

# August 2008

Remember our Cause, remember our Purpose...

*With the summer season upon us, one sees lots of cyclists out on the roads. There are cyclists who are 'old hands' (or would that be old legs?), as well as the 'newbees.' Each cyclist brings to their riding a wealth or a dearth of road as well as cycling experience. The Editor at this time would like Club Members and Guests to remember that under*

*Article II of the By-Laws of the Tacoma Wheelmen's Bicycle Club*

*(found at <http://www.twbc.org/policies/TWBCBylaws.pdf>),*

*the Objectives state the following (in **Bold** type):*

**The objectives of the Club shall be to:**

**A. Promote bicycling for recreation and transportation;**

(i.e., rides on the Club Ride Calendar, vacations involving bicycling, routes for commuting by bicycle, Bike to Work Week (Month), CarLess Commute, advocating for Commute-Trip Reduction, etc.).

**B. Organize social and bicycle activities;**

(i.e., rides on the Club Ride Calendar, Daffodil Classic, Peninsula Metric Century, Headwaters Century, Club Picnic, assisting with the International Police Olympics, assisting in the first Tacoma D.A.R.E. Ride, etc.).

**C. Associate and cooperate with other clubs and associations  
to promote bicycling and foster fellowship;**

(i.e., Rides of the Five Sisters [B.I.K.E.S. of Snohomish County, Capital Bicycle Club, Seattle Bicycle Club, TWBC, West Sound Cycling Club], Bicycle Alliance of Washington, League of American Bicyclists, Adventure Cycling Association, exchanging ride flyers with other Washington bicycle clubs, assisting bicycle-repair programs within Washington State Correctional Facilities [McNeil & Purdy], etc.).

**D. Educate members and the public regarding bicycle safety.**

(i.e., occurring during rides, at Club General Meetings, articles in the COG, letters to newspaper editors, bicycling issues in the Washington State Driver's Guide, meeting and corresponding with elected officials, working with the Foothills Trails group, etc.).

Remember it is up to *you* to

*Ride*

*Legally,*

*Predictably,*

*Responsibly, &*

*Safely.* ☺



# The COG Home Page

**Next Club Meeting:**  
**Tuesday, September 16, 2008**

**Sept. Ride Calendar Deadline:**  
**Wednesday, August 20, 2008**

**Sept. COG Article Deadline:**  
**Thursday, August 21, 2008**

*(If you don't receive your newsletter, whatever the delivery method, 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](mailto:president@twbc.org)

Carol Davis, 253 - 460 - 5622

## **VICE - PRESIDENT:**

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

Vern Hase, 253 - 759 - 7246

## **SECRETARY:**

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

Marguerite Richmond, 253 - 272 - 1254

## **TREASURER:**

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## **RIDE CAPTAIN:**

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## **NEWSLETTER EDITOR:**

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

Dena Wessels, 253 - 857 - 5658

Reporters: Various members

## **DIRECTOR OF SPECIAL EVENTS:**

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

Jan Brame, 253 - 330 - 4256

## **DIRECTOR OF COMMUNITY &**

## **GOVERNMENT RELATIONS:**

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

Bob Myrick, 253 - 473 - 7455

## **TWBC SAFETY & EDUCATION**

Jim Ahrens, 253 - 566 - 3347

## **TWBC EQUIPMENT :**

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

Steve Brown, 253 - 752 - 4038

Assistant Jim Davis



## **MEMBERSHIP DATABASE & MAILING:**

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Anne Seago, 253 - 761 - 0709

## **MEMBERSHIP:**

Phyllis Lay, 253 - 759 - 1816

## **WEBMASTER:**

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

Kris Symer, 253 - 212 - 2265

## **DAFFODIL CLASSIC (2008):**

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

Sharon Remagen, 253 - 847 - 7907

## **PENINSULA METRIC (2008):**

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

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

## **HEADWATERS CENTURY (2008):**

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

Caroline Baker

## **TWBC RAPSody Contact:**

[rapsody2005@earthlink.net](mailto:rapsody2005@earthlink.net)

Ralph Wessels, 253 - 857 - 5658

## **CLUB JERSEY SALES:**

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

Peggy Fjetland, 253 - 841 - 4458

## **BIKE EXPO:**

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

Peggy Fjetland, 253 - 841 - 4458

## **ANNUAL CLUB PICNIC:**

(Sunday, Sept. 14, 2008):

Caroline Baker



**PMC**



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

## August Draft Lines

By President Carol Davis



Ever since, Roz and I joined the Tacoma Wheelmen, we have spent our whole summers cycling. We have done a two-week summer club trip almost every year, and then added two or three more weeks on to it. A couple summers, we spent cycling in Europe. Before we joined TWBC, we never really realized what the possibilities were. As we became more involved in the club, we gave it a try, and now we are in the habit of spending the whole summer on a bicycle seat.

However, this summer is a bit different! Sometimes other things have to be as priority. A couple years ago, we started talking about doing a trip with my very special cousins who are NOT cyclists! We were excited to spend time with them, but as the time approached, we began to get very worried about not cycling all summer. We had to figure out a way to get more cycling in!

Another one of our new traditions is renting a house at the ocean for our family for a few days. We always take our bicycles with us there. One of my daughters and her husband are really into cycling now, so it is really fun to bike with them as they cycle in circles around us, waving to us as they go back and forth!! This year we arranged for one of them to drive our car back so we could ride down the Oregon coast for a few days. By the end of that 5-day trip, we were starting to feel back in shape! What were we to do during a two week CAR trip!?

Without giving it any more thought, I called my cousin! “What would you think about taking four bikes with us, so we can all do some cycling?” “Sure, that would be great!!”

We dug up the two bikes my uncycling daughter had left sitting in the rain for 2 years, and Roz feverishly fixed them up. We proceeded to BC with 2 bikes on the roof and 2 on the back of our minivan. Mostly what we did with them was take them in and out of hotels. In two weeks, we rode our bikes 4 times! Once, from Tofino to Uclulet and back. (My cousins tooled around Tofino.) Another time, we hopped on our bikes and trudged up the hills out of Telegraph Cove! That felt great!! We had to get our fix! An-

other time, we all rode about 6 miles at Alert Bay together! The last time we rode from Banff to Canmore (my cousins tooled around Banff!). Really fun!! We did relax and enjoyed the time we all spent together, and pretty soon I didn't feel compelled to ride all the time, but every once in a while, I would start pacing back and forth, and I realized I HAD to ride! Thank goodness we took our bikes along!

As you read this, we are probably on our two-week club trip in the California Sierras! Stay tuned, and hop on your bikes whenever you can!! ☺



Once again,  
Steve Lay  
designs another  
beautiful jersey!

### Ride Around Puget Sound

August 23-24

by Ralph Wessels

TWBC RAPSody Contact



There are just a few volunteer positions left for RAPSody. As usual, TWBC is staffing the start and end at Tacoma Community College, the rest stop for 1-day riders and the overnight coordination in Shelton, Pt. Defiance coordination, and sag support between Yelm and Tacoma. If you would like to volunteer, check the TWBC website for positions that are still not filled and then contact Ralph Wessels at [ralphdena@earthlink](mailto:ralphdena@earthlink) or 857-5658.

This year's ride goes across the new Tacoma Narrows Bridge and on different routes. If you have not yet registered, be sure to do so before August 17 when registration closes. You can download the flyer from [www.rapsodybikeride.com](http://www.rapsodybikeride.com), or register online through Active.com. There are still a few large and extra large jerseys left at the time this article was written. Call Dena at 253-857-5658 to check on availability.

All RAPSody proceeds benefit the Bicycle Alliance of Washington's statewide advocacy and education programs. RAPSody is hosted by B.I.K.E.S. of Snohomish County, Capital Bicycle Club, Seattle Bicycle Club, TWBC, and West Sound Cycling Club. ☺



## RIDE CAPTAIN REPORT



By Carla Gramlich

I finished my jury duty right before Tour de Pierce. The week before that event, I spend marking the course with lots of help from TWBC members. Several hours each night I got some relief from the trial because I was riding my bicycle and marking the course. Then I would go home and toss and turn all night.

The trial lasted six weeks and it was a Murder Two Case. During the last 15 minutes of the defense case, they showed a photo of an intersection for reference. I noticed a bicyclist in the photo and thought “Maybe it is someone I know”, and then I realized it was ME. I went back to the jury room, wondering what I should do. I mentioned it to the women that was in charge of the jurors and she said she have never heard of this happening before. Time was spent with the defense and prosecuting attorneys going over the photo. The Judge, ruled that juror Two, me, felt that it was her in the photo. The Judge felt that it might not be Juror Two, oh yeah it was me. The jurors would disregard the bicyclist in the photo. My luck, I was still on the jury.

After four days of deliberating, we came to the conclusion that the defendant was guilty. I was then free to finish the Tour de Pierce and start packing for my bicycle trip to Eugene. I was surprised that being on jury duty would be so draining. I was kinda of glad to be back on my night shift. Lots of energy is used paying attention and sitting in the jury room. But I did my duty and made it through the whole case, even though I came close to being dismissed because I was bicycling in the wrong place at the wrong time.

Tour de Pierce was a very warm day unlike last year, monsoon. With the sudden warm weather I started worrying about the trip to Eugene. I packed for warm weather. The Saturday morning of the trip, it was raining. So, I started added rain gear to my already full bags. I really only needed it on the first day, but I was prepared for rain and anything else that would happen along the way.

People do read this. Last month I asked for new ride leaders to step forward to help during the summer months. Tom

**Ride Captain cont. on pg 9, column 2**

## Headwaters Century

By Jan Brame, Director of Special Events

The Headwaters Century Ride will be held on Sunday, September 7th. It is the final fund raising ride for 2008 for the Tacoma Wheelmen’s Bicycle Club.

Preparations are well under way by Carolyn Baker, the Ride Coordinator, and her trusty band of helpers, the volunteers of the Special Events Committee.

The ride starts in Enumclaw and has routes that roll through the back roads of King County, including Black Diamond, Ravensdale, Maple Valley and Hobart. There are lots of volunteer positions open: just go to the TWBC Website and sign up. Benefits include: Fun – Meet lots of people while helping your club; Free event registration – Ride for free before or after your assignment; Free dessert – Strawberry shortcake available at the finish; Free pizza and beer/soft drinks – Volunteer pizza party after the event at Round Table Pizza on North Pearl Street in Tacoma.

The Special Events Committee will meet for the final preparation of the Headwater Century on Tuesday August 26 at Jan Brame’s house at 1209 N. Anderson at 6:30 pm.

If you have never volunteered before, please consider doing it now. You will have loads of fun and really participate in your club. We look forward to seeing you there! ☺



### Renewing Members (Thank You!):

Jim Aherns & Family, Bob & Lois Baxter, Herb & Sherry Brooks, Phillip & Helen Burgess, Thomas Catalina, Susan Coley, Donna & Bruce Daily, David Emery & Family, Mike Flodin & Family, Randy Gray, Cynthia & Steve Hammer, Michael & Marcia Madden, Costi Mahshi, Bob Myrick, Tom Ripley, and Ken Rousslang.

### New Members, Welcome!:

Jeanne & Rick Apffel, George Barnes, Kevin Beninger & Family, Heather Cadwallader, Mark D'Andrea, Sheila & Ralph Furlong, Valerie Furness, Steven Garrett & Family, Dennis Joyce, and Brad Younggren & Family. ☺



# 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
08/01 Fri	9:30 AM	2 B	25 - 30	Steve & Phyllis Lay 759 - 1816	3M Fridays. Join us for some fun riding & bring a lunch for eating in a park or somewhere to eat. Start: Starbucks @ 26th & Proctor. 
08/02 - 08/04 Sat - Mon	Early	Mostly C & D	Varied	Ron Nowicki 661 - 2664 Team TWBC	<b>Courage Classic</b> , Snoqualmie, Blewett & Stevens passes. \$\$\$ Pre-registration required. Benefits Mary Bridge Children's Hospital, Child Abuse Intervention Dept. <a href="http://www.courageclassic.org">www.courageclassic.org</a> 
08/02 - 08/16 Sat - Sat	9 AM	All	Many	Roz & Carol Davis 460 - 5622	Carol & Roz's Summer Vacation. A two-week trip down to Northern CA. 
08/02 Sat	9AM - 4 PM	All	Varied	BAW; New Belgium Brewing Co.	<b>Tour de Fat</b> , Seattle. Philanthropic Cycling Circus. Bike parade; decorated bikes & riders; bands; beer garden. Benefits BAW. Start: Gas Works Park. <a href="http://www.bicyclealliance.org/rides/index.html/#tourdefat2008">www.bicyclealliance.org/rides/index.html/#tourdefat2008</a> .
08/03 Sun	Super	Stupen- dous	Subst- antial	Sunday	National Watermelon Day. 
08/04 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 Cancels. Start: Starbucks @ 26th & Proctor. 
08/05 Tues	9 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Start: Call Ride Line or check Club Website for details.
08/06 Weds	Foamy	Frothy	Fun	Wednesday	Root Beer Float Day. 
08/07 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smoooothly. 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. 
08/08 Fri	Facts	Morsel	Flip	Friday	U.S. Dollar created, 1786. The Continental Congress authorized issuance of coins/currency. 





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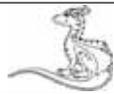
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Day/ Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
08/09 Sat	8 AM	3 C	43	Tom Cabe 752 - 5827	Ride to Gig Harbor. Code is 3C, but will try to accommodate riders who are trying a level 3 ride. Start: Skyline Park & Ride. 
08/09 Sat	9:30 AM	2 B	50	Gus Fant 564 - 4710	FOGLR. Silver Lake for lunch. Please RSVP for enough food for lunch. Phone @ lake: 360 - 832 - 4190. Start: Roy Y Park & Ride. 
08/10 Sun	7 AM	All	20, 30, 50, 80, & 100	Capital Bicycling Club 360- 480 - 7356	<b>TRYBR</b> , \$\$\$, Tenino. Through south Thurston & north Lewis Counties. Start: Parkside Elementary, 301 Central Ave. www.capitalbicyclingclub.org
08/10 Sun	9 AM	2 B	50	Louis Boitano 922 - 1168	Louie's Ride to the Ballards Locks. Bring a lunch to eat @ the Locks. Start: Tukwila Sounder Station, off West Valley Hwy on Longacres Way. 
08/11 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 08/04 for Ride Details. 
08/12 Tues	8:45 AM for 9 AM ferry	2 B	30 - 50	Debbie Hushagen 922 - 5801	Tues. Decide to Ride. Help Debbie celebrate her 60th birthday with a ferry ride over to Port Gamble @ LaLa Land, now Port Gamble Tea Room for High Tea & Chocolate. Start: Port Orchard Foot Ferry. 
08/13 Weds	6 AM	3 B	15 -20	Karen Comer 564 - 3985	Sunrise Surprise. From Cirque & Bridgeport, one hour of cycling to start your day off right. Start: Forza Coffee Shop, 4828 Bridgeport Way W. 
08/13 Weds	<b>5:30 PM</b>	2 B	20 - 25	Peg Winczewski 475 - 3625	Knight Riders. Ride across over to Gig Harbor. Co-leader Marguerite Richmond, 272 - 1254. Start: Starbucks @ 26th & Proctor. 
08/14 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smoooothly. Rain Cancels. See 08/07 for Ride Details. 
08/15 Fri	9:30 AM	2 B	25 - 30	Lou & Karel Vance 921 - 4847	3M Fridays. See 08/08 for Ride Details. <b>3MF's</b>
08/16 Sat	9 AM	2 C	60	Gene Smith 272 - 6747	Headwaters Century Pre-Ride, 1st 1/2 of century. Stop for lunch in Enumclaw. Subject to change, so check the Club Website/Ride Line for details. Start: Green River Park & Ride. 
08/16 Sat	9:30 AM, 10:45 AM	2 A  1 A	40  15	Carla Gramlich 879 - 0115	Travel the Trail to Orting, 2 starts. This ride goes to the Festival in the Park. Lunch in Orting. Start #1: Freighthouse Square. Start #2: East Puyallup Trailhead.. 



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08/17 Sun	Facts	Morsel	Pointy	Sunday	Pencil Day. A typically wooden pencil can draw a line 35 miles long. 
08/18 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 08/04 for Ride Details. 
08/19 Tues	9 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Start: Call Ride Line or check Club Website for details.
08/20 Weds	6 AM	3 B	15 -20	Karen Comer 564 - 3985	Sunrise Surprise. See 08/13 for Ride Details. 
08/21 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smooothly. Rain Cancels. See 08/07 for Ride Details. 
08/22 Fri	9:30 AM	2 B	25 - 30	Lou & Karel Vance 921 - 4847	3M Fridays. <b>3MF's</b> See 08/08 for Ride Details.
08/23 - 08/24 Sat - Sat	6 AM- 8 AM	All	165 Total	TWBC Representative-- Ralph Wessels 857 - 5658	<b>RAPSody</b> , \$\$\$ Pre-registration required. Start: TCC. Call for information or check Club Website for this 5 Sisters benefit for BAW. <a href="http://www.rapsodybikeride.com">www.rapsodybikeride.com</a> 
08/24 Sun	9 AM	2 D	50	Louis Boitano 922 - 1168	Ride Soos Creek Trail. Mile long steep trail to get there. Start: Sumner Library.
08/25 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 08/04 for Ride Details. 
08/26 Tues	9 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Start: Call Ride Line or check Club Website for details.
08/26 Tues	<b>6:30 PM</b>	00 Meet &	00 Plan	Jan Brame 330 - 4256	<b>Special Events Meeting.</b> Come help on the upcoming Headwaters Ride. Start: Meet @ Jan's House. 
08/27 Weds	<b>5:30 PM</b>	2 B	20 - 25	Peg Winczewski 475 - 3625	Knight Riders. Ride destination is a surprise. Co-leader Marguerite Richmond, 272 - 1254. Start: Starbucks @ 26th & Proctor. 
08/28 Thurs	9:30 AM	2 A	30	Volunteer Leader Needed! 759 - 2800	Silk Road Smooothly. Lonna can't lead today, so someone volunteer! Rain Cancels. See 08/07 for Ride Details. 
08/29 - 09/02 Fri - Tues	8 AM	2 B	Varied	Steve & Phyllis Lay 759 - 1816	Victoria Tour. Long weekend ride touring Victoria & the Galloping Goose Trail. Will need reservations. Start: call Steve & Phyllis. 



# twbc monthly event schedule

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Day/ Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
08/30 Sat	9 AM	3 C	50	Gene Smith 272 - 6747	Headwaters Century Pre-Ride, 2nd 1/2 of century. Stop for lunch in Maple Valley. Subject to change, so check the Club Website/Ride Line for details. Start: Green River Park & Ride. 
08/31 Sun	Facts	Jumble	Morsel	Sunday	National Trail Mix Day.
09/01 Mon	9:30 AM	1 C	22 (13)	Volunteer Leader Needed! 759 - 2800	Hail, hardy & ready for coffee. Rain Cancels. See 08/04 for Ride Details. 
09/02 Tues	<b>6:30 PM</b>	00 Meet	00 & Eat	Bob Myrick 473 - 7455	<b>Government Affairs Meeting @</b> Guadalajara Taqueria in the Stadium H.S. area @ 1st & Tacoma Ave.
<b>09/07 Sun</b>	7 AM	All	45, 65, 100	<b>TWBC,</b> Caroline Baker, Gene Smith 272 - 6747	<b>Headwaters Century, \$\$\$.</b> Start: Enumclaw High School. www.twbc.org 
09/09 Tues	<b>6 PM</b>	00 Meet	00 & Eat	Carol Davis 380 - 8819	<b>Board Meeting @</b> the Kim Ahn Restaurant across from TCC on Mildred. Guests & Club Members welcomed.

## For the TWBC Monthly Ride/Event Calendar

### RIDE CODE CHART, PACE

### RIDE CODE CHART, TERRAIN

*Pace Code Examples: Average mph on flat surface:*

*Terrain Code Examples:*

- 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.

- 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 Is.).

### August Appreciations

A truly happy person is one who can enjoy the scenery on a detour.

Nobody cares if you can't dance well.  
Just get up and dance!

### When Legal Warnings are really Stupid, but necessary in Today's Society

A warning on a pair of shin guards manufactured for bicyclists:

*'Shin pads cannot protect any part of the body they do not cover.'*

## The (Credit-Card) Road to Eugene

by Donna Daily

On Saturday morning July 05, TWBC ride leader, Carla Gramlich gathered a group of 6 riders to start off the ride to Eugene. We all rode down to Rainier via Fort Lewis, then 1/2 the group rode back to Tacoma. It was a cloudy day that got cloudier as the day went on. By afternoon it poured for an hour. In Bucoda, Carla repaired a flat tire under a nice dry store porch, 2nd flat of the day; Marguerite fixed her flat while we were still riding in Tacoma.

We arrived in Centralia ate a nice meal and watched Baby Mama.

Bob Myrick joined us Sunday morning. He had arrived in Centralia late that night from a ride in California.

Sunday morning the four of us set off around 10 a.m. to ride to Longview along the STP route. At noon the sun came out! We stayed in Longview where Carla found the squirrel bridge.

Monday morning we headed off to Portland. We got an early start to avoid riding in the midday heat. Once in Portland we rode to Carla's favorite Portland bike store, River City. Ed had his pedals adjusted to help his knee. During the afternoon we all walked down the block to the Light Rail where we went to explore Powell's Book Store. The White Eagle Hotel had an open mike that night. The sound of a harmonica was the last thing I heard before falling fast sleep.

Tuesday morning we headed off toward Silverton. On our way through Portland we rode through the Sellwood District where we found the Center of the Universe, (see attached photos). Sections of the bike path were under construction. Carla did a great job negotiating the route. By noon we were out the major traffic areas and riding on open flat country roads. At the hotel we watched the sprints for the Tour de France. Those riders covered 19 miles in 39 minutes. We rode 19 miles in 210 minutes.

Wednesday we were on our bike Really early to ride to Corvallis. It heated up to 92 that day. Not a cloud in the sky. In Corvallis we walked to an Indian Restaurant and ate a delicious food then walked over to the theaters and watched Wall-E.

Thursday we rode to Eugene. It was great biking day with a nice tail wind. We were in Eugene by 2 p.m. Each day we rode about 55 miles. We covered 325 miles on this 6-day trip.

Friday we were off to the Oregon Country Faire. There was bus transportation available from downtown out to the faire. It was quite the experience of parades, many food booths, many, many people in a variety of costumes, some with not much clothing on at all. The day was pleasant with lots of sights and sounds.

This was my first experience at credit card camping on a bike. It was very nice to have a hot shower and comfortable bed each night to sleep in. I had a great time. Carla did a lot of planning to make the ride go as smoothly as it did. ☺

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## CYCLING QUESTIONS FOR THE NEW COUNTY EXEC

by Dave Killen

Pierce County will have a new person at its helm as the result of the coming fall elections. There are at least four announced candidates at this writing. It would be appropriate to know where they stand on cycling issues. But, what are the issues dear to the hearts of TWBC members?

The Government Affairs committee is preparing a questionnaire on cycling issues for them. So these reflect the concerns of the membership, please think of the questions you would like to ask of them and send those to Dave Killen at leosdropbox@comcast.net.

Please do this in the next two weeks. Thanks! ☺

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### Ride Captain cont. from pg 4, column 1

Cabe, called and added a ride for August 9. So, I now know Tom reads this column. August has a few blank spots for the weekends. Email if you would like to add a ride in August or any other time. I have the magic wand that I wave over anyone that is interested in becoming a ride leader. ☺

## STP 2008 (# 10), Review 14 Jul 08

By Jim Ahrens & Donna Benjamin

Weight out: 74.1 kg.

Weight in: 74.7 kg.

Total Time: 14 hrs 24 min (31 minutes off 2007 time); includes walking distance from vehicle to start and finish lines and back to car, time waiting at train crossings, and nap in Lexington: Avg: 28.1 kph, Max: 62.0 kph. Distance: 329.7 Km, Riding Time: 11.42.05.

Target caloric intake: 6400 calories.

Fluid – took 10 Cytomax 2 scoop packets used them all (1800 cal).

Water – drank seven or eight gallons.

Gels – took 20 used 16 (1600 cal).

Power Bars – took 13 ate them all (2990 cal).

Starting Line: 61 degrees @ about 0445.

Arrival: 84 degrees in Portland about 1909.

Warmest temp: was 95 degrees in Longview.

Stayed with family in Seattle. I turned in @ 2200 so I could get up @ 0130 and eat. Stayed up and rested in a chair until Donna got up @ 0330 to get ready to go. Donna drove to the starting line and left about 0500 to could get back to Tacoma where she could rest a little more, take a shower and then meet me in Centralia before 1100.

Training – hills seem to be something I have to content with just to get around in Tacoma. During on my commutes to and from work: up the hills from Steilacoom and past Pierce College; up Chambers Creek Hill, and then up 27th from Grandview to Bridgeport and then along Bridgeport to Cirque. Also, the Tour de Blast is a good training ride prior to the STP.

It is no surprise that I cannot recall ever being in 1st gear on any of the STP hills (BTW I have a double chain ring 52/39). Up 72nd I began slowly to get the feel of things – how I was feeling, what other riders around and in front of me were doing. As their pace slowed I wiggled in between and around riders while staying in the saddle. Just after the light on Canyon and 72nd got into a bigger inch gear and kept motoring.

I looked forward to the climb out of Chehalis to Napavine; it's over halfway, the temperatures are warming up and it's

just a good climb. Just over the top it flat at first with rolling hills and then a fast down hill into Winlock. Water stop in Winlock was disappointing with only one water faucet connected to a garden hose. At least it was wet.

Vader - two hills, tracks just as you start up 1st hill, and that is where a group of about 25 waited. I was in the saddle, 2nd or 3rd gear climb. You can see the first short steep hill, that is a roller, which levels somewhat, followed by another less steep hill, followed by a 90 degree right turn and a fast down hill – not at all difficult like so many riders complain.

Practice riding with a pace line – as the day wore on I found I was half wheeling riders up ahead of me, and when taking my turn at the pull (coming into Tenino in particular) I was accelerating. Then when I moved over to the right and slowed, riders followed, and pushed the pace back up. Practice moving up to front and not accelerating – keep the same pace – usually no one will yell at you to slow down.

Sit-ups – all the sit-ups seemed to have paid big dividends this STP. My lower back did not give me any discomfort and I felt I could always dig in a little deeper for something more when needed, especially on climbs.

Upper body – upper and fore arms were getting tired into the ride. It felt good at times when my hands were in the hooks and supporting the upper body.

How it felt – When the balls of my feet began to burn I wiggled toes or rotated the ball of foot, so to speak, pedaled with my big toes which help my circulation.

I did what might look like sucking wheels: being in one group that the pace was okay but when it slowed I went off the front, closing a gap to the next single rider or beyond to the next group. And so on.

Positioning with hands on top of the bars seemed to work well for me when accelerating. Seems to help with cutting frontal wind resistance, leave room for my lungs to fill and comfortable enough for longer pulls. Practice moving up to front and not accelerating before the STP– keep the same pace – no one will yell to slow down – they will just drop off the pace line.

A little spin on things – heart rate up 72nd was in the 160's  
**STP 2008...Review..., cont. on page 11, column 1**

## STP 2008..., cont. from page 10, column 2

and first 100 miles could read 140's most the time but in the 2nd century HR in the 110's with a peak about 139. Even out of the saddle on hills that was the high HR.

### Equipment:

The composite bike – In my opinion it performed better than any of the steel or aluminum bikes I've ridden on the STP in the past. It felt lively when out of the saddle climbing or accelerating to chase on the hills or flats. It did not have an overly harsh ride (I did not feel beat up or thrashed when finished) like some aluminum or steel frames I've ridden.

Pedals - were creaking before Castle Rock High School, had a quick fix repair which lasted until about Scappoose (Gas Station). Where I purchased petroleum jelly for the pedals and chamois.

### Clothing:

Knickers – Ultras good for 1st half that was cooler, but needed additional chamois cream.

Shorts - good for 2nd century, with additional chamois cream.

Gloves - the padding seemed to have given out after only 2 months of riding – cool color but not much good.

Jersey - Black Butte Beer Jersey was about right.

Shoes - extra insole seemed to help.

Sweatband – kept sweat out of eyes AND soaking in cold water and then putting it on helped keep me cooler.

Maybe next year my wife Donna and I will ride a tandem on the STP again...we'll see how things work out.

Ride safe! ☺



Jim Ahrens on the STP Ride; plus some of the fuel used . The 'Zip Fizz' plastic containers are easy to reused & carry with whatever you'd like to fill them with. After Jim emptied these out, he then refilled with Cytomax for rest of his STP ride!

## (Evil) Plastic Bags

Does the following statement really sound like a deal? "\$4000 to process & recycle 1 ton of plastic bags. The one ton 'product' is then worth \$32 on the commodities market."

Go green! Use cloth bags for your shopping. For the average person, one cloth bag can save 6 plastic bags a week, which translates into 24 bags a month, or 288 bags a year. For the average life time, that's 22,176 plastic bags not used!

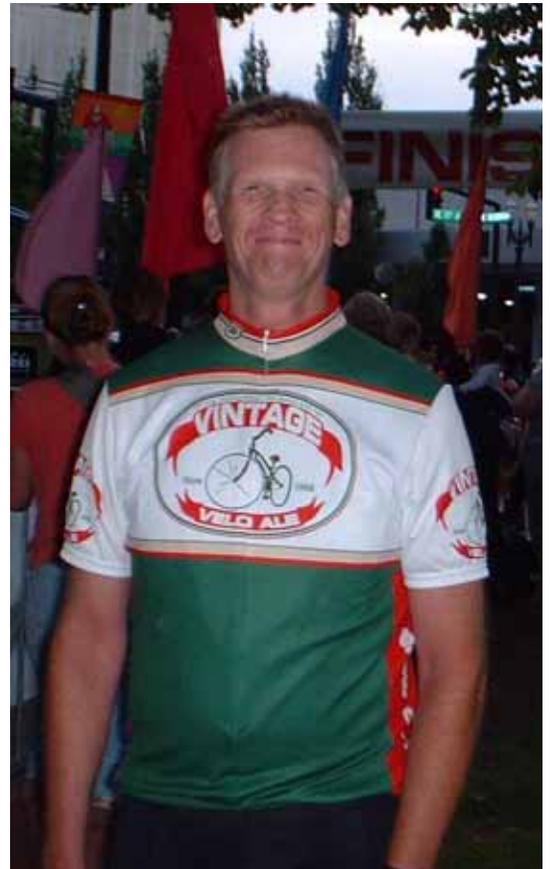
Some countries have banned plastic bags—do your part & either use a cloth bag or if you're purchasing one or two things, or just say "No, Thank you!" to a plastic bag!

For more information from where these facts & figures came from, visit the web site:

<http://www.pocorecord.com/apps/pbcs.dll/article?AID=/20080506/MULTIMEDIA02/8050501>.

Thanks for the info, Bob Nyberg! ☺

(Photos submitted by Jim Ahrens)



## Tour de Fat

Tour de Fat, New Belgium Brewing's traveling celebration of all things bicycle, is pedaling into Seattle's Gas Works Park on August 2. The festival spreads the good word about the myriad benefits of cycling and celebrates mankind's greatest invention--the bike! Admission to the Seattle event is free, but beer and merchandise proceeds go to the Bicycle Alliance of Washington and Bike Works.

Festival goers can participate in a costumed bike parade, try out rideable art bikes, and be entertained by Paper Bird, March Fourth Marching Band, and Nanda & the Sprockettes.

A volunteer will be chosen to live car-free for one year as part of the Car-for-Bike Trade Program. The dedicated volunteer will sign over their car title and receive a hand-built New Belgium commuter bike in exchange. The volunteer is chosen after submitting an essay or video describing their desire to live car-free. Log onto <http://www.followyourfolly.com/pdf/biketrade.pdf> for more info.

For a schedule of activities and more Tour de Fat details go to <http://www.bicyclealliance.org/rides/index.html#tourdefat2008>.

See you at Tour de Fat! ☺

### Tour de Fat Schedule of Festivities:

9:00 a.m.	Bike Parade Registration
10:00 a.m.	Bike Parade
11:00 a.m.	Bike parade riders return -Welcome Announcements & festivities begin (opening of beer garden)
11:30 a.m.	"Slow-Down or Throw-Down" - Slow-Ride Competition
12:00 p.m.	Performances Begin - Pancake juggler, circus tricks, and amazing feats workshop
12:20 p.m.	Paper Bird (1st band)
1:30 p.m.	"Carpocalypse Now" - Funeral procession for the car belonging to the Car-for-Bike Trade volunteer
2:00 p.m.	The Sprockettes - Portlands mini-bike dance troupe
2:40 p.m.	March Fourth Marching Band
3:30 p.m.	Car-for-Bike Trade Celebration
4:00 p.m.	Curtain Closes

BAW needs volunteers to make this event a success. There's beer to serve (must be 21) and tickets to take and other tasks. Please send an email to [k-kcushman@comcast.net](mailto:k-kcushman@comcast.net) (subject line: Tour de Fat) if you'd like to help out. ☺

Revel in the quiet countryside of Thurston and Lewis Counties. Enjoy views of Mt. Rainier, the Skookumchuck and Deschutes Rivers, llama farms and hawks overhead along Johnson Creek Road. All routes are well-marked, mostly along scenic, low-traffic roads. There are CBC and commercial food stops and numerous comfort facilities along all routes. Routes range from an easy 20-miler to a challenging, hilly, 100. Ice cream for every rider, a playground, and a cold quarry pool await riders at the finish.



## Tenino-Rainier-Yelm-Bucoda Rally

5 routes: 20 / 30 / 50 / 80 / 100 miles

**Sunday, August 10th, 2008**

Start/finish: Parkside Elementary School, 301 Central Ave, Tenino  
 Registration open from 7:00 a.m. to 12:00 noon  
 (100 mile riders must register by 09:00 a.m.)  
 Pre-registration forms must be received by August 3, 2008

Registration includes ride number, map & cue sheet, sag support, rest stops on every loop, finish line welcome until 5:00p.m. and facilities. \$1.00 per rider supports the Bicycle Alliance of Washington (BAW). \$2.00 discount for Capital Bicycling Club members. Children 12 and under ride free!



Entry Fee Schedule	Quantity	Pre-registered by Aug 3rd	Day of Ride	Line Total
Individual riders		\$20.00	\$22.00	
Tandem teams		\$28.00	\$32.00	
Families of 3 or more		\$32.00	\$37.00	
Capital Bicycling Club Members		\$2.00 Discount	\$2.00 Discount	

Mail completed form and checks to:  
 Capital Bicycling Club - P.O. Box 642 - Olympia, WA 98507

[www.capitalbicyclingclub.org](http://www.capitalbicyclingclub.org)

Questions? CBC Hotline (360) 480-7356

*(From the TWBC Cog-nitve Courier)*

total enclosed



**APPROVED HELMETS ARE REQUIRED ON THIS RIDE**

Name(s) (please print) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

E-mail Address \_\_\_\_\_

*In consideration of the Capital Bicycling Club (CBC) accepting my registration, I hereby for myself (or parent/guardian, if entrant is under 18) waive and release any and all rights and claims for damages against CBC, its officials and any other sponsors prior to, during, or after participation in this August 10, 2008, bicycle ride, caused by sickness, accident or any other cause that may occur. I also agree to accept all rules, regulations and policies set forth by the CBC. I realize I will be on the roadways of Lewis and Thurston counties during this event, and I must obey all traffic laws. I also realize that an approved bicycle helmet decreases the chance of injury; I agree to wear a helmet during this event.*

Signature(s)/Date \_\_\_\_\_

Guardian (if rider is under 18) \_\_\_\_\_

rider number assigned



# Headwaters Century

## Sunday, September 7, 2008

*Presented by the*



# Tacoma Wheelmen's Bicycle Club



Registration from 7:00 AM to 11:00 AM at Enumclaw High School  
 Sag wagons begin final sweep of the course at 4:00 PM  
**(From the TWBC Cog-nitveCourier)**

**For Info, contact:** Gene at 253-272-6747, or email: [headwaters@twbc.org](mailto:headwaters@twbc.org)

**SNELL OR ANSI APPROVED HELMETS ARE REQUIRED ON THIS RIDE.  
 WEARING A HELMET COULD SAVE YOUR LIFE!**

Mail Registrations to: TWBC Headwaters Century, PO Box 112078, Tacoma, WA 98411

(Please Print)

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**City/State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Phone** \_\_\_\_\_

**Email** \_\_\_\_\_

**I plan on riding :** \_\_\_\_ 45 \_\_\_\_ 65 or \_\_\_\_ 100 miles.

Note: "Family" includes a **maximum** of **two** adult.  
 Must be of the same residence.

**One** rider per form please.

*SORRY THERE ARE NO REFUNDS*

**Read & Sign This Form**

<b>Pre-Registration Fees:</b> (Must be postmarked by August 29)		
Adult	\$16	
Youth (age 7-17)	\$8	
Child (age 0-6)	\$0	
Family	\$37	
<b>Day-of-Ride Fees:</b>		
Adult	\$20	
Youth (age 7-17)	\$10	
Child (age 0-6)	\$0	
Family	\$45	
<b>Total Enclosed:</b>		

Make checks payable to: **TWBC**

### Tacoma Wheelmen's Bicycle Club (TWBC) Headwaters Century 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** TWBC & 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 TWBC 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!**

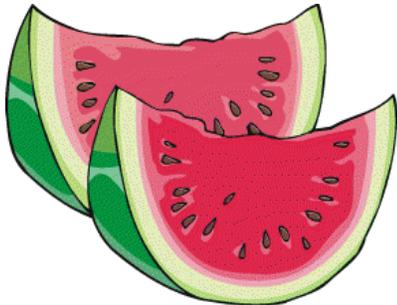
Signature of Participant: \_\_\_\_\_ Date: \_\_\_\_\_  
 Signature of Parent/Guardian \_\_\_\_\_  
 if participant is under 18: \_\_\_\_\_ Date: \_\_\_\_\_



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

E-mail Delivery

August  
2008



**E-mailed to:**  
  
Your computer or electronic device!



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: \_\_\_\_\_ @ \_\_\_\_\_  
(all info. is for Club use only--please print clearly!)



Please Check Those That Apply:

New Member       Renew       Addr Chg

Please Note: COG delivery is now electronically via E-mail, unless you indicate here  for the more costly, less 'Green' delivery method through the US Postal Service.

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

Family membership Fee..... \$20 \_\_\_\_\_

One-time Initiation Fee .....\$5 \_\_\_\_\_

Total Membership Fee(s) .....\$ \_\_\_\_\_

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

Thanks for becoming a Member of TWBC!



Pictures from the  
2008 Tour de Pierce Bike Ride.

“To each,  
their own form  
of transportation.”



(Photos submitted  
by Carla Gramlich)



Gathering around local attractions....

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

(Photos submitted by Carla Gramlich)



Gathering around addictive attractions....

