



the cog-nitive courier

tacoma wheelmen's bicycle club newsletter

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TWBC, originally established in 1888 & reinvigorated in 1974, is a general purpose bicycling club in Pierce County that welcomes cyclists of all skill levels for social riding. The COG is issued monthly.



Daffodil Classic Early Registrations Signal A Very Successful Event in 2011

By Mike Madden, Daffodil Classic Event Coordinator



If you haven't already, please consider either Volunteering for or riding in this year's Daffodil Classic on April 10, 2011. Again this year we will feature distances and routes for all levels of riders with distances from one mile to one hundred and one miles. If you are more comfortable on paved trails than roads, the 30 mile (or less) route is totally on paved trails in Orting.

No matter how far you go you will be supported by a fantastic Team of Volunteers keeping you supplied with snacks, sag support, and smiles. And at the end of your "Classic" Ride we will hand you a delicious strawberry shortcake!

If you are a Member of the Club and can Volunteer, please consider signing in for one of the vacant Volunteer positions listed on our Website. You too will get some strawberry shortcake and a terrific custom designed T-shirt by our very own Steve Lay. Plus the Club will host a Volunteer celebration party after the Ride with free pizza and beer for all Volunteers. If you have already signed up as a Volunteer, could you go back to the Website & enter your T-shirt size or breakfast option?

Early registrations are running more than double last year's rate. It is possible we could have as many as one thousand early registrants this year! So, sign up now for something and be a part of Washington's best one day bicycle events! ☺



New Club Meeting Location

Fabulous Fifties Hall
455 St. Helen's Ave., Tacoma
(corner of 6th & St. Helen's)



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**Remember to 'hang up' after you call the TWBC Ride Line --
people are forgetting about it & it's costing the Club four minutes per call!**

President's Report

Spinning Wheels



By President Tom Reardon

With the days getting longer and warmer it is time to consider commuting to work or commuting to Club Rides. Riding to work can be a daily highlight once the potential obstacles are addressed. Commuting to organized rides when possible is good for you and the environment. Both endeavors provide practical exercise and reinforce the Mission of our Club.

“It’s too far.” “What can I do about clothes for work?” “I need to work late some days.” These and many other factors often get in the way of becoming a regular bike commuter. From experience, I found my forty-five minute bike commute to be a time to think and a time to work off the stress of the day. Unfortunately, other commitments often made daily riding impossible. Like me, you may not be able to ride five days a week. Use one day to take a supply of clothes to work, perhaps one other day to bring the used clothing home again. This leaves three days out five as bike to work days. Commuting is not an all or nothing proposition.

If the distance is just too far to ride, work, and get home at a reasonable hour, bike part way and bus the remaining distance. You will feel great, and you will be ready to tackle longer distances when you choose to ride for pleasure.

Many Members already commute to the start of organized rides. It is an obvious choice when the start is only a few miles away, but what about times when commuting involves adding tens of miles over hilly terrain? You could, of course, get started very early and ride the entire distance like several of our Members do regularly. If, however, the thought of adding many miles and many hours to an already challenging ride seems too much, consider starting your ride midway between home and the start. You will be warmed up but not worn out.

Commute to exercise with a purpose. Commute to relieve stress. Commute to get one more car off the road. Whatever your motivation – Commute! ☺



By Bob Myrick, Director of
Community and Government Affairs

*Actions affecting you
and your community*

Our committee met again on Tuesday, February 1 at the Harvester Restaurant in the Stadium District at First and Tacoma Avenues. We plan to meet there again on March 1 at 6pm to carry on our work in the community.

1. Puyallup versus Transportation Improvement Board. Ralph reported the TIB wants Puyallup to return \$3.27 million in grant funds to improve part of 9th Street SW behind the South Hill Mall. The City decided to not install bike lanes and a sidewalk on part of the road project. The TIB has a Complete Streets policy that requires accommodations for pedestrians, bikes and busses.

2. HB 1700, Complete Streets. There are several bike related bills being considered down in Olympia. HB 1700 relates to requiring WSDOT and other transportation infrastructure providers to install bike lanes and sidewalks where possible and practicable. Several TWBC Members attended Transportation Advocacy Day in Olympia on February 10.

Gov Affairs cont. on page 3

For information on HB 1700 and other bills, look up the Bicycle Alliance of Washington website. Right now, the Vulnerable Users Bill needs voters to write their Legislators to ask for support. This bill provides significant monetary penalties to drivers who injure cyclists and pedestrians.

3. **Tort Liability.** Attorney General Rob McKenna is pushing for changes in the State's Tort Liability laws. Presently, if you are only one percent responsible for an injury, you can wind up paying the whole court award for an injured party. The cycling community has lost "bike route" signage and even maps due to lawsuits where the victim claimed the signage or the map was partly responsible for their injury.

4. **Sounder Station and South Tacoma Community Campus.** On February 17, I met with Diane Wiatr, Mobility Coordinator with the City of Tacoma, and Lois Stark, Chief Planner for Metro Parks. We did a site survey of the new South Tacoma Sounder Station and the large Community Campus (Park). I had suggested we try to find a trail route thru the Community Campus from the Sounder Station up to Tyler Street where good bike lanes have been installed. I found the most important need was to provide full ADA ramps from South Tacoma Way to Tyler Street. Such ramps would allow a cyclist to travel all the way to University Place using the sidewalks on South 56th Street.

Additionally, I found the Sounder Station design will allow a cyclist to easily travel from the City Water Ditch Trail or Puget Sound Street to the station. From the station, a cyclist can travel on Adams Street to South 66th Street and easily connect to Tyler Street on the way to Lakewood. Within the park, we identified a way for a trail to allow an alternate route to South 66th Street and up to a proposed mountain bike track.

5. **Coalition for Active Transportation.** On February 18, Dixie Gatchell and I attended the meeting. Chris, a planner from City of Puyallup, reported on their work near the Riverwalk and Meridian for creating a sustainable community. Diane reported on work being carried on with a sustainable communities grant from the Puget Sound Regional Council. Dixie presented a great PowerPoint show detailing her work on a Campaign for Active Transportation. Dixie also talked about the large Riverwalk celebration scheduled for April 30 on the Riverwalk near the Skateboard Park. I have agreed to facilitate a KID's Ride at the event which will run from 10am to 2pm.

Steven Garrett talked about his idea for **PEDAL Pierce County**, which would be similar to the very successful Saturday morning rides from Tacoma Bike. Steven wants to extend the idea to other bike shop or similar locations thruout the area, where cyclists can be led by experienced cyclists and hopefully trained to actually ride to the ride. I told Steven I thought TWBC would want to be a big part of his idea.

Diane reported that **BIKE Month** would also start on April 30 with a big festival at UPS. There will be movies and lots of entertainment. There will also be a Women's only bike ride during the month. Diane reported the **State Recreation and Conservation Office had offered Tacoma \$300,000** for work near Oak Tree Park and the Water Ditch Trail. This money is the sum Puyallup recently lost for not being able to connect the Riverwalk to the Foothills Trail.

Kirk Kirkland reported on progress at the State Legislature including the idea of providing a sales tax option in Pierce County for supporting trails and parks.

6. **Golf Carts.** The federal government has issued new regulations regarding ADA requirements for allowing disabled people access to trails and sidewalks. Apparently, electric vehicles are now allowed on trails and sidewalks if the user claims to be disabled. There is no provision for asking for proof that the person is disabled. You can even drive a vehicle with a gas motor if you claim to be disabled. The City of Tacoma claims the law doesn't apply to bike lanes since the lanes are part of the street right of way.

7. **Steilacoom Railroad Tracks.** I met several Steilacoom residents who are following the demolition of the former paper mill where the dangerous railroad tracks are located. I implored them to keep trying to get the railroad track crossing removed.

8. **Red Bikes.** Ralph reported on his recent trip to Washington, DC, where there appears to be a successful Red Bike rental system where you can pick up and drop off a bike along the public right of way.

9. **Yellow Paint Story.** We talked about the apparent success of the Yellow Warning Sign Paint on the Foothills Trail in Orting. We have seen a great improvement in the behavior of both cyclists and motorists in Orting. TWBC and Foothills agreed to pay about two-thirds of the cost, about \$600 from TWBC. Enjoy the trail.

From reading this month's report, you can see we need help at our committee level, but more importantly, we need help to put on a KID Ride Program this spring and to put on a Pierce County Bikes Program. Of course, we also need help in putting on the Daffodil and the PMC. Please step up. In the meantime, Pedal More and Worry Less. ☺

Follow The Rules!

By Jim Ahrens, Safety & Education



One of the routes I have taken on my cycling travels was as a United States Cycling Federation (USCF) referee. There was class work, a rule book to learn/follow, and events to referee.

I had an opportunity to referee racing in Bothell that included junior racers. One rule particular to junior racing is that if riders push gears too big, they can damage their knees. A way of helping deter that practice is to perform a roll-out test to ensure riders are using correct gearing. If the gears are too big for the age group, then the racer is disqualified (DQ'd). It is common after each race for a referee to check gears. On one occasion, I discovered a race winner that was riding too big of gears: he was DQ'd.

I was using the above to illustrate that there are rules in cycling for one or more reasons. When the rules go unenforced, then they become the norm.

It goes without saying that bicyclists need to wear a helmet when riding. There is a hold-harmless agreement each rider signs when registering for a ride, say for instance the Daffodil Classic (DC). The rule is to wear a helmet. So, you would expect to see each and every rider wearing a helmet during the event.

But what about the group rides on Saturday, Monday, Wednesday, Friday or Thursday? If someone shows up for the ride without a helmet, can they ride with the group anyway?

The answer is no! I don't want to be the bad guy, but when it comes to safety, I will. If you show up for a ride, you must wear a helmet that is in good condition and fits properly. Ride safely. ☺

Legislative Action Update

Passed in the House, moves to the Senate:

- ☺ HB1129, Traffic School Safety Education bill,
- ☺ HB1217, Local Authority Speed Limit bill.

Passed in the Senate, moves to the House:

- ☺ SB5326 Volunerable Users bill.

Sitting in Rules after clearing the Senate Transportation Committee:

- ☺ SHB1071, Complete Streets.

Century Training Rides Start Saturday, March 19

By Tom Reardon

Rollie Herman, Gene Smith, and Rich Walter have planned a new series of training rides designed to get you in shape to enjoy long rides on warm summer days. This is a sixteen week series of increasingly challenging rides beginning at a relatively flat thirty-one miles with incrementally increasing distances and elevations designed so you can enjoy rides of a century or more. Start locations will rotate from the Sumner Library to Skyline Park & Ride to Celebration Park ensuring routes that are varied, interesting and challenging. Additionally, riders will be given three choices of pace to match their ability or energy level. **Best of all these rides are free to TWBC Members.**

This series is designed for training purposes. We will stop to stretch and use the restroom, but unlike many other rides there **will not be long stops** for lunch. Below is a list of guidelines to make this a meaningful and fun experience for all:

1. Be certain your bike is in good mechanical condition.
2. Arrive fifteen minutes early and be ready to roll at the designated start time.
3. Carry adequate food and TWO water bottles. There will be brief rest stops but no long lunch hour.
4. Be prepared to deal with your own flat tires and mechanical problems.
Cue sheets will be provided so the group will not wait.
5. Have a personal plan for getting home in case of a minor accident or mechanical problem.
Carry cash, spare tubes, tools, pump, ID, and useful phone numbers.
6. Come prepared to deal with inclement weather, especially early in the season.
Have fenders or ride at the back of the pack in rainy or wet conditions.

Plan to make the Training Series a regular part of your Saturdays this spring. ☺



TWBC Century Training Ride Schedule

By Rich Walter, Ride Captain



Date	Start	Training Area	Miles
March 19	Sumner Library		30
March 26	Skyline	to Dupont	40
April 2	Green River P & R		50
April 9	Sumner Library	Buckley loop (pre-ride)	x
April 16	Skyline	North toward Southworth via Narrows Bridge	50
April 23	Green River P & R	toward Ravensdale	52
April 30	Sumner Library	ride up "the STP hill"	100K
May 7	Skyline	to Southworth via Vashon	50
May 14	Celebration Park	loop around Black Diamond	60
May 21	Sumner Library	hill training	40
May 28	Skyline	Dupont & Olympia loop	60
June 4	Celebration Park	Mud Mt Dam loop	70
June 11	Sumner Library	Kapowsin loop	70
June 18	Skyline	toward Port Orchard	70
June 25	Celebration Park	Fife Heights to Redondo (hilly)	40
July 2	Point Defiance	Vashon & Murry Islands (hilly)	40

Club Mileage Stats From the Annual Banquet

(Numbers furnished by Members & the Ride Captain)

There were a total of 66,003 Club Miles ridden by TWBC Members in 2011!

Phil Burgess, top of the list with 5,456; Rich Walter - 5,233; Bob Myrick - 5,077; Steve Lay - 5,058; Phyllis Lay - 5,058; Carla Gramlich - 4,572; Louie Boitano - 3,219; Toni Matson - 3,009; Keith Bates - 2,724; Lou Vance - 2,627; Susan Coley - 2,564; Joyce Clifford - 2,374; Lonna Cain - 2,366; Peggy Fjetland - 2,345; Caroline Warnock - 2,307; Karel Vance - 2,179; Christy Strand - 1,603; Debbie Hushagen - 1,237; Noel Hagens - 1,166; Janet Higbee - 1,115; Ron Nowicki - 1,101; Fred Swift - 1,096; Tom Reardon - 1,014; Linda Walter - 777; Steve Brown - 502; Carolyn Overmyer-Downey - 204; & John Ernest Berry III - 20!

There were a total of 26,942 Commute Miles ridden by TWBC Members in 2011!

Al Knopik, top of the list with 4,121; Robert Gramenz - 3,988; Steve Lay - 2,932; Phyllis Lay - 2,702; Janet Higbee - 2,242; Louie Boitano - 2,008; Steve Brown - 1,892; Bob Vogel - 1,354; Tom Reardon - 1,215; Bob Myrick - 958; Lou Vance - 661; Joyce Clifford - 590; Karel Vance - 508; Toni Matson - 484; & John Ernest Berry III - 434!

There were a total of thirty-four Members who lead a total of 303 rides in 2011!

Joyce Clifford, top of the list leading 40 rides; Lou & Karel Vance - 37; Louie Boitano - 37; Lonna Cain - 28; Joe Small - 16; Rollie Herman - 14; Carla Gramlich, Bob Myrick, and Rich Walter - 13; Phyllis & Steve Lay - 12; Ron Nowicki - 11; Toni Matson - 10; Sue Coley and Jim Davis - 7; Lou Vance - 6; Karel Vance - 5; Karen Comer and Noel Hagens - 4; Carol & Roz Davis, Roy Harris and Tom Reardon - 3; Robert Deehan, Peggy Fjetland, Caroline Warnock and Larry Wyman - 2; Phil Burges, Jim DeYoung, Janet Higbee, Debbie Hushagen, Dave Killen, Sue Krezlak, Fred Swift, and Linda Walter - 1. ☺

Club Equipment Storage

By Steve Brown, Equipment Manager

We are looking for a new storage place for our Club equipment that we use primarily for the Daffodil and PMC events. We may end up at a storage unit, but will likely be paying a couple hundred dollars per month. Not that we can't afford this, but my thought is that this is money that would have been going to helmets for children, trails and bicycle advocacy.

So, if anyone has ideas for a less expensive (or free) place to store tables and chairs and other Club stuff let me know. Steve Brown, TWBC Equipment Manager, tacomabike@yahoo.com or 253 - 752 - 4038. ☺

Historical East Coast Tour

By Steve Lay

In late April we'll be leading a self-contained tour of the ACA's East Coast. We'll be starting in St. Augustine, Florida and riding to Bar Harbor, Maine. The ride should be around 2,350 miles, averaging 50 miles a day, totaling about 46 riding days. To keep the mileages as such the trip is divided almost equally between motels and camping. If this is your idea of fun give Steve or Phyllis a call, 759 - 1816. Because of the nature of the trip we'll be keeping the group fairly small because of the accommodation issues. ☺

BIKE FOR SALE

1984 First Generation Cannondale. Nice light bike for sport /touring. 19 inch frame. Tires are 27 inch x 1- 1/8.

Mostly all Shimano 600 - hubs, headset, crankset, shifters, and front derailleur.

Back derailleur is Suntour. Triple is 50/45/28.

6 speed freewheel 14-32. Have extra new freewheel will throw in. Rear rack included. \$300 for everything.

Frame too big for me and have had to go custom due to bad knees. Call Rick or Nancy at (253) 330-4315. ☺





and Bev Simpson,
database & mailing

Renewing Members (Thank You!):

Steve and Donna Albers, Patrick Buyers, Peter Choe, Carl Fisher and family, Miles Gala, Linda Higgins, The Neukoms, Carolyn Overmyer-Downey, Connie Reitzug and family, Heinrich and Irmgard Schmidt, Paul Stoddard and family, & Peg Winczewski.

New Members (Welcome!):

Bill Lower, Paul McKean, Matt Mularoni, Garrett Starmer, and Bill Thorness. ☺

March Ride Notes:

Dupont



03/02, 03/16

Ride to Dupont.

03/09, 03/23

Chehalis Western Trail.

Rain, snow or ice cancels ride. Sign up with a contact number so we can notify you by phone (preferably cell, in case you are in transit) if a ride has been cancelled. For CWT bring \$\$\$ to buy lunch at the Sandstone Cafe. For both rides, if it is raining in Tacoma at the time we need to leave for the scheduled ride, the ride will be cancelled, & we will contact you by your sign up cell phone number &/or email address. CWT cancelations are decided by 8:15am; Dupont cancelations are decided by 9 - 9:10am. We encourage riders to car pool.



03/03, 03/10, 03/17, 03/24, 03/31

Silk Road Smooothly.

Join us for the TWBC Classic to South Prairie along the Foothills Trail. You'll need your helmet & enough \$\$\$ to buy refreshments. The ride is canceled if it is raining, snowing, freezing, or otherwise seriously unpleasant. Please sign-up to let others know your plans. A perfect mix of bike-friendly trail (paved), riverside scenery, & good company has made this one of the Club's most popular weekly rides. ☺

For TWBC Monthly Ride/Event Calendar

TERRAIN CODE CHART

- 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)

PACE CODE CHART

- 1 - Easy pace, frequent stops to regroup, 9-12 mph on flats.
- 2 - Moderate pace, occasional stops to regroup, 12-15 mph.
- 3 - Steady pace, limited stops, cue sheets/maps, 13-16mph.
- 4 - Fast pace, very limited stops, cue sheets/maps, 16 + mph.

Editor's Note: The Ride Calendar was accurate when received from the Ride Captain, Rich Walter. Please help have the Print Calendar match the Web Calendar by planning your rides in advance, & getting the information to Rich by the third Tuesday of the present month, for the upcoming month! This is what stands as a record of the weekly rides that Club Members put on, as archived in the Tacoma Public Library since 1974!



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
03/01 Tues	9:30 AM	2 C	30 - 50	Louie Boitano 922 - 1168	Tuesday Decide To Ride. Meet with friends & go to lunch. Start: McDonalds, 112th & Pacific Ave.
03/01 Tues	6 PM	00 Meet	00 & Eat	Bob Myrick 473 - 7455	Government Affairs Meeting @ the Harvester Resturant in the Stadium H.S. area @ 1st & Tacoma Ave. Work on bicycle problems around Pierce County. All are invited to participate.
03/02 Weds	9:30 AM	2 B	43	Lou & Karel Vance 921 - 4847	Ride to Dupont & stop for coffee. Rain, Snow, or Ice in Tacoma Cancels. See Ride Notes for Details. Start: Skyline Park & Ride (6th & Skyline). 
03/03 Thurs	9:30 AM	3 A	30 Trail	Richard Walter 840 - 9450	Silk Road Smooooothly. Ride to S. Prairie via Foothills Trail. See Ride Notes 4 Ride Details. Rain Cancels. Start: East Puyallup Trailhead, 13900 - 80th St E, Puyallup. 
03/03 Thurs	9:30 AM	3 D	30 Steady	Joe Small 228 - 9554	Over The Hill Gang. For those of you looking for more of a challenge, you may want to try the Victor Falls, Lower Burnet version of the SRS ride.  Start: East Puyallup Trailhead, 13900 - 80th St E, Puyallup.
03/04 Fri	Noon	1 C	20	Bob Myrick 473 - 7455	Wildside Shop Ride. Different routes throughout the month. Retire to the shop to warm up & socialize. Rain Cancels. Start: Wildside Wine Shop, 608A S. Oxford, Tacoma. 
03/05 Sat	10 AM	2 B	40	Carla Gramlich 592 - 9156	Orting for Lunch. Rain Cancels. Start: Freighthouse Square, 430 E. 25th St, Tacoma.
03/06 Sun	All	Day	Fact	Morsel	Nora Blatch is the 1st woman elected to the American Soc. of Civil Engineers on this date in 1906, after being the 1st woman to earn a civil engineering degree from Cornell University in 1905.
03/07 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Loop Pt. Defiance. Someone will stay with the slowest rider. Regroup at Ft. Nisqually, then onto Fircrest for espresso/ raspberry scones. You can shorten to 13 miles by cutting out Fircrest. Rain Cancels. Start: Starbucks @ 26th & Proctor. 
03/08 Tues	9:30 AM	2 C	30 - 50	Louie Boitano 922 - 1168	Tuesday Decide To Ride. Meet with friends & go to lunch. Start: Freighthouse Square, 430 E. 25th St, Tacoma.
03/08 Tues	6 PM	00 Meet	00 & Eat	Tom Reardon 759 - 2800	Board Meeting @ the Kim Ahn Restaurant across from TCC on Mildred. Guests & Club Members welcomed.
03/09 Weds	9:30 AM	2 B	43 Trail	Lou & Karel Vance 921 - 4847	Chehalis Western Trail. Rain, Snow, or Ice in Tacoma Cancels. See Ride Notes for Ride Details. Start: Trail Head in Lacy; past Josephine Ct SE & 14th Ave S. 

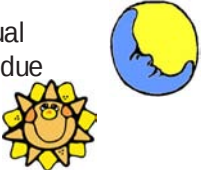
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Day/ Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
03/10 Thurs	9:30 AM	3 A	30 Trail	Richard Walter 840 - 9450	Silk Road Smooooothly. Rain Cancels. See 03/03 for Ride Details. 
03/10 Thurs	9:30 AM	3 D	30 Steady	Joe Small 228 - 9554	Over The Hill Gang. See 03/03 for Ride Details. 
03/11 Fri	Noon	1 C	20	Bob Myrick 473 - 7455	Wildside Shop Ride. Rain Cancels. See 03/04 for Ride Details. 
03/12 - 03/13	Sat & Sun	00 Meet	00 & See	Cascade Bicycle Club	Seattle Bicycle Expo. \$\$\$ Smith Cove Cruise Terminal, 2001 W. Garfield St., Seattle. Sat hours: 9 AM to 6 PM; Sun hours: 10 AM to 4 PM.
03/12 Sat	9:30 AM	2 B	30	Carla Gramlich 592 - 9156	Gig Harbor for Lunch, via the Cushman & Scott Pierson Trails. Start: Starbucks @ 26th & Proctor.
03/13 Sun	2 AM	Spring Forward Really Early	On Sun. AM	PST now becomes PDT	Daylight Saving Time. Set Clocks forward one hour @ 2 AM on Sun. First suggested by B. Franklin, 1784 First used during WWI, 1916. Observed mostly in the Northern Hemisphere. Today only has '23' hrs. 
03/14 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 03/07 for Ride Details. 
03/15 Tues	9:30 AM	2 C	30 - 50	Louie Boitano 922 - 1168	Tuesday Decide To Ride. Meet with friends & go to lunch. Start: Sumner Library, 1116 Fryer Ave, Sumner.
11/16 Tues	6 PM; 6:30 PM	Meet & 00 Meet &	Eat; 00 Greet	Vern Hase 468 - 2759	March Club Meeting: NEW LOCATION. Food, drinks, & fellowship @ 6 PM & meeting business @ 6:30 PM. Start: Fabulous Fifties Hall, 455 St. Helen's Ave., Tacoma.
03/16 Weds	9:30 AM	2 B	43	Lou & Karel Vance 921 - 4847	Ride to Dupont & stop for coffee. Rain, Snow, or Ice in Tacoma Cancels. See Ride Notes for Details. Start: Skyline Park & Ride (6th & Skyline). 
03/17 Thurs	9:30 AM	3 A	30 Trail	Richard Walter 840 - 9450	Silk Road Smooooothly. Rain Cancels. See 03/03 for Ride Details. 
03/17 Thurs	9:30 AM	3 D	30 Steady	Joe Small 228 - 9554	Over The Hill Gang. See 03/03 for Ride Details. 
03/18 Fri	Noon	1 C	20	Bob Myrick 473 - 7455	Wildside Shop Ride. Rain Cancels. See 03/04 for Ride Details. 
03/19 Sat	8 AM Start	All	8, 34 47, or 52	B.I.K.E.S. Club of Snohomish	McClinchy Mile Ride. \$\$\$ Free 8 miles, flat 34 miles & challenging 47 or 52 miles through Snohomish County. Start: Haller Middle School, 600 E1stSt, Arlington, E. 208E, I-5. 
03/19 Sat	9 AM	1 B, 2 B, 3 B	30	Richard Walter 840 - 9450	Century Training Series 1, II & III. See article, this COG. Start: Sumner Library, 1116 Fryer Ave, Sumner. 



twbc monthly event schedule

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Date/ Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
03/20 Sun	23:31 UTC, or 16:31 PDT	4:31 PM, here,	in the Pacific	Northwest, our own backyard	Vernal ('Spring') Equinox ('equal night'). Equal number of daylight hours as nighttime hours due to the sun positioned above the equator. 'UTC' means Coordinated Universal Time. 
03/21 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 03/07 for Ride Details. 
03/22 Tues	9:30 AM	2 C	30 - 50	Louie Boitano 922 - 1168	Tuesday Decide To Ride. Meet with friends & go to lunch. Start: McDonald's, 112th & Pacific Ave.
03/23 Weds	9:30 AM	2 B	43 Trail	Lou & Karel Vance 921 - 4847	Chehalis Western Trail. Rain, Snow, or Ice in Tacoma Cancels. See Ride Notes for Ride Details. Start: Trail Head in Lacy; past Josephine CtSE & 14th Ave S. 
03/24 Thurs	9:30 AM	3 A	30 Trail	Richard Walter 840 - 9450	Silk Road Smooooothly. Rain Cancels. See 03/03 for Ride Details. 
03/24 Thurs	9:30 AM	3 D	30 Steady	Joe Small 228 - 9554	Over The Hill Gang. See 03/03 for Ride Details. 
03/25 Fri	Noon	1 C	20	Bob Myrick 473 - 7455	Wildside Shop Ride. Rain Cancels. See 03/04 for Ride Details. 
03/26 Sat	9 AM	1 B, 2 B, 3 B	40	Richard Walter 840 - 9450	Century Training Series 1, II & III. See article, this COG. Start: Skyline Park & Ride (6th & Skyline). 
03/27 Sun	All	Day	Fact	Morsel	Canadian Abraham Gesner, physician & geologist, patents kerosene in the US in 1855.
03/28 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 03/07 for Ride Details. 
03/29 Tues	9:30 AM	2 C	30 - 50	Louie Boitano 922 - 1168	Tuesday Decide To Ride. Meet with friends & go to lunch. Start: Freighthouse Square, 430 E. 25th St, Tacoma.
03/30 Weds	9:30 AM	2 B	43	Lou & Karel Vance 921 - 4847	Ride to Dupont & stop for coffee. Rain, Snow, or Ice in Tacoma Cancels. See Ride Notes for Details. Start: Skyline Park & Ride (6th & Skyline). 
03/31 Thurs	9:30 AM	3 A	30 Trail	Richard Walter 840 - 9450	Silk Road Smooooothly. Rain Cancels. See 03/03 for Ride Details. 
03/31 Thurs	9:30 AM	3 D	30 Steady	Joe Small 228 - 9554	Over The Hill Gang. See 03/03 for Ride Details. 

In Memory Of

Edna M. Lay

1922 - 2011



With deep sadness and regret, Tacoma Wheelmen acknowledge the passing of longtime member Edna May Lay, the eighty-nine year old mother of Member Steve Lay, on January 12, 2011. Edna was an enthusiastic supporter of the Club who generously allowed the storage of all the Club's gear at her home and graciously endured a continuous parade of Wheelmen through her beautiful yard for the last twenty years.

Edna was born in post WWI Bristol, England. During WWII, she recalled how her family would huddle beneath the stairs as bombs fell around them. In 1945, she fell in love with and married a handsome American soldier by the name of Delmar "Jerry" Lay and accompanied him back to the United States. Travel in those days was difficult and expensive making return visits to her family few and far between. Steve was born in January of 1949.

Edna was industrious and worked hard at a variety of jobs that included Woolworths, Boeing, Payless and UPS. She was an avid gardener, accomplished seamstress and an excellent cook. She enjoyed camping, crafts, reading, music, knitting and crocheting. She loved to write and letters home to family in England were treasured.

Edna is survived by her son Steve and his wife Phyllis and will be missed by many. ☹

(Text submitted by Peggy Fjetland.)



Steve Lay with Mom, Edna Lay
(photo submitted by Carla Gramlich
photo taken by Steve Brown.)

In Memory Of

Milton E. Loflin

1930 - 2011

Milton (Milt) E. Loflin passed away Saturday January 29, 2011 at the St. Francis Hospital in Federal Way, after suffering cardiac arrest. He passed peacefully with family members present.



Milton was born October 14, 1930, in Tacoma, WA to Ernest & Goldina Loflin. His early years were spent in Tacoma in the Parkland area, helping out at the family owned grocery store. He graduated from Lincoln High School with honors, & received a college scholarship.

He graduated from the University of Washington with studies in electrical engineering & philosophy. Both served him well for his future in computer sciences and an active community life. He was on the Husky crew team.

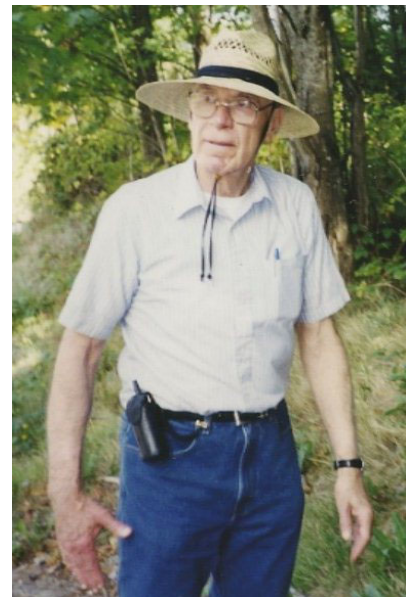
Milt served in both the Army & Navy during the Korean War & afterwards worked many years for Univac division of Sperry Rand (later IBM) where he was their traveling troubleshooter for all the states in northwest region.

Upon returning to the Pacific NW, he went to work until retirement for Pacific First Federal Bank and was part of a computer team that designed their banking computer system and consulting for numerous other banks throughout the United States. He then went to work for Pierce County until his final retirement from there as their roving computer troubleshooter for hardware & software issues.

Always interested in his community, he was active in local city government & was elected to the City of Milton City Council. He attended the city council meetings for years, and did many years of volunteer work for the Milton Police Department. He was also a Friend of the Milton Library & helped the library in many ways as a volunteer.

Milt was very health & fitness minded and was active with his wife in Volksmarch, where they traveled around the Pacific NW to participate in many organized walk settings. Ever active, he enjoyed playing bridge & more recently joined games on-line. Milt was very active in getting the Milton Interurban Trail completed that TWBC Members use when we are in that area.

He is survived by his wife, Doris of Milton; son, Chris Loflin of Lynnwood & wife Christy, her daughter, Triana, & granddaughter, Veronica; daughter, Jennifer Loflin of Luxembourg; stepdaughter, Jean Matte-Pepper of Auburn & her husband, Scott Pepper, step grandchild, Jana (Houston) Edge of Maryland, & her husband, Eric, & great grandchildren Roland & Cole Edge; brother John Loflin & wife, Viola (Vi) of Seattle.



All remembrance donations can be made to the Friends of the Milton/ Edgewood Library. ☺

(Text & photo submitted by Carla Gramlich.)

The COG Home

TWBC Ride Line : 253 - 759 - 2800

Updated Sunday & Thursday!

*The 'Smiling Bicycle' Logo, the Club Jersey
& a majority of Club Ride T-shirts were
(are) designed by Member Steve Lay.*



**Next Club Meeting: 6 PM
Tuesday, March 15, 2011**

**Next Ride Calendar Deadline:
Tues, March 22, 2011**

**Next COG Article Deadline:
Weds, March 23, 2011**

*Please keep the Database Commander Bev updated as to USPS/E-mail address changes.
It makes her job a lot easier! (If you don't receive your Newsletter, contact the Editor!)*

PRESIDENT:

president@twbc.org

Tom Reardon, 952 - 5964

VICE - PRESIDENT:

vp@twbc.org

Vern Hase, 759 - 7246

SECRETARY:

secretary@twbc.org

Caroline Warnock

TREASURER:

treasurer@twbc.org

Mike Madden, 564 - 2718

RIDE CAPTAIN:

ridecaptain@twbc.org

Rich Walter, 840 - 9450

DIRECTOR OF COMMUNITY & GOVERNMENT RELATIONS:

gac@twbc.org

Bob Myrick, 473 - 7455

DIRECTOR OF SPECIAL EVENTS:

events@twbc.org

Sue Coley

NEWSLETTER EDITOR:

newsletter@twbc.org

Dena Wessels, 857 - 5658

(All Phone #s are 253 Area Code, unless otherwise indicated.)

DATABASE & MAILING:

database@twbc.org

Bev Simpson, 858 - 8746

MEMBERSHIP:

Phyllis Lay, 759 - 1816

WEBMASTER:

webmaster@twbc.org

Rich Walter, 840 - 9450

TWBC SAFETY & EDUCATION

Jim Ahrens, 566 - 3347

TWBC EQUIPMENT :

equipment@twbc.org

Steve Brown, 752 - 4038

Assistant Jim Davis

TWBC PUBLICITY:

publicity@twbc.org

Anita Beninger

CLUB JERSEY SALES:

jerseys@twbc.org

--Unfilled @ this time--

DAFFODIL CLASSIC (2011): APRIL 10

daffodil@twbc.org

Mike Madden, 720 - 0127

PENINSULA METRIC (2010): JUNE 6

pmc@twbc.org

--Unfilled @ this time--

HEADWATERS (?)

(2009): 3rd Sun., Sept

--Unfilled @ this time--

RAPSody Contact:

(2011): Aug. 27 & 28

rapsody2005@earthlink.net

Ralph Wessels, 857 - 5658

ANNUAL CLUB PICNIC:

(2010): Sept. 26 (?)

--Unfilled @ this time--

president@twbc.org

Currently Vacant, Apply Now!

BIKE EXPO:

(2011): March 12 & 13

bikebooth@twbc.org

--Unfilled @ this time--

Advertisement Requirements: TWBC Members may place ads in the COG for free that are directly related to bicycling. All ads must be accompanied with contact information (i.e., name, address, phone number, email) of the person submitting the ad.

Local bicycle shops that offer a discount of at least ten percent (10%) to TWBC Members may place ads or flyers in the COG for free. "Local" is defined as within the Puget Sound area. Each bicycle shop may place up to two ads for free in a calendar year.

Non-members, agencies, businesses and bicycle shops that do not offer discounts of at least ten percent (10%) to TWBC Members will be charged for placing ads in the COG. Payment for the ad must be received prior to inclusion into the COG. The fee shall not be less than \$10 for a 1-line text ad and will be a minimum of \$50 for quarter page ads or more. The Newsletter Editor will determine an appropriate fee based upon the size and complexity of the ad. All ads are subject to editing and space limitations as deemed appropriate or necessary by the Newsletter Editor. ☺

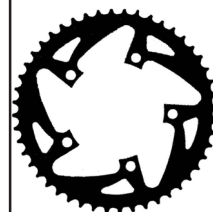


**March
2011**

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



mail to:



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

B e c o m e a M e m b e r o f T W B C

Name: _____

Address: _____

City, State: _____

Home Phone: _____

Work Phone (optional): _____

E-mail: _____ @ _____

(all info. is for Club use only; please print clearly!)

Please Check Those That Apply:

☐ New Member ☐ Renew ☐ Addr Chg

Please Note: COG delivery is now electronically via E-mail, unless you indicate here ☐ for the more costly, less 'Green' delivery method through the US Postal Service.

Individual Person Membership Fee \$15 _____

Or, Family Membership Fee \$20 _____

One-time Initiation Fee \$5 _____

Total Membership Fee(s) \$ _____



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 USPS address,
phone # or email address in the
yearly Membership listings.

Also...Check boxes if you are
interested in volunteering for:

- ☐ Leading Bike Rides
- ☐ Events
(Daffodil, PMC)
- ☐ Newsletter
- ☐ Club Meeting Programs
- ☐ Becoming a Club Officer

**Thanks for becoming
a Member of TWBC!**

2011 The B.I.K.E.S. McClinchy Mile Ride
ARLINGTON, WASHINGTON

SATURDAY
March 19, 2011
Presented by
B.I.K.E.S.
Club
Of
Snohomish
County

B.I.K.E.S. Club of Snohomish County invites you to explore the peaceful river valleys and picturesque farms of Snohomish County. Ride a 34-mile flat and scenic loop or choose from two more challenging loops - 48 miles thru Granite Falls or 52 miles thru Stanwood when you add on our new noth-end extension. Ride both and make it an early-season century! Food stops and SAG support on all routes.

New This Year

A free family 8-mile round trip ride to Bryant Station on the expanded Centennial Trail. The escorted family ride leaves Haller Middle School at 11am and includes snacks at the turn-around point. Children must be accompanied by adult

The McClinchy Mile begins at Haller Middle School, 600 East First St., Arlington, WA east off I-5 exit 208.
Course is open 8am--4:30pm. Registration / Start 8am--11am -- Be Green: Please carpool

The event was named in honor of the late Stuart McClinchy, a founding member of the B.I.K.E.S. Club. The McClinchy Mile is a fundraiser for B.I.K.E.S. Proceeds support local recreational cycling, the Bicycle Alliance of Washington, bicycles, helmets and bicycle programs for low income residents of Snohomish County.

Visit www.bikesclub.org for more information. On-line registration at www.active.com
Cash or Check only on day of ride

HELMETS APPROVED BY CPSC, SNELL, ASTM OR ANSI ARE REQUIRED FOR THIS RIDE.



NAME _____ AGE _____

Complete one application for each rider

ADDRESS _____ PHONE _____

CITY/STATE/ZIP _____

EMERGENCY CONTACT & PHONE _____

Minors under age 18 must have written permission or be accompanied by parent

EMAIL _____

Make checks
payable to
B.I.K.E.S.

Mail Registration
Form and check to:

B.I.K.E.S.
McClinchy Mile
P.O. Box 5242
Everett, WA
98206

McCLINCHYMILERIDE

Cost: \$ 25 Adult; \$ 10 Children 17 and under with paid adult

Price includes great foodstops, map, on-course support vehicles and a \$1 donation to the Bicycle Alliance.

McClinchy Bicycle Bell with first 300 pre-registratons.

Bicycle Bells not picked up by 4:30pm the day of the ride become property of B.I.K.E.S.
Additional bicycle bells may be available day of ride of \$7.00

WHERE DID YOU HEAR ABOUT THE McCLINCHY MILE RIDE?

No Refunds



Previous rider _____ Friend _____ Bike Expo _____ BIKES Newsletter _____ BIKES Website _____ Cascade Newsletter _____ Active.com _____ Other _____

Tacoma Wheelmen's Bicycle Club Proudly Presents a "Rally in the Valley"

Sunday

April 10, 2011

Online registration

@ TWBC.ORG
early registration,
T-shirts sales
close March 25

Day of ride registration

Orting Middle School
7 a.m. to noon
Cash and checks only!



Breakfast \$7

7 a.m. to 10:30 a.m.
Orting M.S. cafeteria
Benefit: Weller Foundation

Free shortcake at the finish

Noon to 5 p.m.

Choice of routes

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

TWBC partnering with:

Franciscan Health System

St. Joseph Medical Center
St. Martinus Hospital
St. Mary's Hospital
St. Anthony Hospital

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.**



Early-registration fees:

Age 7 to 17 \$ 8
Age 18 or Older \$ 20
Family (2 adults or 18 years household) \$ 37

Must be postmarked by March 25

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 \$25
Family (2 adults or 18 years household) \$45
SS Shirts (two or more) \$15
LS Shirts (two or more) \$20

Make all checks payable to TWBC

Shirts: SS Qty LS Qty
S _____ S _____
M _____ M _____
L _____ L _____
XL _____ XL _____
2XL _____ 2XL _____

SS Shirt qty _____ x \$15

LS Shirt qty _____ x \$20

Total Enclosed \$ _____

Mail form to Daffodil Classic c/o TWBC, P.O. Box 112078
Tacoma, WA 98411