis on steady pace, good cadence & spinning techniques. Paceline/drafting experience not required, but may occur during ride. Start: Spoke & Sprocket, University Place.
07/21 Sat	10 AM	2 B	50	Carla Gramlich 879 - 0115	Ride to Orting for Lunch. Bring \$\$\$ & dine @ one of Ortings fine eating establishments. Start: Freighthouse Square.



# twbc monthly event schedule

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

Day/- Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
07/22 - 07/29 Sun - Sun	Early	All	Many	Steve & Phyllis Lay 759 - 1816	RAGBRAI XXXV, Iowa. \$\$\$ Start in Rock Rapids & go to Bellevue in 7 days. www.ragbrai.com
07/22 Sun	9:30 AM	2 B	50	Gus Fant 564 - 4710	F.O.G.L. Ride to Silver Lake for Lunch. Please RSVP so there is enough food. Phone @ Lake: 360-832-4190. Start: Roy P & R.
07/24 Tues	9 AM	2 B	35 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Call RideLine for details. Start: Call Ride Line or check the Club website.
07/25 Weds	10 AM	4 A	20	Joe Small 228 - 9554	Senior Games Cycling Training. See 07/11 for details.
07/26 Thurs	9:30 AM	2 B	14	Bob Myrick 473 - 7455	Playday in Wilkeson. Three Foothills dirt trails to choose from to Mt bike, hike or run. Breakfast @ Pick & Shovel Cafe about 9 AM. Start: in Wilkeson.
07/26 Thurs	9: 30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smooothly. See 07/05 for details.
07/26 Thurs	7 PM	1 A	12	Carla Gramlich 879 - 0115	Thursday Night Family Ride on portion of Scott Pierson Trail. Stop near the end for ice cream. Start: Starbucks, 26th & Proctor.
07/28 Sat	9 AM	2 C	50	Gene Smith 272 - 6747	Headwaters Pre-Ride, 1st 1/2 of Century. Stop for lunch in Maple Valley. May be changed so check website. Start: Covington P & R.
07/29 Sun	7 AM	All	15, 30, 65 & 100	Bob Newbill 360 -275 - 6026	<b>Tour de Kitsap, Silverdale.</b> \$\$\$ West Sound Cycling Club. Start: Central Kitsap HS, Anderson Hill Road. www.westsoundcycling.com See Flyer in Cog.
07/30 Mon	9:30 AM	1 C	22	David Barton, Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. See 07/02 for details.
07/31 Tues	9 AM	2 B	35 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Call RideLine for details. Start: Call Ride Line or check the Club website.
08/04 - 08/06 Sat - Mon	6 AM	All	162	Ron Nowicki 661 - 2664	Courage Classic, Team TWBC. \$\$\$ Fundrasing Ride. TWBC members can ride together in event. See Club website for more details, or email renowick@hotmail.com
08/04 Sat	9 AM	3 B	25	Gene Smith 272 - 6747	Training Ride. See 07/21 for details.

West Sound Cycling Club & Group Health bring you the Whaling Days

Fourteenth Annual



# Tour de Kitsap

Sunday JULY 29, 2007



**The Ride:** Scenic courses of 15, 30, 65 and 100 miles visit Seabeck, Port Gamble, Poulsbo, Keyport, Illahee, and Manette. The 15-mile Family route investigates picturesque Erlands Point and NAD Park. Course maps are provided, and routes are well marked with "Dan Henrys."

**Services:** Refreshment stops provide drinks, water, fruit and food free on each route. A SAG wagon patrols each route.

**T Shirt:** A Tour de Kitsap-Whaling Days Tee shirt is available for sale at \$15. Pre-pay with the Registration form to assure availability. A limited number of shirts will be available for sale at the ride.

**Silverdale Registration:** Register at Central Kitsap High School, 3900 Anderson Hill Road, from 7:00 AM to 10:30 AM on Sunday, July 29 (see map on the back). The course closes at 4:00 PM. We suggest an early start.

**Entry Fee:** One dollar of each entry fee is donated to the Bike Alliance of Washington.

**Advance Registration:** Pre-register by mail until July 22 by signing & mailing a check with the attached form and waiver. Pre-register online at [www.active.com](http://www.active.com) until July 25. By registering early, you get two raffle tickets free!

**Legal Stuff:** Our insurance requires that each rider sign the liability release on the back of this form. Registration will not be completed without it. A parent or guardian must sign the release for a minor and accompany them on the ride. Additional forms will be available at Registration. Each rider is required to wear an ANSI or SNELL approved helmet. Please make sure that you and your bike are in proper shape to complete the route you choose.

**Ferry Registration:** Take the Seattle to-Bremerton Ferry and start and finish the 30, 65 or 100-mile route from the Bremerton terminal. A Tour de Kitsap registrar will meet the boats that leave Seattle at 6:00, 7:35 and 8:45 AM.

**Web page:** [westsoundcycling.com](http://westsoundcycling.com)  
**E-mail:** [tdk@westsoundcycling.com](mailto:tdk@westsoundcycling.com)  
**Phone:** (360) 275-6026  
**TDK Chairman:** Bob Newbill

## Official RAPSody training ride



Fourteenth Annual  
**Tour de Kitsap**  
 Sunday, JULY 29, 2007

Mail one form per rider with entry fee to:  
**West Sound Cycling Club**  
 P.O.Box 1579  
 Silverdale, WA 98383  
 Or register online: [www.active.com](http://www.active.com)

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_  
 State/Zip: \_\_\_\_\_  
 Phone: (\_\_\_\_) \_\_\_\_\_  
 e-mail \_\_\_\_\_

Pre-Reg. \$17 adults • \$12 under 18 • WSCC Members \$15  
 Make checks payable to WSCC (Non-Refundable)  
 \$20 Day of Ride • (\$12 under 18) • WSCC \$15 \$ \_\_\_\_\_  
 West Sound Cycling Club Dues (\$20 S-\$30 F) \$ \_\_\_\_\_  
 T-Shirt (\$15): S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_ \$ \_\_\_\_\_  
 Total Enclosed ..... \$ \_\_\_\_\_

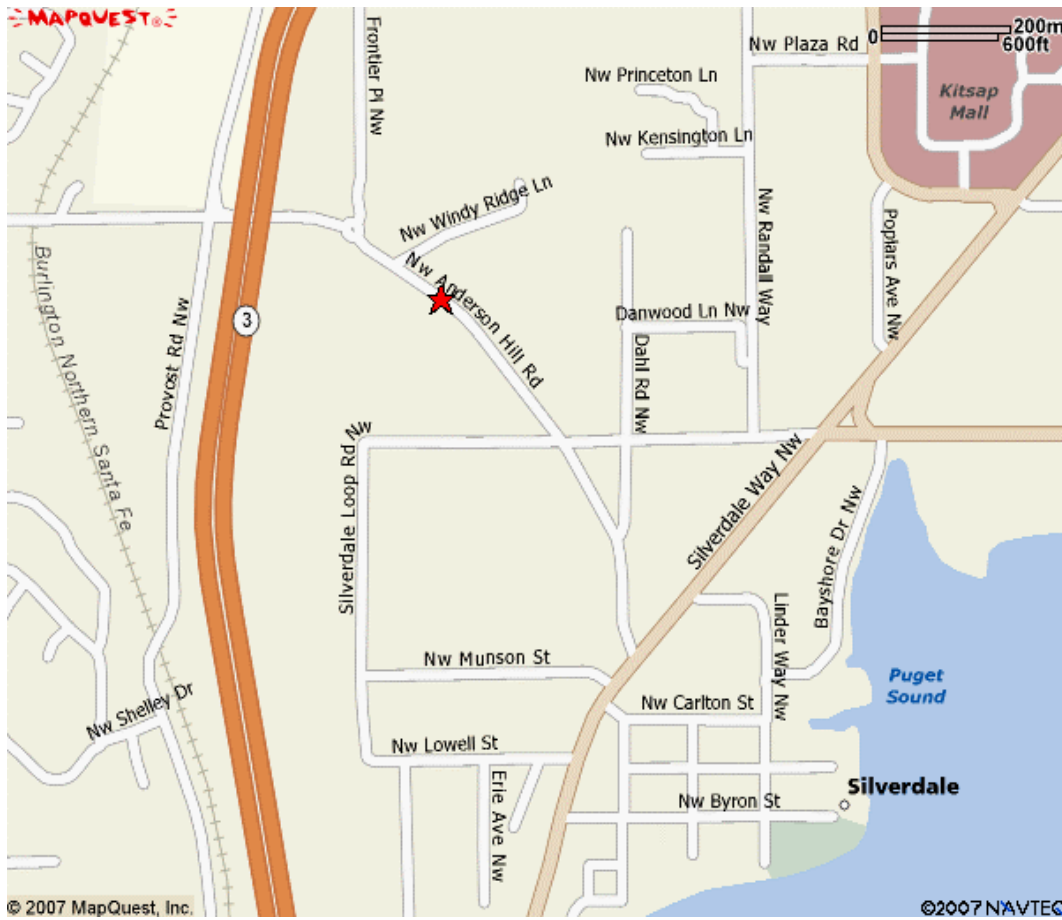
I am riding the 15 \_\_\_ 30 \_\_\_ 65 \_\_\_ 100 \_\_\_ Miles

I will Pick up pre-registration packet at: Ferry \_\_\_ Silverdale \_\_\_



**Tour de Kitsap Flyer Front**

From the TWBC  
 Cog-nitve Courier



REGISTRATION AREA MAP

**Tour de Kitsap Release**

\*\*\*\*\***Note: This form must be signed for your registration to be complete.**\*\*\*\*\*

In consideration of the acceptance of this entry & by signing this Release for myself (or for the participant if the participant is under 18) I agree to RELEASE, HOLD HARMLESS, and INDEMNIFY the West Sound Cycling Club, Bicycle Alliance of Washington, Silverdale Whaling Days, and all sponsors, advertisers, owners & lessors of premises on which the activity takes place, their respective officers, agents & members, & any other parties connected with the bicycle event for any injury, loss or damage suffered as a result of participation in the bicycle event or any activity associated with it, including injury, loss or damage caused by the Negligence of any party.

I understand that there are certain risks associated with bicycle riding, including the risk of serious personal injury or death, & I expressly agree to assume those risks. I understand the route chosen is challenging, not necessarily the safest route, & that weather conditions may make this ride more difficult. I warrant that I am in proper physical condition to participate in this event, that I am a sufficiently competent cyclist to handle the road conditions, & that my bicycle is in safe operating condition.

I understand that wearing a helmet can minimize head injuries which may occur in a cycling accident & that the Tour de Kitsap Bike Ride requires all riders to wear helmets. I agree to wear a helmet while participating in this event, & to follow the rules of the road & all applicable laws & safe bicycling practices.

I understand that this Release is also binding on my heirs & representatives. If I am signing on behalf of a minor, I accept full responsibility for all medical expenses incurred as a result of the minor's participation. I agree to HOLD HARMLESS & INDEMNIFY the entities named above for any claims brought on behalf of the minor.

**SNELL OR ANSI APPROVED HELMETS ARE REQUIRED ON THIS RIDE!**

Signature of Participant: \_\_\_\_\_ Date: \_\_\_\_\_  
 Signature of Parent/Guardian \_\_\_\_\_  
 if participant is under 18: \_\_\_\_\_ Date: \_\_\_\_\_

## RAPSODY Volunteer Pre-Ride August 18 – 19 2007

### Sat – August 18 (85 miles)

7:00 am Meet at TCC to start loading the SAG. SAG will leave TCC at 8:00 am. Snacks and drinks will be available for the ride.

(This will allow riders to catch the 7:35 am or 8:25 am Ferry at Pt. Defiance)

(Vashon to Southworth ferries: 9:00 am, 9:40 am or 10:35 am)

Lunch stop at (Pt Orchard or Allen)

4 pm – 6:00 pm Shelton-Carla and Peggy's Award winning Happy Hour. Overnight at Shelton's Super 8 motel.

### Sun – August 19 (75 miles)

7:00 Start to load SAG Vehicle. Snacks and drinks will be available for the ride.

Lunch stop in (Vauger Park or Olympia)

Sunday Afternoon - SAG at TCC to pick up your bag(s). SAG will make sure all riders are in and have their stuff before leaving.

To confirm this weekend, you will need to write a check for \$40.00 for your room in Shelton. This will guarantee a room (double occupancy), limited SAG, snacks on Saturday and Sunday, lunch on Saturday and Sunday and Happy Hour on Saturday evening. (Breakfast and dinner on both days are no host.)

Send checks to Carla Gramlich, 2420 Yakima Court Tacoma, WA 98405 by August 11, 2007. REFUNDS can be made if the request is made before August 15. Call or email Carla at (253) 879 0115 or [ca\\_gramlich@yahoo.com](mailto:ca_gramlich@yahoo.com) for more information concerning this ride.

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

### RIDE CODE CHART, TERRAIN

Terrain Code Examples:

- A - Mostly Flat (Interurban 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)

### RIDE CODE CHART, PACE

Pace Code Examples: 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, 13-16mph.
- 4 - Fast pace, very limited stops, cue sheets or maps provided, 16 + mph.



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

**Prsrt Std**  
**U.S. Postage**  
**Paid**  
**Tacoma, WA**  
**Permit No. 931**

**July**  
**2007**



**mail to:**



Please Note: You can become a member at [www.twbc.org](http://www.twbc.org). Click on 'Online' under the Join heading.

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

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

Check Box:  New Member  Renew  Addr Chg

Individual person membership Fee..... \$15 \_\_\_\_\_  
 Family membership Fee..... \$20 \_\_\_\_\_  
 One-time Initiation Fee .....\$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 yearly membership listings.

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

- Leading Bike Rides
- Events
- Newsletter
- Club Meeting Programs
- Becoming a Club Officer