



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.



Who you gonna call?

Accident Scene Management at the June Club Meeting

By VP Vern Hase



Rick Wallace 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. He has also 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. This info is applicable to all of us on two wheels, motorized or not.

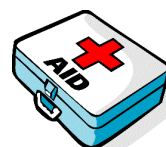
I love being on two wheels; I'm an active motorcycle rider and a bicycle rider. I really hope you can slice out a little time to attend this meeting. See you there!

Detailed info about meetings is always just a couple of clicks away, at <http://www.twbc.org>. ☺

I don't know
what to do!



What do I NOT do?



What should
I carry?

Editor's Note: For a legal perspective, review "What To Do After Your Bike/Car Crash" written by attorney John Duggan, in the April 2006 COG.

In this issue of the COG:

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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

The critical component of a successful club is a dedicated core of volunteers. This past year, we have been fortunate to have a few individuals provide the necessary leadership and initiative to make our Club function properly and move forward. However, we have depended on a dangerously thin veneer of willing Volunteers, and if we are going to continue to grow and prosper, we need more Members to assume leadership roles.

This is the time of year when we elect a new slate of Officers. While it may at first glance seem rather daunting to volunteer, the roles are defined such that no one individual assumes too great a time commitment. Further, there is no experience required, and old hands are willing to provide both guidance and reassurance.

After years of service to the Tacoma Wheelmen, Vern Hase has announced that he is stepping down as Club Vice-President. In this critical position, Vern has arranged the monthly General Meetings. He has done a terrific job coordinating both the location and the monthly program. Consider that with his years of experience, Vern can help the new Vice-President make an easy transition into the position. And best of all, there is no assumption that an individual taking this position will necessarily run for Club President.

Please don't wait to be asked. We need you! Let any Board Member know that you would consider a more active role. If you are uncertain just how your skills could be best utilized, be assured that there is a position for every person and every personality and Board Members would be happy to discuss options that would suit you best. Elections are this June; we are counting on you. ☺



Daffodil Classic 2011: a very "Cool" Event!

By Mike Madden



Daffodil 2011 is now behind us and we can be pleased with the results. The day was typical of this spring with clouds, cool temperatures, and wind and rain. But both Volunteers and riders enthusiastically persevered.

First, how did we do? A total of 545 riders participated this year in less than ideal weather. There were 687 riders signed up so there were quite a few no shows. A total of 69 Volunteers worked to make the event happen and run smoothly, many of you putting in more than one day of volunteer labor. We "netted" about \$5,000 after expenses, and donated more than 1,000 pounds of leftover perishable food to the Orting Food Bank (they were thrilled).

I sent out a questionnaire to all of the Volunteers after the event to solicit feedback. Over 25% of you responded in writing and quite a few more verbally. Thank you! In response the questions "should we continue to hold the event and would you be willing to volunteer again" the unanimous response was YES! which bodes well for the future of this Ride.

If you have thoughts to share about this ride please e-mail them to me at treasurer@twbc.org. I would love to hear from you. ☺



By Bob Myrick, Director of
Community and Government Affairs
*Actions affecting you
and your community*

Our committee met on Tuesday, May 3, at the Harvester Restaurant in the Stadium District at First and Tacoma Avenues. We will meet there again on Tuesday, June 7 at 6:00 pm. We talked about a few things as follows.

1. **Trail in Chehalis.** Rich Walter reported to me he was spending some time exploring the trail in Chehalis that runs out to PeEll on the way to South Bend. There is some pavement in the Chehalis area and a new trailhead all constructed by State Parks.
2. **Pacific Avenue Improvements.** Several of us have been attending City meetings related to improving Pacific Avenue with new storm water systems and either new bike lanes or a CycleTrack. The CycleTrack looks like a trail on the westerly side of Pacific. It would be very nice as it links the Prairie Line Trail, the Esplanade Trail and the way to Ruston Way. Apparently, it would cost quite a bit more than bike lanes since special signaled crossings would be required along the way.
3. **Vulnerable Users Bill.** This bill gives additional protection to pedestrians and cyclists. It has been passed and signed into law by the Governor. More information is found at the Bicycle Alliance website.
4. **Swan Creek Park.** Steve Brown and I continue to work on the new plan for the park. The plan calls for a north-south trail on the high ground above the creek. This trail would link to the Pipeline Trail thru the road system creating a loop trail.
5. **Dixie Spur/JEBIII Thruway.** We continue to work with Officials in Puyallup to create a trail spur from Shaw Road to 134th. If you live in Puyallup, you should be lobbying your City Council to identify a bike route system in the downtown area. Puyallup Riverwalk Trail is considered to be a major part of the effort to redevelop the car lot area at River Road and Meridian. There is a major study going on where your input is very important.
6. **Bike Swap.** Several people have reported the Bike Swap was a great success at UPS as the kickoff event for Bike Month. TWBC was the major sponsor.
7. **Sumner Trails.** The City will be building two segments of the trail system in the coming months. One is near downtown and the other is north of downtown.
8. **Foothills Trail in South Prairie.** There is progress in identifying a route thru the trailer park in South Prairie. Hopefully, the project to get to Buckley will soon come together.
9. **Point Defiance Park.** Metro Parks is holding public meetings to discuss the future configuration of the entrance to the park.
10. **CAT Meetings.** The Coalition for Active Transportation meets once a month. The last two meetings have focused on issues in Fife, Puyallup and Northeast Tacoma. We are trying to find a way to build trail coming down from Northeast Tacoma and connecting with many future trails in Fife.

GAC, continued on page 4

11. **Narrows Bridge.** WSDOT may be interested in working with Peninsula Park District to provide trail connections under the bridge. Such connections would allow easier access to the Cushman Trail.

12. **Delin Street.** Carla and I have been attending meetings with Sounder Train designers and the City of Tacoma to make sure cyclists have adequate detours while Pacific Avenue is being lowered about 18 feet to make way for the Sounder Trail. We also want to make sure we have an adequate finished bike transportation system when the construction work is done. Delin Street is a popular route to the Lincoln District. The street will disappear near Pacific Avenue, but will still be present higher up and we are working on a way to access the upper street.

It is really nice now that June is here. Remember to Cycle More and Worry Less. Bring someone new to one of our great rides. We are still looking for ways to grow the Club. ☺

AAA reports the current national average price for a gallon of regular gas is \$3.81; a gallon of diesel is \$4.29.

A year ago the prices were \$2.77 & \$2.93 respectively.

The current average price in Washington State is \$3.96 per gallon of regular & \$4.35 per gallon of diesel. ☺

TWBC Board Members Needed For Elections at the June General Meeting.

Your Club needs You!! Serve your fellow Members by submitting your name for a TWBC Board position!

Requires your attendance to Board Meetings once a month (second Tuesday @ 6 PM), attendance to eight Club Meetings ability to manage, organize, and participate in various discourses over dinner. Some activity outside this time period is required, but a lot of fun.

Your rewards include fulfilling bicycling destiny in Pierce County, a vision started in 1888; participating in lively discussions; serving your fellow Members; and partaking of excellent food @ a local restaurant. ☺



Since it's the early worm that gets eaten by the bird, sleep late. ☺



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
06/01 Weds	10 AM	2 B	43 Trail	Richard Walter 651 - 4902	Chehalis Western Trail. Rain in Tacoma Cancels. See Ride Notes for Ride Details. Start: Trail Head in Lacy; past Josephine CtSE & 14th AveS. 
06/02 Thurs	9:30 AM	3 A	30 Trail	Richard Walter 651 - 4902	Silk Road Smooooothly. Ride to S. Prairie via Foothills Trail. Paved trail w/ very few road crossings. Beverage of your choice in S. Prairie (no host). Rain Cancels. 
06/02 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.
06/03 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.
06/04 Sat	7 AM	All	10, 20, 32,46, 56, 75	St. Leo's Food Connection 383 - 5048	Meals to Wheels. \$\$\$ Fundraiser Ride. Start: WSU's Puyallup Extension Campus, 7612 Pioneer Way E, Puyallup.
06/04 Sat	7 AM	All	3,10, 49,60, 100	American Red Cross, West Sound Cycling Club	Life Cycle Bremerton. \$\$\$ Fundraiser Ride. Start: Bremerton Evergreen Rotary Waterfront Park, 1400 Park Ave., Bremerton. www.westsoundredcross.org
06/04 Sat	8 AM	1 B, 2 B, 3 B	75	Tom Reardon 759 - 2800	Century Training Series 1, II & III. Celebration Park to Mud Mt Dam.  Start: Celebration Park, 1111 S 324th St, Federal Way.
06/05 Sun	7 AM	All	29 M, 50 K, 100 K, 100 M	TWBC 759 - 2800	Peninsula Metric Century. \$\$\$ Start: Southworth Ferry Terminal or Gig Harbor Medical Pavillion, Kimball Dr, Gig Harbor.
06/06 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.  Start: Starbucks @ 26th & Proctor.
06/07 Tues	9:30 AM	2 C	30 - 50	See Description	Tuesday Decide To Ride. Meet with friends & go to lunch. Louie Boitano, 922 - 1168, or Ron Nowicki, 661 - 2664. Start: Sumner Library, 1116 Fryer Ave, Sumner.
06/07 Tues	5:30 PM	2 B	20	Matt Newport	Tuesday Night Ride. Join the Hamon's Bike Club's easy training ride around Tacoma. Good for the working class. Start: The Hub, 203 Tacoma Ave. S., Tacoma



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06/07 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.
06/08 Weds	9:30 AM	2 B	35	Richard Walter 651 - 4902	Ride to Dupont & stop for coffee. Rain in Tacoma Cancels. See Ride Notes for Details. Start: Skyline Park & Ride (6th & Skyline).
06/09 Thurs	9:30 AM	3 A	30 Trail	Richard Walter 651 - 4902	Silk Road Smooooothly. Rain Cancels. See 06/02 for Ride Details. 
06/09 Thurs	9:30 AM	3 D	30 Steady	Joe Small 228 - 9554	Over The Hill Gang. See 06/02 for Ride Details. 
06/10 Fri	Noon	1 C	20	Bob Myrick 473 - 7455	Wildside Shop Ride. Rain Cancels. See 06/03 for Ride Details. 
06/11 Sat	8 AM	1 B, 2 B, 3 B	75	Tom Reardon 759 - 2800	Century Training Series 1, II & III. Eatonville Daffodil Loop. Start: Sumner Library, 1116 Fryer Ave, Sumner. 
06/12 Sun	Play	Ball	Crack!	Popcorn, peanuts &	The National Baseball Hall of Fame in Cooperstown, NY was opened in 1939.
06/13 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. See 06/06 for Ride Details. 
06/14 Tues	9:30 AM	2 C	30 - 50	See Description	Tuesday Decide To Ride. Meet with friends & go to lunch. Louie Boitano, 922 - 1168, or Ron Nowicki, 661 - 2664. Start: McDonald's, 112th & Pacific Ave.
06/14 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.
06/15 Weds	10 AM	2 B	43 Trail	Richard Walter 651 - 4902	Chehalis Western Trail. Rain in Tacoma Cancels. See Ride Notes for Ride Details. Start: Trail Head in Lacy; past Josephine CtSE & 14th AveS. 
06/16 Thurs	9:30 AM	3 A	30 Trail	Richard Walter 651 - 4902	Silk Road Smooooothly. Rain Cancels. See 06/02 for Ride Details. 
06/16 Thurs	9:30 AM	3 D	30 Steady	Joe Small 228 - 9554	Over The Hill Gang. See 06/02 for Ride Details. 
06/17 Fri	Noon	1 C	20	Bob Myrick 473 - 7455	Wildside Shop Ride. Rain Cancels. See 06/03 for Ride Details. 
06/18 Sat	7 AM	All	30, 66, & 100	Wheatland Wheelers Cycling Club 509-520 - 2288	Ann Weatherill Cycling Classic. \$\$\$ Walla Walla. Her cycling death by a motorist brought about the Ann Law. Funds go to cycling safety & Share the Road signs. Start: Pioneer Park, Alder & Division Street, Walla Walla.



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Day/- Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
06/18 Sat	8 AM	1 B, 2 B, 3 B	69	Tom Reardon 759 - 2800	Century Training Series 1, II & III. Skyline/Southworth Loop. Start: Skyline Park & Ride (6th & Skyline). 
06/19 Sun	Free	At	Last	Morsel	Juneteenth, originating in 1865, is the oldest known celebration of the end of slavery in the U.S.; it commemorates African-American freedom & emphasizes education & achievement.
06/20 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. See 06/06 for Ride Details. 
06/21 Tues	9:30 AM	2 C	30 - 50	See Description	Tuesday Decide To Ride. Meet with friends & go to lunch. Louie Boitano, 922 - 1168, or Ron Nowicki, 661 - 2664. Start: Freighthouse Square, 430 E. 25th St, Tacoma.
06/21 Tues	5:30 PM	2 B	20	Matt Newport	Tuesday Night Ride w/ the Hamon's Bike Club. See 06/07 for Ride Details.
06/22 Tues	6 PM; 6:30 PM	Meet & 00 Meet &	Eat; 00 Greet	Vern Hase 468 - 2759	June Club Meeting: NEW LOCATION. Food, drinks, & fellowship @ 6 PM & meeting business @ 6:30 PM. Topic: Manage an accident scene and injuries. Start: Fabulous Fifties Hall, 6th & St. Helen's Ave., Tacoma.
06/22 Weds	9:30 AM	2 B	43	Richard Walter 651 - 4902	Ride to Dupont & stop for coffee. Rain in Tacoma Cancels. See Ride Notes for Details. Start: Skyline Park & Ride (6th & Skyline). 
06/23 Thurs	9:30 AM	3 A	30 Trail	Richard Walter 651 - 4902	Silk Road Smooooothly. Rain Cancels. See 06/02 for Ride Details. 
06/23 Thurs	9:30 AM	3 D	30 Steady	Joe Small 228 - 9554	Over The Hill Gang. See 06/02 for Ride Details. 
06/24 Fri	Noon	1 C	20	Bob Myrick 473 - 7455	Wildside Shop Ride. Rain Cancels. See 06/03 for Ride Details. 
06/25 Sat	9 AM	1 B, 2 B, 3 B	???	Various Leaders 759 - 2800	Century Training Series 1, II & III. Unknown at publication time. Start: Call the Ride Line. 
06/26 Sun	7 AM	All	20,37 70,85, & 126	Capital Bicycling Club 360-292 - 8925	Two County Double Metric Century. \$\$\$ Tumwater. Start: Peter G Schmidt Elementary, 225 Dennis St., Tumwater. www.capitalbicycleclub.org
06/26 Sun	7:30 AM	All	12, 30, & 50	Pierce County Parks 841 - 8515	Tour de Pierce. \$\$\$ Start: Gold Parking Lot @ the Western WA Fairgrounds, S. Meridian & 9th Ave SE, Puyallup.
06/27 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. See 06/06 for Ride Details. 



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Day/ Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
06/28 Tues	9:30 AM	2 C	30 - 50	See Description	Tuesday Decide To Ride. Meet with friends & go to lunch. Louie Boitano, 922 - 1168, or Ron Nowicki, 661 - 2664. Start: Sumner Library, 1116 Fryer Ave, Sumner.
06/28 Tues	5:30 PM	2 B	20	Matt Newport	Tuesday Night Ride w/ the Hamon's Bike Club. See 06/07 for Ride Details.
06/29 Weds	10 AM	2 B	43 Trail	Richard Walter 840 - 9450	Chehalis Western Trail. Rain in Tacoma Cancels. See Ride Notes for Ride Details. Start: Trail Head in Lacy; past Josephine CtSE & 14th AveS.
06/30 Thurs	9:30 AM	3 A	30 Trail	Richard Walter 840 - 9450	Silk Road Smooooothly. Rain Cancels. See 06/02 for Ride Details. 
06/30 Thurs	9:30 AM	3 D	30 Steady	Joe Small 228 - 9554	Over The Hill Gang. See 06/02 for Ride Details. 



Dupont

June Ride Notes:

06/01, 06/15, 06/29

Chehalis Western Trail.

Sign up with a contact number so we can notify

06/08, 06/22

Ride to Dupont.

you by phone (preferably cell, in case you are in

transit) if a ride has been cancelled. For CWT bring \$\$\$ to buy lunch in Tenino. 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. We encourage riders to car pool. ☺

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.



and Dave Killen,
database & mailing

Renewing Members (Thank You!):

Geoffery Jackson, Lisa Lawrence, Jerry McLaughlin, Gary Moore, Ron & Bonnie Nowicki, Tim Payne, Gretchen Roosevelt, Gene & Trish Smith, and Sally Swanson.

New Members (Welcome!):

Joseph Anderson, Katrina Bloemsma, Diana Johnson, Folino Leonard, George Neal, John Perigard, and Kim Werran. ☺

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, June 21, 2011

Next Ride Calendar Deadline:

Tues, June 21, 2011

Next COG Article Deadline:

Weds, June 22, 2011

*Please keep Database Commander Dave 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

Dave Killen, 677 - 5896

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. ☺

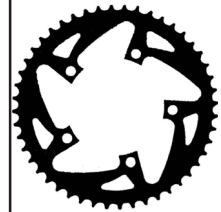


**June
2011**

**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.

Become a Member of TWBC

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

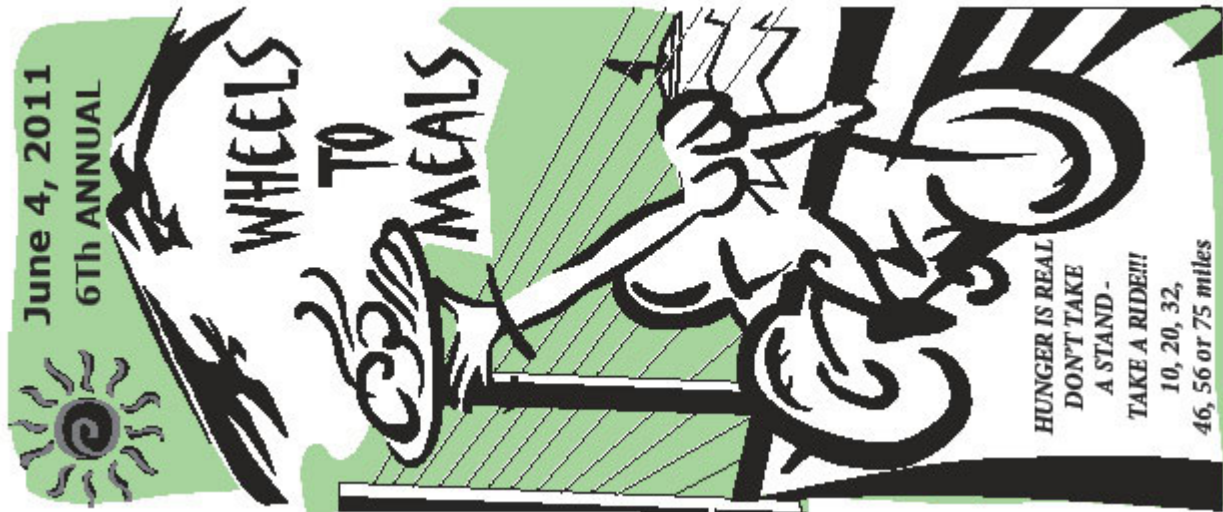
**Thanks for becoming
a Member of TWBC!**

We ride for hungry families and children

- ⚙ Our **St. Leo Food Bank** is one of the largest food banks in the state. Our **Mobile Food Bank** to Lakewood's Springbrook neighborhood serves 125 - 150 households every Saturday. 40% of our food bank clients are children.
- ⚙ Our **Backpack Program** provides two days worth of food every Friday to more than 400 students at 14 Tacoma public schools who are at-risk of hunger over the weekend
- ⚙ Our **Summer Meals** program serves lunch to children on week days throughout the summer in Tacoma, Lakewood and Burlington.
- ⚙ Our **Sutherland Orchard** grows apples and berries for our food bank clients, and **Leo's Garden** provides them access to pea patch plots.
- ⚙ We help staff the **Pierce County Gleaning Project** which collects surplus produce from commercial growers and wholesalers, as well as Pierce County residents.



Thank you to our
generous sponsors



How You make a Difference The Four R's

1. REGISTER

Fill out your registration form and send it to Wheels to Meals, c/o The Food Connection 710 South 13th Street Tacoma 98405. You can also register online at www.active.com.

2. RAISE MONEY

After you register we'll send you a pledge packet, and even help you create an online fundraising page. Set your goal - a minimum of \$100 per rider. There are additional incentive prizes for all riders raising more than \$250. Tax deductible checks can be made out to:
Food Connection - Wheels to Meals.

3. RIDE

Day of race registration will be begin at 7:00 and the course will open at 7:30. All riders must be on the course by 10:00. All rides begin and end at WSU's Puyallup Extension Campus (7612 Pioneer Way E)



4. RELAX AT THE FINISH

Music, food and fun await you at the Finish Line Festival as we celebrate your **"fighting hunger from the seat of your bike."**

Fight hunger from the seat of your bike

Wheels to Meals is the signature fundraising event for the St. Leo Food Connection, which has been fighting hunger in Pierce County since 1982. We operate the **St. Leo Food Bank, Springbrook Mobile Food Bank, Summer Meals sites a Backpack Program, the Sutherland Orchard, Leo's Garden and the Pierce County Gleaning Program. Wheels to Meals** includes 10, 20, 32, 46, 56 and 75 mile rides through the scenic Puyallup valley and surrounding area. There will be a bike mechanic at the start area, and all courses include rest stops and SAG wagons and motorcycles to help you have a great ride!



Ride Leaders Available

Teams are a great way to have fun with friends and/or co-workers. And since all the rides start and end at WSU's Puyallup Campus members can ride different courses and meet up along the way or at the Finish Line Festival. We'll take a team picture at the beginning or end of the ride (your choice) to help you commemorate the day you **"fought hunger from the seats of your bikes!"**

Registration Form

RIDE DATE - JUNE 4, 2011

Name _____
Address _____
City State Zip _____
Phone _____
E-Mail _____
Team Name _____

Send me information on Ride Leaders!

_____ 10 mile _____ 20 mile _____ 32 mile
_____ 46 mile _____ 56 mile _____ 75 mile

T-shirt size: Child: S M L Adult: S M L XL XXL

Early registrations \$20.00 \$ _____
(\$25.00 after May 15, 2011)

Shirts may not be available for late registrations

Credit Card _____
Expiration Date _____



From The TWBC
Cog-nitive Courier



Whether you want a Century Challenge or an easy family ride, Life Cycle Bremerton has something for everyone!

Start Location: Bremerton Evergreen Rotary Waterfront Park
1400 Park Ave, Bremerton, WA 98310

Registration Open at 7:00 a.m. to Noon

Kids Bike Rodeo 10:00 a.m.-2:00 p.m.

'Ride with the Mayors' starts at 9:00 a.m.

After-ride meal served to paid registrants 11:30 a.m.-4:30 p.m.

Event closes at 4:30 p.m.

June 4, 2011, Bremerton, WA

City of Bremerton Parks and Recreation, Mayor Patty Lent, the American Red Cross West Sound and the West Sound Cycling Club invite you to explore the artistic surroundings, green parks and breathtaking waterfront vistas and mountain views of Bremerton and its surrounding area.

ROUTE: We have a three-mile 'Ride with the Mayors', ten-mile 'Family Ride', forty mile 'Northern Route', sixty-mile 'All Cities Ride' and '100-Mile Century Challenge'. The routes begin and end at picturesque Rotary Evergreen Park. The routes are designed to showcase the park system and engage riders in supporting the American Red Cross.

DETAILS: Registration includes ride support, well-supported stops with snacks and drinks, a souvenir button and an opportunity to win great raffle prizes. Registered participants are invited to join us for a cookout after the ride. Kids under 12 ride free with a registered adult. Souvenir T-shirts are available for \$15 with your pre-registration. (The price will be \$20 at the event)

KIDS STUFF: There will be a Children's Bicycle Rodeo, for ages 5-12 marshalled by the American Red Cross volunteers. A free bike helmet and fitting are available for the first 60 participants during the Bicycle Rodeo.

PRE-REGISTRATION COST: \$25/adult rider, non-military; \$20 active duty military; 12-18 year-old riders/\$10; kids under 12 ride free with a paid adult. Price includes supported rest stops, on-course support vehicles, end-of-ride meal. T-shirts are available with pre-registration for an additional \$15. T-Shirts will be \$20 if purchased at the event. A limited number of meals are available to non-riders for \$5 each.

PARKING: We encourage riders to bike to the event. A limited amount of parking will be available at Olympic College, 1600 Chester Avenue, Bremerton, WA. Watch for signs.

Proceeds of this ride will support American Red Cross programs and services in West Puget Sound. For more information go to:

www.westsoundredcross.org

Or, call (360) 478-7686

\$1 of each registrant fee will support the Bike Alliance Washington (BAW).

NAME: _____ AGE: _____

ADDRESS: _____ PHONE: (____) _____

CITY/STATE/ZIP: _____ EMAIL: _____

EMERGENCY CONTACT AND PHONE: _____

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

(Please see reverse side to complete registration)

From TWBC The Cog-nitve Courier

A partnership of:



West Sound Cycling Club



PRE-REGISTRATION PRICES GOOD THROUGH MAY 15, 2011

I am PRE-registering for the following:

- ☐ Child Rider under twelve- FREE
☐ Child Rider 12-18- \$10
☐ Military Rider- \$20
☐ Adult Rider- \$25
☐ # of Additional Meal Tickets @ \$5 each

Souvenir T-Shirts \$15 each (Price will be \$20 at the event) # Med # Lg # X-L

I'd like to make an additional donation of \$ to American Red Cross.

\$ Total Amount Due

NOTE: FEES PAID ARE NON-REFUNDABLE

*** Registration will be \$30/adult and \$15/child 12-18 after May 15th

☐ My check is enclosed

☐ Please charge my credit card as follows:

\$ Total Amount ☐ VISA ☐ MasterCard
☐ American Express

Name on card:

Account #:

Expiration Date: Zip Code:

Signature:

Register online at Active.com or mail this completed form to:

ARC Life Cycle 811 Pacific Avenue Bremerton, WA 98337 FAX (360) 792-0498

American Red Cross Life Cycle Bremerton Release

***** Note: THIS FORM MUST BE SIGNED AND COMPLETED ON BOTH SIDES 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 American Red Cross Serving King & Kitsap Counties, City of Bremerton Parks and Recreation and Olympic College, other host bicycle clubs, and all support staff, sponsors, advertisers, owners and lessors of premises on which the activity takes place, their respective officers, agents & members, & any other parties connected with the bicycle event for any injury, loss or damage suffered as a result of participation in the bicycle event or any activity associated with it, including injury, loss or damage caused by Negligence of any party.

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

I understand that wearing a helmet can minimize head injuries which may occur in a cycling accident & that the American Red Cross Life Cycle Bremerton Bike Ride requires all riders to wear approved 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 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 claims brought on behalf of the minor.

SIGNATURE OF PARTICIPANT:

DATE:

SIGNATURE OF PARENT OR
GUARDIAN IF PARTICIPANT IS UNDER 18:

DATE:

TWO COUNTY DOUBLE METRIC CENTURY



5 routes: 20 | 35 | 70 | 85 | 126 miles (126 miles = 200 kilometers)

NEW START LOCATION: 225 Dennis St. Tumwater

Beautiful riding on five different routes, from a family friendly 20-miles to a grueling 200 K that will challenge experienced cyclists. Ride beautiful low traffic roads of Thurston and Lewis Counties. Planned by cyclists for cyclists: You won't believe the food at the rest stops.

Sunday, June 26, 2011

Start/finish: Peter G Schmidt Elementary 225 Dennis St, Tumwater WA

Registration open from 7:00 a.m. to 1:00 PM

(126 mile riders must register by 08:30 a.m.)

Preregistrations must be received by June 19, 2011 or register the day of the ride.

Children 12 and under ride free

Riders enjoy a well-marked course with cue sheet and map, support vehicles, rest stops on every loop, finish line welcome until 6:00 p.m., \$1.00 per rider supports the Bicycle Alliance of Washington (BAW).

great STP and RAP500 training ride

Entry Fee Schedule	Quantity	Preregistered by June 19th	Day of Ride	Line Total
Adults		\$23.00	\$25.00	
Tandem teams		\$30.00	\$35.00	
Families of 3 or more		\$35.00	\$40.00	
Capital Bicycling Club Members		(\$2.00)	(\$2.00)	
Students with ID or Seniors (65+)		10.00	10.00	

Mail completed form and checks to:

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

Register on-line www.capitalbicycleclub.org

CBC Hotline (360) 292.8925

total enclosed

APPROVED HELMETS ARE REQUIRED ON THIS RIDE

Name(s) (please print) _____

Address _____

City _____ State _____ Zip _____ Phone _____

E-mail address _____

In consideration of the Capital Bicycling Club (CBC) accepting my registration, I hereby for myself (or parent/guardian, if entrant is under 18) waive and release any and all rights and claims for damages against CBC, its officials and any other sponsors prior to, during, or after participation in this June 26, 2011, bicycle ride, caused by sickness, accident or any other cause that may occur. I also agree to accept all rules, regulations and policies set forth by the CBC. I realize I will be on the roadways of Lewis and Thurston counties during this event, and I must obey all traffic laws. I also realize that an approved bicycle helmet decreases the chance of injury; I agree to wear a helmet during this event.

Signature(s)/Date _____

Guardian (if rider is under 18) _____

rider number assigned



From TWBC The Cog-nitive Courier



The 21st annual Tour de Pierce offers enjoyable cycling from 7:30 AM - 2:30 PM on Sunday, June 26, 2011.

The ride winds through Puyallup, Sumner, Orting, South Prairie and adjacent farm lands. A rest stop at McAlder Elementary School, south of Sumner, will offer entertainment, light refreshments, and restrooms for riders.

The 12-mile route provides a flat, easy ride suitable for families and novice riders. A longer 30-mile loop extends the ride past farms, flower fields and more scenic views of waterways and Mount Rainier. The 50-mile course travels through parts of Puyallup, Sumner, South Prairie and Orting.

Tour de Pierce starts at the Gold parking lot of the Western Washington Fairgrounds on South Meridian and 9th Avenue SE, in downtown Puyallup. The Gold parking lot is diagonally across the Puyallup Fair's corner entrance on Meridian Street.

The course opens at 7:30 a.m. and closes at 2:30 p.m. Registration will remain open until 11:30 a.m.

Riders may start between 7:30 - 11:30 a.m. The staging area will close at 2:30 p.m.



Tour de Pierce is a summer bicycle ride through central and eastern Pierce County for fitness and fun, promoting bicycle awareness and safety.

Sunday, June 26, 2011

7:30 am - 2:30 pm

12, 30, and 50 mile routes



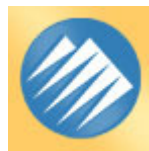
All riders must wear CPSC helmets.

Registration

- Pre-register by June 10th for \$12 per person or \$35 per family of 4
- Pre-register your group of 12 or more for \$8.00 per person
- Register the day of the event on June 26th for \$17 per person or \$51 per family of 4
- Register online for a small fee at www.piercecountywa.org/parks
- Call 253-841-8515 for an application

Event T-Shirts

- \$9 Ordered and paid by June 10th
- \$15 day of the event while supplies last
- New specially designed Tour de Pierce jersey www.primalwear.com/c-264-tour-de-pierce.aspx to order



253-841-8515

www.piercecountywa.org/parks