



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

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July 2004

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

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City, State: _____

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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
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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

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tacoma wheelmen's bicycle club newsletter
since 1888
po box 112078 tacoma, wa 98411
253-759-2800

July 2004

TWBC Elections

Every June, TWBC members elect the Board members for the organization. This year, there are a few new faces on the Board and some familiar faces in different positions.

Those returning to their previously held positions are Jan Brame as Newsletter Editor, Sandy Byrd as Secretary, Carol Davis as Ride Captain, and Bob Myrick as Director of Community and Govern-mental Affairs.

Jim DeYoung was elected as Treasurer although he had recently transitioned into the position with membership approval to accommodate Joy Roelofsz's pending retirement and departure for Redmond, Oregon.

Ralph Wessels will hold the position of Past-President for the next year.

Tim Payne is the new President for TWBC having previously served as VP.

In a stunning and bold, political move, Vern Hase squashed all political rivals to become TWBC's newest Board member as Vice-President. OK, maybe it wasn't quite that dramatic. There were more than one name put forth for some of the Board positions but the nominations were declined. This resulted in an unopposed slate of candidates. Anyway, it is great to have Vern join the Board as VP.

The only Board vacancy is for the Director of Special Events. If you are interested in this position, please contact Tim or one of the other Board members.

Jack Woods and Gerald Kluck will be handling the food and refreshments arrangements at our future club meetings. They are replacing Dolores Fitch.

There are also several staff positions available such as Club Publicity, Ride Publicity, Safety Director, and Equipment Manager. If you would like to help the club in a defined role but not as a Board member, please consider one of these. You could also do these as a team like Jack and Gerald are doing with the food and refreshments for the meetings.

TWBC July Ride Notes, Other Rides

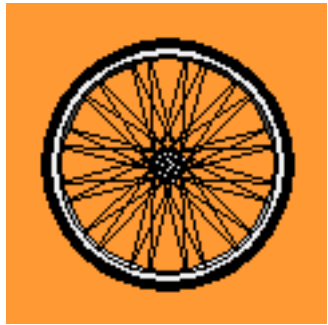
07/7-11, REDSPOKE: Redmond to Spokane, \$475, 100 riders only.

07/10, 6th Annual Pedal The Pinchot: \$35; 2 mt. Bike & 2 road bike routes.
Start @ Swift Forest Camp, 17 miles E of Cougar.

07/10 & 18, Bike Sat & Sun: Lake WA Blvd shut down to motorized traffic.
07/25, 11th Annual Tour de Kitsap: \$18, Scenic courses through Seabeck,
Port Gamble, Poulsbo, Keyport, Illahee, & Manette.
12 mile to Erlands Point & NAD Park. Raffle of 2-\$100 gift
certificates to Silverdale Cyclery on Sun PM.

07/25-31, Bike Idaho: \$675. From Pocatello, ID, travel through ID, Wyoming &
Utah on this supported bike ride. www.oregonbicycleride.org

07/29, 21st Annual RAMROD: 154 miles around Mt. Rainier in one day.



TIRE BUZZ By President Tim Payne

LOOKING AHEAD

This is my first column as the newly elected President of TWBC. I want to thank all of you for the confidence you have placed in me by electing me to this post. I hope you understand, however, that it is you who make the club function; my job is just to help direct and lead those efforts. I especially want to applaud Past President Ralph Wessels for his leadership. I think the club has progressed significantly under Ralph's guiding hand. Thank you Ralph for your time and seemingly boundless energy in leading this organization. My goal will be to continue that effort. Speaking of goals, here are a few things I hope we can pay attention to over the next year. As you will see most are carrying forward goals we have already established.

Attract new members – Thanks to the work of Carol Davis in feeding ride information to the Tacoma News Tribune Outdoor reporter, Jeff Mayer, we have managed to bring out new potential members on many club rides over the past six months. The new publicity is a most important tool in our efforts to build new membership. Equally important is the experience of new people who turn out to ride with club members. Some of the responsibility for helping to make new people feel welcome and comfortable falls to the ride leader, but the impression left on new people will most certainly depend on the experience with other club members on the ride. Our best recruiting tool for new members is you.

Offer a wide variety of club rides – Over the past year, we have managed, with Carol's assistance, to offer a wide variety of riding experiences for riders with different capabilities. I would like to see us continue and expand our offerings. Invariably this will mean recruiting more ride leaders. Get ready to volunteer out there!

Produce high quality special events – TWBC has a reputation for staging some of the finest special event rides in the Puget Sound region. This is something we should strive to continue. This means finding a Special Events Director and ride coordinators for each of our three special event rides. These folks are

crucial to our success in staging these events and doing it in a way that keeps people returning every year. We have been fortunate in the past years to have creative energetic people in these positions that have really made our special events special. I would derelict if I did not recognize the central role of the volunteers in making our rides successful. Keeping these must-have ingredients in the recipe is a must if we are to meet the goal.

Strengthen ties with the Bicycle Alliance of Washington – We already have a very strong working relationship with BAW. I want to ensure that it stays that way and, if anything, get stronger. There is value in working together to ensure bicycle advocacy and education programs grow stronger in this state. Further, that we cyclists retain a strong voice in legislation and regulation. BAW allows cyclists to band together to accomplish what none of us could reach if we stayed alone within the walls of our various bike clubs.

Strengthen ties with other bicycle clubs – One of the most gratifying activities of the past few months has been working with four other clubs to create, organize, and bring to life the RAPSody ride. We have much to gain by working together with our sister clubs whenever possible to forward the cause of cycling in Washington. Riding together has also proven to be fun and has allowed many of us to make new friends.

Provide financial support to organizations that promote bicycling and safety – We have done this very well in past years. This goal is my recognition that it is an important part of what we do in the community.

Advocate for bicycle facilities and safety in Pierce County – We have done this very well in the past. There are major projects, currently underway that deserve our undivided attention, the Scott Pierson Friendship Trail (SR-16), the Foothills Trail, extension of the Interurban Trail, establishing bike lanes on Tacoma Streets, Top Ten worst cycling streets, just to name a few. Our Government and Community Affairs Committee, led by Bob Myrick, has been very active in these areas; we want to ensure continued success.

There are many other things the club does, like the meeting programs, the annual banquet, the picnic, helmet fitting for kids which are all important to the life and well-being of the club. I do not mean to slight them by failing to include those activities in our goals, but I think seven goals are enough. Besides if we stretch our thinking just a little, all of those activities will fall into one of the other goals. Okay, it may be like trying to put a small pair of cycling shorts on a 200-pound body, but we can still make them fit. Here is to a good and prosperous year for TWBC.

Peninsula Metric is CLASSY Classic

It is a wonder to me that despite the odds, we continue to pull off success after success in our special events. I can attribute this to only a few common elements, excellent leadership, willing and capable

The Buzz continued on p.3

The COG Home Page



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

**Next Club Meeting:
Tues, Sept 21,
2004**

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

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

R I D E C O D E C H A R T

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 Hase, 253-759-7246, 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 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)
MEMBERSHIP DATABASE: database@twbc.org
& MAILING: Ann 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: daffodil@twbc.org Joyce Clifford 253-759-2393 & Marguerite Richmond 253-272-1254
PENINSULAMETRIC: 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 Fjetland, 253-841-4458
ANNUAL PICNIC: Vern Martin, 253-212-0781



Bob Myrick
TWBC Director of
Community and
Government
Affairs

Our small committee met on Tuesday, June 1 at 7pm at the Guadalajara Taqueria in the Stadium District at 1st and Tacoma Avenue. We will not be meeting in July and September due to various bike trips, but we will squeeze in a meeting on Tuesday, August 3. I was planning on going down the Rockies in August and over the Santa Fe Trail to St. Louis, but I have changed my mind. In late August, I will head south to Glennwood, WA for four days and then continue into Oregon towards southern Idaho. I hope to meet the West Sound Cycling Club for their trip from Jerome up to Sun Valley and beyond. My plan is to stay with them for a few days and then head up to Lost Trail Pass and on to Lolo Pass. Then, it's mostly downhill back to Washington State. I hope you can try a supported or independent trip in the near future. It's good to go out for just one or two nights at first to shake out yourself and your equipment.

During our committee meeting, we discussed a few items as follows:

1. We discussed the need for Pierce County to review the non-motorized system around the new Narrows Bridge. I have requested Lynne Dumovich to review the system and also to pursue a trail path off the new bridge towards Gig Harbor. Lynne is Pierce County's new non-motorized coordinator. I also thanked Lynne for helping me locate the old Hersey wagon road up in Ashford. We hope to make it part of the trail system up there.

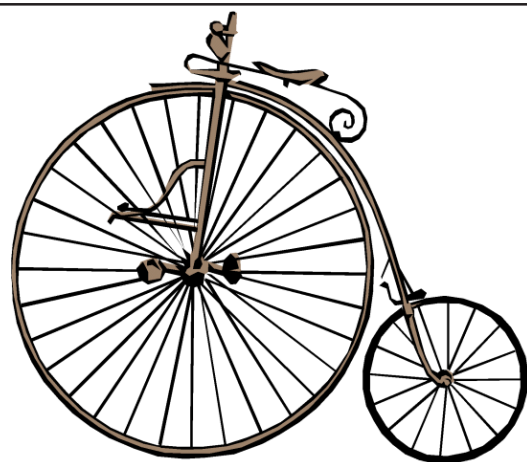
2. Railroad Tracks between Roy Y and Mckenna. We have not heard from the State DOT so as time allows we plan to keep pursuing this matter so that the track crossings can ultimately be improved. We plan to contact Tacoma Rail and WSDOT to try and find a solution.

3. Youth Bus Pass Program. I have heard from Safe Kids at Mary Bridge Hospital. Kids are showing up to be fitted with the helmets that are part of their benefits when they purchase a summer bus pass. I told Safe Kids the \$1000 check from TWBC was in the mail. We are providing up to 200 helmets and Pierce Transit will try and provide some helmet safety advertisements in the buses. Their transit book thanks our club for the help we are providing.

4. HOWIE. I still plan to get out on the trail and some bike lanes and paint our Helmets on Wheels mascot, HOWIE, on the pavement. HOWIE says be "Head Smart", "Wear a Helmet".

5. WSDOT Permit Issues. Ralph and others from Bicycle Alliance of Washington have met with WSDOT to try and resolve some onerous permit requirements that WSDOT has dreamt up. Two big rides have already been canceled because they didn't comply with WSDOT rules. One major problem is that WSDOT won't allow bike traffic on both sides of a State Highway during a bike event.

6. Bike Summer. This summer long celebration started in May. Please review your earlier newsletters and consider participating in the daily activities and in the special events throughout the summer. We want you to have a good time. So get out there and enjoy the summer.



Looking Back

contributed by Bob Myrick

For 1904, the bicycle paths of Tacoma are in good order, according to Officer Bedford, who is in charge of the City's paths. The Wheelmen, however, have been slow in buying their 1904 licenses. The money from the licenses is used to keep the bicycle paths in good shape.

The Buzz continued from p. 2

volunteers and a real feel of hospitality for people who come to join our rides. Dianne Koch and her band of happy volunteers pulled off another great ride on June 6. The weather was less than cooperative as it was raining in Seattle when many people stuck their hand out the door to decide if it was a good day to ride. I daresay many of them returned to bed. In spite of that, we nearly broke 400 riders for the PMC. We had no major catastrophes, in spite of some last minute detours, few lost riders and other than a few droplets here and there, pretty much escaped the rain altogether.

Dianne, you skillfully set up a great success, congratulations and thank you. Among the bad news connected with the ride, Dianne announced she would be unable to coordinate the PMC in 2005 for personal reasons, so we are looking for a replacement.

To all of you volunteers, thank you for your efforts to pull off another success. I want to mention again that special feel you provide to our riders. I think people feel right at home when they ride with TWBC. That is, in large measure, due to the hospitality all of display in assisting them to a wonderful day.

I particularly want to call out the efforts of the Port Orchard Chamber of Commerce and Kathy Hall. Year after year Kathy has coordinated and the C of C have staffed and provided special treats at the Glenwood rest stop. It is truly gratifying to have this kind of relationship with the business community in one of the towns we touch but once a year. Thank you to Kathy Hall and the Port Orchard Chamber for helping make our ride a great success.

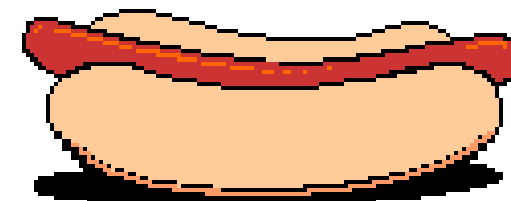
I will close this section by observing that another reason for our successes are the countless hours spent planning these events. Please consider joining our special event team. Being a ride coordinator is not a prerequisite, just joining in the planning meeting and learning how it is done is both useful and gratifying. Who knows? Maybe you get bit by the special event bug and volunteer for a coordinator's position in the future. Finally, don't tell too many people, or we won't have room for all of them, but we have fun at the special event planning meetings.

Jaxon Takes Us on a Ride

It was a real pleasure to host Jaxon Ravens at our June meeting. Jaxon led us across the US on a trek that followed the footsteps of Captain Meriwether Lewis as he made his journey from Washington, D.C. to the coast of Oregon 200 years ago. Each adventure cyclist we have had the pleasure of hosting has had a bit different take on his or her adventures and Jaxon was not an exception. To begin with he has lots of energy and it certainly comes through in his presentation. Jaxon led us through a potpourri of information, impressions and cultural exposures as he took us across the county. He told us about the Chesapeake and Ohio Barge Canal trail which travels from Washington, DC to Cumberland Maryland. And other recently completed trail that would allow one to cycle from Pittsburgh to Washington, DC all on trail. He showed impressionistic photos of Americana along the way. He shared, in

real life his "road treasure." Now, I am going to tell you this is the first of about six speakers we have hosted since I have been in the club who have freely confessed they collected and then produced their "road treasure." My favorite was the beaded Garfield purse he found alongside the road and kept his found money for the duration of the trip. Jaxon also talked a little about his equipment and how well it did or did not function. He learned one lesson the hard way, a fully loaded touring bike needs very strong rear wheels. After breaking several spokes the two nipples pulled out of the rim. Not a happy situation. Suffice it to say he came home with a different rear wheel than he started with. If I go on much longer I will have written his entire presentation, but I will close with one more item Jaxon shared with us, he did this ride entirely solo and with what he calls "integrity." That means he remained true to cycling every mile. Once, after a breakdown he got picked up and taken west to resolve the problem. He asked to be returned to where he was picked up to continue his journey. In Jaxon's parlance integrity means every last inch.

I hope to see you on the road or at the picnic on July 24. Have a safe and wonderful summer.



IT'S PIC-A-NIC TIME FOR TWBC MEMBERS!

As Yogi said to Boo-Boo, "It's time for a pic-a-nic". Fortunately for you members, Host and Organizer and Grand Master Pubba, Vern Martin has matters well in hand. You do not need to go foraging through Jellystone Park for pic-a-nic baskets, all will be there for your enjoyment on July 24th. After just returning from Jellystone two weeks previously, Vern has found a new venue for the annual TWBC Picnic, Dock Street Park. With a fresh breeze right off the water of Thea Foss, green grass, picnic tables, and food galore it sounds like a perfect day. Check the ride line at 253-759-2800 for the exact time and for the pre-rides to the picnic. Talk about guilt free eating, you just need to ride to work up an appetite. Come one, come all, this is just the opportunity to match names to faces, and relax by the water and eat great food with great people!



You Know You Are a Cyclist When.....
by JR GULCZYNSKI

When did you first think of yourself as a cyclist as opposed to someone who just rides a bicycle? I’m not sure when it happened for me, but I think in general YOU KNOW YOU’RE A CYCLIST WHEN:

You stop to fix a flat in the pouring rain for someone much less prepared than you...

You know the difference between Spandex and Lycra and have a preference...

You can pronounce “cyclometer” correctly...

You get 4 catalogs a month, all of them trying to sell you the exact same stuff...

You know what “YLBS” or “YLBM” means...

The guys at YLBS know your credit card number by heart...

After riding in the rain, you wash down your bike before your own body...

You actually can tell the difference between Shimano and Campagnolo and have a preference...

You purposely avoid the bike sections in large discount stores...

You know at least two people with custom built frames, not counting yourself...

You either have, or seriously thought of buying a spoke tensionometer...

You know why Velcro straps on cycling shoes are better than laces...

You own more than one pair of bibs....

You know the proper names of all the pieces of a bike frame...

You have a bike rack for each car you drive because that’s easier than moving one back and forth...

You’ve used your Road Rash first aid kit at least once...

Your leggings have the greasy outline of a chain ring on them...

You make your own energy bars because at the rate you use them; it’s a lot cheaper...

You have/use pre/post-ride energy/recovery drinks...

You own a chain gage to measure chain stretch...

You finally gave away your old “fat” clothes to a charity...

You have at least one training DVD or VHS tape...

You buy water bottles for how easily the squeeze and not how cool they look...

You shipped your bike to another location at least once...

You packed you own shoes, helmet and pedals when going on vacation because they rent bikes...

You own at least two pairs of goofing looking cycling socks....

And lastly, you can recite the dates for the different stages of the 2004 Tour De France from memory.

Don’t Trust the Weatherman
By Ralph Wessels

Don’t trust the weatherman or weatherwoman! If two drops of rain are a possibility, they give the prediction of rain. Three drops and they predict thunderstorms. If you base your riding on weather predictions, you will miss out on great riding weather. Better to carry a raincoat as insurance and do the ride than miss out on some great cycling adventures.

For those of you with tandems or an inclination to ride with tandems, I hope that you were able to attend the **Northwest Tandem Rally** over Memorial Day weekend in Lacey. There were approximately 450 tandem teams that participated and enjoyed the warm rains. The Evergreen Tandem Club was the host this year and put on an excellent event. Thanks to Spencer Beard and Sheila Hoffman and their many volunteers for making it a success. TWBC hosted the lunch stop on the second day at the Plant Center. Toni Matson, Vern Martin, Peggy Fjetland, Joy Roelofsz, and Tim Payne all had on Hawaiian shirts and grass dresses to present a theme for the rest stop. Quite a sight to see! Next year, NWTR will be in Bend over the 4th of July. The claim is there is only 17 inches of yearly precipitation there and hardly any of it comes as rain. Well for us west-siders, I guess it could still be fun. There is lots of time to locate a tandem between now and then if you want to participate as one of the teams.

The **Peninsula Metric** was also successful although the turnout was less than in the past several years. The weather forecast was for thundershowers, which of course means it was a nice day, although there was a bit of a southwest wind. 386 riders bravely ignored the dire weather predictions and were rewarded with a great ride. Rain did not appear until we were at the pizza party afterwards, and then only briefly. I heard lots of compliments about the ride and the support that TWBC has in putting on the ride. Way to go Dianne Koch and thanks to everyone who volunteered!

Weather cont.on p. 7

Weather continued from p. 4

June 12 was the **4-Sisters Ride** (or is that 5-Sisters), which started in Shelton. Jill Priest from West Sound Cycling Club handed out route options to the group and I think everyone opted to either ride the 50 or 68-mile routes. As in past years for this ride, it was a good chance to see our friends from other clubs. We did notice there were a few less Wheelmen this year. Could it have been the clouds or prediction of late rain? A competing ride on this date was the Bicycle Naked Ride in both Seattle and Olympia. Lacking proof of where all the other Wheelmen might be, those of us who were in Shelton could only make assumptions as to where club mileage was also being accrued. Carol will be scrutinizing the club mileage sheets this year for sure!

Although TWBC does not have club meetings in July or August, there are a number of events that TWBC is either hosting or participating in. Be sure to mark them on your calendar.

July 24 is the **TWBC picnic**. Vern Martin is again the man in charge. Call the rideline (759-2800) for additional details.

The **RAPSody (Ride Around Puget Sound) Ride** will be held August 28-29 and is in the final stages of being organized by the five hosting bike clubs. The last day to register for \$75 is July 23. After that, the cost is \$85 until registration closes on August 13. Bicycle Alliance members receive a \$10 discount so consider joining and receiving an immediate discount in addition to supporting state-wide bicycle advocacy. Contact Ralph Wessels at 857-5658 if you are interested in volunteering. See www.rapsodyride.org for additional details.

The **Headwaters Century** is September 12. Robert Deehan, Ride Director, would appreciate having volunteers sigh up early so there is not a last-minute scramble. Check the website for available positions or call Cynthia Hammer at 752-0801 who is handling the ride volunteer coordination.



NEW MEMBERS

Tommy Harlow, Allen Chapman, Betsy Sawyers, Penny Burr-Barge, Shannon Fitzgerald, Ken Elam, Shirley Adams, Jerry Walker, Harold Schoeppner, David & Sharon Remagen, Debbie Due, Christine Kaufman, Mike & Karen Servey, and Audrey Pitigliano. Welcome!

RENEWING MEMBERS:

Gene Smith, Fred & Margaret Swift, Herman Diers, Ralph & Dena Wessels, Janelle Baldwin, Gerald F. Kluck, Steven F. Burgess, Marlaina Wall, Carolyn Nelson, Jan Brame, Dolores Fitch & Family, Carla Gramlich, Ruth H Daugherty, Anne & David Seago, Robert S. Cook Sr., Lynn Kuhlman, Stan & Joan Sanders (with Yorkies Daisy & Hammish), George Kelly, William D. Hill, Jim Davis, John R. Delbridge, Jane Hostvedt, and Tom & Lisa Enlow. Thank you all!

BICYCLE ALLIANCE NEEDS VOLUNTEERS

In 2003 Bicycle Alliance Volunteers worked over 5200 hours of volunteer time. This is not only clearly the core of our organization, but is a huge, HUGE foundation for bicycle advocacy in Washington.5200 hours — that’s a lot of work, it’s like adding more than 2 full time staff! That’s the most valuable thing the organization has. It’s worth more than our computers (which are managed and repaired by volunteers), it’s worth more than our desks (which were donated by volunteers). It’s even, dare i say it, worth more than our annual Auction, which is run entirely by volunteers.

And that 5200 hours is not even including the thousands of vital emails and postcards and letters sent to decision makers by our 2200 members.

Every one of those volunteers made a difference, made the organization work better, more effectively. The volunteer who donated 1½ hours of his time over the entire year (yup, there was one) made an important contribution and the volunteer who donated over 500 hours (there was one of those too!) was important. This organization is not run by the 3.5 staff members in the office, but by the volunteers. AND WE NEED YOU.

If you want to help the cause of Bicycle Advocacy there are many ways you can donate your time: you can write a letter do a government decision maker when you receive an email alert from us, you can spend a couple of hours at a Month End Work Party here at the office (great food, socializing and a HUGE help for us), you can take on one of many special projects either in our office, or out in the field or even at your home. We have a number of special projects in the office this summer and we are in great need of IT help as well.

So if you would like to add your time to that great total, and if you would like to really make a difference for bicycle advocacy in your state, just drop me an email or call us at the office, we’d love to have you.

One of the best ways to get started here is to come to our CHOCOLATE and CHEESE party at the end of each month. A bunch of fun bicyclists get together, socialize, eat and work hard to get our monthly mailing out... we’d love to see you and we need the help! Call us at 206/224-9252 for directions to the Bicycle Alliance office in downtown Seattle hidden just behind the Convention Center.



THE PAPA CHRONICLE by Stephen F. Burgess

Like most of us as kids, I rode bikes all the time. You know what I mean, jaunts around the neighborhood, Evel Knevel stunts (I’m still amazed that only the bike broke). Then I got a care and cycling faded from my life. I rediscovered cycling about 12 years ago after breaking both my feet. I rode primarily to stay in shape while my feet healed. This time, no stunts. Well, one mile led to another. I can’t say exactly when or how it happened but the next thing I knew I had it. I had the fever. I was hooked. Today cycling is truly a part of my life.

Fast forward to May 2004. The days are getting longer and the spring weather is great. I hadn’t been on a TWBC ride in a while so I decide to go on a Tuesday “night ride”. As I’m getting dressed I begin to wonder if other members will still remember me? Will Joyce and Peg send me home because my bike doesn’t have lights? Oh well, I’m still gonna go. I finish dressing and head out the door. Halfway to the rendezvous point my cell phone begins to ring. After fumbling in my jersey picket I answer the phone on what was probably the last ring. :” Hi, Papa, whatcha doing?” It’s my 5-year old daughter, Nina. I tell Nina that I’m on my bike. ”Papa, I want to ride my bike too.” Since I wanted Nina to start riding on her terms, her words made me very happy. My daughter was expressing an interest. .

Today’s the day. I am now responsible for introducing my daughter to the wonderful world of cycling and teaching her how to ride a tow-wheeler. This is going to be an interesting experience for the both of us. Purple bike check. Tweety-bird helmet check. Nina looks at her bike and says, “Papa, I like the stringy things (tassels)” and gives me a big hug. Nina does not have much riding experience so we decide to keep the training wheels on for now. I wish my father had been as reasonable when I was learning otherwise I could have fallen over and suffered brain damage. Sorry, I digress. Down the sidewalk and back she rides.

We have now moved to our official practice facility. I quickly learned that the local middle school is a great place to learn to ride and practice the fundamentals. There are sizable areas with no cars, metal posts for turning skills and grassy slopes for braking skills. Speaking of braking skill, Nina had been doing great until, on a slight downhill, she picked up too much speed and her steering became a little unsteady, Nina was able to stop the bike. Part braking, part falling over. Nina did not fall hard however it was her first fall. How will she react? I immediately picked Nina up. She was fine. There were no tears. Nina gave me a hug and with excitement in her voice said, “Papa, I was real going fast, huh?” I’m thinking, “Oh, great, this is how I started.” I sure hope only the bike breaks.

Although we had agreed not to remove the training wheels just yet, I was gradually raising the wheels so that Nina would have to work on her balance. I thought I was slick because I wasn’t telling Nina that I was raining them. After a couple more training sessions the ruse was up. Nina asked me why the wheels ere no longer touching the ground. This was a fair question and it deserved a fair answer. Therefore I replied, “I don’t know.”

It’s 8:30 am on a Saturday and Nina already wants to go out and ride her bike. Now we’re doing morning rides, go figure. During our pre-ride inspection, I noticed that the plastic chain guard was a little loose. Nina is watching as I tighten the screw. Nina

then turns to me and asks if I would take off her training wheels. Even though Nina had been doing well with the raised training wheels I honestly thought that she would keep them on a little longer. I remove one wheel. Nina, with my help, removes the other. We head out the door and over to the middle school. I take Nina to the top of a grassy slope, five a few words of encouragement and give her a gentle push. There she goes. Her first two wheel solo. She is doing great. Nina gets to the bottom and all is well. As Nina turns around and starts riding back to me she has this amazing smile on her face. You could tell she was really enjoying the experience. I was diggin’ it too.

Now Nina wants to ride all around the grounds of the middle school. This is great and all but I’m in no shape to be running after a speed demon. There is no doubt that she has the need for speed. Nina races through the metal posts like pylons in a car commercial. There were times, however, I could of swore that the posts were giant magnets and were drawing Nina’s bike right into them. I lost count of the number of near misses. I sure hope only the bike breaks.

Ok, when’s it going to happen? You know. THE FALL. The one without the training wheels. Nina’s apparent need for speed told me it would be sooner rather than later. Nina heads down the grassy slope. Use your brakes,” I remind Nina. On the previous descents Nina would continue straight on the grass. This time however, after reaching the bottom, Nina attempt to make a sharp right turn onto a sidewalk. Down she goes. I could tell it was a hard fall. This time there were tears and an abrasion on her arm. After doctoring the injury and wiping away the last of her tears I explain to Nina that she is now officially a cyclist. Nina smiles and gives me a hug.

Well folks, that’s my story. Not to say that the story is even close to being over. Don’t be surprised if one day soon you hear a sweet voice yelling, “On your left.” You’ll recognize Nina. She’ll be the one wearing the Sponge Bob Square Pants jersey.

P.S. Happy 6th Birthday (July 7th), Love always, Papa.



the Picture Page



David & Anne’s Funky Feng Shui Red Door Ride June 20





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
Thurs	07/01	6 PM	14 +	1 A	Peggy Fjetland	841-4458	Foothills Trail (+ ?). Start: Downtown Orting Bell Tower
Sat	07/03	9 AM	50 or 60	2 B	Terry DeWitt	631-4083	Lake Washington, various routes. Start: Coulon Park, Renton @ south end parking lot near volleyball courts.
Sun	07/04	9 AM	50	2+ B	Terry DeWitt	631-4083	Rolling Hill Ride Around the South Sound. Start: Russel Rd Ball Park West End Lot across from golf course.
Tues	07/06	5 AM	10	3 B	Steve Brown	752-4038	Early Morning Ride. Start: Starbucks @ 26th & Proctor.
Tues	07/06	5 PM	50	2 B	Terry DeWitt	631-4083	Black Diamond Rolling Hills Area Ride. Start: Russel Rd Ball Park West End Lot across from golf course.
Weds - Sun	07/07- 07/11	early	300	All	Rotary Club of Redmond	425- 985-4586	REDSPOKE. See Ride Notes. www.redspoke.org
Thurs	07/08	5 PM	50	2 A	Terry DeWitt	631-4083	Alki Ride on the flat. Start: Russel Rd Ball Park West End Lot across from golf course.
Thurs	07/08	6 PM	15 +	1 A	Peggy Fjetland	841-4458	Puyallup Ramble. Start: Western WA Fairgrounds, Red Parking Lot.
Sat	07/10	6 AM	30, 88	All	Rotary Club of Woodland	360- 225-6555	Pedal The Pinchot. See Ride Notes. www.pedalthepinchot.com
Sat	07/10	9 AM	50 or 60	2 B	Terry DeWitt	631-4083	Lake Washington, various routes. Start: Coulon Park, Renton @ south end parking lot near volleyball courts.
Sat	07/10	10 AM- 6 PM	Your Choice	1 A	Seattle Parks	206- 684-7092	Bicycle Saturday, Bikes only on Lake WA Blvd between Mt. Baker&Seward Park. www. seattle.wa.us/transportation/bikesatsun.htm
Sun	07/11	9 AM	50	2+ B	Terry DeWitt	631-4083	Rolling Hill Ride Around the South Sound. Start: Russel Rd Ball Park West End Lot across from golf course.
Tues	07/13	5 PM	50	2 B	Terry DeWitt	631-4083	Black Diamond Rolling Hills Area Ride. Start: Russel Rd Ball Park West End Lot across from golf course.
Tues	07/13	6:30 PM	00	00	Tim Payne	360- 871-4478	Board Meeting @ the Kim Ahn Restaurant across from TCC on Mildred.



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	Ride or Activity
Weds	07/14	6:30 PM	00	00	Robert Deehan	272-9682	Special Events Meeting: Headwaters planning & pizza @ Dianne K's house, 6003 Alameda Way W.
Thurs	07/15	5 PM	50	2 A	Terry DeWitt	631-4083	Alki Ride on the flat. Start: Russel Rd Ball Park West End Lot across from golf course.
Thurs	07/15	6 PM	13 +	1 A	Joy Roelofsz	222-0889	Tour de Dupont. Start: Dupont Park & Ride.
Sat	07/17	7 AM	100	2.5 C	Ralph Wessels	857-5658	Ralph's Annual Ride Around the Sound. Start: Gig Harbor Park & Ride.
Sun	07/18	9 AM	40 - 50	2 A	Sandy Byrd	474-6721	Smokin' Birthday Ride to Cedar River Smokehouse, Renton & back. Start: Sumner Sounder Station
Sun	07/18	10 AM- 6 PM	Your Choice	1 A	Seattle Parks	206- 684-7092	Bicycle Sunday, Bikes only on Lake WA Blvd between Mt. Baker & Seward Park. www. seattle.wa.us/transportation/bikesatsun.htm
Sat	07/24	10 AM	30	2 A	Carla Gramlich	879-0115	Ride to TWBC Picnic. Start: Freighthouse Square.
Sat	07/24	1 PM	00	00	TWBC Vern Martin	Ride Line 212-0786	TWBC Annual Picnic. Call Ride Line for location.
Sun	07/25	7:30 AM	12, 30 65,100	All	West Sound Cycling Club	360- 697-3908	Tour de Kitsap , Silverdale. See Ride Notes. www.westsoundcycling.com
Thurs	07/29	early	154	4 D	Redmond Cyling Club	206- 781-3903	RAMROD , Enumclaw. Pre-registration required. See Ride Notes. www.redmondcyclingclub.org
Sat- Sun	07/31 08/01	8 AM & TBA	80 & 85	All	Tim Payne	360- 871-4478	RAPSody Pre-Ride. Volunteers only ride. (so sign up for a volunteer slot!). Start: Freighthouse Square & Shelton.
Sat & Sun	08/28- 08/29	6 AM	All	All	5 Sisters, TWBC	Ride Line, 857-5658	RAPSody, Ride Around Puget Sound; Start: Tacoma Dome Station
Sat	09/04	9 AM	50	2 C	Robert Deehan	272-9862	Headwaters Century Pre-Ride. Start: Enumclaw High School.
Mon	09/06	9 AM	62	2 C	Ralph Wessels	857-5658	Headwaters Century Pre-Ride. Start: McKinley Bridge Park (just before Flaming Geyser Park).
Sun	09/12	7 AM	All	All	TWBC , Robert D	Ride Line, 272-9682	Headwaters Century; Start: Enumclaw High School.