



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

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August 2006



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

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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

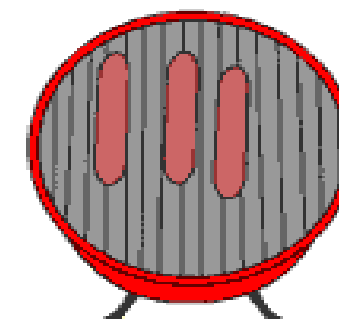
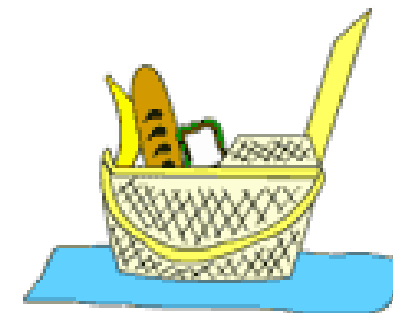
[] Becoming a club officer

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

August 2006

Annual TWBC Summer Picnic, Tuesday August 15 - 6pm

Join other TWBC members and enjoy barbecue ribs and chicken at this year's picnic. We will gather in bicycle friendly Fircrest at Whittier Park, at the corner of Contra Costa Ave/Elm Tree Lane. We have a shelter if there is sun or rain. Spend time enjoying a wonderful dinner and catching up with old/new friends in the club. Check ride calendar or website for rides to the picnic or ride your bicycle from home. There is parking if you need to use your car. Call Peggy Fjetland at 253 841 4458 for more information.



Ride Around Puget Sound+

RAPSody is almost here and will be held August 26-27. RAPSody provides a unique local flavor to a 2-day ride that many of you can ride to the start. The start location is at Tacoma Community College and the price includes parking, luggage transport, ferry rides, souvenir socks, great rest stops, music, an overnight stop at the Shelton High School, and a finish line. Participants for this event already include six states and as far away as Florida. There is also a 1-day option that starts and finishes on Saturday.

Registration is now \$90. If you are a member of the Bicycle Alliance of Washington, you can claim a discount of \$10 (you can join BAW while registering). Registration closes on August 18 so do not miss out.

The volunteer positions have been posted on the website. Volunteers will receive a T-shirt and socks and get to go on the pre-ride that will be held on August 12-13 with the other four host clubs. If you would like to volunteer, contact Ralph Wessels at 857-5658 or ralphdena@earthlink.net.



The COG Home Page

Club Officers and Volunteers

PRESIDENT: president@twbc.org

Tim Payne, 360-871-4478

VICE-PRESIDENT: vp@tgwbc.org

Vern Hase, 253-759-7246

SECRETARY: secretary@twbc.org

Mary Dahl-Smith, 253-473-7174

TREASURER: treasurer@twbc.org

Gus Fant, 253-564-4710

TOURING CAPTAIN: ridecaptain@twbc.org

Carla Gramlich, 253-879-0115

Deadline for Ride Calendar, 3rd Thurs of month

NEWSLETTER: newsletter@twbc.org

Editor: Dena Wessels, 253-857-5658

Reporters: Various Members

Deadline for articles, 3rd Friday of month

DIRECTOR OF SPECIAL EVENTS

Joyce Clifford, 253-759-2393

MEMBERSHIP DATABASE:

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& MAILING:

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DIRECTOR OF COMMUNITY & GOVERNMENT

RELATIONS: gac@twbc.org

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MEMBERSHIP:

Phyllis Lay, 253-759-1816

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headwaters@twbc.org

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Peggy Fjetland & Carla Gramlich

JERSEY SALES: jerseys@twbc.org

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,
2006
7:00 pm**

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

At The Northwest Tandem Rally 2006 In Corvallis, Oregon....



**Found @ the Corvallis High School--
Undercover Bicycle Parking;
and lots of it!**



**The start of the Rally at the high
school, spilled out onto the street and
down around the corner for the four
hundred or so tandems.**



**Lots of flat roads on the course, but
the hills were soon to come!**



**TWBC members Phil Burgess, Steve
and Phyllis Lay enjoy a rest stop.**



Long lines at those rest stops!

Newsletter Duties and Requests

When I inherited the Newsletter Editor job from Jan Brame, little did I know what I was getting myself into. I have previously helped with the Ride Calendar in the Newsletter, after learning the ins and outs of the Adobe Table. Each Calendar only took two to five hours, depending how many people asked, "...can I still get this ride in...?" I would also hunt around the Internet for some 'filler material' when the Calendar was not an entire page in length (it is easier to cut and paste an entire page, rather than a portion of one). The filler material also had the aspect of a 'funny' (i.e., when is Ralph's favorite day, National Pie Day), or could be educational in nature (when was the Purple Heart established...).

Now I get to learn the ins and outs of an entirely new program! I'm still blundering my way around, so I will ask the Members' indulgence for future mistakes. I generally get along when someone shows me how to do something, and then I work on finding my way around on my own. Jan has already had me hanging over her computer (shoulder) trying to learn how to maneuver in the program, and what to do when. When she would put the Newsletter together, it generally took her a good part of a day (or night) to grease The Cog into shape to be shipped off to the printer.

Since both Carla and I are new to the offices, I would ask the membership for their assistance. Please get all rides for the publication in either the Newsletter Calendar or on the Club website by the third Tuesday of the month. If there are any gaps, she will be calling members to lead rides to fill those gaps—don't let her wear herself out filling those gaps by herself. She will then E-mail the rides to me by the third Thursday of the month. I will download those, and put them in the Adobe Table, hunting up filler material if necessary.

Then I attack the Newsletter itself. Please help me by getting those articles to me by that third Thursday of the month. It will make this endeavor go a lot easier.



I would like to see some more of the general membership in the Newsletter. I have a couple of ideas for editorials that more than likely will raise some member's voices. I hope that the membership will take these editorials as a chance to reasonably discuss (in the form of letters to the editor) issues of a wide nature that affect cyclists. I'd like to hope that as adults of this bicycling community and the citizenry as a whole, that the raising of any issue will encourage the exchange of ideas, and the recognition that each member is entitled to their own opinion, without the need to belittle any other's opinions, or causing anyone from resigning their membership in anger. Also keep in mind that the more articles that are written by the membership, the less editorials the membership will see from me.

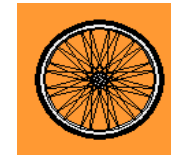
One article was sent to be by a Club member; you will find it on page 6. It can be considered a bit of a controversy, but is the viewpoint of a rider who was seriously injured, and endured a professionally set back. Please read my note at the beginning of the article before prejudging the content. This could happen to any of us.

I hope that your letters to the editor concerning the topic of this article will be of a reasonable nature of discussion. Letters to the editor containing various viewpoints will appear in the September Cog.

On a lighter note, I will start this August issue of the Newsletter by asking members to E-mail me on a rather harmless subject for the September issue. What one to three things do you always carry in your trunk, bike bag, or backpack, when bicycling? This or these items could be event specific (tandem riding, road riding, trail riding, commuting, etc.) or something(s) that you always carry with you whenever you bicycle. Many years ago our Touring Captain always used to carry thirty-five cents, in case she had to call a friend for assistance. Now, most people have a cell phone that they carry, and besides, due to crime concerns, while all public phones allow outgoing calls, some will not allow incoming calls to your location. The names in your E-mails can remain anonymous if you so direct me. What do you carry?

TIRE BUZZ

By President
Tim Payne



President Tim participated in the Club Ride to Vancouver Island, British Columbia for two weeks in July. His 'tire buzz' will resume in the September Cog.



New Road Condition Announcement

The road between DuPont and Steilacoom now has shoulders the whole way! The powers that be have tar and chipped rock and currently loose rock on the road surface but portions are getting hard enough to ride. It still feels safer riding the white line knowing you can veer right if needed.

This information was submitted by Club Member Jim De Young. Thanks Jim!



Renewals: Jeff Grider & Dianne Beckett, Sally Budack, Phil, Helen & Gary Burgess, Herman Diers, Darrell Gee, William D. Hill, David & Patricia Killen, Irene Potter, Lindsey & Dan Manheimer, Rick Olexick & Nancy Block-Olexick, Tim, Diana & Jason Payne, Marlaina Wall, Donald Williams

New: Victor Shermer, April Sue Storre

Another Trail Milestone Reached!

On July 8 of this year, a groundbreaking ceremony occurred for the Chehalis-Western Tail I-5 Bridge. Work will soon be getting underway on this first "Bridging the Gap" project. When complete, trail users in the Olympia area will be able to cross between Martin Way and the I-5 Bike Trail over Interstate 5. This work is expected to be complete by late December, 2006. For further information, contact Thera Black, or Sarah Morley, Project Assistant Thurston Regional Planning Council, 2424 Heritage Court SW, Suite A, Olympia, WA 98502, 360.956.7575 or by email at blackvt@trpc.org, or the TRPC Home Page at <http://www.trpc.org/> www.trpc.org.

This information was submitted by T.J. Nedrow, WSDOT via President Tim Payne.

Where or where...

It was my first custom bike. A 21" Jack Taylor Super Tourist, Burgundy red with custom matching racks. I worked part time at Northwest Cycles while going to art school on Capitol Hill, and paid for it in \$5 and \$10 payments over a year! I foolishly traded it for a racing bike 15 or so years ago, and have missed her ever since. I would give anything to get my bike back. It was traded to a Lakewood racer around 1990 (give or take a year or two), and I believe it then went to a now defunct shop in down town Tacoma.

I don't know where to turn, where to start. I know the Tacoma Wheelman have many members; maybe someone has seen my bike, knows where it is, where it has been? Maybe you could help me start my search for my long lost love. Any ideas where I might begin my search for a bike like this in the Tacoma area?

If I do find the owner, and for some reason they can't part with her, I would at least be content knowing she has a good home and is loved for the classic she is.

I realize this is a very long shot, but just maybe.....

Thank you, Michael Brazel

Note: if anyone has information concerning this lost love, please contact the editor for Michael's E-mail address.



Bob Myrick
TWBC Director of
Community and
Government
Affairs



Creating A Bicycle-Friendly Tacoma

TWBC Government Affairs Committee and the Bicycle Alliance of Washington want to hear from you! TWBC is co-hosting this special meeting with BAW, on Wednesday, August 9 to hear your thoughts on what's good about cycling around Tacoma, and where is there room for improvement. The meeting will be held from about 5:45 pm to 7:45 pm at the Moore Library at 215 South 56th Street in South Tacoma. Some refreshments will be provided and you could also have an early dinner at nearby Vuelve A Vida "authentic Mexican restaurant" at 5310 Pacific Avenue.

The purpose of the meeting is to introduce Diane Wiatr, the new Urban Planner and Commute Trip Reduction Coordinator (CTR) for Tacoma's Community & Economic Development Department. Louise McGroudy from the Bicycle Alliance of Washington will be here as well and help facilitate the meeting. Diane wants to introduce herself to the bicycling community and discuss her mission with the City. She will discuss how bicycling plays a role in the success of a CTR program.

Diane would like to hear from Tacoma's bicycling advocates about local bike facilities, movement, connectivity, and safety, in order to best sell bicycling to work as a valid transportation option. Forty-nine Tacoma employers participate in CTR, and she needs to know the perils and realistic obstacles to promoting cycling to their employees. As local cyclists, you know the wheres, whys & hows of our local streets. Diane needs your views on what is going well in the City and what needs to be improved given the City's limited budget. There will be ample time for your input and discussion. I know we have a great new trail coming along SR16, the Scott Pierson Trail and the City is putting bike lanes on their reconstructed arterial streets.

We also have a good non-motorized transportation plan.

Diane is also beginning to plan Bike to Work/Bike to School events for May, and would very much like your input and assistance for the 2007 program.

All members are welcome and encouraged to attend this special meeting. This is a unique opportunity to make your voices and concerns heard!



Bicycle Alliance of Washington Legislative and Statewide Issues Committee article, continued from page 10

A number of bicycle issues were discussed and prioritized. The highest ranked items from top priority to lower priority are: 1) Defeat I-933, 2) Modify the RCW to require new drivers to be educated about pedestrians and bicyclists as part of the coursework, 3) school siting (so it is not away from the residences), 4) funding of projects tied to Complete Streets, 5) eliminate dark tinted windows, 6) Safe Routes to Schools – continue the current programs, 7) cell-phone use by motorists, 8) unsafe railroad crossings, 9) Development of and adherence to trail standards, 10 improve temporary traffic control to include non-motorized, and 11) glass on roadways. A number of other ideas were presented as well.

The next meeting of this group will be between mid-November and early December. The BAW Legislative and Statewide Issues Committee is co-chaired by Kristin Kinnamon of BIKES and Jill Priest of West Sound Cycling Club.

Bicycle Alliance of Washington Legislative and Statewide Issues Committee

On Saturday, July 22, a dozen bicycle advocates from around the state met at the BAW office in Seattle to plan the agenda for the next year. Topics discussed included the future political horizon, status of current efforts, ballot initiative, proposed advocacy goals, and partnerships with aligned organizations. The following are some of the discussion highlights.



BAW has been instrumental in keeping trail development on track. Recently in King County, BAW intervened in a political skirmish between the King County Executive and County Council that, if let unresolved, would have defunded four trail projects. BAW has also been instrumental in the development of trails in the Spokane area with a coalition of approximately thirty groups. As part of the successful efforts, REI has recently provided a grant to help fund the Fish Lake Trail.

BAW has presented seven workshops on the Safe Routes to Schools program, which resulted from bicycle advocates from around the state presenting issues to the Legislature on Bike Lobby Day three years ago. There has been a lot of support and enthusiasm for this program.

BAW has been researching the WSDOT policy on complete streets. WSDOT says they have adopted this approach but many projects apparently overlook non-motorized transportation needs. BAW, with others, is also reviewing the WSDOT Design Manual section regarding bicycle facilities.

There was discussion on the recent appointment of Ralph Wessels to the Transportation Improvement Board as the non-motorized representative. There was high interest in insuring projects that have proper non-motorized facilities are selected for funding.

The City of Seattle is close to a resolution that would require Complete Streets. All projects would need to address non-motorized transportation as a result. There is high interest in this approach being transported to other jurisdictions. Does anyone think Pierce County and cities, other than the progressive University Place, need to adopt this approach?

Michael Temple, BAW's lobbyist, presented his interpretation of both the national and state political scene. The bottom line for bicycle advocates is to vote for candidates that will represent our interests.

The Regional Transportation Improvement District (RTID) is still contentious. A vote on RTID is scheduled for November 2007. The projects and politics will be in a state of flux until then. Dennis Sellen with Lund Consulting (lundconsulting.com) is working on non-motorized mitigation for RTID.

Initiative 933 (Property Rights Fairness Act) is being pushed by the Farm Bureau and building industry. This is a special interest initiative at its worst. What it would do is gut the Growth Management Act and require taxpayers to pay developers or waive land use and impact mitigation. It takes the State backward in land use planning and would allow unchecked and unmitigated growth. Besides costing taxpayers millions, it would impact our communities severely.

Initiative 917 would reduce motor vehicle registration fees to \$30. This is another Tim Eyeman initiative. Enough said on the benefits to society. It will likely not obtain enough signatures to make the ballot.

Initiative 920 is an estate tax exemption that would have the result of reducing revenue for construction. At least one special interest has paid \$600K to support this so it is not for the benefit of the rest of us.

Bicycle Alliance of Washington Legislative and Statewide Issues Committee article Continued on page 4

Exiting from the Tacoma Narrows Bridge on the Tacoma Side, traveling from Gig Harbor



**Just off of the Bridge;
the Jackson Offramp is closed,
and bicyclists are redirected onto
a temporary route.**



**Follow the yellow-taped corridor!
Do not stray over or under the tape!**



**Caution!
Road surface changes significantly!**



**Club riders take in views of the new
bridge surface; riding on it will not
occur in the immediate future.**

Going to the Northwest Tandem Rally 2006 in Corvallis, OR

By Dena Wessels

Leaving for a three day bicycle event is not that hard if you carefully plan for everything. Ralph and I have attended the NWTR for a few years now, and it is an enjoyable event, especially when combined with an extended vacation.

First comes the advanced registration. Rallies are held in various northwest areas, always by volunteers. A group who wants to put on a rally always has the help and assistance of those who have gone before. Generally it is a local bike club, or in next year's case, a community organization in Yakima has decided to host.

One has to decide in advanced, the purchase of jerseys, shirts, socks, lunches, dinners, etc. To camp or hotel it, which shall we do? I know, load the dog and take the fifth wheel! Oh, better reserve a spot--the high school doesn't have any plug ins (for electric-ity), and dog does need the air conditioner if she'll be left by herself in the trailer for five or so hours. Corvallis has nice fairgrounds, just off of one of their bike trails and only three miles from downtown.

So now that registration is mailed, now load the trailer. Include all the gear for the tandem, including rain gear (you never know), plus the correct shoes for the tandem pedals. Then add the various food and drink we'll need for two weeks (since we're 'down there,' we might as well 'tour' around). I have found that the pressure cooker is my friend in these instances--pre-cook the food for several meals, then freeze it for convience!

Additional trips out to the trailer consist of carrying various other items: shower materials, clothing (long sleeve, short sleeve, shorts, long pants, sandals, sneakers, etc.). Don't forget towels and washcloths, for baths and for the kitchen sink. Take plenty of

NWTR 2006 continued on pg 7

TOURING CAPTAIN REPORT



By Carla Gramlich

Thanks to everyone that helped up this last month by leading rides. During the month of July most days had at least one ride, some days had two rides. Hoping everyone is getting out on their bikes and enjoying the nice weather.

In June, I lead a STP training ride. This year, I wasn't riding STP but I was helping a couple of gals get ready for their first STP. Sonya Fjetland and her childhood friend Sandy successfully completed the 2 - 100 miles days. I like to think it was due to the wonderful support from members of TWBC.

It was nice to see that we are getting some young people on the Thursday Night Family Ride. We promise ice cream following the ride, which keeps everyone pedaling to the finish of the ride. These rides will finish up in mid - September. Try to make the time and come out on a Thursday Night Ride.

Retirement Adventures are going to bicycle the John Wayne Trail in August and Victoria in September. Jim Davis has been leading some great mid-week getaways. You don't have to be retired, just able to get the time off, to go on these trips. My trip in September to Idaho is part of the Retirement Adventures and I have a couple more years before I can retire. Try one of these trips and find out what it will feel like to be retired, if you aren't already

Besides the rides that being offered by TWBC for the month of August, there are a couple of great organized rides. On August 12 is Tour de Fat in Seattle. TRYBR is being held on August 13. And you can take the weekend and ride to Shelton and back with RAPSody, August 26 - 27. Happy Cycling!

Item for Discussion by the Club Membership

Editor’s Note: This is one of the reasons Bob Myrick started the Sue and Susie Bicycle Safety Fund at the Greater Tacoma Community Foundation. Many professions & jobs require recertification for continued employment. Certain companies require their employees to attend yearly driver training classes. Some people would say that requiring a driver of a particular age to take both the written knowledge test on traffic safety laws, and/or the driving skills test, in order to continue driving legally is discriminatory. AARP has strong views on this matter. Others would say that re-testing of all drivers should be required (for example, every five or ten years), rather than the automatic, mail in method we currently have. Still others would complain about the cost involved, the time spent, the inconvenience of such a journey. For some individuals, their abode is located out of the way of convenient, timely public transportation; if they can not drive, they are isolated ‘out in the country.’ Several of our Club members have been hit or nearly hit by drivers. The age of both, Club cyclists and drivers, have a wide range. However, I will put forth the following argument for TWBC members to comment on. If this individual who was injured were yourself or your family member, how would you feel? Would you have the insurance, sick leave, savings and job seniority in order to recover? And, to continue along a similar vein, how long has it been since you’ve read the WA State Driver Guide? Do you know the changes in the driving laws of WA that have been made since you first tested for your driving license? How current are **you** on the Rules of the Road?

The following article is from The New York Times, July 17, 2006, Op-Ed Contributor

A CRASH COURSE FOR THE ELDERLY By ANDREW L HAAS, Armonk, N.Y.

On a Saturday afternoon last July, I was riding my bike not far from my hometown, training for the Ironman World Championship in Hawaii. Training for the Ironman, which is reputed to be the most challenging single-day athletic event in the world, is almost like a second job. It requires three to five miles of swimming, 30 to 40 miles of running and 150-200 miles of riding each week. I was in fantastic shape and just three months away from competing against

the best triathletes on the planet. That’s when everything came to a screeching halt.

I remember nothing of the accident. Local police and ambulance reports indicate that a 75-year-old man turned left and drove directly into me, cracking my bike in half and sending me to the operating room and intensive care unit, where for the next three months I fought for my life. My injuries included a fractured pelvis, 15 fractured vertebrae, multiple facial fractures, an open triceps laceration, two collapsed lungs and severe blood loss. While I was in a coma, my family was left to wonder whether I would survive, and how functional I would be if I did.

In the year since the accident, I have learned to walk again. The Ironman, however, is well beyond my ability. I cannot run down the block without serious pain, especially in my pelvis. Professionally, I missed almost a year of work, which forced me to restart my orthopedic surgery practice from scratch. I have a long way to go before I regain even a semblance of my former life.

But the driver who hit me has scarcely been inconvenienced. He was charged with failure to yield and issued a \$128 fine. He is permitted to drive without restrictions and without any assessment of his competence. In all probability, he has had no legally mandated driver training since he received his driver’s license more than half a century ago.

Doctors are required to take continuing medical education courses each year in order to retain our licenses and hospital privileges. We must also take our board specialty examinations every 10 years to maintain our specialty certifications. We do this in order to reduce the risk to patients of injury or death caused by medical errors.

Yet there are few such precautions taken to reduce injury and death on American roads. Someone can get behind the wheel of a potentially lethal automobile without having had his basic competence tested in decades. Most drivers receive their last exposure to driver education and testing in their mid-teens.

Discussion Item, ‘A Crash Course For The Elderly’ continued on pg 8

Discussion Item, ‘A Crash Course For The Elderly’ continued from pg 6

This makes no sense. Given their great, and frequently proven, capacity to do harm, drivers should be required to take a continuing driver education course every 10 years.

Special emphasis should be placed on elderly drivers. Motor-vehicle injuries are the leading cause of injury-related deaths among 65- to 74-year-olds and are the second leading cause, after falls, among 75- to 84-year-olds. Older drivers have a higher fatality rate per mile driven than any age group except drivers under 25. The American Medical Association estimates that as the population of the United States ages, drivers aged 65 and older will eventually account for 25 percent of all fatal crashes.

Accordingly, it makes sense to recertify drivers at age 65 and require subsequent recertification, based on road testing, every five years thereafter. Yet only two states, Illinois and New Hampshire, require road tests for older drivers — and those only after age 75. Some states actually reduce requirements; in Tennessee, licenses issued to drivers over 65 do not expire.

More than 40,000 people die in auto accidents each year. Well over two million more are injured, some, like me, quite severely. In July 2003, an 86-year-old driver plowed through a crowd in Santa Monica, Calif., killing 10 and injuring dozens. Yet here we are three years and many tragedies later, and still nothing has been done to prevent this recurring nightmare.

Continuing medical education and board recertification are inconvenient and time-consuming, but doctors recognize that they benefit the profession and society. The nation’s 199 million drivers should receive the same level of attention that the nation’s 900,000 doctors do. We should require continuing education for all drivers and licensing recertification and mandatory road testing for drivers age 65 and older. It would make the roads safer for all.

Andrew L. Haas is an orthopedic surgeon.

Washington State Department Of Transportation (WSDOT) asks for patience during construction and maintenance work on the Tacoma Narrows Bridge (TNB).

Submitted by Eric Ostfeld, P.E.



WSDOT is asking cyclists and pedestrians traveling across the TNB in either direction to use the **south sidewalk** until the early fall of this year. This request is being made as there is ongoing work to re-paint the suspender ropes on the north side of the existing TNB.

The year of 1985 was the last repainting of the suspender lines and that coating has been failing for quite some time now. Through the life of the bridge, these suspender lines have been repainted many times. However, this is the first time in the life of the bridge that maintenance crews will have stripped the suspender ropes to bare metal and repainted.

An independent in-depth inspection of the existing TNB was done in 2000 that strongly stated the suspender lines lack of corrosion protection be addressed as soon as possible and this maintenance activity reestablishes that corrosion protection.

Due to weather limitations for painting, this process will take four seasons to complete the entire bridge. Maintenance crews are using equipment that blocks the north sidewalk from 7:00 am to 4:30 pm each Monday through Friday, through the month of November.

WSDOT, patience, TNB continued on pg 7

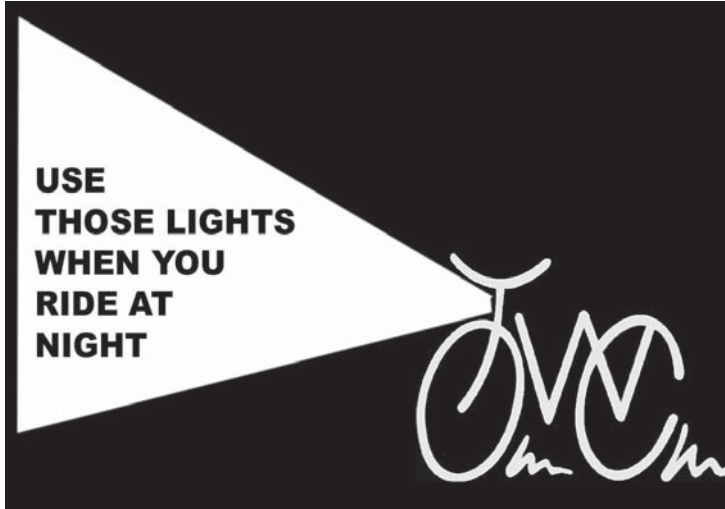
WSDOT. patience. TNB continued from pg 8

Complicating matters is the fact that construction is occurring at the eastbound Jackson off-ramp. Tacoma Narrows Constructors, the contractor building the new Tacoma Narrows Bridge, closed the eastbound Jackson off-ramp on July 5th to allow crews to build the new ramp alignment. Due to this ramp closure, cyclists may need to walk their bikes through a delineated path adjacent to the ramp construction until early August when the new ramp alignment will be opened.

This total closure is being utilized to shorten the overall duration of construction activities on the eastbound Jackson off-ramp.

Please use caution while riding on the south TNB sidewalk as two-way bicycle traffic should be expected until early fall when the suspender rope painting will stop for the wet season and the north sidewalk will again be available to bicycles and pedestrians.

WSDOT thanks bicyclists and pedestrians for their patience during this work. The good news is that the new bridge will provide a 10' wide, barrier separated bicycle/ pedestrian path that will open concurrently with the new bridge in the summer of 2007. Any questions can be



NWTR 2006 continued from pg 5

coffee or tea, and add those containers of Gatorade that you picked up on sale back in January. Need some pots and pans that you don't want to leave out in the trailer all the time. Doesn't everyone have that one kitchen knife that they constantly use? Don't forget the dog's food, toys & leashes.

On to Corvallis. I heard one rider tell of a flat they had on their fifth wheel that took five hours to change. Ralph and I made it down with no problems. Found the Fairgrounds, parked and set up.

One of the choices that the Rally gives is the distance that the tandems cycle. Short (20 - 35 miles), medium (under 50), and long (65 or more), are all available depending on the desires of the units. I will say units here instead of tandems, because at the NWTR, there are tandems, bikes for three, bikes for four, tandems with tag-alongs, tandems with tag-alongs plus trailers, or any number of combinations. The trailers do not alway contain children--last year Ralph and I pulled our fifteen year old dog in a kid's trailer I modified. One trailer had five Yorkies.

Unfortunately both people on a tandem ride the same distance all three days, so both had better be in the same kind of shape. If not, the shorter routes are taken. That problem can be solved if one or both riders take their singles along on the trip!

The last night of the rally is the sit down banquet. Hopefully the location has comfortable chairs for the extended 'down' time, but not usually. There is usually a photographer who has taken pictures one can purchase. The slide show during dinner is usually made up of photos taken by the participants in the past few days. Then the awards are given.

Oldest couple (154 years); youngest riders (24 years); farthest traveled (Australia); longest attending (Steve and Phyllis Lay); most hurtful seat (I won that in Idaho one year); most intersting road-finds, stories of the finds are required; and numerous door prizes. Guest speakers (Willy Weir). An opportunity to come together with friends of like minds and see new countryside. Then on to the rest of the vacation.... Oh, where did I put the mosquito spray?

 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	08/01	9 AM	35 - 50	2 B	Call Ride Line	759-2800	Tuesday Decide to Ride. Call Ride Line for details. Various routes & destinations.
Weds	08/02	7 - 10 PM	Facts	Notes	Take Notice	Tuesday	National Night Out--a crime & safety event introduced in 1984, to heighten public awareness & strengthen participation in local anit-crime efforts.
Thurs	08/03	9:30 AM	15	2 B	Bill Newman	Ride Line	Coffee Ride @ Ginger's Corner Cafe. Start: Ginger's, 4823 S 66th, corner S 66th & Ferdinand. Limited parking.
Thurs	08/03	6:30 PM	10	1 A	Carla Gramlich	879-0115	Thurs. PM Family Ride to BPA paved trail. Start: Celebration Park, 1095 S 324th St., Federal Way.
Fri	08/04	9 AM	15 - 25	1 A	Steve & Phyllis Lay	759-1816	3 M Friday Ride, bring your own lunch. Start: Starbucks @ 26th & Proctor.
Sat	08/05	10 AM	50 - 60	2 C	Bob Myrick	473-7455	Headwaters Century Pre-Ride. Start: P & R lot off of SR 18 & Green River Valley Rd.
Sun	08/06	9 AM	40 - 50	2 A	Louis Boitano	922-1168	Ride to Ikea for lunch. Bring \$\$\$ for lunch & a trailer to carry a bookcase or other stuff. Start: Sumner Library.
Mon	08/07	Morsel	Facts	Notes	Valliant	Monday	Purple Heart Medal established, 1782.
Tues	08/08	9 AM	35 - 50	2 B	Call Ride Line	759-2800	Tuesday Decide to Ride. Call Ride Line for details. Various routes & destinations.
Tues	08/08	6:30 PM	Meet	& Eat	Tim Payne	360-871-4478	Board Meeting @ the Kim Ahn Restaurant across from TCC on Mildred.
Weds	08/09	5:30 PM	00 Eat/ Meet	00 Greet/ Speak	Bob Myrick	473-7455	Special Government Affairs Meeting @ the Moore Library, 215 S 56th St, South Tacoma. Refreshments provided. Meet for an early dinner @ Vuelve A Vida, 5310 Pacific Ave.
Thurs	08/10	9:30 AM	15	2 B	Bill Newman	Ride Line	Coffee Ride @ Ginger's Corner Cafe. Start: Ginger's, 4823 S 66th, corner S 66th & Ferdinand. Limited parking.
Thurs	08/10	6:30 PM	14	1 A	Peggy Fjetland	841-4458	Thurs. PM Family Ride on the Tour de Pierce course, w/ no host pie/ice cream after. Start: Gold Parking lot @ Western WA Fairgrounds, Puyallup.
Fri	08/11	9 AM	15 - 25	1 A	Steve & Phyllis Lay	759-1816	3 M Friday Ride, bring your own lunch. Start: Starbucks @ 26th & 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
Sat	08/12	9 AM	60	1 A	Louis Boitano	922-1168	Figure 8 Ride around Lake WA. Start: Gene Coulon Park, Renton.
Sat	08/12	10 am - 6 PM	Your Choice	1 A	Seattle Parks & Recreation	206- 684-4075	Bicycle Saturday , Bikes only on Lake WA Blvd between Mt. Baker & Seward Park.
Sat	08/12	11 AM - 7 PM	Any	All	New Belgium Brewing Co.	www.newb- elgium.com	Tour de Fat , Seattle. Philanthropic Cycling Circus @ Adobe Quadrant in Fremont. Shirt/beer purchases gives \$\$\$ to BAW.
Sat - Sun	08/12 - 08/13	Call Ralph	165 + or --	2 C	Ralph Wessels	857-5658	RAPSody Pre-ride for Volunteers. Overnight in Shelton in your own hotel room. Luggage will be transported. Call Ralph for details. Start: TCC P & R.
Sun	08/13	7 AM	20,30,- 50,80,- 100	All	Capital Bicycling Club	360- 480-7356	TRYBR , \$\$\$, Tenino. Thru South Thurston & northern Lewis Counties. Start: Parkside Elementary, 301 Central Ave. www.capitalbicyclingclub.org
Mon	08/14	Morsel	Facts	Notes	Marvelous	Monday	Patent for the whiffle ball issued, 1953.
Tues	08/15	9 AM	35 - 50	2 B	Call Ride Line	759-2800	Tuesday Decide to Ride. Call Ride Line for details. Various routes & destinations.
Tues	08/15	6 PM	Meet	& Eat	Peggy Fjetland	841-4458	TWBC Annual Club Picnic @ Whittier Park, Fircrest (corner of Contra Costa Ave & Elm Tree Lane). Barbeque ribs/chicken. Call if joining in for food/drink ordering info.
Thurs	08/17	9:30 AM	15	2 B	Bill Newman	Ride Line	Coffee Ride @ Ginger's Corner Cafe. Start: Ginger's, 4823 S 66th, corner S 66th & Ferdinand. Limited parking.
Thurs	08/17	6:30 PM	10 - 15	1 A	Louis Boitano	922-1168	Thurs. PM Family Ride in Sumner. Start: Sumner Library.
Fri	08/18	9 AM	15 - 25	1 A	Steve & Phyllis Lay	759-1816	3 M Friday Ride, bring your own lunch. Start: Starbucks @ 26th & Proctor.
Sat	08/19	9:30 AM	50	2 B	Gus Fant	564-4710	Ride to Rainier, w/ Chehalis Western Trail. Start: DuPont Park & Ride.
Sat	08/19	Morsel	Facts	Notes	Stupendous	Saturday	National Aviation Day, in observance of Orville Wright's birthday.
Sun	08/20	10 am - 6 PM	Your Choice	1 A	Seattle Parks & Recreation	206- 684-4075	Bicycle Sunday , Bikes only on Lake WA Blvd between Mt. Baker & Seward Park.
Mon	08/21	Morsel	Facts	Notes	Marvelous	Monday	National Spumoni Ice Cream Day.

Ride Calendar p2

 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	08/22	9 AM	35 - 50	2 B	Call Ride Line	759-2800	Tuesday Decide to Ride. Call Ride Line for details. Various routes & destinations.
Tues - Fri	08/22 - 08/25	9 AM	short	2 B	Jim Davis	759-5616	Retirement Adventures: Iron Horse Trail, 3 days. Minimized hills; short mileage. 08/22: Iron Horse Trail camping; 08/23: drive to N. Bend, cycle to camp site; 08/24: cycle summit & onto Easton; 08/25: cycle back to N Bend, drive to Tacoma. Call if joining ride.
Thurs	08/24	9:30 AM	15	2 B	Bill Newman	Ride Line	Coffee Ride @ Ginger's Corner Cafe. Start: Ginger's, 4823 S 66th, corner S 66th & Ferdinand. Limited parking.
Thurs	08/24	6:30 PM	10 - 15	1 A	Carla Gramlich	879-0115	Thurs. PM Family Ride around the tideflats; post ride ice cream @ D.Q. Start: Freighthouse Square.
Sat	08/26	6 AM	85 or 165	3 C	Ralph Wessels	857-5658	RAPSody , \$\$\$, pre-registration required. Start: TCC. Call for information / check Club web site for this 5 Sisters benefit to BAW.
Sun	08/27	6 AM	85	3 C	Ralph Wessels	857-5658	RAPSody , \$\$\$, pre-registration required.. Start: Shelton. Call 4 information/check Club web site for this 5 Sisters benefit to BAW.
Mon	08/28	Morsel	Facts	Notes	Moving	Monday	The oldest surviving European settlement in the U.S., St. Augustine in Florida, was established in 1565.
Tues	08/29	9 AM	35 - 50	2 B	Call Ride Line	759-2800	Tuesday Decide to Ride. Call Ride Line for details. Various routes & destinations.
Thurs	08/31	9:30 AM	15	2 B	Bill Newman	Ride Line	Coffee Ride @ Ginger's Corner Cafe. Start: Ginger's, 4823 S 66th, corner S 66th & Ferdinand. Limited parking.
Thurs	08/31	6:30 PM	10 - 15	1 A	Carla Gramlich	879-0115	Thurs. PM Family Ride around North end of Tacoma w/ post ride ice cream. Start: Starbucks @ N 26th & Proctor.
Fri - Mon	09/01 - 09/04	6 AM	short	2 B	Jim Davis	759-5616	Retirement Adventures: Victoria, 4 days. Minimized hills; short mileage. 09/01: drive to Port Angeles, ferry, cycle to motel camping; 09/02: decide to ride; 09/03: cycle to Sidney & back; 09/04: cycle Victoria, 3 PM ferry, drive to Tacoma. Call if joining.
Sun	09/10	7 AM	45, 65, 100	3 B	TWBC	272-6747	Headwaters Century , \$\$\$. Start: Enumclaw High School.

Ride Calendar p3