



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

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OCTOBER 2004

mail to:

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

Become a member of TWBC

Name: _____

Address: _____

City, State: _____

Home Phone: _____

Work Phone (optional): _____

E-mail: _____@_____

Check Box: ☐ New Member ☐ Renew ☐ Addr Chg

Individual person membership \$15_____

Family membership \$20_____

One-time initiation Fee for new members \$ 5 _____

Optional subscription to Sports Etc \$18_____

Optional subscription to The Bicycle Paper \$12_____

Total Membership Fee: \$ _____

**Send this form and a check
for the total \$ amount to:**

TWBC Membership
PO Box 112078
Tacoma, WA 98411

**[] Check box if you do not
want your phone # or ad-
dress in the membership
listings.**

**Also...Check boxes if you
are interested in volunteer-
ing for:**

[] Leading Bike Rides

[] Events

[] Newsletter

[] Club Meeting Programs

[] Becoming a club officer

the cog-nitive courier
tacoma wheelmen's bicycle club newsletter
since 1888

253-759-2800

po box 112078 tacoma, wa 98411



A BICYCLE DREAM Carol Davis, Ride Captain

I had a dream that cy-
clists were riding down a city
street taking up the whole lane,
chatting, singing and laughing.
A city bus came up behind them .
. . and slowed down!!

I had a dream that on many
city streets, the cyclists out-
numbered the cars.

I had a dream that the
cities had bicycle lanes and
marked bicycle routes every-
where. There were even special
traffic lights just for bicycle
lanes with bicycles on them like
the walk signs we have for pe-
destrians.

I had a dream that I was
riding on a bicycle lane when
all of a sudden there was a
machine in front of me!! It was
a street sweeper, sweeping the
bicycle lane that had no debris
on it anyway!!

I had a dream that we rode
our bikes every day for 5 weeks
and never had a flat until the
last couple days when someone's
tire wore out.

I had a dream that we were
riding through beautiful coun-
tryside where cars came up only
every fifteen minutes or so and
always went around us. Some-
times there were paved bicycle
trails even when there wasn't
any traffic.

I had a dream that we rode
for five weeks and never saw
litter or glass along side the
roads.

I had a dream that the
hotels and B&B's always found a
safe place for our bikes. Once
we even kept our bikes in the
window of a hotel lobby.



Dream continued on p.4

OCTOBER 2004



IS YOUR MEMBERSHIP CURRENT? Ann Seago

Do you enjoy reading the infor-
mative articles in the
Wheelmen's newsletter? Do you
rely on the ride calendar to
learn about rides offered in
the coming weeks? Do you want
to ensure your continued mem-
bership in the Wheelmen? If so,
be sure to renew you membership
within two months of its expi-
ration. I know this isn't al-
ways as easy as it should be.

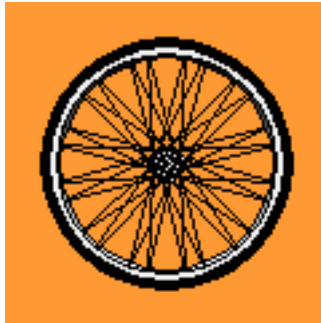
In the past, your renewal date
appeared on the mailing label
and your helpful membership/
database manager (that would be
me) would circle the date and
write you a note about the
upcoming expiration of your
membership. In recent months
the club has started using a
commercial mailer to handle the
printing and applying of labels
and taking the newsletter to
the post office. This means
that another method must be
used to notify you of your
expiration date. As some of you
have noticed, I have started
emailing expiration notices to
you if you have an email ac-
count and IF you have notified
me of changed email addresses.
If you do not have an email
address I am sending out a post
card to remind you of the need
to renew.

So, this is a plea to you,
please let me know when your
email address changes so that I
get fewer "bounced" messages.
If you receive an email or a
postcard from me, know that the
clock is ticking and you must
renew within two months of your
expiration date. Renewing is
very easy, there is a renewal

Membership continued on p.4

TIRE BUZZ

By President
Tim Payne



Our 2003-2004 Cycling year is drawing to a close as we ready ourselves for the next. A sure sign we have reached fall is the Headwaters Century. Turn out was about 250 riders, who got a mostly dry ride. Organizationally it was a very nice job by Ride Director Robert Deehan. We could have easily accommodated several hundred more riders. Thank you Robert, we hope you will return as Ride Director next year. Even though we had to make set up an emergency detour, Robert and "Course Marshall" Ralph Wessels took it all in stride and I don't think any riders even knew the course had changed.

A sure sign we are preparing for the next year is adoption of the club's budget for the coming year. This was accomplished at the September 21 meeting. There are lots of exciting possibilities reflected in that spending plan. Of even greater interest is that we had a significant showing of membership at the meeting including several new faces. One member was returning to the club after several years absence, two attendees were new members and one was a prospective new member.

Also of significance at the September meeting was the return of door prizes. We gave away, a Crank Brothers Speed Lever, a Pedro's Chain Keeper and a Park Tool three way spoke wrench. The plan is to provide door prizes at every meeting this next year. Prizes will not be announced in advance, but we will always attempt to make them worthwhile. So, there is another good reason to show up for the membership meetings. The next meeting, by the way, is October 19. Rumor has it that the door prizes for October will be exquisite. This is a meeting you will not want to miss.

OPPORTUNITIES TO PARTICIPATE ABOUND!!!!!!

Among the features of the new budget is some seed money to help the work of a new committee. Within the next month, I intend to empanel a small committee and ask them to generate a proposal for the next generation of TWBC logo apparel. People are already sending in great ideas. The task for the committee will be to put together a proposal in time for next year's budget. This will include deciding what items we will have, the manufacturer, colors, logo, design and any other considerations related to club logo wear. If you are interested in serving on this committee please let me know as soon as

possible. There are funds in the budget to buy food for meetings and samples of cycling clothing.

We need to find a person for the post of Special Events Director. This post has remained vacant for two years with the tasks being covered by a variety individuals, but Ralph Wessels has done far more than his share of assuming the responsibilities. I have very much appreciated Ralph's dedication, but it is past time to give him a little breather. We are looking for a person who is organized, good at delegation and comfortable operating in a team environment. If you have any interest in this important position please contact me.

We also need the lion's share of the special event staff. Most importantly is a Ride Director or co-Directors for the Daffodil Classic. We have lots of work to do for this ride including a serious review of the route and dealing with the requirements of the Pierce County Health Department. We also need a Ride Director(s) for the Peninsula Metric Century. If you are interested in taking on any of these positions, please contact me.

INDIAN SUMMER

In spite of the rather sloppy weather earlier in the week, today was just a beautiful day with several more promised in the weather forecast. I hope you take advantage, call the ride line (253) 759-2800, and join us for a ride. The gray days of winter will be along soon enough, so soak up all of that sun you can before they arrive in earnest.

WSDOT DELIVERS

As regular readers know I have not cut WSDOT much slack as of late. However, I am very happy to report that our concerns about the temporary approach to the west end (Gig Harbor side) of the Narrows Bridge, have been resolved with a fully paved pathway nearly a month ahead of what we were originally told was the completion target. Kudos to WSDOT and Narrows Constructors for addressing this situation much faster than projected.

Our concerns about the East approach to the bridge, particularly as you cross from Gig Harbor to Tacoma, continue to be unaddressed and general housekeeping around the construction zone continues to be a significant issue. But I am very happy with the accommodation made in the Westside temporary approach, so perhaps we are only days away from seeing resolution to our other issues.

BIKE EXPO

The Board has decided to change the way we participate in the Bike Expo this year. The venue of the Expo has changed to Cascade Bicycle Club's Northwest Cycling Center at Sand Point-Magnuson Park. We will participate by helping the Bicycle Alliance of Washington staff their booth. Our materials will be available for distribution at the BAW booth. If you plan on attending the Expo and pulling a volunteer shift at the same time, be ready to volunteer quickly as the BAW slots will fill up very quickly.

The Buzz continued on p.3

The COG Home Page



**TWBC Ride
Line
253-759-2800**



**Next Club Meeting:
Tues, October
19, 2004
Door Prizes are back!**

**Food galore!
See old Friends and
share cycling stories
and food.**

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

RIDE CODE CHART

Pace Code: Average mph on flat surface:

- 1 - Easy pace, frequent stops to catch up and regroup, 9-12 mph on flats.
- 2 - Moderate pace, occasional stops to catch up and regroup, 12-15 mph.
- 3 - Steady pace, limited stops, cue sheets or maps provided, 13-16 mph.
- 4 - Fast pace, very limited stops, cue sheets or maps provided, 16 + mph.

Terrain Code examples:

- A - Mostly Flat (Inter-urban Trail)
- B - Gently rolling with one or two steep hills
- C - Rolling steeper hills (Kitsap Peninsula)
- D - Difficult terrain with longer, steeper hills (Vashon Island)

Position Vacant, VOLUNTEER NEEDED!

- DIRECTOR OF SPECIAL EVENTS:
- PUBLICITY:
- SAFETY & EDUCATION:
- EQUIPMENT MANAGER:



About the Meetings....

Meetings are held at the South Park Community Center, 4851 S. Tacoma Way, in Tacoma at 7 PM. The business (old business, new business, reports, etc) part of the meeting comes first... then after a short break of food and socializing...the entertainment. *Please attend. All members or interested parties are welcome. No meetings in July, Aug, Dec, and January.*

Club Officers and Volunteers

PRESIDENT: president@twbc.org

,Tim Payne, 360-871-4478,

VICE-PRESIDENT:, Vern

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vp@twbc.org

SECRETARY: secretary@twbc.org

Sandy Byrd: 253-474-6721

TREASURER:

treasurer@twbc.org

Jim DeYoung, 253-912-0757

TOURING CAPTAIN:

ridecaptain@twbc.org

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newsletter@twbc.org

Editor: Jan Brame, 253-759-6984,

Reporters: Various Members

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(after meeting)

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jerseys@twbc.org

Peggy Fjetland, 253-841-4458

ANNUAL PICNIC:

Vern Martin, 253-212-0781

There was no Governmental Affairs meeting this past month since I was on the road to Idaho. I thought I should share some of the highlights and lowlights of my 900+ mile trip with you. The start was on August 28 and the end was on September 15 or to put it another way, it started in Summer and ended in Winter. The plan was to meet friends in Glenwood, Washington and hike or bike for four days. Then, it was on to Jerome, Idaho to ride with the West Sound Cycling Club for four days. I planned to ride home over Lost Trail Pass and Lolo Pass in Montana and coast downhill back to Washington State at Clarkston. I needed to be home by September 28 for a dental appointment.

The first night I stayed in Morton's City Park where they have a new shower and bathroom building. In the morning, I was able to see off most of the RAPsody riders at Freighthouse Square. Lunch was at Noodles on the Move in Eatonville. Their food is great. In Morton, I found a new coffee shop that would fit right in here in Tacoma. On Sunday, I headed for Randle and had my second breakfast at another favorite café. Then, it was off to Council Lake campground some 40+ miles away with 23 miles of gravel road along USFS Road #23. The next day was mostly down hill to Trout Lake where there is a café for a real breakfast and then over to Glenwood where I met Russ and Renee Rickert from Ashland, Oregon sitting in the café. Lunch was great and very inexpensive. We rode over to the Flying "L" guest ranch and met friends from Tacoma and Ellensburg for four days of hiking and biking. Russ and Renee had pedaled from Bend, Oregon and got very soaked in the high desert, very unusual weather. The highlight of our stay was riding 35 miles along the Klickitat River on a mostly paved logging road that used to be the railroad. The road is not being used and we had to negotiate about three big washouts. We decided to ride back up this road to avoid the heat and the mountains on the real road to Glenwood. On Friday, I left for Maryhill State Park. It was 51 miles away. The extreme downhill and the wind was scary for the last five miles down to the Columbia River. I didn't like walking the bridge over the Columbia River in the wind, but the Prime Rib dinner made me very happy.

On Saturday, it was over the river and up the hill to Condon, Oregon, some 55 miles. I got a little lost in Wasco, probably due to the five mile long climb up

there. I turned too soon for the highway and wound up in Klondike which is on the map, but doesn't actually exist. It was only about five extra miles. I had forgot the road goes five miles downhill to the John Day river and then, five miles up to the high desert country. Condon has about 100 windmill generators that were installed in the last three years. The next morning, a blind man in the café was explaining to me how it was curious that the County Judge got 75 of the machines on her property with four other ranchers sharing the remaining 25 machines. She must have better wind on her place. I moved on to Spray, Oregon and decided to stay another night in a motel because I didn't like the campground. There were two more five mile long hills along the way, but I was happy because I was now travelling along the John Day river. The first route I chose off the map would have sent me over some brutal mountains in the high desert terrain. Russ and Renee had sent me this way to see the fossil bed country. The next day, I found great food at an old stage coach stop in Service. My overnight stay was at the Dayville Presbyterian Church hostel which has been operating since 1976. It's along Adventure Cycling's cross country route. I met a man driving a 1953 Chevrolet. He bought it new some 51 years ago. The next day, on the way to John Day, I met a couple from Edmonton, Alberta. They had quit their jobs, sold everything, and planned to be riding for 12 months. They were headed to the Pacific Ocean and Mexico. Their nine month old baby girl was riding in the Burley Trailer. She looked happy. I would be happy too, if my rear end would just stop hurting.

I was riding Susie Stephen's Airborne Titanium touring bike that I had purchased at the Bike Alliance Auction. She was run over by a bus in St. Louis, Missouri while pursuing her personal mission of promoting walking and bicycling to save the planet. I had changed the Airborne seat in Glenwood because I was hurting. The Avocet men's touring seat that I installed there was hurting me just as much, if not



Bob Myrick
TWBC Director of
Community and
Government
Affairs



Continued on page 4

the vice prez sez



The September meeting went well with our President doing a great job presenting the annual budget, fielding questions, and explaining details. The door prizes for the month were all practical useful items, and our swap meet had some decent stuff to rummage thru.

Cottage Grove

A ride that Phil and I recently got back from is the "Cottage Grove Six Covered Bridges Tour." It's a nice loonnng drive down past Eugene – about 5 hours. It wasn't actually all that bad because Phil did the driving. About a week before, I had injured my back (I seem to do this about once a year or so) and had not been riding all week, so I wasn't sure how much fun this ride would be, especially after all that time in the car. On the trip down the day before (on Saturday) there was a lot of heavy rainfall but by Sunday morning it wasn't raining, just ominous-looking. We headed out to see some bridges. They have some short loops; I think the 33 mile ride gets you all 6 bridges. It's fairly flat and much of it is on the Row River Trail which is a really nice rails-to-trails project. Normally you can get up to 85 miles on this ride because they throw in a couple of up-and-back climbs into the hills. This year a road had been washed-out so the ride was trimmed to about 70 miles.

The bridges are pretty neat. I'd heard about and seen pictures of covered bridges in the East Coast states but had never really realized there were a bunch of them here in the Northwest. Most are quite old (back to 1925) but there is one that's new. It's miniature (foot-bridge sized) and partially constructed of lumber recovered from an old bridge.

Up in the hills I had a flat and at the same time there was a nice rain shower. Oh well, with the right tools it all went pretty smooth. As soon as my rear wheel was back on, the rain stopped.

There was good support, good scenery, and decent weather; but overall it was not a very "fun" ride because of my lousy back.

At the finish-line there was some good pizza & beer. It turns out that for a variety of reasons (including promotional problems) there were only 55 riders. What's amazing is we heard that about 80% of the riders are from the Seattle/Tacoma area. I talked with a guy from a mountain bike shop in Kent. He makes "saddlebags" based on hard plastic containers like some fruit is packed in. There are absolutely waterproof. If you're interested just let me know – I've got his contact info.

Continued on next column

Tire Buzz continued from p.2



BAWAUCTION

Last month the newsletter contained an announcement about the availability of discount tickets for the BAW auction. A few tickets are still available. If you are interested contact Jim DeYoung, our treasurer, and buy your tickets through Jim. The Auction will be November 13, 2004. It is always a good time, even if you get outbid for everything.

I will see you on the road – ride safely and remember, the rubber side goes down.



Vice Prez Sez, Continued from column 1

"I want my STP"

I enjoyed reading about the STP adventure last month so I'll go ahead and give you my story, although thankfully it does not have any painful moments. This is my 2nd year at it.

So many people ride the STP; it's evolved into massive event. I've found that this gives me some "cred" and common-ground with a variety of people. For example upon hearing that I'm a bicyclist, someone will say "I rode the STP back in 19xx." At that point we start talk about all sorts of bicycling stuff. I don't think I've got anyone back into bicycling by this means yet, but you never know.

I'm thinking 200+ miles in one weekend is pretty good, but another situation that sometimes came up is: "the STP is good, but did you ride it in one day?" Well, this year Phil started talking about the possibility of making it in one day. I soon became committed to a one-day ride, no matter what. Like they say – there is no "try", there is only "do" or "not do". I started putting on a lot of miles and kept working to improve my average speed.

The End.



Government Report continued from p.8

more. I talked to Susie a lot during my ordeal. Finally, many days later, in Sun Valley, I found a Concor Super Corsa just like the one on my Trek and just like the one I had planned to install on the Airborne, but never quite got around to. The used seat was so old, the bike shop gave it to me.

I camped on Dixie Summit on September 7 at over 5000 feet and wore most of my clothes inside the sleeping bag. There was a store in Unity, many miles from Dixie Summit. The two restaurants I counted on were closed. I pedaled over two summits to get to the five mile downhill into Brogan, Oregon, a near ghost town. There was a small trailer park with a shower and grass and a really great gas station, serve yourself café. The café had at least five crockpots full of serve yourself stuff like chili, ribs, scalloped potatoes, vegetables, etc. I sat outside, ate and drank microbrew for lunch and dinner. I got to see the flock of turkey vultures that return to Brogan every Spring. My next stop was 89 miles away at Given’s Hot Springs in Idaho. I camped out back and had a lovely time, although there was no restaurant. I met a 55 year old woman who was living in her car and decided to treat herself to the hot springs. The other major encounter was with the airplane owner who wondered if I was ready for heaven. I asked him what church he belonged to, but he said he was a church of one. Anyway, I pedaled to Bruneau Dunes State Park and found the campground to be conveniently located about four miles off the highway. It turned out to be a 78 mile day. The next day was Saturday and I was to meet up with the West Sound Cycling Club near Jerome, Idaho. I thought it was about 74 miles, but it turned out to be 110 miles. I got the bright idea of following frontage roads to avoid the freeway, but the last road took me over a mountain and into a green valley. My explorations added about 15 miles to my day. It was now over 95 degrees and at my late lunch I was covered with white salt stains. I travelled a tourist road past the Thousand Springs outlet for the Lost River. Near Twin Falls, I realized I had better skip the Dairy Queen, if I didn’t want to travel in the dark. I found the KOA campground at 7:30pm.

My trip with the Westsound Cycling Club was great, except my seat was still hurting and I was very tired from my 110 mile day in the heat. We rode to Bellevue, Idaho just south of Hailey, Ketchum and Sun Valley. I didn’t like the narrow road and the traffic. The rain in Bellevue wasn’t fun either since we were in our tents. The food

was great though. Next day, I got to ride the rail trail to Sun Valley and have a great lunch. I drove Anjie Littleton’s car over 8701 foot Galena Summit to Smiley Creek resort. Anjie got the pleasure of riding the 2800 foot climb in the rain and snow. She had about 100 miles of bike time prior to this event. The next morning in Smiley Creek, there was ice on the porch and the mountains were white. It rained some more on the way to Stanley for lunch, but I was in Anjie’s car because she was only riding for four days. I got to ride in the nice weather to our camp at Torrey’s campground and lodge. We all decided to rent rooms because of the cold weather and possible rain or snow. I was supposed to ride with the group to Challis Hot Springs and then proceed to Salmon where I would then go over 7000 foot Lost Trail Pass into Montana and over 5000 foot Lolo Pass to the Lochsa River.

I thought about the changing weather for about five minutes and decided to accept Anjie’s offer of a Suburu ride back to Tacoma. It was raining real hard on the way over White Pass and I was glad I had decided to come home early.

Bicycle Dream continued from page 1

I had a dream that signed bicycle routes and paved paths criss-crossed the whole country with special “bed and bike” accommodations just for cyclists! I woke up and found out that none of this was a dream!! All of this is true about cycling in Europe where the culture promotes cycling and other environmental concerns. A culture where human beings command more respect than big gas guzzling vehicles. A culture where enjoying every day is more important than how much money you can make. How can we make this dream come true in America!?

Membershop continued from page 1

form on the back of the newsletter, you can print off a membership form from the website or you can renew on-line from the website. If you have any questions about your membership status please email me at aseago@harbornet.com or call me at 253-761-0709. In the meantime, happy reading and happy cycling!



Where have Carla and Joyce been? By Carla Gramlich

This past summer some people might have notice that Carla Gramlich and Joyce Clifford have not been on many club rides. Last November we decided to sign up to go to Africa and hike up Mt. Kilimanjaro. After putting our deposit down we thought we should train to do this adventure. So, since the first of the year we have been spending most weekends hiking instead of biking. Not just any hiking but any hike that had a big climb involved. Bigger the better was our motto.

Besides hiking we had to gather everything that was required on the equipment list. We had to get a physical, that included a treadmill test. Another visit to the doctor for six shots, three in each arm. And an assortment of pre-prescriptions to prevent and fix any problems we could encounter on the trip.

On August 7, we flew out of Sea-Tac and the next day we landed at the Mt. Kilimanjaro Airport. We then had 6 days of hiking until we reached the summit on August 15 around 8 am. Everyone in our party made it to the top and we spent time at 19,300 feet taking pictures of our accomplishment. I found out later that less then 40 percent of the people make it to the top.

Also, I was honored to scatter the ashes of Susie Stephens at the top of Africa. (Susie Stephens was the previous Executive Director of Bicycle Alliance of Washington. She was killed in March of 2002 in a tragic accident. Since her death, her family has requested people that knew her to take her ashes to places she might of gone if she was still with us.)

We took about a day of hiking to get back down to 6000 feet and our transportation out of the woods. The second week was spent on Safari. We returned to the States on August 22 and have been recovering ever since. I highly recommend the trip but don’t schedule yourself to do a two bike ride when you return, like I did. I found out how little cycling I have been doing this past summer.

Java Jump

Debbie Hushagen (922-5801) and Joyce Clifford (759-2393) have started The Java Jump. The second Thursday we will lead a code 2 ride and try out a couple of “new” coffee places. The September ride had us having wake up coffee near the water in Tacoma, jumping on our bikes and then enjoying an after lunch cup somewhere between Sumner and Puyallup, jumping on our bikes and heading home. In October we will be looking for a place to sip in the Brown’s Point - Federal Way area. Join us if you can. Call Debbie or Joyce with the name of a place you know is good and we will plan a ride around it.

Our next ride is October 14 starting at 9:00 am at the northwest corner of N. 26th and Proctor.



NEW MEMBERS:

Welcome to Robert D. Wilson, Keith Bates, Lou Vance, Catherine Mathewson, Galen Cook, Ronna Schwalk and Dylan & Ann Morford.

RENEWING MEMBERS:

Welcome back to Edward Josberger, Pete & Jenny Baldwin, Barbara Lee, VernHase (current VP of TWBC), Steve & Mary Kubiszeski, Bob Myrick (Government Guy), Phil, Helen & Gary Burgess, Bob & Koko Vogel, Robert Taub, Connie & Matt Reitzug, Mike Flodin, Scott Ruffner, Dianne Bechtold, Jeff Grider, and Stan & Helen Engle.



Halloween Ride and Potluck Steve & Phyllis Lay

It’s time for the annual haunting of 1320 N. Cedar. This year it is on Halloween! The ride is at noon – wear a costume if you would like to (lots do). If you do wear a costume be sure you can wear your helmet and ride safely. The potluck is at 3:00 pm, bring anything you want. Don’t forget to turn back your clock that day. If you get there early you may have to help.

Captain’s Corner, Carol Davis

Be sure to gather your notes and ridelogs to send in at the end of the month! Any amount of mileage is worth reporting. Participation is what counts. Now is the time to be thinking about your new goals for the coming cycling year.



Carol Davis twbc touring captain

As we approach our rainy season, please call the rideleader before you head out if the weather looks doomed. Some may still want to go, some may want to chicken out even if they forgot to say, “Rain will cancel.”

2004 RAPSody Wrap-Up

by Ralph Wessels

The inaugural Ride Around Puget Sound (RAPSody) bike ride was an outstanding success. When the organizing team formed last January, the goal was to put on a great ride that would replace the funds that Cascade Bicycle Club used to contribute from their rides to the Bicycle Alliance of Washington. Both of those goals were exceeded. We raised approximately \$15,000 for BAW that will help support statewide bicycle advocacy. Many of the riders commented that this was the best ride they had ever ridden and has re-set the bar for what they consider to be a stellar ride.

The most frequent comment received from the participants was just how great the volunteers were. That is a great testimonial to the five host bike clubs, their many volunteers, the bike shops that provide support, and the supporting organizations in the communities. So to all of you who volunteered or supported RAPSody – THANK YOU!!

The weather for the ride was almost perfect, not too hot or cold and dry (with the exception of some morning mist). About 80% of the riders rode the course in two days. Of the 20% who attempted to ride the course in one day, approximately 15% did not finish or needed to be sagged to the end due to pending darkness. Obviously, there were some non-believers in the advertised elevation gain and the challenging route.

Several other factors about the ride received a lot of favorable comments. The route took the riders into new territory and covered a variety of courses from a short section of interstate near Dupont to the Chehalis-Western Trail. Each of the rest stops was run by a different club and had different food and atmosphere. Riders really liked the fruit and coffee in Dupont, different spreads in Olympia, blueberries, yogurt, and granola in Allyn, and Calzone sandwiches in Manchester, and hydration stop on Vashon. The Allyn and Manchester rest stops on Day 2 even had bands to entertain the riders. The Shelton Dance Team did a wonderful job of preparing meals, making root beer floats, and brought a old time rock & roll band, Johnny B. and the Good Guys, for evening entertainment. We heard from a number of riders who were staying in motels that they wish they had stayed at the high school instead because of the festivities there. The various communities appreciated being on the route and really helped by providing support. The local flavor of the ride was also a frequent comment.

We also received constructive comments also on things that could further improve the ride. Thanks to those who took the time to comment. We will evaluate the suggestions in the near future when we start our planning for the 2005 RAPSody, to be held August 27 to 28. You can mark that on your calendar now!

I would like to give huge accolades to the other members of the core organizing team. These are really great people who should

be proud of the fantastic job they did. They include Kristi Knodell and Kristin Kinnamon of B.I.K.E.S. of Everett; Terry Zander of Capital Bicycle Club; Molly Johnson of Seattle Bicycle Club; Carol Davis, Bob Myrick, Tim Payne, Joy Roelofsz, of the Tacoma Wheelmen; and Jill Priest, Sarah Armstrong, Margaret Lavendar, and Lee Derror of West Sound Cycling Club.

If you would like to be part of the organizing team for 2005, please contact one of the 2004 organizing team or me at 253-857-5658 or ralphdena@earthlink.net. Those who were part of the organizing team this year ended up with a lot of new friends as a result.



We would like you to come out and ride with us... but you have to wear a helmet!

Headwater Century Robert Deehan

I would like to take this opportunity to thank all of the dedicated volunteers who helped out at the Headwaters Century on Saturday September 12th. The ride was a success because of your hard work.

We had 277 paid riders. There were no crashes. There was a little rain but for the most part the weather was perfect for riding. Many riders enjoyed strawberry shortcake after the ride. Spoke and Sprocket bicycle shop and the Black Diamond bike shop worked technical support.

TWBC October Ride Notes:

- 10/02; Ellensburg Manastash Century/1/2 Century Bicycle Tour:** Ellensburg, WA: routes through some of Central WA's most scenic cycling country. 509-962-8040. www.elltel.net/Xcski.
- 10/03; Lunch in Selah:** Ellensburg, WA: route via Yakima Canyon Rd, note that the road @ the start has been fixed since last year. Stay over one more day after the Manastash for some TWBC touring.
- 11/13; Bicycle Alliance Auction:** Seattle, WA: fundraiser for statewide bicycle rights. 206-224-9252. www.bicyclealliance.org.

the Picture Page



I'm on Top of the World Ma!!



Covered Bridge Ride, Cottage Grove OR

twbc

monthly event schedule

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

Day	Date	Time	Dist- ance	Ride Code	Leader	Contact at (253)	Ride or Activity
Sat	10/02	7:30 AM	50K & 100K		Ellensburg X Country Ski	509- 962-8040	Manastash Metric Century & 1/2 Century. Ellensburg Start. www.elltel.net/Xcski/ ; See Ride Notes.
Sat	10/02	10 AM	20	2 B	Steve & Phyllis Lay	759-1816	Ride to Greek Festival. Bring money. Start: Starbucks, 26th & Proctor.
Sun	10/03	8 AM	63	2 B	Tim Payne	360- 871-4478	Yakima Canyon w/ lunch in Selah. See Ride Notes. Start: Ellensburg Inn, Ellensburg.
Sun	10/03	9 AM	30 - 35	2 B	Steve & Phyllis Lay	759-1816	Steilacoom Apple Squeeze. Start: Westgate McDonald's, N 21st & Pearl.
Tues	10/05	Call	Call	Call	Call	Ride Line	Tuesday AM Ride. Call Ride Line for details.
Tues	10/05	7 PM	00	00	Bob Myrick	473-7455	Government Affairs Meeting @ the Guadalajara Taqueria in the Stadium neighborhood @ 1st & Tacoma Avenue.
Weds	10/06	5:30 PM	25 - 30	2	Peg W & Joyce C	475-3625 & 759-2393	Wednesday Knight Riders. Lights, reflective clothing. Start: Starbuck's, N 26th&Proctor.
Sat	10/09	9:30 AM	40	2 B	Roz & Carol Davis	857-5396	Allyn-Grapeview Loop. Rain cancels. Start: Espresso Stand, Hwy 302& 118th, park in gravel area.
Sun	10/10	9 AM	40	2 B	Carla Gramlich	879-0115	Snoqualmie Rail Trail w/ lunch in Duvall. Start: Snoqualmie Falls parking lot near restroom. Mt Bike or Hybrid recommended.
Tues	10/12	Call	Call	Call	Call	Ride Line	Tuesday AM Ride. Call Ride Line for details.
Tues	10/12	6:30 PM	00	00	Tim Payne	360- 871-4478	Board Meeting @ the Kim Ahn Restaurant across from TCC on Mildred.
Weds	10/13	5:30 PM	25 - 30	2	Peg W & Joyce C	475-3625 & 759-2393	Wednesday Knight Riders. Lights, reflective clothing. Start: Starbuck's, N 26th&Proctor.
Thurs	10/14	9 AM	???	2	Joyce C & Deb H	759-2393 & 922-5801	Java Jump. Start: NW corner, N 26th & Proctor.
Sat	10/16	8 AM	30 - 35	2 B	Steve & Phyllis Lay	759-1816	Pancake Breakfast @ Spanaway Senior Center. Start: N 26th & Proctor.
Sat	10/16	9 AM	50	2 B	Carla Gramlich	879-0115	John Wayne Trail, bring lunch & lights. Start: Starbuck's in Northbend, then drive to trailhead. Mt. Bike or Hybrid recommended.
Sun	10/17	9 AM	50 +	2 C	Roz & Carol Davis	857-5396	Ride Around Lake Washington. Start: Gene Coulon Park in Renton.
Tues	10/19	Call	Call	Call	Call	Ride Line	Tuesday AM Ride. Call Ride Line for details.
Tues	10/19	7 PM	00	00	TWBC	253- 759-2800	October Club Meeting @ South Park Community Center, 4851 S. Tacoma Way.

twbc

monthly event schedule

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

Day	Date	Time	Dist- ance	Ride Code	Leader	Contact at (253)	Ride or Activity
Weds	10/20	5:30 PM	25 - 30	2	Peg W & Joyce C	475-3625 & 759-2393	Wednesday Knight Riders. Lights, reflective clothing. Start: Starbuck's, N 26th&Proctor.
Sat	10/23	9 AM	60 +/-	2 A	Ralph Wessels	857-5658	"Are You Experienced?" -- Ride to Jimi Hendrix's grave; rain cancels, purple haze does not. Start: Sumner Library.
Sun	10/24	9 AM	40	2 A	Jim DeYoung	912-0757	Renton to Landsburg, lunch in Maple Valley. Wider tires--trail. Start: Freighthouse Sq.
Sun	10/24	9:30 AM	50	2 B	Louie Boitano	922-1168	Ride to South Center for lunch. Start: Sumner Library.
Tues	10/26	Call	Call	Call	Call	Ride Line	Tuesday AM Ride. Call Ride Line for details.
Weds	10/27	5:30 PM	25 - 30	2	Peg W & Joyce C	475-3625 & 759-2393	Wednesday Knight Riders. Lights, reflective clothing. Start: Starbuck's, N 26th&Proctor.
Sat	10/30	9:30 AM	50	2 B	Bob Myrick	473-7455	Annie's Bistro for lunch in Yelm, thru the woods. Start: Parkland McDonald's, 112th & Pacific.
Sat	10/30	Noon	???	All	Steve & Phyllis Lay	759-1816	Halloween Ride & Potluck. Ride @ Noon, Potluck after. Costumes 4 fun, not required. Start: 1320 N Cedar, Tacoma.
Sun	10/31	Any	Any	Any	You You You!	Ride Line	Call the Ride Line by today to put on a ride & get a start on your mileage for the 2004-2005 Club Year.
Tues	11/02	Call	Call	Call	Call	Ride Line	Tuesday AM Ride. Call Ride Line for details.
Tues	11/02	7 PM	00	00	Bob Myrick	473-7455	Government Affairs Meeting @ the Guadalajara Taqueria in the Stadium neighborhood @ 1st & Tacoma Avenue.
Weds	11/03	5:30 PM	25 - 30	2	Peg W & Joyce C	475-3625 & 759-2393	Wednesday Knight Riders. Lights, reflective clothing. Start: Starbuck's, N 26th&Proctor.
Sat	11/06	10 AM	45	2 D	Bob Myrick	473-7455	C.J.'s for lunch in Bonney Lake. Start: Freighthouse Square.
Sat	11/06	9 AM 1 PM	xxx, 20	xxx, 1 A	Carla Gramlich	879-0115	Foothills Trail Work Party (9 AM), bring gloves, lunch, then Ride (1 PM). Start: Orting Bell Tower.
Sun	11/07	10 AM	35 +/-	2 B	Ralph Wessels	857-5658	Dupont Starbucks. Rain Cancels. Start: Skyline P & R on 6th Ave.
Sat	11/13	10 AM	59	3 B	Bob Myrick	473-7455	Yelm to Farm Boy for lunch. Start: Yelm City Park.
Sat	11/13	6 PM	00	00	Bicycle Alliance of WA	206- 224-9252	Bicycle Alliance Auction , Seattle, WA \$40 @ door. See Ride Notes.