



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

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JULY 2006

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

Name: _____

Address: _____

City, State: _____

Home Phone: _____

Work Phone (optional): _____

E-mail: _____ @ _____

Check Box: ☐ New Member ☐ Renew ☐ Addr Chg

Individual person membership \$15 _____

Family membership \$20 _____

One-time initiation Fee for new members \$ 5 _____

Total Membership fee. \$ _____

Thanks for becoming a member of TWBC !

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

TWBC Membership
PO Box 112078
Tacoma, WA 98411

☐ **Check box if you do not
want your phone # or ad-
dress in the membership
listings.**

**Also...Check boxes if you
are interested in volunteer-
ing for:**

☐ **Leading Bike Rides**

☐ **Events**

☐ **Newsletter**

☐ **Club Meeting Programs**

☐ **Becoming a club officer**

the cog-nitive courier
tacoma wheelmen's bicycle club newsletter
since 1888

253-759-2800

po box 112078 tacoma, wa 98411

JULY 2006

RAPSody

Register Now to Save \$\$\$

The 3rd RAPSody bike ride will be held on August 26-27. Since the ride starts and ends in Tacoma, it is very convenient for TWBC members. If you have not already registered, be sure to do so by July 22. You'll save \$10 that way. If you are a member of the Bicycle Alliance of Washington, you can claim an additional savings of \$10.

This year's route follows the west side of Vashon Island, which has shorter hills and seems less hilly than the main road. Next year, RAPSody will likely go across the new Tacoma Narrows Bridge and then up the peninsula. So if you like ferry rides, be sure to register this year. The route through Olympia has also changed this year and riders will experience more of the Chehalis-Western trail. With the many routes available, riders are assured of seeing different territory.

The volunteer positions have been posted on the website. If you would like to volunteer, contact Ralph Wessels at 857-5658 or ralphdena@earthlink.net.

Good-Bye and Good Luck by Jan Brame, Editor

This is my last issue of the COG and I have mixed feelings about it. On one hand, it is good-bye to deadlines, good-bye to late nights and last minute edit sessions, good-bye to hoping I have enough material and good-bye to having too much material. It is good-bye to begging for articles and being soooo grateful to those who contribute faithfully and with great verbiage. It is good-bye to budgets and hassling with printers and mailers. It is good-bye to monthly TWBC Board meetings at Kim Anh. But it is hello to more time with my loved ones and my dogs. It is hello to a little more
Good-Bye continued on page

Rainier to Ruston Ultra Event by Bob Myrick

The fog has cleared from my mind after walking the 27 miles to Orting. It would be great if the Coalition could secure and improve the right of way from Manley-Moore bridge down to the single lane bridge for next year's event. Then, the next enhancement would be working with County Parks and Carbonado to be able to use the right of way clear down to Wilkeson. Next, the right of way from Wilkeson to John's Road should be fully secured by next year so we could use all of it.

It would be a great time for County Parks to walk thru the Gale Creek area, inspect the right of way that is in peril and possibly seek a State Hydraulics Permit or advice for saving the right of way. Over the years, several people have lobbied for County Parks or Cascade Land Conservancy to secure the land on Lower Burnett Road that we use for access to the County built bridge over South Prairie Creek.

I'm hoping the right of way down the railroad grade to South Prairie via the Paint Ball Farm will be secured by next year. Wouldn't it be a good thing if the bridge in South Prairie were opened up by next year so we could run down the cul-de-sac and use the bridge built for the trail?

Puyallup should be moving ahead with their river trail by next year, so there may be more trail tread for us to use. It is becoming obvious that the County Parks should move forward on extending Puyallup's river trail
Rainier cont on page 4

The COG Home Page

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Peggy Fjetland, 253-841-4458
ANNUAL PICNIC:
Carla Gramlich & Peggy Fjetland



**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:

**Tuesday
September 12**

**Food galore!
Door Prizes !
Great Program!**

PMC, rainy registration



Bikes in the Netherlands



Good-Bye continued from page 1

free time and hello to a little less responsibility. Wait a minute – this sounds like the good-byes outweigh the hello's. What am I doing giving up all this fun? Well, just passing it on to someone else to enjoy, because I have really enjoyed the last three years of being your newsletter editor. It is hello to being able to actually write a little more, and just maybe, bike a little more. I'll let you know how the summer trip on Vancouver Island goes with an article.

Thank you to Dena Wessels for accepting the editor's job. Please help her out any way you can, with rides for the calendar, pictures and articles for the newsletter. See you on the road and at the meetings. Ride safe.

PMC, Joyce Clifford, Special Events Coord.



More bikes in the Netherlands



**We would like you to come
out and ride with us...
but you have to wear a
helmet!**

9. Cross Base Highway and 176th Street. We have worked long and hard over the years to get WSDOT to provide bike shoulder/lane facilities if the Cross Base Highway is built. Now the County Public Works Department is planning the extension of the highway towards the east by improving 176th Street to four lane arterial standards with turning lanes and sidewalk amenities. The 1997 Nonmotorized Plan called for 176th Street to have bike lane/shoulder facilities. The County presently is just planning on having six foot wide sidewalks and a widened outside travel lane. We are trying to encourage the County to follow the 1997 plan and provide a marked bicycle lane especially considering the great speeds that cars may be travelling down the road. I have asked Tim to follow up on this matter possibly by contacting Councilman Roger Bush and asking for his support. We have also asked the State's Transportation Improvement Board to closely follow this project as their funds may be used to help pay for the improvements

Please continue to have a great Summer, ride your bike more and enjoy the health benefits that you will accrue. I am leaving for France on June 11 and will be back briefly in late July before heading off to Ashland. I wonder if I will enjoy hiking 15 to 17 miles a day thru the French Alps over some big passes. I wonder if I will be hitching rides after a week or so.



Dear Statewide Issues and Legislative Committee Members,

Thanks to our new summer intern Daniel Heller, this invitation was sent to clubs and bicycle advocates around the state. Please mark your calendars and plan to attend. We ask you to give up one Saturday in the summer to help create a bike-friendly Washington. Tell us what you want in policy and legislation and come make a difference.

You are cordially invited to discuss Washington bicycling policy and legislation at the annual:Statewide Issues and Legislative Committee Meeting

July 22, 2006

10 AM – 2 PM
**Wilburforce Foundation
3601 Fremont Ave N #304 Seattle**

- **Discuss what issues are important to you and how the Bicycle Alliance can address them**
- **What should the legislative priorities for 2007**
 - **Set the agenda for Lobby Day**
 - **Learn what fall ballot issues should cyclists care about**

**Learn more about bicycling issues and provide your input
Lunch and snacks will be provided**

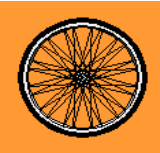
RSVP: barbc@bicyclealliance.org

**Barbara Culp
Executive Director
Bicycle Alliance of Washington
PO Box 2904
Seattle, WA 98111
206/224-9252
206/384-9629 (cell)**

Bicycle Alliance of Washington advocates for bicyclists and a bicycle-friendly Washington.

TIRE BUZZ

**By President
Tim Payne**



PMC THANKS

Mary and Corky Dahl-Smith (not to forget all the great help and support from son and daughter, Chris and Michele, truly a family affair) did a great job with their first stab at directing a special event. The PMC went off without a hitch. Unfortunately, the weather decided not to cooperate so we a little low on participation with 236 riders. Many thanks to all who volunteered to make sure those riders were safe and well served.

SUMMERARRIVES

Complete with one of those beautiful early summer afternoons and a bike ride. I had the pleasure of leading a Solstice Soiree just prior to Adventure Cycling's Birthday Bash at a Kent Park. The ride and the bash was a great gathering to celebrate the 30th anniversary of Bike Centennial, the formative event for Adventure Cycling. Cyclist and writer Willie Weir was on hand to provide us with his unbridled and unique enthusiasm. Willie related his own cross the country adventure which started in a high school cafeteria in the spring of 1981. There was lots of humor, but something Willie said really stuck with me; it is not so much the adventure of pedaling a bike that one remembers as it is the adventures in meeting new people as you cross this great country. That is an important perspective to be remembered as you launch on any bicycle adventure, whether a ride across the US of A or a two day ride from here to Portland.

NEWOFFICERSELECTED

At the June membership meeting new club officers were elected for the coming year, they are :

President — Tim Payne

Vice –President — Vern Hase

Secretary — Mary Dahl-Smith

Treasurer — Gus Fant

Newsletter Editor — Dena Wessels

Special Events Director — Joyce Clifford

Touring Captain — Carla Gramlich

Director of Community and Government Relations – Bob Myrick

I have three items to relate regarding this election:

One, I want to extend my personal thanks to outgoing officers, Jan Brame and Carol Davis. I am quite sure few people realize the amount of time these two people have volunteered to keep our newsletter published and a wide variety of rides available. Jan has done a great job with the newsletter these past three years. Meeting deadlines, trying to drum up content, and dealing with printers who sometimes have a difficult time managing their priorities is enough for someone who gets paid to do it, let alone someone who volunteers. Next time you see Jan, please give her your personal thanks for countless hours of work in keeping us bound together through the written word. Our ride calendar is the envy of most bicycle clubs. For the past six years, our Touring Captain, Carol Davis, has simply done an outstanding job in making sure we had the width and breadth of rides available to meet the varying interests of our club members. There are few weeks in the year where someone could not find a ride to hitch their bike to if they were looking for a group with which to connect. Carol will also be no stranger to club events, so be sure to give her your appreciation next time you see her.

Two, in my relatively short history with TWBC, this is the first election where we have not had to “draft” people on election night. While nominations from the floor are appreciated and welcomed, it is nice to know, before election night, that there is a ready and willing candidate for each position that is to be elected. Thank you to each member of the Board of Directors who willingly stepped-up to assume a leadership role in the club. I hope this level of interest prevails for many years to come I will tell you all now, next year, you will need to find someone willing to serve as President. So, start scrounging around now. I am sure you will have little trouble finding someone who is easily more talented and dedicated than yours truly.

Three, welcome to new Board members Dena Wessels, Newsletter Editor and Carla Gramlich, Touring Captain. I appreciate your willingness to step up to these two positions in the club. While every club officer has an important role to play in the scheme of maintaining a vital organization, perhaps no two positions are so important to the very soul of what makes TWBC a great bike club. I know that both Dena and Carla will do a stellar job in their new roles and I am looking forward to working with them over the next year

TIRE BUZZ continued on p.4

THE WIDE WORLD OF BICYCLING

In the past week, I have been reminded, again, that the world of cycling is as wide as the human race. Ranging from the elite racers of the Tour de’ France to the subsistence commuters who depend on their well worn steel steeds to get them from place to place, it is truly a wide open community.

I recently had the pleasure of working with reporter Craig Hill who was compiling a feature story on cycling in the local scene as an adjunct to the start of the “le Tour.” By the time you read this it should be in print. One of the features of this article is to give people some ideas about what is available in our area for riders. He wanted to come up with five or six rides that would represent the most moderate, family oriented rides all the way to a ride that would be like a stage in the Tour. Together we managed quite nicely to pull together a list of examples. What struck me about this is the variety of riding conditions we have available in this area.

I was reminded by our program at the club meeting, however, that there is another whole world of cycling out there that few of us will ever experience. Wild, dangerous, rude, crude and always on edge is the life of a bike messenger. Vern Hase shared a documentary on the bike messengers of New York. It was fascinating. Mostly riding fixed gear, no brake bikes, these men and women take on the streets of New York with a vengeance that can only be matched by the likes of the US Marines in battle. I suspect the only reason that more of them are not killed is the relatively slow speed of traffic in New York. Far from being just a job, these folks have adapted to a way of life that is so foreign to most of us, we simply cannot relate to what they do or why they do it. Nevertheless, they do it on a bicycle.

The third reminder of the width of our mutual interest came at the previously mentioned “Birthday Bash.” for Adventure Cycling. Part of commemoration of the 30th anniversary of Bike Centennial is a fully supported ride across the US. Most of that group of riders was assembled at the “Bash” as they were preparing to leave the next morning on their journey across the country. The participants ran the gamut from the most experienced touring cyclists to virtual rookies looking for a new adventure.

From young to old, wealthy to poor, risk averse to risk takers, your choice of cultures, there are few things like

these human powered, two wheeled, machines that have the potential to bring us closer together. The world would be a better, healthier place, if more of us would saddle up. Be bold, lead the way to a better future; ride your bicycle.

Rainier to Ruston continued from p.1

downstream to the Melroy Bridge using the same thinking and design. Then, decisions can be made regarding extending trail downstream thru Pierce County or Fife territory.

I’m waiting for the Esplanade to be finished along the Foss Waterway so we can fully enjoy Tacoma’s waterfront.

Finally, I think it is time for us to lobby Pierce County Parks, Pierce County Public Works and the General Government to provide more staff so this work and the other work in Pierce County and it’s towns can be completed in a timely and efficient manner. I think Pierce County Parks has a great income base now, but we are limited by not having sufficient staff to move forward more quickly. We need an Official patrol and management person out on the trail especially during the summer months. Likewise, we need to have a Trail Development Coordinator re-instated to move Pierce County’s and all it’s town’s trails forward. Ideally, this might be just one person, but there is also a need to coordinate with Public Works so that bike lanes/shoulders are provided to link with our trail system. I have not seen much movement on the idea of funding the construction work with bond monies. Perhaps, our Coalition should meet with the Parks’ Director and the Executive to plead for faster progress.

I hope all of you have a great summer. I’m off to France to hike the GR5 from Nice to Chamonix, 350 miles thru the French Alps. We eight people hope to stay at hostels and refuges along the way.



Bob Myrick
TWBC Director of
Community and
Government
Affairs



Our committee met again on Tuesday, June 6 at 7pm at the Taqueria Guadalajara in the Stadium District at 1st and Tacoma Avenue. We may meet again on Tuesday, August 3 and Tuesday, October 3 depending on how much fun we have this summer. In August, I may not yet be back from bike travels and mountain climbing around Mount Shasta. In October, I may be travelling to Minnesota to pick up a small travel trailer. Maybe, we can meet in November. It should be raining by then. Our small committee had another good meal this month and welcomed Dave Killen along with Carla and Steve. We discussed several new and continuing matters as follows:

1. Cushman Powerline Trail. Carla suggested we should further investigate connecting to the Powerline Trail from SR16 by going parallel to the Golf driving range in the direction of the trail. We suggested she do a field inspection and if it looks feasible we could solicit the County Parks Department to look into the idea.
2. Narrows Bridge Bike Connectivity. I have not pursued the idea of obtaining a \$500,000 matching contribution from WSDOT to help improve the road shoulders/bike lanes on the westerly side of SR16 near the new bridge. It was suggested that Ralph or Tim might meet with Councilman Terry Lee and bring him up to date on the need for the lane improvements on County and Gig Harbor streets near the new bridge. You may recall grant funds were received by the County to study these proposed lane improvements near the new bridge.
3. Puyallup Fair Activity Area. I mentioned the area near the Foothills Trail Coalition booth will have an activity area this year. We have been asked to volunteer an activity like basic bike inspection/flat repair or something relating to bicycling. I will be biking down the West Coast in September so volunteers are welcome to come forward with ideas and the execution of an activity area demonstration.
4. Carla’s Commute. Carla and I have been working as team leaders for our club in participat-

ing in the CarLESS Commute which ran from June 5 to 18. Please remember to pull out your flyer from the June newsletter and fill in your record of participation for these days. Our club helps financially in sponsoring the CarLESS Commute so we would like to see a good participation level by the club members.

5. Bike Maps. Pierce County is out of the current Tacoma/Pierce County bike map and the new map may not be available until next year. I secured about 100 maps from the Bicycle Alliance of Washington and distributed them to a few bike shops in Tacoma. A box of the new King County bike maps are waiting for us at the Bike Station in Seattle where the Bicycle Alliance has moved to. We want to distribute these new maps to our members and to the local bike shops.

6. Peninsula Metric Century. Although the threat of rain held the participants down to about 240 people, I was really impressed by the great job that Mary, Corky, Chris and Joyce did in coordinating the efforts of all our volunteers. I worked at Southworth Ferry with Karen Comer and I was very happy that all the supplies and infrastructure seemed to be perfectly arranged and available for the riders. Everywhere on the course, the bike ride amenities seemed to be in very good order. Thanks to everyone who volunteered.

7. Foothills Trail. You may find a copy of an email message I sent to Pierce County Parks in this newsletter. We are hoping that the trail efforts throughout the County can move forward at a much faster rate. We are convinced the Parks Department has an adequate revenue stream, but they may need a few more personnel to properly and more timely provide for construction and operation of a trail system throughout the County.

8. Cross County Commuter Connector Trail. I attended a meeting between Pierce County, Parks, Metro Parks, and City of Tacoma Public Works to receive a report from Parametrix, the consultant conducting the feasibility study for providing a connection from Freighthouse Square to the Pipeline Trail, to South Hill, to the Sunrise Development, and ultimately to the Foothills Trail in Orting. It is a big idea to extend a trail over twenty miles out to Orting thru this built up suburban area, but it seems like it might get done thanks to City Councilman Rick Talbert and County Councilman Calvin Goings backing the project and dreaming up the grand scheme to connect these areas. Please thank them and other elected officials you may run into during your travels.

Government Affairs Continued on p 10

BYKE BYTES: Bike More, Drive Less, Get Active

Bicycle Alliance of Washingtonwww.bicyclealliance.org
 Washington State 2006 Trails Conference

1. WSDOT Offers Grants for Bicycle & Pedestrian Projects
2. Ride of Silence
3. 2006 RAMROD Ticket Auction
4. Donate to Our Auction Online!
5. Carless in the Burbs

Washington State 2006 Trails Conference
 Washington State Trails Coalition will host its biennial Statewide Trails Conference on November 3 & 4 in Yakima. Theme for this year’s conference is Trails for Future Generations and will feature three workshop tracks: Urban Trails, Constituency and Funding.

WSDOT Offers Grants for Bicycle & Pedestrian Projects

Communities across the state have an opportunity to increase safety for bicyclists and pedestrians through two grant programs that are managed by the Washington State Department of Transportation (WSDOT).
 The Safe Routes to Schools program was created to provide children a safe, healthy alternative to riding the bus or being driven to school. This program has \$7 million of federal funds available to public agencies. Eligible projects are those within two-miles of primary and middle schools (K-8), and that address engineering solutions, educational programs, and law enforcement efforts. Applications for Safe Routes to School project grants are due to WSDOT on October 2, 2006.
 Another \$7 million in state funds is available through the Pedestrian and Bicycle Safety program. This program aids public agencies in funding projects that improve pedestrian and bicycle safety. Eligible projects may include engineering solutions, educational programs, and enforcement efforts. Pedestrian and Bicycle Safety project grant applications are due to WSDOT on September 20, 2006.
 More detailed information about these grant programs and the application process is available on WSDOT’s website at: http://www.wsdot.wa.gov/TA/ProgMgt/Grants/Ped_Bike.htm

Ride of Silence
 May 17 was Ride of Silence, a national event honoring cyclists killed or injured on public roadways and raising public awareness to share the road. Seven rides were organized in Washington State. Seattle organizers estimated at least 500 riders participated in their event. Fifty riders turned out in Walla Walla and Silverdale, over 35 participants rode in Everett and Tacoma. All

rides received local press.

2006 RAMROD Ticket Auction

Bicycle Alliance of Washington has received one ticket for this year’s [RAMROD](#) [Ride Around Mount Rainier in One Day] scheduled for July 27. If you did not get in earlier, this special electronic auction may be your last chance to ride this year’s event.
 Current bidding is at \$300, and Current Bid and High Bidder will be updated daily on our website (www.bicyclealliance.org). The auction ends at **Noon on July 5th** (pacific time), and the happy winner will be announced on July 6th.
 Winning bidder must submit payment by July 10th; payment by personal check or credit card (Visa/MC, Amex). Purchaser is responsible for submitting Transfer Form to Redmond Cycling Club to transfer the ticket ownership (due into RCC July 20th).
 To bid: send email to Louise McGrody louisemc@bicyclealliance.org, with subject line: “RAMROD ticket auction bid”. Your email message MUST include your Name, Address, Telephone Number, and Bid Amount (all bids are US\$ and must be in whole dollar amounts).

Donate to Our Auction Online!
 The Bicycle Alliance is actively seeking donations for our annual auction (November 4mark your calendars!) and you can make your donation online! All kinds of items are neededunique experiences, handcrafted items, services, gift certificates, etc. Go to <http://www.bicyclealliance.org/auction/procureform.php> to submit your donation!

Carless in the Burbs

Our Commuting Programs Manager Kent Peterson and his family have become celebrities because of their carless lifestyle in the suburbs. Read about it in this Seattle Times feature article: http://seattletimes.nwsources.com/html/localnews/2003023972_carless28e.html

, **860 Share the Road License Plates Sold!**



WANTED: TOURING CAPTAIN



By Carla Gramlich

I was roped into becoming the Touring Captain for the club during a weak moment. I am just starting to understand all the work that is involved with this position. Some members probably thought that Carol was always going to be the Touring Captain but over the last couple of years she had a dream of someday being free of the job. Carol has been an excellent Touring Captain since June of 2000. I am not sure if the club has had anyone as Touring Captain for that many years. Many thanks to Carol for not only fulfilling her duties as T.C. but also organizing yearly spring and summer trips. Plus she and her husband, Roz also lead many rides each month. Maybe after a year off, she will feel rested and take the job back. I am not sure I can last much more than a year.

I have been a club member of TWBC for almost 20 years. During that time I have held several board positions. But this is the first time that I will be holding the Touring Captain slot. Thanks to all the members that voted for me. I have your names and numbers, and I will be calling you to lead some rides this year.

This summer we have seen some new additions to the ride calendar. Steve and Phyllis Lay, Peggy Fjetland and myself are trying to lead a family ride every Thursday Night this summer. The kick-off night on June 1 had about a dozen people brave the overcast night for some free ice cream at Joyce Clifford’s house. Thanks to Joyce for hosting the ice cream social. I think she secretly enjoyed shopping for some interesting toppings for the ice cream.

Also on Thursday Night is a new series for faster riders called the ThuNDER Ride. Kris Symer

and Cynthia Hammer host this ride. This ride includes dinner after the ride. If you don’t want to ride that hard, just come for dinner. The calendar includes all the information. It looks like they are doing lots of work to put on this series and we really appreciate all the planning that goes into a ride series. Thanks to these two gals for helping lead this series of rides this summer. Karen Comer has been doing an early morning. This is a great way to get some miles in before work. Kudos to Karen for getting up early and leading these rides on Wednesday morning.

The calendar has lots of rides during the week, but we need help with rides on the weekend. Maybe this is the time for you to get out and lead a ride. Remember, without wonderful Ride Leaders, the club wouldn’t have any rides. So please take the time to help out and lead a ride. Thanks to all the current ride leaders for doing a great job. Looking forward to the next year, hoping to keep the calendar full of rides for all types of riders.

**TWBC Annual Picnic
 Fircrest Park on August 15, 6 PM
 By Carla Gramlich and Peggy Fjetland**

This year we are trying something different for the Annual Club Picnic. It is going to be held on a Tuesday evening. Every year we try to hold the picnic on a weekend day and always struggle to find a Saturday or Sunday when there is not other biking events happening. So, we are trying this idea. Just like any new idea, it may or may not work but we will see.

So mark your calendar of August 15. We will organize a ride before the picnic. We also encourage everyone to ride their bicycles to the event. Then enjoy all the good food and interesting stories of club member’s summer adventures. Check out the August newsletter for all the details on the Annual Picnic.

TWBC Annual Picnic
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Fall Bicycle Trip
Bicycling Idaho Trails
Sept 16 - 24, 2006

Now that I am back from Europe, I can start planning my next trip. Plan to spend the week or part of the week, exploring trails in Idaho. We will be on paved and pack gravel trails but they will all be rail/trails, so they will all be easy grade. We will drive over on Sept 16 and stay in Wallace. Then we will spend three days on the Couer d'Alene Trail. Staying in Harrison Idaho for a couple of nights. Some people will return to Tacoma on Weds, September 20. Others will stay on and explore the Hiwatha Trail.

If you want to participate in this adventure, please contact Carla Gramlich by email ca_gramlich@yahoo.com or phone 253 879 0115. I will send you the complete schedule and lodging options. When we get closer to the date, we will discuss car pooling.



New Members

Donald Williams, Lawrence Bradley, Gloria Alexander, Chris Brayton, Robin Sarnier, Aaron and Katherine Todd, Arlene and Tim Schubert, and Frances Bishop

Renewin Members

Bill Kriese, Lois & Bob Baxter, Gerald Kluck, Steven F. Burgess, William F Hoehne, Deborah Von Cannon, Corkey & Mary Smith plus son Chris Smith & daughter, Michele Bacon, Ralph & Dena Wessels, Stan, Joan, Daisy, & Hamish Sanders, Mike and Marcia Madden, Bill Newman, Robert Taub, Carol and Roz Davis, Julia Her, Fred & Margaret Swift, and Edward Josberger

Want Ads:

RT2000 Cannondale Tandem polished aluminum with many options, frame size 21", 19" \$1900.00 (253) 970-6015 Tom Shirey Address: P.O. Box 2298City, Zip Code: Buckley, WA 98321

Bicycling backpack (that says Washington Health Foundation on it)...it's padded and has multiple compartments. It also came with a Topeak "Comp 130" 13 function computer (cyclometer). It also has a water bottle, large poly-dri black and white shirt, a pedometer, pen and Armstrong-style wristband. Adria M. Moskowitz amoskowitz@tpchd.org 253-798-2887

Cross Country Bog
By Bob and Anita Burton

My wife and I are riding across country on our bicycles and Bob Myrick had asked me to write something up for the newsletter. In the chaos of getting all of the final details taken care of for our trip, I neglected to send anything to the editor. I'm keeping a blog to track our journey and in fact the first entry was what I wrote up for the newsletter. Please share this with the editor and any interested parties.

www.bobandnita.blogspot.com

Scenes from 2006 PMC

Joyce Clifford (Special Events Coordinator)& hubby David Barton



2000 Ride Shirt - Where is yours??



Roz Davis, Sag Driver Extrordinaire!



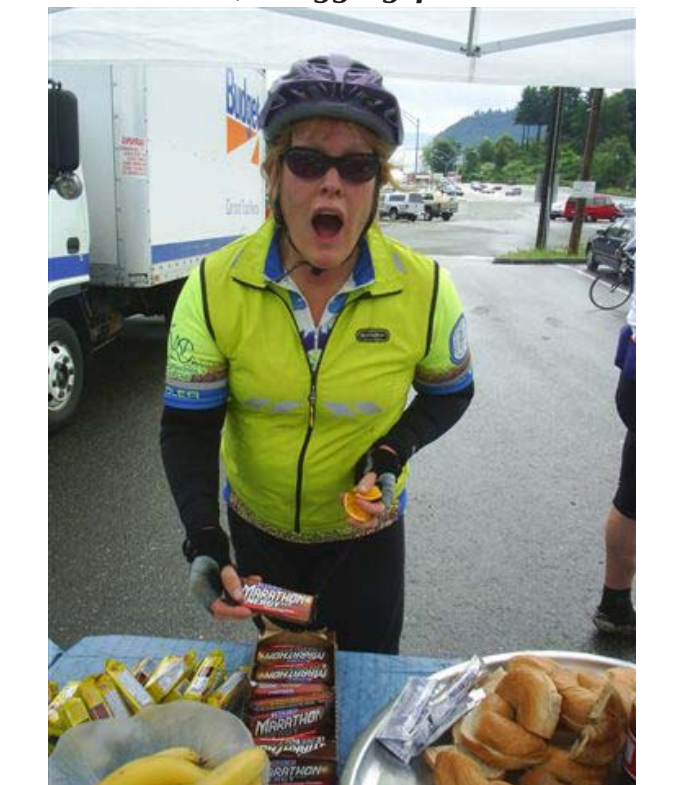
2006 PMC Shirts



Bob Myrick, Gov't Affairs, donning garb



Toni Matson, snagging food





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	07/11	6:30 PM	Meet	& Eat	Tim Payne	360-871-4478	Board Meeting @ the Kim Ahn Restaurant across from TCC on Mildred.
Weds	07/12	6 AM	10 - 15	2 B	Karen Comer	564-3985	Early Morning 1 hr Training Ride Special. Start: Forza Coffee Shop, Cirque & Bridgeport. Refuel @ same, post-ride.
Weds	07/12	9:30 AM	10 - 15	2 B	Bill Newman	Ride Line	See 07/12 for details.
Thurs	07/13	5:30 PM	12 - 15	1 A	Peggy Fjetland	841-4458	Thursday Night Family Ride, followed by 7 PM Concert in the Park w/ The Coats. Start: All Saints, 504 - 2nd St SW, Puyallup.
Fri	07/14	10:30 AM	15 - 25	1 A	Steve & Phyllis Lay	759-1816	3M Easy Friday Ride; bring your own lunch. Start: Starbucks @ 26th & Proctor.
Fri	07/14	Morsel	Facts	Notes	Fabulous	Friday	National Pandemonium Day. www.123greetings.com/events/
Sun	07/16	Morsel	Facts	Notes	Stupendous	Sunday	District of Columbia was established, 1790.
Mon	07/17	9:30 AM	13 [& 20 +]	1 C	David Barton, Joyce Clifford	759-2393	See 07/03 for details.
Tues - Weds	07/18 - 07/20	9 AM	2 Days	2 B	Jim Davis	759-5616	Retirement Adventures: Pedal from Sequim to Port Angeles for motel camping & dinner; next day, back to Sequim. Make own motel reservations 4 two nights. Call if joining ride.
Tues	07/18	9:30 AM	35 - 50	2 B	Call Ride Line	759-2800	Tuesday Decide to Ride. Call Ride Line for details. Various routes & destinations.
Weds	07/19	6 AM	10 - 15	2 - 3 B - C	Karen Comer	564-3985	Early Bird 1 hr Training Ride Special. Start: Forza Coffee Shop, Cirque & Bridgeport. Refuel @ same, post-ride.
Weds	07/19	Morsel	Facts	Notes	Witty	Weds	First Women's Rights Convention met @ Seneca Falls, NY, 1848.
Thurs	07/20	6 PM	10 - 15	1 A	Jim Davis	759-5616	Thursday Night Family Ride. Start: Starbucks @ 26th & Proctor.
Thurs	07/20	Morsel	Facts	Notes	Tremendous	Thursday	Neil Armstrong became the 1st person to walk on the moon in 1969.
Fri	07/21	10:30 AM	15 - 25	1 A	Steve & Phyllis Lay	759-1816	3M Easy Friday Ride; bring your own lunch. Start: Starbucks @ 26th & Proctor.
Sun	07/23	Morsel	Facts	Notes	Sumptuous	Sunday	National Hot Dog Day. www.hot-dog.org/



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
Mon	07/24	9:30 AM	13 [& 20 +]	1 C	David Barton, Joyce Clifford	759-2393	See 07/03 for details.
Tues	07/25	9:30 AM	35 - 50	2 B	Call Ride Line	759-2800	Tuesday Decide to Ride. Call Ride Line for details. Various routes & destinations.
Weds	07/26	6 AM	10 - 15	2 - 3 B - C	Karen Comer	564-3985	Early Bird 1 hr Training Ride Special. Start: Forza Coffee Shop, Cirque & Bridgeport. Refuel @ same, post-ride.
Weds	07/26	9:30 AM	10 - 15	2 B	Bill Newman	Ride Line	See 07/12 for details.
Thurs	07/27	6:30 PM	12 - 15	1 A	Steve & Phyllis Lay	759-1816	Thursday Night Family Ride, usually followed by an Ice Cream Stop. Start: Starbucks @ 26th & Proctor.
Fri	07/28	10:30 AM	15 - 25	1 A	Steve & Phyllis Lay	759-1816	3M Easy Friday Ride; bring your own lunch. Start: Starbucks @ 26th & Proctor.
Fri	07/28	Morsel	Facts	Notes	Fabulous	Friday	National Milk Chocolate Day. www.candyusa.org/
Sat	07/29	8 AM	80	2 C	Tim Payne	360-871-4478	RAPSody Survey Ride to Olympia. Bring \$\$\$ for Lunch. Start: Dupont P & R.
Sun	07/30	7 AM	12, 28 65, 100	All	West Sound Cycling Club	360-981-5833	Tour de Kitsap , Silverdale. \$\$\$ Start: 9210 Silverdale Way & Anderson Hill Road. www.westsoundcycling.com
Sun	07/30	9 AM	35	2 C	Louis Boitano	922-1168	Snoqualmie Tunnel - Fat Tire Ride. Will caravan from start to Trailhead. Bring warm clothes/lights, & \$\$\$ for lunch @ the pass. Mt. bike, hybrid or wide tires recommended. Mostly packed gravel. Start: McDonald's @ North Bend.
Mon	07/31	9:30 AM	13 [& 20 +]	1 C	David Barton, Joyce Clifford	759-2393	See 07/03 for details.
Mon	07/31	Morsel	Facts	Notes	Marvelous	Monday	First patent in the US was registered, 1790.
Thurs	08/03	9:30 AM	15	2 B	Bill Newman	Ride Line	See 07/12 for details.
Thurs	08/03	6 PM	10	1 A	Carla Gramlich	879-0115	Thursday Night Family Ride, to BPA Paved Trail. Start: Celebration Park, 1095 S 324th St, Federal Way.
Sat - Mon	08/05 - 08/07	early to late	172 miles	HILL!	Mary Bridge Hospital	403-4374	Courage Classic. \$\$\$ Benefit, Pledge Ride. www.courageclassic.com

Carla & Peggy’s Netherlands Trip in May



Ride Calendar p4



 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
Fri - Sun	06/30 - 07/03	early	varied	varied	Mid-Valley Bicycle Club	www.nwtr.org	Northwest Tandem Rally, Corvallis, OR \$\$\$
Sat	07/01	7:30 AM	~100	2 A	Carla Gramlich	879-0115	STP Fun, Training Ride to Bucodo & back, w/ lunch in Tenino. Steady & Fun Ride. Start: Starbucks @ 26th & Proctor.
Sun	07/02	8 AM	65	2 C, then 2 A	Max Welker	691-4093	Max's Birthday Ride. Circular route of Vashon, Fauntlery, & the valley riding. Start: Pt Defiance Ferry Dock, 8:25 ferry.
Mon	07/03	9:30 AM	13 [& 20 +]	1 C	David Barton, Joyce Clifford	759-2393	Monday in the Park w/ David. Loop Pt. Defiance, 13 miles [& to Fircrest,(espresso, scones),]. Beginners & seasoned veterans. Group riding; no solos. Rain Cancels. Start: Starbucks @ 26th & Proctor.
Tues	07/04	9 AM	40	2 B	Louis Boitano	922-1168	4th of July Tuesday Morning Ride to Sun Break Cafe for Lunch. Bring \$\$\$.
Weds	07/05	Morsel	Facts	Notes	Witty	Weds.	26th Amendment passed in 1971, setting the voting age @ 18 years of age.
Thurs	07/06	6:30 PM	12 - 15	1 A	Carla Gramlich	879-0115	Thurs. Night Family Ride. Ice Cream stop following the ride. Start: Freighthouse Sq.
Fri	07/07	10:30 AM	15 - 25	1 A	Steve & Phyllis Lay	759-1816	3M Easy Friday Ride; bring your own lunch. Start: Starbucks @ 26th & Proctor.
Fri	07/07	Morsel	Facts	Notes	Fabulous	Friday	National Strawberry Sundae Day. www.allabouticecream.com/
Sat - Sun	07/08 - 07/16	Early to Late	~ 700	2 B	Carol Davis	380-8819	Vancouver Island, British Columbia. Two weeks of riding and camping in our beautiful neighbor to the north. See newsletter for further details.
Sat	07/08	9 AM	100K	All	Peg Winczewski	475-3625	SIR 100K. Training Ride; varied pace. Start: Fishbowl Pub, 515 Jefferson St S, Olympia.
Sat	07/08	Morsel	Facts	Notes	Studious	Saturday	Premier of the Wall Street Journal in 1889.
Sun	07/09	9 AM	50	2 B	Louis Boitano	922-1168	Ballard Lock for Lunch (bring your own). Start: Tukwila Sounder Station, off of West Valley @ 158th SE.
Mon	07/10	9:30 AM	13 [& 20 +]	1 C	David Barton, Joyce Clifford	759-2393	See 07/03 for details.
Tues	07/11	9 AM	35 - 50	2 B	Call Ride Line	759-2800	Tuesday Decide to Ride. Call Ride Line for details. Various routes & destinations.

Ride Calendar p1