



Tacoma Wheelmen's Bicycle Club
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Tacoma, WA 98411

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JANUARY 2005

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Individual person membership \$15_____

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Total Membership Fee: \$ _____

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PO Box 112078
Tacoma, WA 98411

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

JANUARY 2005

Excursion to Victoria, BC

Join Dena and Ralph Wessels for a Victoria, BC adventure on President's Day weekend. We plan to arrive there on Saturday, 2/19/05 and return on Monday, 2/21/05. We had planned to stay at the Fairmont Empress but they have unfortunately rescinded their special offer. Instead, we will be staying at the 3-star Traveller's Inn City Center. Their toll-free number is 888-877-9444. You can save \$10 if you make your reservations online at www.travellersinn.com. Cost is approximately \$50 CDN for 1-person or \$60 CDN for 2 to a room. We will enjoy tea and crumpets, explore the community, and choose ride routes based on the weather and our desires. Contact Ralph or Dena at 857-5658 or ralphdena@earthlink.net to confirm you are going or if you have questions or suggestions.

The ferry schedule for the M.V.Coho for President's Day weekend is the departure from Pt. Angeles at 8:20 AM and 1:45 PM and the departure from Victoria at 10:30 AM and 4:00 PM. Plan on catching the 8:20 AM ferry to Victoria and returning on the 4:00 PM ferry. There are pay parking lots near the ferry terminal so arrive early enough to park, unload your bike and gear, buy your ticket, and load onto the ferry. There may be holiday crowds too so take that into account. Crossing time is 95 minutes. Ferry fare is \$9.00 for adults and \$4.00 for bicycles.

*Proof of Citizenship re-
quired for entry into
Canada and the United
States.*

"Sierra to the Sea"

"Sierra to the Sea" is a scenic and challenging 8-day bicycle and camping tour through Northern California, June 18 to 25, 2005. Starting in the historic Mother Lode country of the Sierra Nevada Mountains, the tour traverses the Sacramento and Napa Valleys, passes down the Pacific Coast, crosses the Golden Gate Bridge and concludes at Golden Gate Park in San Francisco. It's a great way to explore California.

continued on p.8

The GREAT Potato Flat-head Lake Tour

Two great clubs, TWBC and WSCC, have joined together to plan this beautiful, challenging tour through northern Idaho and western Montana, May 21-30. The tour will start in Spokane and head towards the Trail of the Coeur d'Alenes. After stopping in Harrison, we will travel on the trail by beautiful lakes and rivers to historic Wallace, then ride up through the Coeur d'Alene Nat'l Forest and over Thompson Pass to Flathead Lake and a rest day along it's shores. Coming back west again we will search for a hot spring or two and ride the pristine and less traveled Hwy 200 along a beautiful river towards Sandpoint ID. Riding along Lake Pend Oreille is sensory overload as we turn south and head for the fabulous town of Coeur d'Alenes and a rest, then finishing off our trip we head west on the Centennial Trail or backroads to Spokane.

TRIP IS LIMITED TO 20 PEOPLE - 10 FROM EACH CLUB. THIS TOUR WILL GO FAST! Deposit of \$100.00 should be mailed to: Jill Priest, PO Box 356, Manchester WA 98353

As of Jan 31, 2005, tour spaces will be open to both clubs, if spots are still available.

The COG Home Page

Club Officers and Volunteers

PRESIDENT: president@twbc.org

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Peggy Fjetland, 253-841-4458

ANNUAL PICNIC:

Vern Martin, 253-212-0781



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

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

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)

Next Club Meeting:

**Tues February
15, 2005**

**Food galore!
Door Prizes are back!**

The Buzz continued from p.4

a responsibility we should all take seriously. Granted, there is always the risk that nothing will happen as a result of our contact, but it is much more likely that something WILL happen if awareness is generated about an issue or a hazard. Do you know who to talk to in the jurisdiction you reside in about bicycling roadside hazards? Find out; get their phone and their e-mail. Be friendly, but be serious, consistent and persistent. If there were more people like Bob and Ralph (also deserving honorable mention is Bob Warfield for his work in Lakewood and University Place), we would have fewer issues and better places to ride

Push for “Bicycle Boulevards” where traffic is restricted. According to Scott Bricker, Policy and Education Director for the Bicycle Transportation Alliance in Portland, or, “when the cars can’t get through, it becomes a beautiful place to bike.” This is suggestion number 5 and has some appeal for many areas in our cycling community. There are some examples of this idea already in place around here. In Pt. Defiance, for instance, on Saturday morning, auto traffic is restricted from entering Five-Mile Drive. It is drop dead beautiful and equally amazing how many cyclists take advantage of the open road. There are other locations throughout our area where such a program could be implemented and potentially some areas where bike boulevards could be permanently established, rather than only temporary restrictions. Your ideas on where some of these locations could be would be welcomed. Cycling gains great appeal among many more people when they do not have to worry about doing battle with cars. It is, I believe, one of the reasons that mountain biking has become so popular. Here is an idea, let’s brainstorm a list of possible temporary or permanent bike boulevards and launch a program to advocate for implementation. Send me your ideas and let’s get started.

Idea number 6 is one where we have an already established base to launch an effort. Devise education campaigns to teach motorists – and cyclists – safe road skills. This item fits very well with the mission of the Bicycle Alliance of Washington. In fact, the campaign has already begun with the “Share the Road” license stickers and, hopefully, license plates. We should continue to work with, support and fund BAW to further develop this campaign to a higher level of visibility and even greater emphasis on educating motorists and cyclists alike about how to share the road safely.

Advocating for the addition of bike lanes to main streets is idea number 7 and certainly one where we have made some progress in the past two years. Recently, the City of Tacoma acquired a new striping machine that allows economical painting of bike lanes. The traffic engineers in the city have been looking at streets where conditions, lane width, parking, etc. will allow the creation of painted bike lanes. We know that the city is financially strapped; perhaps we should offer to assist the city in moving this project forward. I will offer this personal perspective on bike lanes. I appreciate bike lanes, but I am cautious about using them particularly where they run along the outside of parked cars. The good side of bike lanes is that they help remind car drivers that bicycles may be on the road at any time. The downside is that bike lanes sometimes contribute to bike accidents with parked or parking cars and may increase intersection accidents by limiting sight distance and encouraging incorrect turning techniques

by cyclists. In my view, the positives outweigh the negatives, but I am often just as content with a widened lane where there is space for the cars and me. One commonly occurring problem with bike lanes is that they can lead cyclists down virtual blind alleys. For example, last month I discussed Stevens/Tyler Street in Tacoma where the bike lane is here again, gone again. I believe this creates a real hazard for cyclists trying to move from one neighborhood to the next. So some caution about lulling cyclists into a false sense of security is in order when establishing bike lanes on our streets. Having said that, I believe that bike lanes and signing do help reinforce to motorists that cycles belong on the streets. They are a sort of permanent education campaign. We should step up our work with Tacoma and other local jurisdictions to get bike lanes painted wherever possible.

Idea number 8 is to organize a “Safe Routes to School” program. The idea of “Safe Routes” is to promote community walk and bike –ability by encouraging neighborhoods to develop safe ways for children to ride and walk to school. I am very proud to say that due to the efforts of our Bicycle Alliance, this program is already underway in this state, complete with \$1 million in seed money and great potential to see even more funding based on the successes of the initial program. The best way for us to see this program expand is to continue support for BAW and contact our legislators encouraging their support for the program. Recently, public health officials have also jumped on the bandwagon as a way to encourage more healthful lifestyles among our children. Another benefit to these programs is that the areas surrounding schools become great places for commuters and recreational riders to also cycle in safety.

Well, we are almost halfway through the list of seventeen so I will leave some ideas for next month. I will add the observation that most of these ideas have one common theme, **get involved**. The onus for creating safe and attractive cycling environments on our streets is clearly placed on us. It is a virtual certainty that without our efforts few improvements will take place. Make a New Year’s resolution to get actively involved in moving one of these ideas forward over the next year. With all of us working to improve our status, progress will accelerate.

Here is wishing you and yours a happy, safe, healthy and cycle-mile filled New Year.

Century continued from page 3

Our committee got together again on Tuesday, December 7. Our next meeting will be on Tuesday, January 4 at 7pm at the Guadalajara Taqueria in the Stadium District at 1st and Tacoma Avenue. We filled up a whole booth this time and discussed several on-going issues while having a great dinner.

1. Pierce County. John E. Berry III and I went to a County Council meeting and thanked them for their work on the Foothills Trail. We also requested that the County think about helping the smaller communities that are having problems completing their trail projects. I am continuing to attend meetings on the Cross Base Highway and the extension of it by improving 176th Street clear out to Meridian. As mentioned last month the Cross Base project is turned over to WSDOT and is named SR704.

2. Puyallup. John Berry and I plan to attend a Puyallup City Council meeting in January. We want to encourage the Council to move forward on connecting to the Foothills Trail out at the new Van Lierop Trail Head. This project will extend the trail to the gates of Sumner. We will also request that they stay along the river levy after the next trail extension crosses under SR512 towards the existing Puyallup River Trail. Presently, the Council is thinking about routing us along some surface roads as to not offend some homeowners along the River.

3. Tacoma. I will have taken Councilman Stenger and Ladenburg on a tour of the proposed City Water Ditch Trail by the time you read this newsletter. Tom Stenger is very interested in developing parts of this trail which was our prime trail in 1896. We will try to incorporate the trail with a trail running from the Rescue Mission down thru the UW Tacoma Campus and toward the Thea Foss Waterway. We are also trying to work with Sound Transit in possibly placing a route for the future trail parallel to the Commuter Rail tracks possibly extending to Lakewood and Dupont. On Carla’s behalf, I have been trying to talk with the Tacoma Boys stores about locating in downtown Tacoma for the convenience of all the new people down there.

4. University Place. This progressive City has still not indicated their willingness to move forward on the three mini-projects I mentioned last month. The new Trader Joe’s Store doesn’t have a bike rack for you. I guess UP’s regulations don’t require racks on remodels or new stores. If you live in UP, you should contact your City Council member and complain.

5. Thurston County. There have been several complaints about the damn bollards on the County’s trail system. Ralph is researching what the local clubs have been doing about this inadequate situation. We have talked with Thurston County Parks about this matter, but have not yet moved them to take out these dangerous bollards.

6. WSDOT Matters. Ralph and Tim are continuing to follow the Narrows Bridge development. The latest problem is a proposed transponder lane running down from 24th Street. If this lane is built, a cyclist might have to cross a lane of traffic to continue moving towards Gig Harbor. Ralph is also working on the dangerous Rail Road crossings on the Roy Highway.

7. Bike to Work. There has been some talk about having a bike to work program separate from our CarLess Commute program that has been ongoing for 14 years now. I hope Pierce Transit will support CarLess Commute next year and I hope the State Legislature begins again to support educational programs to get people to try alternate modes of transportation. Maybe, someday, the car will be an alternate mode of transportation.

I hope you all had a Merry Christmas and a Happy New Year. Send in those banquet reservations now.

Bob Myrick TWBC Director of Community and Government Affairs

Sierra to the Sea continued from p.1

The basic tour route is approximately 420 miles long and averages 60 miles per day for each of seven cycling days. It is challenging and designed for experienced riders. Some less strenuous route options are provided, as well as options for riders who wish greater challenges. Sierra to the Sea is organized by the Almaden Cycle Touring Club of San Jose, a not-for-profit organization whose Tierra Bella Century has, for over twenty-five years, been one of the most respected and successful rides of its kind in California. Registration opens Monday, January 17, 2005, and we usually fill up in two to three weeks. Visit us at <http://sierratothesea.org/> for more information and to register online.

Free to good home! Older trek road bike, excellent condition. . Shifters on down tubes; Shimano 105. Would be great first serious bike! Size is around 49cm. Also trainer to go along with it. Toni Matson (253) 851-4640 leave message.

Mountain Biker News about Dash Point State Park.

Thanks to Phil’s Bike Shop in Federal Way and his Friends of Dash Point

Signs have been discussed and designed over the past 6 months with the rangers and my Friends of Dash Point buddies. We had a festival on 9-13 and raised \$500 to make the signs and complimentary trail maps available. The 61 signs are currently being routed by a friend with a wood shop. We should get them back for painting and installation within 2-4 weeks. Signs and maps should be in place by 1-15-05.

**New Series of Easy Rides
by Bob Myrick and John Berry**



Listed below are six bike rides on trails and one very quiet road ride. These rides are for beginners, children or seniors. You can go at your own pace, but for John and me the rides will last 2 to 3 hours. There will be no lunch stop during the rides. Rain or very cold weather could cancel the rides, so riders should call ahead. I can bring one extra bike if someone needs one. John Ernest Berry III will be leading these rides with my assistance. John will be riding a three wheeled recumbent since he was severely injured in a bike versus car accident about 15 years ago.

1. Sunday. January 2. Noon. 15 to 20 miles. Code minus one(5 to 12 miles per hour). John Berry & Bob Myrick. 253 473-7455. Ride the Chehalis Western South Trail. Meet at Yelm City Park.

2. Sunday. January 9. 11:30am. 15 to 20 miles. Code minus one. John Berry & Bob Myrick. 253 473-7455. Ride the Very, very quiet road on Fort Lewis. Meet at Eastgate Road & the Airplane east of SR507.

3. Sunday. January 16. Noon. 15 to 20 miles. Code minus one. John Berry & Bob Myrick. 253 473-7455. Ride the Chehalis Western North Trail. Meet at the Trailhead in Lacey on Martin Way between Sleater-Kinney and Lily Roads.

4. Sunday. January 23. Noon. 8 to 10 miles. Code minus one. John Berry & Bob Myrick. 253 473-7455. Ride the Soos Creek Trail. Meet at the Trailhead in Kent-Covington area at Lake Meridian Park.

5. Sunday. January 30. 11:30am. 14 to 21 miles. Code minus one. John Berry & Bob Myrick. 253 473-7455. Ride the Foothills Trail to South Prairie, option to McMillin. Meet at the Trailhead in Orting City Park.

6. Sunday. February 6. 11:30am. 14 miles. Code minus one. John Berry & Bob Myrick. 253 473-7455. Ride the Cedar River Trail on crushed gravel to Landsburg. Meet at the Trailhead in Maple Valley.

Dreamin’ of Warmer Weather and Longer Days(Wild Women in the Wild West, April 2-10

On April 2, the Wild Wheelmen Women will fly to Phoenix, Arizona. We will do a loop going north to Wickenburg, Prescott, Jerome, Sedona, and back through Cordes Junction, about 300+ miles in all.

The spring break trips are traditionally all women. Any man interested in coming may send an application for the committee to consider. Be sure to include a picture, your bicycle maintenance experience, and your aptitude for dealing with women in distress. You must also think of a name for yourself that starts with “W.” Wusses, weaklings, and whiners need not apply. (I’m not sure how the group would respond to a “Wolf!”)

Interested parties, please contact Carol at 857-5396 or bicyclguy@aol.com. (For an all men’s spring trip, contact Roz -I think the men all sleep in Greg’s camper, a much more masculine trip than the plush lodgings the women frequent.)

Century continued from page 7 [hof_schwartz.html](#)

Rules Summary:
An “Organized” century is a ride with: a name, designated start/finish location and starting time(s), route plan, organizer, and advance publication of the ride or ride series in club newsletters, etc.

A “Personal” century is a personally designed ride. For credit, you must complete at least 90 miles in a 12-hour period including off the bike time (and maintain an 8.33 mph average after that). Personal centuries provide century-length riding opportunities for riders in seasons or locales where Organized centuries are sparse.

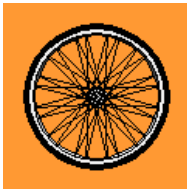
Any Mileage Challenge ride counts in the Year Rounder: brevets, double centuries and ultra events.

We like to keep the holidays free for time with the family, so the Mileage Challenge and Year Rounder will end on December 21, 2005.

Century continued on page 9

TIRE BUZZ By President

Tim Payne



**Timothy Payne
TWBC
El Presidente**

In the December edition of the newsletter I covered the first two suggestions out of a list seventeen ideas for improving the “bikeability” of our communities. This list was published in a recent addition of Bicycling magazine. The list is comprised of things that each of us can do to improve the bike friendliness of our transportation system. This is the second installment of a multi-part article about how we might improve our cycling environment.

The third item in the article was to help novices get started. This is a multi-faceted effort, but all the facets build to the same purpose, the best way to improve our station as cyclists is to create more of us. The nation’s rising awareness of health issues created by obesity and the need for regular exercise present a wonderful opportunity for us cyclists to enlist a much broader spectrum of the community into the world of cycling. I have never been to Europe, but I have talked to many people who have cycled parts or all of the continent. Their unanimous opinion is that Europe is far more bike friendly than the US. Cycling is accepted as a regular part of everyday existence, an integral part of the transportation system. Cyclists also comprise a much larger portion of the population. I contend that one follows the other. If a large enough segment of the population respects cycling as a form of transportation, recreation, and fitness, the government (in the US, by the way, that is WE, the people) will follow suit. Therefore, it is a wise investment for us to recruit more people to our ranks.

Kudos to Bob Myrick and John Ernest Berry, III for setting up a series of beginner rides every Sunday beginning in January. Certainly, that is one way to encourage people to begin riding. Another is the “Bike Buddy” program where seasoned veterans of cycle commuting are paired with tyros to help mentor them through the early experiences of commuting by bicycle. I readily confess that I would ride to work much more often if I had company rather than being alone. This is a difficult program to get started because there are so few cycle commuters in our community and the potential cycle commuters are not necessarily readily apparent. Even if we could make a few matches, the program has the potential to grow like a pyramid-marketing scheme. Perhaps one way to get started is to try and match up existing commuters in the club who would pledge to ride together a certain number of days and look for others in the area who might be recruited to join in the group. It could be a start.

“Speak locally,” is the brief suggestion given to the fourth item in the list of improving bikeability. Staying in touch with town and small-city governments about hazards and needed improvements will get results. I would have to say that largely through the efforts of Bob Myrick and Ralph Wessels we have done a good job of making known places where issues exist. In the past couple of years there have been specific hazards that have been resolved as a result of direct contact with the appropriate jurisdiction. The message here, however, is not to leave it all Bob and Ralph. They do a wonderful job, but they are only two people. Communicating with our local governments to resolve hazards is

The Buzz Continued on p.9

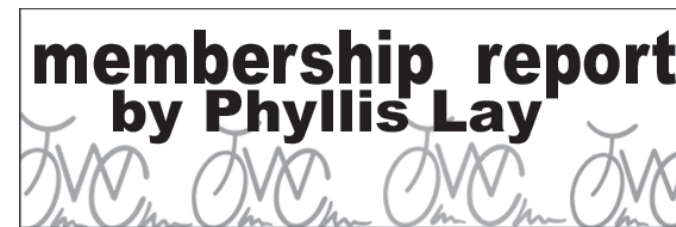
January Rides Meeting

The January Rides meeting is scheduled for Monday, January 10 at 6:30 PM. It will be held again at Jan Brame’s house at 1209 N. Anderson St. Call Jan at 759-6984 if you need directions. There will be pizza and refreshments so you do not need to eat dinner beforehand.

Several members that are new to organizing rides (and new to TWBC for that matter) are part of the effort this year. Max Welker and Keith Bates are being mentored by a seasoned Joyce Clifford as the team of three that will manage the Daffodil Classic. Donna Daily has volunteered to head the Peninsula Metric. This is her first year of involvement with organizing a TWBC ride so she would really like to have a co-director. Could you be the one to help her? Gene Smith and returning HC veteran Robert Deehan are co-directing the Headwaters Century.

TWBC has a number of members that have been involved with the rides over the years and can share their knowledge. Organizing the rides is quite fun and is a good way to meet other members, help support our club and its community involvement, and develop confidence and skills in organizing events. There are several positions that help in the arrangements for all of the rides. If you have interest in handling or sharing a task with another person, please come to the meeting and be part of the TWBC Rides team or contact Ralph Wessels at 857-5658 to discuss the possibilities. If you would prefer to volunteer on the day of the ride, watch the website for the soon-to-be posted volunteer positions. Remember, volunteers get to ride for free, get the souvenir, and can attend the volunteer pizza party afterwards.

The Five Sisters clubs are again organizing for the 2005 Ride Around Puget Sound, aka RAPSody. Quite a bit of organizing effort has already occurred and the first face-to-face meeting of the RAPSody Team is scheduled for Friday, January 7 at 6 PM. The meeting will be near Tacoma Community College. Call or email Ralph at 857-5658 or ralphdena@earthlink.net for more info.



NEW MEMBERS

Tracy Copeland, Roy Oesterhaus, Thomas Bergin, Ryan McGlone, Justin McGregor, Tory Grant, Greg Gormley, Paul Cretella, Jeff Coop.

RENEWING MEMBERS

Terry Rosberg, Chris Goodman, Shawn Goodman, Linda Shirawa, Michael A. Doyle, Steve & Phyllis Lay, Sandy & Alex Byrd, Ray & Peggy Fjetland, Ken Roussiang, Kate Oliver, Barbara & Lafe Altier, Mark, Debbie, Jila & Pete Bozanich.

Larry Schwartz Year-Rounder Century Challenge

Club centuries are the highlight of many endurance riders’ seasons: the fun of a day on the bike with friends and the challenge of riding 100 miles. And, at least for the day, an unrestricted diet!

The Year Rounder is for century riders looking for a new challenge: consistent performance throughout the year! Can you ride a century (or longer) every month of the year? You can maintain your fitness and have more fun cycling.

The Year-Rounder is a division of the UMCA Mileage Challenge. All you need to do is sign up for the Mileage Challenge, and submit your centuries - we’ll do the rest. Centuries can be either Organized centuries or Personal rides that you design yourself (explained below).

Mileage Challenge participants receive:

- an e-book Century Tips on training, nutrition, equipment and technique;
- an e-newsletter, sharing tips and stats;
- a bi-monthly Year Rounder column by Crista Borrás and Chuck Wood, who ride centuries every weekend;
- a section at www.ultracycling.com devoted to the best century stories sent in by riders;
- a rider with at least 1,000 miles in the Mileage Challenge gets a discount on Accelerade and EnduroxR4.

If you reach the goal, we’ll award you a Year-Rounder medal.

Although the goal is a century a month, it might be too snowy or icy some months; so we’ll allow two make-up rides. For example, if you get snowed out in January, just do two centuries in February.

For routing reasons some centuries are just under 100 miles. In the Mileage Challenge a Century is a ride of 90 - 149 miles.

To get started, go to

<http://www.ultracycling.com/about/join.html>

Join the UMCA, add 10 bucks for the Year-Rounder, put on your wool jersey, head out the door, and we’ll do the rest.

You don’t have to ride alone - UMCA members lead HUB rides in many parts of the country. These are low-key rides - no t-shirts, no catered rest stops - just friends out for a day on the bike. More information at:

<http://www.ultracycling.com/events/hubdirectory.html>

The Year-Rounder honors Larry Schwartz, who won the UMCA Mileage Challenge in 2001, was second in 2002, and was leading in 2003 when he was struck and killed by a school bus. For a profile of Schwartz go to: <http://www.ultracycling.com/about/Century> C

Century continued on page 3

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:_____

Name:_____

Name:_____

Name:_____

Name:_____

Number of Children _____ x \$10 each =\$_____

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

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.

Continued from column 2

Union Ave. before climbing the hill beside Tacoma City Light. Right on Gunnison, left on S. Center, and right on S. Tyler, which becomes Stevens St. The route can meander north to N. 26th, to ride on quiet routes versus the busy Stevens St. When you reach N. 26th, turning right will bring you back to the Proctor District. An interesting alternate route after you cross 6th Ave. is to turn right on N. 13h to N. Mason (one block east of Stevens St.), which has a bike/pedestrian trail down the center mall north to 26th.

The round trip is about 35 miles, all very flat except for the crossing of Nalley Valley. It is a comfortable and relaxing pace and good for visiting with the other bikers as you ride.

If the above route sounds confusing, complicated, or too meandered, all the more reason to check this out on the ride calendar as we always enjoy having members join these planned group rides. The mileage may vary between 25 and 45 miles, depending on the weather. Maybe we will see you on the next one.

A Recommended Ride
By A. Rider

A regular monthly ride from October through April is from the Proctor District to the Spanaway Senior Center for breakfast. This ride is the third Saturday of the month starting at 26th and Proctor in front of Starbucks. The early start (8:00) allows enough time for potential flats, bike repair, a leisurely breakfast and the opportunity to visit with the other riders. Steve and Phyllis Lay are the regular leaders and the route may meander depending on their interest. It begins by heading south on Proctor to about S. 15th, then easterly (left), through Franklin Park, to State St., southerly (right) to S. 25th, and left to Yakima Ave. Turning right on Yakima Ave. gives you access over I-5 and continues south to 48th, then left to “A” St., a quiet and bike friendly route south to the Parkland and Spanaway area.

Riding all the way on “A” St. could be considered a short-cut to breakfast; however a more interesting ride is turning left on 88th St., a right on “B” St, left on 91st St., then right on Golden Given Rd. and left on 97th (becoming 96th), to Waller Rd. Right on Waller Rd. leads south (part of the STP route) about three miles, down a hill and a sharp right onto Brookdale Rd. for approximately a quarter mile and left on 25th Ave. S. The route again meanders through a residential neighborhood, eventually (maybe hopefully) leading you to 152nd St. A right on 152nd for two miles brings you to the Senior Center and the LeMay antique car museum. The grounds use to be the Mary Mount Academy, a catholic school and nunnery, before it was closed and acquired by LeMay for storing antique trucks and busses in need of restoration.

Breakfast at the Center includes orange juice, ham, scrambled eggs and all-you-can eat pancakes and coffee for \$3. It is reasonably priced and provides funds for the Senior Center members.

The ride south to breakfast has a variety of routes and the return trip north is the same. One interesting route is to continue west on 152nd, turning south on Military Rd, continuing south on “B” St., right on 169th St. to cross Pacific Ave. with a signal, all the way to Spanaway Lake Dr. This turns north along the lake side for about three-quarters of a mile and ends at the back entrance to Spanaway County Park. Ride through the Park to the north end, turn left on Military Rd., then right on Spanaway Loop for about one and one-half miles; a right on Tule Lake Rd. and a very quick left on to Ainsworth. The route again starts to meander north alternating between Ainsworth and Sheridan avenues until you reach Wapato Lake Park. Ride through the Park, which exits onto Alaska St. and meanders north to 37th St. where you turn left (west) and cross over I-5 on a pedestrian bridge to Sprague Ave. Right on Sprague, left on 35th St., left on Chelan Pl, right at “T” following the main road past the old Costco to the traffic light on 36th St and down the hill to a right at Lawrence, right on So Tacoma Way and left at the first signal (S. 36th St), across Nalley Valley. Cross over

Continued column 1

 twbc monthly event schedule call the ride line for the latest additions and corrections...253-759-2800							
Day	Date	Time	Distance	Ride Code	Leader	Contact at (253)	Ride or Activity
Sat	01/01, 2005	10 AM	30 - 35	2 B	Steve & Phyllis Lay	759-1816	First Club Ride of 2005, & brunch. Start: Starbuck's @ N 26 & Proctor.
Sun	01/02	9 AM	2.5 hrs	2	Tory Grant	573-9400 (business)	Puyallup area ride. Start: Old Town Bicycle, Tacoma.
Sun	01/02	Noon	15-20, 2-3 hrs	1, slow 5 -12 mph	Bob Myrick, & John Berry w/ 3 wheel'd 'bent!	473-7455	Ride the Chehalis Western South Trail. Beginners, children, seniors. No lunch stop. Start: YelmCityPark; Rain, very cold cancels.
Mon	01/03	9 AM	10 - 15	1 & 2	David Barton	759-2393	Get in Shape w/ David. Rain cancels. Start: Starbuck's @ N 26 & Proctor.
Tues	01/04	Call	Call	Call	Call	Ride Line	Tuesday AM Ride. Call Ride Line for details.
Tues	01/04	7 PM	00	00	Bob Myrick	473-7455	Government Affairs Meeting @ the Guadalajara Taqueria in the Stadium neighborhood @ 1st & Tacoma Avenue.
Weds	01/05	8 AM	1 hr	2 C	Justin McGregor	573-9400 (business)	Ride around Pt Defiance. Start: Old Town Bicycle, Tacoma.
Weds	01/05	Call	Call	Call	Call	Ride Line	Wednesday Knight Riders. Lights, reflective clothing. Call Ride Line for details.
Sat	01/08	9 AM	2 hrs	3 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	01/08	9:30 AM	40	2 B	Ralph Wessels	857-5658	Ride to Pt. Orchard for brunch. Start: Purdy P & R.
Sun	01/09	9 AM	2.5 hrs	2	Tory Grant	573-9400 (business)	Puyallup area ride. Start: Old Town Bicycle, Tacoma.
Sun	01/09	9:30 AM	30 - 35	2 B	Louie Boitano	922-1168	Explore new routes for the Daffodil. Start: Sumner Library. Rain cancels.
Sun	01/09	11:30 AM	15-20, 2-3 hrs	1, slow 5 -12 mph	Bob Myrick, & John Berry w/ 3 wheel'd 'bent!	473-7455	Ride the very, very quiet road on Ft. Lewis. Beginners, children, seniors. No lunch stop. Start: Eastgate Rd& the Airplane east of SR 507. Rain, very cold cancels.
Mon	01/10	9 AM	10 - 15	1 & 2	David Barton	759-2393	Get in Shape w/ David. Rain cancels. Start: Starbuck's @ N 26 & Proctor.
Mon	01/10	6:30 PM	00	00	Ralph Wessels	857-5658	Special Events Meeting for Daffodil, PMC & Headwaters, @ Jan B's, 1209 N Anderson.
Tues	01/11	Call	Call	Call	Call	Ride Line	Tuesday AM Ride. Call Ride Line for details.

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Day	Date	Time	Dist- ance	Ride Code	Leader	Contact at (253)	Ride or Activity
Tues	01/11	6:30 PM	00	00	Tim Payne	360- 871-4478	Board Meeting @ the Kim Ahn Restaurant across from TCC on Mildred.
Weds	01/12	8 AM	1 hr	2 C	Justin McGregor	573-9400 (business)	Ride around Pt Defiance. Start: Old Town Bicycle, Tacoma.
Sat	01/15	8 AM	30 - 35	2 B	Steve & Phyllis Lay	759-1816	Pancake Breakfast @ Spanaway Sr. Center. Start: Starbuck's @ N 26th & Proctor.
Sat	01/15	9 AM	2 hrs	3 C	Ryan McGlone	573-9400 (business)	See January 8th. Gig Harbor/Ollala area.
Sun	01/16	9 AM	50	2 B	Roz & Carol Davis	857-5396	Ride Around Lake WA. Rain cancels. Start: Gene Coulon Park, Renton.
Sun	01/16	9 AM	2.5 hrs	2	Tory Grant	573-9400 (business)	Puyallup area ride. Start: Old Town Bicycle, Tacoma.
Sun	01/16	10:30 AM	30	2 A	Tim Payne	360- 871-4478	Tour the Ocean Shores Peninsula. Start: Surf & Sand RV Park @ Copalis Beach.
Sun	01/16	Noon	15-20, 2-3 hrs	1, slow 5 -12 mph	Bob Myrick, & John Berry w/ 3 wheeled recumbent!	473-7455	Ride the Chehalis Western North Trail. Beginners, children, seniors. No lunch stop. Start: Trailhead in Lacey, on Martin Way between Sleater-Kinney & Lily Roads. Rain, very cold cancels.
Mon	01/17	Call	Call	Call	Call	Ride Line	MLK Day. Call Ride Line for rides today.
Tues	01/18	Call	Call	Call	Call	Ride Line	Tuesday AM Ride. Call Ride Line for details.
Weds	01/19	8 AM	1 hr	2 C	Justin McGregor	573-9400 (business)	Ride around Pt Defiance. Start: Old Town Bicycle, Tacoma.
Weds	01/19	Call	Call	Call	Call	Ride Line	Wednesday Knight Riders. Lights, reflective clothing. Call Ride Line for details.
Thurs	01/20	10 AM	???	2	Joyce C, Deb H	759-2393, 922-5801	Java Jump. Rain Cancels. Start: Starbuck's @ N 26th & Proctor.
Sat	01/22	9 AM	2 hrs	3 C	Ryan McGlone	573-9400 (business)	See January 8th. Gig Harbor/Ollala area.
Sat	01/22	10 AM	30	2 A	Carla Gramlich	879-0115	Ride the Foothills Trail. Start: Van Lierop Bulb Farm, 13407 - 80th St E, Puyallup.
Sat	01/22	6 PM, 7 PM	00	00	TWBC	759-2800	TWBC Club Banquet @ Tacoma Mountaineer's Club, Old Town, Tacoma. Socializing, w/ dinner & fun to follow. Reservations required.

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Day	Date	Time	Dist- ance	Ride Code	Leader	Contact at (253)	Ride or Activity
Sun	01/23	9 AM	2.5 hrs	2	Tory Grant	573-9400 (business)	Puyallup area ride. Start: Old Town Bicycle, Tacoma.
Sun	01/23	9:30 AM	a secret	2 B	Steve Lay	759-1816	Steve Lay's Birthday & Post Banquet Ride. Start: Starbuck's @ N 26 & Proctor.
Sun	01/23	Noon	8 - 10, 1-2 hrs	1, slow 5 -12 mph	Bob Myrick, & John Berry w/ 3 wheeled recumbent!	473-7455	Ride the Soos Creek Trail. Beginners, children, seniors. No lunch stop. Start: Trailhead in Kent-Covington area @ Lake Meridian Park. Rain, very cold cancels.
Mon	01/24	9 AM	10 - 15	1 & 2	David Barton	759-2393	Get in Shape w/ David. Rain cancels. Start: Starbuck's @ N 26 & Proctor.
Tues	01/25	Call	Call	Call	Call	Ride Line	Tuesday AM Ride. Call Ride Line for details.
Weds	01/26	8 AM	1 hr	2 C	Justin McGregor	573-9400 (business)	Ride around Pt Defiance. Start: Old Town Bicycle, Tacoma.
Weds	01/26	Call	Call	Call	Call	Ride Line	Wednesday Knight Riders. Lights, reflective clothing. Call Ride Line for details.
Sat	01/29	9 AM	2 hrs	3 C	Ryan McGlone	573-9400 (business)	See January 8th. Gig Harbor/Ollala area.
Sat	01/29	10 AM	51	2 B	Bob Myrick	473-7455	Ride to Annie's Bistro in Yelm, via the woods. Start: McD's, 112th & Pacific.
Sun	01/30	9 AM	2.5 hrs	2	Tory Grant	573-9400 (business)	Puyallup area ride. Start: Old Town Bicycle, Tacoma.
Sun	01/30	10:30 AM	30	2 B	Jim De Young	912-0757	Ride to Dupont for pizza. Start: P&R @ Hwy 512 & I-5.
Sun	01/30	11:30 AM	14-21, 2-3 hrs	1, slow 5 -12 mph	Bob Myrick, & John Berry w/ 3 wheeled recumbent!	473-7455	Ride Foothills Trail to South Prairie, w/ option to McMillin. Beginners, children, seniors. No lunch. Rain, verycold cancels. Start: Trailhead in Orting City Park.
Mon	01/31	9 AM	10 - 15	1 & 2	David Barton	759-2393	Get in Shape w/ David. Rain cancels. Start: Starbuck's @ N 26 & Proctor.
Tues	02/01	Call	Call	Call	Call	Ride Line	Tuesday AM Ride. Call Ride Line for details.
Tues	02/01	7 PM	00	00	Bob Myrick	473-7455	Government Affairs Meeting @ the Guadalajara Taqueria in the Stadium neighborhood @ 1st & Tacoma Avenue.
Sat	02/05	Ride Line	40 +	2 B	Roz & Carol Davis	857-5396	Tour of Seattle. Start: #1, Southworth Ferry (check Ride Line for time) or #2, Lincoln Park (call cell 253-380-8819, if meeting@2nd start).