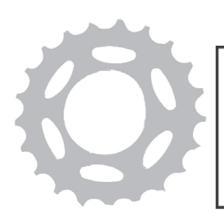


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DECEMBER 2004



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Please note: You can become a member at www.twb	c.org. Click on 'Online' under the Join heading.
Become a member of TW	Send this form and a check
Name:	for the total \$ amount to:
Address:	TWBC Membership PO Box 112078
City, State:	Tacoma, WA 98411
Home Phone:	[] Check box if you do not want your phone # or ad-
Work Phone (optional):	dress in the membership
E-mail:@	listings.
Check Box: [] New Member [] Renew [] A	AlsoCheck boxes if you are interested in volunteering for:
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:	\$ [] Becoming a club officer

pox

DECEMBER 2004

2005 Event Rides Meeting

The first Rides meeting will be held on December 13, 2004 at 6:30 PM at Jan Brame's house, 1209 N. Anderson St. If you are interested in assisting in TWBC' event rides, please come and join the group. The more participants we have in the organization of these rides spreads the effort. Plus, we have a lot of fun in the process. Contact Ralph Wessels at 857-5658 if you would like to chat about the possibilities. There will be pizza and refreshments.

The RAPSody Team is again organizing for the 2005 ride. The first meeting will be held in early January. This ride is hosted by B.I.K.E.S. of Everett, Capital Bicycle Club, Seattle Bicycle Club, Tacoma Wheelmen's Bicycle Club, and West Sound Bicycle Club with the proceeds donated to the Bicycle Alliance of Washington to support statewide bicycle advocacy. More than \$18K was raised in 2004. The meetings for this are separate from TWBC's Rides meeting. The first meeting is tentatively scheduled for Friday, January 7 at 6:00 PM at a location to be arranged. Contact Ralph if you would like to be part of the organizing team with others from the five sisters clubs and to confirm the meeting time and location.

For those of you who like to schedule rides far in advance, here are the rides hosted by the five sisters clubs in 2005.

March 12 – McClinchy Mile by B.I.K.E.S if Everett, a new start location is in Arlington April 17 – Daffodil Classic by TWBC

May 22 – 2-County Double Metric Century by Capital Bicycle Club

June 5 – Peninsula Metric Century by TWBC July 24 – Tour de Kitsap by West Sound Cycling Club

August 14 – TRYBR (Tenino Rainier Yelm Bucoda Rally) by Capital Bicycle Club August 27-28 – RAPSody (Ride Around Puget Sound) hosted by the 5 sisters clubs September 11 – Headwaters Century hosted by



TWBC

Seasons Greetings

What a Deal Louis Boitano

In my travels this year, I came across a news item in a small Oregon town, which did not make the news here. A motorist complained to a policeman about a speeding ticket, asking "What am I supposed to do with this?" The policeman replied, "Keep it. When you have four of them, you get a bicycle."



Wrong Ride Calendar in November Lois Lane, Editor

I would like to apologize to the members of TWBC and the readership of the COG. I inadvertently used page 1 of November 2003 ride calendar in last month's newsletter. I am very sorry for any confusion, missed rides and any riders who were standing in some parking lot somewhere wondering where the heck the ride leaders were. As always it is a good idea to give the ride leader a call. Also the ride line is updated every week with current rides so it is a very good source of information. The web site also had the correct version of November rides online at www.twbc.org.



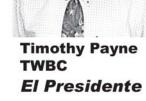
High Tea at the Empress Anyone?

Join Ralph and Dena Wessels for a 3-day weekend in Victoria. We will stay the Fairmont Empress arriving on Saturday, 2/19 and departing on Monday 2/21. Ralph has a special deal through work where family and friends can also join in. So if you enjoy bike riding, you must already be Ralph's friend. Cost for a single or double room occupancy is \$75 plus 10% room tax and 7% GST for a total of \$87.75 Canadian. That is about \$75 US. A third person with taxes includes is an extra \$35.10 Canadian. The MV

TIRE BUZZ

By President **Tim Payne**





The November meeting had the best attendance of any meeting that I can remember in the past three years. The presentation of the combination mountain climb and safari presented by Joyce Clifford and Carla Gramlich was a huge hit. Thank you to both of you for sharing your mountaintop experience on Kilimanjaro and the safari adventure of the Tanzanian Crater. Even though on foot and by motor vehicle it was one of the more incredible adventures that has been shared with the club. Not to mention the fact that it was beautifully presented. Door prizes for the month were an assortment of bicycle-related stocking stuffers. Now you will have to wait until the February meeting to see the next offerings, but the treasure chest is just about overflowing. Many thanks to Old Town Bicycle for making a significant contribution to our store of door prizes. More on that at a later date when we actually give the stuff away. Keep showing up at club meetings, you are bound to win something and it will be great. By the way, it was great to have new member Ryan McGlone at the club meeting. Ryan is the Community Relations Manager for Old Town Bicycle and has recently begun leading rides. We appreciate Ryan's participation as an individual and as a representative of Old Town Cycle. We continue to work with other shops in the community to build mutual interest in strengthening cycling in the area. The stronger, the better for all of us.

Bicycle Alliance of Washington Auction – Fun and Money and lots of it!

A significant contingent of TWBC members arrived at the Scottish Rite Temple at the edge of Capital Hill, Seattle, on November 13 for a delightful evening of fun and support for BAW. When the dust settled an amount in excess of \$65,000 was raised for the Alliance. No, I did not buy another bike this year. In fact, this was one of my "lighter" years. After last year's adventure that was probably a good thing for my bank account. However, it was not for lack of trying. Bidding was very spirited to say the least and often reached beyond my means very quickly. Nevertheless, a great time was had by all. The "dessert dash," a new feature at the auction this year, brought some delectable treats to our table. Each table of eight had to post a bid to get first choice at the dessert table.

The number one table bid \$1000. That is dessert for eight people! Told you bidding was spirited (ah, yes, it was spirited that way as well with copious quantities of complimentary beer and wine). One of the TWBC tables, where Diana and I sat, got fifth choice with a bid of \$145 and we thought that was a lot of money! A great time was had by all for a great cause. Put the BAW Auction on your calendar for next year, it is usually the second Thursday in November. Hope to see you there.

SPEAKING OF CALENDARS - ANNUAL CLUB BANQUET.

Hard to believe, but we are about to turn the corner on another year, some important dates may sneak up on you. Remember, the Club Banquet on January 22 (only the first 88 people with their money in get to go so don't delay), the next club meeting will be on February 15, 2005. But more importantly are the dates for the clubs major special event rides, The Daffodil Classic will be April 17, The PMC on June 5, and the Headwaters Classic on September 11. In addition, the RAPSODY will be August 27 and 28 So, when you get that new calendar for a holiday gift, you now have a few dates to write on it (or maybe you will get one of those PDA gadgets and you can test out the appointment feature by adding these important dates). See page 5 for the banquet registration form.

SPEAKING OF RIDES....

In a recent addition of Bicycling magazine, there was a guide on improving the "bikeability" of our communities. There was a list of 17 things that each of us can do to improve the bike friendliness of our transportation system. Over the next few weeks, I am going to devote some space in my column to each of the 17 items with some commentary about how we might improve our cycling environment.

The first item on the list of 17 was to use the "Bikeability Checklist." This is available on-line at www.bicyclinginfo.org The checklist invites you to take a test tide in your community then answer some questions about your experience. The first question in the list asks "Did you have a place to bicycle safely?" From my perspective for our community the answer to that question is sometimes yes and sometimes no. From the list of things that were encountered on the ride here are a few of my pet peeves: bicycle lanes or shoulders that disappears or the space I did have suddenly is gone. I am sure we all have locations in mind where these things happen. I could start a list, but I would invite you to help us build and maintain our top ten "worst locations" list. We can do better.

The second question asks "How was the surface that you rode on?" The list of possibilities reads like the streets of Pierce County. Lately my biggest criticism of our local and state highways is the noticeable lack of maintenance. The amount of debris we encounter on the roads has increased markedly over the past few years. Seems like broken glass is everywhere these days. Sometimes it seems like the shoulders are paved with glass. Now I do have some empathy for the public works departments of many of our cities and the county. Most of them are being squeezed by the various taxpayer revolt measures to the point where they have a difficult time providing enough staffing to keep the street edges and

The Buzz continued on p.3

The COG Home Page



TWBC Ride Line 253-759-2800 **Next Club Meeting:**

Tues February 15, 2005

Food galore!

Door Prizes are back!

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 Moderace 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, cus 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:









Club Officers and Volunteers

PRESIDENT: president@twbc.org

,Tim Payne, 360-871-4478,

VICE-PRESIDENT:, Vem

Hase,253-759-7246,

vp@twbc.org

SECRTARY: secretary@twbc.org

Sandy Byrd: 253-474-6721

TREASURER:

treasurer@twbc.org

Jim De Young, 253-912-0757

TOURING CAPTAIN:

ridecaptain@twbc.org

Carol Davis: 253-857-5396,

NEWSLETTER:

newsletter@twbc.org

Editor: Jan Brame, 253-759-6984, Reporters: Various Members

Deadline for articles, 3rd Friday (after meeting)

MEMBERSHIPDATABASE:

database@twbc.org

& MAILING:

Anne Seago, 253-761-0709,

DIRECTOR OF COMMUNITY &

GOVERNMENT

RELATIONS: gac@twbc.org

Bob Myrick, 253-473-7455,

MEMBERSHIP:

Phyllis Lay, 253-759-1816

WEBMASTER:

webmaster@twbc.org

Ken & Cindy Stagg, 253-770-5530,

DAFFODIL CLASSIC:

DAITODIL CLASSI

daffodil@twbc.org

Joyce Clifford 253-759-2393

& Marguerite Richmond 253-272-

254

PENINSULA METRIC:

pmc@twbc.org

Dianne Koch, 253-564-3271

HEADWATERS CENTURY:

headwaters@twbc.org

Robert Deehan, 253-272-9682

BIKE EXPO: bikebooth@twbc.org

Peggy Fjetland, 253-879-0115

Carla Gramlich, 253-879-0115

JERSEY SALES:

jerseys@twbc.org

Peggy Fietland, 253-841-4458

ANNUAL PICNIC:

Vern Martin, 253-212-0781

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Government Affairs Report

Our small committee got together again on Tuesday, November 2. Our next meeting should be on Tuesday, December 7 at 7pm at the Guadalajara Taqueria in the Stadium District at 1st and Tacoma Avenue. We discussed several issues while having a great dinner.

- 1. University Place. We have once again asked the Public Works Director to fix three small gaps that would be of great benefit to cyclists. Small patches of asphalt pavement were requested on Morrison St. near the Audubon Office (Janice's Gap), on 64th to connect the trail to Chamber's Creek Road, and on Alameda to link two dead-ended road segments with a path.
- 2. Narrows Bridge. We asked several cyclists and engineers to survey their neighborhoods to determine what shoulder improvements need to be made in connection with the new bridge construction. We also asked Pierce County to perform a mini-study of the area for cars and bikes. Ralph is continuing to lobby WSDOT to provide a corridor for a trail coming off the new bridge up the hill to the 24th Street crossing of SR16.
- 3. Foothills Coalition. I have been meeting with Joan Miller to try and develop a work plan for her fund raising and trail development activities. The new trail segment to South Prairie is finished. The Van Lierop to McMillin segment should be almost completed early next year. The contractor is planning on paving half the segment in the next few days.
- 4. Cross Base Highway and 176th St. Improvements. I attended meetings on both these projects which link together and run from Interstate 5 to Meridian and beyond to Orting. The WSDOT has taken over the Cross Base project and the County plans to use Real Estate Excise Tax monies to move forward on 176th Street. I commented and mentioned that widened shoulders, bike lanes or a trail was contemplated in Pierce County's 1997 Non-motorized Plan.
- 5. Roy Rail Road Crossings. Ralph and I continue to pursue getting three crossings fixed. I have been trying to get a meeting set up with Tacoma Rail so we can move forward. I observed a really nice Tacoma Rail crossing on Meridian south of Puyallup. I suspect the WSDOT provided monies to fix this crossing.
- 6. Puget Sound Regional Council. I attended a committee meeting of bicycle and pedestrian representatives from the various communities. The PSRC is

pursuing the preservation of the 40+ mile BNSF Corridor running from Renton to Snohomish. The railroad corridor might include a future trail with rail. The rail might accommodate a light rail system similar to Tacoma's Link project.

- 7. Helmets R Us. Carla and I attended a meeting at Mary Bridge Center for Childhood Safety. We reviewed new helmet designs that might be available next spring for our various helmet programs. Most of you will recall that Carla started Helmets on Wheels here in Tacoma with several other participants. Helmets R Us started up in business by supplying us with our local helmet needs. This company is now supplying helmets across the United States and beyond. Amazing, it all started here.
- 8. Sumner. I have been corresponding with Barbara Skinner, Sumner's Mayor. We are trying to help in whatever way possible to get Sumner's trail built. Unfortunately, Sumner must now stay 200 feet away from the River. This condition is a result of the Federal government blackmailing Sumner over some freeway interchange construction. Sumner has budgeted monies to begin work on their trail next year. If we had only been more active 10 year's ago, Sumner's trail would already have been built along the river. The lesson here is that just one person or even a few people can't get the job done. You should be working on bicycle matters in your local community. Local officials eventually listen to local people who are persistent in making their needs known over and over again. You have to be ready to participate when the time comes. In places like Tacoma and Lakewood, it can be very frustrating trying to get the officials to do the right thing, but we need to keep trying.

I hope you all have a Merry Christmas and a Happy New Year. We should be skiing by Christmas. It would be great to see you at our club banquet in January.



Rob Myrick

Bob Myrick
TWBC Director of
Community and
Government
Affairs

Tire Buzz continued from p.2

shoulders swept on a regular basis. While advocacy on their behalf in the various budget adoption processes is a longer term possibility, some of this is something we can take into our own hands. We have sponsored trail clean-up days for the Foothills Trail. Why not extend the idea to a sweep up day for roads with glass problems? Perhaps, we should assemble another list that has the top ten worst areas for glass, then the club could sponsor sweep up days to go attack those areas. Who knows, the flat you save may be your own?

Another question, "Did drivers behave well?" The first corollary to that question, "Did I behave well?" The mantra "Share the Road" is a two-way street. Another way of saying this, "If you will watch out for me, I will try not to behave in an erratic or unpredictable manner." By and large, I would say the vast majority of our drivers are quite good. Some of them really scare me when and where they chose to pass me, but they are still good. There is a small percentage of drivers who use their vehicles to punish us for being on the roads. There is another small percentage who look at us as easy targets to let out their aggression and then there is another percentage that are impaired either chemically or physically. In any one of these categories, I have a "take no prisoners" mentality. If I can get a license plate, I will use my cell phone to contact the police. I figure I may not ever see the driver again, but I might be saving a fellow cyclist from great unpleasantness and maybe death.

Check out the Bikeability Checklist for yourself, then let's talk.

The second suggestion from the article "Advocate for a network of well-marked bike routes that actually go somewhere. This continues to be one of the largest issues facing us today. Our bike routes are like patchwork quilt with very little connectivity. Make mental notes, let's add to our Top Ten list, if it becomes a top 20 list, so much the better. While there are many places two of my "favorites" are Tyler Street between Center Street and S. 56th, where there is a nice bike lane for about ½ mile then its every person for themselves for the next ½ mile. I am particularly fond of the area where a left turn lane was created by moving out the fog lines to the very edge of the pavement. If you are ever unfortunate enough to go through there when there is a car in the left turn lane and one approaching from the rear, "via con dios, my friend." Of course north of Center Street and south of S. 19th it goes to a four lane that is not bad on most weekend days. Try riding it home from work on a weekday afternoon. Though not always advisable, the sidewalk is the only safe alternative with the volume of traffic in that segment on weekday afternoons. Another of my "Favorites" is Bridgeport Way. The City of University Place has done an admirable job of making Bridgeport useable from S. 27th to Cirque Drive. However, on either side of that remarkable stretch of road, it has got to be one of more dangerous places to ride a bike on most

weekdays, morning or afternoon. The problem the conditions on both of these streets create is that it is very difficult to find a bike friendly north-south path west of I-5. Which is exactly what the author is getting at in this suggestion, we have great bike facilities on segments of these two streets, neither of them go anywhere. Nothing that will be resolved right away, but certainly something where we can advocate for change. Perhaps it is time for us to review the "planned" bike routes in our community again and get more active in trying to influence decisions that will make the plan spring to life while we still have some.

There will be more suggestions in future columns, but this should give you something to think about before next month.

WINTER CRUISING-SEASONS GREETINGS

The holiday season is upon us. Whether you celebrate Christmas, Hanukkah, Quanza or some other religious celebration or whether you celebrate the winter festival by hitting the slopes or the shopping malls or watching the NFL on CBS, may you and your families have the best and safest of the season and for the New Year. Whatever you do, try not to let those bikes get too dusty in the garage. If you see a nice day, take a couple hours, dress warm and go for a cruise, it is a great way to experience winter.



the c⊜g page 8



Looking for Fellow Adventure Cyclists Anne Seago

Will you have some time on your hands this coming summer? Have you always wanted to take a long bike trip? Do you enjoy experiencing American history up close? Are you awed by fantastic scenery? If you answered, "yes" to one or more of the above questions, I have a deal for you. Bob Myrick and I are looking for a few people (2-4) to join us on a trip along the Lewis and Clark Trail. Bob did the trail a few years ago going from east to west. I am a novice at long-distance biking and self supported biking, having done only a weeklong self supported trip in the past. The most I have ridden were two-week supported trips. If I can do it, and I think I can, so can you!

The ride will begin in Astoria, Oregon about May 25 and get to Omaha, Neb. by July 21. Along the way we will be camping except for a few nights in motels as the weather and/or the mood strikes us. We won't be doing much cooking in camp, food will be mostly from restaurants. The riding will cover 30-60 miles per day depending on the conditions. There will be a rest day every week to see sights.

Once we get to Omaha I will go on to do Ragbrai (Register's Annual Great Bike Ride Across Iowa) and Bob will probably go on to St. Louis. Other riders are welcome to choose which option they prefer. If you go on to St. Louis you will have completed the entire Lewis & Clark, if you opt for Ragbrai you will experience a truly unique biking venture.





A Recommended Ride

By A. Rider

If you are looking for an enjoyable and interesting autumn ride with no hills, try the 15-mile bike path from Renton to Landsburg Park. This is a rails-to-trail ride that crosses the Cedar River several times. The trail starts in Renton, just off of I-405 (exit 4B). There is a small park (Riverview Park) about a mile east on the Maple Valley Highway (SR169) that is a good place to start the ride. It has a nice picnic area, and restrooms; an essential for this ride.

As you leave the car, you will cross your first bridge over the Cedar River, then through the park to an asphalt paved trail. Heading east, the trail parallels the highway and within two miles again crosses the river. The trail does a loop and follows the river under the highway to the opposite side, continuing east toward Maple Valley, for approximately eight miles. Prior to 2004, the trail was paved for about seven miles, then about two miles of ballast rock. It is now paved all the way to Maple Valley before it changes to a crushed-rock surface with no identified soft spots; good for any but very narrow tires on your bike.

As you enter Maple Valley, you will go under SR18, then a short tunnel before again crossing the river. The trail also starts cross-country, leaving traffic sounds far behind. If this is a fall ride, take a moment to stop on the bridges to look for spawning salmon resting in the pools. About 100 yards beyond the bridge, the trail splits with the right trail going to Lake Wilderness. The left trail continues to Landsburg, crossing the river four more times. If you ride the trail in October, the Department of Game & Wildlife has representatives at Landsburg to answer your questions about the spawning salmon. Also available are tours of a fish ladder, which is closed to the public the rest of the year.

As you enter Maple Valley on your return trip; between the bridge and before the tunnel, watch for a narrow dirt path on the west side of the trail leading to a small restaurant. It has good sandwiches, or, worth a stop on the way to Landsburg for an excellent brunch.

Back on the trail, it is a gradual downhill back to your car. The round trip is about 30 miles (20 paved and 10 hard surface) and is a beautiful ride any time of the year, but more interesting in the fall because of the spawning salmon. This is on the ride calendar and we always enjoy having members join these planned group rides. Maybe we will see you on the next one.



By Vern Hase

Our **November meeting** was well-attended; thanks to Carla and Joyce for sharing with us their experience of traveling to Africa and climbing Mt. Kilimanjaro. The presentation was great, we had some nice door prizes, good food, and good conversation. Although the next membership meeting will be in February, don't forget the Xmas ride/potluck on Dec 4. Tim's birthday-ride is also that day.

Exercise, Fitness, and Enjoying Life...

Even though I've lived in the Northwest all my life, I never really developed an appreciation for all aspects of our weather here until about 4 years ago. The change actually occurred slightly before I got hooked on bicycling, but it has truly increased my enjoyment of the sport. The weather here is really not too extreme one way or the other, except of course for the rainfall. Riding year-round is quite do-able with the proper clothing, etc. The only thing that really bothers me is getting rain and fog on my glasses. My vision is terrible, so I know things are getting bad when I can see the road better by taking my glasses off. One day I'll find the right stuff for keeping them clear.

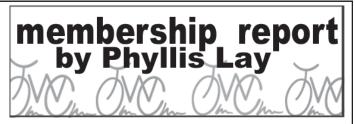
Riding on a regular basis is certainly good for fitness, even if it's just a little bit at a time. Beyond fitness, it's a unifying experience for body, mind, and spirit. I usually bicycle to work, and though it's a short trip, getting out into the environment in the morning makes for an energizing start to the workday (along with some coffee of course.) The trip home serves as an excellent way to transition away from being immersed in work, especially if it was a stressful day. It feels great focusing on the elements of the ride – the road, cars, pedestrians, weather, and occasionally meeting another rider. Sometimes commuting is the only bicycling that I do, so I'm thankful my home/work locations made it easy to get started. I would highly encourage anyone to give it a try if at all possible. Also be sure to check out the ride line - there's always some good rides going on any day of the week.

The most popular beverage...

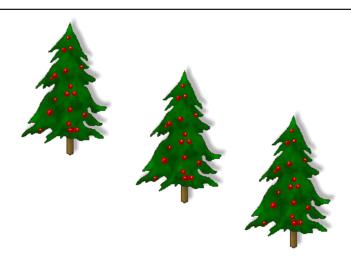
A strangely interesting pursuit this past summer has been to tally the various brands of beer cans alongside the road. It was fairly informal; I didn't actually start tracking the numbers in a spreadsheet, for example. But if someone liked collecting data and analyzing statistics, it could be pretty fascinating. You could maintain separate totals for each county, and do some comparisons. The distance between cans also causes speculation.

Sometimes there are several all together – this could either be someone dumping their accumulated trash, or it could be evidence of the "Conehead" family from the old Saturday Night Live TV show, where they consume entire six-packs at once. One thing for sure, I don't want to be bicycling on the road at the times when all those cans are being emptied. I don't mind having some beer once in a while, but drinking and driving is an unquestionably bad idea.

See you later . . .I hope you continue to do some enjoyable riding this winter. Even though it may not be as frequent as in the summertime, experience the season, have fun, and be safe.



Welcome to renewing members Bob Burton, Joy Roelofsz, Don, Robin, Dan & Alex Partington, Santana Harris, Georgene Kunz, Tom Cook, William Horn Jr., Steve & Cynthis Hammer, Dave Parker, Duane W Brady, Jan Sanborn, Roger & Marilyn Ehret, Margaret Lavender, Bruce Engell, Greg Torfin, Martha A. Hartley, Lewis Jones, Dianne Koch and John Campbell.



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SEATTLE INTERNATIONAL RANDONNEURS 2005 RIDE SCHEDULE

Seattle International Randonneurs bicycle club (SIR) has announced its ride schedule for the 2005 season. Starting with a 100 kilometer Populaire on March 5, SIR will host a total of 14 rides right through the last event, the ever-popular Mountain 100k.

What is randonneuring?

Randonneuring is long-distance unsupported endurance cycling. This style of riding is characterized by various rules and traditions that date to the end of the 19th century in France. When one participates in brevet events, one is part of an ancient cycling tradition with a worldwide following and over 110 years of legend, history, myth, and lore. It is not racing and being first is never the paramount goal of brevets. Finishing is the most important goal and especially for those who do so self-sufficiently and without outside support.

Distances

Randonneur events are generally of at least 200 km (125mi) in length. Other common distances are 300 km (190mi), 400 km (250mi), 600 km (375mi), 1000 km (625mi), and 1200 km (750mi). The longer events are held over multiple days. One of the most famous of these longer events is the 1200 km Paris-Brest-Paris, first held in 1891 and now held every four years. The next PBP will be in August 2007 and members of SIR will participate alongside over 4,000 riders from dozens of countries. There will be three 100k rides, and two each 200k, 300k, 400k and 600k rides. The Fleche Northwest will be held April 22 through 24, and will feature a new gathering point, somewhere on the Olympic Peninsula; the exact location to be announced later this winter.

New this year for SIR will be a 1200K brevet, the Cascade 1200. This ride will start June 25th in Monroe, WA and travel south to Carson in the Columbia Gorge for the first overnight stop. From Carson the route will travel east to Quincy for the second overnight stop. The third overnight stop will be in Mazama in the North Cascades, and the last day will be riding back over the North Cascades to Monroe n the early morning hours of June 28th. Participation will be limited to 75 riders. The Cascade 1200 will have 16 controls including the start and finish point, and with that much country and that many control points, SIR is looking for volunteers willing to help make this ride a success.

Running concurrently with the 1200, there will be a 1000k brevet which will follow the same route as the Cascade 1200 to Quincy. From Quincy the 1000k will travel west on US 2 highway two through Wenatchee and Leavenworth over Stevens Pass and back to Monroe.

The "second series" of rides will begin with a 100K ride, starting at the Fishtail brew pub in Olympia Washington on July 9th

giving south Puget Sound riders an opportunity to try randonneuring. This ride will be followed with a 200k ride also starting in Olympia on July 23rd.

You can learn more about Randonneuring on line by visiting the Seattle International Randonneurs Bicycle club web site at www.seattlerandonneur.org or the Randonuers USA web site at www.rusa.org. If you are interested in voluntweering to help put on the Cascade 1200 call Mark Thomas in Redmond at (425) 702-8880, or Paul Johnson in Olympia at (360) 753-6799.

Cannondale Bicycle Corp. Announce Recall of Certain Ouick-Release Handlebar Bags

WASHINGTON, D.C. - The U.S. Consumer Product Safety Commission announces the following recall in voluntary cooperation with the firms below. Consumers should stop using recalled products immediately unless otherwise instructed.

Name of product: "Crossroads" and "Perimeter" Handlebar Bags Units: About 2,600

Manufacturer/Importer: Cannondale Bicycle Corp., of Bethel,

Hazard: The plastic, handlebar-mounted, quick-release bags can fall off the bicycle while it is being ridden, causing the rider to crash.

Incidents/Injuries: Cannondale has received one report of a rider crashing when a bag fell under his front wheel while he was riding, resulting in him suffering serious injuries.

Description: The recall involves 2004- and 2005-models of black handlebar bags. They are the quick-release-type bag, with a support and sleeve to secure it to the bicycle. The "Crossroads" model number is BHB322 and the "Perimeter" model number is BHB320, which can be found on the packaging. The model name and number is not written on the product. The Cannondale logo is on the front of the bags. Only bags with the pattern of reflective material and logo shown below are included in the recall. Older bags that have an American flag sewn into an outer seam or have a "Cannondale Made in USA" tag on an inner seam are not included in the recall.

Sold at: Cannondale bicycle stores nationwide from September 2003 through August 2004 for about \$35 for the Perimeter and about \$60 for the Crossroads bag. Manufactured in: China

Remedy: Consumers should stop using the bags immediately, and return them to a local Cannondale store or contact Cannondale Bicycle Corp. to get a replacement bag fitted with a corrected sleeve and support system.

Consumer Contact: Call Cannondale toll-free at (800) BIKE-USA between 9

a.m. and 5 p.m. ET Monday through Friday, or visit Cannondale's Web site

at www.cannondale.com



Day	Date	Time	Dist- ance	Ride Code	Leader	Contact at (253)	Ride or Activity
Tues	12/28	Call	Call	Call	Call Ride Line	759-2800	Tuesday AM Ride. Call Ride Line for details.
Weds	12/29	8 AM	1 hr	2 C	Justin McGregor	573-9400 (business)	See December 1st. Pt. Defiance area.
Weds	12/29	5:30 PM	30 - 35	3B	Peg W Joyce C	475-3625 759-2393	Wednesday Knight Riders. Lights, reflective dothing. Start: Starbuck's, N 26th&Proctor.
Sat	01/04, 2005	10 AM	30 - 35	2 B	Steve & Phyllis Lay	759-1816	First Club Ride of 2005, & brunch. Start: Starbuck's, N 26 & Proctor.
Tues	01/04	7 PM	00	00	Bob Myrick	473-7455	Government Affairs Meeting @ the Guadalajara Taqueria in the Stadium neighborhood @1st & Tacoma Avenue.
Tues	01/11	6:30 PM	00	00	Tim Payne	360- 871-4478	Board Meeting @the Kim Ahn Restaurant across from TCC on Mildred.
Sat	01/22	6 PM, 7 PM	00	00	TWBC	759-2800	TWBC Club Banquet @Tacoma Mountaineer's Club, 2302 N 30th St , Old Town, Tacoma. Socializing, w/ dinner & fun to follow. Reservations required.

TWBC BANQUET RESERVATION FORM

Please list the names in your party for the name
tags so you and others will know who you are

Name:_____

Number of Children x \$10each = \$

Number of Adults x \$15 each =

Total=\$

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

TWBC Banquet PO Box 112078 Tacoma, WA 98411

Name:

Name:

The TWBC banquet will be held on Saturday January 22, 2005 at the Tacoma Mountaineer's Club, 2302 North 30th Street. Every year our club sponsors a banquet to reflect on the past year's activities and accomplishments. It is a time for fellowship and a time to honor significant achievement. This fun evening will start at 6 pm for socializing and dinner at 7 pm.

The banquet is traditionally the largest gathering of your fellow club members and is a time to reflect on the past year and reaffirm your interest in bicycling. We will recognize noteworthy mileages, volunteerism and accidents. There is always plenty of good food, beverages, merriment and good humor.

We welcome any help so call Bob Myrick at 253-473-7455 for an assignment.













twbc monthly event schedule

Day	Date	Time	Dist- ance	Ride Code	Leader	Contact at (253)	Ride or Activity
Weds	12/01	8 AM	1 hr	2 C	Justin McGregor	573-9400 (business)	Ride around Pt Defiance. Start: Old Town Bicycle, Tacoma.
Weds	12/01	5:30 PM	30 -35	3B	Peg W Joyce C	475-3625 759-2393	Wednesday Knight Riders. Lights, reflective clothing. Start: Starbuck's, N 26th&Proctor.
Sat	12/04	9 AM	50	3 B	Tim Payne	360- 871-4478	Tim's Birthday Ride to Orting, South Prairie & Sumner. Start: Freighthouse Square.
Sat	12/04	9 AM	2 hrs	2 C	Ryan McGlone	573-9400 (business)	Ride the Gig Harbor/Olalla area, maybe w/ a foray into other portions or the peninsula. Start: Old Town Bicycle, Gig Harbor.
Sat	12/04	4:30PM 6 PM	??? xxx	AII	S & P Lay Joyce Clifford	759-1816 759-2393	X-mas Lights Ride, with Potluck to follow. Start: 3811 N Madison, Tacoma.
Sun	12/05	9 AM	35	2 B	Max Welker	572-3415	Carnation Valley Trail to North Bend for lunch. Wide tires, packed gravel trail. Start: Entwhistle St, next to trail parking lot in Carnation; call if you want to car pool.
Sun	12/05	9 AM	2.5 hrs	2	Tory Grant	573-9400 (business)	Puyallup area ride. Start: Old Town Bicycle, Tacoma.
Sun	12/05	10 AM	25	2 B	Roz & Carol Davis	857-5396	Ride to Belfair &/or Tahuya. Rain cancels. Start: Pt. Orchard boat launch, Bay St.
Mon	12/06	9 AM	10 - 15	1 B	David Barton	759-2393	Get in Shape w/ David. Rain cancels. Start: Starbuck's, N 26 & Proctor.
Tues	12/07	Call	Call	Call	Call Ride Line	759-2800	Tuesday AM Ride. Call Ride Line for details.
Tues	12/07	7 PM	00	00	Bob Myrick	473-7455	Government Affairs Meeting @ the Guadalajara Taqueria in the Stadium neighborhood @1st & Tacoma Avenue.
Weds	12/08	8 AM	1 hr	2 C	Justin McGregor	573-9400 (business)	See December 1st. Pt. Defiance area.
Weds	12/08	5:30 PM	30 -35	3B	Joyce C	759-2393	Wednesday Knight Riders. Lights, reflective dothing. Start: Starbuck's, N 26th&Proctor.
Thurs	12/09	Call	Call	Call	Call Ride Line	759-2800	Java Jump. Call Ride Line for details.
Sat	12/11	9 AM	2.5 hrs	2	Tory Grant	573-9400 (business)	Puyallup area ride. Start: Old Town Bicycle, Tacoma.
Sat	12/11	9:30 AM	40	2 B	Ralph Wessels	857-5658	Ralph's X-mas shopping & lunch in Black Diamond (see member's sale ad this issue) Start: Auburn P & R (1st Ave & 15th St).

twbc monthly event schedule call the ride line for the latest additions and corrections...253-759-2800

Day	Date	Time	Dist- ance	Ride Code	L ead er	Contact at (253)	Ride or Activity
Sun	12/12	9 AM	2 hrs	2 C	Ryan McGlone	573-9400 (business)	See December 4th. Gig Harbor/Olalla area.
Sun	12/12	9:30 AM	45	2	Louie Boitano	922-1168	Ride to Orting plus new trail portion. Start: Sumner Library.
Mon	12/13	9 AM	10 - 15	1 B	David Barton	759-2393	Get in Shape w/ David. Rain cancels. Start: Starbuck's, N 26 & Proctor.
Mon	12/13	6:30 PM	00	00	Ralph Wessels	857-5658	First Special Events Meeting for Club rides in 2005, @Jan B's, 1209 N Anderson.
Tues	12/14	Call	Call	Call	Call Ride Line	759-2800	Tuesday AM Ride. Call Ride Line for details.
Tues	12/14	6:30 PM	00	00	Tim Payne	360- 871-4478	Board Meeting @the Kim Ahn Restaurant across from TCC on Mildred.
Weds	12/15	8 AM	1 hr	2 C	Justin McGregor	573-9400 (business)	Same as December 1st. Pt. Defiance area.
Weds	12/15	5:30 PM	30 -35	3B	Peg W Joyce C	475-3625 759-2393	Wednesday Knight Riders. Lights, reflective dothing. Start: Starbuck's, N 26th&Proctor.
Sat	12/18	8 AM	30 -35	2 B	Steve & Phyllis Lay	759-1816	Pancake Breakfast @Spanaway Sr. Center Start: Starbuck's @N 26th & Proctor.
Sat	12/18	9 AM	2 hrs	2 C	Ryan McGlone	573-9400 (business)	See December 4th. Gig Harbor/Olalla area.
Sun	12/19	9 AM	2.5 hrs	2	Tory Grant	573-9400 (business)	Puyallup area ride. Start: Old Town Bicycle, Tacoma.
Sun	12/19	9:30	69 K	2	Louie Boitano	922-1168	Louie's Birthday Ride. Start: Sumner Library.
Mon	12/20	9 AM	10 - 15	1 B	David Barton	759-2393	Get in Shape w/ David. Rain cancels. Start: Starbuck's, N 26 & Proctor.
Tues	12/21	Call	Call	Call	Call Ride Line	759-2800	Tuesday AM Ride. Call Ride Line for details.
Weds	12/22	8 AM	1 hr	2 C	Justin McGregor	573-9400 (business)	See December 1st. Pt. Defiance area.
Weds	12/22	5:30 PM	30 -35	3B	Peg W Joyce C	475-3625 759-2393	Wednesday Knight Riders. Lights, reflective dothing. Start: Starbuck's, N 26th&Proctor.
Sun	12/26	10 AM	50	2 B	Bob Myrick	473-7455	Ride to Farm Boy. Start: Yelm City Park
Mon	12/27	9 AM	10 - 15	1 B	David Barton	759-2393	Get in Shape w/ David. Rain cancels. Start: Starbuck's, N 26 & Proctor.