



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



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Tacoma, WA  
Permit No. 931

August  
2007

Please Note: You can become a member at [www.twbc.org](http://www.twbc.org). Click on 'Online' under the Join heading.

## Become a member of TWBC

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Work Phone (optional): \_\_\_\_\_

E-mail: \_\_\_\_\_ @ \_\_\_\_\_

Check Box: ☐ New Member ☐ Renew ☐ Addr Chg

Individual person membership Fee..... \$15 \_\_\_\_\_

Family membership Fee..... \$20 \_\_\_\_\_

One-time Initiation Fee .....\$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  
address in the yearly  
membership listings.

Also...Check boxes  
if you are interested  
in volunteering 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 2007



### Annual TWBC Summer Picnic Sunday, August 19

Join other TWBC members for this year's picnic at Caroline Baker's home, located at 317 - 106th St E, Tacoma (98445). Caroline has graciously offered her garden for this year's endeavor. From 2 PM until 5 or 6 PM, partake of food provided by Caroline via your membership dues. Spend time enjoying the eats & some form of games, while catching up with old and new friends. Call Caroline @ 253 - 548 - 0925, for more information and to notify her if you plan to come to the picnic, so she can order enough food and drink!!!

### The New Tacoma Narrows Bridge Opens

(and TWBC members got to ride on it!!!)

(Photo submitted by Dena Wessels)



Sunday, July 15th, 2007

Cycling the bridge

Posted by David Seago @ 09:02:17 pm

(<http://blogs.thenewstribune.com/>

[oped?p=12345&more=1&c=1&tb=1&pb=1#more12345](http://blogs.thenewstribune.com/oped?p=12345&more=1&c=1&tb=1&pb=1#more12345))

Thanks to David Seago for allowing the re-printing of his blog in the Cog!

Man, what a splendid bridge party that was today on the new Narrows Bridge. Couldn't have been better. As a member of the Tacoma Wheelmen's Bicycle Club, I was privileged to join the first party of cyclists to cross the bridge at 4 p.m.

We followed state Transportation Secretary Doug MacDonald, who wore a screaming neon orange and yellow jersey recalling the safety jackets highway workers wear. Definitely the WSDOT Look. We Spandex-clad bikers writhed with fashion envy.

MacDonald started off the festivities with a story about his classic pink English Condor road bike, which he hoisted over his head to demonstrate its lightness. Bought the bike in 1978 in London, he said. He found out later that only two pink copies of that bike were made; Eric Clapton owned the other one. Eric Clapton's girlfriend for a while was singer Sheryl Crow. Crow later moved on to wed Lance Armstrong. The point, which all cyclists present acknowledged with proper awe, was that "only three degrees of separation" lie between Doug MacDonald and Lance Armstrong.

In the presence of such an aura, how could we do anything but fall docilely in line behind WSDOTSEC and follow him on the special bike lane cleared for the occasion? No one dared

Cycling the Bridge, continued on page 3

# The COG Home Page

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Deadline for Ride Calendar,

usually, 3rd Thurs of every month

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**Peggy Fjetland**, 253 - 841 - 4458

## ANNUAL CLUB PICNIC:

**Carla Gramlich & Peggy Fjetland**

PMC

## Next Club Meeting:

**Tuesday, September 18, 2007**

## Sept. Ride Calendar Deadline:

**Tuesday, August 21, 2007**

## Article Deadline for the Sept. COG:

**Weds., August 22, 2007**

(If you don't receive your mailed newsletter, contact the editor!)

## TWBC Ride Line

**253 - 759 - 2800**

**UPDATED WEEKLY!**

The TWBC 'Smiling Bicycle' Logo was designed by member Steve Lay, as are the majority of our Club Ride T-shirts, as well as the Club Jersey.

Revel in the quiet countryside of Thurston and Lewis Counties. Enjoy views of Mt. Rainier, the Skookumchuck and Deschutes Rivers, llama farms and hawks overhead along Johnson Creek Road. All routes are well-marked, mostly along scenic, low-traffic roads. There are CBC and commercial food stops and numerous comfort facilities along all routes. Routes range from an easy 20-miler to a challenging, hilly, 100. Ice cream for every rider, a playground, and a cold quarry pool await riders at the finish.

## Tenino-Rainier-Yelm-Bucoda Rally

**5 routes: 20 / 30 / 50 / 80 / 100 miles**



## Sunday, August 12th, 2007

Start/finish: Parkside Elementary School, 301 Central Ave, Tenino

Registration open from 7:00 a.m. to 12:00 noon

(100 mile riders must register by 09:00 a.m.)

Pre-registration forms must be received by August 5, 2007

Registration includes ride number, map & cue sheet, sag support, rest stops on every loop, finish line welcome until 5:00p.m. and facilities. \$1.00 per rider supports the Bicycle Alliance of Washington (BAW). \$2.00 discount for Capital Cycling Club members. Children 12 and under ride free!



| Entry Fee Schedule           | Quantity | Pre-registered by Aug 5th | Day of Ride     | Line Total |
|------------------------------|----------|---------------------------|-----------------|------------|
| Individual riders            |          | <b>\$17.00</b>            | <b>\$20.00</b>  |            |
| Tandem teams                 |          | <b>\$27.00</b>            | <b>\$32.00</b>  |            |
| Families of 3 or more        |          | <b>\$32.00</b>            | <b>\$37.00</b>  |            |
| Capital Cycling Club Members |          | <b>(\$2.00)</b>           | <b>(\$2.00)</b> |            |

Mail completed form and checks to:

**Capital Cycling Club - P.O. Box 642 - Olympia, WA 98507**

[www.capitalbicyclingclub.org](http://www.capitalbicyclingclub.org)

Questions? CBC Hotline (360) 480-7356

or, register on-line:

[http://www.active.com/event\\_detail.cfm?event\\_id=1400568](http://www.active.com/event_detail.cfm?event_id=1400568)

total enclosed

## APPROVED HELMETS ARE REQUIRED ON THIS RIDE



Name(s) (please print) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

E-mail Address \_\_\_\_\_

In consideration of the Capital Cycling Club (CBC) accepting my registration, I hereby for myself (or parent/guardian, if entrant is under 18) waive and release any and all rights and claims for damages against CBC, its officials and any other sponsors prior to, during, or after participation in this August 12, 2007, bicycle ride, caused by sickness, accident or any other cause that may occur. I also agree to accept all rules, regulations and policies set forth by the CBC. I realize I will be on the roadways of Lewis and Thurston counties during this event, and I must obey all traffic laws. I also realize that an approved bicycle helmet decreases the chance of injury; I agree to wear a helmet during this event.

Signature(s)/Date \_\_\_\_\_

Guardian (if rider is under 18) \_\_\_\_\_

rider number assigned

From TWBC's The Cog-nitve Courier



**TRYBR Flyer**

Return .... Gorge, continued from page 13

rigs are very good about giving bicyclists enough clearance as they pass. RVs were not particularly heavy on this route although the age of the drivers cause me some worry. I had only one pickup truck come overly close but that can happen anywhere. Oregon, despite their glass bottle deposits, has more glass on the shoulder of I-84 than Washington’s SR 14. Perhaps it is a product of traffic volume and out-of-state motorists. And always be prepared for inclement weather.



Renewing Members (Welcome Back!):

John Ernest Berry III, Nancy Block/ Olexick & Rick Olexick, Lawrence Bradley, Jan Brame, Herb & Sherry Brooks, Steve Brown, Phillip, Helen, & Gary Burgess, Tom & Carol Cabe, Susan Coley, Donna & Bruce Daily, Ruth Daugherty, Carol & Roz Davis, John Davis & Family, Jim DeYoung, Herman Diers, Douglas Dorr, Michael Doyle, Dolores Fitch & Family, Darrell Gee, Anne Hafer & Mike Flodin, Steve & Cynthia Hammer, Martha Hartley, Debbie & Jim Hushagen, John Joyce, George Kelley, Gerald Kluck, Mary & Steve Kubiszewski, Ed & Angie Littleton, Mike & Marcia Madden, Bob Myrick, Carolyn Nelson, Timothy, Diana & Jason Payne, Irene Potter, Tom Ripley, Betty Sawyers, Dottie Selby, Mike & Karen Servey, Gene Smith, Robert Taub, Nancy Thompson, Marlaina Wall, & Peg Winczewski.

New Members (Welcome to the Club!):

Charles Burpee II, David & Allison Cerny, Ernst & Kieran Coumou, Paul Davis, Lynn Fioretti, John Gulczynski, Mona Hahn, Roy Harris, Janet Higbee, Liza Higbee-Robinson, Paul Robinson, & Forrest Robinson, Diana Hoffman, Dennis Julverzan, Esther Klein, Glenn & Mimi Kray, Enique & Marjorie Leon, Bob, Elana, Nicole & Jason Lindquist, Cheryl Osborne, Marianne Piotrowski, Dawn Tecklenburg, Michael Vier, Jane Watson, & Jan & Jim Weger.

President’s Message

President Carol is off biking somewhere. Her column will resume in the Sept. Cog.



(Photos submitted by Ralph Wessels)



View of the Gorge w/ Beacon Rock



Road to Rowena Crest Overlook



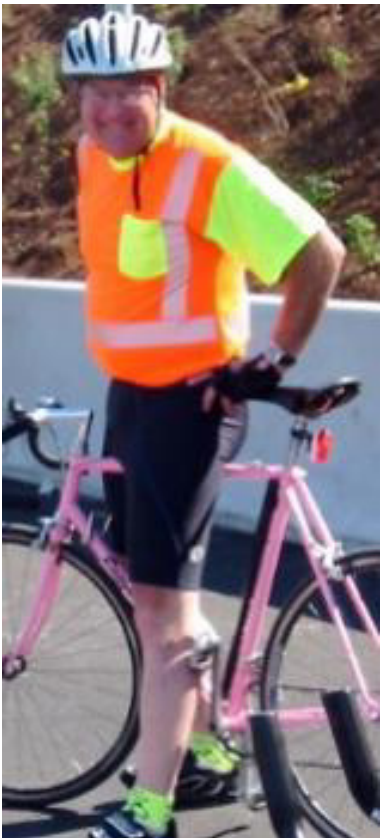
Ralph @ Crown Point

Cycling the Bridge, continued from page 1

[More:]

Anyone who has navigated the narrow sidewalks of the old Narrows Bridge on a bicycle cringes at the memory. Hardened riders who think nothing of changing lanes on a four-lane arterial to make a left turn shudder at the thought of riding the cramped sidewalks on the old bridge. The fear of being decked by the extended rear-view mirror of a passing RV or truck is nerve-wracking.

Riding the new bridge will be a pleasure. Today we rode on pavement that cars will travel, but the 10-foot bike lane next to the railing that will open later is spacious and comfortable to ride. The scenery, especially on a sunny summer day, is marvelous. A similar lane will be provided on the old bridge, perhaps by October. (That's a subject of dispute between the Wheelmen and WSDOTSEC, but the disagreement was put aside for the day.) On the return journey from the Gig Harbor side to Tacoma, MacDonald graciously waved on his guests and let them lead the way. Great ride. Good show.



(Photo submitted by David Seago)



Bob Myrick  
TWBC Director of  
Community and  
Government  
Affairs



Just Steve Brown, Ralph Wessels and I were in attendance at our committee meeting. The next Government Affairs meeting will be on Tuesday, September 4 at the Taqueria Guadalajara in the Stadium District at First and Tacoma Avenues at 7 pm. There will be no meeting in August since many of us will be on various bike trips. I will be in Idaho doing the Supertour for 12 days.

The proposed St. Helen's Avenue local improvement district was discussed. A meeting was set up with the City Manager on July 9, from 2 to 3 pm thanks to Kurtis Kingsolver and Dana Brown from the City of Tacoma. We are presently looking at a one-way street coming down the hill with a five-foot bike lane heading up the street. Parked cars sticking out into the bike lane would be ticketed and possibly towed.

We are about ready to send our list of proposed low cost bike improvements to the City Manager. Ralph suggested we should emphasize that streets like Tyler should be mentioned in that we still expect them to be improved as provided in the City's Six Year plan.

Carla now has the name of the Tacoma employee charged with graffiti removal on City property. She will be the point person for contacting him with regard to the Scott Pierson trail and other areas.

The Foothills Trail is supposed to be moving forward soon. A big sign has been installed downstream from Buckley indicating it is alright to explore the single track on the way to Lower Burnett. Construction is set to get underway on the large bridge structure that will carry the trail across the Lower Burnett area and South Prairie Creek to the intersection where the trail splits to Wilkeson and South Prairie. Feel free to go to Wilkeson and explore three trail segments that are paved and single track, two right in Wilkeson and the third upstream past Carbonado at the Gray gate. The County says they are moving forward quickly on the Parton trailer court property in South Prairie and the Paintball property just upstream from South Prairie. In Buckley, King County is working on the bridge to carry the trail across the White River towards Enumclaw. The connection between

Gov Affairs, continued on page 4, column 1

**Gov. Affairs, continued from page 3, column 2**

the Foothills Trail and the Puyallup River Walk trail is waiting for a permit from the Railroad and a route from Roger Knutson who owns property along the river.

The Narrows Bridge was dedicated on July 15, but the new trail across the bridge won't be available until the Fall due to the constructors needing to store and operate equipment to complete their work. The State will be providing a temporary path on the west side of the crossing to facilitate bike/ped travel. The crossing will be on the north sidewalk of the old bridge.

The Shoulders and Striping Report prepared by Mike Galizio was briefly discussed. Later, Mike called me and indicated the County would be providing five-foot bike lanes on 176th Street as it is being widened and reconstructed to be an extension of the future Cross Base Highway. This street eventually will lead into Orting and perhaps up into the Cascadia development. Kurtis Kingsolver from the City of Tacoma is attempting to provide a three-foot shoulder edge on Center Street as it climbs out of Tacoma towards Tyler Street. Hopefully, the narrower traffic lanes will also reduce vehicle speeds.

The local and State Health Departments coordinated a workshop on the City Water Ditch Trail this past month. About 30 people attended and the workshop was a great success and very well organized. It is gratifying to see this trail beginning to move forward after some 20 years of effort. Lakewood is presently engaged in a planning process that will consider hooking up to this trail. Some of you may know the trail used to extend to Lake City and beyond where Tacoma residents maintained summer cottages on American Lake. Tacoma is working with Sound Transit to provide parts of this trail along the commuter train corridor.

If you live in Gig Harbor, please contact your Council representatives or Officials and urge them to include money in next year's budget to move forward with construction of the Cushman trail extension towards Borgen Boulevard. I understand about \$600,000 needs to be provided by Gig Harbor along with about \$3.6 million in available County funds to get construction underway.

I hope to see you at our meeting in September. In any event, cycle more and worry less.



**Headwaters Century – September 9, 2007**

**Needed: St. Bernards**

By Joyce Clifford

If you like driving around in the headwaters of the White River, lending riders a pump or a patch kit, and giving stranded riders a lift – the Headwaters Century needs you. You do not need to weigh 220 pounds, have long fur or carry a basket of brandy. You need a vehicle that will carry a bike and a passenger, a few tools, a map, a first aid kit and the heart of a St Bernard. Seriously, riders love to see you go by even when they don't need you. It gives them a warm fuzzy feeling.

The rest stops need a few labs – warm welcomes and lots of energy to share as you send the riders on their way with their water bottles and their bellies full.

Poodles love to invite riders in at the end of the ride, listen to their stories and serve them their much-deserved dessert --with a napkin, of course.

Terriers are needed to get the job done at registration. There are so many details to consider. We will provide chairs that you can stand on to see over the table.

All types of working dogs that like to have fun. All breeds are welcome. Mutts are highly valued for their mixed attributes and stable personalities. Please sign onto the TWBC website and put your paw print on the volunteer list.

WE NEED YOU!



Don't 'poop out' on the last event of the year.

**Return .... Gorge, continued from page 12**

and cocoa, I hit the road about 8:30 AM. The head wind was a light 15 to 20 mph. Horsethief Lake is located at the bottom of a hill so I got my first of many climbs in early. My plan for the day was to at least ride to Hood River and to keep going if the weather was tolerable.

The scenic route for bicyclists on the Oregon side is the Historic Columbia River Highway State Trail, which consists primarily of Highway 30. It is not well marked and requires some intuitiveness to keep on course. I found the right road out of the Dalles and immediately began a long, steep climb up to Rowena Crest Overlook. I generally had one gear left in reserve during the climb. This section is a popular bike ride and there were more bicyclists on this portion of the route than cars. The descent from Rowena ends at Mosier. I found some bike signs to direct (or mis-direct) the way and ended up at a trailhead with a dead-end sign. Hmm. Well, there might have been a trail to the right farther down the hill. I retraced my steps and confirmed with a runner that the 5-mile trail did reconnect to Highway 30 on the other end. So the next few miles were very enjoyable and included going through a double-tunnel. In Hood River, a couple on a tandem directed me to the New York Subway Company, which they claimed had the best subways in town. I took their advice and found the shop. Normally, I order a half-sub but I decided to get a full. When it came, it was cut in half with each half the size of a full sub. Somehow, I managed to eat the whole thing.

From Hood River to the Cascade Locks, bicyclists have to ride on the shoulder of I-84. It was still dry out so off I went. There is an adequate shoulder for most of the route but there is a ½ mile exception where the shoulder is 4 feet wide between the fog strip and guardrail and a 16-inch rumble strip is offset from the fog stripe by 1 foot. It leaves bicyclists with no place to ride but on the fog-stripe. I scurried through this section and traffic was somewhat lighter than it had been. Someone wasn't thinking when they installed these rumble strips.

From the Cascade Locks to the west, there are some trails to ride on. Again, these are not well marked. I also found that the maps I had were not current. I had decided to not ride on the unpaved sections and then found the trail had been paved since the map was created. But then it was too late for me to cross over to the trail. A trail section did come up to the shoulder barrier at one point so I decided to hop the barrier. That trail ended at the Moffet Bridge, a 170-foot flat arch, concrete bridge built in 1915. I enjoyed

seeing the bridge, which when built, was the longest of its type. But I had to backtrack again to get back on-route. About 5 miles past Viento State Park, the headwinds finally decreased. "Viento" in Spanish means "wind" so the name is applicable.

The 22-mile section of the trail before Troutdale is all on Highway 30 and goes past a number of water falls. I stopped at Horsetail Falls and Multnomah Falls. There were sections of road where it had rained not too much earlier but I was still dry. Looking at the map, it appeared that by staying on Highway 30, one would pass below a spur that goes to Crown Point (Vista House). I have ridden up to Crown Point from the west several times and it is quite a climb even when not fully loaded for touring. So my strategy was to avoid doing this unnecessary climb. Well, was it the map or did I again miss a turn? I don't know but all I can tell you is the view from Crown Point was spectacular. I could easily view Portland to the west and the sun that was behind clouds and heading towards the horizon. Vancouver is 25 miles away so I planned to stay at one of several motels on the Oregon side that night and retrieve my truck in Vancouver the next day.

The descent to Troutdale was fast. Again, very light traffic in the evening heading west. From Troutdale, I headed toward the Columbia River onto Marine View Drive and kept riding. There is a trail that parallels the western portion of Marine View Drive but I found the shoulder to be faster. When I got to the motel area, the first motel had only smoking rooms left (I am surprised they haven't they banned these) and the other only had only a few very costly rooms left. It's probably too close to the airport to expect something reasonable. So I decided to cross back into Washington and try my luck at one of several motels down the street from where my truck was parked. A nice motel room on the ground floor was available there for only \$45 and a Sheri's restaurant open 24 hours was a block away. It was 9:45 PM and I had covered 99 miles pulling my BOB trailer. When I got home and weighed the bike, trailer, and assorted gear, everything totaled 101 pounds.

A few final notes about bicycling the Columbia Gorge. It is a very spectacular ride. I would suggest that if you choose to do this ride, that you break into groups of 2 to 4 riders in the few sections that have limited shoulder space. There are enough motels along the way that it would be easy to credit card camp. Leaving on a non-weekend day is preferable as the traffic is much lighter. The big tractor-trailer

**Return Tour .... Gorge, continued on page 14**

Return Tour of the Columbia Gorge

Submitted By Ralph Wessels

My return trip to Bear Creek and through the scenic Columbia Gorge was again wonderful. It had been forty-one years since my friend Gary and I last rode and pushed our single-speed bicycles that were heavily laden with gear up the Gorge (see the July issue of The Cog-nitive Courier). Fortunately, not much development has occurred to affect the area since then. This is likely due to Congress recognizing the unique beauty of the gorge by making it the first U.S. National Scenic Area and establishing the Columbia River Gorge Commission as part of an interstate compact.

I had no takers on the open invite to travel with me so rode alone, leaving the day after the new Tacoma Narrows Bridge festivities. The weather prediction for the week was moderate, dry weather. As anyone who has ridden bikes long will learn, never trust weather forecasts in the Northwest. I brought the appropriate raingear and dry bags in the event of rain.

I didn’t get on the road from Vancouver until 2:30 PM on Monday. While later in the day than planned, the result was there was very little traffic on my 3-hour ride to Beacon Rock State Park. I pulled my BOB trailer with my gear mostly stored in various bags within the big black bag that came with the trailer. The last portion of the ride was a challenge as the campground is located ½ mile up an approximate 12 percent grade. The campground was lightly used and lacked the normal noise that occurs on weekends. I took the only hiker/biker spot as it cost \$12, \$2 less than sites with a parking area. I also invested fifty cents to buy three minutes of shower time. Dinner was clam chowder.

The next morning, the weather had turned cooler and cloudier with an apparent threat of rain. I used my Whisper-Lite stove to cook instant oatmeal and cocoa and then packed up and parked the bike at the ranger station across from Beacon Rock for better security. Beacon Rock is an 848-foot high monolith that was the core of an ancient volcano. The Lewis and Clark Expedition named it in 1805. It was almost used as a rock quarry in the 1910’s but was saved when Henry Biddle purchased it to preserve it for a hiking trail that he built between 1915 and 1918. He then gave it to the State. After enjoying the great views from the rock

and calling home (great reception from on top!), I retrieved my bike and rode past Stevenson and Carson to Bear Creek. Traffic was light all of the way and the few large trucks gave me a wide berth. Since it was still early when I arrived, I hid my BOB trailer behind some rocks and then rode up to Government Mineral Springs. There was intermittent light drizzle on this part of the ride. After returning to Bear Creek, I set up the tent on the wayward side of five cedars in order to get better protection from possible rain. Bear Creek has a large pond of cold water below a culvert. This was as close to a shower as I would find there. Dinner was Top Ramen with added tuna.

In the middle of the night, a sustained heavy rain arrived and continued till about 11 AM the next morning. I decided to wait it out in the tent until 10:30 when I decided that I would need to leave to get to that day’s destination of Columbia Hill State Park (formerly Horsethief Lake S. P.). There are seven tunnels on this stretch of road with push-button lights to warn motorists when bicyclists are in the tunnel. Traffic is light so there was no problem at all. I picked up some maps for my return trip on the Oregon side at Bingen. By the way, you cannot ride a bicycle or walk across the (private and toll) bridge that goes to Hood River. Bicyclists have to thumb a ride with someone driving across or ride 20 miles to the next bridge. I pulled into the State park about 6:30 PM after having ridden in the dry all day with a tailwind. The Dalles area has emerged as an international destination for windsurfers because of the constant wind going opposite to the river flow. I set up my tent behind a windscreen at one of the tent sites, as the wind was an estimated 40 to 50 mph. A friendly ranger came past and noted that they had a hiker/biker spot and that as long as the campground did not fill up, I would not get bumped from where I had already camped. I decided that this was a low possibility given the number of empty sites still available at the late hour. However, the hiker/biker spot cost the same as a regular tent site (\$14) and had no windscreen. It does not make sense. The campground has restrooms under construction and hopefully these will have showers. The only facilities were Sanicans and water faucets. Well, so much for a shower there. I had chatted with several people along the way and it appeared a weather front would be moving into the area. So, I decided that this would be as far upriver as I would go. Tomorrow I would cross into Oregon and head back on the scenic route. Dinner was beef stew.

The next morning after a leisurely breakfast of instant oatmeal

Return ..... Gorge, continued on page 13

TWBC Build Day at Mike and Marcia’s Habitat House

By Joyce Clifford

It is called the 1000 Friends Build. If 1000 people give, just a little a house can be built for a neighbor in need. Mike and Marcia conceived the idea to put meaning behind their trip last year across America to visit friends and relatives. The trip became a fundraiser for a build in Tacoma.

With the cycle-sweating complete, the hammer, shovel and paintbrush-sweating has started. As I was pulling nails from the foundation framing and seeing some familiar faces around me I thought “wouldn’t it be fun to have a whole team of people I know working together on this house.”

I would like to reserve September 14 – a Friday – and September 15 – a Saturday – as TWBC Build Days. The planned activities for those days are interior painting, interior trim, tile floors and installing cabinets. Check out the Habitat website at www.tpc-habitat.org and go to the volunteer page. You can find the build calendar and how to volunteer. If you are interest please let me know: Joyce at 253-759-2393 or JoyceClifford@earthlink.net.



If you are the first to recognize these “retired” Wheelmen builders you will win a free lunch at the TWBC Build Day.

Ride Around Puget Sound – 8/25-26

By Ralph Wessels

There are just a few volunteer positions left for RAPSody. As usual, TWBC is staffing the start and end at Tacoma community College, the rest stop for 1-day riders and the overnight coordination in Shelton, Pt. Defiance coordination, and sag support between Yelm and Tacoma. If you would like to volunteer, contact Ralph Wessels at ralphdena@earthlink or 857-5658.

Carla Gramlich is coordinating the volunteer pre-ride for 8/18-19 between the five host clubs. If you are a volunteer and plan to go, contact Carla at (253) 879 0115 or ca\_gramlich@yahoo.com. Details were in the July newsletter.

If you have not yet registered for RAPSody, be sure to do so soon. You can use the flyer from the July newsletter, download one from www.rapsodybikeride.com, or register online through Active.com. Registration closes on August 17.

All RAPSody proceeds benefit the Bicycle Alliance of Washington’s statewide advocacy and education programs. RAPSody is organized by BIKES Club of Snohomish County, Capital Bicycle Club, Seattle Bicycle Club, Tacoma Wheelmen's Bicycle Club, and West Sound Cycling Club.

From the dedication on July 15, 2007....



Future Bike/Pedestrian Lane on the New Tacoma Narrows Bridge (Photo submitted by Carla Gramlich)

Girls Just Wanna Have Fun

By Marguerite Richmond

The guilt hit me at mile 62. I’d been riding the classic Seattle-to-Portland with Joyce Clifford, and we were having a great time. Beautiful scenery, interesting people, light-hearted conversation--I felt good.

But coming into the halfway point, where we were met with cheering volunteers, bottles of cold water, Creamsicles, and cries of “Congratulations – you’ve gone 100 miles,” I felt a pang of remorse. I knew I didn’t deserve the praise. I had *cheated*. We had started from Tacoma, instead of Seattle – where all *real* STP riders start.

So I sat on the grass at Centralia College watching Joyce contemplate a truly awful peanut butter and jelly sandwich left over from the one-day riders, and I secretly regretted my decision to truncate the sacred STP.

Then, suddenly, it all came back to me. It had been four years since I last rode the STP, but I clearly recalled the four am arrival at the UW parking lot, the ominously unnamed favor promised to the person who drove me, and most of all, I remembered the thirty-seven miles of bike backwash and cluster crashes from downtown Seattle to Spanaway. And just like that, the guilt was gone! Gone as quickly as the sandwich Joyce had three-pointed into a distant garbage can.

This ride was about FUN, I reminded myself. Hadn’t we planned months in advance how we would decorate our helmets, what color to paint our toenails? Hadn’t we brought along a queen-sized inflatable motel-quality mattress? Travel Scrabble and Tempur-pedic pillows? Yes, we were doing the STP, ‘The FUN Way!’

We had started that morning at the ridiculously early hour of 7:00 am, and made it six miles before we had to remove the spinning lawn ornaments from our helmets. Seems there’s some law of physics that says a helmet in motion will drag your head off if you attach a large object to it. Huh.

But the other decorations held strong, and we made it the whole 13 miles to the first rest stop. We filled up on snacks and walked around stretching and saying, “Wow – it hardly feels like we’ve gone 54 miles!”

And now, four hours later, we lay on the grass soaking in contentment before we peddled the last ten miles to our overnight stop at Bethel Church. There, we met up with Jim DeYoung and Jim Wegen for a great meal of chicken and pasta. After dinner I wandered over to the TV area, where exhausted riders were watching the Tour de France. I would occasionally ask loudly: “How’s Lance doing?” even after it got really old. When I got tired of watching the backs of a bunch of cyclists on TV after a day of watching the backs of a bunch of cyclists on the road, I went to bed.

The next morning we woke to the sound of children giggling. We pulled our mattress out from under the Sunday School tables that had somehow appeared over our heads, and rushed to get on our bikes before the first rest stop closed.

Later that day, we ran into Jan Brame and Mike Schrumm, and a few other TWBC riders. No one was seriously injured. Peggy Fjetland and her daughter Sophie passed me as I stopped to fiddle with my tires for the third time, trying to locate a persistent clacking sound. When I finally realized the noise was coming from the sunglasses dangling against my jacket zipper, it was too late to catch up to them.

We talked to many interesting people on the ride, of all ages and experiences, from all parts of the country – even the state of Canada. When we finally pulled into Portland that afternoon, we had cycled 163 miles at 13 point something miles per hour, and neither of us could recall a single moment that didn’t meet our definition of FUN. We’re already planning to ride next year, but I think we’re going to start from Yelm.

Terrain & Ride Code Chart For TWBC Monthly Ride/Event Calendar

Terrain Code Examples:

**A** - Mostly Flat (Interurban 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) .

RIDE CODE CHART, PACE

Pace Code Examples: 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, 13-16mph; **4** - Fast pace, very limited stops, cue sheets or maps provided, 16 + mph.

| <div> <b>twbc monthly event schedule</b><br/>call the ride line for the latest additions and corrections...253-759-2800</div> |             |           |             |                                                      |                                                                                                                                                                              |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|-----------|-------------|------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Day/- Day                                                                                                                                                                                                        | Time        | Ride Code | Distance    | Leader/ Contact @ (253)                              | Ride or Activity                                                                                                                                                             |
| 08/20 Mon                                                                                                                                                                                                        | 9:30 AM     | 1 C       | 22          | Lou & Karel Vance<br>921 - 4847                      | Hail, hardy & ready for coffee.<br>See 08/06 for details of Ride/Activity.                                                                                                   |
| 08/21 Tues                                                                                                                                                                                                       | 9 AM        | 2 B       | 35 - 50     | Call Ride Line<br>759 - 2800                         | Tues. Decide to Ride. Call RideLine for details.<br>Start: Call Ride Line or check the Club website.                                                                         |
| 08/23 Thurs                                                                                                                                                                                                      | 9:30 AM     | 2 A       | 30          | Lonna Cain<br>475 - 8853                             | Silk Road Smooooothly. See 08/02 for details.                                                                                                                                |
| <b>08/25 - 08/26 Sat - Sun</b>                                                                                                                                                                                   | 6 AM- 8 AM  | All       | 165 Total   | TWBC Representative--<br>Ralph Wessels<br>857 - 5658 | <b>RAPSody</b> , \$\$\$, pre-registration required.<br>Start: TCC. Call for information or check Club website for this 5 Sisters benefit for BAW.<br>www.rapsodybikeride.com |
| 08/27 Mon                                                                                                                                                                                                        | 9:30 AM     | 1 C       | 22          | Lou & Karel Vance<br>921 - 4847                      | Hail, hardy & ready for coffee.<br>See 08/06 for details of Ride/Activity.                                                                                                   |
| 08/28 Tues                                                                                                                                                                                                       | 9 AM        | 2 B       | 35 - 50     | Call Ride Line<br>759 - 2800                         | Tues. Decide to Ride. Call RideLine for details.<br>Start: Call Ride Line or check the Club website.                                                                         |
| 08/30 Thurs                                                                                                                                                                                                      | 9:30 AM     | 2 A       | 30          | Lonna Cain<br>475 - 8853                             | Silk Road Smooooothly. See 08/02 for details.                                                                                                                                |
| 09/01 Sat                                                                                                                                                                                                        | 8 AM        | 3 B       | 85 - 100    | Gene Smith<br>272 - 6747                             | Headwaters Century Pre-Ride. Ride the Pre-Ride, then volunteer the day of the ride.<br>Start: Enumclaw High School.                                                          |
| 09/01 Sun                                                                                                                                                                                                        | 8 AM        | 2 B       | 85 - 100    | Carla Gramlich<br>879 - 0115                         | Headwaters Century Pre-Ride. Ride the Pre-Ride, then volunteer the day of the ride.<br>Start: Enumclaw High School.                                                          |
| 09/03 Mon                                                                                                                                                                                                        | 9:30 AM     | 1 C       | 22          | Lou & Karel Vance<br>921 - 4847                      | Hail, hardy & ready for coffee.<br>See 08/06 for details of Ride/Activity.                                                                                                   |
| 09/04 Tues                                                                                                                                                                                                       | 9 AM        | 2 B       | 35 - 50     | Call Ride Line<br>759 - 2800                         | Tues. Decide to Ride. Call RideLine for details.<br>Start: Call Ride Line or check the Club website.                                                                         |
| 09/04 Tues                                                                                                                                                                                                       | 7 <b>PM</b> | 00 Meet   | 00 & Eat    | Bob Myrick<br>473 - 7455                             | <b>Government Affairs Meeting @</b><br>Guadalajara Taqueria in the Stadium H.S. area @ 1st & Tacoma Ave.                                                                     |
| <b>09/09 Sun</b>                                                                                                                                                                                                 | 7 AM        | All       | 45, 65, 100 | <b>TWBC</b> ,<br>Gene Smith<br>272 - 6747            | <b>Headwaters Century</b> , \$\$\$.<br>Start: Enumclaw High School.<br>www.twbc.org                                                                                          |



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

Surplus food is donate  
to local food bank.

Start location: Enumclaw High School

#### From Seattle:

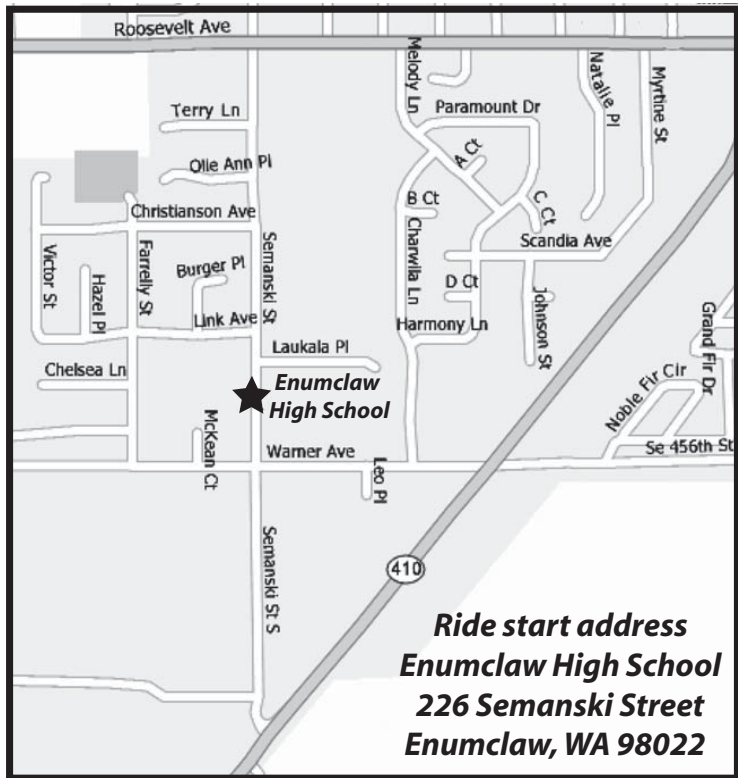
Go south on I-5 to SR 18 exit (milepost 142)  
Go east on SR 18 to SR 164 exit in Auburn (5 miles)  
Go southeast on SR 164 to Enumclaw (15 miles)  
Turn right (south) on Semanski Street  
Go 0.5 miles to Enumclaw High School on the right.

#### From Tacoma:

Go north on I-5 to SR 167 exit near Fife (milepost 135)  
Go east on SR 167 (River Rd) to the end in Puyallup and  
turn left (north) over Puyallup River Bridge.  
Turn right after the bridge to stay on SR 187  
Go 2 miles and take the SR 410 exit which goes to  
Mt. Rainier  
Go 16 miles on SR 410 and turn left (north) on Semanski  
Street as you enter Enumclaw  
Go 0.2 miles to Enumclaw High School on the left

#### From Olympia:

Go north on I-5 and take the SR 512 exit (milepost 127)  
Go past Puyallup to the end of SR 513 (10 miles) and then  
go east on SR 167  
Go 1 mile and take the SR 410 exit which goes to  
Mt. Rainier  
Go 16 miles on SR 410 and turn left (north) on Semanski  
Street as you enter Enumclaw  
Go 0.2 miles to Enumclaw High School on the left.



**For more information:**  
Visit the [twbc.org](http://twbc.org) website.  
Send email to [headwaters@twbc.org](mailto:headwaters@twbc.org)  
Phone: Gene Smith 253-272-6747



## twbc monthly event schedule

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

| Day/<br>Day                      | Time          | Ride<br>Code | Dist-<br>ance | Leader/<br>Contact @<br>(253)      | Ride or Activity                                                                                                                                                                                                                                                                                                                                                    |
|----------------------------------|---------------|--------------|---------------|------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 08/01<br>Weds                    | 5 PM          | 2 B          | 25            | Debbie<br>Hushagen<br>922 - 5801   | Music in Steilacoom. Illusion of Elvis Concert @ 6:30 pm.<br>May want to bring something to snack on.<br>May want lights but hope to return before dark.<br>Start: Starbucks @ N26th & Proctor;<br>Skyline P & R @ 5:30 PM.                                                                                                                                         |
| 08/02<br>Thurs                   | 9: 30<br>AM   | 2 A          | 30            | Lonna Cain<br>475 - 8853           | Silk Road Smooooothly. Paved trail; few road crossings; no<br>hills. Beverage of your choice (no host) in South Prairie.<br>Rain Cancels. Start: East Puyallup Trailhead.                                                                                                                                                                                           |
| 08/02<br>Thurs                   | 7 PM          | 1 A          | 10            | Carla Gramlich<br>879 - 0115       | Thurs. Night Family Ride on Scott Pierson Trail.<br>Start: Center St.P&R Lot--kinda across from Home Depo.                                                                                                                                                                                                                                                          |
| 08/04 -<br>08/06<br>Sat -<br>Mon | 6 AM          | All          | 172<br>Total  | Ron Nowicki<br>661 - 2664          | <b>TWBC Courage Classic Team.</b> Requires fund-raising<br>of \$400 + \$60 Registraion. Benefits Mary Bridge.<br>Good for TWBC members to ride together @ this event.<br>Camping intended for both nights.<br>Team benefits: different T-shirt, photos, recognition.<br>Start: Call for details. <a href="http://www.courageclassic.com">www.courageclassic.com</a> |
| 08/04<br>Sat                     | 9 AM          | 3 B          | 25            | Gene Smith<br>272 - 6747           | Training Ride; emphasis on steady pace, good cadence<br>& spinning techniques. Paceline/drafting experience<br>not required, but may occur during ride.<br>Start: Spoke & Sprocket, University Place.                                                                                                                                                               |
| 08/06<br>Mon                     | 9:30<br>AM    | 1 C          | 22            | Lonna Cain<br>475 - 8853           | Hail, hardy & ready for coffee. Loop Pt. Defiance,<br>regroup @ Nisqually, then to Fircrest for espresso,<br>scones. Beginners & seasoned veterans. Someone<br>stays with slowest rider. Rain Cancels.<br>Start: Starbucks @ 26th & Proctor.                                                                                                                        |
| 08/07<br>Tues                    | 9 AM          | 2 B          | 35 - 50       | Call Ride Line<br>759 - 2800       | Tues. Decide to Ride. Call RideLine for details.<br>Start: Call Ride Line or check the Club website.                                                                                                                                                                                                                                                                |
| 08/08<br>Wed                     | 5 PM          | 2 B          | 25            | Debbie<br>Hushagen<br>922 - 5801   | Music in Steilacoom.<br>The Michael Powers Jazz Band Concert @ 6:30 pm.<br>See 08/01 for details of Ride/Activity.                                                                                                                                                                                                                                                  |
| 08/09<br>Thurs                   | 9: 30<br>AM   | 2 A          | 30            | Lonna Cain<br>475 - 8853           | Silk Road Smooooothly. See 08/02 for details.                                                                                                                                                                                                                                                                                                                       |
| 08/09<br>Thurs                   | 7 PM          | 1 A          | 10 -15        | Peggy Fjetland<br>841 - 4458       | Thurs. Night Family Ride. Everyone is welcomed.<br>Start: Algona Trailhead.                                                                                                                                                                                                                                                                                         |
| 08/11<br>Sat                     | 11AM-<br>6 PM | All          | Varied        | BAW;<br>New Belgium<br>Brewing Co. | <b>Tour de Fat, Seattle.</b> Philanthropic Cycling Circus.<br>Bike Parade, decorated bikes & riders; beer garden.<br>Benefits BAW. Start: N 35th & Phinney.<br><a href="http://www.bicyclealliance.org/rides/index.html/#tourdefat">www.bicyclealliance.org/rides/index.html/#tourdefat</a>                                                                         |

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



#### Tacoma Wheelmen's Bicycle Club (TWBC) Headwaters Century 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, advertisers, 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!**

**Headwaters Flyer Back  
the cog page 10**

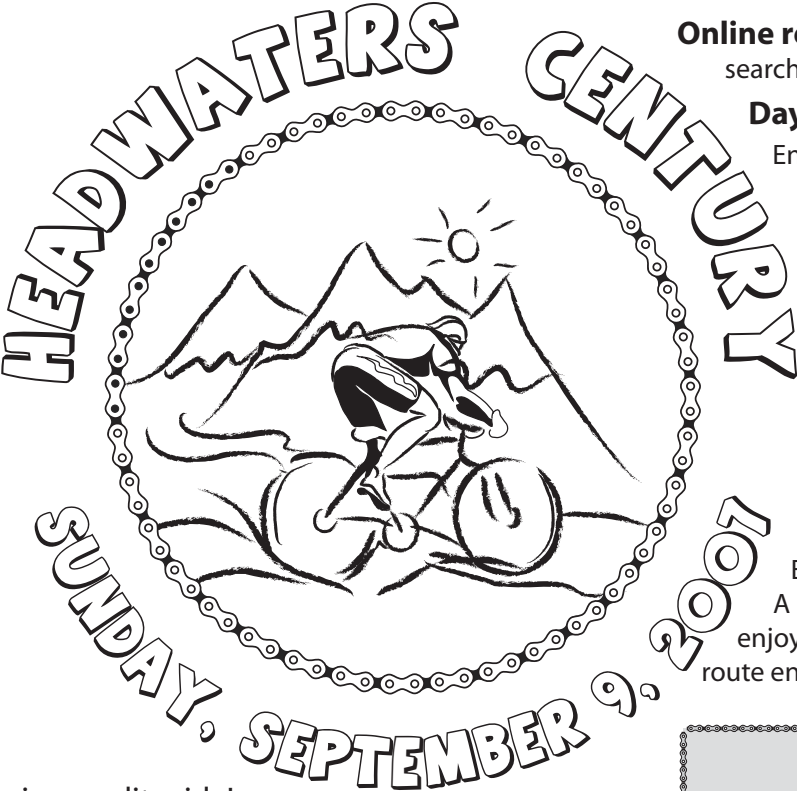
**Ride Calendar page 1  
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| <div><b>twbc monthly event schedule</b><br/>call the ride line for the latest additions and corrections...253-759-2800</div> |                        |              |                             |                                                 |                                                                                                                                                                       |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|--------------|-----------------------------|-------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Day/-<br>Day                                                                                                                                                                                                  | Time                   | Ride<br>Code | Dist-<br>ance               | Leader/<br>Contact @<br>(253)                   | Ride or Activity                                                                                                                                                      |
| 08/11<br>Sat                                                                                                                                                                                                  | 8:15<br>AM             | 2 B          | 45                          | Ralph Wessels<br>857 - 5658;<br>549 - 6952 cell | Ride to Tour de Fat. Catch 8:20 AM ferry.<br>Return dependant on group & activities.<br>Start: Southworth Ferry Terminal.                                             |
| 08/11<br>Sat                                                                                                                                                                                                  | 9:30<br>AM             | 2 B          | 65                          | Louis Boitano<br>922 - 1168                     | Louie's Figure 8 around Lake Washington,<br>with a stop for lunch.<br>Start: Gene Coulan Park, Renton.                                                                |
| <b>08/12<br/>Sun</b>                                                                                                                                                                                          | 7 AM                   | All          | 20, 30,<br>50, 80,<br>& 100 | Capital<br>Bicycling Club<br>360- 480 - 7356    | <b>TRYBR</b> , \$\$\$, Tenino.<br>Through south Thurston & north Lewis Counties.<br>Start: Parkside Elementary, 301 Central Ave.<br>www.capitalbicyclingclub.org      |
| 08/12<br>Sun                                                                                                                                                                                                  | 9:30<br>AM             | 2 B          | 45                          | Louis Boitano<br>922 - 1168                     | Ride to the Ballard Locks.<br>Bring a lunch to enjoy @ the locks.<br>Start: Tukwila Sounder Parking lot, 7301 S. 158th St,<br>Tukwila Longacres Way.                  |
| 08/13<br>Mon                                                                                                                                                                                                  | 9:30<br>AM             | 1 C          | 22                          | Lou & Karel<br>Vance<br>921 - 4847              | Hail, hardy & ready for coffee.<br>See 08/06 for details of Ride/Activity.                                                                                            |
| 08/14<br>Tues                                                                                                                                                                                                 | 9 AM                   | 2 B          | 35 - 50                     | Call Ride Line<br>759 - 2800                    | Tues. Decide to Ride. Call RideLine for details.<br>Start: Call Ride Line or check the Club website.                                                                  |
| 08/14<br>Tues                                                                                                                                                                                                 | <b>7 PM</b>            | 00<br>Meet   | 00<br>& Eat                 | Vern Hase<br>759 - 7246                         | <b>Board Meeting</b> @ the Kim Ahn Restaurant<br>across from TCC on Mildred.<br>Guests & Club members welcomed.                                                       |
| 08/16<br>Thurs                                                                                                                                                                                                | 9: 30<br>AM            | 2 A          | 30                          | Lonna Cain<br>475 - 8853                        | Silk Road Smooooothly. See 08/02 for details.                                                                                                                         |
| 08/16<br>Thurs                                                                                                                                                                                                | <b>7 PM</b>            | 1B           | 10 - 15                     | Jim De Young<br>686 - 8995                      | Thursday in DuPont. Varied ride in area.<br>Start: Exit 118 @ P & R, meet @ Kaffe Pegasso.                                                                            |
| 08/18 -<br>08/19<br>Sat -<br>Sun                                                                                                                                                                              | 7 AM,<br>8 AM          | ALL          | 85;<br>75                   | Ralph Wessels<br>857 - 5658                     | RAPSody Pre-Ride for DOR-assigned Volunteers.<br>Pre-Arrangement required. Overnight in Shelton<br>(contact Carla Gramlich). See July Cog for details.<br>Start: TCC. |
| 08/18<br>Sat                                                                                                                                                                                                  | 9 AM                   | 2 C          | 50                          | Gene Smith<br>272 - 6747                        | Headwaters Century Pre-Ride, 1st 1/2 of century.<br>Stop for lunch in Maple Valley.<br>May be subject to change, so check website.<br>Start: Covington P & R.         |
| <b>08/19<br/>Sun</b>                                                                                                                                                                                          | <b>2 PM -<br/>6 PM</b> | 00<br>Meet   | 00<br>& Eat                 | Caroline Baker<br>548 - 0925                    | <b>TWBC Annual Club Picnic</b> @ Caroline's house,<br>317 - 106th St E, Tacoma. See article in Cog.<br>Call if joining in for food/drink ordering info.               |

**Tacoma Wheelmen's Bicycle Club**  
Presents the



**8th Annual**



**Online registration:** active.com  
search by: "headwater" - closes Sept 6.

**Day of ride registration:** 7am to 11am,  
Enumclaw High School.  
Cash and checks only!

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

**Three gorgeous routes**  
45-miles 65-miles 100-miles  
Enjoy rural scenery and minimal traffic.  
A mix of rolling and flat terrain. All routes  
enjoy climbing Flaming Geyser hill. The 100 mile  
route endures the climb to Mud Mountain Dam.

This is a quality ride!  
Excellent support!  
Scrumptious food! Free dessert at the end!!!

**Pre-register to reserve your  
2007 Headwaters glass  
Limited availability on the day of ride.  
Don't miss out!!**

**"Helmets approved by CPSC, SNELL, ASTM or ANSI are required for this event."**  
Wearing a helmet could **SAVE YOUR LIFE.**

**Mail registrations to:** Headwaters Century c/o TWBC, PO Box 112078, Tacoma, WA 98411



Print clearly

Must be **postmarked by August 31**

Name 

complete one application per participant - additional forms at: [twbc.org](http://twbc.org)

Address

City/State Zip

Phone

email:

Pre-registration fees:

Age 7 to 18 \$8

Age 18 or Older \$16

Family (kids under 18 same household) \$37

Glass \$8

Total Enclosed \$

Make all checks payable to: TWBC

Day-of-Ride fees:

Age 7 to 18 \$10

Age 18 or Older \$20

Family (kids under 18 same household) \$45

Glass \$10

**YOU MUST SIGN ON BACK AFTER READING FOR REGISTRATION TO BE COMPLETE!**

Unclaimed Headwaters glasses become property of TWBC at noon, on day of ride. Sorry, no refunds.

**From the TWBC Cog-nitveCourier**



**Headwaters Flyer Front  
the cog page 9**