



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

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FEBRUARY 2005



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Individual person membership	\$15 _____
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Optional subscription to The Bicycle Paper	\$12 _____
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TWBC Membership
PO Box 112078
Tacoma, WA 98411

[] Check box if you do not want your phone # or address in the membership listings.

Also...Check boxes if you are interested in volunteering for:

[] Leading Bike Rides

[] Events

[] Newsletter

[] Club Meeting Programs

[] Becoming a club officer

FEBRUARY 2005

Club Banquet was Magnifico Tim Payne

Many thanks to the hard work of Bob Myrick, Steve Brown, Carol Davis and Rich Walters, as well as a host of supporting characters, the club banquet on Saturday, Jan. 22 was a resounding success. 71 members were in attendance. The food was as spectacular as always, many thanks to Dean Allen Catering for providing such a wonderful dinner. There were awards aplenty with recognition of ride leaders, commuters, people who submitted club mileage logs and those who had logged more than 2,000 miles over the past year. In addition, our club officers and staff were recognized for their fine efforts to keep the club moving forward in 2004. This included the Ride Directors for our three special event rides in 2004 which were all very successful. The only award that stayed in the box was the “Over the Bars” award. Apparently, the trophy did not make it to the banquet so the surprise winner for 2004 will just have to wait a bit longer for their share of embarrassment. If the trophy does not show up, a new one will be built so that we can maintain this time-honored tradition of recognizing the best wipe-out of the year. The evening was topped off by a professionally produced DVD (many thanks to Rich Walters), complete with music, which highlighted the 2004 summer trip to Montana. During the social hour and dinner there were pictures of all the club special events, RAPSody 2004, and a myriad of club rides running on the screen. There was something for everyone and a good time was had by all Plan to make a place on your calendar for next year’s event, you will not want to miss it.

Rider Awards Presented at Annual Banquet

Touring Captain Carol Davis presented awards for club miles, commuter miles and leading rides. Mileage:Less than 500: Jason Payne, Joy Roelofsz, 270; Max Welker, 411; Bill Newman, 98; Dave Tullis, 436; Debbie Romaine, 437.

500+: Mike Romaine, 525; Jim DeYoung, 828; Sandy Byrd, 659; Alex Byrd, 659; Debbie Hushagen, 908; Dianne Koch, 930; Lonna Cain, 781; Carla Gramlich, 658; Gus Fant, 633; Noel Hagens, 734; Greg Torfin, 917.

1000+: Bob Vogel, 1059; Keith Bates, 1263; Tom Ripley, 1227; Steve Brown, 1071.

1500+: Jan Brame, 1663; Wayne Vander Pol, 1678; Tony Thomas, 1642; Mike Madden, 1600; Donna Daily, 1528.

2000+: Marguerite Richmond, 2000; Louie Boitano, 2781; Roz Davis, 3273; Carol Davis, 3633; Vern Hase, 2215; Phil Lux, 2407; Peg Winczewski, 3364; Bob Myrick, 5108; Ralph Wessels, 3110; Peggy Fjetlands, 2742; Tim Payne, 3531; Joyce Clifford, 2040; Toni Matson, 3070; Phyllis Lay, 2582; Steve Lay, 2653.

Commute: Gene Smith, 1870; Louie Boitano, 1271; Carol Davis, 2329; Roz Davis, 2578; Lonna Cain,

1197; Debbie Hushagen, 713; Bob Vogel, 1859; Vern Haase, 999; Phil Lux, 2195; Peg Winczewski, 515; Bob Myrick, 1616; Steve Brown 728; Steve Lay, 4894; Phyllis Lay, 3815; Tim Payne, ; Wayne Vander Pol, 663; Joyce Clifford, 302; .Mike Madden, 3673; Debbie Romaine, 442.

Ride Leaders: Marguerite Richmond, Carla Gramlich, Louie Boitano, Carol Davis, Roz Davis, Bob Vogel, Jim DeYoung, Bob Myrick, Peg Winczewski, Joyce Clifford, Ralph Wessels, Tim Payne, Peggy Fjetland, Anne Seago, David Seago, Noel Hagens, Phil Lux, Wayne Vander Pol, Steve Burgess, Steve Lay, Phyllis Lay, Joy Roelofsz, Mary Newcomb, Sandy Byrd, Alex Byrd, Gary Moore, Tony Thomas, Terry DeWhitt, Robert Deehan, Ken Stagg, Lonna Cain.

The Olympic Cycling Classic 2005: Altitude with Attitude

This century and metric century courses run from Port Angeles, Washington, between the Strait of Juan de Fuca and the snowcapped Olympic Mountains. It features scenic views of Hurricane Ridge, Deer Park, Sequim-Dungeness lavender farms, John Wayne Marina, Graysmarsh

Attitude continued on page 3

the cog-nitive courier

tacoma wheelmen's bicycle club newsletter

since 1888

po box 112078 tacoma, wa 98411

253-759-2800

The COG Home Page

Club Officers and Volunteers

PRESIDENT: president@twbc.org

Tim Payne, 360-871-4478

VICE-PRESIDENT: vp@tgwbc.org

Vern Hase, 253-759-7246

PAST PRESIDENT: past-prez@twbc.org

Ralph Wessels 253-857-5658

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,

DIRECTOR OF COMMUNITY & GOVERNMENT

RELATIONS: gac@twbc.org

Bob Myrick, 253-473-7455,

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,

MEMBERSHIP:

Phyllis Lay, 253-759-1816

WEB MASTER: webmaster@twbc.org

Ken & Cindy Stagg, 253-770-5530,

DAFFODIL CLASSIC: daffodil@twbc.org

Max Welker, 253-572-3415

Keith Bates, unlisted

Joyce Clifford 253-759-2393

PENINSULA METRIC: pmc@twbc.org

Donna Daily, 253-884-4473

HEADWATERS CENTURY: headwaters@twbc.org

Gene Smith, 253-272-6747

Robert Deehan, 253-272-9682

RAPsody: info@rapsodybikeride.com

TWBC contact: rapsody2005@earthlink.net

Ralph Wessels, 253-857-5658

Tim Payne, 360-871-4478

Carol Davis, 253-857-5396

Bob Myrick, 253-473-7455

JERSEY SALES: jerseys@twbc.org

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

still on paper, the new University Place Town Center development, all the comforts needed within safe walking or biking distance of home.

11. Ask businesses for convenient, safe, weatherproof bike parking or bike parking hubs. In my view these are two different things, For example, there is a difference between the bike racks installed at many library locations and the Bikestation in downtown Seattle. We need both. There may be a Bikestation in the future of the Tacoma Dome Station, a regional transportation hub. Our communities have many locations where convenient and safe bike parking is available, but we can help businesses do better.

12. Ask your town to install bike racks on buses and provide racks at train stations. Obviously, asking the “town” is an east coast orientation, but this is one we don’t really need to worry too much about. All transit agencies in the region have equipped buses with bike racks and most, but not all transit and train hubs, have bike racks and many also have bike lockers available.

13. Advocate for bike-friendly bridges – I think we have done an extraordinary job with this idea. We cannot rest on our laurels and there is work left to do, but our bridges are becoming more and more bike-friendly. A sign of the times, WSDOT had construction signs on State Highway 3 in Bremerton warning cyclists about the lack of shoulders on the Hood Canal Floating Bridge as a result of construction this past summer. We are getting their attention.

14. Keep streets clean – I would like to see more of this, but taxpayer revolts in recent years have stripped maintenance dollars from every level of jurisdi ction and our streets show it. I think all we can do here is volunteer to do some of the maintenance ourselves until more sane times return to road and street maintenance budgets. Although advocating for increased expenditures in this area of government certainly would not hurt.

15. Push for incentives for people to ride, such as tax breaks for bike commuters and businesses that encourage their employees to ride bikes to work. Write your state legislators and Congressional Representatives and Senators, it is the only way those kinds of incentives will ever come into being.

16. Provide maps and signage to help bicyclist find their way. We have done a great job with maps. Signage could use some improvement and so could some of the route choices. One of my gripes is that it is not always easy to get from place to place on bicycle designated routes. I often find them disjointed and lacking logic. A pet peeve of mine is that bike/pedestrian trails are seldom signed. On the Interurban Trail, for example, you can easily lose track of where you are because the cross-streets are not signed for trail users.

17. Ask workplaces that require business attire to provide places for bike commuters to change clothes and shower I would add that this is important for any business who has employees working in jobs where appearance and smell are important.. Who wants to ride for any significant time in the dead of summer, then work for 8 hours in sweaty clothes, even if it is a McDonald’s uniform? Personally, I think this should be something we advocate gets included in the building and architectural codes for buildings.

Well that is the end of the magnificent 17, ideas to make our community bike friendly. We have come a long way and we have a long way to go.

I hope you find some safe, dry, warm miles between now and our next visit.

A Ride to Remember

Vern Hase

Well, it was a ride to remember. Phil Chang decided to ride with me. When we left Starbucks it seemed crisp and clear. It was really cold but we were bundled-up pretty well. And the idea was, we’re not riding 100 miles, just four 25 mile rides on the same day. We stopped a few times to warm up, but our water bottles kept freezing. I could knock it on the handlebars to free it up, but the inside was like a slurpee. That’s still better than my Camelbak; the tube was solid ice. The bad thing is that by the time we got to Rainier the sun had disappeared and the sky was dark grey. When we left Rainier the freezing rain started, so we turned back at 38 miles. Our clothes and bikes were literally covered with ice. We made slow but steady progress North. But while crossing the first set of railroad tracks North of Roy, Phil crashed. Apparently no permanent damage done, but that was the end of the ride. The road condition was way too bad. I called Phil Lux for some emergency sag support; he scooped us up and brought us home. If the weather is slightly more agreeable, we may give it another try this weekend.

Ride high in the Rockies July 9-24. by Carol Davis

We will begin our trip in Colorado Springs and head west to the San Juan Range, the “Switzerland” of America. We will tour southwestern Colorado through some of the most scenic country anywhere in the world. Mountain peaks, green valleys, hot springs, historic old west towns are just a few of the wonders we will encounter (along with beer, thunderstorms, laughter; but no wind or mosquitoes!) We will be accompanied by our club trailer as a SAG (a SAG driver is encouraged to apply!) Mileage will be approximately 50 miles a day, (you do understand the meaning of approximate.) This promises to be an adventure of a lifetime! Contact Tim Payne, paynet@msn.com, 360-871-4478; or Carol Davis, bicyclguy@aol.com, 253-857-5396 to be included.

Government Affairs Report

Our committee got together again on Tuesday, January 4. Our next meeting will be on Tuesday, February 1 at 7pm at the Taqueria Guadalajara in the Stadium District at 1st and Tacoma Avenue. We stuffed five people in one booth this time and discussed several on-going issues while having a great dinner. Bob Warfield even called in from Lakewood.

1. Thurston County. Staff will be changing out the “bad” bollards on their trail system as time and funds allow. New bollards will be seen on the new trail extension to Tenino. It should be paved now. We hope the new bollards work for us.

2. Puyallup River Trail. John Berry and I went to Puyallup City Council meeting on January 3 and asked for the timely completion of the trail from Van Lierop’s bulb farm to the existing River Trail. We also asked that every effort be made to keep the trail along the river rather than running thru neighborhood streets for several blocks.

3. Bike to Work. Debbie Hushagen and I attended active health meetings at Good Samaritan Hospital. Joyce Clifford and Anne Seago may help me attend to meetings this month at Tacoma General, St. Joe’s and several other places. These events are sponsored partly by Pierce County Public Works as part of a demonstration grant program to promote alternative modes of transportation.

4. Tacoma’s City Water Ditch Trail. I had a good meeting with Tacoma City Council members Connie Ladenburg and Tom Stenger. I am now trying to contact Sound Transit designers to see if right of way can be provided for a future trail along side the tracks in parts of Tacoma, Lakewood and Dupont.

5. WSDOT. President Tim, Ralph and myself had a very productive meeting with the head of the Tacoma Narrows Bridge Project and staff. We are helping them to provide a high quality trail design across the bridge. We have asked Pierce County Public Works to review the local streets so that shoulders can be provided where needed to minimize conflicts between cars and bikes.

6. Lakewood. Bob Warfield called up during our meeting and indicated he wanted to form a group in Lakewood to convince the City to move forward on a bike plan for the City. I furnished Bob with a contact list from TWBC and the Foothills Rails to Trails Coalition. We have traveled thru parts of Lakewood this

past season and they are making progress in providing bike lanes and shoulders thru parts of the community.

7. Tacoma’s Mobility Task Force. I attended a recent meeting and Tacoma wants to move forward on striping a basic system of north-south and east-west bike lanes as time and funds allow. There is interest in the trail system thru Tacoma and in completing missing sidewalks so that the future Scott Pierson Trail and the City Water Ditch Trail can be connected thru using Pine Street.

8. Puyallup Downtown Plan. John Berry and I are following Puyallup’s meetings to redevelop their downtown core. We have advocated for denser housing with one mile of this district and the Sounder Station so that people can walk into the area. Also, we have asked that their old bike plan be reviewed so that people can ride into the core from three miles out.

9. SAFEKIDS. I briefly attended the first seasonal meeting of this group. Our main interest is in the low cost helmet program and promoting bike use and safety.

10. Fund Raising for Foothills Rails to Trails Coalition. I have worked briefly with Joan Miller in her efforts to raise general operating funds for the Coalition and long term funding thru the Coalition’s permanent fund housed at the Greater Tacoma Community Foundation. We would like to raise one million dollars as a permanent endowment.

I hope you attended the banquet. It continues to be a great value for our members. Get out there and ride.



Bob Myrick
TWBC Director of
Community and
Government
Affairs



We want to see you in Olympia!

Bicycle Lobby Day
Thursday, February 24, 2005
Coach House (behind Capital Museum)
214 22nd Ave SW in Olympia

Lobby Day begins at 9:00 AM with a legislative update, and a briefing on our legislative priorities. This year we are supporting legislation to amend Washington statutes with regards to safe vehicle passing; we’ll also be supporting a Share the Road License Plate bill, and watching carefully revenue for Safe Routes to School and additional bicycle facilities. Then off you’ll go to talk to your legislators about these issues! Light lunch with a noon time speaker.

Please contact the Bicycle Alliance at 206.224.9252 if you plan to attend Lobby Day. We’ll take care of scheduling your appointments and can help arrange car pools. Lobby Day details and this session’s legislative priorities will be posted on our website (www.bicyclealliance.org) after January 20th.

Thanks, and we’re looking forward to seeing you in Olympia for Bicycle Lobby Day!
Barbara Culp, Executive Director

OREGON BICYCLE TOUR - July 16-30, 2005.
14 days, 600 miles over rural roads to Crater Lake, Willamette Valley, 18 covered bridges, wine country. Fully Supported, Camping/Motel, All meals. \$895. 7 and 8-day options are also available. For a brochure and additional information, write, call, or e-mail to: Oregon Bicycle Tour 2005, 15920 198th PL. NE, Woodinville, WA 98077
(425) 788 – 9277, FunBicycleTours@msn.com

Attitude continued from p1

Wildlife Sanctuary, Olympic Discovery Trail, Elwha River Bridge, Salt Creek Estuary and Lake Crescent in Olympic National Park.

“This is a ride that will truly take your breath away-if not by the beauty of the surroundings then by the challenge of the course.”

Please check out our Website at www.olybikeride.com
<<http://www.olybikeride.com/>>

We’d love to have you join us on May 21, 2005. Wendy Hoine, Event Director

Bike Industry Pitches in to Aid Tsunami Survivors

Fuji Bicycles is supporting the worldwide tsunami relief effort by donating 50 utilitarian-style mountain bikes each year for the next three years to the emergency and disaster relief workers in Southeast Asia. Fuji will work with the Institute for Transportation and Development Policy to get the bikes to nurses and health care service providers to help them reach the more remote and disaster-ridden areas in Indonesia, Sri Lanka, and other stricken countries. “Bicycles are extremely valuable in helping deliver health care, especially when medical staff has to reach many people in difficult conditions,” said Aimee Gauthier, African Program Manager at ITDP. “We are working with Fuji to help get the bicycles directly to the relief workers who need them most.”

Tour de Whidbey – September 24, 2005

Registration is now open for the 4th annual Tour de Whidbey bicycle ride to raise funds for the Whidbey Island Hospital Foundation. This event is one of the Foundation’s major fundraisers, with support from the Auxiliary of Whidbey General Hospital and Friends of Home Healthcare & Hospice.

Choose between a challenging 100 or 50 mile route, or a moderate 25 mile ride on beautiful Whidbey Island. Our 100 mile figure eight route will cover both the north and south ends of the island, returning you to the central location of Greenbank Farm at the middle and end of the day. This ride is one of the most challenging century rides in Western Washington.

This is a great opportunity to enjoy cycling on the varied terrain of Whidbey Island while supporting a cause that benefits all residents of the island.

WHEN

September 24, 2005, rain or shine!

Riders check in between 7:00am and 10:00am (Registration closes at 10:00am)

Pancake breakfast at Greenbank Farm from 6:30am to 8:00am.

Free to registered riders & available to public for \$4

Rest stops and route support will close at 6:00pm

WHERE

Riders start the day at Greenbank Farm

Course maps and directions will be provided at check-in. Greenbank Farm is an ideal place for families to enjoy hiking, antique shopping and wine tasting. There is also a café on site, known for their freshly baked pies.

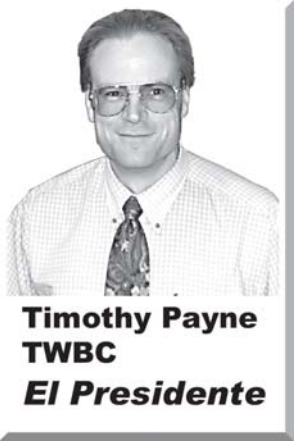
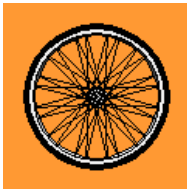
INFORMATION

Check the Tour de Whidbey Site at:

<http://www.whidbeygen.org> and search under Tour de Whidbey

TIRE BUZZ
By President

Tim Payne



WINTER MILES

To say that the weather has not been conducive, at least for me, to compiling large amounts of winter miles would be an understatement of grotesque proportions. While I have managed to rack up some miles since the “official” start of winter, I am afraid to say that the ol’ bike log is virtually blank. In past years this has caused me no end of angst and has even resulted in by-line rants in this fine publication. That is not the case this year. I have found an antidote! While the antidote does not put miles on my mileage log, it at least makes me feel like I am not sitting around getting more out of shape by the day. I joined a spin class. Monday, Wednesday and Friday for 45 minutes the instructor puts fellow class mates and I through our paces. Based on level of effort, I would guess it is close to the equivalent of a 20 mile ride. This is followed by a 30 minute body workout to build core strength and flexibility. I just finished my eighth class this morning and I do feel great. I have found that a little imagination goes a long way. Those long out of the saddle climbs at maximum tension remind me of some of the mountain passes I climbed last summer So, I just put Lance out there in front of me (okay, a large portion of imagination) and focus on catching him. I have yet to get on his wheel, but it sure helps the time go by fast when you are standing in one place. It can also really make the heart monitor sit up and take notice. I would not necessarily say that I “enjoy” the spin class. Certainly not like the nice winter ride I had on New Year’s Day But I keep coming back and I feel great, so I must be subconsciously embracing the concept of staying in shape by cycling in a fixed location. Maybe it is just me, but I also get benefit out of being with other people and having an instructor. Left to my own devices, like a trainer in the basement or garage, the trainer would soon begin collecting dust and likely end up in the next garage sale. I guess I am not that well disciplined by myself because the motivation of seeing other people doing the same thing and having a leader tell me to stand up and pump it out is a key for keeping my interest. I have to be honest here, I had not ever really thought of myself as the “spin class type” but after my first three weeks, I think I have changed my mind. You might too, check it out.

2005 EVENTS

This is a repeat but I really want folks to calendar these events to build participation: Club meetings the third Tuesday of each month (except January, July, August, and December) at the South Park Community Center. We have great programs planned, food and door prizes. The Daffodil Classic will be April 17, The PMC on June 5, RAPSoody will be August 27 and 28 Headwaters Classic on September 11 More dates to follow, but one I want to call your attention to is the McClinchy Mile on March 12 in Monroe sponsored by one of our sister clubs B.I.K.E.S. of Everett.

HOW BIKE FRIENDLY IS OUR COMMUNITY?

In the last two editions of the newsletter I covered eight 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 third and final installment of an article about how we might improve our cycling environment.

To be perfectly honest, in my view, one of the objectives for authors of magazines is to turn less into more. While the article in Bicycling has great ideas and a lot of merit, some of the 17 ideas are items we are already, or have been for a long time, accomplishing. Perhaps that is fortunate as it means our community is just a bit more bike friendly today than it was twenty years ago. That is my way of saying that I intend to speed up the listing and commentary on the remaining items. I will try to keep this a bit more concise than the past two articles.

9. Push bike commuting into the mainstream by sponsoring a “Bike to Work Day.” Done, done for 15 years and it is not just a day, it is two weeks currently known as “Carless Commute.” This is a promotion that has been jointly developed with several partners with Pierce County Parks in the lead TWBC has financially supported Carless Commute for 15 years. Look for a broadened program with even more partners in 2005. 10. Encourage mixed use — the idea here is to make it possible to get to the grocery store, the cleaners, coffee, the Bike shop, restaurants, theatres, etc. without feeling like you must use a car to protect your safety. Mixed use brings residential and retail/commercial land uses into close proximity at a pedestrian scale. There are some very good examples of this in our community with more on the way. The Proctor District and the Stadium District are two of the oldest in the area. Emerging areas are popping up in many locations. In today’s Tribune, 1/21/2005, there was an article by Dan Voelpel about the new Poole’s Corner retail/commercial development on the southeast corner of 6th and Union. It is a pedestrian friendly development that begins to make 6th and Union look almost like 26th and Proctor. By the way neighborhood activists should be thanked for this one. The property almost turned into a large grocery store with a sea of parking in front; not really a development that promotes pedestrian level activity. Watch what is beginning to happen in the City of DuPont. Then there is the one that is

The Buzz Continued on p.9

Five Bike Rides on Trails.
Bob Myrick

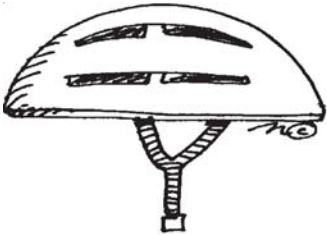
These rides are for beginners, children and seniors. Last month, we were blessed with generally good weather and we attracted several riders that were comfortable with our slow pace. One day, we had seven riders out enjoying the Yelm trail. You can go at your own pace, but for John and me the rides will last 2 to 3 hours. There will be no lunch stop during the rides. Rain or very cold weather could cancel the rides, so you might call ahead. John Ernest Berry III will be leading these rides with my assistance. John rides a three wheeled recumbent since he was severely injured in a bike versus car accident about 15 years ago. John used to swim a mile every morning while training for triathlons. Bob’s phone number is 253 473-7455.

- 1. Sunday. February 6. 11:30am. 14 miles. Code minus one. Ride the Cedar River Trail on crushed gravel to Landsburg. Meet at the Trailhead in Maple Valley. 25c or bigger tires recommended.
- 2. Sunday. February 13. 11:30am. Ride the BPA Trail in Federal Way. Meet at the Trailhead in Celebration Park. Park is located near South 324th Street and SR99 just south of South 320th Street.
- 3. Sunday. February 20. 11:30am. Ride the Interurban and Green River Trail. Meet at the Trailhead in Auburn just off Main Street and the Trail.
- 4. Sunday. February 27. 11:30am. Ride the Cedar River Trail towards Renton on new asphalt pavement. Meet at the Trailhead in Maple Valley.
- 5. Sunday. March 6. Noon. Ride the Chehalis-Western Trail from the Southern terminus in Tenino. We don’t know where the start is since the trail is to be paved in late January. In Tenino, the trail should be to the east side or left side of the highway. We will try to meet at the City Park near the restrooms.



McClinchy Mile Bike Ride March 12

BIKES of Everett invites you to explore the peaceful river valleys, rolling hills and picturesque farms of Snohomish County. Three loops: A flat 34 miles, a hilly 27 or a challenging 47 which finishes off on the newly expanded Centennial Trail. Come join us and ride as many loops as you fancy. **New starting point:** Arlington Post Middle School, 1220 E. Fifth St., take exit 208 off I-5. Cost: \$17 postmarked by March 5, \$20 day of ride, includes foodstops, map, ride support. This ride supports the Bicycle Alliance of Washington and recreational cycling in Snohomish County. For information or registration, visit www.bikesclub.org or www.active.com.



May Day Metric Information

The second May Day Metric is scheduled to take place on Sunday May 1st. How about that; MAY DAY. This notice comes in advance of registration availability which will be February 19 at the Bike – Expo or the maydaymetric.com website. Let us tell you about what first year riders were impressed with. Scenery that they had hardly been aware was so close to Seattle – Tacoma, friendliness at the start finish point and difficulty. Yes, difficulty combined with some rather flat mileage received positive comment. Imagine this, the ride begins in the Twin Lakes area of Federal Way, cuts close to Enchanted Village and through Edgewood before dropping into the Summer to Orting valley. From there at 100 feet above sea level the ride climbs to increasingly remote landscape to the Carbon River entrance to Mt. Rainier National Park at an elevation of 1,744 feet. From there the ride is, almost, all down hill. However remember dropping down into Sumner? The climb back up seems a grind, but it is a lonely one-way road that seems as remote as the one near the Park. Every rider was pleased with his or her day after completing this hill. If you have never seen this corner of Mt. Rainier, on bike is one of the best ways to see it. Here are the major turn points. Every opportunity is taken to avoid route redundancy. However the miles that do look much different when headed down in the afternoon. All loops start form the Twin Lakes area of Federal Way (so. 336th and 21st SW). To Orting and back, 25+ miles To Wilkeson and back, 50 miles To the Mountaineer’s Skills Training Site (quarter mile short of the Park), 100+ miles SEE Phil at the Bike-Expo or visit maydaymetric.com afterwards

A Recommended Ride
By A. Rider

An enjoyable ride early in the year, before you are in the shape you would like to be, is the **Ft. Lewis Perimeter Ride**. It does not go into Ft. Lewis, but rides around the perimeter, going through Spanaway, Roy, Yelm, Nisqually, DuPont, Lakewood, and Tillicum. An added advantage is starting and ending at the most convenient area along the route. DuPont is easily accessible from I-5 and has a choice of espresso shops, restaurants, and parking, so for this ride, we start at the Exit 118 (Center Drive) Park & Ride on Wilmington Blvd.

From the P&R, the route returns to Center Drive, turning right, past Intel, until you reach the Steilacoom-DuPont highway. Turn left, along the back side of Ft. Lewis, and just before the hill into Steilacoom, turn right onto the East Gate Road, then left (no options) onto the North Gate Road; which brings you into Lakewood. At the stop sign, continue straight ahead on Winona St. to a “T” in the road, right for two blocks, and left on Veterans Drive. Follow this to Gravelly Lake Drive and turning right will bring you to I-5 access. Turn right and for about a mile, the route is along the I-5 egress/ingress, one lane from the freeway traffic and on a wide shoulder. Take the first exit (Tillicum/Thorne Lane) and left over the freeway, away from the traffic and noise. In about a quarter mile, turn left on 150th St. This becomes Perimeter Road/Military Road with Ft. Lewis on the right and McChord Air Base on the left. At the signal on Spanaway Loop, continue straight ahead for another mile, then right into Spanaway County Park, a good place to stop for restrooms, etc. (17 mi.)

Continue South through the park. A quick left/right brings you to Park Ave. and on south to 176th. Turn left to Pacific Ave. then right and continue going south to the Roy “Y”; another P&R, and a good place to start this ride. Continue south along Hwy 507 (Spanaway-McKenna Hwy), past the East Gate of Ft. Lewis and to the town of Roy. If you are ready for a longer break, the Roy Saloon serves good sandwiches, etc. The next community is the McKenna Junction and another good place to stop at a fresh fruit stand on your right. The road next crosses the Nisqually River and soon enters the outskirts of Yelm, with several fast-food places before the downtown area. A recommended place after leaving town is Annie’s Bistro, the last place for sit-down dining until reaching DuPont. (35 mi.)

The route is now along Hwy 510 to Olympia, which leads past the Red Wind Casino on the Nisqually Reservation.

About one mile after the casino, we reach an option on the route: [a] continuing straight on Hwy 510 or [b] turning right on Reservation Road and saving about two miles. Reservation Road has been under reconstruction the past year to straighten out the curves and provide much needed shoulders, which are still are not paved. For that reason, the better route continues straight on Hwy 510, down and up a short hill, eventually reaching the Old Pacific Hwy. Turning right at the intersection will bring us to the Nisqually community and back across the Nisqually River. The road is now called Mounts Road with Ft. Lewis still on your right. Turn right (North) onto I-5 and in about one mile, pass the truck weight station (not through) and exit on 118 to Center Drive, over the free-way, then right on to Wilmington Drive and back to the P&R.

The round trip is about 50 miles, all quite flat except for the hill just before Old Pacific Hwy (which Reservation Road will miss) and coming back up Mounts Road. This is an easy route to follow and a good training ride. Scheduled TWBC rides are at a relaxing pace and good for visiting with the other cyclists at the various food stops. Maybe we will see you on the next one.

League and Cycle Oregon Partner
For National Rally of Cyclists

Cycle Oregon will be the official site of the League of American Bicyclists’ 2005 National Rally of Cyclists. Mark your calendars for September 10-17 for a week of exciting events, great camaraderie, wonderful food, and even better riding. Cycle Oregon is one of the premiere events in the nation and the League is delighted to partner with the organization to bring League members to Oregon. Stay tuned for February 22, when this year’s official route will be announced. You will not want to miss

Cascade Bicycle Club to Host Seattle Bike Expo, 2.19 - 20

Taking place Saturday and Sunday, February 19 and 20, the 2005 Group Health Seattle International Bicycle Expo at Warren G. Magnuson Park sounds like a great weekend for bicycle enthusiasts of all ages. The 17th annual expo will host over 140 cycling-related exhibitors. New facilities and new programs, like BMX, kids’ events, and an outdoor Mountain Bike track, will be available. World champion mountain biker and Luna Chix team member Marla Streb, who has been featured on the cover of Outside Magazine and co-stars in the IMAX film, “Top Speed”, and Bob Roll, former pro road and mountain racer, and now OLN's voice of the Tour de France, will speak and autograph their books

 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
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.
Weds	02/02	5:30 PM	30 - 35	3 B	P. Winczewski, J. Clifford	475-3625, 759-2393	Wednesday Knight Riders. Lights, reflective clothing. Start: Starbuck's @ N 26 & Proctor.
Thurs	02/03	Call	00	00	Bob Myrick	473-7455	BAW Legisl. & Statewide Issues Committee Meeting. See article or call for details.
Thurs	02/03	6:30 PM	00	00	Ralph Wessels	857-5658 759-6984	Special Events Meeting for Daffodil, PMC & Headwaters, @ Jan B's, 1209 N Anderson.
Fri	02/04	6 PM	00	00	Ralph Wessels	857-5658, 549-6952 cell	RAPSody Meeting w/ 5 Sisters @ Poodle Dog Restaurant in Fife. Confirm w/ Ralph.
Sat	02/05	9:15/ 10:50	40 +	2 B	Roz & Carol Davis	857-5396 380-8819 cell	Tour of Seattle: Alki, Downtown, Magnolia, Locks, Fremont. Start/Time #1, Southworth Ferry or Start/Time #2, Lincoln Pk @ ready to ride. Heavy rain or ice cancels.
Sun	02/06	9 AM	2.5 hrs	2	T. Grant, J. McGregor	573-9400 (business)	Puyallup area ride. Start: Old Town Bicycle, Tacoma.
Sun	02/06	11:30 AM	14, 2-3 hrs	1, slow 5 -12 mph	Bob Myrick, & John Berry w/ 3 wheel'd 'bent!	473-7455	Ride the Cedar River Trail on crushed gravel to Landsburg; 25c or bigger tires reco'men'd. Beginners, children, seniors. Start: Trailhead in Maple Valley. Rain, very cold cancels.
Mon	02/07	9:30 AM	10 - 15	1 & 2	David Barton	759-2393	Get in Shape w/ David. Rain/freeze cancels. Start: Starbuck's @ N 26 & Proctor.
Tues	02/08	Call	Call	Call	Call	Ride Line	Tuesday AM Ride. Call Ride Line for details.
Tues	02/08	6:30 PM	00	00	Tim Payne	360-871-4478	Board Meeting @ the Kim Ahn Restaurant across from TCC on Mildred.
Weds	02/09	5:30 PM	25 +	2	J. Clifford	759-2393	Wednesday Knight Riders. Lights, reflective clothing. Start: Starbuck's @ N 26 & Proctor.
Thurs	02/10	Call	Ride	Line	J. Clifford, D. Hushagen	759-2393, 922-5801	Java Jump. Rain cancels. Call Ride Line for details.
Sat	02/12	9 AM	60	2 A	Sandy & Alex Byrd	474-6721	Sweethearts Ride to Cedar Smoke House.. Start: Sumner Sounder Station.
Sun	02/13	9 AM	2.5 hrs	2	T. Grant, J. McGregor	573-9400 (business)	Puyallup area ride. Start: Old Town Bicycle, Tacoma.

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Day	Date	Time	Dist- ance	Ride Code	Leader	Contact at (253)	Ride or Activity
Sun	02/13	9:30 AM	50	2 B	Louie Boitano	922-1168	Buckley Loop Ride. Start: Sumner Library.
Sun	02/13	11:30 AM	???, 2-3 hrs	1, slow 5 -12 mph	Bob Myrick, & John Berry w/ 3 wheel'd 'bent!	473-7455	Ride the BPA Trail in Federal Way. Beginners, children, seniors. Start: Trailhead in Celebration Park near S 324th St & SR99 just S of 320th St. Rain, very cold cancels.
Mon	02/14	9:30 AM	10 - 15	1 & 2	David Barton	759-2393	Get in Shape w/ David. Rain/freeze cancels. Start: Starbuck's @ N 26 & Proctor.
Tues	02/15	Call	Call	Call	Call	Ride Line	Tuesday AM Ride. Call Ride Line for details.
Tues	02/15	7 PM	00	00	TWBC	759-2800	February Club Meeting @ South Park Community Center, 3851 S. Tacoma Way.
Weds	02/16	5:30 PM	30 - 35	3 B	P. Winczewski, J. Clifford	475-3625, 759-2393	Wednesday Knight Riders. Lights, reflective clothing. Start: Starbuck's @ N 26 & Proctor.
Sat - Mon	02/19 - 02/21	xxx	xxx	xxx	Ralph & Dena Wessels	857-5658	Excursion to Victoria, B.C. Stay @ Traveller's Inn. Call in advanced for details.
Sat	02/19	9 AM	40	2 A	Alex & Sandy Byrd	474-6721	Alex's Birthday Ride to Rainier. Start: Lacey P & R.
Sat	02/19	10:30 AM	52	2 C	Tim Payne	219-4450 360- 871-4478	PortTownsend, Ft Worden to Ft Flagler Ride. Start: Ft Worden St Pk @ Flagpole on parade grounds (free parking @ this State Park).
Sat	02/19	2 PM	carpool	00	Phil Chang	307-6347	Carpool to Seattle Bike Expo & stay for evening presentation w/ Bob Roll. Tickets thru CBC. Start: Transi Ctr @ Freighthouse Square. philchang@harbornet.com
Sun	02/20	9 AM	2.5 hrs	2	T. Grant J. McGregor	573-9400 (business)	Puyallup area ride. Start: Old Town Bicycle, Tacoma.
Sun	02/20	10:30 AM	40	2 C	Tim Payne	219-4450	Tour of Quimper Peninsula/Beaver Valley. Start: Ft Worden St Pk @ Flagpole on parade grounds (free parking @ this State Park).
Sun	02/20	11:30 AM	???, 2-3 hrs	1, slow 5 -12 mph	Bob Myrick, & John Berry w/ 3 wheel'd 'bent!	473-7455	Ride the Interurban & Green River Trail. Start: Trailhead in Auburn just off Main St & the Trail. Rain, very cold cancels.
Mon	02/21	9:30 AM	10 - 15	1 & 2	David Barton	759-2393	Get in Shape w/ David. Rain/freeze cancels. Start: Starbuck's @ N 26 & Proctor.
Tues	02/22	Call	Call	Call	Call	Ride Line	Tuesday AM Ride. Call Ride Line for details.
Weds	02/23	Call	Call	Call	Call	Ride Line	Wednesday Knight Riders. Lights, reflective clothing. Call Ride Line for details.

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Day	Date	Time	Dist- ance	Ride Code	Leader	Contact at (253)	Ride or Activity
Sat	02/26	10 AM	38 +	2 B	Bob Myrick	473-7455	Annie's Bistro for lunch, 2 routes available, 1 has 1+ mile of mild gravel. Start: Roy Y P & R.
Sat	02/26	10:30 AM	20	1 B	Jim DeYoung	912-0757	Ride to Steilacoom & Lakewood w/ coffee stop @ Caffe Peguso. Start: Dupont P & R, Exit 118.
Sun	02/27	8:25 AM	45	3 C	Bob Vogel	756-9984	Vashon Island. Call if weather is iffy. Start: Pt. Defiance Ferry.
Sun	02/27	9 AM	2.5 hrs	2	T. Grant J. McGregor	573-9400 (business)	Puyallup area ride. Start: Old Town Bicycle, Tacoma.
Sun	02/27	9:30 AM	50	2 A	Carla Gramlich	879-0115	Ride to Redmond Town Center for Lunch. Start: Gasworks Park.
Sun	02/27	11:30 AM	???, 2-3 hrs	1, slow 5 -12 mph	Bob Myrick, & John Berry w/ 3 wheel'd 'bent!	473-7455	Ride the Cedar River Trail towards Renton on new asphalt pavement. Start: Trailhead in Maple Valley. Rain, very cold cancels.
Mon	02/28	9:30 AM	10 - 15	1 & 2	David Barton	759-2393	Get in Shape w/ David. Rain/freeze cancels. Start: Starbuck's @ N 26 & Proctor.
Tues	03/01	7 PM	00	00	Bob Myrick	473-7455	Government Affairs Meeting @ the Guadalajara Taqueria in the Stadium neighborhood @ 1st & Tacoma Avenue.
Fri	03/04	6 PM	00	00	Ralph Wessels	857-5658, 549-6952 cell	RAPSody Meeting w/ 5 Sisters @ Poodle Dog Restaurant in Fife. Confirm w/ Ralph.
Sat	03/05	9 AM	50 +	2 B	Roz & Carol Davis	857-5396, 380-8819 cell	Ride Around Lake WA. Rain cancels. Start: Gene Coulon Park in Renton.
Sun	03/06	Noon	???, 2-3 hrs	1, slow 5 -12 mph	Bob Myrick, & John Berry w/ 3 wheel'd 'bent!	473-7455	Ride the Chehalis-Western Trail to Tenino. Start: Possibly @ City Park near restrooms; call to confirm. Rain, very cold cancels.
Mon	03/14	6:30 PM	00	00	Ralph Wessels	857-5658 759-6984	Special Events Meeting for Daffodil, PMC & Headwaters, @ Jan B's, 1209 N Anderson.

