



the cog-nitive courier

tacoma wheelmen's bicycle club newsletter

po box 112078 tacoma, wa 98411 www.twbc.org 253-759-2800

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.

Web Issue: April, 2011



1 mile
(Foothills Trail)

30 miles
(Foothills Trail)

40 miles
(Buckley)

60 miles
(Kapowsin/Eatonville)

RALLY IN THE VALLEY

APRIL 10, 2011

Start:
Orting Middle
School

Finish:
Free
Shortcake!



In this issue of the COG:

Daffodil Classic	page 1	Bicycle Trips	page 10
Spinning Wheels	page 2	Tandem Bike For Sale	page 10
Club Meetings	page 2, 3	Bike For Sale	page 11
GAC	page 4, 5	Daffodil Season	page 12
The Daffodil 2011	page 5	Ride Notes	page 13
Double Century	page 5, 6	Membership Benefits	page 14
REI Cyclefest	page 6	Ride Calendar	page 15, 16, 17
Tacoma Bike Swap	page 7	Seattle Bike Expo Picts.	page 20
Tandem Bike & Capt. Needed	page 7	Metric Day Flyer	page 21, 22
Ride Around Puget Sound	page 8	Rhody Tour Flyer	page 23
Membership	page 8	RACC Flyer	page 24, 25
Bike Month	page 9	RAPSody Flyer	page 26

**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

The weather says, "Winter", but the ride calendar says, "Spring"! Just look at the ride choices now available every day of the week, and you will be left with no excuse for not getting back into shape. In addition to the weekday rides that have been offered throughout the year, there are now choices after work and on both Saturday and Sunday.

The Century Training Series is in the early stages of sixteen straight Saturdays of gradually increasing challenges. For individuals who either like a more leisurely pace or simply have not ridden much, there is a group geared just for you. Our Rider Leaders will build in rest stops and modifications to the route to make the ride challenging, but at the same time, enjoyable. For those looking to for a more demanding ride, there are Level 2 and Level 3 groups to meet your needs.

Have you checked out the new ride options available on Sunday? Ron has a ride leaving from Celebration Park in Federal Way scheduled each Sunday. For those who might favor more southerly routes, there is a new shop ride offered by Bike Tech. Unlike other shop rides, Terry, the manager of Bike Tech, is designing these rides at a slower pace.

The Daffodil Classic is coming up in just a few days. There are still a few Volunteer slots available. Volunteers are not only essential for the success of the Event, but volunteering is a great way to connect with other Members and an opportunity to ride the Event for free. Let's hope for sunny skies. 🌻

VP's Report

Club Meetings are Cranking Hard into the Springtime



By Vice-President Vern Hase

New Location

In case you did not make it to the March Meeting, or haven't been to meetings for a while, I'd like to remind you that our General Meetings are being held in a whole new spot. It's NOT the VFW, and NOT even the Allenmore B&G (which is still open but will be demolished in the next couple of months.) Our NEW SPOT is the Fabulous 50's Conference Center. You can be detailed info about it one click away off our twbc.org homepage. In a nutshell, here's the particulars:

The street address is - 455 St. Helens Ave., Tacoma (that's corner of 6th & St. Helens). They have a nice roomy place inside, and are accustomed to hosting business retreats, weddings, and parties, so we should fit right in. Take note that the building was actually a fancy car dealership from a previous era. It does not have a sign that says "Fabulous 50's." You can spot it on that corner because of the large glassed-in curvy front with old cars displayed inside. You can enter thru the side-door on the left. It's a great place, you really need to check it out! Because our host also does a lot of catering, you can be assured that TWBC will always provide you with some tasty things to eat during the meeting!

March Meeting - A Hand in the Plan

A quick recap of our March Meeting. We had a couple of presentations.

Club Meeting, continued on page 3

Kevin, of “Wheels to Meals”, talked about their 6th Annual fundraising bike ride that is coming up on Saturday, June 4th. He is getting the word out to the community about this great event.

Ben (of UWT) and Diane (City of Tacoma) shared with us many details including artists conceptions of how things could look for the Prairie Line Trail, which will cross thru the UWT campus and part of the city. They invited those present to discuss their comments, questions, and concerns; it was a great opportunity to talk directly with people that are “in the loop” on this excellent project. Diane will be visiting again in April to provide additional information.

And in honor of the nearness of St. Patrick’s Day, we all enjoyed a very nice corned-beef-and-cabbage dinner!

April 19 Meeting - Personal Trainer

Steve is a USA Cycling certified coach based here in Tacoma and with clients in all parts of the country. He has several topics of interest that may be discussed, such as the process of periodizing one’s training to get ready for a century ride; an introduction to local amateur racing; equipment maintenance, diet and nutrition for cyclists; the importance of stretching and off-the-bike strength training. I have no doubt you’ll find something of interest at this Meeting.

May 17 Meeting - Metal Cowboy

Joe Kurmaskie, a.k.a., “The Metal Cowboy” is a best-selling author, performer, journalist, educator, and Adventure Dad. He visited us a couple of years ago; he’s been busy since then, had some new adventures, wrote some new books. You may have seen his recent article in Bicycling magazine, and most recently you may have met him at the Bike Expo. On May 17 he’s back with us, for a new high-energy presentation that you won’t want to miss.

June 21 Meeting - Handle the Worst Case Scenario

Rick is a Fire Fighter/Paramedic, and a lead instructor at the City of Everett WA. where he has 28 years experience. He has taught and coordinated courses for EMT and Paramedic continuing education. And he has taught CPR, First Aid, and Community Emergency Response Team (CERT) courses for the public. Rick is an avid motorcyclist, and has logged many miles commuting and touring. He is skilled in helping people learn how to manage an accident scene and injuries; I believe that’s valuable knowledge which we should all be familiar with just in case bad things happen, to ensure the best possible outcome. I love being on two wheels; I’m an active motorcycle rider and a bicycle rider. This info is applicable to all of us on two wheels, motorized or not.

In Summary

We have some great Club Meetings coming up; entertaining, informative, and high-energy presentations, great food, and nice place to meet. But of course it all depends on YOU loyal Club Members, newcomers, friends, family, and anyone interested in the local cycling scene. I hope to see you soon! 



Comments or Complaints, You Decide!



U.S. Forest Service users left the following comments (complaints?) on comments cards. Now, I’ve often seen cartoons depicting a ‘file 13’ (i.e., garbage can) placed underneath ‘Comment Card’ Boxes, & often laughed, but then on the other hand

- | | |
|---|---|
| “Too many rocks in the mountains.” | “Please pave the trails so they can be plowed of snow in the winter.” |
| “Please avoid building trails that go uphill.” | “Trails need to be wider so people can walk while holding hands.” |
| “Escalators would help on steep hill sections.” | “Too many bugs. Please spray the wilderness for these pests.” |
| “A McDonald’s would be nice at the trailhead.” | “The places where trails do not exist are not well marked.” |



By Bob Myrick, Director of
Community and Government Affairs

*Actions affecting you
and your community*

Our committee thought we were meeting on Tuesday, March 1 at the Harvester Restaurant in the Stadium District at First and Tacoma Avenues. Well, our Ride Captain (Rich Walters) and I were up at our cross country ski complex, Mount Tahoma Trails Association for the weekend and it happened to snow over 5 feet and we had people stranded at our huts. So, Rich and I spent three days up there helping clear trails and coordinate the rescues. Read the whole story at www.skimtta.com. We had to cancel the March (GAC) meeting, but we are hopeful about meeting at the Harvester again on Tuesday, April 5 at 6 pm to carry on and catch up with our advocacy work. A few things have been happening as detailed below.

1. **Swan Creek Park.** Steve Brown and I are serving on a citizen committee to plan about \$1 million of improvements for the park next to Salishan. We have attended several meetings. Proposals include improvement of the hiking/biking? trails in the Swan Creek canyon, a bike/ped trail on the highlands/rim of the park, a mountain bike area, and possible connections to the future Pipeline Trail (Quad C).

2. **Puyallup Riverwalk.** John Ernest Berry III, Dixie Gatchell and others are following a proposal in Puyallup to gentrify the area around River Road and Meridian, the car lot zone. Puyallup has had several public meetings for improving the area including bike/ped upgrades and connections to the Riverwalk Trail. The Foothills Rails to Trails Coalition has a Puyallup Riverwalk sub-committee and they are monitoring these proposals and all things related to the Riverwalk Trail.

3. **Point Defiance Park.** Metro Parks is studying possible improvements to the entrance of Point Defiance and to the area east of the entrance where the maintenance area, go-cart track and boat parking is located. Some folks have suggested this area could be a Sustainable Living Demonstration Area. TWBC has an interest since a future trail connection is supposed to go from the Point Ruston development to the boat basin and into the park.

4. **Citizens for Active Transportation.** TWBC is a working member of the CAT. This is an adhoc group of citizens, bike club interests, public officials and others who are interested in improving the bike/ped system and encouraging use of the system thruout Pierce County. This month, Mary Dodsworth and Desiree Winkler, from the City of Lakewood came to present their bike/ped plans and how they connect with surrounding areas. We also discussed Bike Month in May and all the exciting activities that are planned by the City of Tacoma. Pierce County hopes to have the new bike map available for Bike Month.

5. **Tacoma's Bayside Trails.** Tacoma Planners will have presented some thoughts on re-opening the Bayside Trails that run between Stadium Way and Schuster Parkway generally from Stadium High School towards Ruston Way. One reason for thinking about this is Stadium Way is slated for a major rebuild.

6. **Washington State Department of Transportation.** I will be meeting with TJ Nedrow to discuss the state of non-motorized transportation in Tacoma and the Pierce County area.

7. **Cycle Fest.** REI in Tacoma is sponsoring Cycle Fest on Saturday, April 9, just one day before our 36th Annual Daffodil Bike Ride. TWBC will be there with a table distributing our Daffodil and PMC applications. RAPSody information should also be available at the table.

Gov. Affairs continued on page 5

Our Spring Training Rides have started, so it is definitely time to dust off your bike, oil your chain, pump up your tires and get out on the road with your Club. Remember to Cycle More and Worry Less. It might save the Medicare System and make you happier. 🌼

The Daffodil, 2011

By Mike Madden, Daffodil Ride Chair

Wow! As of March 26, 2011 we have nearly 300 riders already signed up for the Daffodil Classic, AND over 40 Members have volunteered to help make it happen. Thanks to some very loyal and productive Members a lot of work has already been done.

If you haven't volunteered yet, we still need a few more good people. Remember, Volunteers get a free t-shirt (this year with special Dry-Tech sports fabric), free pizza at the dinner party the day of the Ride, and can ride the route for free.

If you can't volunteer but would like to try one of the three fun routes this year, please sign up on our Website <http://www.twbc.org/>. You will save money by registering early, plus enable us to plan better for the day of the Ride. And, if you want to ride both the Daffodil and Peninsula Metric, you can save even more with our online registration special: \$30 for both rides, a \$10 savings!

My special thanks to all of the Volunteers who are making my first year as Chair of the Event a lot less stressful, and even fun! I'm looking forward to working and celebrating with you on April 10! 🌼

Double Century

By Jim Ahrens, Safety & Education

I like to think I understand something about cycling and turning the cranks and getting underway on the road. Today was a reality check for the Saturday mornings rides this past fall and winter.

It was late week when we began talking seriously about a Double Metric ride. And up until arriving at the registration table I was pretty sure I was only doing the 113 km mile loop. Temperatures had cooled off since the day before and rain (or at least drizzle) had been in the forecast. But as the starting time got closer I was assured things were improving as a sun break was just popping out.

Yeah, I left my rain jacket and knee warmers at the car but I couldn't do without arm warmers. And we all made a bathroom stop to help relieve the pre ride jitters (I'd finished a power bar and liter of orange cytomax). As we headed for the start line one of the guys stopped to talk with a friend about the steel Eisentrout (five-speed freewheel) that one of the guys still used.

After about twenty minutes of warming up, this trio picked up a pace we'd keep throughout much of the eighty-five mile ride. Now it might seem like no particularly big deal to most of you reading this, but how the three of us rotated a "pace-line" was something.

About an hour into the ride, and my arm warmer were off, we were chased down on a very flat road by a group of about ten riders made up equally of women and men. They were not a team in the sense of all having the same jersey, although one or two did. But they were intent of getting on our wheel letting us do the work, and then going around. We talked about getting on their wheel to draft but we had made enough of an observation to let them go: apparently several of them

were half wheeling other riders and it was not too safe riding with them. I watched as they pulled ahead putting some distance between us.

If you are like me when I'm riding I like to keep a lookout for things like cars coming out a hidden driveways, rail road crossing and hills. And riding with my group it was pretty easy keeping a look out because I would usually be sitting off the back of one or the other's wheel. So as I was scanning the county side I happened to notice on the hill up ahead that the group that had gone around us twenty minutes early had cracked so to speak; they were not working together, they were not organized or staying together. We were catching and passing riders who had been spit off the back. Before too long there was only two of that group left for us to go around and they did not give up easily; a whistle and yell ("On your left") did not convince them to move over. After a very quick discussion between us three about whether to draft or pass them, we ramped up the pace and left them behind.

There are always good ideas to keep in mind while cycling: check your bike over before setting out on a ride, have a good idea about your riding abilities when riding in an organized ride, know the capabilities of riders you are riding with, communicate with riders in your group often, know when to let other riders go by and always wear a helmet that fits properly and is in good condition when riding a bike! 🌼

CYCLEFEST 2011

By Katrina Bloemsma, Outreach Specialist//Tacoma REI



Date: Saturday April 9

Time: 11am – 2pm

Location: Tacoma REI

3825 S Steele St Tacoma, WA 98409

At each of the Cyclefest events:

- There will be 2 free mini clinics on the floor: Roadside Bike Maintenance and Bike Commuting.
- Local community groups will be at the event to share information about their organizations and/or rides.
- REI members and customers will visit stations and learn about the tabling organization or vendor.
- Vendors will share their enthusiasm for various cycling activities and contribute some great gear.
- We will have a sweepstakes for bike gear and other donated prizes.
- REI Bike Techs will offer bike checks on personal bikes.

Please contact me @ 253 - 671 - 1938 or kbloems@rei.com with any questions. We appreciate your support at this event! 🌼

🌼 April Funnies (or Sarcasims) 🌼

If Congress can pay farmers not to raise crops,
why can't we pay Congress not to raise taxes?

Whomever said that the truth never hurts,
never had to fill out a Form 1040.

Tacoma Bike Swap

By Carla Gramlich



Date: Saturday, April 30

Time: 10 am - 2 PM

Location: UPS Fieldhouse

N. Union/N.11th, Tacoma, WA 98416

One of the biggest bicycle event is happening this Spring and I hope everyone will be there. It is the Tacoma Bike Swap and there will be all sort of bicycles, parts and gear at great prices. Also, TWBC will have a booth if you have a few items that you will like to sell. TWBC will offer space in two booths.

If you have lots of gear, you might want to contact Hannah Miner, @ 253 - 591 - 5383, or HMiner@ci.tacoma.wa.us and get your own booth. They will also have an area that you can display a bike, or two. They have you fill out a form with your cell number. If someone is interested in your bike they will call you and then you can negotiate the price.

Mary Bridge will offer helmets for \$7.00 and Volunteers are needed to fit helmets. Also, Volunteers are needed to promote the Club and our Rides. Contact Carla at ca_gramlich@yahoo.com if you are interested in helping out at the Bike Swap. Hope to see everyone out at this great event and the kickoff to Bike Month in Tacoma. 🌸

Tandem Bike & Captain Needed

By an Olympia Stoker

The Portland area tandem club has been very active in partnering with students from the Washington State School for the Blind, students being stokers in events. I am a visually impaired person living in Olympia and would like to be a stoker for someone. I have done lots of tandem riding, but at present, do not own one, so would be willing to rent one.

Most of the Evergreen Tandem Club members are located too far north for this to be any effective help. I have contacted Capitol Ticycling Club, too, but there don't seem to be a lot of tandem riders in Oly.

I am looking for someone to ride once or twice a week, but in the summer, when I'm not teaching, any time is a good time. I am 5 ft. 5 in., weigh about 135 pounds. I am in good shape, meaning I exercise daily and have an elliptical trainer in my house which I use. I don't have bicycle legs, though, so I'd have to build that up. I used to do a 75 - to 80-mile trip in a varied terrain but it's been years.

Extreme heat, no, rain probably, cold—hmmm, not below freezing, I'd say. I'm not in shape enough to do mountain biking trails but paved trails and streets are fine. It would be fun to get to a point where I could do trails, though. My goal at some point is to do the Seattle to Portland ride. Thanks for any help you can offer.

If you are a tandem Captain and would like to assist this stoker, please contact the Editor (253 - 857 - 5658 or newsletter@twbc.org), who will pass your information along. 🌸



An Easter Riddle



Pearl white chest without a key or lid. Inside of which golden treasure is hid. What am I?

Answer



Ride Around Puget Sound

Aug. 27-28

By Kristin Kinnamon



TACOMA - Cross the Puget Sound on the Tacoma Narrows Bridge and enjoy paved bike trails, scenic back roads and Northwest water and mountain views during this 170-mile weekend bicycle event.

Ride Around Puget Sound (RAPSody) is:

Challenging - Rolling hills add up to 9,600 feet of elevation gain.

Friendly - 400 riders, supportive bike club volunteers.

Tasty - Yogurt parfaits, calzones, sandwich bar, fresh fruit.

RAPSody is hosted by five local bike clubs in support of the Bicycle Alliance of Washington's statewide advocacy and education. This 8th annual ride is by cyclists, for cyclists, with great food, souvenir socks, luggage transport, showers and support all included.

At the halfway point of this two-day loop, there's indoor and outdoor camping at Shelton High School, root beer floats, massage and on-site meals supporting the Shelton youth center (www.sock.org).

Organized by: B.I.K.E.S. Club of Snohomish County, Capital Bicycle Club, Cyclists of Greater Seattle, Tacoma Wheelmen's Bicycle Club and West Sound Cycling Club.

This year's ride is also a designated event for Team Survivor Northwest, which supports physical activities for female cancer survivors.

Register for RAPSody at www.rapsodybikeride.com or contact Betty for information at info@rapsodybikeride.com, 253 - 857 - 5658. 🌸



and Bev Simpson,
database & mailing

Renewing Members (Thanks You!):

Dianne Bechtold and Jeff Grider, Derek Carlson, Lynn A Clark, Thomas Catalina, Mike Doyle and family, Mei Zhu and Raymond Finch, Jim Graham, Carol Grisso and family, Russell Hale, John Loesch and Carla Hall, Susan Hardie, Debbie and Jim Hushagen, Jesse Keating, Jeff King and family, Jane Moore and family, Barbie Pratt and family, Bill Richard, Michael Rutkosku, Kenneth Rousslang and family, John and Dottie Selby, Nancy Sorman, Mikeal Treadwell and family, Crystal Vaarvik, Richard Walter, & Larry and Carolyn Wyman.

New Members (Welcome!):

Sharon Asmussen, Chris Dinsmore, Tom Duguay, Allison Formal, Terry King, Lauren Purnell, John Richards and family, Tom Stevens and Margaret Unwin. 🌸



Bike Month By Bob Myrick



May is Bike Month across the United States and the Tacoma Wheelmen and others will be celebrating
Pedal Pierce County.

The month actually kicks off on April 30 with a big bike expo event at the University of Puget Sound co-sponsored by the City of Tacoma, Pierce Transit, Tacoma Wheelmen and others. The same day, Senator Jim Kastama, the Foothills Rails to Trails Coalition, the City of Puyallup and others will sponsor the 2nd Annual Trails Uniting Communities on the Riverwalk Trail.

The Tacoma Wheelmen's Bicycle Club will be offering rides all month for KIDS, beginners, experienced riders and seniors. More information is on the website, www.twbc.org.



The KIDS rides will be on the Riverwalk Trail, the Foothills Trail, the Grandview Trail, the Point Defiance Five Mile Drive and the Scott Pierson Trail. Beginner rides will be co-sponsored with the Tacoma Mountaineers. Somewhat experienced riders can enjoy a free Training Series designed to lead to Century Rides. Tacoma Bike Shop and several other shops offer rides on weekends. Seniors can enjoy organized rides all year long from Monday to Friday. Bike Month is also the time people start thinking about trying bike commuting.

Other related events are the REI sponsored Cyclefest on April 9, the 36th Annual Daffodil Bike Ride on April 10 in Orting and Peninsula Metric Bike Ride in Gig Harbor on June 5. The Ride around Puget Sound, Rhapsody, is a two day ride starting at Tacoma Community College on August 27.

NOTE: The KIDS rides are a new grand experiment including a Ride for the Polar Bears and a Ride for the Penguins. Mr. Goofy, Jim Harvey, will be leading the absolute beginner rides for the Mountaineers. The free Training Series actually starts in March and goes thru June. Tacoma Bike Shop is what most of us call a fast ride. Spoke and Sprocket and Tacoma Bike will also offer shop rides. Our Monday ride starts at Starbucks on North 26th and Proctor and is our most popular ride. Tacoma Wheelmen will also be offering a two day Ride around Mt. Rainier, probably a Tacoma to Portland and Party Ride and other multi-day ride experiences. 🌻



Bicycle Trips

By Carla Gramlick

For all of these trips, contact Carla Gramlich, 253 - 592 - 9156, ca_gramlich@yahoo.com, for more details.

Memorial Day Weekend Trip

Forest Grove & McMinnville, April 23 - April 25

Meet us in Forest Grove to explore the local trails and roads. On Saturday we will meet in Banks to do the Banks-Vernonia State Trail (http://www.oregonstateparks.org/park_145.php), about 40 miles.

On Sunday, some folks are riding to McMinnville and staying over night at Hotel Oregon. Other folks will ride roundtrip, about 60 miles and return back to Forest Grove to stay the night.

On Monday, there is a ride around Hagg Lake. around 35 miles. Besides biking, there are wineries and sights to see in the area.

Most folks are staying at The Grand Lodge, another wonderful McMenamins property (<http://www.mcmenamins.com/426-grand-lodge-home>). But if that place is full there are some motels nearby.

Also, I will be leaving on Amtrak on May 26 and staying at a couple other McMenamins lodging. I will return on Tuesday, May 31.

You can plan to do all or part of the weekend. Let me know if you would like to attend and I will send you updates.

July Summer Trip

Tacoma to Eugene, July 3 - July 10

Tacoma to Eugene to attend the Oregon Country Fair. We will travel about 50 miles a day and carry our overnight gear. We will be staying in motels and return via Amtrak. If you are interested, email me and I will send you the information. If you would like to share a room, let me know and I will see if anyone else would like to share a room.

Fall Trip

Sept 17 - 23, Wallace, ID

We will drive over to Wallace, ID and spend a few days on the Trail of the Coeur d'Alenes. Return to Wallace and do a couple of day trips on the rest of that trail and on the Hiawatha. The Coeur d'Alenes trail is paved but the Hiawatha is pack dirt. Other sightseeing is available if you don't want to do the Hiawatha. We will be carrying our overnight gear for a few days, so you will need a rack/panniers.

I will be stopping in Yakima on the way home to do the Yakima Wine Tour. Pre-registration will be needed to do that two day tour. 🌻

TANDEM BIKE FOR SALE

1996 custom steel frame tandem in excellent condition. Frame for “large/small” team.

Top grade components: Campy Record Ergo and derailleurs, Phil Wood hubs, Ritchie Logic cranks, rear drum brake, Men’s Avocet saddle and women’s Terry.

Also included is a hard sided shipping box with some slight damage but still functional. Willing to sell shipping box separately.

Rack and pump included. Asking \$750.00.

Contact Mike at 253 - 720 - 0127. 📞



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. 🌻



It's Daffodil Season!



Yellow Bikes & Daffodils
(Picture taken by Sharon Remagen,
Daffodil Chair, 2008)



(Since this is April & also Tax Season) Dump, Stupid, & Wacky Warnings

On cans of self-defense pepper spray, this caution: "May irritate eyes."

On cans of a 'spray' cheese, this instruction: "For best results, remove cap."

An airline's peanut package these instructions: "Open packet, eat nuts."

Warning on a package of gum: "Use of this product may be hazardous to your health.
This product contains Saccharin, which has been determined to cause cancer in laboratory animals."

On the outside of a bag of chips: "You could be a winner! No purchase necessary. Details inside."



April Ride Notes:

Dupont

04/06, 04/20

Chehalis Western Trail.

Rain, snow or ice cancels ride. Sign up with a

04/13, 04/27

Ride to Dupont.

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.



04/07, 04/14, 04/21, 04/28

Silk Road Smoothly.

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.



04/30

KIDS Ride

The Second Annual Trails Uniting Communities will take place on the

Puyallup Riverwalk trail at the Goodwill Parking Lot at 1200 - 4th St. NW just off of River Road near the Skate Board Park. Other activities include a Volksmarch @ 8 am to 1 pm, a 3.6K fun run @ 10:30 am, and a Skate Board Expo @ 11 am. The event is FREE. 🌸



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.



TWBC Membership Benefits



Rides: Attendance on guided rides throughout the year.

Bicycle boxes: Suitable for carrying bicycles in; reserve in advance. Contact equipment@twbc.org.

Bicycle trailer: single-wheeled BOB trailer. Contact equipment@twbc.org.

Club Picnic: All you can eat catered picnic at the middle or end of summer (September 26, 2010).

Camping fees: For Club Rides (check for stipulations).

Club Banquet: Subsidized annual awards and social event in January.

Newsletter: Monthly PDF publication with updates on rides and information about bicycling in Tacoma and Pierce County.

Bike Shop Discounts: See at the Club Website:

<http://www.twbc.org/resources/Documents/bike%20shops%20with%20discount.pdf>



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
04/01 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. 
04/02 Sat	9 AM	1 B, 2 B, 3 B	40	Various Leaders 759 - 2800	Century Training Series 1, II & III. Auburn HS thru Green River Gorge.  Start: Auburn HS parking lot, 800 - 4th St NE, Auburn.
04/03 Sun	8:30 AM	1 B	25	Terry King 472 - 2453	Bike Tech Shop Ride. Introduction to cycling around the city of Tacoma w/ longtime bicycle commuter & Club Member. Start: Bike Tech, 5801 S. Sprague Ct., Tacoma.
04/04 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.
04/05 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.
04/05 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.
04/06 Weds	9:30 AM	2 B	43 Trail	Lou & Karel Vance 921 - 4847	Chehalis Western Trail. Rain in Tacoma  Cancels. See Ride Notes for Ride Details. Start: Trail Head in Lacy; past Josephine CtSE & 14th AveS.
04/07 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 PuyallupTrailhead, 13900 - 80th St E, Puyallup
04/07 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.
04/08 Fri	Noon	1 C	20	Bob Myrick 473 - 7455	Wildside Shop Ride. Rain Cancels.  See 04/01 for Ride Details.
04/09 Sat	9 AM	1 B, 2 B, 3 B	40	Various Leaders 759 - 2800	Century Training Series 1, II & III.  Buckley Daffodil Loop. Start: Orting MS, 111 Whitehawk Blvd. NW, Orting.
04/09 Sat	11 AM to 2 PM	00 Meet &	00 Lots!	Katrina Bloemsma 671 - 1938	R.E.I. Cyclefest. Info on bikes, groups, fun & safety. See Article this COG.  Start: 3825 S. Steele St., Tacoma.



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
04/10 Sun	7 AM	Many	All	TWBC	 36th Daffodil Classic. \$\$\$  Ride Chair: Mike Madden, 720 - 0127. Start: Orting Middle School, 111 Whitehawk Blvd NW.
04/11 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 04/04 for Ride Details. 
04/12 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.
04/12 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.
04/13 Weds	9:30 AM	2 B	43	Lou & Karel Vance 921 - 4847	Ride to Dupont & stop for coffee. Rain in Tacoma Cancels. See Ride Notes for Details. Start: Skyline Park & Ride (6th & Skyline). 
04/14 Thurs	9:30 AM	3 A	30 Trail	Richard Walter 840 - 9450	Silk Road Smooooothly. Rain Cancels. See 04/07 for Ride Details. 
04/14 Thurs	9:30 AM	3 D	30 Steady	Joe Small 228 - 9554	Over The Hill Gang. See 04/07 for Ride Details. 
04/15 Fri	Noon	1 C	20	Bob Myrick 473 - 7455	Wildside Shop Ride. Rain Cancels. See 04/01 for Ride Details. 
04/16 Sat	9 AM	1 B, 2 B, 3 B	54	Various Leaders 759 - 2800	Century Training Series 1, II & III. Skyline to Southworth. Start: Skyline Park & Ride (6th & Skyline). 
04/17 Sun	8:30 AM	1 B	25	Terry King 472 - 2453	Bike Tech Shop Ride. Introduction to cycling around the city of Tacoma w/ longtime bicycle commuter & Club Member. Start: Bike Tech, 5801 S. Sprague Ct., Tacoma.
04/18 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 04/04 for Ride Details. 
04/19 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.
04/19 Tues	6 PM; 6:30 PM	Meet & 00 Meet &	Eat; 00 Greet	Vern Hase 468 - 2759	April Club Meeting: NEW LOCATION. Food, drinks, & fellowship @ 6 PM & meeting business @ 6:30 PM. Start: Fabulous Fifties Hall, 6th & St. Helen's Ave., Tacoma.
04/20 Weds	9:30 AM	2 B	43 Trail	Lou & Karel Vance 921 - 4847	Chehalis Western Trail. Rain in Tacoma Cancels. See Ride Notes for Ride Details. Start: Trail Head in Lacy; past Josephine CtSE & 14th AveS. 
04/21 Thurs	9:30 AM	3 A	30 Trail	Richard Walter 840 - 9450	Silk Road Smooooothly. Rain Cancels. See 04/07 for Ride Details. 
04/21 Thurs	9:30 AM	3 D	30 Steady	Joe Small 228 - 9554	Over The Hill Gang. See 04/07 for Ride Details. 



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
04/22 Fri	Noon	1 C	20	Bob Myrick 473 - 7455	Wildside Shop Ride. Rain Cancels. See 04/01 for Ride Details. 
04/23 Sat	9 AM	1 B, 2 B, 3 B	65	Various Leaders 759 - 2800	Century Training Series 1, II & III. Auburn towards Ravensdale? Start: Auburn HS parking lot, 800 - 4th St NE, Auburn. 
04/24 Sun	8:30 AM	1 B	25	Terry King 472 - 2453	Bike Tech Shop Ride. Introduction to cycling around the city of Tacoma w/ longtime bicycle commuter & Club Member. Start: Bike Tech, 5801 S. Sprague Ct., Tacoma.
04/25 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 04/04 for Ride Details. 
04/26 Tue	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.
04/27 Weds	9:30 AM	2 B	43	Lou & Karel Vance 921 - 4847	Ride to Dupont & stop for coffee. Rain in Tacoma Cancels. See Ride Notes for Details. Start: Skyline Park & Ride (6th & Skyline). 
04/28 Thurs	9:30 AM	3 A	30 Trail	Richard Walter 840 - 9450	Silk Road Smooooothly. Rain Cancels. See 04/07 for Ride Details. 
04/28 Thurs	9:30 AM	3 D	30 Steady	Joe Small 228 - 9554	Over The Hill Gang. See 04/07 for Ride Details. 
04/29 Fri	Noon	1 C	20	Bob Myrick 473 - 7455	Wildside Shop Ride. Rain Cancels. See 04/01 for Ride Details. 
04/30 Sat	10 AM to 2 PM	00 Meet &	00 Lots!	Carla Gramlich 592 - 9156	Tacoma Bike Swap. Bicycles, Gear, & Parts. Looking, Buying, & Selling. Start: UPS Fieldhouse, N. Union/N. 11th., Tacoma. 
04/30 Sat	10:45 AM	1 X	2	Bob Myrick 473 - 7455	KIDS Ride. See Ride Notes for Details. Start: Goodwill Parking Lot, 1200 - 4th St NW, Puyallup. 
04/30 Sat	9 AM	1 B, 2 B, 3 B	40	Various Leaders 759 - 2800	Century Training Series 1, II & III. Ride up "the STP hill"? Start: Sumner Library, 1116 Fryer Ave, Sumner. 
05/01 Sun	6:30 - 10 AM	All	50, 72, & 104	Phil's South Sound Cyclery 661 - 3903	May Day Metric , Federal Way, WA. \$\$\$ Start: PSSC, 2310 SW 336th St. www.maydaymetric.net
05/01 Sun	8 - 10 AM	All	32, 45, 55, & 64	Port Townsend Bicycle Assoc.	Rhody Tour , Pt. Townsend, WA. \$\$\$ Start: Haines Place P & R Lot. www.ptbikes.org
05/07 Sat	6:30 - 9 AM	All	18, 34, 65, & 100	Vancouver Bicycle Club	Ride Around Clark County , Vancouver, WA. \$\$\$ Start: Hanna Hall, Clark College, 1820 Ft. Vancouver Way. www.vbc-usa.com

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, April 19, 2011

Next Ride Calendar Deadline:
Tues, April 19, 2011

Next COG Article Deadline:
Weds, April 20, 2011

*Please keep Database Commander Bev updated as to any 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 COORDINATOR:

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.)

PAST PRESIDENT:

pastpresident@twbc.org

Carla Gramlich, 592 - 9156

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

DAFFODIL CLASSIC

(2011): APRIL 10

daffodil@twbc.org

Mike Madden, 720 - 0127

PENINSULA METRIC

(2010): JUNE 6

pmc@twbc.org

Debbie Due, 564 - 4188

RAPSody Contact:

(2011): Aug. 27 & 28

rapsodybikeride@comcast.net

Ralph Wessels, 857 - 5658

ANNUAL CLUB PICNIC:

(2010): Sept. 26 (?)

--Unfilled @ this time--

BIKE EXPO:

(2011): March 12 & 13

bikebooth@twbc.org

--Unfilled @ this time--

CLUB JERSEY SALES:

jerseys@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. 🌼

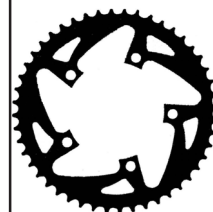


**April
2011**

**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!**

Seattle Bike Expo
March 12 & 13, 2011
(All photos taken by Carla Gramlich)



Volunteers,
(a.k.a., "Gang of Three")
@ the
TWBC Booth,
consists of
Karen Comer,
Caroline Warnock,
& Sue Coley.



World Champion Artistic Cyclists,
Corrina Hein, Stefan Musu, & Lukas Matla,
performed across
from the TWBC Booth.
Volunteer next year @ the Club Booth
& see what you could see!



May Day Metric

A Spring Classic

~~Sunday May 2, 2010~~

!!!! Sunday, May 1, 2011 !!!!!

Are you ready for a ride that will challenge your strength & stamina? The May Day Metric is a challenging recreational ride that is designed for the road cycling enthusiast. This supported ride has 3 route options; a challenging 50 miles, a hard 72 mile route, and an even harder 100+ mile route. The routes will guide you through the lesser traveled back roads, byways, and bike trails of the South Sound region. Both routes begin and end at Phil's South Side Cyclery in Federal Way. A portion of each registration fee and any residual funds & foods will be donated to our benefactors; **The Bicycle Alliance of Washington & The Orting Food Bank**. The mission of the Alliance is to give cyclists a voice in the legislative, planning, and educational processes. The Alliance works with cyclists, clubs, organizations, and governments to increase the freedom and safety of bicyclists statewide. The Orting Food Bank has become a vital resource for local families that have found themselves in need in these desperate times.

50 Mile "Ho Ho-ville" Route: Travel from Federal Way to Orting & back. 1,200 feet of descending {& climbing} as you pas through, Milton, Edgewood, Auburn, Sumner, Puyallup, and Orting.

72 Mile "Twinkie-Land" Route: Travel from Federal Way to Orting; once there push on to South Prairie, then Wilkeson and then back. 2,200 feet of descending {& climbing}.

100+ Mile "Ding Dong- Station" Mountain Route: Not for the faint of heart or soft in the butt. Travel from Federal Way to the Carbon River Entrance of Mount Rainier National Park and back.. Instead of turning around at Orting or Wilkeson you will continue to follow {& climb} the Carbon River Valley to its source. 100+ miles and 4,000 feet of descending {and climbing} as you ride the 100K route in addition to the Carbonado loop.

- Free Custom Cycling Socks Guaranteed to all Pre Registered Participants.
- Scrumptious **Hostess** snacks at well placed rest stops {every 20-25 miles}.
- Mechanical support and sag support for stranded {not tired} riders.
- Slice of Fresh Pie served at finish.
- Registration from 6:00 am – 9:30 am at Phil's South Side Cyclery.
- Course open from 6:30 am – 4:30 pm
- Scenic splendor and sense of accomplishment; Priceless.
- Print this form at www.MayDayMetric.com

Directions To Start: Phil's South Side Cyclery 2310 SW 336th St. Federal Way, 98023 I-5 to Exit #142B {348th St.} Go West on 348th. {go East & you're on Hwy 18} Cross Hwy 161 & 99 follow signs for King Co. Weyerhaeuser Aquatic Center. Cross 1st Ave. (at WinCo Foods) street is renamed SW Campus Drive. Pass Aquatic Center on R. & continue West to Light at 21st Ave SW (street becomes 336th St). Cross 21st Ave & after 100 yards turn Right at KFC into lot (Total distance from I-5 = 2.8 Miles)

Sponsored By...

Phil's South Side Cyclery – TrailSide Cyclery
–Johnnys Famous Bar & Grill – The Mountaineers Club

ANOTHER TEAM TAILWIND PRODUCTION **WWW.TeamTailwind.com**

For Information Contact Phil: 253-661-3903 or Philthebikemechanic@gmail.com

May Day Metric

Registration

Prepare for the worst yet hope for the best. Ride your bike more & worry less!

Event Date = May 1, 2011

One form for each rider (Tandem requires 2 forms, Unicyclists ride for free!
Mail registrations to Phil's South Side Cyclery, 2310 SW 336th St. Federal Way,
WA 98023. Entry fee before 04-23-2011 is \$20 — After That It Is \$25

Helmets Required! NO HELMET = NO RIDE!! + NO DICE!

Last Name: _____ **First Name:** _____ **Age** _____

Address: _____

City: _____ **State:** _____ **Zip:** _____ **Phone** _____

E-Mail _____ **Sock Size:** S _____ M _____ L _____ XL _____

Emergency Contact Name _____ **And Tel. #** _____

_____ **\$20 Registration Fee If Postmarked by 04-23-2011 (No Refunds)**

_____ **\$25 After 04-23-2011** **Checks Payable to Phil's South Side Cyclery**

Liability Release Form Must Be Signed

I promise to have fun and a positive attitude. I promise to be courteous to the volunteers and the fellow participants. In consideration of the acceptance of this entry & by signing the release for myself (or for the participant if the participant is under 18): I agree to **RELEASE, HOLD HARMELSS & INDEMNIFY** Phil's South Side Cyclery & all sponsors, advertisers, owners, & lessors of premises on which the activity takes place, their respective officers, agents, and members, & any other parties contracted with the bicycle event for any injury, loss, and 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** or any party.

I understand there are certain risks associated with bicycle riding, including the risk or serious personal injury, or death. I expressly agree to assume responsibility for all these 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 all 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 **helmets are required to be worn at all times on the May Day Metric**. 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 and 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 claim brought on behalf of the minor.

I understand that failure to comply with said rules gives ride directors the authority to confiscate my bib#, expel me from the ride, & deny me rider services at any point on the course.

Signature of Participant _____ **Date** ____/____/11

Under 18 Participants

Parent-Guardian Signature _____ **Date** ____/____/11



Rhody Tour

Port Townsend, Washington

THE RIDE IS SUNDAY, May 1, 2011

Registration is from 8:00 am until 10:00 am at the Haines Place Park & Ride Lot, in Port Townsend. The course closes at 4:00 PM. There are four routes 32, 44, 55 and 64 miles.

The **FAMILY RIDE** is on the Larry Scott Memorial Trial. It has its own rest stop and is suitable for cyclists of all ages.

At the Start and Finish the Cape Cleare Salmon wagon will be offering breakfast and port ride lunch for purchase. 8am to 2pm. Bring your family and friends! Java Gypsy Mobile Coffeehouse will be onsite as well as the Elevated Ice Cream Co. cart.

Check www.ptbikes.org for the latest updates!

EARLY REGISTRATION Before April 25th	Individual	Family
Member	\$15	\$30
Non-member	\$20	\$40

DAY of RIDE REGISTRATION		
Member	\$20	\$35
Non-member	\$25	\$45

PTBA MEMBERSHIP	\$15	\$25
-----------------	------	------

FAMILY RIDE ONLY	\$5	\$10
------------------	-----	------

TOTAL		
-------	--	--

Help us plan by telling us how many will attend the salmon feed.		
--	--	--

Complete this release and registration form. Make checks payable to PTBA.

MAIL TO: Port Townsend Bicycle Association P.O. Box 681 Port Townsend, Wa. 98368. PH. 360-385-5979

Last Name (print)

First Name

Street Address

City

State

Zip

Home Phone ()

Emergency Phone ()

E-mail

Release of Liability and Agreement to Hold Harmless

Each participant in the Rhody Tour must read and sign this Release and Agreement to Hold Harmless

1. In consideration of my participation in the Rhody Tour and/or membership in the Port Townsend Bicycle Association ("PTBA") and by signing this Release for myself (or for participant if under 18) I agree to RELEASE, HOLD HARMLESS and INDEMNIFY PTBA; the Washington State Department of Transportation; Jefferson County; the City of Port Townsend, and their officers, agents and members; and any other party or entity connected with them for any injury, or loss or damage (including injury, loss or damage caused by NEGLIGENCE) to any individual suffered as a result of participation in the Rhody Tour bicycle event or any activity associated with it or with members in PTBA including club rides and events.

2. I understand that there are certain risks associated with bicycle riding, including the risk of serious personal injury or death, and I expressly and voluntarily agree to assume those risks. I understand the route chosen is challenging, not necessarily the safest or easiest route, and 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, and that my bicycle is in a safe operating condition.

3. I understand that wearing a helmet that meets the ANSI or SNELL bicycle safety standards can minimize head injuries which may occur in a cycling accident and that PTBA requires all Rhody Tour riders to wear a helmet while participating in this and all club events and to follow the rules of the road and all applicable laws and safe bicycling practices. It is my responsibility to insure that my helmet meets ANSI or SNELL standards.

4. I understand that this RELEASE is also binding on my heirs and representatives. If I am signing on behalf of a minor, I represent that I have the authority to enter into this Release and Agreement to hold harmless on behalf of and for said minor. I accept full responsibility for all medical expenses incurred as a result of the minor's participation. I agree to HOLD HARMLESS and INDEMNIFY the entities named above for any claim brought on behalf of the minor.

5. I understand that photos may be taken during the Rhody Tour or other PTBA events and I hereby give PTBA the right to publish any photographs in which I may appear.

Date

Date

Signature of Participant

Signature of Parent/Guardian if participant is under 18 year of age.

the april '11 cog page 23

Rhody Flyer

F
r
o
m

t
h
e

T
W
B
C

C
o
g
-
n
i
t
i
v
e

C
o
u
r
i
e
r

Important!!

HELMETS REQUIRED!! Participants must wear APPROVED helmets during the entire ride. Headphones are not allowed on the ride.

RACC SCHEDULE: Saturday, May 7, 2011:

6:30 A.M. to 9:00 A.M. Day of Ride Registration.
7:00 A.M. Course opens.
5:00 P.M. Course closes.

All riders must be on the road by 9:00 A.M.
NO EXCEPTIONS!

Many thanks to our local cities and agencies whose streets we ride on and without whose support and assistance, RACC would not be possible:



PRSR STD
U.S. POSTAGE PAID
VANCOUVER, WA
PERMIT NO. 695

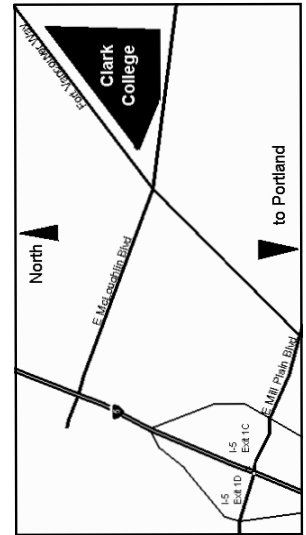
The Vancouver Bicycle Club's 28th ANNUAL RIDE AROUND CLARK COUNTY Four Beautiful & Challenging Rides



through Clark County, Washington

www.vbc-usa.com
VANCOUVER
BICYCLE CLUB

From each paid registration, a minimum of \$1.00 is donated to each of the following: The Bicycle Transportation Alliance and The Bicycle Alliance of Washington.



2011 RACC Routes: 18, 34, 65 or 100 miles



We wish to extend our warm thanks to our local bicycle shops for their welcome support:



Vancouver Bicycle Club
Ride Around Clark County
PO Box 1456
Vancouver, WA 98668-1456

VANCOUVER Bicycle Club

OFFICIAL ENTRY FORM 28th ANNUAL RIDE AROUND CLARK COUNTY Saturday, May 7, 2011

Make Checks Payable To:
VANCOUVER BICYCLE CLUB

Send form and payment to:
RACC, PO Box 1456,
Vancouver, WA 98668-1456
Sorry - No Refunds

Please complete one entry form per entrant. Tandem entries must complete two entry forms. No confirmations of entry will be sent. Entry form must be completed in its entirety for each entrant.

From TWBC The Cog-nitive Courier

First																Last															
Name																															
Address																															
City											State			Zip					Email												
Phone																															

PRE-REGISTRATION: (Postmarked by Monday, May 2, 2011)

Your check must accompany this form.

☐ VBC Member (34, 65 or 100 mile).. \$25.00 ☐ 18-mile ... \$15.00
☐ Non-Member (34, 65 or 100 mile).. \$30.00 ☐ 18-mile ... \$20.00

Registration includes a VBC RACC Cycling Cap !

DAY OF RIDE REGISTRATION

☐ VBC Member (34, 65, 100 milers)... \$30.00 ☐ 18-mile ... \$15.00
☐ Non-Member (34, 65, 100 milers)... \$35.00 ☐ 18-mile ... \$20.00

Not a Vancouver Bicycle Club member?

JOIN when you register and be eligible for VBC Member ride price.

☐ Individual Membership, 1 yr ... \$15.00 ☐ 2 yrs ... \$26.00
☐ Family Membership, 1 yr \$20.00 ☐ 2 yrs ... \$36.00

All Participants Must Read And Sign Waiver Below.

If Participant Is Under 18 Years Of Age, Parent Or Legal Guardian Must Sign.

I acknowledge that this athletic event is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of athletes, equipment, vehicular traffic, actions of other people including, but not limited to, participants, volunteers, spectators, event officials, and/or producers of the event, and the lack of hydration. These risks are not only inherent to athletes, but are also present for volunteers. I hereby assume all of the risks of participating and/or volunteering in this event. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment, or property owned, maintained or controlled by them or because of their possible liability without fault.

PRINT NAME

AGE SIGNATURE of participant or if under 18 guardian must sign

DATE

4 GREAT LOOPS TO CHOOSE FROM

All routes start and finish at Clark College Hanna Hall, 1820 Fort Vancouver Way, Vancouver, Washington.

18-MILE LOOP, follow pink Dan Henrys, Start/Finish Line support only (Clark College open 6:30am-5pm).
 Travels east through Cascade Park and back.

34-MILE LOOP, follow blue Dan Henrys, 1 Rest Stop at Lacamas Lake open 7-11am. Travels east around Lacamas Lake and back to Clark College. (1,000' elevation gain)

65-MILE LOOP, follow yellow Dan Henrys, 2 Rest Stops: Lacamas Lake & Daybreak Park (open 9-3pm).
 Travels east, around Lacamas Lake, then north through the hills of Hockinson, through Battle Ground, to Daybreak Park, west toward Ridgefield, then south through Felida and back to the finish at Clark College. (3,000' elevation gain)

100-MILE LOOP, follow white Dan Henrys, 3 Rest Stops: Lacamas Lake, Moulton Falls (open 9-1pm) & Daybreak Park. Travels east, around Lacamas Lake, then north through the Hockinson hills to Battle Ground, continuing north to Yacolt & Amboy. Riders then head west on a new route through the scenic Cedar Creek / Lewis River area, and south through La Center (revised route for safety) to Daybreak Park. Riders proceed west toward Ridgefield, then south through Felida and back to the finish at Clark College. (4,800' elevation gain)

AID/FOOD STATIONS

Rest rooms, beverages & food are located at all rest stops and at the start/finish. Our famous Trail Putty will again be provided as well as energy drinks, fresh fruit, bagels, potatoes, cookies and other goodies. Stores en route for emergencies: Lacamas Lake, Hockinson, Heison, Yacolt, Amboy, La Center. Massage therapists will be working at the Clark College finish line on a fee basis.

RIDE SUPPORT

Although there will be sag support, riders and their bikes should be in good shape. Trained mechanics will be available at rest stops.

WHAT TO BRING & WEAR

We recommend you carry identification, a spare tube, patch kit, tire irons, pump, water bottles and extra money at the very least. **Warm Clothing & Rain Gear are Highly Recommended.**



Ride Around Puget Sound

August 27 - 28, 2011

Visit www.rapsodybikeride.com for ride details!

Register online at active.com or mail this form to RAPSody, PO Box 542, Burley, WA 98322-0542.

Make checks payable to Bicycle Alliance of Washington

Name _____

Address _____

City/State _____ Zip _____

Phone _____

E-mail _____

Rider packets will be sent by email approximately 2 weeks before the ride. Notify the Registrar if your email changes!

Indicate Souvenir Sock Size	
S/M (6-10)	
L-XL (9-13)	
Be sure print legibly and to mark all applicable boxes.	

Registration Closes 8/19		
Postmarked by 7/26	\$85	
Postmarked after 7/26	\$95	
Jersey – club cut style (order by 6/29 to guarantee)	\$60	
Circle Jersey Size XS S M L XL 12X 3XL		
Circle Jersey type Men's/Unisex Women's		
Join the BAW for \$25	\$25	
BAW member discount (Join now for immediate discount)	– \$10	
Dinner at high school	\$12	
Breakfast at high school	\$8	
Meals must be pre-purchased		
Total Enclosed	\$	

Ride Around Puget Sound (RAPSody) 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 the Bicycle Alliance of Washington, Capital Bicycle Club, B.I.C.S. of Snohomish County, Cyclists of Greater Seattle, Tacoma Wheelmen's Bicycle Club, West Sound Cycling Club, other host bicycle clubs, and all support staff, sponsors, advertisers, owners & lessor premises on which the activity takes place, the respective officers, agents & members, & any other parties connected with the bicycle event for any injury 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 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 the injuries which may occur in a cycling accident and that the RAPSody Bike Ride 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.

SNELL OR ANSI APPROVED HELMETS ARE REQUIRED ON THIS RIDE!

Signature of Participant: _____

Date: _____

Signature of Parent/Guardian _____

if participant is under 18: _____

: Date _____

 Read & Sign This Form 

From TWBC The Cog-nitive Courier