



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



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MARCH 2005

mail to:

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

Become a member of TWBC

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City, State: _____

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Work Phone (optional): _____

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Individual person membership \$15_____

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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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Tacoma, WA 98411

**[] Check box if you do not
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dress in the membership
listings.**

**Also...Check boxes if you
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ing for:**

[] Leading Bike Rides

[] Events

[] Newsletter

[] Club Meeting Programs

[] Becoming a club officer

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



MARCH 2005



30th Annual The Daffodil Classic is Great - Because of Great Volunteers!

For thirty years the Daffodil Classic has been a premier ride in the Pacific Northwest. With routes starting in the beautiful Orting valley and providing great food the ride "happens" because there are friendly faces helping riders through registration, driving a sag vehicle to find people in need or serving food at rest stops or strawberry shortcake at the finish. Last year over 1200 riders enjoyed the day. It takes 100 volunteers, each doing a vital part, to make the whole day happen.

We would like you to join us in making this ride happen. Go to our web site, TWBC.org and look for Daffodil Volunteers. See what positions are open and fill in the needed information. Sign up early so we are sure to have a t-shirt made in your size.

Worried about volunteering because you want to ride in the Daffodil Classic? If you help with the ride your ride entry fee is free. Volunteers ride either before or after their work assignment or some even ride to their volunteer spot, work and then finish the ride afterwards.

Worried because you have never volunteered at a ride before? There are very clear expectations for each job and lots of volunteers with experience. It is a great way to meet other members and to get lots of thanks for helping riders on their way. Any more questions – call Joyce at 253-759-2393 or Max at 253-572-3415.

Put the date on your calendar **April 17** and go to twbc.org to sign up today.

This year the volunteers will receive the 30th Annual Souvenir Water Bottle, a ride t-shirt, entry to ride and a pizza party after the ride.
(Editor's note: Plus you will have a LOT of FUN!)

ARE YOU THE NEXT SPROCKET PERSON???

You could be because the position is open and it is a PAID position. Since February of 1990 through December 2004, 58,246 children have viewed Sprocket Woman. This has been made possible by the generous support of the Tacoma Wheelmen's Bicycle Club. TWBC member Jan Weiser was the first Sprocket Woman and Cheryl Evans took over the role in 1999. Cheryl has since take a full time job and has limited hours to offer her services. So Pierce County Parks and Recreation needs a new "Sprocket Person".

They need an individual to speak about bicycle safety to elementary school children. A person must be available at least 2 days per week during the day; must be comfortable talking in from of groups; have knowledge of bicycling; have a Washington State Drivers License and their own vehicle. The "Sprocket Person" is paid \$50 per presentation through the Pierce County payroll system. For further information and to receive an application contract contact Cara Cross at 253-798-4739 or ccross@co.pierce.wa.us.

Annual Children Safety Fair

On Sat. April 30th is the Annual Children Safety Fair to be held at the Tacoma Mall. Once again many volunteers are needed to fit helmets. At this event we have sold almost 1000 helmets. This is a great way to help get helmets on young people in Pierce County. Training for volunteers that have never worked one of our events will be held on the evening of Thursday April 28. Please take the time out of your busy schedule to help out. Call Carla at 253 879 0115 for more information.

Bike Month is coming! May 2005!

Volunteers are needed to lead short rides and staff information tables on weekends in late April through May. If you are interested, contact Sue Tjardes, Bike Month Coordinator, at bikemonth@cityoftacoma.org



The COG Home Page



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**TWBC Ride Line
253-759-2800
UPDATED WEEKLY!**

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 - 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)

Next Club Meeting:

**Tues March 15,
2005**

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



The Buzz continued from p.4

route and are confident enough to try an on-road spoke replacement, wrap a little duct tape around the spoke at the top and bottom before placing it in the seat tube to keep it from rattling and driving you crazy. And, oh yeah, make sure your seat post can be removed from your seat tube.

Oops! No brakes! What is that hanging from the frame? Oh, now I see, a brake cable. Brake cables will usually break close to the clamp bolt on the brake. By screwing in the barrel adjusters all the way, you may be able to get enough slack to re-clamp the cable at the break. Be careful, those little wires in the ragged cable ends love to puncture fingers. Not enough cable? Sometimes it is better to stop than to shift. Remove and use one of your shifter cables as a substitute. You will have to make a big knot in the cable at the brake lever end however, as the little metal ends on brake cables are larger than the ones on shifter cables and will just slide right out.

Okay, so I just used my front derailleur cable (That poor front derailleur is really getting a workout in this column. Actually, I am just using it so I can learn to spell “derailleur.”) to fix my brakes, now how do I shift into something other than my small sprocket? I would like to get home today. You can use a stick or a small pebble to wedge between the traveling part of the front derailleur and the seat tube to force it to stay in the outside or middle chainring, depending on your preference and how many hills away from home you are. The spring action of the derailleur wants to pull it toward the seat tube and the small chainring so the wedge will be held in place by the force of the spring.

I knew I should have replaced that seat! The front of the seat rails have pulled out of the seat mount. So, every time I sit down the seat tips backwards. First, try slipping the rails back into the housing. Chances are that you will either not be able to do this as it is normally a “pressed” fit, or the same thing that caused it to happen in the first place, happens again. In that case cinch down the front of the seat with an inner tube (and you thought inner tubes were only for tires!) Put the tube behind the seatpost and under the seat. Stretch it taut and wrap it evenly in a crisscross pattern in front of and behind the seat post. If you then get a flat, hope you have made enough progress to get into cell phone range, “can you hear me now?”

Members have related some of their more exotic breakdown stories and how they fixed it. One of my favorites comes from Roz and Carol Davis. Seems a spring broke in Carol’s rear derailleur (yes, the word is spelled the same for either front or rear!). After trying a number of different springs available in a small town in Nova Scotia, Roz finally found a perfect replacement in the jaws of a rat trap (must have been a trap made in France to be so compatible). One last piece of advice, find some re-runs of “McIver” to watch before the cycling season really gets underway, you’ll never be stranded again!

Seriously, when your bike seems to be broken beyond your ability to repair it, don’t panic. Take a few minutes to size up the situation, consider your options and see what you may have to work with to fix it. Above all, never walk home.

Happy cycling!

March Meeting Presentation

Have you ever dreamed of doing an extended self-contained tour? If so, here’s your opportunity to learn first hand what life on the road is like. Join the McFarland Family (dad, mom and two teenagers) as they share their year-long adventure of cycling around the world!

Bring you questions about international bike travel and get ready because you know you’re going to have a case of wanderlust after this exhilarating presentation.

Copper Creek Ski Patrol, A Variation

Louie Boitano and Bob Myrick used mountain bikes to ski patrol Copper Creek on Thursday, February 3. We went to the Lookout Tower on Puyallup Ridge, about 21 miles round trip. There were stunning views of Mount Rainier, Glacier Peak, Mt. St. Helens and Mt. Adams. The temperature at the start was over 60 degrees and on the way down it was 56 degrees. It was a great day to patrol and it made a great mountain bike adventure.



NEW MEMBERS:

Mike & Jan Adams, Michelle Hill, Caroline Baker, Alice Johansen, Michelle Joseph, John E. Berry III, Marie Harrison, Robert E. Archer. Welcome!

RENEWING MEMBERS:

John B. Lea, Linda Higgins, Jim DeYoung, Joe & Sue Krezelak, Wayne Vanderpol, Karen Hertzog, Thom Skaanland, Bill Dugovich, Thomas Harrison, Patrick Joseph, Sylvia Shiroyama, Lois Marquart, Karla Maynard, L. Terry Conner. Joyce Marciel, Michael

Lost and Found

I am looking for the owner of a blue REI pannier. I found it Tuesday (February 15) afternoon on the shoulder of Highway 16 just off the Gig Harbor side of the Narrows bridge. I’m running out of ideas on how to contact the owner and would appreciate it if those of you who know bicycle commuters who cross the bridge would ask those people if they are down one pannier and contents.

I can be contacted at bryans@harbornet.com.

Thanks, Bryan



Our committee got together again on Tuesday, February 1. Our next meeting will not be on a Tuesday. It will be on the next day, Wednesday, March 2 at 7pm at the Taqueria Guadalajara in the Stadium District at 1st and Tacoma Avenue. The food here continues to great and plentiful and it is usually quiet enough to talk about matters of vast importance to the cycling universe. This past month has been especially busy as I will report below.

1. SR167. I attended a constructability meeting on January 19 and found that the planners think SR167 can be broken down into three segments because it will now cost over a billion dollars to build. They think the segment from the Tideflats to I5 would be built first. The State would probably have to start a toll road system before this project can be accomplished. It will be many years before that happens.

2. SR16 and Scott Pierson Trail. I met with three staff members from Pierce County Public Works and took them on a tour of the roads in the vicinity of the new Narrows Bridge. I think they now realize that some shoulder improvements need to be made within the next two years. Hopefully, money and time can be found to accomplish these improvements before the new bridge opens in 2007.

3. Sumner Trail. John Ernest Berry III and I attended a study session of the Sumner City Council on January 24. We urged the town to move forward on their trail plan. Sumner has budgeted over a million dollars next year to move forward. In addition, a \$600,000 trail is planned to pass around the sewerage treatment plant at the intersection of the Puyallup and White Rivers.

4. Try Your Bike Month. I have met with Megan Roberts of the City of Tacoma and Sue Tjardes to help plan “Try Your Bike Month”. Megan is the City’s Commute Trip Reduction specialist and she has a \$10,000 mini-grant to put on this program throughout Pierce County for two years. This program will be a prelude to the CARless Commute. Since Bike months are not the same as Lunar months, we are thinking of starting this month at the Daffodil Classic and ending the month the weekend before Memorial Day. The TWBC Board approved and endorsed our participation since it seems to be a “free to us” program to help us meet our mission of promoting cycling for recreation, health and transportation.

5. Healthy Living. The Tacoma-Pierce County Health Department also has a grant to study what various structural community improvements can be made to encourage people to start moving and become more healthy. I have agreed to meet with their staff as they pursue their study. Maybe, we can save the Medicare System from bankruptcy.

6. Sounder Train Extension. I met with Jennifer Ryan of Sound Transit to discuss three areas along the rail line from Pacific Avenue to Dupont where we would like to share the corridor by installing trail segments. She recorded our desires, but I soon realized they probably don’t have space to accommodate our needs. We will continue to serve on the Bike/Ped Committee at Sound Transit and try to save the region from the automobile.

7. Puget Sound Regional Council’s Enhancements Committee. The PSRC smells the new Federal money coming for bicycle and

pedestrian improvements. We will begin meeting in March to set the guidelines for ranking projects. I am now an advocate for funding missing arterial sidewalks and trail connections. Why? Because the City needs money to make the important connections to the Scott Pierson Trail and the County now has an excellent source of funding for the Foothills Trail and others within the County.

8. Puyallup Downtown Revitalization Plan. John Berry, Ernie Bay and I attended a three day Charette for planning the redevelopments of downtown Puyallup east of Meridian. Puyallup has options for several large tracts in the downtown and plans to move forward with plans to create jobs and housing within the core downtown area.

9. StarbucksLovesParks.com. Starbucks hopes to provide one million dollars in park improvement grants throughout the Puget Sound Region. These grants appear to be mini-grants in that \$15,000 would be awarded on each successful project. Pierce County staff and others are looking to apply for funding. Thankyou Starbucks.

10. Steilacoom and Roy Rail Road Tracks. There have been several more spills on the Steilacoom Tracks. Two club members fell while on a tandem and a broken arm was the result. A Spoke and Sprocket rider fell, but was not seriously injured. I have recently seen Tacoma Rail Crossing improvements on Pine Street in Tacoma and on Pole Line Road(8th Ave.) in Spanaway. Tacoma Rail apparently has control of the three crossings on the way out to McKenna so we hope they can be convinced to work with WSDOT to improve these crossings.

11. Lobby Days. By the time you read this several club members will have attended Lobby Days down at the State Legislature. John Berry is scheduled to attend the Environmental Day on February 17. The WWRP Lobby Day is on February 22 and we should be asking for Trail Improvement monies. Bike Lobby Day is on February 24 the Bicycle Alliance of Washington is coordinating our visits with various elected Officials.

12. Tacoma’s City Water Ditch Trail. I met with Dana Brown of the City of Tacoma to help interview a proposed consultant to finally begin a feasibility study concerning the constructability of this trail that was originally in place in 1888 and was considered to be the jewel in Tacoma’s trail system extending all the way to Mount Rainier.

13. Lakewood. Andrew Neiditz will move from Sumner City Manager to Lakewood City Manager. He will be the second Lakewood City Manager who also happens to ride a bike just like George Bush and John Kerry and John Ladenburg. Hopefully, Lakewood can continue to move forward on developing a community wide system for bicycle and pedestrian travel.

I hope you were able to experience the great cycling weather in February. The snow was so poor at our cross country ski area near Ashford that Louie Boitano and I patrolled the trail on mountain bikes for 21 miles to the Puyallup Ridge lookout and back. It was a great trip with temperatures into the sixties. It was 56 degrees when we left the trail. Get out there and ride. We have to save Medicare one cyclist at a time.

A Recommended Ride

By A. Rider

A very popular Club ride is to from Tacoma to Auburn for **Brunch at the Sunbreak Café**. It is an organized ride that is on the schedule two or three times each year by different ride leaders. The most common route begins by the Tacoma Dome and follows the valley through Puyallup and Sumner and north to Auburn; however, the route will vary depending on the leader. For this ride description, we will go the most common route and return by an alternate route through Milton.

The ride begins at the front entrance to Freighthouse Square on 25th St. with ample parking in the municipal garage across the street. The route goes east on 25th St., right on Portland Ave. left on 26th and under I-5, before becoming SR-167 (River Rd.) to Puyallup. In two or three blocks, exit to the right onto Pioneer Way. In about one mile, the road takes a sharp right turn; however, our route goes left onto 31st St. and across a bridge over a railroad track. 31st St. becomes Gay Rd., returns to River Rd. and immediately leaves River Rd. onto 50th Ave. W. The route again touches River Rd. and immediately exits onto 62nd Ave. W., then left on 52nd St., right on 66th Ave., left on 56th St., and right on Peterson to Stewart Ave. Stewart Ave. becomes Main Ave. in the Puyallup business district, and Main Ave. continues east to Sumner.

As you approach Sumner, Main Ave. goes under SR410 and becomes Traffic Ave., passing the Sounder Station and continuing straight through the five-corner intersection to Fryar Ave. and past the Sumner Library. At the first “Y” in the road, swing left, over the Stuck River and north on 142nd Ave. Turn left on 24th St., over the railroad track, right on 136th Ave. for about two miles until you reach SW 5th Ave. in Pacific, then a quick left and right onto Milwaukee Blvd before continuing north to 1st Ave. in Algona. At this point, the route picks up the Interurban Trail. This goes by the Auburn Super Mall then under SR 18, finally reaching W. Main St. in Auburn. Turn right onto W. Main St., cross over two sets of tracks, then right on “A” St. to the Sunbreak Café.

It is a busy place on weekends but the line moves fast, the service is efficient, coffee is unlimited, and I challenge anyone to order the full size omelet and clean their plate. Most people have the more reasonable half orders which may still be more than they expected.

The return trip could be a similar route with many variations. A more interesting route, comparable to the size of the brunch, is by way of Milton. From the Café, return on

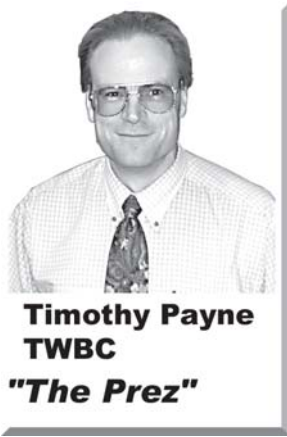
W. Main St., across the tracks, over SR 167 to the West Valley Hwy., then left through a congested area with traffic exiting SR 18 and then right up the hill (Peasley Canyon Rd.). Continue straight through the intersection with Military Road and in about a ¼ mile, turn left on Weyerhaeuser Way. Continue to meander south, and in about 1 ½ miles, cross under SR 18; then right on 349th St., left on 28th Ave S. and right on 360th St. S. A no-choice left brings you to the Enchanted Parkway S. Crossing the parkway, the road is now Milton Rd. S with the Enchanted Park on your left and I-5 and a fenced rest-stop on your right. In about ¼ mile, turn right on 375th St., cross over I-5 and follow the road down the hill until you reach Pacific Hwy 99 and 373rd St. Turn left on Pacific Hwy about ¾ of a mile taking 70th Ave up the hill. Turn right on 10th St (more hill), left on 68th and right on 12th St. for an easy down hill ride. Continue straight on 12th St., crossing 54th Ave. At Alexander Ave., turn right, and left onto SR 509 Frontage Road. Stay on SR 509 crossing the Port of Tacoma Rd. and exiting on Milwaukee Way. Turn left and follow the signs to Pacific Hwy and Tacoma on Hwy 99. This will lead you west over the Puyallup River on Puyallup Ave. Take a left by the bus station (“G” St.) and a right on 25th to the front of Freighthouse Square.

The round trip is about 40 miles. The valley routes are quite flat, can be varied, and are easy routes to follow either alone or with a friend; and are a good training ride. Going by way of Milton justifies the large brunch for those who believe they should watch their weight. Scheduled TWBC rides are at a relaxing pace and good for visiting with other cyclists at the café and the various rest stops. This ride is tentatively scheduled for Sunday, March 6, 2005. Look for it on the ride schedule and maybe we will see you on the ride.



TIRE BUZZ
By President

Tim Payne



TWBC Needs YOU!

Coming soon is the Daffodil Classic, like April 17th coming soon. One of the characteristics that has made this TWBC event so successful over the years is the cadre of friendly volunteers who have parked, registered, fed and sagged the participating riders throughout the day. Our Ride Directors Joyce Clifford, Max Welker, and Keith Bates have figured out that it takes more than 60 volunteers on the day of the ride to pull this ride off in the manner to which our “customers” have become accustomed. This is an important ride for TWBC. It is both our largest rider participation in a special event and it is the 30th Anniversary of the ride this year. We want to make it special and memorable for the riders who participate. As of this writing we do not yet have the number of volunteers necessary to operate the ride. Many people will choose a position that allows them to both ride the ride (which you get to do for free as a volunteer) and work as a volunteer. Others ride the pre-rides then work as a volunteer on ride day. Either way, you get to ride for free, you get the souvenir and, this year only, you get a 30th Anniversary T-Shirt in your choice of short or long sleeves. If this all sounds too good to be true check it out by contacting Ride Director Joyce Clifford at (253) 759-2393 or e-mail at jcliffo@earthlink.net

Never Walk Home!

Some time ago, Bicycling magazine published an article about how to affect emergency roadside repairs for those unexpected “pleasures” that happen to all of us from time to time. With Spring on the way and your ride calendars crying for miles, it is a sure bet that you will be spending more days on the road. Some of those days may be on rides that do not offer support. So what do you do if you loose a screw in your cleats or your front derailleur clamp comes lose? Will you call someone (most important tool in the tool box, a cell phone), hitch a ride from a friendly stranger or on a bus, try to fix it, or try to have someone else fix it , or walk home? All of these are possible, some more desirable than others. Some of the choices will depend on personal preference. There are some of us who would rather die than allow someone to

believe we could not do something to get ourselves back on the road and there are others who have no problem placing a call for a rescue attempt by a friend. For most cyclists I know, their last choice is to push their bike home, how embarrassing! Just in case you ever find yourself seemingly out of options at some very inopportune moment, here are some tips for common problems that may allow you to fix your bike and proudly ride it home.

First of all, you should always carry the basics, a patch kit, tire levers, and a pump. If you have never fixed a bike tire before, try it at home in a warm, secure environment BEFORE you are forced to do it on the road. Flatten your rear tire (the front is too easy, you need to learn to remove the rear wheel because most of your flats will be on the rear wheel) by letting the air out. Then use your “on road” tools to remove the tire, take out the tube, replace the tube and tire, inflate using your “on-road” pump, and replace the wheel. If you ride a bike more than 500 miles a year, the probability is very high that you will have flat, so be prepared.

Despite my great advice, you left home without a patch kit, or, perhaps, you have had one of “those” rides where you have used all your spare tubes AND exhausted your patch kit (or based on my experience the glue in your patch kit has hardened in the tube) now what? Cut the tube all the way through where the leak exists. Tie the two loose ends together in a double overhand granny stretch it onto the rim, install the tire and inflate. Keep the pressure low, like 20 to 30 for a mountain bike tire 50 to 60 for a road bike tire. You will have to stop and re-inflate every 20 to 30 minutes, but it should get you home.

Okay, now the easy stuff is behind us. You are out of cell phone range and not sure you want to hitchhike, you lost the clamp bolt to your front derailleur, now what? One of the beauties of a bicycle is its simplicity. Many of the bolts are interchangeable. The bolts that hold your water bottle holder to the bike can be substituted for many other bolts on your bike including that pesky clamp bolt for the front derailleur. A quick removal of one two of the water bottle cage bolts (the bottom is the best on to use), a quick install in the clamp, a little fiddling and your on your way. Other locations these water bottle mounting bolts may come in handy include brake cable anchor clamp bolts, cleat bolts, stem bolts and derailleur cable anchor clamp bolts.

Ping! What the #@!&* was that? Ah, you have just broken a spoke. Usually the “ping” is followed by the cacophonous racket of the end of the broken spoke whipping your seat and chain stays. Chances are it will be on the rear wheel and on the drive side of the rear wheel. If you can thread it around the other spokes and pull it through the hole in the hub. This may or may not work, depending on the spoke, hub and the cassette. If you cannot get the spoke out of the hub, wind the spoke around a neighboring spoke to keep it in place. Wire tie wraps are also handy for securing such a set up. Chances are you will also need to open your brakes a bit as the wheel will almost certainly have a wobble in it. Just remember your rear braking power is severely compromised so take it easy. Some experienced touring riders will even carry an extra spoke in their seat tube. If you choose that

The Buzz Continued on p.9

“Java Jump” Makes New Discovery

Our JAVA JUMP rides just get better each month! February’s ride found us with seven hardy souls on a chilly morning, but fortunately that chill was short lived. We did a brisk run to the 12th St. **Mandolin Café** for some fuel (try their Pumpkin Scones!) and then headed out South through Tacoma and out to Midland. Zipping down some great hills into Puyallup, we were greeted by the sun on our arrival. We stopped for lunch at one of Puyallup’s best kept secrets, **Anna Maria’s**. It is a tiny place at 105 W. Meeker, only seating about 10, but we were accommodated with outdoor seating...so we could bask in some of that warm winter sun! The owner, Trish, serves up the best homemade soups ever, and the pannini sandwiches are outstanding. She gave us excellent service, which included a nice complimentary appetizer AND fresh from the oven cookies when we were done...of course, they went with coffee. On your next ride in the Puyallup area, plan on a stop there and see what we’re talking about.

The “Java Jumps” will continue on the second (or sometimes third) Thursdays of the month. Check the ride line for details. The only constant on these rides is that we discover some new coffee shop, preferably a small, independent one that is making a go of it amidst the giant behemoths of the coffee world. Come on out and join us for a warm brew and a fun ride!

Joyce Clifford and Debbie Hushagen

Ride to North Bend , Oregon -
Phillip Lux

Starting July 9, 2005 I intend to ride from Seattle to North Bend Oregon with a 3 day layover in North Bend for a high school reunion. The first 2 days is the STP with the 3rd heading west from Portland to pick up highway 101 at Lincoln City. I expect 2 more days to get to North Bend. On Sunday July 17th I intend to return up the coast on highway 101. Daily mileage for the return is expected to be from 60 to 90+ miles. Daily start times are 5 am in the morning or about ½ hour before sunrise when there is light. If the coast wind hits before noon or is excessive from the north I may turn east to old 99W and then north. This could happen at any of several east west routes.

The ride is unsupported except for the STP portion. I will credit card camp in motels and eat in restaurants. One of my sons or my daughter will deliver my panniers, gear, racks, fenders and lights to me in Portland.

Anyone who would like to ride all or part of the ride with me is welcome. Pace will be very moderate trying for 12-14 mph and probably happy with overall 10 mph. As the time comes closer I will try to have a tentative schedule of where I want to be each day.

I can be contacted at philliplux@hotmail.com or by phone at 253 473 4867 after 5 on workdays.

Endurance Cycling continued from p.

Training at a mid-level intensity is only useful during LSD rides. The rest of the time, either hammer or go very, very easy (or don’t ride at all). Each week should include one true recovery ride and one day of complete inactivity except perhaps a walk after dinner (a good habit every day).

If you’re not recovered, your resting heart rate will be elevated and/or you’ll feel listless on the bike. If that’s you, park the bike and rest another day; training on tired legs is a waste of time. Make your training time count, but also make your recovery time count. The point is to keep building, ever higher!

MISTAKE #5: STAYING ON THE BIKE ALL THE TIME

Common mistake number five is never getting off the bike to work out. All cyclists can improve their cycling comfort, endurance, and speed by training off the bike, as well as improve their overall health and fitness.

I’m amazed at the number of overweight endurance riders I see. Either the extra weight is a result of poor dietary habits (fast food for breakfast, lunch, and/or dinner?) or these riders are stuck on a plateau, no matter how many miles they train, or how many long events they finish. They need to incorporate more intensity into their training *and* they need some cross-training to shock their bodies into pushing itself to a higher level. So do the rest of us!

As discussed on other occasions in Ultra Cycling magazine and my website, off-the-bike training should include yoga, Pilates, and/or strength training (i.e., weight lifting). Think of it as filling in the blanks that are left by the huge volume of sports-specific training done on the bike. Swimming and running are two other great compliments to cycling that will not only increase your overall health, but also your cycling ability through increased muscular endurance, strength, and overall joint, muscle, and connective tissue health.

On-the-bike cross-training variations are great, too: mountain biking and spinning classes can do wonders for your road riding. I cross-train in all of these manners regularly and they pay off for me, not only when doing an Ironman Triathlon, but also as I ride doubles, and even as I sit at my desk writing this article.

Avoid the five mistakes outlined above and you should be able to say “make mine another century or double” with a smile and confidence. Enjoy!

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Chris Kostman began riding doubles in 1983. Besides producing the Furnace Creek 508 each October since 1990, he also organizes the Death Valley Century and Double Century in March and October each year. Visit www.adventurecorps.com for all the info.



Endurance Cycling: Five Mistakes to Avoid

By Chris Kostman, contributing editor to UltraCycling magazine
For more information on endurance cycling go to www.ultracycling.com Can you ride a century every month – including two makeup rides for winter? Sign up for the Year-Rounder Century Challenge at www.ultracycling.com/standings/year-rounder.html

Centuries, double centuries, and brevets are the bread and butter of most endurance cyclists. They provide a good challenge, great training, an opportunity to test the efficacy of training and nutrition, and a nice day (or more) on the bike with fellow riders. But they’re not easy and are not to be taken for granted. Here are five mistakes to avoid as you train for, and ride, endurance events.

MISTAKE #1: NOT USING SPEEDWORK

One common endurance training mistake is just “putting in the miles.” The mentality is that if you put enough miles in the bank in your training, you can withdraw them later as endurance, maybe even miraculously fast endurance. But this approach is boring, a waste of time, and you won’t get substantially faster!

Many cyclists overlook the fact that the majority of the top RAAM racers over the past twenty years were, or are, also competitive cyclists in the traditional sense (i.e., USCF racing). Pete Penseyres, Michael Secrest, Rob Templin, Danny Chew, George Thomas, and Franz Spilauer are just some of the top RAAMers who raced at a national level (and were competitive there, too). Others, like Michael Shermer and Seana Hogan, train with a racing club at least once a week. High intensity training is an important, or even critical, part of endurance training.

You only get faster by riding faster! In practical terms, you need one or two days a week focused on high intensity speed training. Though hill repeats, interval training against the clock, or even a spinning class can be effective speed training, the best way to increase your speed is to ride with those who are much faster than you are. Joining a weekly racer club workout or weekly crit series is the ticket here. Get out and hammer with the big boys and girls in the pacelines, sprint for the city limit signs, and do your best not to get dropped. Be forewarned, though: it can be humbling for a while, if not for a long while. But you’ll get faster for the long haul.

Another bonus is that, on event day, you won’t get dropped right from the get-go when the lead pack of riders takes off like they’re doing a 40km road race, as they inevitably do. You want to hang with them in the first hours so that you’re not breaking your own wind, and setting your own pace, all day. It’s a shame to get dropped: don’t let it happen to you!

MISTAKE #2: DOING LONG SLOW MILES

Don’t confuse “steady” and “slow” and just put in the long miles at an easy intensity. This is a waste of time because the only thing accomplished on physiologically by riding slowly is learning how to ride slowly. “LSD” doesn’t stand for “Long Slow Distance,” it stands for “Long Steady Distance.” Some endurance riding is necessary to train for endurance events, but while you’re putting in those miles, do so at a good, steady intensity and keep these additional goals and benefits in mind:

- “Keep it steady and keep it moving” should be the mantra while riding LSD: Don’t dilly-dally while refueling, fixing a flat, or reading the route sheet. Don’t bog down while riding, either, whether on the hills or flats. Use your bike computer to push yourself to maintain an average speed; use your heart rate monitor to see how low you can keep your heart rate while maintaining a challenging average speed. When quicker riders pass you, pick up the pace; riding steadily doesn’t mean you shouldn’t push it sometimes, too.

- Base Fitness Training: LSD rides will allow you to slowly, but surely, rebuild your body from the inside out. You’ll increase the efficiency of your cardiovascular system and get in touch with your heartrate and breathing patterns. This is particularly important in the early season, when you’re laying the foundation for the year.

- Equipment Testing: If you’re not comfortable on your bike, you won’t ride far. Use your LSD rides, not events, to test saddles, shoes, pedals, aerobars, and such, plus variations on their position. What seems comfortable for 30-50 miles will not necessarily be so after 100 or 200 miles.

- Nutrition Testing: Food and drink choices also won’t reveal their effectiveness until you get way out there. Use your long rides to see which fuel and hydration systems work for you. Whatever you eat and drink, it should be portable, go down well, provide consistent energy (no highs and lows), and keep you hydrated. If you don’t want to carry 100 or 200 miles’ worth of food and drink during your events, find out what the event promoters will serve and train on that. Then when you do the event you won’t need to carry all your own fuel. (But if the event is going to serve Danishes and hot dogs, as some do, you’ll want to carry your own fuel.) By the way, essentially all top distance cyclists use a primarily, or exclusively, liquid-based (or liquid-, pill- and gel-based) fueling system.

MISTAKE #3: DOING THE SAME THING ALL THE TIME

The third common mistake is doing the same workout on the same day, week after week. This is boring and unnecessary, so lose those crazy “Tuesdays are for speed work, Wednesday are for hill-climbing” kinds of rules or club ride schedules. As long as you get in the variety and intensity of training necessary, it really doesn’t matter which workout you do on any given day, as long as you recover in time for the next workout or event. Finally, don’t skip training days during the week with the intention of making up for it on the weekends. Use your lunch hour, bike commuting, and even night training so that you are training, on the bike, four or five days a week, no matter what.

Many riders put in their big miles every weekend, because more time is available then. But it’s also important to mix your weekends up and avoid ruts there, too. Some weekends should be back-to-back long rides. Some should be a long ride one day and either a recovery ride or speed work on the other. And some weekends you should just relax with your family after doing a fast club ride on one of the mornings.

MISTAKE #4: NOT ALLOWING RECOVERY

Hey man, give it a rest! The complimentary ideas of “rest days” and “recovery rides” are lost on most athletes. In training, you’re either improving by pushing yourself or recovering by resting or going easily so that you’re ready to push yourself again.

the Picture Page



The Ride Around Puget Sound (RAPSody)

This years’ RAPSody will be held August 27 to 28, 2005. RAPSody is a challenging 165-mile ride with a one or two-day option. Hosted by five bicycle clubs, all of the proceeds from RAPSody are donated to the Bicycle Alliance of Washington (BAW) to support statewide bicycle advocacy.

Our second annual ride will again have scenic routes, great food, friendly volunteers and lots of music. The event start location again offers free overnight parking and a fun celebration at the finish line.

Modifications to this year’s ride include:
Rider limit lowered to 1,000 to protect the ambiance of the ride
Start and finish location moved to Tacoma Community College
Ride will go counter-clockwise with the ferry rides at the beginning
Route will use more local roads (no Belfair and only a limited amount of SR 101)
1-day riders will start on Sunday
Ride packets will be mailed to all registrants (\$5 increase in cost to cover this)
Meals at Shelton High School can be pre-purchased
Registration and other information can be found at www.rapsodybikeride.com. You can register online through www.Active.com or with the attached flyer. Registration includes ferry fares, luggage transport, rest stops, mechanical and sag support, great scenery, and lots of music. Register by July 22 for \$80 or for \$90 between July 22 and August 12 when registration closes. BAW members receive a \$10 discount. Join while registering to receive an immediate discount.

Come enjoy a fun ride with lots of great food and music!

PS – Sign up for these great training rides by the host clubs!
3/12 – McClinchy Mile hosted by B.I.K.E.S. of Everett
4/17 – Daffodil Classic hosted by the Tacoma Wheelmen’s Bicycle Club
5/22 – 2-County Double Metric Century hosted by Capital Bicycle Club
6/5 – Peninsula Metric hosted by the Tacoma Wheelmen’s Bicycle Club
7/31 Tour de Kitsap hosted by West Sound Cycling Club
8/14 TRYBR (Tenino Rainier Yelm Bucoda Rally) hosted by Capital Bicycle Club
9/11 Headwaters Century hosted by the Tacoma Wheelmen’s Bicycle Club

 **Ride – Volunteer –**
Enjoy Cycling in and Around Pierce County
Looking forward to a great riding season? Four big dates to put on your calendar:
April 17th – the 30th Annual Daffodil Classic – starting in Orting there is an easy 20 mile ride, two more challenging fifty mile loops, a 70 and a 100 mile loop with six rest stops and dessert at the end. The Orting Coop Nursery School sponsors a pancake

breakfast before the ride and the Lions Club is returning with their great hamburger barbeque after the ride.
June 5th – the 23rd Annual Peninsula Metric Century – with registration at either the Southworth Ferry Terminal or the Gig Harbor Medical Center there are three distances available, 50K, 100K and a very challenging 100-mile route. The 100-mile route is great for training for RAMROD, RAPSody or any other BIG ride you have in your summer.
September 11th – the 6th Annual Headwater Century – with registration at the Enumclaw High School there are three gorgeous routes to choose from – 45-miles, 65-miles or 100-miles with great dessert at the end. What a way to wind down your cycling season!
August 27-28th for RAPSody, the big two day ride around the Puget Sound with ALL proceeds donated to the Bicycle Alliance of Washington. Starting at Tacoma Community College and with a limit of 1000 riders there is luggage transportation, rest stops with lots of music, souvenir socks and showers at the end. A ride worth training for! Five local bicycle clubs support this ride.

Volunteers are needed to support all of these rides. Most of the rides you can volunteer and ride! If you want to be one of the people that make these rides such a joy log onto TWBC.org and VOLUNTEER! We thank you and happy, safe cycling.

Tri-State Odyssey – Steve & Phyllis Lay

This July/August, for two weeks we will be leading a self contained tour through three states. We will start in Ellensburg and cycle towards Spokane. In Idaho we’ll be entering the state at the south end of Lake Couer d’ Alene, to Heyburn State Park the oldest state park in the Northwest. We’ll take the “Trail of the Couer de Alenes”, a newly developed paved bicycle trail to the old mining town of Wallace. Then we’ll continue over Thompson Pass in Montana and returning to the Idaho panhandle and back into Washington. We’ll follow traverse the Columbia river for a couple of days before heading into the mountains to Leavenworth and back to Ellensburg over old Blewett Pass. The tour is about 850 miles, hot, dry and some hills. We will probably limit the group to 8-10 riders. If this sounds like your type of touring, stay tuned for more information or call Steve and Phyllis at 759-1816.

Orting’s first bicycle specialty store.
Owner/mechanic Brian Backus previously worked as a diesel, aero-space and bicycle mechanic. His bike shop experience was with Kelvin Clark and a guy named ‘Pat’ from Angle Lake (sounded like the FW days). Most recently with Boeing.
Long time resident of Orting at least one daughter, Brittany, who is a Senior in the Orting High School. I had never met him before Saturday. His Grand Opening is next Saturday, February 12. He’s dealing in Fuji and Diamondbacks(?), has ordered parts from whatever the old Derby-Raleigh folks up in Kent call themselves. He is related to the Owner of Sumner Cycles and has been with him up there.

 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
Tues	03/01	Call	Call	Call	Call	Ride Line	Tuesday AM Ride. Call Ride Line for details.
Tues	03/01	7 PM	00	00	Bob Myrick	473-7455	Government Affairs Meeting @ the Guadalajara Taqueria in the Stadium neighborhood @ 1st & Tacoma Avenue.
Weds	03/02	5:30 PM	35	3	P. Winczewski, J. Clifford	475-3625, 759-2393	Wednesday Knight Riders. Lights, reflective clothing. Start: Starbuck's @ N 26 & Proctor.
Thurs	03/03	6:30 PM	00	00	Ralph Wessels	857-5658 759-2393	Special Events Meeting for Daffodil, PMC & Headwaters, @ Joyce C's, 3811 N Madison.
Fri	03/04	6 PM	00	00	Ralph Wessels	857-5658, 549-6952 cell	RAPSody Meeting w/ 5 Sisters @ Fife City Bar & Grill, 3025 Pacific Hwy E. Confirm location/time 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.
Sat	03/05	9 AM	100K	All	Peg Winczewski	475-3625	Randonneur Ride; no entry fee, register by 8:50. Start: Redhook Brewery, Woodenville.
Sun	03/06	9 AM	40	2	Louie Boitano	922-1168	Ride to Sunbreak Cafe. Start: Freighthouse Square.
Sun	03/06	11:30 AM	???, 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	03/07	9:30 AM	12 - 22	1 & 2	David Barton	759-2393	Get in Shape w/ David. Rain/freeze cancels. Start: Starbuck's @ N 26 & Proctor.
Tues	03/08	Call	Call	Call	Call	Ride Line	Tuesday AM Ride. Call Ride Line for details.
Tues	03/08	6:30 PM	00	00	Tim Payne	360-871-4478	Board Meeting @ the Kim Ahn Restaurant across from TCC on Mildred.
Weds	03/09	5:30 PM	25 - 30	2	J. Clifford	759-2393	Wednesday Knight Riders. Lights, reflective clothing. Start: Starbuck's @ N 26 & Proctor.
Thurs	03/10	9:30 AM	???	2 B	J. Clifford, D. Hushagen	759-2393, 922-5801	Java Jump. Rain cancels. Start: Starbuck's @ N 26 & Proctor.
Sat	03/12	8 AM	27 - 47	All	BIKES	www	McClinchy Mile in Arlington. Organized ride for Bikes of Everett; an official training ride 4 RAPSody, 08/27-28; www.bikesclub.org
Sat	03/12	10 AM	56	2 A	Max Welker	---	Chehalis Western Trail to Olympia. Start: Yelm City Park.

twbc

monthly event schedule

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Day	Date	Time	Dist- ance	Ride Code	Leader	Contact at (253)	Ride or Activity
Sun	03/13	9:30 AM	50 +	2 A	Gus Fant	564-4710	Silver Lake for lunch. Rain Will Not Cancel. Start: Roy P & R.
Mon	03/14	9:30 AM	12 - 22	1 & 2	David Barton	759-2393	Get in Shape w/ David. Rain/freeze cancels. Start: Starbuck's @ N 26 & Proctor.
Tues	03/15	Call	Call	Call	Call	Ride Line	Tuesday AM Ride. Call Ride Line for details.
Tues	03/15	7 PM	00	00	TWBC	759-2800	March Club Meeting @ South Park Community Center, 3851 S. Tacoma Way.
Sat	03/19	7 AM	200 K	All	Peg Winczewski	475-3625	Randonneur Event , \$10 SIR'smembers, \$20 non-SIR's. Start: Meet @ Greg Cox's house, 24308 - 147th Ave SE, Kent. www.seattlerandonneur.org
Sat	03/19	8 AM	30 - 35	2 B	Steve & Phyllis Lay	759-1816	Spanaway Senior Center Pancake Bkft, \$3. Start: Starbuck's @ N 26 & Proctor.
Sat	03/19	9 AM	65	2 B	Tim Payne	360-871-4478	Alki for lunch, mostly on trail. Start: Algona, 1st St. Trailhead for Interurban Trail.
Sun	03/20	9 AM	50 +	2 C	Carol Davis	857-5396	Carol's Birthday Ride & Spring Celebration to Belfair. Guess Carol's age: lowest guess gets a prize! Start: Purdy P & R.
Mon	03/21	9:30 AM	12 - 22	1 & 2	David Barton	759-2393	Get in Shape w/ David. Rain/freeze cancels. Start: Starbuck's @ N 26 & Proctor.
Tues	03/22	Call	Call	Call	Call	Ride Line	Tuesday AM Ride. Call Ride Line for details.
Weds	03/23	5:30 PM	20 - 25	???	P. Winczewski, J. Clifford	475-3625, 759-2393	Knight Ride - Dinner Ride. Lights, reflective clothing. Start: Starbuck's @ N 26 & Proctor.
Sat	03/26	early!	200 K	All	Marvin Rambo	503-774-3603	Randonneur Event. Start: Portland, OR.
Sat	03/26	9 AM	25	2 A	Sandy & Alex Byrd	474-6721	Ride Around Tacoma. Start: Performance Bike, S 38th St. & I-5.
Sat	03/26	9:30 AM	51	2 B	Bob Myrick	473-7455	Ride to Yelm for lunch @ Annie's Bistro. Start: 112th & Pacific.
Mon	03/28	9:30 AM	12 - 22	1 & 2	David Barton	759-2393	Get in Shape w/ David. Rain/freeze cancels. Start: Starbuck's @ N 26 & Proctor.
Tues	03/29	Call	Call	Call	Call	Ride Line	Tuesday AM Ride. Call Ride Line for details.
Weds	03/30	5:30 PM	30 - 35	3	Peg Winczewski	475-3625	Wednesday Knight Riders. Lights, reflective clothing. Start: Starbuck's @ N 26 & Proctor.

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
Fri	04/01	6 PM	00	00	Ralph Wessels	857-5658, 549-6952 cell	RAPSody Meeting w/ 5 Sisters @ Fife City Bar & Grill, 3025 Pacific Hwy E. Confirm location/time w/ Ralph.
Sat - Sat	04/02 - 04/09	All Day	Varied	All	Carol Davis	857-5396	Wild Women in the Wild West (Arizona).
Sat	04/02	9 AM	50	All	Louie Boitano	922-1168	Daffodil Pre-Ride , Kapowsin loop. Start: Orting City Park Bell Tower.
Sun	04/03	All	00	00	All Clocks	Most of U.S.	Vernal Equinox. Daylight Savings Time Starts --- Set you clocks ahead!
Mon	04/04	6:30 PM	00	00	Ralph Wessels	857-5658 759-2393	Special Events Meeting for Daffodil, PMC & Headwaters, @ Joyce C's, 3811 N Madison.
Tues	04/05	7 PM	00	00	Bob Myrick	473-7455	Government Affairs Meeting @ the Guadalajara Taqueria in the Stadium neighborhood @ 1st & Tacoma Avenue.
Sun	04/10	9 AM	50	2 B	Ralph Wessels	857-5658	Daffodil Pre-Ride , Buckley loop. Start: Orting City Park Bell Tower.
Sat	04/16	9:30 AM	51	2 B	Bob Myrick	473-7455	Yelm--Annie's Bistro for lunch. Joint ride w/ West Sound Cycling Club. Start: McDonald's @ 112th & Pacific Ave.
Sun	04/17	7 AM - Noon	20, 50, 70,100	All	TWBC	Ride Line	TWBC's Daffodil Classic. Start: Orting Elementary School.
Thurs	04/21	9:30 AM	???	???	J. Clifford, D. Hushagen	759-2393, 922-5801	Java Jump. Rain cancels. Start: To be determined.

Rides for beginners, children and seniors.

Last month, we were blessed again with good weather and we attracted several more riders who are comfortable with our slow pace. We only got wet while returning from Landsburg on the Cedar River Trail to Maple Valley. You can go at your own pace on these rides, but for John and me the rides will last from 2 to 3 hours. There will be no rest stop during the rides. Rain or very cold weather could still cancel these rides, so you might call ahead. John Ernest Berry III will still be leading these rides with my assistance. This month we are branching out beyond the local area. Bob’s phone number is 253 473-7455.

1. Sunday. March 6. Noon. Ride the Chehalis-Western Trail from Rainier. We have heard the trail is not yet paved to Tenino so we changed the starting point. Meet near the Supermarket.

2. Sunday. March 13. Noon. Ride the Sammamish River Trail. Meet at the Trailhead in Marymoor Park. We don’t know where that is either.

3. Sunday. March 20. Noon. Ride the Centennial Trail in Snohomish County. Meet at the Trailhead in Snohomish at the intersection of Maple Street and Pine Avenue.

4. Sunday. March 27. Noon. Ride the Olympic Discovery Trail. Meet at the John Wayne Marina on the way to Sequim.

5. Sunday. April 3. Noon. Ride the Snoqualmie Valley Trail between Carnation and Duvall. Meet at the Trailhead in Carnation.

PS. I will also lead an Annie’s Bistro Ride to Yelm on Saturday, March 19 starting at 9:30am. Meet at McDonalds at 112th and Pacific Ave. I can change to another date like March 26.

PS. The Government Affairs meeting will be shifted to Wednesday, March 2. Everything else stays the same.