

Club Mileage Stats!

(Editor's Notes, with numbers furnished by Club Members & our Ride Captain)

This is what we, as a Club, have accomplished in the year 2007. This information was shared at the Annual Banquet in January. Sometimes things come up where you can't ride; jobs or other responsibilities take precedence over getting on your bike. That stated I am proud to say that there were grand total of 79,346 miles ridden by TWBC members in 2007! Ride Wheelmen, Ride!

Club Miles

This is one of the reasons why every Club Member needs to turn in each & every one of their mileage sheets at the end of the year. There are probably a few of you out there who did not get your sheets to Carla for recognition for all that hard work you did in 2007. Remember you don't have to ride lots and lots of miles; however many miles you ride is positive!

There were a total of 55,147 Club miles ridden by TWBC members in 2007! *Riding 1000 miles or less:* Roz Davis, David Barton, Gus Fant, Paul Davis, Vern Hase, Randy Gray, Larry Wyman, Steven Burgess, Keith Bates, Heinrich Schmidt, Jason Johnson, Steve Davis, Anne Seago, David Seago, Joe Small, & Jim de Young. *Riding between 1000 and 2000 miles:* Lou Vance, Jim Graham, Carla Gramlich, Carol Davis, Karel Vance, Marguerite Richmond, Gene Smith, Ralph Wessels, Jim Davis & Susan Coley. *Riding between 2000 and 3000 miles:* Louis Boitano, Ron Nowicki, Joyce Clifford, Debbie Hushagen, Peggy Fjetland, & Caroline Baker. *Riding only between 3000 and 4000 miles (ha!):* Lonna Cain, Bob Myrick, & Dave Killen. And up in the stratosphere of *over 4000 Club miles ridden* were Phyllis Lay (4145), Steve Lay (4219), &, same Member as last year, Peg Winczewski (4648).

Club Mileage Stats, continued on page 5, column 2

Extra, Extra, (Please Be Sure to) Read All About It!

Submitted by Dena Wessels, Cog Editor

Come April 2008, The TWBC Cog-nitive Courier is Going Green! What does that mean for TWBC Members? Read on & find out!

A bit of recent history, if you would please review with me so that we are all on the same page. For the past few years, your Board Members have been working toward delivering the Cog to Club Members via email. This has involved getting together the Newsletter Editor (currently myself), the Web Master (Kris Symer) & the Membership Database & Mailing Commander (Anne Seago). Software had to be coordinated, information exchanged, & processes agreed upon. This is how the process worked: I produced the Newsletter (both Print & Web versions); Anne sent the USPS (United States Postal Service) list to both the contracted Mailer and me. I then emailed the Print version of the Newsletter to the contracted Printer,

Extra, Extra, continued on page 6, column 1



The COG Home Page

**Next Club Meeting:
Tuesday, March 18, 2008**

**April Ride Calendar Deadline:
Wednesday, March 19, 2008**

**April COG Article Deadline:
Thursday, March 20, 2008**

*(If you don't receive your
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:

president@twbc.org

Carol Davis, 253 - 460 - 5622

VICE - PRESIDENT:

vp@twbc.org

Vern Hase, 253 - 759 - 7246

SECRETARY:

secretary@twbc.org

Marguerite Richmond, 253 - 272 - 1254

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Carla Gramlich, 253 - 879 - 0115

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newsletter@twbc.org

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Reporters: Various members

DIRECTOR OF SPECIAL EVENTS:

events@twbc.org

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GOVERNMENT RELATIONS:

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Jim Ahrens, 253 - 566 - 3347

TWBC EQUIPMENT :

equipment@twbc.org

Steve Brown, 253 - 752 - 4038

Assistant Jim Davis



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MEMBERSHIP:

Phyllis Lay, 253 - 759 - 1816

WEBMASTER:

webmaster@twbc.org

Kris Symer, 253 - 212 - 2265

DAFFODIL CLASSIC (2008):

daffodil@twbc.org

Sharon Remagen, 253 - 847 - 7907

PENINSULA METRIC (2008):

pmc@twbc.org

Mary Dahl-Smith, Ron Nowicki
253 - 473 - 7174

HEADWATERS CENTURY (2008):

headwaters@twbc.org

Caroline Baker

TWBC RAPSody Contact:

rapsody2005@earthlink.net

Ralph Wessels, 253 - 857 - 5658

CLUB JERSEY SALES:

jerseys@twbc.org

Peggy Fjetland, 253 - 841 - 4458

BIKE EXPO:

bikebooth@twbc.org

Peggy Fjetland, 253 - 841 - 4458

ANNUAL CLUB PICNIC:

(Sept. 2008):

Caroline Baker



PMC



**We Need a Publicity Person
Your Name could be here!**

March Draft Lines

By President Carol Davis



Hear ye! Hear ye! Calling all bicycle commuters, past, present, and future! Let's come together to support each other, share ideas, and help others get started. Let's get a Tacoma Wheelmen Bike Buddy Program going. We'll kick it off with a grand seminar on commuting.

When contemplating commuting to work, there are so many logistics to work out. What is the best route? What do I need to wear? How will I look presentable at work? How will I carry what I need?

The solution to some of these issues may be personal, but it is helpful to hear what others have to say. For instance in the days when Roz and I commuted by bike in different directions to school, we had our own ways to handle certain issues. We both kept a small wardrobe at our schools, but we handled underwear in different ways. I preferred to take my underwear back and forth each day. I was always worried someone might find my dirty underwear if I left it at school. Roz, on the other hand, let his pile up at school. I'm not sure where he kept it. But I do know what the laundry was like when he brought it home (he did his own)!

Now you don't have to share your dirty little secrets, but you probably have other wisdom to share.

It took me a couple years to figure out how and to have the guts to do it. I didn't want to ride on the back roads with no shoulders in the dark. I finally figured out that I could drive to the park & ride to begin my commute. Once when I was running late, I drove to a park & ride closer to work. So if you think your commute is too far, just figure out a place to drive to. A partial commute is better than none at all.

Consider being a bike buddy for a new commuter. Be willing to share your expertise, and help someone plan their route, maybe even go out on a practice ride together. It helps to know how long it will really take. Roz was my commuting bike buddy! If you are willing to coordinate this program, let me know, (in the mean time I will) or if you are willing to be a bike buddy, let me know, including what area

for commuting you know best.

Twelve people signed up for a commuting bike buddy at the Sustainability conference a couple weeks ago. They are waiting for a call!

A big thank you to John Earnest Berry III, who manned the booth the entire day!



RAPSody 2008

Submitted by Ralph Wessels



You can now register for the Ride Around Puget Sound (RAPSody). The 165-mile ride will be held on August 23 to 24, 2008. There are several new aspects to the ride this year. The route travels on several new, scenic corridors and takes riders across the new Tacoma Narrows Bridge. Sorry, no ferries! Jerseys (designed by the talented Steve Lay) instead of T-shirts are available this year.

The start and end for RAPSody is at Tacoma Community College. Most people choose to ride RAPSody in two days and stay at the Shelton High School overnight. There is also a one-day option that begins on Saturday and traverses the entire course.

Cost is \$80 through July 20, \$90 until registration closes on August 17. If you are a member of the Bicycle Alliance of Washington (BAW), you receive a \$10 discount. You can also join BAW when you register to receive the discount. More information is available at the ride's website, www.rapsodybikeride.com. You can register online at www.active.com or download a form from the ride's website, and send it in via USPS.

All RAPSody proceeds benefit BAW's statewide advocacy and education. The RAPSody ride is hosted by B.I.K.E.S. Club of Snohomish County, Capital Bicycle Club, Seattle Bicycle Club, Tacoma Wheelmen's Bicycle Club, and West Sound Cycling Club.

To volunteer for RAPSody, contact Ralph Wessels at 253 - 857 - 5658 or ralphdena@earthlink.net. Volunteers receive a T-shirt, pair of socks, and can purchase the jersey at cost (must do so by June 30 order cutoff date). Volunteer positions will be posted on the TWBC website shortly.



Bob Myrick
TWBC Director of
Community and
Government
Affairs

Government Affairs Report

*Actions affecting you
and your community....*

Our committee met again on Tuesday, February 5 at the Taqueria Guadalajara in the Stadium District at First and Tacoma Avenue. Our next meeting will not be there since I'm heading to New Zealand to study cycling on the South Island. We will be meeting with Ralph Wessels and Gordon Black, BAW Executive Director, at 6 pm on Tuesday, March 18, at Bertolino's Coffee Bar on Union Avenue by the Target Store. Following the brief meeting, Gordon will be presenting at our regular club meeting at 7 pm. In April, we will meet at the usual place at 6 pm on the 1st, April Fool's Day; no really, we will meet.

At the beginning of the meeting, I mentioned my keen interest cycling on the C&O Canal in September. When I called Adventure Cycling, they had 18 spots left out of 50. Any interest out there? There was a great show on the History Channel this month regarding the construction of the Pacific Coast Highway. If you see it advertised again, I highly recommend it. We also talked about the coming UW Sustainability Conference. It came and went. Carla and Carol put up a really nice exhibit and John Ernest Berry III manned the booth all day. He was helped by Steve Brown and others during the day. I heard the response to our club was really good, as the folks seemed to appreciate the importance of biking and walking in coming years.

Diane Wiatr from Tacoma Planning and Commute Trip Reduction attended the meeting to talk about activities during Bike to Work Week from May 12 to 16. Diane is hoping to invite the Big Wheels of Tacoma (elected officials) and people like us to a five mile or so ride thru downtown. Part of the ride is to show the officials places that could bear some improvement and show some places that are just dandy. She may need to find some loaner bikes for some of the officials. I have walked and inspected parts of the proposed ride. TWBC hopes to put on an informal ride that would be somewhat similar, but it would occur near the 17th Annual CarLESS Commute which runs from June 2 to 15. Due to a lot of conflicts, we are presently looking at

May 29 or June 14. This ride would feature the Scott Pierson Trail, the Narrows crossing and the Cushman Trail. We would hope to advertise for free in the Tribune and get other elected officials and the general public to show up.

Carla attended an all day Downtown Transportation Study and represented walking and bicycling interests. Diane has obtained a \$300,000 grant to study the long-term transportation mix and needs downtown. It sounds like a lot of money, but it would only buy 10 spots in a structured parking garage. On a related Tacoma matter, Dana Brown has presented us with draft plans to improve our route coming from the Skyline Bridge down to Jackson Avenue. It is a one or two block shortcut to the Narrows Bike Path.

TWBC was well represented at the annual Alternative Transportation Advocacy Day in Olympia. John Berry, Ralph Wessels, Jill Priest, myself and several others from Tacoma spent the day learning of the issues and then, visiting our State elected officials.

Longer term, look for the Livable Communities Fair coming on May 17. We will again have a booth, possibly shared with the Foothills Rails to Trails Coalition.

The better weather is coming, so please, please cycle more and worry less. It is time to plan your Summer cycling vacation. I hope to see you on the road in April. I will be the one with a tan line.

“ICE”

Something you hope will never be Needed! But are glad it is there when it is Needed!

Here is a suggestion from Mary Dahl-Smith. If you carry your cell phone while bicycling (an item that could come in handy) have a listing in you phone directory for “In Case of Emergency” or “ICE”, with a phone number of a family member or good friend. If you are riding alone, and have an accident, EMT's can access the phone and find that number. Also, it will come in handy when you are filling in the emergency contact number on the TWBC signup form. We hope that we will never have to use an emergency contact number, but PLEASE list a good number. “911” is a given, if there is a REAL emergency; we REALLY need a good emergency contact number.



RIDE CAPTAIN REPORT



By Carla Gramlich

It was wonderful to see so many Club Members at our recent banquet. During the night, I was honored to recognize all the Ride Leaders from the previous year. Without them we won't have the excellent Ride Calendar, packed with all sort of rides, each month. This year, I gave a special recognition to Lonna Cain, for leading her Thursday morning ride most weeks in 2007. For all her hard work, and timely email updates to yours truly, the club gave her a Bike Friday Jersey.

Lots of Club Members sent in their Ride Logs listing their club mileage. Peg Winczewski was the top mileage winner for 2007. She was a little surprised that only 4648 miles would beat Bob Myrick. Bob is going to have to work harder this year. Peg does rides in the 200k – 500k range, and those rides will add up really quickly.

Also, special Kudos for Gene Smith being the top commuter bicyclist in 2007. I can vouch that Gene Smith does lots of errands by bicycle because I run into a lot around Tacoma. Or maybe that is Gene making sure I am really do lots of commuting by bicycle. Gene did 3910 miles around town. With that many miles, I bet everyone saw Gene riding during 2007.

We were also able to provide a lovely yellow fleece ride leaders vest to the following members: Lou and Karel Vance, Dave Killen, Ron Wowicki and Larry Wyman. All of these folks lead six rides to qualify for the vest. Maybe 2008 is the year that you will lead some rides so we will be recognizing you next year.

I hope more people will lead rides, keep track of their club and/or commute mileages in 2008. Remember everyone that turned in their logs and ride leader sheets were a winner. Also, every time you use your bicycle instead of your car, we are all winners.



Renewing Members: Thomas Bergin, Susan Matthews, and Max Welker & Family. **New Members:** Edward Clark, Steven Gill, & Robert Gramenz.

Commute Miles

One area that is at the heart and soul of the Bike to Work Week, CarLESS Commute, Bike to Work Day, etc., is the determination to leave that gas (or diesel) guzzling contraption at home and utilize your bike (or bikes). Out of the car, into the fresh (?) air, adding miles on to that exercise regime, & reducing congestion on our roads, commuting on you bike helps your community in a number of ways. Through sun, rain, sleet, snow, and fog, these following members got out there and rode on some errand (work, groceries, the library, etc.).

There were a total of 24,200 Commute miles ridden by TWBC members in 2007! Members who commuted *1000 miles or less*: Joyce Clifford, Bob Vogel, Karel Vance, Lonna Cain, Vern Hase, Carol Davis, Jim Graham, Peg Winczewski, John Ernest Berry III, Roz Davis, & David Barton. People commuting *between 1000 and 2000 miles*: Louis Boitano, Carla Gramlich, Randy Gray, Bob Myrick, Jim Davis, & Gus Fant. No one commuted any miles between 2000 and 3000, but once again, up in the stratosphere of *over 3000 miles commuted by bike* were Phyllis Lay (3795), Steve Lay (3862), & Gene Smith (3910).

Ride Logs

Keeping track of your mileage, writing it down or logging it into your computer program, is sometimes hard to do Every Single Time. Then, you have to get those sheets into the mail, or hand them to Ride Captain Carla, in order to have your accomplishments recognized by all in the Club.

There were a total of 370 Club Rides Logs turned in by TWBC members in 2007! Members who turned in *at least ten Club Logs* last year were: Bob Myrick, Joe Small, Larry Wyman, Jim de Young, Gus Fant, Debbie Hushagen, Peggy Fjetland, Marguerite Richmond, Ralph Wessels, Keith Bates, Steve Davis, Jason Johnson, Anne Seago, Jim Graham, Caroline Baker, Steven Burgess, Heinrich Schmidt, Dave Seago, & John Ernest Berry III. Members who turned in *between 10 to 20 Ride Logs* were: Karel Vance, Lou Vance, Carol Davis, Roz Davis, & Dave Killen. Members who turned in *between 20 to 30 Ride Logs* were: Gene Smith, Carla Gramlich, Phyllis Lay, Steve Lay, Ron Nowicki, David Barton, & Louis Boitano. Members who turned in *between 20 to 30 Ride Logs* were: Lonna Cain (35) & Joyce Clifford (39).

Way to go each and every one!

Extra, Extra, continued from page 1

drives the finished product to the Mailer, who delivers it to the Post Office, which then distributes it to your postal boxes. Shortly after the Print version is emailed, I create & email the Web version of the Newsletter to Kris, who then posts it on the Club Website.

In October of last year, things were pretty much in place to go forward with the email plan. In the October issue, I announced to the Members that for the November & December issues, Members would be receiving both a Printed version & an emailed Web version of the Newsletter. This was to be a 'shake-down' period, whereby Anne & I could see which email addresses needed correction, who wanted to receive only either the Printed version or the Web version, & how the process would proceed among the three volunteers. I stated that the two separate lists & delivery systems, the emailed Web version & the USPS Printed version, would go into effect by the January 2008 issue.

During that two-month period up to 50 email addresses came back as incorrect. Members had been instructed in the October 2007 issue to contact me: 1) if they wanted a particular version of the Newsletter; 2) if they absolutely positively did not want a particular version; & 3) to verify their correct email address.

Numerous Members came out in favor of receiving an emailed Web version of the Cog. There was a small lag on my part in learning how to send out in a mass Cog emailing, & a link to the Newsletter, rather than a large PDF file. This particular lag results in my sending the Web version to Kris, who then sends me a link for that particular Newsletter, that I then place in a mass Cog emailing to those Members who wanted to receive the Web version of the Cog, instead of the Printed version.

For the past few years the budget for the Newsletter has averaged about \$6,000 per year. Between 325 & 350 issues each month are printed & mailed out to Members & Guests. That amounts to lots of ink used, lots of paper printed from the contract printer, lots of handling of each individual issue by the contracted mailer, & lots of handling by your USPS carrier. If the Club could cut that \$6,000 by two-thirds, that would be a lot of funds we could use in the surrounding communities furthering our Club's mission "...to promote and develop safe bicycling for recreation, health and alternate transportation."

Most Bicycle Clubs across our state have already gone to an emailed Web Newsletter version, with only a few Printed versions sent out. You can see these other Club Newsletters at our General Club Meetings on the third Tuesday of the month. The Printed versions assist in keeping ongoing communications between Clubs. We know what is happening in the state bicycling community, rather than just being limited to our own backyards. Now TWBC will take the step into the future that other Clubs have already done. Now your Cog will be going to a Web based delivery system!

As I previously stated, the majority of TWBC Club Members enthusiastically greeted the Web version of the Cog. After many discussions among your Board Members, they have decided that the TWBC can help in the Greening of Washington, by switching to an emailed Web version of the Cog-nitive Courier. This will occur with the April 2008 issue. The process that will now occur is that I will send the Web version to Kris, who will place it on the Club Website. She will send me a link to that particular Newsletter. I will email the majority of TWBC Members with the message that the newly issued Newsletter is available. Members will be able to access it by 1) clicking on that link within the email, or 2) by going to the Club Website, clicking on "Newsletter" Tab, & then clicking on the new issue.

Please, DON'T PANIC! Carefully read the following & hopefully most of your questions will be answered. If you have any questions, call me. There will still be a very, **very few**, limited Printed versions sent out by USPS. There were a very, very few Members who have already told me that they did not want a Web version of their Cog emailed to them. **These individuals will continue to receive the Printed version.** A few Members have already contacted me to say that they cannot download the Cog, or cannot click on the emailed link to go to the current issue on the Website. **These individuals will continue to receive the Printed version.** About 25 Members still have their email addresses bounced back to me when I send out the mass Club emailing (usually the second Friday of the Month). If you have not received a mass emailing from registration@twbc.org, **you will need to contact Membership Database & Mailing Commander Anne Seago by March 17, 2008**, with your correct email address if you want to receive the Web version of the Newsletter. You will not be receiving a Printed version.

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If you have an email address on file, starting with the April 2008 issue, **you will be receiving, only a Web version** of your Cog; you will not receive a Printed version. Government Officials, Bike Shops, Bike Clubs & the very few Members that have already contacted me will be the only ones receiving the Printed version. **If this is a problem for you**, email or send a postcard to Anne Seago by March 17, 2008, with the USPS address that you want your Cog sent to. Be sure to include your email address (if you have one listed with the Club), so Anne can remove that address from the Web version list & make sure you are on the Printed version list. Do not call Anne with this info--please put your choice in writing. **This is the only way you will now receive a Printed version of the Cog if you have an email address listed with TWBC.**

Please DO NOT send to Anne your comments or concerns about this process. Anne will be concentrating on organizing & maintaining the Web version list as well as the very small Printed version list. Please send your comments or concerns to me--either by email c/o my Club email address, or drop a postcard to me, c/o the Club USPS address; I will share your concerns with the entire Board.

Delivering your Cog by email will assist in reducing the funds we spend on its production. As a Club we will be better able to use those saved funds in the surrounding community, furthering the issues of bicycling, commuting, education & recreation. You will be able to receive your Cog as soon as I've produced the Web version, Kris gives me the specific link & I mass email the Cog out to Members. We will be able to reduce the amount of paper used in the production of your Cog. You will be able to print out on your own printer (perhaps set to "Draft" printing & save ink?), what parts of the Cog you want to have in hand, such as the Ride Calendar. Perhaps you already use recycled paper in your printer, & can further recycle what you print. You can view your Cog on your computer screen, at the resolution that is easiest for you to see (my sister-in-law has hers' set at 150%). Perhaps you will decide that you will travel to your local library (commute miles!) in order to utilize county or city computers to view your Cog. Check out a book or two while you're there; your taxes are already going to support your local libraries--utilize them.

Years ago, I rebelled against using checks in order to pay for purchases; I liked using only cash. No cash, then no purchase. Today people think nothing of using debit or

credit cards for extremely small or large purchases. Most business correspondence is now sent across the Internet, with the recipient deciding whether or not to print messages. Computer memory sticks hang from key chains & books can be purchased on line to be read on hand held devices. I myself will forever be a bibliophile, choosing to hold in my hand a Printed version of a book. But I can choose to download & print the book myself, rather than waiting to go out & purchase one. I have access far beyond my local library through the wonders of the Internet, though I still utilize inter-library loan. The world turns & times change. It is time our Club goes Green with our Cog.

March Safe Psychling

Submitted by Carol Davis



"Ride as if you were invisible."

Of course, we do everything to make ourselves as visible as possible, but the point is to ride in a way that a motorist won't hit you even if he doesn't see you, then it is irrelevant if he sees you or not. If you ride in a way that a car must take action to avoid you, like slowing down or moving over, then if he doesn't see you, you will get hit. Stay out of the way of the cars as much as possible!



On fast roads, cars have less time to see you. Avoid fast roads whenever possible unless there is plenty of room to ride side by side with the car. And ride to the extreme right.

This tip is designed to encourage you to think about what you do. Of course there are times when you must ride on fast roads, or you must be in the lane with cars. Go to Michael Bluejay's website, Bicyclesafe.com. My "Safe Psychling" column should just serve as reminders. I like writing this column because it reminds ME of all these important tips!

BIKE STOLEN: Bike Friday Stolen from car on Feb. 14, p.m., 40th & M St. Sapphire blue Pocket Rocket, sti 27 speed, drop handle bars, back trunk rack, wireless Trek computer, 20 inch tires, mirror & kickstand. L.C.'s name on brass name plate on bottom where bike folds, & frame # 5551 is stamped on the underside of the bottom bracket. A police report has been filed. Any info on this (felony?) theft please immediately call the Tacoma Police or please send immediately to newsletter@twbc.org.



twbc monthly event schedule

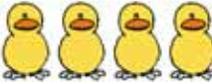
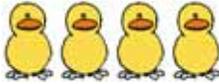
call the ride line for the latest additions and corrections...253-759-2800

Day/ Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	  Ride or Activity  
03/01 Sat	9 AM	3 B	25	Gene Smith 272 - 6747	Training Ride. Route decided @ start. Emphasis on maintaining a steady pace using good cadence & spinning techniques. Paceline/drafting experience not required, but may be integrated during ride depending on cyclist experience. Start: Spoke & Sprocket, University Place. 
03/02 Sun	1 PM	2 A	30	Carla Gramlich 879 - 0115	Sunday Afternoon Social Ride on the Foothills Trail to South Prairie, coffee stop & return. Rain Cancels. Start: East Puyallup Trailhead.
03/03 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Loop Pt. Defiance. Someone will stay with the slowest rider. Regroup at Ft. Nisqually, then onto Fircrest for espresso/raspberry scones. You can shorten to 13 miles by cutting out Fircrest. Rain/Freezing Cancels. Start: Starbucks @ 26th & Proctor. 
03/04 Tues	9:30 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Start: Call Ride Line or check Club Website for details.
03/06 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smooooothly. 100% paved trail w/ very few road crossings;. No hills, no unpleasantries or your money back! Smoothies or beverage of your choice in South Prairie (no host). Rain Cancels. Start: East Puyallup Trailhead. 
03/07 Fri	9:30 AM	2 A	30	Joyce Clifford 759 - 2393	Foothills Friday. No host coffee/smoothies in S. Prairie. Rain, Snow &/or Ice Cancels. Start: East Puyallup Trailhead. 
03/08 Sat	9 AM	3 B	25	Gene Smith 272 - 6747	Training Ride. See 03/01 for Details. Start: Spoke & Sprocket, University Place. 
03/08 - 03/09	Sat & Sun	00 Meet	00 & See	Group Health Seattle International	Bike Expo, Terminal 30 Cruise Facility, 2431 East Marginal Way S, 1/2 mile S of Safeco Field. Sat hours: 9 AM to 6 PM; Sun hours: 10 AM to 4 PM.
03/09 Sun	1 AM PST to 2 AM PDT	Spring Forward Really	Early On Sun.		Daylight Saving Time. Set Clocks FORWARD one hour. First suggested by B. Franklin, 1784. Pacific Standard Time becomes Pacific Daylight Time. First used during WWI, 1916. Today only has '23' hours.
03/09 Sun	9:30 AM	2 B	50	Roz & Carol Davis 460 - 5622	Ride Around Lake Washington. DOR Cell Phone: 253 - 380 - 8819. Start: Gene Coulon Park, Renton. 
03/10 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain/Freezing Cancels. See 03/03 for Ride Details. 
03/11 Tues	9:30 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Start: Call Ride Line or check Club Website for details.



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 
03/11 Tues	6 PM	00 Meet	00 & Eat	Carol Davis 380 - 8819	Board Meeting @ the Kim Ahn Restaurant across from TCC on Mildred. Guests & Club members welcomed.
03/12 Weds	5:30 PM	2 B	20 - 25	Peg Winczewski 475 - 3625	Knight Riders Return. Ride to Steilacoom, co-leader Marguerite Richmond, 272 - 1254. Start: Starbucks @ 26th & Proctor. 
03/13 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smooothly. See 03/06 for Ride Details. 
03/14 Fri	9:30 AM	2 A	43	Lou & Karel Vance 921 - 4847	Ride the Chehalis Western Trail (CWT), Lacey to Tenino. See Ride Notes for location/start details. RSVP appreciated. Rain, Snow &/or Ice Cancels. Start: Chambers Lake Trailhead, Lacey. 
03/15 Sat	7 AM	3 B	200 K	Gene Smith 272 - 6747	SIR 200K Brevet. From Kent, to Dash Pt, Auburn, Blk Diamond, Enumclaw, Greenwater & back. Start: Call Gene for Start location, & car pool options, or visit www.seattlerandonneur.org . 
03/15 Sat	8 AM	2 B	30 - 40	Steve & Phyllis Lay 759 - 1816	Pancake Breakfast Ride. Bring \$\$\$ for food. Start: Starbucks @ 26th & Proctor. 
03/15 Sat	8 AM Start	All	20, 34, 47	B.I.K.E.S. Club of Snohomish	McClinchy Mile Ride. \$\$\$ Easy 20 miles & Flat 34 miles (on portions of the Centennial Trail) or Challenging 47 miles through Snohomish County. Start: Haller Middle School, 600 E 1st St, Arlington, Exit 208 E off I - 5. 
03/16 Sun	2 PM		20 Slow	Carla Gramlich 879 - 0115	Blue Vespers Pre-Ride. Blue Vespers will follow @ 5 PM. This ride will include an afternoon lunch stop, possibly even a stop @ the Parkway Tavern. Start: Immanuel Presbyterian Church, 901 N "J" St.
03/17 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain/Freezing Cancels. See 03/03 for Ride Details. 
03/18 Tues	9:30 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Start: Call Ride Line or check Club Website for details.
03/18 Tues	6 PM	00 Meet &	00 Drink	Carla Gramlich 879 - 0115	Government Affairs Meeting @ Bertolino's Coffee Bar, 2421 S. Union Ave, Ste L2. Have coffee w/ Gordon Black before the Club Meeting. All are invited to participate.
03/18 Tues	7 PM	00 Meet &	00 Greet	TWBC 759 - 2800	March Club Meeting. M/A Wild West VFW Post #91, 2000 S. Union Ave., Tacoma. Guest Speaker: Gordon Black, BAW Executive Director.
03/19 Weds	10:48 PM	Right here	in the Pacific	Northwest, our own backyard	Spring (Vernal) Equinox arrives here at the same time Spring arrives in England @ 0548 AM (UT) on 03/20/08.



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  
03/20 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smoooothly. See 03/06 for Ride Details. 
03/21 Fri	9:30 AM	2 A	30	Lou & Karel Vance 921 - 4847	Foothills Friday. No host coffee/smoothies in S. Prairie. Rain, Snow &/or Ice Cancels. Start: East Puyallup Trailhead. 
03/22 Sat	9:30 AM	2 A	50	Carla Gramlich 879 - 0115	Ride to Remond Town Center for Lunch @ Sahib Indian Cusine. Rain Will Cancel. Start: Gas Works Park, Seattle. 
03/23 Sun	9:30 AM	2 C	59	Carol Davis 380 - 8819	Carol's Birthday Ride to Pt. Orchard/Lunch. Start: Skyline Park & Ride on 6th Ave. 
03/23 Sun	1PM, 2 PM	2 A, 1 A	30, 15	Carla Gramlich 879 - 0115	Easter Egg Hunt in South Prairie. 1 PM riders regroup w/ anyone @ 2 PM that would love to enjoy the fun, but with a few less miles. Rain Cancels. 1st Start: 1 PM; East Puyallup Trailhead. 2nd Start: 2 PM; Orting Bell Tower. 
03/24 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee.  Rain/Freezing Cancels. See 03/03 for Ride Details.
03/25 Tues	9:30 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Start: Call Ride Line or check Club Website for details.
03/25 Tues	6:30 PM	00 Meet &	00 Plan	Jan Brame 330 - 4256	Special Events Meeting. If you are interested in volunteering for one/all of the TWBC Events, attend! Start: Home @ 1209 N Anderson.
03/26 Weds	5:30 PM	2 B	20 - 25	Peg Winczewski 475 - 3625	Knight Riders Return. Ride across the Narrows Bridge, co-leader Marguerite Richmond, 272 - 1254. Start: Starbucks @ 26th & Proctor. 
03/27 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smoooothly. See 03/06 for Ride Details. 
03/28 Fri	9:30 AM	2 A	43	Lou & Karel Vance 921 - 4847	Ride the Chehalis Western Trail (CWT), Lacey to Tenino. See Ride Notes for location/start details. RSVP appreciated. Rain, Snow &/or Ice Cancels. Start: Chambers Lake Trailhead, Lacey. 
03/29 Sat	9:30 AM	2 B	60	Gene Smith 272 - 6747	   Daffodil Pre-Ride.    Start: Orting Bell Tower.
03/30 Sun	9:30 AM	2 B	35 - 40	Louis Boitano 922 - 1168	Ride to the Sunbreak Cafe for a late breakfast or early lunch. Rain Cancels. Start: Freighthouse Square. 
03/31 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee.  Rain/Freezing Cancels. See 03/03 for Ride Details.

Upcoming Tours: Note Changes and Additions

**Tacoma to Eugene for the
Oregon Country Fair:
July 5 – 12, 2008**



I am planning a mellow trip by bicycle down to Eugene. We will be staying in some unique places along the route. I am hoping to have a SAG, but please plan on carrying your own gear. Since we are staying inside each night, the weight should be minimal.

I have the listing of places we are planning on staying on the way down to Eugene. Please phone or email if you are interested. I will provide the list and you will need to secure your own room for each night. This must be done by April 30, to guarantee a room for each night. Starting in May, rooms that were held for our group will be release.

Can't do the whole week? There is a weekend option. Marguerite Richmond has volunteered to lead a group down to Centralia on Sat, July 5 and return on Sunday, July 6. No word on a SAG for the portion of the trip, so plan that you will need to carry all your stuff on your bicycle. Also, make your reservation at the Olympic Hotel in Centralia, that is were we are staying that night. There are other options if that place is full.

Call or email, if you have any questions or need any more information. If you are interested in participating, please make your reservation. Email me at ca_gramlich@yahoo.com or call 253 - 879 - 0115, if you have any questions. Peace!

March Ride Notes



03/14, 03/28 Fri: Ride the Chehalis Western Trail (CWT).
We will start at 10 AM from the Chambers Creek Trailhead in Lacey and ride the CWT from Lacey to Tenino.
Directions: I-5 South to Martin Way Exit. Right off of the exit onto Martin Way and then left onto College Street (CS). Continue on CS to 14th Ave S. Turn right on 14th and go approximately one mile. The entrance/parking are on the left near the trestle. RAIN, SNOW and/or ICE Cancels. RSVP appreciated.

Remember other Club Tours this Summer listed in the February Cog-nitive Courier:

Spring Break Women's Tour,
March 29 - April 6
Contact Carol Davis,
president@twbc.org
253 - 460 - 5622



**Memorial Weekend Trip
to Wine Country in Oregon,**
May 24 - May 26
Contact Carla Gramlich,
ridecaptain@twbc.org
253 - 879 - 0115



2008 Katy Trail Ride
June 16 - June 20
Contact Peggy Fjetland,
jerseys@twbc.org
253 - 841 - 4458



Sierra Spectacular
August 2 - 17
Contact Carol Davis,
president@twbc.org
253 - 460 - 5622

For 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.

Bicycle Alliance “Bill Watch” 2008

By Kristin Kinnamon, Board Member
Bicycle Alliance of Washington

The following bills are supported by the Bicycle Alliance of Washington or of interest to the cycling community. The BAW works year-round with our lobbyist and legislators in Olympia and with other environmental and transportation advocacy groups to promote legislation that supports cycling. This year’s focus is driver education, safety and better planning that includes bicycles in the transportation mix. Please contact your legislators in support of cycling. The regular session ends March 13.

HB = House Bill; SB = Senate Bill; extra S means it’s a Substitute bill replacing the original

SB 6420/HB 2564 – Drivers’ education curriculum.

This is an updated version of last year’s HB 1588. It adds bicyclist and pedestrian safety information to public school drivers’ ed classes (Thanks to BAW efforts, Dept. of Licensing just started requiring private programs to cover these topics). We heard from legislators that some elected officials made fun of the idea that you’d need to learn how to walk or bike. At the Senate hearing, there was strong interest in educating cyclists about safe “driving” as well (tell them that this drivers’ ed bill is a great way to do that). House Sponsors: Upthegrove, Pederson, VanDeWege, Ormsby, Hunt, Wood, McIntire, Roberts, Hudgins, Jarrett, Rolfes, Kagi, Chase, Simpson. Senate Sponsors: Jacobsen, Kohl-Welles, Kilmer, McDermott, Brown, Murray, Kline, Rockefeller.

(Editor’s Note: HB 2564 cleared the House on 02/19. This bill needs citizen support through the Senate.)

SB 6822/HB 3154 – Reducing Vehicle Miles Traveled.

This bill requires DOT to set goals for reducing “vehicle miles traveled” in support of greenhouse gas reductions. Best practices – such as improving bike facilities? – are to be identified and financing options for local governments suggested. Senate Sponsors: Murray, Pridemore, Kline, Kohl-Welles, McAuliffe, Sheldon. House Sponsors: Upthegrove, Simpson, Dickerson, Wood, Williams, Hudgins, Eddy, Goodman, McIntire, Ormsby.

SHB 1773/SSB 6355 – Tolling. The goal is to make sure that tolling revenues can be spent not just to improve and

maintain the bridge or road tolled, but also on transit, bicycle facilities and other “demand management” efforts in the affected corridor. The substitute (amended) bills include the important word “manage” defining how tolls can be spent. House Sponsors: Clibborn, Jarrett. Senate Sponsors: Haugen.

HB 2797/SB 6580 – Local Solutions to Global Warming.

We are supporting the environmental community on this bill, which would add a requirement to the Growth Management Act that large cities and counties consider greenhouse gas emissions in their planning and growth. House Sponsors: Simpson, Eddy, Campbell, Ormsby, Dunshee, Linville, Nelson, Jarrett, Springer, Wallace, Fromhold, Takko, Williams, Dickerson, Flannigan, Morrell, Chase, Lantz, Sells, Hunt, Pedersen, McCoy, Conway, Sullivan, Kenney, Darneille, McIntire, Green, Hudgins, Hasegawa, Ericks. Senate Sponsors: Marr, Weinstein, Pridemore, Kauffman, Keiser, McAuliffe, Hobbs, Regala, Kline, Kohl-Welles, Fairley, Oemig, Rockefeller, Prentice, McDermott.

SB 5543/SHB 1625 – Motorcycle at Traffic Signal –

Back from unsuccessful try in 2007 to let motorcycles proceed through intersections if not picked up by the light after one cycle. The substitute bill adds requirements for insurance or bonding for the motorcyclist. We can’t add bikes in due to the bill title – but we’re watching for an opportunity of our own on this issue. House Sponsors: DeBolt, Hinkle, Warnick, Seaquist, Kagi, Kirby, Hunt, Wood, Dickerson, Conway, Lovick, Roach, Chase, Dunn, Flannigan, McCune, Priest, McDermott, Santos, Williams, McDonald, Newhouse, Alexander, Strow, Kretz, Condotta, Roberts, Ormsby, Haigh, Rolfes, Moeller. Senate Sponsors: Kilmer, Holmquist, Sheldon, Marr, Hargrove, Regala, Carrell, Delvin, Pridemore, Oemig, Schoesler, Shin, Rasmussen.

You can check the status of these and other bills at <http://www1.leg.wa.gov/legislature>. We are also working through the budget process – no bills needed – to fund a pilot program in three school districts for P.E. teachers to train students on safe bicycle riding.

Editor’s Note: HB 2732 – Vehicle Passing Distance (“...a safe distance ‘of no less than three feet.’”), & HB1353 – Recycling Beverage Containers (‘...five cent refundable deposit...’) did not make it through this legislative session.



Ride Around Puget Sound

August 23 - 24, 2008

Hosted by: B.I.K.E.S. of Snohomish County, Capital Bicycle Club, Seattle Bicycle Club,
Tacoma Wheelmen's Bicycle Club, & West Sound Cycling Club

Route: New for 2008, you will ride on the wide path across the new Tacoma Narrows Bridge (no ferries this year), pass through Gig Harbor, Pt. Orchard, Olympia, Steilacoom, and enjoy scenic water and mountain views. Enjoy the scenic back roads of five Washington counties while supporting statewide bicycle advocacy and education. RAPSody starts and ends at the Tacoma Community College. The halfway point and overnight stop is Shelton. The route is 160 miles of rolling hills. Riding in two days is challenging fun. There is also a one-day Saturday option to ride the entire course.

Details: Registration includes souvenir socks (register early to guarantee), luggage transport, indoor or outdoor camping at Shelton, free showers in Shelton and at the finish line, mechanical and sag support, great food stops, and the best volunteers! Plus, live music in Shelton on Saturday and ice cream at the finish line. Meals at the high school are available for pre-purchase.

**All ride proceeds are donated to the Bicycle Alliance of Washington.
Save money by signing up early and joining the Bicycle Alliance!**

Visit www.rapsodybikeride.com for more info and updates. Register online through www.Active.com. For registration information, contact Betty at (253) 857-5658. For event information, contact Molly at (206) 577-6999.

Registrations may be transferred provided the original purchaser contacts the Registrar in advance and a signed release for the transferee is received by the Registrar before the ride. Sorry, there is no day of ride registration and no refunds.

SNELL OR ANSI APPROVED HELMETS ARE REQUIRED ON THIS RIDE.

Register online at active.com or mail this form to RAPSody c/o TWBC, PO Box 112078, Tacoma, WA 98411.
Make checks payable to Bicycle Alliance of Washington

Name _____

Address _____

City/State _____ **Zip** _____

Phone _____

E-mail _____

Include your email for any updates! Please print legibly.

Number of Days	Indicate Souvenir Sock Size	
2-day rider (Sat./Sun.)	S/M (6-10)	
1-day rider (Sat. only)	L-XL (9-13)	
Lodging		
Outdoor Camping	Hotel/Motel	
Indoor Camping	Other	

Be sure to mark all applicable boxes.

Registration Closes 8/17		
Postmarked by 7/20	\$80	
Postmarked after 7/20	\$90	
Jersey – club cut style (order by 6/30 to guarantee)	\$60	
Circle Jersey Size	S	M L XL XXL
DVD Video of RAPSody	\$10	
Join the BAW for \$25	\$25	
BAW member discount (Join now for immediate discount!)	– \$10	
Dinner at high school	\$12	
Breakfast at high school	\$8	
Meals must be pre-purchased		
Total Enclosed	\$	

SIGN ON BACK AFTER READING!

 From the TWBC Cog-nitive Courier 



RAPSody Training Rides

March 15 - McClinchy Mile Bike Ride, Arlington
www.bikesclub.org

April 13 - Daffodil Classic, Orting
www.twbc.org

May 18 - Two-County Double Metric Century,
Millersylvania State Park
www.capitalbicycleclub.org

June 1 - Peninsula Metric Century,
Gig Harbor and Southworth Ferry Terminal
www.twbc.org

July 27 - Tour de Kitsap,
Silverdale, WA and Bremerton Ferry Terminal
www.westsoundcycling.com

August 10- TRYBR, Tenino
www.capitalbicycleclub.org

Ride Information

The ride starts and ends at the Tacoma Community College.

All riders start on Saturday, August 23. 1-day riders must depart between 6:00 and 7:30 AM and complete by 8:30 PM. 2-day riders must depart between 6:00 and 8:30 AM on Saturday and complete by 5:00 PM each day. Riders must ride legally.

Food stops are about 30 miles apart and are staffed by local and bike club volunteers. Area bike shops provide mechanical support.

The route is subject to change. Route maps and directions to the start will be included in the mailed ride packet. Maps are not available beforehand. Ride packets will be mailed approximately two to three weeks before the ride.

Bicycle Alliance of Washington
The BAW advocates for bicyclists and a bicycle-friendly Washington. Members receive information and resources to support funding and policies that make cycling safer. Visit www.bicyclealliance.org to learn more about this nonprofit organization.

Ride Around Puget Sound (RAPSody) 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 Bicycle Alliance of Washington, Capital Bicycle Club, B.I.K.E.S. of Snohomish County, Seattle Bicycle Club, Tacoma Wheelmen's Bicycle Club, West Sound Cycling Club, other host bicycle clubs, and all support staff, 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 RAPSody 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: _____

Read & Sign This Form

2008 The **Bikes**
McClinchy
Mile Ride

SATURDAY
March 15, 2008

Presented by
 B.I.K.E.S.
 Club
 of
 Snohomish
 County

B.I.K.E.S. Club of Snohomish County invites you to explore the peaceful river valleys, rolling hills and picturesque farms of Snohomish County. Four food stops on three loops: 20 easy miles, 34 flat and scenic miles, or a challenging 47 miles. The 20 and 47 mile loops include portions of the Centennial Trail. Come join us and ride as many of the loops as you fancy.

The McClinchy Mile begins at Haller Middle School, 600 East First St., Arlington, WA east off I-5 exit 208.
 Course is open 8am—4:30pm. Registration / Start 8am—11am
Be Green; Please carpool

The event was named in honor of the late Stuart McClinchy, a founding member of the B.I.K.E.S. Club. The McClinchy Mile is a fundraiser for B.I.K.E.S. Proceeds support local recreational cycling, the Bicycle Alliance of Washington, bicycles, helmets and bicycle programs for low income residents of Snohomish County.

Visit www.bikesclub.org for more information. On-line registration at www.active.com
 Cash or Check only on day of ride

HELMETS APPROVED BY CPSC, SNELL, ASTM OR ANSI ARE REQUIRED FOR THIS RIDE.



NAME _____ **AGE** _____
Complete one application for each rider.

ADDRESS _____ **PHONE** _____

CITY/STATE/ZIP _____

EMERGENCY CONTACT & PHONE _____
Minors under age 18 must have written parental permission or be accompanied by parent.

EMAIL _____

Make checks payable to **B.I.K.E.S.**

Mail Registration Form and check to:
B.I.K.E.S.
McClinchy Mile
P.O.Box 5242
Everett, WA
98206

McCLINCHY MILE RIDE

Cost: \$25 Adult; \$10 Children 14 and under with paid adult.

Price includes great foodstops, map, on-course support vehicles and a \$1 donation to the Bicycle Alliance.

Special Halo sweatband with first 300 preregistrations postmarked by March 7th.

NOTE: Halo sweatbands not picked up by 4:30pm the day of the ride become property of B.I.K.E.S. Additional sweatbands may be available day of ride for \$10.

From the TWBC Cog-nitveCourier

No Refunds

WHERE DID YOU HEAR ABOUT THE McCLINCHY MILE RIDE?
 Previous rider__ Friend__ Bike Expo__ BIKES Newsletter__ BIKES Website__ Cascade Newsletter__ Active.com__ Other__



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

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

March
2008



mail to:



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

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

Name: _____

Address: _____

City, State: _____

Home Phone: _____

Work Phone (optional): _____

E-mail: _____ @ _____
 (for Club use only--please print plainly!)

Please Check Those That Apply:

New Member Renew Addr Chg

Want to Receive Newsletter by:

E-mail US Postal Service

Individual person membership Fee..... \$15 _____

Family membership Fee..... \$20 _____

One-time Initiation Fee\$5 _____

Total Membership Fee(s)\$ _____

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 USPS address, phone # or email address in the yearly membership listings.

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

Leading Bike Rides

Events (Daffodil, PMC, Headwaters)

Newsletter

Club Meeting Programs

Becoming a Club Officer