



the cog-nitive courier

tacoma wheelmen's bicycle club newsletter

po box 112078 tacoma, wa 98411 www.twbc.org 253-759-2800

TWBC, originally established in 1888 & reinvigorated in 1974, is a general purpose bicycling club in Pierce County that welcomes cyclists of all skill levels for social riding. The COG is issued monthly.

Blast from the Past, May 2008

(Editor's notes & Original Dates are in italics)

Volunteer and Ride the PMC

By Jan Brame, Director of Special Events

The Peninsula Metric Century ride is fast approaching on Sunday June 6th (*1st*). Now that the Daffodil Classic ride has been successfully accomplished there is no time to rest on our laurels! Now we kick into high gear for the planning of the PMC.

This is a fabulous ride that deserves as much energy and talent that people have given to the Daf. So please consider volunteering. There is a link on our Web site (*see below*) that makes signing up easy. Lots of positions are still open and the benefits to the volunteer include riding free, and the always, fabulous pizza party.

The PMC is unique because we offer two starting points for registration: The Gig Harbor Medical Center and the Southworth Ferry Dock. The Southworth start is very attractive to riders coming from Seattle, but that does mean double the registration volunteers needed.

So put in your order for a super sunny Sunday on June 6th (*1st*), come out and volunteer and ride. You get to meet other Members you might not otherwise get to know and have a lot of fun.

Contact Ron Nowicki at pmc@twbc.org to volunteer or visit the Website at <http://www.elementsofbicycling.net/rcPublicTasksBrowser.aspx?rcClubEventID=a85a72cf-581e-4b17-9108-0679d96195ab>.

Web Issue: June, 2010

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TWBC Election Time!

by Janice Jensen, TWBC President

Our June Club Meeting is the annual Board Member election Meeting. This year the date is June 15, 2010 (*June 16, 1998*) at our regular meeting location, the M/A Wild West VFW post #91, 2000 S. Union Ave., Tacoma (*South Park Community Center, 4851 S Tacoma Way*). The meeting starts at 6:30 pm (*7 pm*), and we encourage Members to attend and vote for their Club officers.

All positions are open for election. Please see the masthead on page thirteen (*two*) of this Newsletter. A nomination from the floor is the accepted procedure. Two or more nominations for one position will require a vote by ballot. A simple majority vote is necessary to elect the Board Members according to our by-laws. Please consider running for election yourself, and keep an ear open for anyone else expressing a desire to serve in one of the positions.

We will also discuss some general topics (watch Tacoma Bike show bike equipment that we can't live without) at our June Meeting, with food, door prizes, and a chance to visit with other Club Members and guests included as well.

Call Vern Hase (*Ernie Stephenson*) for information or directions to the meeting at 759-7246 (*5xx-0xxx*), and come on out! ☺

By Bob Myrick, Director of
Community and Government Affairs



Actions affecting you and your community...

Our committee met again on Tuesday, May 4 at the Harvester Restaurant in the Stadium District at First and Tacoma Avenues. We plan to **meet there again on Tuesday, June 1 at 6 pm** to carry on our work for the Club.

Ralph brought to our attention a situation where **WSDOT had listed some property near the Narrows Bridge**, Gig Harbor side, as surplus to the State's needs. This property **had been thought** to be a **part of a future trailhead and connection**. Fortunately, through the efforts of a lot of people acting quickly, the **Peninsula Park District will be able to buy the property** for future use.

We talked about **Tacoma's draft Mobility Plan** and how it is moving through the Planning Commission and City Council. It will be before the Council in early June. You can follow the City meetings by going on the City's website (<http://www.cityoftacoma.org/Page.aspx?hid=12894>). The City has a **\$500,000 grant to provide improvements** starting as soon as the plan is approved. Part of the grant, \$100,000, is reserved for **promoting pedestrian and cyclist activity** within the City.

Carla and I have been attending **meetings in Orting to find solutions to cyclists blowing the Stop signs along the trail**. We also want to **work towards the motorists improving their behavior** as well. The City's Public Safety Committee is the venue for discussing these matters. The largest problem seems to be when workers are coming home in the evening. The offending cyclist apparently doesn't turn his head to look behind him to see if cars are about to turn right. Some cyclists see the car coming and try and beat the car to the intersection. If you are on the trail, please be sure to

Gov. Affairs, cont. on pg 3

Gov Affairs from pg 2

check for cars and act appropriately. Also, please **be very careful** when **overtaking slower cyclists or pedestrians.**

Our Club is participating in the **Washington State Trails Conference.** It will be held in late **October** in Tacoma. We plan to sponsor several walks, mostly emphasizing the Esplanade along the Thea Foss Waterway. We will also sponsor at least two bike rides, one on the Foothills Trail and one on the Narrows Bridge and Cushman Trail.

Steven Garrett has been **appointed** to be a member of the **Sustainable Tacoma Commission.** He will be advocating for more non-motorized transportation and for more emphasis on growing our food supply locally.

The month of May was **Bike Month** and we **discussed the many events** happening in Tacoma. I hope you were able to participate. I helped with the **Biking for a Better Tacoma** event held at the HUB on May 17. It was great to see at least 50 people show up to support our efforts. **Two City Councilmen were there, David Boe and Ryan Mello.**

Scott continues to monitor the installation of **Sharrows in the City of Lakewood.** I have been able to ride there recently and I was very impressed with **Lakewood's efforts** to making cycling safer in the community.

June 12 will be the **Tacoma Twilight Criterium.** It would be great to see you there watching the racers and having arrived by bike (*see the website: www.tacomatwilight.com/*).

This summer, the City of Tacoma will be working on a **short trail connection between Skyline and Vassault** just north of SR 16. **Dana Brown and Diane Wiatr from the City** have worked this project along with **WSDOT who provided the easement and funds** to accomplish the work.

Pierce County's Environmental Health people continue to work on efforts to improve personal health by **encouraging more walking and biking** throughout the County.

Ralph reminded us that **Pierce County Parks** was supposed to have a meeting or two to **prioritize potential trail projects in their new comprehensive plan.** We have since contacted the Parks people and **asked them to facilitate these meetings.**

Steven Garrett let us know he is hoping to participate in the production of a **high class video** that will feature a rock band singing about **the benefits of having a 3 foot passing law** for cyclists. I can't wait to see him singing on my computer.

By the time you read this, I will have returned from a trip to Bishop, California to spend a week riding with about 20 other people. Details are on www.nomints.com. I hope to go on a two-week trip to Canada with Carol and Roz in July. In August, I will be in Ashland, Oregon for a week of riding with Russ and Renee Rickert. I hope you get to go on at least one bike trip this summer, even if it is just an overnighter. How about trying the RAPSsody Ride to Shelton? It is a great event. Remember to **ride more and worry less.** ☺

☺ **Gas Prices, or one (more) reason Why We Ride Our Bikes** ☺

AAA's regional gas price report for the end of May, 2010: \$3.10 per gallon.
Last year at this time we paid \$2.65 per gallon.



BAW Legislative and Statewide Issues Meeting – 6/12/10

By Ralph Wessels

On Saturday June 12th at REI's main store in Seattle from NOON to 5 pm, the Bicycle Alliance of Washington's Legislative and Statewide Issues Committee will meet to prepare for the 2011 legislative session and to discuss other bicycle issues of statewide interest. The agenda includes evaluating the BAW's 2010 successes and issues requiring continued effort, identifying new items, developing priorities, and mapping out strategies to address.

The Bicycle Alliance works year round to bring forward input from bicycle clubs and bicyclists from throughout the State. Even though it is very tough to get legislation passed, it is essential that bicyclists in Washington know that BAW is working for them to get their ideas incorporated into State law. The Bicycle Alliance web page has more info on our legislative efforts: <http://www.bicyclealliance.org/programs/legislation.html>.

The committee consists of representatives from bicycle clubs and other advocates from around the state. The meeting is also **open to non-committee members**. If you would like to participate in the meeting and make a positive difference for bicyclists, **please consider attending**. Bob Myrick is TWBC's representative on the committee so you can also share any items with him if you are unable to attend.

There will be food and drinks available at the meeting. Please RSVP Bob Duffy in advance at enb3pin2@comcast.net so there is assurance of adequate sustenance there for all. The BAW looks forward to seeing you in Seattle! ☺

Kootenay - Kananaskis Tour

July 11-25

By Carol Davis



Join us on this tour of one of the most beautiful places on Earth! Every day will be memorable. I have reworked the itinerary to make it possible to take the train to the beginning and end. That would be adding a day on to each end of the trip. The train goes to Sandpoint, Idaho. One could ride from Sandpoint to Creston, the new starting place for our tour. However the train arrives in Sandpoint at 2:32 AM. The SAG would have to meet you with your bikes.

A one week option is possible because there is a Calgary airport shuttle that goes to Banff.

Average daily mileage is 60 miles per day. We will arrive in Creston on July 11, and begin riding the next day. A rest day is planned in Banff on July 18. Everyone will have another rest day on their day to drive the SAG. We ride over Roger's Pass and then down through the Kootenay region where we will arrive in Ainsworth Hot Springs with plenty of time to enjoy the springs. We will arrive back in Creston on July 24 to disperse for home.

Contact Carol Davis right away if you are interested in this trip: wildsidewine@comcast.net or 253-460-5622. ☺

☺ June's Wacky Warning Labels, or Stupid Instructions ☺

(see how many you can find this month!):

- 1) On a bag of chips: "You could be a winner! No purchase necessary. Details inside."
- 2) On the wrapper of a roll-up snack: "Remove plastic before eating."

A Bike Trip Through the Palouse

(Continued from the May COG)

By Cynthia Hammer

It was very lucky for us we stayed there as she told us our planned route for the morrow wouldn't work. We were planning to ride down to the Snake River and cross it on the Lower Granite dam.

Since 9/11 the dam has heightened security measures and—go figure—bicyclists can no longer ride across the dam—although cars and motorcycles still can cross! At any rate, our hostess worked her connections and got one of the security people working at the dam to agree to drive us across in his truck (although he isn't suppose to). I can't imagine what we would have done if we had climbed several thousand feet and then descended 2000' to be told we had to go back! Our timing, unbeknownst to us, was nearly perfect. We got to the dam at 12:30 pm. Sam drove us across and then told us the restaurant—the only place for food that day --was 2 miles away and would be closing in 15 minutes.

Steve wanted to talk with Sam about fishing in the river, but I told him we needed to get a move on or we would be without food for the rest of the day, which included another big climb to reach Pullman, our destination for the day. The next day, we enjoyed riding through the campus of Washington State University before heading back to the Snake River and enjoying 20 or so miles of flat riding into Lewiston, ID. From there we were able to ride another flat 8 miles on a bike path to Asotin, but then it was back into climbing mode.

Before we left Tacoma there had been a severe weather warning for Friday in the Walla Walla area with winds over 40 mph. We thought we would need to cancel our trip. But the forecast for Saturday was only 7 mph, so we started out. Rain was also forecast for the coming week, but we felt ready to deal with that. On our first day of cycling we were hit hard with head winds, so much so, that by lunch time, Steve was inquiring about hiring someone to drive us the remaining 30 miles to Pomeroy---but no such service was available! Luckily, after lunch the winds were much less and we made Pomeroy by 6 pm. Another heavy headwind hit us after leaving Asotin and finishing a long climb onto Rattlesnake ridge. We were finally saved by a long and serious descent in the protection of a canyon to Boggan's Oasis—a mom and pop operation by the highway and next to the Grand Ronde River. The name certainly suits, as it was an oasis to us. We spent the night in a small but tidy cabin and enjoyed supper and breakfast there. In the morning we also got equipped with a large sandwich and two huge cookies each as there would be no services for 48 miles---and in the meantime there was also 5000' of climbing.

Our destination for that day was Lake Wallowa in Oregon, about 6 miles past the touristy town of Joseph. There was something in the woman's voice when I made the reservation at her lakeside cabin that had me concerned. When I asked if there was a restaurant nearby where we could get dinner and breakfast, there was a hesitation before she said there was a place across the street.

Again we were lucky to talk with local people when stopped in Joseph for a pick-me-up snack. We learned the restaurant at the lake was closed on Wednesdays (this was Wednesday) and never opened on other days before 11 am. Luckily, the cabin we rented came with stove and microwave so we stopped in the local grocery store and bought meals we could easily heat. I was annoyed with the woman who misled us, but once we were settled in our peaceful cabin, had a fire going in the fireplace and had our tummies full, all was forgiven.

From there it was onto Elgin, OR which took us past the snow covered Wallowa Mountains. This was a fairly easy day with much more downhill than uphill. We arrived about 4 pm and had time to enjoy a milkshake before heading to the motel. Dinner was quite delicious at a Chinese restaurant in this town of 2000.

A Bike Trip ..., cont. on pg 6

A Bike Trip ..., cont. from pg 5

For our last day of riding, we climbed 20 miles into the Blue Mountains—again little traffic and no services for miles. We were counting on the store/restaurant at Tollgate being open, but it wasn't where we expected. We worried we had missed it and wondered if two power bars would get us through another 20 miles. Getting onto 1 pm and feeling tired and hungry, we spotted it. Hamburgers and French fries revived us and then it was a 20 miles downhill! The final 20 miles were mostly flat, but we were closer to civilization now. By staying on the highway—the most direct route back to Walla Walla—instead of checking the book's cue sheet—we got our only flat of the trip, about 3 miles from our end point.

We had been warned by the bike mechanic at REI who had lived in the Palouse about frequent flats caused by goat heads. Steve wasn't able to find the puncture in the inner tube and was ready to insert a new tube when I recalled an earlier experience I had changing a flat tire for Carol Davis. Don't put in a new tube until you find what caused the first flat, as you will only immediately get another flat. So I really pumped up the useless tube ---and eventually discovered where the puncture was. Steve now thoroughly examined the tire 12 inches from the rim's stem hole and noticed a pricker buried deep in the tire. It took our nail file to dig it out. Our first and only flat—our first and only goat head. We ended the trip by 4 pm and started our drive west arriving home by 11 pm with happy memories of all we had seen and done—an adventure well worth remembering. ☺



RAPSody Volunteer Positions Open



By Ralph Wessels

The Ride Around Puget Sound is still a few months away but volunteers are being sought. RAPSody is August 28-29 this year. TWBC is responsible for the start and finish line at Tacoma Community College, provides some sag support, manages the rest stop for the 1-day riders in Shelton, and also helps manage the overnight stop at the Shelton High School. Contact Ralph Wessels at 857-5658 or ralphdena@comcast.net if you would like to be part of the support team for this event.

Since TWBC is one of the five host clubs and the ride is a fund-raiser for bicycle advocacy, volunteers do not get to ride for free, but are welcomed to assist on the pre-ride that marks & checks the course. Volunteers also are able to purchase the 2010 RAPSody jersey designed by TWBC's own Steve Lay at a reduced price of \$40 (must order by June 29 – see the design at <http://www.rapsodybikeride.com/merch.html>). Volunteers also receive a T-shirt and souvenir socks, both based off of the jersey. ☺

☺ **TWBC Membership Benefits** ☺

Rides: Attendance on guided rides throughout the year.

Bicycle boxes: Suitable for carrying bicycles in reserve in advance. Contact equipment@twbc.org.

Bicycle trailer: single-wheeled BOB trailer. Contact equipment@twbc.org.

Camping fees: For Club Rides (check for stipulations).

Club Picnic: All you can eat catered (or pot luck) picnic at the middle or end of summer.

Club Banquet: Subsidized annual awards and social event in January.








Newsletter: Monthly PDF publication with updates on rides and information about bicycling in Tacoma and Pierce County.

Bike Shop Discounts: See at the Club Website: <http://www.twbc.org/resources/Documents/bike%20shops%20with%20discount.pdf>



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
06/01 Tues	9:30 AM	2 B	30 - 50	Ron Nowicki, Louis Boitano 661 - 2664	Tuesday Ride. T Start: Freighthouse Square, 430 E. 25th St, Tacoma.
06/01 Tues	6 PM	00 Meet	00 & Eat	Bob Myrick 473 - 7455	Government Affairs Meeting @ the Harvester Resturant in the Stadium H.S. area @ 1st & Tacoma Ave. Work on bicycle problems around Pierce County. All are invited to participate.
06/02 Weds	6 AM	3 C	12 - 18	Karen Comer 988 - 0279	Sunrise Series. Long & level, or short & steep, route will vary but always end back @ start by 7 AM. Pace (16-18 on the flats,) hills B-D.  Start: Forza Coffee Shop, 4828 Bridgeport Way W.
06/02 Weds	9:30 AM	3 C	36	Lou & Karel Vance 921 - 4847	Ride to Dupont for coffee. See Ride Notes for Ride Details. Rain Cancels.  Start: Skyline Park & Ride (6th & Skyline).
06/03 Thurs	8:30 AM	4 C	40 Train	Steve Garrett 272 - 0775	Bust a Move. Going over 16 mph. Can you dig it?  Start: Starbucks @ 26th & Proctor.
06/03 Thurs	9:30 AM	2 A	30 Trail	Lonna Cain 475 - 8853	Silk Road Smooooothly. 100% paved trail w/ very few road crossings. No hills, no unpleasanties or your money back! Smoothies or beverage of your choice in South Prairie (no host). Rain Cancels.  Start: East Puyallup Trailhead, 13900-80thStE,Puyallup.
06/04 Fri	9 AM	2 C, 3 C	30 - 45 Train	Cynthia Hammer 752 - 0801	Hills Are Our Friends. Steve leads the 3 C & Cynthia, the 2 C. Each week the number of hills or the length of the ride will increase. Brief breaks.  Start: Skyline P & Ride (6th & Skyline).
06/04 Fri	10:30 AM	1 A	8 - 12	Jim Davis 759 - 5616	Mindless Meandering Miles. See Ride Notes for Details.  Start: Highland Golf Club, 1369 Bel Air Road, Tacoma.
06/05 Sat	9 AM, 9 AM, 8 AM	2 C, 3 C, 4 C	63, 63, 118 Train	See Description	(Double) Century Training Series 1, II & III.  Please sign in at the Website so we know how many to plan for. 2 C: Cynthia Hammer, 752 - 0801; 3 C: <u>Rollie Herman, 508 - 8020</u> ; 4 C: Mathew Jarvis, 874 - 5325. Start: Celebrations Park, 1111 S 324th St, Federal Way.
06/05 Sat	9 AM	3 C	60	Karen Comer 988 - 0279	Ride to Sunrise on Mt. Rainier. See Ride Notes For Ride Details. Great RAMROD training. Start: 16523 Alpine Dr E, Greenwater.
06/06 Sun	7 AM	All	29M, 50K, 100K, 100M	TWBC (see the COG Home Page)	Peninsula Metric Century. \$\$\$ Start: Southworth Ferry Terminal or New Gig Harbor Start, Kimball Dr, Gig Harbor.



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06/07 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. 
06/08 Tues	9:30 AM	2 B	30 - 50	Ron Nowicki, Louis Boitano 661 - 2664	Tuesday Ride. T Start: McDonald's, 112th & Pacific Ave.
06/08 Tues	6 PM	00 Meet	00 & Eat	Carla Gramlich 592 - 9156	Board Meeting @ the Kim Ahn Restaurant across from TCC on Mildred. Guests & Club Members welcomed.
06/09 Weds	9:30 AM	3 B	43 or 44 Trail	Lou & Karel Vance 921 - 4847	Chehalis Western Trail Ride. Bring lunch, snacks or plan to buy lunch in Tenino or Yelm. See Ride Notes for Ride Details. Rain Cancels. Start: Chambers Lake Trailhead, Lacey. 
06/09 Weds	5 PM	2 B	15	Carla Gramlich 592 - 9156	Diva Night out @ REI. See Ride Notes for Ride Details. We will do a casual ride to the event & then ride back. Start: The Hub, 203 Tacoma Ave., Tacoma.
06/10 Thurs	8:30 AM	4 C	40 Train	Steve Garrett 272 - 0775	Bust a Move.  See 06/03 for Ride Details.
06/10 Thurs	9:30 AM	2 A	30 Trail	Lonna Cain 475 - 8853	Silk Road Smoooothly. Rain Cancels. See 06/03 for Ride Details. 
06/11 Fri	9 AM	2 C, 3 C (?)	30 - 45 Train	Cynthia Hammer 752 - 0801	Hills Are Our Friends.  See 06/04 for Ride Details.
06/11 Fri	10:30 AM	1 A	8 - 12	Jim Davis 759 - 5616	Mindless Meandering Miles. MMM See 06/04 for Ride Details.
06/12 Sat	9 AM, 9 AM, 8 AM	2 A, 3 A, 4 B	74, 74, 126 Train	See Description	(Double) Century Training Series 1, II & III.  Please sign in at the Website so we know how many to plan for. 2 A: Cynthia Hammer, 752 - 0801; 3 A: Rollie Herman, 508 - 8020; 4 B: Cynthia Hammer, 752 - 0801. Start: Sumner Library, 1116 Fryer Ave, Sumner.
06/12 Sat	3 PM	00 Meet &	00 View	See Description	First Tacoma Twilight Criterium. Downtown, between Pacific Ave. & "A" St, S. 13th & S. 8th. http://www.tacomatwilight.com/
06/12 Sat	7 PM	00 Meet	00 & Act	Carla Gramlich 592 - 9156	Tacoma Twilight Criterium-Art Bike Parade. For more info contact Gillian Corke, www.junefish.com Start: Pacific Ave. & S. 9th.



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06/13 Sun	1:30 PM	1 A	30	Carla Gramlich 592 - 9156	Sunday Afternoon Ride. Will stop in South Prairie for coffee. Start: East Puyallup Trailhead, 13900-80thStE,Puyallup.
06/14 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 06/07 for Ride Details. 
06/15 Tues	9:30 AM	2 B	30 - 50	Ron Nowicki, Louis Boitano 661 - 2664	Tuesday Ride. T Start: Celebrations Park, 1111 S 324th St, Federal Way.
06/15 Tues	6 PM; 6:30 PM	Meet & 0 Meet &	Eat; 00 Greet	TWBC 759 - 2800	June Club Meeting. Tacoma Bike showing bike equipment you can't live w/out & elections of Club officers. M/A Wild West VFW Post #91, 2000 S. Union Ave.,Tacoma.
06/16 Weds	6 AM	3 C	12 - 18	Karen Comer 988 - 0279	Sunrise Series.  See 06/02 for Ride Details.
06/16 Weds	9:30 AM	2 C	36	Lou & Karel Vance 921 - 4847	Ride to Dupont & stop for coffee. Rain Cancels. Dupont See 06/02 & Ride Notes for Ride Details.
06/17 Thurs	8:30 AM	4 C	40 Train	Steve Garrett 272 - 0775	Bust a Move.  See 06/03 for Ride Details.
06/17 Thurs	9:30 AM	2 A	30 Trail	Lonna Cain 475 - 8853	Silk Road Smoooothly. Rain Cancels.  See 06/03 for Ride Details.
06/18 Fri	9 AM	2 C	30 - 45 Train	Cynthia Hammer 752 - 0801	Hills Are Our Friends.  See 06/04 for Ride Details.
06/18 Fri	10:30 AM	1 A	8 - 12	Jim Davis 759 - 5616	Mindless Meandering Miles. MMM See 06/04 for Ride Details.
06/19 Sat	7 AM	All	30, 66, 100	Wheatland Wheelers Cycling Club 509 - 337 - 8668	Ann Weatherill Cycling Classic. \$\$\$ Walla Walla Her cycling death by a motorist brought about the Ann Law. Funds go to cycling safety & Share the Road signs. Contact debi.toews@gmail.com www.annweatherillcyclingclassic.blogspot.com/
06/19 Sat	9 AM, 9 AM, 8 AM	2 B, 3 B, 4 B	81, 81, 146 Train	See Description	(Double) Century Training Series 1, II & III.  Please sign in at the Website so we know how many to plan for. 2 B: Cynthia Hammer, 752 - 0801; 3 B: Rollie Herman, 508 - 8020; 4 B: Matthew Jarvis, 874 - 5325. Start: Sprinker Recreation Ctr, 14824 C St. S., Tacoma.
06/21 Mon	04:28 AM PDT	11:28 AM UT	Long	Summer Solstice	Latin: sol (sun), sistit (stands). Longest day of the year north of the equator (~ 23.5 degree arc). About 15 hrs of daylight today (UT- 7 = PDT).



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06/21 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 06/07 for Ride Details. 
06/22 Tues	9:30 AM	2 B	30 - 50	Ron Nowicki, Louis Boitano 661 - 2664	Tuesday Ride. T Start: Sumner Library, 1116 Fryer Ave, Sumner.
06/22 Tues	6 PM	1 A	25	Carla Gramlich 592 - 9156	Tour de Pierce Pre-Ride (Course Marking). Helping to mark the course, gains a free TdP Ride. Riding along (no marking), gains a cue sheet. Start: Gold Parking Lot @ the Puyallup Fairgrounds.
06/23 Weds	6 AM	3 C	12 - 18	Karen Comer 988 - 0279	Sunrise Series.  See 06/02 for Ride Details.
06/23 Weds	9:30 AM	3 B	43 or 44 Trail	Lou & Karel Vance 921 - 4847	Chehalis Western Trail Ride. Rain Cancels. See 06/09 & Ride Notes for Ride Details. 
06/24 Thurs	8:30 AM	4 C	40 Train	Steve Garrett 272 - 0775	Bust a Move.  See 06/03 for Ride Details.
06/24 Thurs	9:30 AM	2 A	30 Trail	Lonna Cain 475 - 8853	Silk Road Smoooothly. Rain Cancels. See 06/03 for Ride Details. 
06/24 Thurs	6 PM	2 A	12	Carla Gramlich 592 - 9156	Tour de Pierce Pre-Ride (Course Marking). Helping to mark the course, gains a free TdP Ride. Riding along (no marking), gains a cue sheet. Start: Gold Parking Lot @ the Puyallup Fairgrounds.
06/25 Fri	9 AM	2 C	30 - 45 Train	Cynthia Hammer 752 - 0801	Hills Are Our Friends.  See 06/04 for Ride Details.
06/25 Fri	10:30 AM	1 A	8 - 12	Jim Davis 759 - 5616	Mindless Meandering Miles. MMM See 06/04 for Ride Details.
06/25 Fri	2 PM	2 B	30	Carla Gramlich 592 - 9156	Tour de Pierce Pre-Ride (Course Marking). Helping to mark the course, gains a free TdP Ride. Riding along (no marking), gains a cue sheet. Start: Gold Parking Lot @ the Puyallup Fairgrounds.
06/26 Sat	9 AM, 9 AM, 8 AM	2 C, 3 C, 4 C	73, 73, 156 Train	See Description	(Double) Century Training Series 1, II & III.  Please sign in at the Website so we know how many to plan for. 2 C: Cynthia Hammer, 752 - 0801; 3 C: Rollie Herman, 508 - 8020; 4 C: Cynthia Hammer, 752 - 0801. Start: Skyline Park & Ride, 7100 6th Ave (& Skyline Dr).



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Day/- Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
06/26 Sat	9:30 AM	2 B	50	Carla Gramlich 592 - 9156	Tour de Pierce Pre-Ride. We will be riding the course to check the marks & refresh any that need it. Start: Gold Parking Lot @ the Puyallup Fairgrounds.
06/27 Sun	7 AM	All	20,35,- 70,85,- 126	Capital Bicycling Club 360-292 - 8925	Two County Double Metric Century. \$\$\$ Start: Millersylvania State Park, Olympia. www.capitalbicycleclub.org
06/27 Sun	7:30 AM	All	12, 30 & 50	Cara Cross Pierce County Parks 798 - 4177	Tour de Pierce. \$\$\$ Start: Gold Parking Lot @ the Puyallup Fairgrounds. http://www.piercecountywa.org/pc/services/recreate/tourdp-rc.htm
06/28 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels.  See 06/07 for Ride Details.
06/29 Tues	9:30 AM	2 C	30 - 50	Ron Nowicki, Louis Boitano 661 - 2664	Tuesday Ride. T Start: Skyline Park & Ride (6th & Skyline).
06/30 Weds	6 AM	3 C	12 - 18	Karen Comer 988 - 0279	Sunrise Series.  See 06/02 for Ride Details.
06/30 Weds	9:30 AM	3 C	36	Lou & Karel Vance 921 - 4847	Ride to Dupont & stop for coffee. Rain Cancels. Dupont See 06/02 & Ride Notes for Ride Details.

June Ride Notes:

Dupont

06/02, 06/16, 06/30 Ride to Dupont.

Rain or icy conditions cancels ride.

06/09, 06/23 Chehalis Western Trail.

Sign up with a contact number so we can notify you by



phone (preferably cell, in case you are in transit) if a ride has been cancelled. For the CWT, bring a lunch & snacks or plan to buy lunch in Tenino or Yelm (one mile longer). For both rides, if it is raining in Tacoma at the time we need to leave for the scheduled ride, the ride will be cancelled. We encourage riders to car pool.

MMM

06/04, 06/11, 06/18, 06/25 Mindless Meandering Miles.

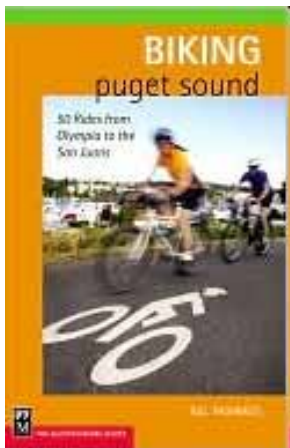
1) no fast riders; 2) hills kept to a

minimum; 3) stop for coffee; 4) bring snacks; 5) wait for flats & help change tires; 6) wait for the slowest riders; 7) maybe join the Monday riders.

06/05 Ride to Sunrise on Mt. Rainier. Bring \$\$\$ for Park entrance. Could ride to Cayuse Pass or Crystal Mountain Blvd if we are vary ambitious. Refreshments provided post-ride. No internet service, so if you don't RSVP before Friday am, I won't know to expect you. Cell service is variable.

06/09 Diva Night out @ REI. Third annual event. Our goal is to inspire women to try new activites & learn about the products & groups that can help get them out & active. Feather boas are optional.

May General Meeting
(Photo submitted by Steve Brown)



May General Meeting's Special Guest,
author Bill Thorness (above, on right)
discussing his book, "Biking Puget Sound" to attendees.

Available at:

Amazon.com:

[http://www.amazon.com/Biking-Puget-Sound-Rides-Olympia/dp/0898869439/
ref=sr_1_1?ie=UTF8&s=books&qid=1274893193&sr=1-1](http://www.amazon.com/Biking-Puget-Sound-Rides-Olympia/dp/0898869439/ref=sr_1_1?ie=UTF8&s=books&qid=1274893193&sr=1-1)

or Barnes and Noble:

[http://search.barnesandnoble.com/Biking-Puget-Sound/Bill-Thorness/e/9780898869439/
?itm=1&USRI=biking+puget+sound](http://search.barnesandnoble.com/Biking-Puget-Sound/Bill-Thorness/e/9780898869439/?itm=1&USRI=biking+puget+sound)

or Borders, Books & Music:

<http://www.borders.com/online/store/TitleDetail?sku=0898869439>



The COG Home

TWBC Ride Line : 253 - 759 - 2800
Updated Sunday & Thursday!

The 'Smiling Bicycle' Logo, the Club Jersey
& a majority of Club Ride T-shirts were
(are) designed by Member Steve Lay.



Next Ride Calendar Deadline:
Tues, June 15, 2010

Next COG Article Deadline:
Weds, June 16, 2010

Next Club Meeting: 6 PM
Tuesday, Sept. 21, 2010

*Please keep the Database Commander Bev updated as to USPS/E-mail address changes.
It makes her job a lot easier! (If you don't receive your Newsletter, contact the Editor!)*

PRESIDENT:

president@twbc.org

Carla Gramlich, 592 - 9156

VICE - PRESIDENT:

vp@twbc.org

Vern Hase, 759 - 7246

SECRETARY:

secretary@twbc.org

Sue Coley, 539 - 0676

TREASURER:

treasurer@twbc.org

Mike Madden, 564 - 2718

RIDE CAPTAIN:

ridecaptain@twbc.org

Cynthia Hammer

DIRECTOR OF COMMUNITY & GOVERNMENT RELATIONS:

gac@twbc.org

Bob Myrick, 473 - 7455

DIRECTOR OF SPECIAL EVENTS:

events@twbc.org

Joyce Clifford, 759 - 2393

NEWSLETTER EDITOR:

newsletter@twbc.org

Dena Wessels, 857 - 5658

(All Phone #s are 253 Area Code, unless otherwise indicated.)

MEMBERSHIP DATABASE & MAILING:

database@twbc.org

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MEMBERSHIP:

Phyllis Lay, 759 - 1816

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Cynthia Hammer

TWBC SAFETY & EDUCATION

Jim Ahrens, 566 - 3347

TWBC EQUIPMENT :

equipment@twbc.org

Steve Brown, 752 - 4038

Assistant Jim Davis

TWBC PUBLICITY:

publicity@twbc.org

Anita Beninger

CLUB JERSEY SALES:

jerseys@twbc.org

Peggy Fjetland, 841 - 4458

DAFFODIL CLASSIC

(2009): APRIL 19

daffodil@twbc.org

Frank Wilson

PENINSULA METRIC

(2009): JUNE 7

pmc@twbc.org

Ron Nowicki

RAPSody Contact:

(2010): Aug. 28 & 29

hapsody2005@earthlink.net

Ralph Wessels, 857 - 5658

ANNUAL CLUB PICNIC:

(2010): Aug. 17 ????

president@twbc.org

Currently Vacant, Apply Now!

BIKE EXPO:

(2010): March 13 & 14

bikebooth@twbc.org

Peggy Fjetland, 841 - 4458

Advertisement Requirements: TWBC Members may place ads in the COG for free that are directly related to bicycling. All ads must be accompanied with contact information (i.e., name, address, phone number, email) of the person submitting the ad.

Local bicycle shops that offer a discount of at least ten percent (10%) to TWBC Members may place ads or flyers in the COG for free. "Local" is defined as within the Puget Sound area. Each bicycle shop may place up to two ads for free in a calendar year.

Non-members, agencies, businesses and bicycle shops that do not offer discounts of at least ten percent (10%) to TWBC Members will be charged for placing ads in the COG. Payment for the ad must be received prior to inclusion into the COG. The fee shall not be less than \$10 for a 1-line text ad and will be a minimum of \$50 for quarter page ads or more. The Newsletter Editor will determine an appropriate fee based upon the size and complexity of the ad. All ads are subject to editing and space limitations as deemed appropriate or necessary by the Newsletter Editor. ☺




**June
2010**

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



mail to:



<p>Please Note: You can become a Member at www.twbc.org. Click on 'Online' under the Join heading.</p> <p><i>Become a Member of TWBC</i></p>	
<p>Name: _____</p> <p>Address: _____</p> <p>City, State: _____</p> <p>Home Phone: _____</p> <p>Work Phone (optional): _____</p> <p>E-mail: _____ @ _____ (all info. is for Club use only; please print clearly!)</p> <p>Please Check Those That Apply: <input type="checkbox"/> New Member <input type="checkbox"/> Renew <input type="checkbox"/> Addr Chg</p> <p>Please Note: <i>COG</i> delivery is now electronically via E-mail, unless you indicate here <input type="checkbox"/> for the more costly, less 'Green' delivery method through the US Postal Service.</p> <p>Individual Person Membership Fee \$15 _____</p> <p>Or, Family Membership Fee \$20 _____</p> <p>One-time Initiation Fee \$5 _____</p> <p>Total Membership Fee(s) \$ _____</p>	 <p>Send this form and a check for the total \$ amount to:</p> <p>TWBC Membership PO Box 112078 Tacoma, WA 98411</p> <p><input type="checkbox"/> Check box if you <u>do not</u> want your USPS address, phone # or email address in the yearly Membership listings.</p> <p>Also...Check boxes if you are interested in volunteering for:</p> <p><input type="checkbox"/> Leading Bike Rides <input type="checkbox"/> Events (Daffodil, PMC) <input type="checkbox"/> Newsletter <input type="checkbox"/> Club Meeting Programs <input type="checkbox"/> Becoming a Club Officer</p> <p>Thanks for becoming a Member of TWBC!</p>

TWO COUNTY DOUBLE METRIC CENTURY



5 routes: 20 | 35 | 70 | 85 | 126 miles (126 miles = 200 kilometers)

NEW START LOCATION: 225 Dennis St. tumwater
 Beautiful riding on five different routes, from a family friendly 20-miles to a grueling 200 K that will challenge experienced cyclists. Ride beautiful low traffic roads of Thurston and Lewis Counties. Planned by cyclists for cyclists: You won't believe the food at the rest stops .

Sunday, June 27, 2010

Start/finish: Peter G Schmidt Elementary 225 Dennis St, Tumwater WA
 Registration open from 7:00 a.m. to 1:00 PM
 (126 mile riders must register by 08:30 a.m.)

Preregistrations must be received by June 20, 2010 or register the day of the ride.
 Children 12 and under ride free

Riders enjoy a well-marked course with cue sheet and map, support vehicles, rest stops on every loop, finish line welcome until 6:00 p.m., \$1.00 per rider supports the Bicycle Alliance of Washington (BAW).



Entry Fee Schedule	Quantity	Preregistered by June 21st	Day of Ride	Line Total
Adults		\$23.00	\$25.00	
Tandem teams		\$30.00	\$35.00	
Families of 3 or more		\$35.00	\$40.00	
Capital Cycling Club Members		(\$2.00)	(\$2.00)	
Students with ID or Seniors (65+)		10.00	10.00	

Mail completed form and checks to:
Capital Cycling Club - P.O. Box 642 - Olympia, WA 98507
 Register on-line www.capitalbicycleclub.org
 CBC Hotline (360) 292.8925

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 Cycling 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 June 28, 2010, 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

From TWBC The Cog-nitive Courier



Tour de Pierce is a summer bicycle ride through central and eastern Pierce County for fitness and fun, promoting bicycle awareness and safety.

Sunday, June 27, 2010

7:30 am - 2:30 pm

12, 30, and 50 mile routes

New routes for the 30 mile and 50 mile

The 20th annual Tour de Pierce offers enjoyable cycling from 7:30 AM - 2:30 PM on Sunday, June 27, 2010.

The ride winds through Puyallup, Sumner, Orting, South Prairie and adjacent farm lands. A rest stop at McAlder Elementary School, south of Sumner, will offer entertainment, light refreshments, and restrooms for riders.

The 12-mile route provides a flat, easy ride suitable for families and novice riders. A longer 30-mile loop extends the ride past farms, flower fields and more scenic views of waterways and Mount Rainier. The 50-mile course travels through parts of Puyallup, Sumner, South Prairie and Orting.

Tour de Pierce starts at the Gold parking lot of the Western Washington Fairgrounds on South Meridian and 9th Avenue SE, in downtown Puyallup. The Gold parking lot is diagonally across the Puyallup Fair's corner entrance on Meridian Street.

The course opens at 7:30 a.m. and closes at 2:30 p.m. Registration will remain open until 11:30 a.m. **Riders may start between 7:30 a.m. - 11:30 a.m.** The staging area will close at 2:30 p.m.



All riders must wear CPSC helmets.

Registration

- Pre-register by June 11th for \$12 per person or \$35 per family of 4
- Pre-register your group of 12 or more for \$8.00 per person
- Register the day of the event on June 27th for \$17 per person or \$48 per family of 4
- Register online for a small fee at www.piercecountywa.org/parks

253-798-4176

Pierce County Parks & Recreation

www.piercecountywa.org/parks

2010 Tour de Pierce Registration Form

Name _____

Address _____

City/State/Zip _____

Phone _____ E-mail _____

VISA / MC # _____ Exp. Date _____

Enclose check or money order payable to: Pierce County Parks & Recreation
 Tour de Pierce
 9112 Lakewood Dr. SW
 Lakewood, WA 98499-3998



*Confirmation will not be sent. Pre-registered riders will check in at the start of the ride.
 Ride goes on rain or shine. No refunds for inclement weather.*

Pre-registration Fees: (Postmarked by June 11)

Individual	\$12
Family of 4	\$35
T-Shirt	\$9 ea
Day of Ride Fees:	
Individual	\$17
Family of 4	\$48
T-Shirt	\$15 ea

Total Number of Family Members _____

Amount Enclosed \$ _____

Indicate T-Shirt quantity next to size:

YM __ YL __ AS __ AM __ AL __ AXL __ AXXL __

From TWBC The Cog-nitve Courier

the june '10 cog page 16

TdP Flyer

West Sound Cycling Club presents

Pre-register at:
www.westsoundcycling.com
or by mail by July 19 and get
two raffle tickets free!

17th Annual
Tour de Kitsap

Showers & refreshments
are available at the
Silverdale Beach Hotel.

Bicycle Event Weekend | July 24 & 25
At Silverdale Whaling Days

Silverdale Registrations:
Register at the Silverdale Beach Hotel: 3073 NW Bucklin Hill Road
from 7:00am to 10:30am on Sunday, July 25, 2010. The course
closes at 4:00pm. Ride organizers suggest an early start.

Advance Registration:
Pre-register by mail until July 20, 2010 by signing and mailing a
Check with the form and waiver. Pre-register on-line until July 24,
2010 at : www.active.com.

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

Web: westsoundcycling.com
Phone: 206.842.4552

Single Track Saturday:
Begins in historic Port Gamble on Pope & Talbot land. The trails are
for those who like to ride terrain. This is an open, non-registrational
event. Visit nearby Hood Canal Brewery tasting room after the ride!

Services:
Theme refreshment stops provide drinks, water, fruit and food free
on each route. A free "Bag Check" and bike corral will be available
at Main Registration. A SAG wagon patrols each route. For post-ride
Showers bring your own towel.

T-Shirt:
A Tour de Kitsap-Whaling Days Tee shirt is available for sale for
\$15.00. Pre-pay with the Registration form to assure availability.
A limited number of shirts will be available for sale at the ride.

E-mail: tdk@westsoundcycling.com
TDK Information: Jim Llewellyn

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

In consideration of the acceptance of this entry & by signing this Release
for myself (or for the participant if the participant is under 18) I agree to
RELEASE, HOLD HARMLESS, and INDEMNIFY the West Sound
Cycling Club, Bicycle Alliance of Washington, Silverdale Whaling Days,
and all sponsors, advertisers, owners & lessors of premises on which the
activity takes place, their respective officers, agents and members, and
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 or serious personal injury or death, and I
expressly agree to assume those risks. I understand the route chosen
is challenging, not necessarily the safest route, and that the 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, and 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 and that the Tour de Kitsap Bike Ride
requires all riders to wear helmets. I agree to wear a helmet while
participating in this event, and to follow the rules of the road & all
applicable laws and safe bicycling practices.

I understand that this Release is also binding on my heirs and
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 & IMDEMNIFY
the entities named above for any claims brought on behalf of the minor.

Snell or ANSI approved helmets are required on this ride!

This qualifies as an Official RAPSody training ride.

Signature of Participant: _____ Date: _____

Signature of Parent/Guardian _____
If participant is under 18: _____ Date: _____

Registration form containing fields for Name, Address, City, State/Zip, Phone, Cell, E-mail, and payment information. Includes a table for fees: Pre-Reg (\$25 Adults, \$12 under 18, \$15 WSCC Members, \$50 family), \$30 - Day of Ride, West Sound Cycling Club Dues (\$20 S-\$30F), T-Shirt (\$15) S_M_L_XL_XXL, Single Track donation, Total Enclosed. Includes checkboxes for 'I will pick up pre-registration packet at: Ferry Silverdale' and 'I am riding the: 15_30_65_100'. Make checks payable to: WSCC (non-refundable).

From TWBC The Cog-nitve Courier