



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.

Off The Couch Spring Ride Series By Rollic Herman



The month of March in 2012 brings the third year of TWBC's Spring Ride Series. This year most rides will be on Sunday and we have brought back the best routes from previous years along with a few new offerings. The philosophy of this series is simple:

No drop policy on hills although we do expect all riders to be able to keep up with the pace on the flats.

Bring food and water; we stop to eat in locations that do not provide food.

Be able to take care of mechanical emergencies; carry spare tube(s), a patch kit, pump, multi-tool, etc.

Paceline riding is not the norm and will only be used if all riders are comfortable with the technique; we want to get home safely.

Have fun!

The rides get a bit more difficult each week as we develop our summer legs. There are surprises for those who join us for 5, 10 or 15 rides! ☺

(Editor's Note: See the full calendar listing ("Off The Couch Pull Out") on page six of this issue.)

Does Your Bike Need Some TLC???

By Jim Weger

Forwarded by Tom Reardon

As a way to say thanks for supporting us, the group at Bikes for Kids is offering any Member from the Wheelmen, an opportunity to tune up or fix their own bike at our shop with the guidance and assistance of one of our mechanically inclined volunteers. We can schedule a time to use our facility located on Dash Point Road in the Brown's Point area of Tacoma. Schedule an hour for each bike on a Saturday or on a prearranged evening. We will supply the place, tools, repair stands and some basic support along with some basic repair parts like shift/ brake cables, lubricants, miscellaneous screws, etc. The **bike owners** must supply items that need to be repaired or replaced, i.e.: brake pads, seats, tires, chains, cassettes, etc.

For more information or schedule an appointment, contact Jim Weger at: jimejoe@hotmail.com. ☺

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President's Report

Spinning Wheels



By President Tom Reardon

I just returned from Southern California. The skies were blue, the temperatures short-sleeved, and the air was winter clean. We hiked up in the hills and gazed at expansive vistas composed of miles and miles of urban freeways, factories and homes. As we walked, I had two conflicting thoughts. "It is so nice to escape the gray and the damp of the Northwest." But simultaneously, "This area is crowded and the scenery does not compare to the Northwest." I was glad to have a few days of warm weather, but renewed in my appreciation of the miles and miles of beautiful, lightly traveled roads we have in our backyard.

The prime riding season is upon us and it is time to clean the dust off your bike and knock the rust off your body. To get you excited to ride again, there are two events to consider. Bike Expo is set for March 10 and 11. You may want to check with Mike Madden to see if he still needs a few volunteers to staff our booth. It is a great way to talk with other cyclists and a chance to enjoy the event free of charge. If you have never been to Bike Expo, you will be amazed. If it has been a few years, it is time to go again.

The other event not to be missed is our March General Meeting. Mike Brown from Tacoma Bike will bring some bikes from his shop and discuss how to select a bike that is right for your riding needs. Even if you are not considering purchasing a bike, you will learn what is new, and you will have a chance to ask questions about selecting components for your faithful stead.

Once you are mentally prepared to ride again, it is time to get off the couch and back on your bike. Rollie Herman and others have put together a progressive series of rides to get you ready to enjoy the many roads of the Northwest. Detailed information can be found at TWBC.org (*or on page 9*). Plan to make this a regular part of your springtime routine. I will see you on the road. ☺

TWBC Funds East Pierce County Projects

By Bob Myrick

On Tuesday, February 21, the Tacoma Wheelmen's Bicycle Club authorized spending up to \$20,000 on bike related projects in East Pierce County. The vote at the monthly Club Meeting appeared to be unanimous. The Club has been putting on the Daffodil Bike Ride Event starting in Orting for 37 years. This year's ride is on Sunday, April 15.

Projects include donating \$10,000 towards Eatonville's Bud Blanchard Trail if monies are needed to fully fund the trail construction this coming summer. Other possible projects are funding a trail spur between Shaw Road and 134th Street in Puyallup and funding a short trail connection from Puyallup's River Walk Trail to 134th Street to allow better connection to the Foothills Trail. The Club would also like to fund and build canopies over the bike racks at the schools in Orting. Longer term, the Club wants to support the proposed Elbe to Ashford Trail and the Foothills Trail extension from Carbonado to Mt. Rainier. ☺

Touring the Historical Central USA

By Steve & Phyllis Lay

In late April we'll be leading a self-contained tour of the US. We'll be starting in Baton Rouge, LA riding to Millerton, NY. We'll be riding up the Natchez Trace into Tennessee. The route will follow the ACA (*Adventure Cycling Association*) maps for part of the Great Rivers Route, the Underground Railroad, leaving those to ride through Indiana. In northern Indiana we'll be joining the Northern Tier for a couple of days until we head north again into Michigan to join the Lake Erie connection to Niagara Falls, Ontario. Once we cross back into the US we'll take the Erie Canal trail all the way to Albany, NY, which is close to the end of the tour. Around 42 riding days and about 2400 miles. If this is your idea of fun give Steve or Phyllis a call, 759-1816. Because of the nature of the trip we'll be keeping the group fairly small because of the accommodation issues. ☺



By Bob Myrick, Director of
Community and Government Affairs

*Actions affecting you
and your community*

Our committee met again on Tuesday, February 7 at the Harvester Restaurant in the Stadium District at First and Tacoma Avenues. The next meeting will be on Tuesday, March 6 at 6pm. Yes, our attendance is still small, but our power is great. As you know, there are over 30 government entities that we could be working with. So, please take a personal interest in alternative transportation in your community; the planet will be grateful.

1. Eatonville Trail. The Greater Tacoma Community Foundation is helping us find \$150,000 to help fully fund the 2.2 mile proposed trail from Eatonville to Pack Forest. Jane Moore is standing by to contact other potential funders as well. TWBC authorized spending up to \$10,000 to help fund the trail if needed to help fully fund the trail. We also authorized up to \$10,000 for other projects in East Pierce County.

2. Forevergreen Council. I have been invited to join the Forevergreen Council, a group dedicated to getting more trails built in Pierce County. Forevergreen has elected officials, government workers, Foothills people and TWBC people as members.

3. Foothills Trails Property Acquisitions. There has been very little progress in getting possession of four property right of ways that are necessary to finish building the trail thru South Prairie and on the Buckley and Wilkeson. The County also only has money for right of way acquisition and would have to find grant monies to complete the trail.

4. Prairie Line Trail. The proposed trail thru the UW Tacoma campus was a subject of several news reports by Peter Callahan (*in the News Tribune*). Amazingly, the development objectives didn't include "build a trail" thru the campus. Thanks to Peter, the objectives now say "build a trail".

5. Puyallup Trail Connection. Puyallup is slated to lose \$600,000 in grant monies in July 2013 if a trail connection can not be completed between the Riverwalk and Foothills Trails. Puyallup has not been able to obtain a trail easement from Roger Knutson, the property owner. We have asked if the grant could be used to build the 0.2 mile trail segment between Shaw Road and 134th Street. There is already a trail surface on the western side of the Shaw Road overpass and signage could be used to connect the Riverwalk with the Foothills Trail.

6. Vashon Ferry. Steve Brown mentioned it has been proposed to close the Vashon Ferry route from Tacoma as a cost saving measure. Of course a lot of bicyclists use the ferry to get to a quiet road system on the island.

7. Kitsap County Trail Plan. Ralph suggested we should consider getting involved in Kitsap's trail planning efforts. The Cushman Trail in Gig Harbor is headed toward the County line. We agreed to investigate how we could help.

8. Lobby Day. Many bicyclists were in Olympia the last week in January. The proposed legislation allowing communities to reduce speeds to 20mph without a traffic engineer study is thru the House of Representative and hopefully, headed to the Senate floor for a vote.

9. Steilacoom-Dupont Road. Ralph said he would help investigate our concern where a traffic island is sticking out into the area where the bike lane is located. The island was installed on the connector to North Gate Road. Ralph has determined the island was built as a result of the Army using a Design/Build contract to improve the road. He is still looking for a resolution to this potential death trap.

10. Liability Insurance. Steve raised a question as to whether or not cyclists have liability insurance thru their auto or homeowners insurance. He indicated he would look further into the question.

Gov. Affairs, continued on page 4

Gov. Affairs, continued from page 3

11. Steilacoom's ABITIBI Railroad Tracks. Ralph said there has been little progress in getting the railroad tracks removed from the road and the tracks continue to be an issue. Cyclists should use caution in crossing them.

12. South Sound Sustainability Expo. On Saturday, March 3, TWBC should have a booth at the Greater Tacoma Expo Center. Feel free to volunteer to man our booth or stop by on your bike.

13. Regional Bike Map. I will be attending a meeting on February 27 in Tacoma with the Puget Sound Regional Council staff to help identify the major routes thru our County and how they connect to King, Thurston and Kitsap Counties.

14. TWBC's Future. Rollie Herman has volunteered to be our Special Events Director. We are still looking for a Vice President. We are also looking for Volunteers for the Daffodil Bike Ride.

We seem to have moved into the rainy weather time, but there still seems to be two or three days a week of dry weather and it is not too cold anymore. Rollie has put together our Spring Training Series, OTC or "Off the Couch. I will be riding in Death Valley in mid-March and you can still go stay in a mansion hostel in Sacramento in April. You can even take AMTRAK to Sacramento. So come on, let's ride. ☺

Membership Report by Dave Killen database & mailing



Renewing Members (Thank You!):

Keith Bates, Dianne Bechtold, Mary Blackburn, Bobby Bran, Patty Bran, Lynn Clark, Robert Deehan, Ray Finch, Carl Fisher, Jeff Grider, Russell Hale, Carla Hall, Geoffrey Jackson, Bill Lower, John Loesch, Paul McKean, Hugh Moore, Jane Moore, Doug Munday, Carolyn Overmyer-Downey, Sharon Remagen, Connie Reitzug, Bill Thorness, Huong Stoddard, Paul Stoddard, Linda Walter, Richard Walter, and Larry Welch.

New Members (Welcome!):

Doug Eckler, Scott Goddard, Joella Graves, Larry Graves, Romey Haberle, Matt Hinkle, Joseph Knapik, Donna Krueger, Laureen Lund, Rod McDonald, David Remagen, Rachel Rosenbaum, Ann Smith, and Jim Taylor. ☺

Superfuel

by Bob Myrick

Myth: Fructose is a performance killer. Truth: Fructose can be a performance superfuel.

A British study showed that cyclists drinking a beverage of fructose and glucose rode 8 percent faster in a time trial compared to those drinking just glucose. Most high-fructose corn syrup contains approximately equal portions of glucose and fructose and is perfectly acceptable for athletes. It is why Tour de France riders used to drink flat Coke as an energy drink late in their rides.

The ideal ratio of glucose to fructose is 2 to 1, not the 1 to 1 mix in Coke.

For do-it-yourselfers, try Nancy Clark's homemade sports drink. Gather these ingredients: 1/4 cup sugar, 1/4 teaspoon salt, 1/4 cup orange juice and 2 tablespoons lemon juice. In a quart pitcher, dissolve the sugar and salt in 1/4 cup hot water. Add the orange juice and lemon juice and fill up to one quart. ☺



Dupont

03/07, 03/21

03/14, 01/28

March Ride Notes:

Chehalis Western Trail.

Ride to Dupont.

Sign up with a contact number so we can notify you by phone (preferably cell,

in case you are in transit) if a ride has been cancelled. For CWT bring \$\$\$ to buy lunch 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.

Sunday, March 11 Spring Forward!
Set your clocks forward
one hour as
Daylight Saving Time Begins!



Monday, March 19, Vernal Equinox
occurs in the Northwest,
its earliest arrival in any
North American time zone in 116 years.

Traffic Patterns:

Why Do The British Drive On The Left?

About a quarter of the world's countries drive on the left, and the countries that do are mostly former British colonies. This quirk perplexes the rest of the world; however, there is a perfectly good reason. Up to the late 1700s, everybody traveled on the left side of the road because it was the sensible option for feudal, violent societies. Because most people are right-handed, jousting knights with their lances under their right arm naturally passed on each other's right, and if you passed a stranger on the road, you walked on the left to ensure that your protective sword arm was between yourself and him. The drive-on-the-right policy was adopted by the United States, which was anxious to cast off all remaining links with its British colonial past. Once America drove on the right, left-side driving fell out of favor, because America was once the only manufacturer of reliable cars. ☺



TWBC's 2012 "Off the Couch" Series

Week: 1

Date: March 18
Start Location: Sumner Library
1116 Fryer Ave
Start Time: 10:00
Mileage & Ride Code: 25; 2A, 3A
Route: Up and down the valley

Week: 2

Date: March 25
Start Location: Proctor Starbucks
Proctor & 26th St N
Start Time: 10:00
Mileage & Ride Code: 38; 2C, 3C
Route: DuPont

Week: 3

Date: April 1
Start Location: Auburn High School
800 - 4th St NE
Start Time: 10:00
Mileage & Ride Code: 41; 2C, 3C
Route: Green River Gorge

Week: 4

Date: April 8
Start Location: DuPont P & R, Ex.118
1375 Wilmington Blvd
Start Time: 10:00
Mileage & Ride Code: 47; 2C, 3C
Route: JBLM & the Rainer Express
Notes: MUST BRING PHOTO ID!

Week: 5

Date: April 14 **SATURDAY**
Start Location: Orting Middle Sch.
111 Whitehawk Blvd NW
Start Time: 09:00
Mileage & Ride Code: 40; 2C; 60; 3C
Route: Pre-ride Daffodil routes

Week: 6

Date: April 22
Start Location: Celebration Park
1095 S. 324th St, Fed. Way
Start Time: 09:00
Mileage & Ride Code: 40; 2C; 64; 3C
Route: Black Diamond, Ravensdale,
Kanaskat Loop

Week: 7

Date: April 29
Start Location: Point Defiance Ferry
5810 N. Pearl St
Start Time: TBA
Mileage & Ride Code: 50; 2D
Route: 2 Ferries to Southworth
Notes: bring money for the ferry,
a code 3 group could form at
Southworth if desired

Week: 8

Date: May 6
Start Location: Phil's S. Side Cyclery,
2310 SW 336th St, Fed. Way
Start Time: TBA
Mileage & Ride Code: 50; 72 or 104
Route: Phil's May Day Metric
Notes: register for the ride at
<http://maydaymetric.net>

Week: 9

Date: May 20
Start Location: Proctor Starbucks
Proctor & 26th St N
Start Time: TBA
Mileage & Ride Code: 47; 2D, 3D
Route: Raft and Fox Islands
Notes: Route can be shortened by
eliminating the island loops

Week 10

Date: May 27
Start Location: Skyline P & R
Skyline & 6th Ave N
Start Time: 09:00
Mileage & Ride Code: 68; 2C, 3C
Route: Olympia

Week: 11

Date: June 2 **SATURDAY**
Start Location: Proctor Starbucks
Proctor & 26th St N
Start Time: 09:00
Mileage & Ride Code: 25; 2C
Route: Tacoma's East Side
Notes: Get your leg's
opened up before the PMC

Week: 12

Date: June 10
Start Location: Celebration Park
1095 S. 324th St, Fed. Way
Start Time: 08:00
Mileage & Ride Code: 75; 2D, 3D
Route: Mud Mountain Dam
Notes: The route can be shortened
to eliminate one major climb
if desired

Week: 13

Date: June 17
Start Location: Skyline P & R
Skyline & 6th Ave N
Start Time: 08:00
Mileage & Ride Code: 70; 2D, 3D
Route: Southworth & Port Orchard

Week: 14

Date: June 24
Start Location: Mud Bay Road &
Madrona Beach Road P & R,
Olympia (Off of SR 101)
Start Time: 08:00
Mileage & Ride Code: 62; 2D, 3D
Route: Olympia-Oakville loop
with the Paperboy climb
Notes: "The Paperboy"

Week: 15

Date: July 1
Start Location: Point Defiance Ferry
5810 N. Pearl St
Start Time: TBD
Mileage & Ride Code: 40; 2D
Route: Vashon Island loop



For updated info
go to www.twbc.org

or call the Ride Line
at 253 - 759 - 2800.



twbc monthly event schedule

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

Day/ Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
03/01 Thurs	9:30 AM	2 - 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. 
03/01 Thurs	9:30 AM	3 D	30 Steady	Richard Walter 651 - 4902	Over The Hill Gang. For those of you looking for more of a challenge, you may want to try the Victor Falls, Lower Burnet version of the SRS ride. Start: East Puyallup Trailhead, 13900 - 80th St E, Puyallup. 
03/02 Fri	Eyes, Fingers	See, Touch	Scan	Enjoyable	Read Across America Day. Observed the week of Dr. Seuss's birthday.
03/03 Sat	9 AM	3 D	50 - 60	Robert Deehan 272 - 9682	Sat. Spokie Cycling Ride. Average for entire ride is 17 mph w/ 20-25 mph on the flats. Route decided @ start. No lunch, but coffee & conversation @ the end. Start: Forza Coffee, 2700 Bridgeport Way, University Place. 
03/04 Sun	Noon	1 C	20	Bob Myrick 473 - 7455	Sunday Social Ride. Different routes throughout the month. Retire to Java Fusion to warm up & socialize. Rain Cancels. Start: Skyline Park & Ride (6th & Skyline). 
03/05 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. 
03/06 Tues	9:30 AM	2 C	30 - 50	See Description	Tuesday Decide To Ride. Meet with friends & go to lunch. Ron Nowicki, 661 - 2664, or Louie Boitano. Start: Freighthouse Square, 430 E. 25th St, Tacoma.
03/06 Tues	6 PM	00 Meet	00 & Eat	Bob Myrick 473 - 7455	Government Affairs Meeting @ the Harvester Resturant in the Stadium H.S. area @ 1st & Tacoma Ave. Work on bicycle problems around Pierce County. All are invited to participate.
03/07 Weds	9:30 AM	2 B	43 Trail	Richard Walter 651 - 4902	Chehalis Western Trail. Rain, Ice, Snow in Tacoma Cancels. See Ride Notes for Ride Details. Start: Trailhead in Lacy, past Josephine Ct SE & 14th Ave S. 
03/08 Thurs	9:30 AM	2 - 3 A	30 Trail	Richard Walter 651 - 4902	Silk Road Smooooothly. Rain Cancels. See 03/01 for Ride Details. 
03/08 Thurs	9:30 AM	3 D	30 Steady	Richard Walter 651 - 4902	Over The Hill Gang. See 03/01 for Ride Details. 
03/09 Fri	Four	Walls	(EEK!)	Closing In!	Cabin Fever Day. Get out & ride your bike!
03/10 Sat	9 AM	3 D	50 - 60	Robert Deehan 272 - 9682	Sat. Spokie Cycling Ride. See 03/03 for Ride Details. 



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Day/ Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
03/11 Sun	Noon	1 C	20	Bob Myrick 473 - 7455	Sunday Social Ride. See 03/04 for Ride Details 
03/12 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. See 03/05 for Ride Details. 
03/13 Tues	9:30 AM	2 C	30 - 50	See Description	Tuesday Decide To Ride. Meet with friends & go to lunch. Ron Nowicki, 661 - 2664, or Louie Boitano. Start: Sumner Library, 1116 Fryer Ave, Sumner.
03/13 Tues	6 PM	00 Meet	00 & Eat	Tom Reardon 759 - 2800	Board Meeting @ the Kim Ahn Restaurant across from TCC on Mildred. Guests & Club Members welcomed.
03/14 Weds	11 AM	2 B	43	Tom Reardon 759 - 2800	Ride to Dupont & stop for coffee. Rain in Tacoma Cancels. See Ride Notes for Details. Start: Skyline Park & Ride (6th & Skyline). 
03/15 Thurs	9:30 AM	2 - 3 A	30 Trail	Richard Walter 651 - 4902	Silk Road Smooooothly. Rain Cancels. See 03/01 for Ride Details. 
03/15 Thurs	9:30 AM	3 D	30 Steady	Richard Walter 651 - 4902	Over The Hill Gang. See 03/01 for Ride Details. 
03/16 Fri	Magic	Dreams	Little	Children	Puff the Magic Dragon, by Peter, Paul & Mary was released in 1963.
03/17 Sat	8 AM Start	All	8, 34, 48, 52	B.I.K.E.S. Club of Snohomish	McClinchy Mile Ride. \$\$\$ Easy 8 miles (on portions of the Centennial Trail), flat, scenic 34 miles, challenging 48 miles thru Granite Falls or 52 miles thru Stanwood, all through Snohomish County. Start: Haller Middle School, 600 E 1st St, Arlington, Exit 208 E off I - 5. 
03/17 Sat	9 AM	3 D	50 - 60	Robert Deehan 272 - 9682	Sat. Spokie Cycling Ride. See 03/03 for Ride Details. 
03/18 Sun	10 AM	2 A 3 A	25	Rollie Herman 508 - 8020	2012 Off the Couch Training Series, Week 1. This week's route will be up & down the valley. Start: Sumner Library, 1116 Fryer Ave, Sumner. 
03/18 Sun	Noon	1 C	20	Bob Myrick 473 - 7455	Sunday Social Ride. See 03/04 for Ride Details 
03/19 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. See 03/05 for Ride Details. 
03/20 Tues	9:30 AM	2 C	30 - 50	See Description	Tuesday Decide To Ride. Meet with friends & go to lunch. Ron Nowicki, 661 - 2664, or Louie Boitano. Start: McDonald's, 112th & Pacific Ave.



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Day/ Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
03/20 Tues	6 PM; 6:30 PM	Meet & 00 Meet &	Eat; 00 Greet	Tom Reardon 759 - 2800	March Club Meeting. Food, drinks, & fellowship @ 6 PM & meeting business @ 6:30 PM. Guest Speaker, Mike Brown, Tacoma Bike: Select the Bike. Start: Portland Ave. Community Ctr, 3513 Portland Ave. (E. 35th St. & E. Portland Ave.), Tacoma.
03/21 Weds	9:30 AM	2 B	43 Trail	Richard Walter 840 - 9450	Chehalis Western Trail. Rain, ice, snow in Tacoma Cancels. See 03/07 for Ride Details. 
03/22 Thurs	9:30 AM	2 - 3 A	30 Trail	Richard Walter 840 - 9450	Silk Road Smooooothly. Rain Cancels. See 03/01 for Ride Details. 
03/22 Thurs	9:30 AM	3 D	30 Steady	Richard Walter 840 - 9450	Over The Hill Gang. See 03/01 for Ride Details. 
03/23 Fri	Fly	Long	And	Far	U.S. Army sells their last homing pigeons, 1957. The Dickin Medal (highest decoration for valor given to animals), was awarded to 34 pigeons.
03/24 Sat	9 AM	3 D	50 - 60	Robert Deehan 272 - 9682	Sat. Spokie Cycling Ride. See 03/03 for Ride Details. 
03/25 Sun	10 AM	2 C 3 C	38	Rollie Herman 508 - 8020	2012 Off the Couch Training Series, Week 2. This week's route: Dupont & back. Start: Sumner Library, 1116 Fryer Ave, Sumner. 
03/25 Sun	Noon	1 C	20	Bob Myrick 473 - 7455	Sunday Social Ride. See 03/04 for Ride Details 
03/26 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. See 03/05 for Ride Details. 
03/27 Tues	9:30 AM	2 C	30 - 50	See Description	Tuesday Decide To Ride. Meet with friends & go to lunch. Ron Nowicki, 661 - 2664, or Sue Coley. Start: Freighthouse Square, 430 E. 25th St, Tacoma.
03/28 Weds	11 AM	2 B	43	Tom Reardon 759 - 2800	Ride to Dupont. Rain in Tacoma Cancels. See 03/14 for Ride Details. 
03/2 Thurs	9:30 AM	2 - 3 A	30 Trail	Richard Walter 840 - 9450	Silk Road Smooooothly. Rain Cancels. See 03/01 for Ride Details. 
03/29 Thurs	9:30 AM	3 D	30 Steady	Richard Walter 840 - 9450	Over The Hill Gang. See 03/01 for Ride Details. 
03/30 Fri	Crunch	Crack	Ache	Replacements	Denture Day. False teeth are patented, 1882, by Charles Graham of NY.
03/31 Sat	9 AM	3 D	50 - 60	Robert Deehan 272 - 9682	Sat. Spokie Cycling Ride. See 03/03 for Ride Details. 

The COG Home

TWBC Ride Line : 253 - 759 - 2800

Updated Sunday & Thursday!

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



Next Club Meeting: 6 PM

Tuesday, March 20, 2012

Next Ride Calendar Deadline:

Tuesday, March 20, 2012

Next COG Article Deadline:

Wednesday, March 21, 2012

*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!)*

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Tom Reardon, 952 - 5964

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vp@twbc.org

--Unfilled @ this time-- ☹

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Anita Beninger

DAFFODIL CLASSIC

(2012): APRIL 15

daffodil@twbc.org

Mike Madden, 720 - 0127

PENINSULA METRIC

(2012): JUNE 3

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Debbie Due, 564 - 4188

RAPSody Contact:

(2012): Aug. 25 & 26

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Ralph Wessels, 857 - 5658

BIKE EXPO:

(2012): March 10 & 11

bikebooth@twbc.org

Mike Madden, 720 - 0127

ANNUAL CLUB PICNIC:

(2010): Sept. 26 (?)

☹ --Unfilled @ this time--

CLUB JERSEY SALES:

jerseys@twbc.org

☹ --Unfilled @ this time--

Several Positions

are open:

☹ **Volunteer** ☹

for YOUR Club!!!

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

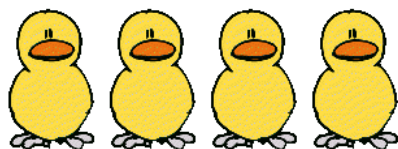
Local bicycle shops that offer a discount of at least ten percent (10%) to TWBC Members may place ads or flyers in the COG for free. "Local" is defined as within the Puget Sound area. Each bicycle shop may place up to two ads for free in a calendar year.

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

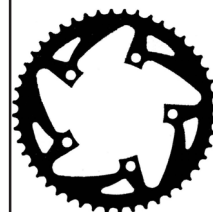


**March
2012**

**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!**

2012 The
McClinchy
Mile Ride

SATURDAY
March 17, 2012

Presented by
B.I.K.E.S.
Club
Of
Snohomish
County

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

2nd annual **FREE** family 8-mile round trip ride to Bryant Station on the expanded Centennial Trail. The escorted family ride leaves Haller Middle School at 11am and includes snacks at the turn-around point. Children must be accompanied by adult.

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

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

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

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



NAME _____ AGE _____

Complete one application for each rider

ADDRESS _____ PHONE _____

CITY/STATE/ZIP _____ EMAIL _____

EMERGENCY CONTACT & PHONE _____

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

McCLINCHY MILE RIDE

Pre-registration (Active.com/postmark by 3/14) - -----Cost: \$20 Adult

Day-of Ride Registration -----Cost: \$25 Adult

Youth 17 and under -----Cost: \$10 with paid Adult

Price includes great foodstops, map, on-course support vehicles

and a \$1 donation to the Bicycle Alliance of Washinton.

From TWBC The Cog-nitve Courier

McClinchy Reflective Slap Bracelet for all registeded riders

Slap Bracelets not picked up by 4:30pm the day of the ride become property of B.I.K.E.S.

WHERE DID YOU HEAR ABOUT THE McCLINCHY MILE RIDE?

Previous rider ☐ Friend ☐ Bike Expo ☐ BIKES Newsletter ☐ BIKES Website ☐

Cascade Newsletter ☐ Active.com ☐ Other ☐

No Refunds

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

Mail Registration
 Form and check to:
 B.I.K.E.S.
 McClinchy Mile
 P.O. Box 5242
 Everett, WA
 98206

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McClincy Mile Flyer

Tacoma Wheelmen's Bicycle Club Proudly Presents

Sunday

April 15, 2012

**Day of ride
registration**

at the new
Orting Middle School
from 7am to noon.
Cash and checks only!

Mail registrations to:

Daffodil Classic c/o TWBC
PO BOX 112078
Tacoma, WA 98411
Mail in registration closes March 29.



Online registration:

Early registration and
T-shirt sales close
April 10.

"Please respect the Orting
community with your
vehicle parking choice."

FINISH LINE

STRAWBERRY SHORTCAKE

Noon to 5pm Orting Middle School

Routes to choose from:

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

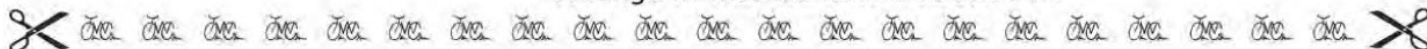
Course information: Open from 7am - 5pm.
Map/cue sheet supplied. Roads are well marked.
Rest stops supplied with food, drinks and sani-cans.
Sag wagons will drive the route for mechanically
stranded riders. Please carry ID, water, first aid kit
and tire repair equipment with you.

† Franciscan Health System
Orthopedics and Sports Medicine

Family Rate Allows 2 adults and children under 18 to ride at a discounted rate.

"Helmets approved by CPSC, SNELL, ASTM or ANSI are required for this event."

Wearing a helmet could **SAVE YOUR LIFE.**



Early-registration fees:

Age 18 or older \$20 _____

Family Kids under 18,
same household
limit of 4 riders \$37 _____

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

SS Shirt qty _____ x \$20

Must be **postmarked by March 29th.**

Please print clearly

complete one application per participant - additional forms at: twbc.org

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

email: _____

Day of ride fees:

Age 18 or Older \$25

Family Kids under 18,
same household
limit of 4 riders \$45

Children 0 to 6 Free

SS Shirts \$20

Limited quantities Available

Make all checks
payable to: TWBC

From TWBC The Cog-nitve Courier

Total Enclosed \$ _____

Unclaimed shirts and souvenirs become property of TWBC at noon on day of ride. **SORRY THERE ARE NO REFUNDS**

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Daffodil Flyer