



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

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March
2007

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March 2007

March Club Meeting: The Metal Cowboy

You will find an insert in this newsletter announcing our club meeting for March, on Tuesday the 20th. The format will be different because we have a special guest coming up from Oregon. The meeting is free of charge and open to the public. There will be refreshments and prizes. Please feel free to invite your friends, family and co-workers. I look forward to seeing you there!

The proper way to acquire a nickname is to have it bestowed upon you by someone else. Joe Kurmaskie was called the "The Metal Cowboy" by a blind rancher he encountered during one of his many, many expeditions on a bicycle. It's a fitting and cool name; it has stuck with him for reasons you will soon discover.

Joe is heavily into bicycle touring. He is a writer who has appeared in a variety of publications, and has authored three books. He is a wonderful storyteller both in print and in person; I have read some of his work. I haven't yet seen one of his presentations but I've talked to people that have, and they have enjoyed the experience immensely. Joe has been traveling all over the Northwest to introduce people to his new book - "Momentum is your Friend: The Metal Cowboy and His Pint-Sized Posse Take on America." It is an engaging record of his bicycle journey across America with his two young sons.

Joe is the founder of a summer camp named Camp Creative. Proceeds from his book sales help fund the camp. It is focused on kids, but the experience is open to anyone. It includes a wide variety of activities, including expeditions on road bikes and on mountain bikes. Their motto is "No Child Left Inside!" which sounds very good to me; in today's society it's so easy to become trapped indoors. I work in a cubicle, but the daily pleasure of a short bicycle commute helps balance that out. The more time outside, the better! With credit to Amazon.com, I've included a short review of his book, to whet your appetite . . .

Most people bring their inner child on an epic adventure. Joe "Metal Cowboy" Kurmaskie actually took his two kids along. For a 4,000-mile bicycle ride across America, Joe's seven-year-old son, Quinn, rides a tagalong bike attached to his dad's; and behind that is five-year-old Enzo in a bike trailer.

Our hero the Metal Cowboy answers the question "What are you, crazy?" with a resounding and cheerful "Yes." Unassisted-with no support crew except his boys' comic relief and the periodic kindness of strangers-he pedals hundreds of pounds of gear and offspring over mountain passes, across the wide plains, through thunderstorms, and into the heart of what it means to be a dad.

Along the way they encounter everything that makes up America-small-town kindness and inner-city heart, wild horses and highway roadkill, a(?) bitter Vietnam vet and a hopeful young inventor, grizzly bears and bison roaming free, cyclists and monstrous RVs, a very peppy cheerleader and a visitation from the ghost of the author's father,

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

The COG Home Page

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Deadline for Ride Calendar,
usually, 3rd Thurs of every month

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Carla Gramlich & Peggy Fjetland

TWBC PUBLICITY PERSON:

WE NEED A PUBLICITY PERSON!!!

**Article Deadline for
the April COG: March 23, 2007**

Next Club Meeting: March 20, 2007

**Ride Calendar Deadline:
March 22, 2007**

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



TWBC Ride Line
253 - 759 - 2800
UPDATED WEEKLY!

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)

Elected Officials, cont. from pg 22

REPRESENTATIVES, cont.

25th District: Milton, Edgewood, Fife, Puyallup,
Midland, Summit, South Hill

Position 1: Representative. Joyce McDonald (R)

PO Box 40600, Olympia, WA 98504-0600

(360) 786-7948 mcdonald.joyce@leg.wa.gov

Capital Budget (Ranking Minority Member), Community
& Economic Development & Trade (Asst Ranking
Minority Member), Appropriations, Rules

Position 2: Representative Dawn Morrell (D),

Deputy Majority Whip

PO Box 40600, Olympia, WA 98504-0600

(360) 786-7968 morrell.dawn@leg.wa.gov

Health Care & Wellness (Vice Chair), Appropriations,
Rules, Select Committee on Environmental Health

26th District: Longbranch, Lakebay, Home, Vaughn,
Key Center, Purdy, Rosedale, Gig Harbor, Fox Island

Position 1: Representative. Patricia Lantz (D)

PO Box 40600, Olympia, WA 98504-0600

(360) 786-7964 lantz.patricia@leg.wa.gov

Judiciary (Chair), Agriculture & Natural Resources,
Appropriations Subcommittee on General Government
& Audit Review

Position 2: Representative Larry Seaquist (D)

PO Box 40600, Olympia, WA 98504-0600

(360) 786-7802 seaquist.larry@leg.wa.gov

Appropriations, Appropriations Subcommittee on
Education, Health Care & Wellness

27th District: North End, Fife,

S of Tacoma Dome, S of I-5

Position 1: Representative Dennis Flannigan (D)

PO Box 40600, Olympia, WA 98504-0600

(360) 786-7930 flannigan.dennis@leg.wa.gov

Transportation (Vice Chair), Capital Budget, Judiciary

Position 2: Representative Jeannie Darneille (D),

Majority Caucus Vice Chair

PO Box 40600, Olympia, WA 98504-0600

(360) 786-7974 darneille.j@leg.wa.gov

Appropriations, Community & Economic Development
& Trade, Human Services

REPRESENTATIVES, cont.

28th District: Fircrest, University Place, Steilacoom,
Lakewood, Ft. Lewis, McCord AFB, Dupont,

Anderson Island, McNeil Island

Position 1: Representative Troy Kelley (D)

PO Box 40600, Olympia, WA 98504-0600

(360) 786-7890 kelley.troy@leg.wa.gov

Insurance Financial Services & Consumer Protection
(Vice Chair), Capital Budget, Housing, Rules

Position 2: Representative Tami Green (D)

PO Box 40600, Olympia, WA 98504-0600

(360) 786-7958 green.tami@leg.wa.gov

Commerce & Labor, Health Care & Wellness, Rules,
State Government & Tribal Affairs

29th District: University Place, Lakewood, Parkland

Position 1: Representative Steve Conway (D)

PO Box 40600, Olympia, WA 98504-0600

(360) 786-7906 conway.steve@leg.wa.gov

Commerce & Labor (Chair), Appropriations, Finance

Position 2: Representative Steve Kirby (D)

PO Box 40600, Olympia, WA 98504-0600

(360) 786-7996 kirby.steve@leg.wa.gov

Insurance Financial Services & Consumer
Protection (Chair), Judiciary

31st District: Edgewood, Sumner,

Bonney Lake, Buckley

Position 1: Representative Dan Roach (R)

PO Box 40600, Olympia, WA 98504-0600

(360) 786-7846 roach.dan@leg.wa.gov

Insurance Financial Services & Consumer Protection
(Ranking Minority Member), Education, Finance

Position 2: Representative Christopher Hurst (D)

PO Box 40600, Olympia, WA 98504-0600

(360) 786-7866 hurst.christopher@leg.wa.gov

Public Safety & Emergency Preparedness, (Vice Chair),
Insurance Financial Services & Consumer Protection,
Rules, Technology Energy & Communications



CONTACTING YOUR ELECTED OFFICIALS

The 60th Washington State Legislature convened on January 8, 2007. This year’s session will end on April 22, 2007. The following is a listing of your elected State Senators and Representatives, along with the committees they serve on (*Editor’s Note: I’ve indicated the general geographical areas covered by these officials*). Write a letter or an email about issue(s) you are concerned about. Remember that these people work for you, so let them know what you would like to see come to past in our State, or just give them a verbal pat on the back. This information was consolidated from the League of Women Voters website (www.lwvwa.org); this is a good, all around site to visit.

SENATORS:

2nd District: Senator Marilyn Rasmussen (D)
(Rainier, Yelm, Roy, Orting, Wilkeson, Carbonado, Eatonville)
PO Box 40402, Olympia, WA 98504-0402,
(360) 786-7602 rasmussen.marilyn@leg.wa.gov
Agriculture & Rural Economic Development (Chair),
Early Learning & K-12 Education, Ways & Means

25th District: Senator Jim Kastama (D)
(Milton, Edgewood, Fife, Puyallup, Midland, Summit, South Hill)
PO Box 40425, Olympia, WA 98504-0425
(360) 786-7648 kastama.jim@leg.wa.gov
Economic Development Trade & Management (Chair),
Health & Long-Term Care, Transportation

26th District: Senator Derek Kilmer (D)
(Longbranch, Lakebay, Home, Vaughn, Key Center, Purdy, Rosedale, Gig Harbor, Fox Island)
PO Box 40426, Olympia, WA 98504-0426
(360) 786-7650 kilmer.derek@leg.wa.gov
Economic Development Trade & Management (Vice Chair),
Higher Education (Vice Chair), Consumer Protection &
Housing, Transportation

27th District: Senator Debbie Regala (D), Majority Whip
(North End, Fife, S of Tacoma Dome, S of I-5)
PO Box 40427, Olympia, WA 98504-0427
(360) 786-7652 regala.debbie@leg.wa.gov
Human Services & Corrections (Vice Chair), Rules,
Water Energy & Telecommunications, Ways & Means

28th District: Senator Mike Carrell (R),
Republican Deputy Floor Leader
(Fircrest, University Place, Steilacoom, Lakewood, Ft. Lewis, McCord AFB, Dupont, Anderson Island, McNeil Island)
(information continued in next column)

SENATORS, cont.

28th District: Senator Mike Carrell (R), **cont.**
PO Box 40428, Olympia, WA 98504-0428
(360) 786-7654 carrell.michael@leg.wa.gov
Health & Long-Term Care, Human Services
& Corrections, Judiciary, Ways & Means

29th District: Senator Rosa Franklin (D),
President Pro Tempore
(University Place, Lakewood, Parkland)
PO Box 40429, Olympia, WA 98504-0429
(360) 786-7656 franklin.rosa@leg.wa.gov
Health & Long-Term Care (Vice Chair), Rules (Vice Chair),
Financial Institutions & Insurance, Labor Commerce
Research & Development

31st District: Senator Pam Roach (R)
(Edgewood, Sumner, Bonney Lake, Buckley)
PO Box 40431, Olympia, WA 98504-0431
(360) 786-7660 roach.pam@leg.wa.gov
Government Operations & Elections,
(Ranking Minority Member), Judiciary, Ways & Means

REPRESENTATIVES:

2nd District:
Rainier, Yelm, Roy, Orting, Wilkeson, Carbonado, Eatonville
Position 1: Representative Jim McCune (R)
PO Box 40600, Olympia, WA 98504-0600
(360) 786-7824 mccune.jim@leg.wa.gov
Technology Energy & Communications (Asst Ranking
Minority Member), Capital Budget, Housing, Rules

Position 2: Representative Tom Campbell (R)
PO Box 40600, Olympia, WA 98504-0600
(360) 786-7912 campbell.tom@leg.wa.gov
Select Committee on Environmental Health (Chair),
Health Care & Wellness, Transportation

Elected Officials cont. on pg 23

TIRE BUZZ

By President
Tim Payne



Timothy Payne
TWBC
"The Prez"

SAFETY ON MY MIND

As the more active part of the riding season approaches and as we prepare for what is normally our largest special event of the year, The Daffodil Classic, bicycle rider safety is very much on my mind. So I decided to write something for this month’s newsletter as a starting point. What you are to about read (hopefully) are the principles I adhere to as I ride my bicycle along the highways and byways. Some of these principles are learned from my own personal experience, others are from observations of other’s experiences. By the way in this article experience is being used as a euphemism for a mishap, crash, or near miss. Some of the principles are borrowed from other places, like the Revised Code of Washington and re-worded to make them more memorable for me. So here we go, Tim’s Top 10 Principles for Bicycle Safety. Yes, I thought about calling them “commandments”, but decided on something different for two reasons: First, despite rumors to the contrary, I am not God, second I did not want to write in the “thou shalt” or “shalt not” mode as this is not intended to be a movie script written in archaic language, sorry Shakespeare.

- 1. Ride safe, ride home – I have seen too many people end up riding home, or to the hospital, or clinic in a conveyance that was not of their choosing as a result of violating the immutable laws of gravity, energy, or momentum. Respect those natural physical laws and, in the words of Joe Kurmaskie, aka “The Metal Cowboy,” “Momentum is Your Friend.” Lose respect for those laws and you prove Darwin’s theory of natural selection.
- 2. Remember, you are invisible – No, this does not give me supernatural powers, it simply reminds me that the person behind the wheel of the car cannot or does not see me, even if they are looking directly at me. So I try to stay out of situations where I depend on any driver seeing me or assume that have seen me.

- 3. Wear a helmet, all the time, every time – once in a while I think about not wearing a helmet when I am on my bike (it’s so hot, I am only going a mile, it is just a mountain bike ride, etc) I simply recall principle #1.
- 4. Most car drivers misjudge my speed – nowhere is this more true than cars turning left in front of me or to the right just after passing me. I stay on high alert in intersections and places with lots of driveways watching for just this type of behavior.
- 5. Traffic signals and stops signs are there for a reason – I observe these just as if I were driving a car. Alright, I admit I have not always done that, but after a few close calls at stop signs, I decided I would rather stop, unclip and get a good look, than glance and go then later say (to the emergency room doctor or Saint Peter), “that car came out of nowhere.”
- 6. Ride single file unless I have elbow room— It is really easy to ride two abreast or even three and let the cars go around, my roads, my rights, right? See principle #1, Unless I can stay outside the fog line and ride two or more abreast or traffic is very, very light so I can ride in the traffic lane and move over well before the car gets to me, I ride single file. Talking is over-rated anyhow.
- 7. Be predictable – Okay, I assume no one can see me, but sometimes they do, so for their peace of mind I try to ride consistently. No sudden pullouts into the traffic lane to pass a slower rider, I ride a consistent line along city streets, I indicate my turns and lane changes, both by hand signals and body language.
- 8. Make sure I can be seen – On the off chance a driver does actually look at me, I like to provide them (and me) the advantage of not blending into the background. Bright colors, reflective strips, tail flasher, whatever I can do to be seen. I do not even own a black jersey. Bright is beautiful.
- 9. Know who I am riding with – Sometimes those crashes happen between cyclists, particularly when I assume a fellow rider is going to act, or react, in a certain way and they don’t. Riding in a pace line or even in close quarters requires a high degree of trust in my fellow riders and continued focus on my part. Lack of trust or loss of focus usually results in less than desirable outcomes for me and/or my fellow riders.
- 10. Stay focused – I love riding a bicycle because it allows me to see a whole lot more of the great outdoors. BUT, if I want to look at it long and hard, I stop. Riding and not staying focused on riding will result in a crash. If I look to my right I veer to my left, and vice-versa, a natural reaction, but a hazardous one. So I enjoy the beauty of the great outdoors more thoroughly from a resting position. It may

Tire Buzz continued on p. 7



Bob Myrick
TWBC Director of
Community and
Government
Affairs

Our committee met again on Tuesday, February 6 at the Taqueria Guadalajara in the Stadium District at First and Tacoma Avenues. We plan to meet there again on Tuesday, March 6 at 7pm to carry on our agenda for 2007.

Remember the Scott Pierson Trail will be dedicated on May 12 and will include a trail ride co-sponsored by TWBC. After the events on the trail, there may be a 'members and guests' trail party at Carol and Roz's Wildside Wine Shop across the street from the Sixth Avenue (& Mildred) Park and Ride lot. You might want to park your car at the lot and ride your bike to the various festivities. Bike to Work Week will start on Monday, May 14. We are trying to lead a series of "commute training rides". I led two last month and also toured some routes on our Blue's Vesper Ride on Sunday, February 18.

As mentioned last month, a major part of our agenda for 2007 involves getting "complete the streets" resolutions or policies from our various governments. A lot of this policy is already contained in regulations. We just need the bureaucrats to move forward and "complete the streets". You may have noticed in the News Tribune on Monday, February 19 a story regarding a University of Washington Study showing that Seniors walk when they live close to activity centers like libraries, stores, book stores, groceries, transit, etc. This story shows that our work is more than trails and bike lanes. It involves getting the arterial sidewalk system completed, getting good transit connections and promoting compact communities where it is easy to walk or ride your bike to the store. Carla and I did get to meet with Tacoma's City Manager on January 31 to discuss "complete the streets" and other matters like the need for a designated bike/ped coordinator and staff to move forward on construction, operation and maintenance of the sidewalk and trail system in Tacoma. We heard the usual response: no money, no people. The City Manager did come up with an idea that may help us. He suggested we identify low cost, high priority projects on the \$100,000 to \$200,000 level and he might be able to come up with funding. Then, we talked about the recent ballot failure of the local street im-

provement tax proposal. He wondered if we combined the local street work with some arterial sidewalk/trail work with some arterial street work, if such an improvement proposal would be acceptable to a wider audience of voters. We agreed to consider furnishing a "hit list" of up to ten lower cost projects that could be accomplished with the City's existing sidewalk monies, grants or a new improvement tax. We are requesting your input in creating a TWBC "hit list". Here are a few ideas to start with:

1. Connectivity Trail on North 37th Street between Orchard Baltimore. There is a right of way here that could hold a short trail segment and North 37th Street could have a bike lane from here to Vassault/Narrows Drive.
2. Pine Street Arterial Sidewalks. The sidewalk from the Railroad crossing north to the SR16 crossing has been missing for 30+ years. It is time to build it, particularly on the easterly side so people have a safe place to ride up the hill.
3. Union Avenue Arterial Sidewalks. Same story. The sidewalk on the easterly side from near Center Street to SR16 has been missing for 30+ years.
4. Signage System. Envision a signage system leading people off the new Scott Pierson Trail to places like University Place, Point Defiance, north end of downtown, UPS, etc. Dennis Crumley, Tacoma's Street Maintenance Supervisor created a system of neighborhood routes in the 1970s. It can be done.
5. Water Ditch Trail Crosswalks. Build a cross walk on South 56th Street that allows safe travel along the undeveloped trail.
6. Water Ditch Trail Crosswalks. Build a cross walk on South 74th Street along the undeveloped trail. We could actually use the route now given these two crosswalks.
7. Rehab Existing Trail along SR16 near the Allenmore Golf Course. We think this project is WSDOT responsibility as the trail is in their right of way and nobody can determine if WSDOT ever turned it over to the City for operation and maintenance.
8. Pipeline Road Trail (Cross County Commuter Connector Trail). Ask the Water Division to open the gates to five-

the Picture Page



Joyce Clifford and Bob Myrick display the back of the Club 2000 shirt, which displays the names of those members who rode 2000 or more Club miles during the 2006 Ride Year.

(Photo submitted by
TWBC member
Steve Brown.)

Phyllis & Steve Lay display the special shirts they received for all the Club miles they accumulated during the 2006 Ride Year.

(Photo submitted by
TWBC member
Steve Brown.)



the Picture Page



**Cake From The 2007 TWBC Banquet
Depecting Scott Pierson
and the (single) Tacoma Narrows Bridge**

(Photo submitted by TWBC member Steve Brown.)

Gov Affairs cont. from pg 4

foot wide openings along the trail to allow use. This project would just take a new post at each gate along with some informational signage.

Some other things have been going on as well this past month. Many of us attended Transportation Lobby Day in Olympia with Bicycle Alliance of Washington on February 6. I attended a Pierce County Public Works meeting on February 7 to lobby for a fog line on the extension of South 112th Street improvements to the Puyallup City limits. John Berry and I attended the kickoff for Calvin Goings' run for County Executive. Calvin received our Official of the Year Award at our annual banquet and he is actually a dues paying TWBC member. I have led two commuter-training rides this past month. Carla and I attended the dedication for the Chehalis-Western bridge over Interstate 5 in Lacey on February 19. It was a very rainy day with over 200 people attending including Ralph and Dena Wessels, Jill Priest, Barb Culp from BAW, and many other familiar Southsound cyclists. WWRP Lobby Day was February 21 in Olympia. This important group lobbies for trails and parks throughout Washington State. Foothills Rails to Trails Coalition held their annual elections on February 22.

Regarding my personal bicycling agenda for 2007 as published in the February TWBC COG, I have done a few things. I lobbied Pierce Transit for a "Bus to the Mountain" at their monthly meeting. Karlan Jessen from REI was there to lend her support to the idea. I am also serving on a committee up there for a "rural transportation project". I learned the Bike Station project for Tacoma is dead. Pierce Transit will be returning the grant. I have been invited to work on a trail plan for the Town of Eatonville and vicinity. I personally cleared 0.5 miles of trail on the Ashford-Elbe Trail starting at the DNR Horse Park Camp. I have determined that it would be good to retain Tacoma Water's Puyallup River Pipeline Bridge for a trail crossing after reviewing Bonney Lake's Fennel Creek Trail Plan. I attended a meeting with the Pierce County Biodiversity Council to study the lower White River and advocate for trail connections. John Berry and I have discovered we can clean up the glass debris on the Foothills Trail.

I hope you might review February's newsletter and think about working on some of these projects, particularly in your local community. Please feel free to join in where ever you feel comfortable. Again, don't forget to cycle more this year and worry less. Try to get out and bike or walk every day. And, be safe.

Scott Pierson Trail Dedication & Bike To Work Week

In Tacoma, we will be dedicating the new Scott Pierson Trail on Saturday, May 12. Bike to Work Week will start on Monday, May 14. We hope to have a Starbucks Bike to Work Day where people can stop at their local Starbucks for a free coffee drink.

The Scott Pierson Trail is a 3.5 mile trail paralleling a major highway. Scott was a City of Tacoma Planner who noticed the State of Washington promised Tacoma a trail in 1974, but somehow the trail was never fully constructed. Only a short segment was built in the 1970s. When the State decided to improve the highway, Scott got the Mayor, City Manager, and County Executive to sign letters demanding that the trail be built. Fortunately, the State agreed to build the trail. Scott rode everywhere on his bike (and was a very active TWBC member). He died way too young in 2001 on his bike on the way to the grocery store. He had a silent heart problem that took his life.



**Photo along the Scott Pierson Trail.
(submitted by TWBC member Steve Lay.)**

The Metal Cowboy, cont. from pg 1

horrible traffic and serene dirt roads, a monastery and a distillery, baseball, and yes, lots of pie. By the time they reach Washington, DC, two months after leaving Portland, Oregon, they've bonded in a rare way. Kurmaskie writes, "We share a secret, the three of us; one permanent summer in our hearts now, where we're never apart."



TOURING CAPTAIN REPORT By Carla Gramlich



The weather hasn't been cooperating for folks trying to get out and ride. On Jan 20, I rode to meet Steve and Phyllis to ride out to Spanaway with them. The roads actually got icy while we sat in Starbucks. We ended up driving to the Pancake Breakfast, and I have photos to prove it. Hoping things will change in March and we can bicycle instead of drive. I have just finished the ride calendar and there are many options for all different types of riders. We are making it hard for you to make an excuse NOT to ride.

Thanks to all the ride leaders for providing information on rides in time for the monthly newsletter. New this month is some rides being lead by Sharon and David (better known as Pavio) Remagen. In the past our organization has been criticized for not leading beginners ride and it is wonderful that Sharon and David are helping us fill that gap.

March has a couple of opportunities to get motivated to ride. On March 10 -11 is the Seattle Bicycle Expo. I will be up there all weekend helping with the TWBC Booth. It is a wonderful time to learn about the latest bicycle gadget and bicycle tour. Many speakers are scheduled to appear on various subjects concerning bicycling. I am sure there is someone appearing that will strike your interest. I will also get time to visit with old and new friends that I have met bicycling over the years. (<http://www.cascade.org/Home/>) Buy something new for yourself as a reward for all those miles you are going to do in the coming months.

The March 20th, TWBC Club meeting, should help motive you to ride. We are happy to have "The Metal Cowboy", Joe Kurmaskie. Joe has written several books about bicycling and his recent book covers his adventures bicycling with kids. I have seen Joe up at Expo and found he does a wonderful presentation and he is a very good writer. Also, his books will be available and he will sign them following his presentation. (<http://www.metalcowboy.com/>)

On another subject, we are encouraging everyone that does our rides to have an emergency number and contact for the signup sheet. Several years ago, I had to make arrangements with a friend to be my emergency contact since I

don't have relatives in the area. In an emergency she can contact my relatives. Please try to provide a better number then 911 on the sign-up form.

Children's Safety Fair

On May 5, is the annual Children's Safety Fair. Each year for the last ten or more years, TWBC members have helped to fit helmets, that children and adults can purchase at cost. Please try to set aside the day, from 10 am - 3pm to help out. I will provide training on Thursday May 3. Call Carla at 253 879 0115 to volunteer.

Tacoma Marathon Booth

On Friday afternoon, May 11 - Sat May 12, TWBC will be having a booth at the Tacoma Convention Center in junction with the First Annual Marathon. We will promote the club, our upcoming events and bicycling to work. Call Carla, 253 879 0115, to volunteer



Celebrate Cycling

submitted by Peg Winczewski

No place on earth can equal the diverse terrain within a day's ride of the mighty Columbia River. With its dry desert plateaus, forested mountain passes, and high altitude lakes, the Eastern Cascades have it all.

Join like-minded riders in Wenatchee, Washington April 26-30 for a cycling adventure you will never forget. Build your early season base mileage with routes that match your goals and abilities. Relax and enjoy delicious dinners, while sharing stories and ideas about riding. Get a good night's sleep, get up, and do it all over again.

Register today. Space is limited. For more information and registration visit: <http://www.northwestcrank.com> (Editor's Note: This is the 2nd year for Northwest Crank, a cycling festival in Wenatchee WA. The cost for the five-day event is \$65.)

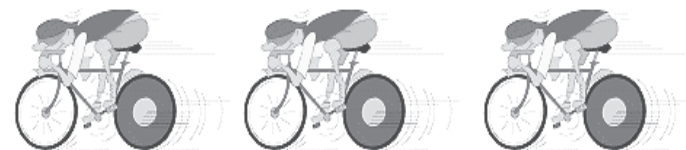
SIR Dart Event

submitted by Peg Winczewski

The Seattle International Randonneurs (SIR) in conjunction with the Oregon Randonneur (ORR) club will be coordinating a Dart event on the weekend of March 24-25. This will be a team event to introduce folks to a taste of randonneuring without having to ride hundreds of miles in the middle of the night.

Teams consist of a minimum of 3 bicycles on up to a maximum of 5 bicycles. Tandems count as one bicycle so there have been 10 riders on a team consisting of all tandems in the past. Each team will have a captain to coordinate a route, which will cover a minimum of 180 kilometers (112 miles) over a 12 hour period of time. Since all teams will be riding a different route the start can be determined by the team captain as long as they finish in Centralia, as that will be the ventral finish line for all teams. Teams may start at anytime from Thursday noon until Saturday till 7 PM. The latest a team may finish is 7 AM on Sunday.

A no host banquet will be held at 9 AM at McMenamins in Centrailia. Each team will be riding their own route and stopping at control points along the way to get their brevet card signed by merchants along the route. A block of rooms have been reserved for riders who want to spend the night at McMenamins. For more details contact www.seattlerandonneur.org and click on the link to Spring Equinox Dart and Arrow event under "Latest News."



RAGBRAI, July 22 – 28, 2007

It's that time of year again to start thinking summer plans. RAGBRAI allows individuals to register until April 1 before the lottery begins. So many of you have done this ride in the past that we have finally taken the leap and have decided to give it a try. Anyone interested in this ride is encouraged to sign up now. We will be having a weeklong pre-ride tour in Iowa going to the start of the ride. If interested call Steve and Phyllis Lay, 759-1816.

Volunteers Needed for Bicycles From Heaven Program

Volunteers are being sought to help with the Bicycles From Heaven program at McNeil Island State Penitentiary. This program rejuvenates bicycles to give to low income youths and families. TWBC has annually contributed funds to support this program that has been a joint effort of the Clover Park Kiwanis and inmates at McNeil Island. The effort has been very successful. For example, 55 bikes were distributed in mid-February 2007.

Volunteers should know something about how bicycles work, be able to relate to the men who rejuvenate the bicycles, have good judgment, and be able to pass the mandatory background check. The hours and times are yet to be established. If you are interested in being part of this program or would like additional info, contact Roger Laybourn at 253-584-1558.

Help Support The Bike Shops That Support The TWBC

There are a number of bicycle shops in our area that support current TWBC members by giving a 10% discount on parts and accessories. Up to two business cards of randomly selected shops will be featured in this & future Cog issues. Please refer to the listing you received with your yearly TWBC membership cards and support the shops that support us!



GIG HARBOR STORE
TEL 253.858.8040
FAX 253.851.3679
6820 Kimball Drive • Suite B1
Gig Harbor, Wa 98335

TACOMA STORE
TEL 253.573.9400
3009 N. McCARVER
Tacoma, Wa 98403
www.oldtownbicycle.com



**Professional Bicycle
Fitting, Service &
Sales**

2621 70th Ave W, Suite D
University Place, WA 98466
(253) 564-1422 Fax: (772) 325-6206
www.spokeandsprocket.com
mail@spokeandsprocket.com

Foothills, TWBC, BAW, & MTTA News

submitted by Bob Myrick

The Foothills Rails to Trails Coalition Fund has reached a value of almost \$30,000 as a result of a generous \$2000 donation from the Emily Hall Tremaine Foundation. This means the Foothills group will receive about \$1500 or more each year forever to work on their mission of providing trails throughout Pierce County. The Sue Gygax and Susie Stephens Bicycle Safety Foundation Fund received a significant donation from Susie's Mother, Nancy J. Mac Kerrow, so a little over \$13,000 is available for providing the Bicycle Alliance of Washington about \$650 or more each year forever to work on their mission of advocating for bicyclists and a bicycle friendly and safe Washington State for both cyclists and pedestrians. The Mount Tahoma Trails Association Fund has a value of \$12,500 providing about \$625 or more each year to help maintain a system of four backcountry huts and ski trail system where over 1000 people stay overnight each year. Part of the system is available in the summer for hikers and mountain bikers.

You can make a direct donation to any of these funds thru the Greater Tacoma Community Foundation at PO Box 1995, Tacoma, WA, 98401-1995. You could also give to one of these funds thru your estate planning. A great way to give and benefit is to create a charitable gift annuity or similar product to provide you significant income during your lifetimes and great tax savings. The annuity is a really good way to convert appreciated stock or mutual funds into a steady stream of reliable income. For more information, contact Randy Balogh at the Foundation at 253 383-5622 or sherrana@gtafc.org or www.tacomafoundation.org. You can also call Bob Myrick at 253 473-7455 or BobMyrick@msn.com.



YOU COULD BE A STAR!
(On a Bicycle Map That Is)

Public Works and Utilities announces a Bicycle Photo Contest and invites County employees and the public to submit color photos of themselves, family members or friends riding and/or enjoying bicycling. These photos will be considered for inclusion in the Updated Pierce County Bicycle Guide Map. The submittal deadline is March 15.

Other requirements:

- 1. Bicycling in Pierce County must be a theme in the picture.
- 2. Color photos only.
- 3. Printed photos must be at least 8x10.
- 4. Digital photos must be at the highest quality resolution possible and can be emailed to [www.smyers1@co.pierce.wa.us](mailto:smyers1@co.pierce.wa.us) or via postal mail on a CD/DVD.
- 5. Photos, regardless of the medium, will not be returned. Please do not send your only copy of a photo.
- 6. Include photographer's full name, phone number, email address, and a short description of the photo.
- 7. Entries must be submitted by the original photographer. Do not submit a photo taken by someone other than yourself. You must be the sole owner of the copyright of any image submitted. Your submission of the photo is your guarantee that you are the author and copyright holder of the photo.
- 8. The winning entrant agrees to allow Pierce County to have unrestricted use for all or portion of the submitted photograph.

IF submitting photos via postal mail please send to:

Attn: Sarah Myers,
PHOTO CONTEST,
Pierce County Public Works and Utilities
3619 Pacific Ave,
Tacoma, WA 98418-7921

WINNER SHALL RECEIVE: Photo on front cover of new Pierce County Bicycle Map Guide AND A Niterider Smart Evolution 6V Front Bike Light (retail:\$250), courtesy of REI.

Please submit all questions to Sarah Myers by email to smyers1@co.pierce.wa.us or call 253-798-4667.

Insurance Matters

submitted by Bob Myrick

There have recently been two serious accidents on rail road tracks by TWBC members. I thought it might be good to review our club accident insurance as well as other coverage you might have available. The first accident was on a solo ride so the club accident insurance doesn't apply to this case. An automobile wasn't involved so auto insurance doesn't apply either. The injured person most likely had to rely on any standard medical care insurance she may have for herself either from her employer or from her own funds.

When a car is involved in a bike or pedestrian accident, blame is assigned to the car driver or the non-motorized person. You should buy PIP(Personal Injury Protection) insurance on your car insurance. Why? Your PIP will cover your medical costs while the insurers are figuring out who is being held responsible. Even though you weren't in your car, you are covered in a car versus person case. PIP is very inexpensive, but a great value for cyclists. Likewise, you should have good uninsured motorist and underinsured motorist protection. Long ago, I was hit in Eastern Washington by a hit and run driver. My uninsured motorist coverage provided for my medical expenses as well as for my pain and suffering as a result of the accident.

The club medical insurance is available while you are out on club events like the recent incident on a Tuesday ride where the railroad tracks were encountered and serious injuries resulted. The club medical insurance is in excess of any other coverage that might be available. It covers your expenses up to \$10,000 after you or others have provided the first \$500 of coverage. If you have good medical insurance already, most likely the club medical insurance would not come into play. But, if you have poor coverage like I do(\$1500 deductible), the club medical might pay for \$1000 of my deductible. Likewise, if you have no coverage, the club medical could provide up to \$9500 towards your medical costs.

When a club accident occurs, please report it to Carla or myself, as we work together to alert the injured party as to their coverage and to alert the insurance company that a claim might be forthcoming.

Tire Buzz continued from p.3

take longer to get where I am headed but, there is always principle #1.

There are also some minor corollaries to the above principles, like remember of unclip when I stop (see #10). Keep my hands to myself (any number of the above). Yup, I can and do get angry with car drivers, but I learned the hard way I am far better off muttering to myself about their behavior than affording them the single digit salute. Good will is worth a lot and confrontation with someone controlling a 4,000-pound missile is seldom a positive proposition.

In addition to these riding principles, I further protect myself by riding equipment that is well maintained. Blow outs, chain suck, chains coming off, non-functional brakes, jamming derailleurs all can have disastrous consequences when paired with the wrong circumstances. So I try to keep my equipment in top condition. There are enough challenges out there on the road without adding unnecessary ones.

My hope in presenting these principles and corollaries is that some of you out there may be able to identify with what I have developed as my own riding style and adapt some to your own riding, or at least to think about your own riding. Do I ever violate my own principles? Yup, but I try to recover when I do and to learn from those violations, even if the only consequences are an elevated heart rate or a few extra drops of sweat.

Bicycling is sweet, so is life. Ride safe, ride home.



Bikes For Sale

Two Chehalis-made Klein aluminum touring-model bikes, assembled and regularly serviced by Johnny at Bike Tech, So. Tacoma Way.

A 21-speed men's aluminum Performance model. STI shifters, Brooks saddle, computer, Mt. rack, toe straps, 700x25 tires, stat riding rack, pump, panniers, 22".

A 21-speed woman's aluminum Kirsten model. STI shifters, woman's saddle, Mt. rack, toe straps, 700x25 tires, pump, panniers, stat riding rack, 16".

Very clean. \$600 each. Inspection by appointment with John Morgan, 253-759-2959.

twbc

monthly event schedule

call the ride line for the latest additions and corrections...253-759-2800

Day/ Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
Thurs 03/01	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smooooothly. Paved trail; few road crossings; no hills. Beverage of your choice (no host) in South Prairie. Rain Cancels. Start: East Puyallup Trailhead.
Thurs 03/01	3 PM	1 A	5 - 6	Sharon Remagen 847 - 7907	Take It Off, Take It All Off! Ride to Weight Watcher's meeting each Thursday @ Sprinker; must join WW to attend meeting. Start: Pacific Commons, corner of Pacific Ave & 176th (Spanaway); park @ north end of lot, along 176th next to GenX. Call if intending to join.
Sat 03/03	9 AM	???	100K	Peg Winczewski 475 - 3625	Randonneurs Ride, @ your own pace. Website has more info: seattlerandonneur.org Start: Red Hook Brewery, Woodinville.
Sat 03/03	9 AM	2 C	62	Tim Payne 360 - 871-4478	Daffodil Pre-Ride. Kapowsin/Eatonville route. Lunch in Eatonville. Rain Cancels & ride then rescheduled, 03/31. Start: Orting Bell Tower.
Sat 03/03	10 AM	2 B	30	Bob Myrick 473 - 7455	Commuter Training Ride, includes BPA Trail in Federal Way. Rain may cancel. Start: Freighthouse Square.
Mon 03/05	9:30 AM	1 C	22	David Barton, Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Loop Pt. Defiance, regroup @ Nisqually, then to Fircrest for espresso, scones. Beginners & seasoned veterans. Someone stays w/ slowest rider. Rain/Freezing Cancels. Start: Starbucks @ 26th & Proctor.
Tues 03/06	9:30 AM	2 B	35 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Call RideLine for details. Start: Freighthouse Square.
Tues 03/06	Noon	1 A	2 - 12	Sharon&David Remagen 847 - 7907	How Slow Can You Go? Ride Chapman Memorial (paved) Trail & connecting short trails. Very flat, very easy. Start: 86th Ave E & 144th St E, Puyallup.
Tues 03/06	7 PM	00 Meet	00 & Eat	Bob Myrick 473 - 7455	Government Affairs Meeting @ Guadalajara Taqueria in the Stadium H.S. area @ 1st & Tacoma Ave.
Weds 03/07	9:30 AM	00 Meet &	1 Clean	Bob Myrick 473 - 7455	Trail Dog's Cleanup Work Party, near SR 16, Tacoma. Start: Office Depo on Union, next to trail.
Thurs 03/08	1 PM	2 A	30	Lou & Karel Vance 921 - 4847	Silk Road Smooooothly Afternoon Ride. Paved trail; few road crossings; no hills. Beverage of your choice (no host) in South Prairie. Rain Cancels. Start: East Puyallup Trailhead.
Thurs 03/08	3 PM	1 A	5 - 6	Sharon Remagen 847 - 7907	Take It Off, Take It All Off! Ride to Weight Watcher's meeting each Thursday @ Sprinker; must join WW to attend 4:15 PM meeting. Start: Pacific Commons, corner of Pacific Ave & 176th (Spanaway); park @ N end of lot, along 176th next to GenX. Call if intending to join.

the Picture Page

Opening Day of the Chehalis-Western Trail Bridge over I-5 in Lacey on February 19, 2007.
(Photos submitted by TWBC member Carla Gramlich.)



Mark Knight, solo bicyclist over the bridge!



Everyone over the bridge!



Ribbon Cutting
on the new bridge.
Why does everything seem
so big
when you are
so little!



twbc monthly event schedule

call the ride line for the latest additions and corrections...253-759-2800

Day/ Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
Sat 03/31	6 AM	2 B	Varied	Carol Davis 380 - 8819	Spring in SE AZ. Fly to Tucson, loop through Nogales, Patagonai, Bisbee, Tombstone, Sonoita. About 60 miles/day; self-supported, w/ motel stays. Call to reserve your spot.
Sat 03/31	9 AM	4 C	45	Gene Smith 272 - 6747	Brisk Training Ride. Begins & ends on the Green Valley Rd & includes Flaming Geyser Hill. Goals: average 15 mph, maintain peline, limited stops. Start: Covington P & R @ Hwy 18 & Black Diamond Rd.
Sat 03/31	9 AM	2 C	70 or so	Tim Payne 360 - 871-4478	Maybe Lunch in Tenino. If 03/03 Daf Pre-Ride was rained out, it will be substituted for this ride; if not, then Tenino via Chehalis-Western Trail. Check for website & Rideline for updates. Start: Dupont Park & Ride, for Tenino Lunch.
Sat 03/31	9:30 AM	2 A	50	Carla Gramlich 879 - 0115	Ride to Redmond Town Center for lunch @ Sahib. Lunch buffet is under \$10 & wonderful Indian food. Start: Gas Works Park, Seattle.
Thurs 04/05	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smooooothly. Paved trail; few road crossings; no hills. Beverage of your choice (no host) in South Prairie. Rain Cancels. Start: East Puyallup Trailhead.
Sat 04/07	9 AM	2 B	47	Carla Gramlich 879 - 0115	Carla's Birthday Ride to Orting for lunch. Small & expensive presents appreciated. Start: Freighthouse Square.
Sun 04/08	1 PM	2 A	up to 30	Carla Gramlich 879 - 0115	Ride & Easter Egg Hunt. Ride the Foothills Trail to South Prairie, coffee break & return on trail. Start: East Puyallup Trailhead.
Tues 04/10	9:30 AM	00 Meet &	00 Clean	Bob Myrick 473 - 7455	Trail Dog's Cleanup Work Party, on Chambers Creek Secret Trail. Start: Near 64th St W & Chamber's Creek Rd W.



membership report

by Phyllis Lay







Renewals:

Louis Boitano, Sandy & Alex Byrd, Jim Davis, Bruce Engell & Margaret Laven, Hank and Hazel Giddings, Thomas Harrison, Antonia Matson, & Josh Putnam.

New:

Thomas Catalina, Susan Louise & Family, John Richards, & Larry Wyman & Family.



MEMBER'S STUFF

FOR SALE

Quantities are limited, so act now. Assembly may be required



Bike For Sale

Bike Friday Pocket Rocket Pro. Color: Red. 58cm Shimano 105 9 speed w/double crank. Nearly new. Previous owner was TWBC member Bob Burton. \$1500.00

Call 253-564-1422 & ask to speak to Jim Finnell.



twbc monthly event schedule

call the ride line for the latest additions and corrections...253-759-2800

Day/ Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
Fri 03/09	Noon	1 A	2 - 12	Sharon&David Remagen 847 - 7907	How Slow Can You Go? Ride paved trail to Rainier & beyond if group desires. Start: Across Hwy 507 from Trailhead in Yelm City Park, by restrooms.
Sat - Sun 03/10 - 03/11	10 AM	Bike Expo	Bike Expo	Peggy Fjetland 841 - 4458	Bike Expo @ Warren G Magnuson Park, 7400 Sand Point Way NE, Seattle; Hanger 27. Call Peggy to volunteer.
Sat 03/10	9 AM	3 B	20	Gene Smith 272 - 6747	Training Ride; emphasis on steady pace, good cadence & spinning techniques. Peline/drafting experience not required, but may occur during ride. Start: Spoke & Sprocket, University Place.
Sun 03/11	2 AM	Supple	-ment- al	Sunday	Daylight Savings Time. Set Clocks forward 1 hr. First suggested by B. Franklin, 1784. First used during WWI, 1916. Observed mostly in the Northern Hemisphere. Today only has 23 hours.
Sun 03/11	10 AM	2 B	25	Bob Myrick 473 - 7455	Commuter Training Ride, includes Scott Pierson Trail & University Place. Rain Cancels. Start: Skyline Park & Ride, 6th & Mildred.
Mon 03/12	9:30 AM	1 C	22	David Barton, Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Loop Pt. Defiance, regroup @ Nisqually, then to Fircrest for espresso, scones. Beginners & seasoned veterans. Someone stays w/ slowest rider. Rain/Freezing Cancels. Start: Starbucks @ 26th & Proctor.
Tues 03/13	9:30 AM	2 B	35 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Call RideLine for details. Start: Freighthouse Square.
Tues 03/13	2 PM	1 A	2 -12	Sharon&David Remagen 847 - 7907	How Slow Can You Go? Ride back & forth along the River Trail. Start: Parking lot in the 1100 block of River Road in Puyallup, just beyond A2Z Scuba.
Tues 03/13	6:30 PM	00 Meet	00 & Eat	Tim Payne 360 - 871-4478	Board Meeting @ the Kim Ahn Restaurant across from TCC on Mildred. Guests & Club members welcomed.
Thurs 03/15	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smooooothly. Paved trail; few road crossings; no hills. Beverage of your choice (no host) in South Prairie. Rain Cancels. Start: East Puyallup Trailhead.
Thurs 03/15	1 PM	2 A	30	Lou & Karel Vance 921 - 4847	Silk Road Smooooothly Afternoon Ride. Paved trail; few road crossings; no hills. Beverage of your choice (no host) in South Prairie. Rain Cancels. Start: East Puyallup Trailhead.
Thurs 03/15	3 PM	1 A	5 - 6	Sharon Remagen 847 - 7907	Take It Off, Take It All Off! Ride to Weight Watcher's meeting each Thursday @ Sprinker; must join WW to attend 4:15 PM meeting. Start: Pacific Commons, corner of Pacific Ave & 176th (Spanaway); park @ N end of lot, along 176th next to GenX. Call if intending to join.

 twbc monthly event schedule <i>call the ride line for the latest additions and corrections...253-759-2800</i>					
Day/ Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
Sat 03/17	7 AM	???	200K	Greg Cox 693 - 2928, Peg Winczewski 475 - 3625	Randonneurs Ride, @ your own pace. \$10 Fee for members of SIR & \$20 non-members. Website has more info: seattlerandonneur.org Start: Kent; see website or call Greg.
Sat	8 AM - 4:30 PM	All	20 34 or 47	B.I.K.E.S Club of Snohomish County	McClinchy Mile , through Snohomish County. \$\$\$ Choices: Easy 20, Flat 34, or Challenging 47. Contact @ www.bikesclub.org for more info. Start: Haller Middle School, 600 E 1st St, Arlington, Exit 208 E off I - 5.
Sat 03/17	8 AM	2 B	30 - 40	Steve & Phyllis Lay 759 - 1816	Pancake Breakfast @ Spanaway Senior Center. \$3 Fee for pancakes, eggs, ham, etc. Distance depends on weather. Start: Starbucks @ 26th & Proctor.
Sat 03/17	10 AM or 1 PM	1 A	20 B or 6 W	Carla Gramlich 879 - 0115	Volksbike/Walk Event. 10 AM for Bike, 1 PM for walk. Bring \$\$\$ for lunch. Start: Dupont Starbucks, 1100 Station Drive, near I-5.
Sun 03/18	10 AM	2 B	30	Jim De Young 912 - 0757	Lunch in Dupont @ Ferralli's. Return around 2 (?) PM. Start: McDonald's @ 152nd & Pacific.
Sun 03/18	1 PM	2 A	30	Carla Gramlich 879 - 0115	Afternoon Ride mostly on paved trail. Snack stop @ midpoint of ride. Start: Gene Coulon Park, Renton.
Sun 03/18	5 PM	00 Meet &	00 Listen	Self Guided	Blue Vespers music w/ Leanne Trevalyn & Friends w/ Rod Cook. Enjoy the music; no bike ride for this event. Start: Immanuel Presbyterian Church @ 909 N. "J" St.
Mon 03/19	9:30 AM	1 C	22	David Barton, Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Loop Pt. Defiance, regroup @ Nisqually, then to Fircrest for espresso, scones. Beginners & seasoned veterans. Someone stays w/ slowest rider. Rain/Freezing Cancels. Start: Starbucks @ 26th & Proctor.
Tues 03/20	9:30 AM	2 B	35 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Call RideLine for details. Start: Freighthouse Square.
Tues 03/20	2 PM	1 A	2 - 12	Sharon&David Remagen 847 - 7907	How Slow Can You Go? Riding south on the Interurban Trail. Start: Super Mall, Auburn, in the NE corner of parking lot near movie theaters.
Tues 03/20	6:30 PM	Meet &	Greet	TWBC 759-2800	March Club Meeting. M/A Wild West VFW Post #91, 2000 S. Union Ave., Tacoma. Note Special Earlier Time. Special presentation by adventurer, author & dad, Joe 'Metal Cowboy' Kurmaskie.
Tues 03/20	8:04 PM	Facts	Notes	Totally Tuesday	Vernal ('Spring') Equinox ('equal night'). Equal number of daylight hours as nighttime hours due to the sun positioned above the equator. UT (universal time) is 03/21 @ 00:08; PST subtracts 8 hours from UT.

 twbc monthly event schedule <i>call the ride line for the latest additions and corrections...253-759-2800</i>					
Day/ Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
Fri 03/23	2 PM	1 A	2 -12	Sharon&David Remagen 847 - 7907	How Slow Can You Go? Riding south on the Interurban Trail. Start: Super Mall, Auburn, in the NE corner of parking lot near movie theaters.
Sat 03/24	7 AM	???	180K or 112 M	Peg Winczewski 475 - 3625	Spring Equinox Dart Team Event. Website has more info: seattlerandonneur.org for rules. Start: Centrailia; see related article.
Sat 03/24	9 AM	3 B	20	Gene Smith 272 - 6747	Training Ride; emphasis on steady pace, good cadence & spinning techniques. Paceline/drafting experience not required, but may occur during ride. Start: Spoke & Sprocket, University Place.
Sun 03/25	9:30 AM	2 C	58	Carol Davis 380 - 8819, 460 - 5622	Carol's Birthday Ride to Kingston. Rain Cancels or Shortens. Start: Port Orchard Foot Ferry, leaves Pt. O. @ 9:30 AM. 
Mon 03/26	9:30 AM	1 C	22	David Barton, Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Loop Pt. Defiance, regroup @ Nisqually, then to Fircrest for espresso, scones. Beginners & seasoned veterans. Someone stays w/ slowest rider. Rain/Freezing Cancels. Start: Starbucks @ 26th & Proctor.
Tues 03/27	9:30 AM	2 B	35 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Call RideLine for details. Start: Freighthouse Square.
Tues 03/27	Facts	Morsels	Notes	Take Flight Tuesday	National Fly a Kite Day.
Weds 03/28	Facts	Morsels	Notes	Wacky Wednesday	National Weed Appreciation Day. Some weeds are actually useful & grown on purpose.
Thurs 03/29	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smooooothly. Paved trail; few road crossings; no hills. Beverage of your choice (no host) in South Prairie. Rain Cancels. Start: East Puyallup Trailhead.
Thurs 03/29	1 PM	2 A	30	Lou & Karel Vance 921 - 4847	Silk Road Smooooothly Afternoon Ride. Paved trail; few road crossings; no hills. Beverage of your choice (no host) in South Prairie. Rain Cancels. Start: East Puyallup Trailhead.
Thurs 03/29	3 PM	1 A	5 - 6	Sharon Remagen 847 - 7907	Take It Off, Take It All Off! Ride to Weight Watcher's meeting each Thursday @ Sprinker; must join WW to attend 4:15 PM meeting. Start: Pacific Commons, corner of Pacific Ave & 176th (Spanaway); park @ N end of lot, along 176th next to GenX. Call if intending to join.



This ride helps support:
Bicycle Alliance of Washington
Helmets on Wheels
bicycling safety & education programs
local bicycle improvements

Surplus food is donated
to local food bank.

For more information:

Visit the twbc.org website.
Send email to daffodil@twbc.org
Phone: Jim Davis 253-759-5616

The start location is at: Orting Library,
202 Washington Ave S, Orting, WA 98360

From Seattle:

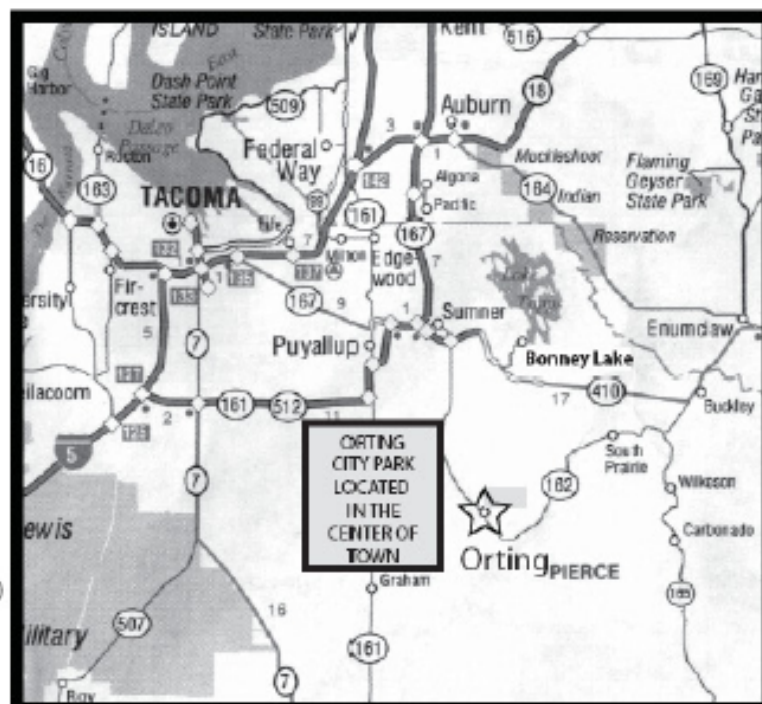
Go southbound on I-5 to SR 18 exit (milepost 142)
Go east on SR 18 to SR 167 exit in Auburn (5 miles)
Go southeast on SR 167 to Sumner
Take the SR 410 exit towards Mt. Rainier
Take the SR 162 exit and go right on SR 162 to Orting.
The park is on the right in the center of downtown,
registration is across from the park on the main street.

From Tacoma:

Take I-5 to Puyallup-River Road (SR 167) exit.
Follow River Road (167) through Puyallup to SR 167
Follow SR 167 east and exit onto SR 410 at Sumner
Take the SR 162 exit and go right on SR 162 to Orting.
The park is on the right in the center of downtown,
registration is across from the park on the main street.

From Olympia:

Go north on I-5 and take the SR 512 exit (milepost 127)
Take the 512 and follow through Puyallup.
Go east at SR 167
Take the SR 410 exit which goes to Mt. Rainier
Take the SR 162 exit and go right on SR 162 to Orting.
The park is on the right in the center of downtown.



HELMETS APPROVED BY CPSC, SNELL, ASTM OR ANSI REQUIRED FOR THIS EVENT



Tacoma Wheelmen's Bicycle Club (TWBC) Daffodil Classic Release

*****Note: This form must be signed for your registration to be complete.*****

In consideration of the acceptance of this entry & by signing this Release for myself (or for the participant if the participant is under 18) I agree to RELEASE, HOLD HARMLESS, and INDEMNIFY TWBC & all sponsors, advisors, owners & lessors of premises on which the activity takes place, their respective officers, agents & members, & any other parties connected with the bicycle event for any injury, loss or damage suffered as a result of participation in the bicycle event or any activity associated with it, including injury, loss or damage caused by the negligence of any party.

I understand that there are certain risks associated with bicycle riding, including the risk of serious personal injury or death, & I expressly agree to assume those risks. I understand the route chosen is challenging, not necessarily the safest route, & that weather conditions may make this ride more difficult. I warrant that I am in proper physical condition to participate in this event, that I am a sufficiently competent cyclist to handle the road conditions, & that my bicycle is in safe operating condition.

I understand that wearing a helmet can minimize head injuries which may occur in a cycling accident & that TWBC requires all riders to wear helmets. I agree to wear a helmet while participating in this event, & to follow the rules of the road & all applicable laws & safe bicycling practices.

I understand that this Release is also binding on my heirs & representatives. If I am signing on behalf of a minor, I accept full responsibility for all medical expenses incurred as a result of the minor's participation. I agree to HOLD HARMLESS & INDEMNIFY the entities named above for any claims brought on behalf of the minor.

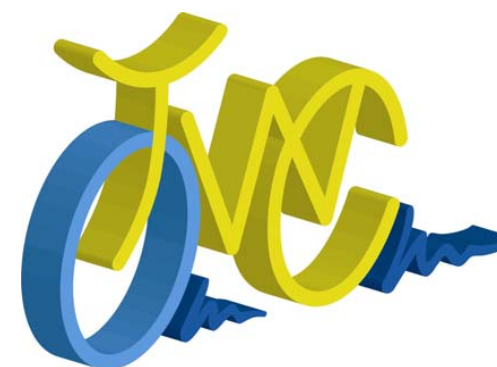
Helmets approved by CPSC, SNELL, ASTM or ANSI are required for this event.

Signature of Participant: _____ Date: _____

Signature of Parent/Guardian
if participant is under 18: _____ Birth Date: _____

YOU MUST SIGN AFTER READING FOR REGISTRATION TO BE COMPLETE!

The Metal Cowboy "Mark Twain on two wheels" USA Today



*Members, families and
friends are invited!*

Tacoma Wheelmen's Bicycle Club

Presents author

Joe Kurmaskie

"The Metal Cowboy"

On

March 20, 2007 7:30 PM

6:30 PM-Club Meeting 7:00 PM-Refreshments

*He will be reading from his latest book "Momentum Is Your
Friend: The Metal Cowboy and His Pint-Sized Posse Take on
America".*

This book and others will be available and he will be signing books following the presentation.

*This special meeting will be held at
Wild West VFW Post #91 2000 S. Union Ave
Tacoma WA*

More information can be found on our website: twbc.org.



Saturday, May 5, 2007

10 am – 2 pm

Foss High School

2112 South Tyler St.
Behind Cheney Stadium

Spring Into Safety!



- **Custom-fit safety helmets** \$7 bike and \$10 multi-sport – wearer must be present
- Crawl through the **smoke tunnel** and **learn to call 9-1-1**
- **Free car seat inspections** by certified technicians
- **Custom-fit life jackets** \$12 – wearer must be present
- Learn about **water safety** and free life jacket loans
- **Free immunizations** – bring child's shot records
- **Fire trucks, ambulances, rescue units** and **law enforcement**
- **Interactive booths, safety demonstrations** and **free giveaways**
- Appearances by fun mascots and characters

For more information, call (253) 591-5705 ext.2 or (253) 403-2700

Presented by



Tacoma Wheelmen's Bicycle Club Proudly Presents the 32nd Daffodil Classic



Sunday, April 22, 2007

"Please respect the Orting community with your vehicle parking choice."

Online registration: active.com
search by: "daffodil", closes April 19th.
(t-shirt sales close April 6)

Mail registrations to:
Daffodil Classic c/o TWBC
PO Box 112078
Tacoma, WA 98411
mail in registration closes April 6th.

Day of ride registration at Orting Library from 7am to noon. Cash and checks only!

BREAKFAST will be served by Orting Project Graduation from 6 to 10am in the library, \$7 for adults.

Free FINISH LINE DESSERT
Noon to 5pm Orting City Park

Routes to choose from:

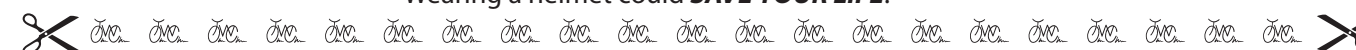
- 1- to 30-mile route: A flat ride on the Foothills Rail Trail
- New 40-mile Buckley loop
- New 60-mile Kapowsin/Eatonville loop
- 100-mile route: combination of both loops

Course information: Open from 7am - 5pm.
Map/cue sheet supplied. Roads are well marked.
Rest stops supplied with food, drinks and sani-cans.
Sag wagons will drive the route for mechanically stranded riders. Please carry ID, water, first aid kit and tire repair equipment with you.

Family Rate Allows 2 adults and children under 18 to ride at a discounted rate.

"Helmets approved by CPSC, SNELL, ASTM or ANSI are required for this event."

Wearing a helmet could **SAVE YOUR LIFE.**



Pre-registration fees:

Age 7 to 17 \$ 8 _____

Age 18 or Older \$16 _____

Family (kids under 18 same household) \$37 _____

Children 0 to 6 Free

Shirts: (Indicate number of shirts by size)

S _____

M _____

L _____

XL _____

2XL _____

Shirt quantity _____ x \$12 _____

shirts are men's short sleeve

Total Enclosed \$ _____

Must be **postmarked by April 6**

Please print clearly

complete one application per participant - additional forms at: twbc.org

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

email: _____

Day of ride fees:

Age 7 to 17 \$10

Age 18 or Older \$20

Family (kids under 18 same household) \$45

Children 0 to 6 Free

Shirts Limited quantities available \$15

Make all checks payable to: TWBC

YOU MUST SIGN ON BACK AFTER READING FOR REGISTRATION TO BE COMPLETE!
Unclaimed shirts and souvenirs become property of TWBC at noon on day of ride. SORRY THERE ARE NO REFUNDS