



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.

President's Report

Spinning Wheels



By President Tom Reardon

The summer has arrived and I hope all of you are taking advantage of the long warm days to pack away the heavy winter gloves, the rain gear, the wool socks, and just ride. Whether you are a seasoned veteran training for RAMROD or a novice simply looking to try bicycling, this is the time of the year to ride, ride, ride. Check the Ride Calendar on our (Web) site for daily opportunities to get out with like-minded and like-conditioned cyclists.

As you meet new people, take the time to invite them to join us. Rich Walter, Mike Madden, and I had stopped at the Dupont Starbucks on our way to Centralia when a young mother asked where we were going and expressed an interest in trying biking. Rich told her about a couple rides the Club offers regularly that she might comfortably try. He encouraged her to check our Web site and join us. This welcoming enthusiastic attitude multiplied by all of us is the single best way we have to increase the size of our Club and to promote bicycling in our area.

At our June General Meeting, we elected a new slate of Officers for the upcoming year. Most of the names remain the same, but there is one significant change and a couple holes that remain to be filled. Fred Swift is the new Treasurer. He not only has the skills to handle the financial aspects of the position, but he will bring a fresh perspective to the Board as we move forward.

This move allows Mike Madden to concentrate on the Daffodil Classic. Both Mike and Debbie Due will continue coordinating our signature Events. However, we are looking for a Special Events Coordinator. With Debbie and Mike in place the recruiting part of the job is done, and the job is made easy. Volunteers?

Finally, as most of you know, Vern Hase is stepping down as Vice-President after nine years in the position. After so many years, we all simply assumed that Vern was an irreplaceable permanent part of the leadership team. We will miss his steady hand, but he feels it is the right time to move on. This is a vital position and we need a capable and willing volunteer to fill the role as Vice-President.

I'll see you on the road. ☺

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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!**



By Bob Myrick, Director of
Community and Government Affairs

*Actions affecting you
and your community*

Our committee met on Tuesday, June 7, at the Harvester Restaurant in the Stadium District at First and Tacoma Avenues. We will meet there again on Tuesday, July 5 at 6:00 pm. We had a small attendance due to people traveling, but we talked about a few things as follows:

1. **Trail Funding.** Three trail segments have been funded these past months. The **Bud Blanchard Trail** will be built in Eatonville running from the school complex downtown out to the Pack Forest and the future Mashell State Park. The trail will be about 2.3 miles and funding came from a \$700,000 State RCO grant, \$700,000 from Eatonville's budgeted funds and \$500,000 from the Bud Blanchard Estate and friends. Bud Blanchard was friends with Louie Boitano and me. He was the chief mechanic at Eatonville Airport. As a young man, he rode around the perimeter of the USA on a very heavy bike. **Sumner** has received funding to build two segments of their trail. **Edgewood** will build 1.4 miles of the **Interurban Trail** in the Jovita Boulevard area. Eventually, the trail will connect with the **Milton Trail**.

2. **New Officers.** We are looking for a new Vice President so we can continue to have Monthly Meetings. We are also looking to find a replacement for me, your Director of Community and Government Affairs. We are also hopeful regarding finding a new Secretary and an Event Coordinator.

3. **Sounder Detours.** There will be **detours near Pacific Avenue and South Tacoma Way** while the new Sounder Rail is laid at the intersection. Pacific Avenue is being lowered about 15 feet. Carla and I have met with both Sounder and City Officials regarding detours for cyclists and pedestrians. We will be losing the use of Delin Street in it's present form to access the Lincoln District.

4. **Swan Creek Park.** Steve Brown and I have been faithfully attending the planning meetings as Metro Parks works with a Consultant to improve the park. There will be good bike access available in the park with a long trail running north and south on the high ground. Provisions are also being made to allow the construction of a mountain bike trail system.

5. **Skate Boards.** The Tacoma Comprehensive Plan is being revised to **allow skate boards to be used for transportation in the City**. The revisions **also allow for low power electric vehicles to travel thruout the City** particularly on neighborhood streets, not arterials.

6. **Puyallup Trails.** I continue to lobby our Puyallup TWBC Members to stay busy getting our local government to build the **Dixie Spur (JEB Three Way)**. This trail is a small project between Shaw Road and 134th Avenue East near the Meeker Trailhead. We also want Puyallup to improve the **Meeker Water Ditch** into a real trail.

7. **BPA Trail.** Steve Brown, John Selby and I continue to explore getting the BPA Trail down the hill into Tacoma and lobbying for the City to take action. The trail is discussed at our monthly CAT meetings. The CAT is the Coalition for Active Transportation.

8. **Joy Ride.** I have recently read **Mia Burk's book** regarding the transformation of Portland, "Pedaling for a Healthier Planet". I highly recommend the book for inspiration and seeing how a city was transformed into a biking and walking community. Mia Burk's company, Alta, is working with Tacoma on improving our conditions for cycling.

9. **Pedal Pierce County.** Joyce Clifford has decided to try and offer **rides on the weekends** that will be oriented towards attending community fairs and events.

GAC, continued on page 3

10. **Bike Map.** The new bike map should be available by the time you read this news.

11. **Complete Streets Award.** The City of Tacoma has received at least **two national awards** for it's Complete Streets Program. Way to go.

12. **BAW Annual Legislative Meeting.** By the time you read this column, the annual meeting will have been held at REI HQs, in Kent on June 25. Hopefully, we will have found someone willing to attend, since several key people are traveling.

13. **Washington State Number 1.** For four years in a row, Washington State has been declared to be the **best place for cycling**. We think the State agency has some real skilled people filling out the required paper work.

July 5 is supposed to be the day when the real good weather starts for the summer season. Remember to **Cycle More and Worry Less**. We are still looking to grow our Club, so please consider bringing someone new to one of our rides. ☺

**Peninsula Metric Century (PMC) 2011:
Sunny, Delightful Success**
By Debbie Due

Mother Nature blessed us with a beautiful day on June 5. The weather was great, Volunteers awesome, cyclists delightful & grateful for a course well marked, plenty of good food – beans & rice were once again a big hit (thank you Dave Tullis), and just a great day.

We had 544 riders, 400 pre-registered and 144 signed up the day of the ride. We brought in about \$11,182. Expenses should run under \$4,900, with a net profit of about \$6,000. We did donate leftover food to the Salvation Army Family Services Center, although there wasn't much. Forty-seven volunteers helped to make the PMC a big success.

Another part of the success story was cyclists who had never ridden in this part of Washington State and absolutely loved the countryside. I had several riders tell me so. They will be back.

I learned a lot through being in charge of this Event, especially what great Volunteers TWBC has. Everyone was wonderful to work with. Thank you.

If you have thoughts to share about this ride please email them to be at debduet@harbornet.com. It would be great to hear from you. ☺



**and Dave Killen,
database & mailing**

Renewals (Thank You!):

Mark, Dana, Callene, & Casey Abernathy, Jim Ahrens, Bob & Lois Baxter, Janice Brame, Charles Coleman, Sue Coley, Ruth Daugherty, Debbie Due, Judy Fisher, Dolores Fitch, Ken Gunkel, Diane Hansen, Roy Harris, Joy Hill, Richard, Alicia, Tricia & Zachery Long, Wayne Martin, Toni Matson, Dave Parker, John Petersen, Tom Ripley, Bill & Althea Robinson, Steve Smith, Dave Tullis, Ralph & Dena Wessels, and Ernie & Mary Jane Zeiger.

New Members (Welcome!):

Nancy Bartley, Malcolm Davidson, Danica Lerner, Greg Lyons, Heather Papageorgoen, Anthony Paulson, Joan Pringle, Donald Roy, Ben Schaefer, and Brian Wilson. ☺

Tacoma Twilight Criterium TWBC Booth.

By Joe Small

July 30 is going to be a BIG DEAL for Tacoma bicycling. The Tacoma Twilight Criterium was a huge success last year. This is going to be a major event for Tacoma cycling. TWBC will have a booth at the event and will promote the Tacoma Wheelmen's Bicycle Club and bicycling in general. We can help put Tacoma on the national radar as a bicycle-friendly city.

I have volunteered to coordinate with the event promoters and with others in TWBC who may be interested in helping staff our booth. Some have already expressed an interest and have volunteered to help. Here are some of the things we can do from our booth to promote bicycling in and around Tacoma:

- Distribute TWBC membership information.

- Distribute bicycle-friendly route maps around the city and region.

- Conduct mini-seminars to help people deal with breakdowns in the field, i.e., flats, malfunctioning shifters, and similar.

- Help refer people to expert mechanics and quality equipment.

- Promote 'Bikes for Kids' for their charitable work and as a willing recipient of once-loved bikes.

- And more.....

Please contact Joe with your ideas on how we can make the best use of our booth at joesmall6@comcast.net. ☺

The Big Burn

By Carla Gramlich

This past spring the Pierce County library used the book "The Big Burn" by Timothy Egan for their Piece County Reads program. If you have read the book, now is your opportunity to visit and bicycle that area.

I am planning to head over to Wallace, ID on September 17 and spend several days exploring the Trail of the Coeur d'Alenes (paved) and the Hiawatha Trail (gravel). A couple of days on the trail will require carrying overnight gear. The Hiawatha trail is dirt and will require a sturdy bicycle plus lights for a couple of the tunnels. It is a beautiful area and has lots of history. A day or two can be used for a hike, visiting a mine and/or museums.

I will leave Wallace, ID on September 23 to drive over to Yakima to do the Wine Country trek on the weekend of September 24/25. The Wine Country Tour will need pre-registration on Active.com.

I will head east on September 15 to explore a couple of trails near Spokane. So if you can get the time off, you are also invited for additional riding.

You can do all or part of this trip. Contact Carla Gramlich (ca_gramlich@yahoo.com) for details. ☺

Bicycle Adventure Club

By Cynthia Hammer

Follow Cynthia and Steve Hammer as they ride their tandem 4,500 miles across the USA, traveling from Astoria, OR to Jacksonville, FL. They will be riding with 20 other cyclists, all members of the Bicycle Adventure Club, who range in age from 35 - 82.

At age 68 (Cynthia) and 69 (Steve), we won't be the oldest, and hopefully, won't be the slowest. However, we have schooled ourselves that this trip is about the journey, not the destination. Read our blog at bikingtheusa.com and ensure that we follow through on this commitment—to make it about the experience. ☺

John S. Selby, Board Member,
Foothills Rails-To-Trails Coalition

But it gets even better. The Washington State Recreation and Conservation Office (RCO) has awarded a matching grant to the City of Sumner. The money will be used to complete sections 4 and 5 linking the north end of the existing trail along the White River to Stewart Road, including a bridge across the river. Bids for construction are scheduled to go out in June.

RAPSody

By Kristen Kinnamon

The Ride Around Puget Sound is a beautiful bike ride organized by cyclists for cyclists. Cross the Puget Sound on the Tacoma Narrows Bridge, enjoy paved trails, scenic back roads, Northwest water and mountain views, and enjoy the company of fellow bicyclists from all over the country on this 170-mile weekend ride. RAPSody begins and ends in Tacoma and takes place August 27 - 28.

RAPSody is:



Challenging — Rolling hills add up to 9,600 feet of elevation gain.
Friendly — 400 riders traveling through small communities.
Tasty — Yogurt parfaits, calzones, sandwich bar, fresh fruit.



Hosted by five local bike clubs in support of the Bicycle Alliance of Washington's statewide advocacy and education, this 8th annual ride is known for great food, a beautiful route, and good logistics. At the halfway point of this two-day loop, there is indoor and outdoor camping at Shelton High School, root beer floats, massage, and on-site meals supporting the Shelton youth center (SOCK).

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

Sign up by July 26 to save \$10 on registration, which includes souvenir socks, luggage transport and great rest stop food and support. Registration closes Aug. 19 - there is no day-of-ride registration. Visit www.rapsodybikeride.com to learn more.



Bike for Sale

My Shark is for sale. Pro carbon custom frame, FSA K-Force Light carbon cranks, FSA K-wing carbon bars, Sram Red 10 speed group, Reynolds Comp wheels.

There is a picture of it on page four of the photo gallery on the Land Shark web site, upper right, blue with sea turtles on it. The size is about 56cm. The bike is two years old and in near perfect shape, never crashed.

Would let it go to a good home for \$2,500. John S. of Landshark has built me a new frame so it's time to move one on. If you or anyone you know may be interested please contact us. Thanks all, hope you are well and riding. Russ, (of Russ and Renee) 541 - 482 - 8704. ☺



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
07/01 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. 
07/02 Sat	8 AM	1 B, 2 B, 3 B	50	Tom Reardon 759 - 2800	Century Training Series 1, II & III. Ride across Vashon. Start: Pt. Defiance Ferry. 
07/03 - 07/10 Sun - Sun	All Day	All	Varies	Carla Gramlich 592 - 9156	Mellow Eugene Trip. Check Club Website for full details. Tacoma to Eugene, various stops & starts. Start: Tacoma.
07/03 Sun	1:30 PM	1 A	16/ 28	Jim Harvey www.meetup. com/Tacoma- Mountaineer- Singles/	Mr. Goofy's Beginner's Ride. Beginner-level ride on flat, paved Yelm-Tenino trail. Out & back w/ a coffee stop along the way. Independent-unswept option of 28 miles available. Start: Yelm Trailhead, across the street from Yelm City Hall, 105 Yelm Ave. W, Yelm. 
07/04 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. Start: Starbucks @ 26th & Proctor. 
07/05 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.
07/05 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 Harmon Hub, 203 Tacoma Ave. S., Tacoma
07/05 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.
07/06 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). 
07/07 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. Start: East Puyallup Trailhead, 13900 - 80th St E, Puyallup. 



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07/07 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.
07/08 Fri	Noon	1 C	20	Bob Myrick 473 - 7455	Wildside Shop Ride. Rain Cancels.  See 07/01 for Ride Details.
07/09 Sat	Splish	Splash	Fast	Swimming	Johnny Weissmuller swims the 100 meters freestyle in 58.6 seconds in 1922, breaking the world swimming record & the 'minute barrier.'
07/10 Sun	9 AM	2 B	50	Louie Boitano 922 - 1168	Visit the Ballard Locks. Ride through the Seattle Waterfront. Bring a lunch to eat @ the locks or enjoy a restaurant nearby. Rain Cancels. Start: Amtrak P & R, 7301 Longacres Way, Tukwila.
07/11 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee.  See 07/04 for Ride Details.
07/12 - 07/14 Tues - Thurs	8 AM	3 C	160	Mike Madden 564 - 2718	Ride Round Mt. Rainier. Trip, w/ an overnight @ Paradise (must reserve your room @ the Paradise Lodge in advance). Start: Enumclaw HS, 226 Semanski St. S, Enumclaw.
07/12 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
07/12 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.
07/13 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: Trailhead in Lacy, past Josephine CtSE & 14th AveS.
07/14 Thurs	9:30 AM	3 A	30 Trail	Richard Walter 651 - 4902	Silk Road Smooooothly. Rain Cancels.  See 07/07 for Ride Details.
07/14 Thurs	9:30 AM	3 D	30 Steady	Joe Small 228 - 9554	Over The Hill Gang.  See 07/07 for Ride Details.
07/15 Fri	Noon	1 C	20	Bob Myrick 473 - 7455	Wildside Shop Ride. Rain Cancels.  See 07/01 for Ride Details.
07/16 Sat	10 AM	1 A	18/ 30	Jim Harvey www.meetup. com/Tacoma- Mountaineer- Singles/	Mr. Goofy's Beginner's Ride. Beginner-level ride on flat, paved Interurban trail. Out & back w/ a coffee stop along the way. Independent-unswept option of 30 miles available. Start: Tukwila. Contact for exact starting point.



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07/17 Sun	M-i-c-	k-e-y	M-o-	u-s-e	Disney opened in Anaheim, California in 1955.
07/18 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. See 07/04 for Ride Details. 
07/19 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.
07/19 Tues	5:30 PM	2 B	20	Matt Newport	Tuesday Night Ride w/ the Hamon's Bike Club. See 07/05 for Ride Details.
07/20 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). 
07/21 Thurs	9:30 AM	3 A	30 Trail	Richard Walter 651 - 4902	Silk Road Smooooothly. Rain Cancels. See 07/07 for Ride Details. 
07/21 Thurs	9:30 AM	3 D	30 Steady	Joe Small 228 - 9554	Over The Hill Gang. See 07/07 for Ride Details. 
07/22 Fri	Noon	1 C	20	Bob Myrick 473 - 7455	Wildside Shop Ride. Rain Cancels. See 07/01 for Ride Details. 
07/23 Sat	Hear	Listen	Ohhhh	Amazing	Fox Films buys the patents in 1926, of the Movietone sound system, for recording sound onto film.
07/24 Sun	9 AM	2 A	65	Louie Boitano 922 - 1168	Alkai for Lunch. "No Hills" cruise up the Interurban Trail. Start: Sumner Library, 1116 Fryer Ave, Sumner.
07/24 Sun	1 PM	1 A	17/ 30	Jim Harvey	Mr. Goofy's Biking Class & Beginner's Ride. See Ride Notes for complete Ride Details. www.meetup.com/Tacoma-Mountaineer-Singles/ Start: Orting HS, 120 Washington Ave. N., Orting. 
07/25 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. See 07/04 for Ride Details. 
07/26 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.
07/26 Tues	5:30 PM	2 B	20	Matt Newport	Tuesday Night Ride w/ the Hamon's Bike Club. See 07/05 for Ride Details.
07/27 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: Trailhead in Lacy; past Josephine CtSE & 14th AveS. 



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07/28 Thurs	9:30 AM	3 A	30 Trail	Richard Walter 840 - 9450	Silk Road Smooooothly. Rain Cancels. See 07/07 for Ride Details. 
07/28 Thurs	9:30 AM	3 D	30 Steady	Joe Small 228 - 9554	Over The Hill Gang. See 07/07 for Ride Details. 
07/29 Fri	Noon	1 C	20	Bob Myrick 473 - 7455	Wildside Shop Ride. Rain Cancels. See 07/01 for Ride Details. 
07/30 Sat	Blue	Yellow	Red	Wow!	The premiere in 1932 of Walt Disney's <i>Flowers and Trees</i> , the 1st cartoon short to use Technicolor & the 1st Academy Award winning cartoon short.
07/31 Sun	7 - 10 AM	All	5, 12, 32, 48 72 & 102	West Sound Cycling Club 360-405-1834	Tour de Kitsap , Silverdale. \$\$\$ Start: Bremerton Ferry Terminal, or @ Silverdale Beach Hotel, 3073 NW Bucklin Hill Rd www.westsoundcycling.com

Dupont



07/06, 07/20

Ride to Dupont.

Sign up with a contact number so we can

07/13, 07/26

Chehalis Western Trail.

notify 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.



07/24

Mr. Goofy's Beginners Ride

Mr. Goofy's Biking Class @ Orting High School:

discussion of helmets & clothing, bike equipment, braking, gear use, cadence etc - followed @ 2 PM by 16 mile beginner-level ride on the Foothills trail, to South Prairie & back, with a coffee stop along the way. ☺

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.

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 Ride Calendar Deadline:
Tues, July 19, 2011**

**Next COG Article Deadline:
Weds, June 20, 2011**

**Next Club Meeting: 6 PM
Tuesday, Sept. 20, 2011**

*Please keep Database Commander Dave updated as to any USPS/E-mail address changes.
It makes his 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

--Unfilled @ this time--

SECRETARY:

secretary@twbc.org

Caroline Warnock (temporary)

TREASURER:

treasurer@twbc.org

Frank Swift, 355 - 4365

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

--Unfilled @ this time--

NEWSLETTER EDITOR:

newsletter@twbc.org

Dena Wessels, 857 - 5658

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

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Dave Killen, 677 - 5896

MEMBERSHIP:

Phyllis Lay, 759 - 1816

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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. ☺

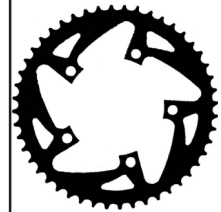


**July
2011**

**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!**



West Sound Cycling Club proudly presents

18TH ANNUAL TOUR DE KITSAP

SUNDAY, 31 July, 2011



West Sound Cycling Club

For more information visit

westsoundcycling.com

- Fabulous Themed Rest Stops
- Free T-Shirt, if registered by July 15
- Post Ride Pasta Buffet Available at Finish Line
- Complimentary Post Ride Shower (bring towel)
- WSCC Membership Discounts
- Valuable Raffle Prizes (List on Website)
- Pre-registered receive ONE free raffle ticket
- Two Start Locations – Silverdale Beach Hotel, (3073 NW Bucklin Hill Rd, Silverdale) and Bremerton Ferry Dock. (5&12mile-Silverdale start only)
- Day-of-ride – Cash or Check only
- TdK Course is open from 7:00am-4:00pm

Complete this registration form and release.

Check payable to WSCC

MAIL TO: WSCC, P.O.Box 1579, Silverdale, Wa 98383

Ride Director: Don Czczok 360-434-0434

TDK@westsoundcycling.com

T-Shirt Size: (Please Circle One)

Youth: M L XL

Adult: S M L XL 2XL 3XL

32, 48, 72, & 102 Mile Route:	Until July 15	After July 15	Total
Individual	\$25	\$30	
Age 18 & under	\$15	\$20	
Family (same household)	\$45	\$50	
Family 5 & 12 Mile Route:	Until July 15	After July 15	
Individual	\$15	\$20	
Age 18 & under	\$10	\$10	
Family (same household)	\$35	\$40	
New WSCC Membership	\$15	\$15	
Post Ride Buffet	\$10	\$15	
WSCC Member Discount	- \$5	- \$5	
TOTAL ENCLOSED			

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

Emergency Contact

Name: _____ Phone: _____

I am riding the: (Please Circle One)

5 12 32 48 72 102 mile route.

Packet Pick-up: (Please Circle One)

<Silverdale> <Bremerton Ferry>

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

----- **WAIVER/RELEASE FORM BELOW MUST BE SIGNED/DATED** -----

In consideration of the acceptance of this entry & signing this Release for myself (or for the participant if under 18), I agree to RELEASE, HOLD HARMLESS, and INDEMNIFY the West Sound Cycling Club, Bicycle Alliance of Washington, Silverdale Whaling Days, and all sponsors, advertisers, owners & leasers of premises on which the activity takes place, their respective officers, agents and members, and 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 of 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, and I expressly agree to assume those risks. I understand the route chosen is challenging, not necessarily the safest 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 safe operating condition.

I understand that wearing a helmet can minimize head injuries which may occur in a cycling accident and Tour de Kitsap Bike ride requires all riders to wear helmets. I agree to wear a helmet while participating in this event, and to follow the rules of the road & all applicable law and 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. Note: this form must be signed/dated for your registration to be complete.

Signature of Participant: _____ Date _____

Signature of Parent/Guardian (if under 18): _____

From TWBC The Cog-nitve Courier

⦿ The photographs on this & the following page were submitted by Steve Brown. ⦿

PMC Picts



PMC Picts

PMC Picts



Steven Garrett & George Delgado put on
a bicycle repair clinic
@ the Proctor Farmers' Market.



Ron Nowicki explaining how big those brown trout get.

Ron Nowicki leads 17 hungry cyclists
to the Federal Way sewer treatment plant
for lunch & a tour. ☺

