



# the cog-nitive courier

## tacoma wheelmen's bicycle club newsletter

po box 112078 tacoma, wa 98411 [www.twbc.org](http://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.**

### An Evening with the "Cycling Sojourner," Ellee Thalheimer, June 19

Submitted By Carol Davis

Our June Meeting will be a very special event. Ellee Thalheimer, author and cyclist will do a presentation about her new book, *Cycling Sojourner: A Guide to the Best Multi-Day Tours in Oregon*. Her book has been enthusiastically sponsored by Cycle Oregon and Travel Oregon.

This particular Club Meeting will be held at Wildside Wine, "The Room Next Door," 610 S. Oxford, Tacoma, 98465. An appetizer menu will be prepared by Chef Bette Anne. Carol Davis will be providing a special Oregon wine tasting for \$5.

Come for food and wine starting at 6pm. Ellee's presentation will begin at 7pm.

**RSVP** to Carol: [wildsidewine@comcast.net](mailto:wildsidewine@comcast.net) or 253-460-5622 to help make sure we have planned for plenty of food, and to allow for as many people as possible.

Several TWBC Members had the good fortune to meet Ellee in Halfway, Oregon while on the Fall Club trip. Ellee was riding and researching for her new book. She is vivacious and knowledgeable! This is a meeting you will surely want to attend! ☺

### ATTENTION:

*Your attention please! Be on the lookout for unknown characters that fit the profile for new Board Members of the Tacoma Wheelmen's Bicycle Club. The New Board Member election will be held during the General Club Meeting, June 19, 2012.*

*The term of office runs from July, 2012 to June 2013. It is possible that unknown characters (potential candidates) will make an appearance at the June General Meeting. Citizens (General Members) should be on the alert for the following: Unknown character's description(s): available to attend twelve Board and eight General Meetings a year, and willing to put in some of their personal time and effort into making TWBC an even greater bike Club than it already is.*

*Citizens with information on suspects should contact Tom Reardon at 253 - 952 - 5964 for inclusion on the June Ballot. **All positions are available. Your Club Needs You!*** ☺

### In this issue of the COG:

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## ***President's Report***

### ***Spinning Wheels***



By President Tom Reardon

Election of Club Officers occur this month, and the fate of Tacoma Wheelmen as we have known it depends on Members like you stepping forward to assume leadership roles. Without willing Members to Volunteer, we may be forced to consider if we are anything more than a Ride Calendar. This could put signature Events like the Daffodil Classic and the Peninsula Metric in jeopardy, and negatively impact the broader community.

Throughout our history, we have been a vital part of greater Pierce County. Through our giving we help support many programs such as the helmet program for Bikes for Kids and direct sponsorship of the hugely successful Tacoma Bike Swap. Additionally, our advocacy has been important for groups and government agencies working to make this a more bike friendly environment. In just the past two weeks, we have been asked to write letters of support for grants to improve biking in the City of Tacoma and proposals to extend the Foothills Trail. We have been and should continue to be much more than just a ride calendar.

Let me make this very short and direct. Please step forward. It is **not** too demanding, but your willingness to help will make all the difference.

Contact me. I'll be happy to discuss any questions you might have. Tom Reardon, [President@twbc.org](mailto:President@twbc.org). ☺

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### **What Do You Mean No Raincoat?**

By Christy Strand

No raincoat, no booties, no finger gloves? How about arm and leg warmers? What kind of riding is this? Well, during our spring ride to Sacramento, we hit a heat wave! A group of seven including Sue Coley (our leader), Peggy Fjetland, Joyce Clifford, Caroline Warnock, Carla Gramlich, Christy Strand and Jill Priest from the West Sound Cycling Club met up in Sacramento for a week of riding. We were joined by Steve and Phyllis Lay and Phil Burgess who wanted to get some riding in on their way to New Orleans for a big ride to the north across the Atlantic States. Rode for six days, from April 18th - 23rd, 2012.

The Sacramento Valley is as FLAT as a pancake. Our only hills were riding from the valley to the top of a dike and from a dike back to the valley floor, and riding up and over overpasses over freeways. The scenery was fabulous. We rode through many small towns, some of which were located at an elevation of 13 feet above sea level. Did I say flat?

We stayed at the Sacramento Hostel and rode out and back rides each day. We rode to Davis and rode around the UC Davis campus. We rode the islands of the Sacramento Delta. This was my favorite ride. Large islands surrounded with roads on dikes and farmland inside the dikes. It seemed like we were riding in "the land that time forgot", lots of ghost towns and very few people. Water everywhere. We saw a sea lion that seemed out of place so far from the salt water. Lots of egrets, geese and raptors.

We rode to Clarksburg and visited an old sugar mill that had been converted to a "wine center" that featured 7 or 8 local wineries. Wonderful wine. This was the day we were able to avoid an armed carjacker who had hijacked two cars and a tractor on a wild spree as he was evading the police. Both I-5 and 80 were shut down for several hours. We were told that he might have headed in our direction on one of the dike roads and to watch out for anyone in a brown Ford F-250!

Rode to the Cycle Gladiator Winery. Fifty-six miles, ninety- three degrees! Tooooo hot! Not our best day. But, no rain gear!

**..... Raincoat ?, cont. on pg 3**

#### ..... Raincoat ?, cont. from pg 2

Six started out, four finished. Steve, Phyllis and Phil smartly chose to do another ride this day.

Another day we headed out north from town and rode on a very isolated rural road. Had to get off the road twice for large farm equipment. Watch out!

The last day was along the American River Trail from Sacramento to Folsom. It was beautiful. Built as a trail and had lots of meanders and even some tiny little rollers, so not entirely flat. Next to the river, through wetlands and through open space and parks. Saw lots of wild turkeys and egrets and one turtle. And there were snakes!

On Tuesday, April 24th we hit the road for home and the New Orleans group headed east. It was a great ride and we all had a really good time. ☺

*Editor's Note: See pictures of the ride starting on page 15 & 16. ☺*

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By Bob Myrick, Director of  
Community and Government Affairs

*Actions affecting you  
and your community .....*

Our committee met again on Tuesday, May 1, at the Harvester Restaurant in the Stadium District at First and Tacoma Avenues. The next meeting is scheduled for Tuesday, June 5 at 6pm. I hope you have been riding your bike a lot this past Bike Month and will continue thru our ideal summer season. As always, when you see things that need improvement near your home town, please take the time to get involved with your local government. Our small committee can't begin to make our local area better without your help and involvement.

1. Forevergreen Map. Kirk Kirkland and I and others have met to update the Forevergreen Trails Map which shows our existing trails and our planned and hoped for future regional trails. I'm thinking the map will be revised in time for the Forevergreen Trails annual meeting. Many of you are aware that Forevergreen has members from our bike club, the Foothills Trails Coalition, local government officials and elected officials all meeting and working together to get trails built thruout Pierce County.

2. North Gate Road. This road connects with the Steilacoom-DuPont Road and both are important bicycle routes. Unfortunately, the Army has built a raised concrete island and some curbing at the intersection that is a very severe hazard to cyclists. The island and some curbing extend into the fog line shoulder where we place our bikes when riding. A cyclist has to move into the traffic lane to get past the obstacle and we are concerned it is an accident waiting to happen. Both Ralph and I are trying to contact the Army Traffic Engineers to voice our concerns. We have already asked the County to take action since the road is jointly operated by the County and the Army.

3. Transportation Choices Coalition. We received word that our local representative, Andrew Austin, will be leaving Transportation Choices and heading up a new national organization in Washington DC that will be promoting transit and other forms of alternative transportation. It has been a great pleasure working with Andrew these past few years.

4. Pierce County Flood Control Plan. The Planning Commission met this month to review and take further comment on the plan. Both Foothills and TWBC has commented on the Environmental Impact Statement where we ask the flood control agency to build the trail from Puyallup towards Tacoma on their future rebuilt North Levee along the Puyallup River.

5. Pierce County Parks. The Foothills Rails to Trails Coalition had their monthly meeting and Pierce County Parks hosted the meeting. Apparently, it will be some years before the connection is made between Buckley and South Prairie, perhaps between 2016 and 2020. It is a very disturbing situation.

**Gov. Affairs, cont. on pg 4**

### Gov. Affairs, cont. from pg 3

6. Cushman Powerline Trail . On a more positive note, the Request for Proposal is out for design services to design the extension to Borgen Boulevard. PenMet Parks received a State RCO grant to extend the trail.

7. Oregon Active Transportation Conference. Jane Moore reported on her trip and findings. She will have also given a brief report at our May General Membership Meeting. Jane said there were about 250 like minded people at the conference.

8. Community Transformation Grant. The Health Department is gearing up to start their efforts to transform the general health and well being in our County. Active transportation and cycling will be a big part of their efforts.

9. Bicycle Magazine. We briefly discussed the excellent articles in this month's magazine particularly with regard to efforts to get more kids walking and riding their bikes to school.

10. Bicycle Alliance of Washington. Ralph reported that Barb Culp wants to retire from her Executive Director job at BAW, so here is a job opportunity for someone. He also mentioned BAW is thinking of changing their name. We didn't think much of their suggested "Washington Bikes" and are indicating our displeasure with a name change.

By the time you read this, I will have returned from a week long trip in Bishop, CA trying to ride some Killer Climbs of the Eastern Sierra. See Nomints.com for details. I may have mostly sat in my beach chair. I hope to see you on the PMC this year. ☺

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### Membership Report by Dave Killen database & mailing



#### Renewals (Thank You!):

Jim Ahrens, Donna Benjamin, Judy Fisher, Wayne Flood, Carol Grisso, Linda Higgins, Joy Hill, Don Izenman, Gary Moore, Michelle Regan, Mikael Rutkosky, Dianne Koch Thomas & Tony Thomas.

#### New Members (Welcome!):

Lisa Austin, Dixie Callahan, Andrea Clausen, Peter Lyon, Phyllis Murphy, Jeff Skewis, Cathleen Taylor and Steve Yester.



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*E T A O I N S H R D  
L U C M F G Y P W B  
V K X J Q Z : the alpabet  
in order of its frequency  
of use in written English. ☺*

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*The word "deadline" originated in Civil War prisons,  
where lines were drawn that prisoners passed only at the risk of being shot. ☺*



# twbc monthly event schedule

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

| Day/-<br>Day   | Time       | Ride<br>Code | Dist-<br>ance                    | Leader/<br>Contact @<br>(253)                 | Ride or Activity                                                                                                                                                                                                                                                                                                                                                    |
|----------------|------------|--------------|----------------------------------|-----------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 06/01<br>Fri   | Topo       | Gigio        | Really                           | Big Show                                      | Ed Sullivan's final TV show broadcast on CBS, 1971.<br>The 1st broadcast was on June 20, 1948.                                                                                                                                                                                                                                                                      |
| 06/02<br>Sat   | 7 AM       | All          | 10, 20,<br>32,46,<br>56, 75      | St. Leo's Food<br>Connection<br>383 - 5048    | <b>Meals to Wheels. \$\$\$ Fundraiser Ride.</b><br>Start: WSU's Puyallup Extension Campus,<br>7612 Pioneer Way E, Puyallup.                                                                                                                                                                                                                                         |
| 06/02<br>Sat   | 7 AM       | All          | 3,10,<br>49,60,<br>100           | West Sound<br>Cycling Club<br>see<br>web site | <b>Life Cycle Bremerton. \$\$\$ Fundraiser Ride</b><br>for Bremerton Schools Foundation youth programs.<br>Start: Bremerton Evergreen Rotary Waterfront Park,<br>1400 Park Ave., Bremerton.<br>www.westsoundcycling.com                                                                                                                                             |
| 06/02<br>Sat   | 9 AM       | 2 B<br>3 B   | 40 - 60                          | Rollie Herman<br>508 - 8020                   | 2012 Off the Couch Training Series, Week 11.<br>This week's route: to be decided.<br>Start: Starbucks @ 26th & Proctor.                                                                                                                                                          |
| 06/02<br>Sat   | 10 AM      | 2 B          | 12 - 30                          | Ron Nowicki<br>661 - 2664                     | Training w/ Ron. Rides starting easy & becoming harder.<br>Start: Celebration Park, 1095 S. 324th St, Federal Way.                                                                                                                                                               |
| 06/03<br>Sun   | 7 AM       | All          | 50 K,<br>70 K<br>100 K,<br>100 M | <b>TWBC</b><br>759 - 2800                     | <b>Peninsula Metric Century. \$\$\$</b><br>Start: Southworth Ferry Terminal<br>or Gig Harbor Medical Pavillion, Kimball Dr, Gig Harbor.                                                                                                                                                                                                                             |
| 06/04<br>Mon   | 9:30<br>AM | 1 C          | 22<br>(13)                       | Steve Lantry<br>995 - 7483                    | Hail, hardy & ready for coffee. Loop Pt. Defiance. Someone<br>will stay with the slowest rider. Regroup at Ft. Nisqually,<br>then onto Fircrest for espresso/ raspberry scones.<br>You can shorten to 13 miles by cutting out Fircrest.<br>Start: Starbucks @ 26th & Proctor.  |
| 06/05<br>Tues  | 9:30<br>AM | 2 C          | 30 - 50                          | Louie Boitano<br>922 - 1168                   | Tuesday Decide To Ride. Meet with friends & go to lunch.<br>Start: Sumner Library, 1116 Fryer Ave, Sumner.                                                                                                                                                                                                                                                          |
| 06/05<br>Tues  | 6 PM       | 00<br>Meet   | 00<br>& Eat                      | Bob Myrick<br>473 - 7455                      | Government Affairs Meeting @ the Harvester Resturant<br>in the Stadium H.S. area @ 1st & Tacoma Ave.<br>Work on bicycle problems around Pierce County.<br>All are invited to participate.                                                                                                                                                                           |
| 06/06<br>Weds  | Poles      | Speaker      | Screen                           | Concession<br>Stand                           | First Drive-in Movie Theater opens in New Jersey, 1933.<br>The 1st movie shown was <i>Wife Beware</i> .                                                                                                                                                                                                                                                             |
| 06/07<br>Thurs | 9:30<br>AM | 2 - 3 A      | 30<br>Trail                      | Richard Walter<br>651 - 4902                  | Silk Road Smooooothly. Ride to S. Prairie via Foothills Trail.<br>Paved trail w/ very few road crossings. Beverage<br>of your choice in S. Prairie (no host). Rain Cancels.<br>Start: East Puyallup Trailhead, 13900 - 80th St E, Puyallup.                                    |
| 06/07<br>Thurs | 9:30<br>AM | 3 D          | 30<br>Steady                     | Richard Walter<br>651 - 4902                  | Over The Hill Gang. For those of you looking for more<br>of a challenge, you may want to try the Victor Falls,<br>Lower Burnet version of the SRS ride.<br>Start: East Puyallup Trailhead, 13900 - 80th St E, Puyallup.                                                        |



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| Day/<br>Day    | Time        | Ride<br>Code | Dist-<br>ance | Leader/<br>Contact @<br>(253) | Ride or Activity                                                                                                                                                                                                                                                                                             |
|----------------|-------------|--------------|---------------|-------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 06/08<br>Fri   | Want        | Dream        | Flash         | Stuggart                      | Hand-built aluminum prototype labeled "No.1" becomes the 1st vehicle to bear the name Porche.                                                                                                                                                                                                                |
| 06/09<br>Sat   | 8 AM        | 3 D          | 50 -<br>60    | Robert Deehan<br>272 - 9682   | Spokie Cycling Club 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.  |
| 06/09<br>Sat   | 9 AM        | 3 B - C      | 50            | Jim Ahrens<br>988 - 2098      | Tacoma Bike Shop Ride. Fun, but challenging road ride to destinations from Gig Harbor to Bonney Lake & Dupont. Start: Tacoma Bike, 309 Puyallup Ave., Tacoma.                                                                                                                                                |
| 06/09<br>Sat   | 10 AM       | 2 B          | 12 - 30       | Ron Nowicki<br>661 - 2664     | Training w/ Ron. See 06/02 for Ride Details.                                                                                                                                                                              |
| 06/10<br>Sun   | 8 AM        | 2 B<br>3 B   | 75            | Rollie Herman<br>508 - 8020   | 2012 Off the Couch Training Series, Week 12. Mud Mt Dam - longest ride, but most scenic. Start: Celebration Park, 1095 S. 324th St, Federal Way.                                                                          |
| 06/11<br>Mon   | 9:30<br>AM  | 1 C          | 22<br>(13)    | Steve Lantry<br>995 - 7483    | Hail, hardy & ready for coffee. See 06/04 for Ride Details.                                                                                                                                                              |
| 06/12<br>Tues  | 9:30<br>AM  | 2 C          | 30 - 50       | Sue Coley<br>922 - 1168       | Tuesday Decide To Ride. Meet with friends & go to lunch. Start: McDonald's, 112th & Pacific Ave.                                                                                                                                                                                                             |
| 06/12<br>Tues  | <b>6 PM</b> | 00<br>Meet   | 00<br>& Eat   | Tom Reardon<br>759 - 2800     | <b>Board Meeting</b> @ the Kim Ahn Restaurant across from TCC on Mildred. Guests & Club Members welcomed.                                                                                                                                                                                                    |
| 06/13<br>Weds  | 9:30<br>AM  | 2 B          | 43<br>Trail   | Richard Walter<br>651 - 4902  | Chehalis Western Trail. Rain in Tacoma Cancels. See Ride Notes for Ride Details. Start: Trailhead in Lacy; past Josephine Ct SE & 14th Ave S.                                                                           |
| 06/14<br>Thurs | 9:30<br>AM  | 2 - 3 A      | 30<br>Trail   | Richard Walter<br>840 - 9450  | Silk Road Smooooothly. Rain Cancels. See 06/07 for Ride Details.                                                                                                                                                        |
| 06/14<br>Thurs | 9:30<br>AM  | 3 D          | 30<br>Steady  | Richard Walter<br>840 - 9450  | Over The Hill Gang. See 06/07 for Ride Details.                                                                                                                                                                         |
| 06/15<br>Fri   | String      | Sticks       | Fabric        | Way Up High                   | Fly a Kite Day, celebrating the anniversary of Ben Franklin's kite experiment in 1752.                                                                                                                                                                                                                       |
| 06/16<br>Sat   | 9 AM        | 3 B - C      | 50            | Jim Ahrens<br>988 - 2098      | Tacoma Bike Shop Ride. See 06/09 for Ride Details.                                                                                                                                                                                                                                                           |
| 06/16<br>Sat   | 10 AM       | 2 B          | 12 - 30       | Ron Nowicki<br>661 - 2664     | Training w/ Ron. See 06/02 for Ride Details.                                                                                                                                                                            |
| 06/17<br>Sun   | 8 AM        | 2 B<br>3 B   | 65            | Rollie Herman<br>508 - 8020   | 2012 Off the Couch Training Series, Week 13. This week: Southworth-Pt.Orchard loop; plenty of hills. Start: Skyline P & R, Skyline & 6th Ave N.                                                                         |



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| Day/<br>Day    | Time          | Ride<br>Code           | Dist-<br>ance            | Leader/<br>Contact @<br>(253)               | Ride or Activity                                                                                                                                                                                                                          |
|----------------|---------------|------------------------|--------------------------|---------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 06/18<br>Mon   | 9:30<br>AM    | 1 C                    | 22<br>(13)               | Heinrich Schmidt<br>759 - 2393              | Hail, hardy & ready for coffee.<br>See 06/04 for Ride Details.                                                                                         |
| 06/19<br>Tues  | 9:30<br>AM    | 2 C                    | 30 - 50                  | Ron Nowicki<br>661 - 2664                   | Tuesday Decide To Ride. Meet with friends & go to lunch.<br>Start: Freighthouse Square, 430 E. 25th St, Tacoma.                                                                                                                           |
| 06/19<br>Tues  | 6 PM;<br>7 PM | Meet &<br>00<br>Meet & | Eat;<br>00<br>Greet      | Tom Reardon<br>759 - 2800                   | <b>June Club Meeting. Club Elections; food, drinks, &amp; fellowship; raffle; meeting business @ 6 PM. Featured guest author/cyclist Ellee Thalheimer @ 7 PM.</b>                                                                         |
| 06/20<br>Weds  | Fizz          | Frothy                 | Cold                     | Flavors                                     | Ice Cream Soda Day. Enjoy.                                                                                                                                                                                                                |
| 06/21<br>Thurs | 9:30<br>AM    | 2 - 3 A                | 30<br>Trail              | Richard Walter<br>840 - 9450                | Silk Road Smooooothly. Rain Cancels.<br>See 06/07 for Ride Details.                                                                                    |
| 06/21<br>Thurs | 9:30<br>AM    | 3 D                    | 30<br>Steady             | Richard Walter<br>840 - 9450                | Over The Hill Gang.<br>See 06/07 for Ride Details.                                                                                                     |
| 06/22<br>Fri   | School        | Veterans               | Loans                    | Mortgages                                   | The Servicemen's Readjustment Act (the G. I. Bill) was signed into law, 1944.                                                                                                                                                             |
| 06/23<br>Sat   | 8 AM          | 3 D                    | 50 -<br>60               | Robert Deehan<br>272 - 9682                 | Spokie Cycling Club Ride.<br>See 06/09 for Ride Details.                                                                                             |
| 06/23<br>Sat   | 9 AM          | 3 B - C                | 50                       | Jim Ahrens<br>988 - 2098                    | Tacoma Bike Shop Ride.<br>See 06/09 for Ride Details.                                                                                                                                                                                     |
| 06/23<br>Sat   | 10 AM         | 2 B                    | 12 - 30                  | Ron Nowicki<br>661 - 2664                   | Training w/ Ron.<br>See 06/02 for Ride Details.                                                                                                      |
| 06/24<br>Sun   | 7 AM          | All                    | 20,35<br>70,85,<br>& 126 | Capital Bicycling<br>Club<br>360-292 - 8925 | <b>Two County Double Metric Century. \$\$\$</b> Tumwater.<br>Start: Peter G Schmidt Elementary, 225 Dennis St., Tumwater.<br><a href="http://www.capitalbicycleclub.org">www.capitalbicycleclub.org</a>                                   |
| 06/24<br>Sun   | 7:30<br>AM    | All                    | 12,<br>30,<br>& 50       | Pierce County<br>Parks<br>582 - 7461        | <b>Tour de Pierce. \$\$\$</b><br>Start: Gold Parking Lot @ the Western WA Fairgrounds,<br>S. Meridian & 9th Ave SE, Puyallup.                                                                                                             |
| 06/24<br>Sun   | 8 AM          | 2 B<br>3 B             | 62                       | Rollie Herman<br>508 - 8020                 | 2012 Off the Couch Training Series, Week 14.<br>This week: The Paperboy.<br>Start: Mud Bay Rd & Madrona Beach Rd P & R<br>(Off of SR 101), Olympia.  |
| 06/25<br>Mon   | 9:30<br>AM    | 1 C                    | 22<br>(13)               | Joyce Clifford<br>759 - 2393                | Hail, hardy & ready for coffee.<br>See 06/04 for Ride Details.                                                                                       |
| 06/26<br>Tues  | 9:30<br>AM    | 2 C                    | 30 - 50                  | Louie Boitano<br>922 - 1168                 | Tuesday Decide To Ride. Meet with friends & go to lunch.<br>Start: Sumner Library, 1116 Fryer Ave, Sumner.                                                                                                                                |



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| Day/<br>Day    | Time       | Ride<br>Code | Dist-<br>ance | Leader/<br>Contact @<br>(253) | Ride or Activity                                                                                                                                                                                                                                                                                                                                        |
|----------------|------------|--------------|---------------|-------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 06/27<br>Weds  | 9:30<br>AM | 2 B          | 43<br>Trail   | Richard Walter<br>840 - 9450  | Chehalis Western Trail. Rain in Tacoma Cancels.<br>See 06/13 for Ride Details.                                                                                                                                                                                       |
| 06/28<br>Thurs | 9:30<br>AM | 2 - 3 A      | 30<br>Trail   | Richard Walter<br>840 - 9450  | Silk Road Smooooothly. Rain Cancels.<br>See 06/07 for Ride Details.                                                                                                                                                                                                  |
| 06/28<br>Thurs | 9:30<br>AM | 3 D          | 30<br>Steady  | Richard Walter<br>840 - 9450  | Over The Hill Gang.<br>See 06/07 for Ride Details.                                                                                                                                                                                                                   |
| 06/29<br>Fri   | Easy       | Scroll       | Point         | Feet Up                       | The remote control (called Space Command 400)<br>was introduced, on the Zenith 21" model TV, in 1964.                                                                                                                                                                                                                                                   |
| 06/30<br>Sat   | 9 AM       | 3 B - C      | 50            | Jim Ahrens<br>988 - 2098      | Tacoma Bike Shop Ride.<br>See 06/09 for Ride Details.                                                                                                                                                                                                                                                                                                   |
| 06/30<br>Sat   | 10 AM      | 2 B          | 10 - 15       | Janet Higbee<br>973 - 2306    | Bike to Market. Ride to Pt. Defiance<br>& around 5 Mile Dr., then return to the market<br>to marvel @ the new bike racks placed there<br>& anticipate the <b>Criterion Event</b><br>that will begin after the market closes.<br>Start: Starbucks @ 26th & Proctor.  |
| 06/30<br>Sat   | 10 AM      | 2 B          | 12 - 30       | Ron Nowicki<br>661 - 2664     | Training w/ Ron.<br>See 06/02 for Ride Details.                                                                                                                                                                                                                    |



**06/13, 06/27**

## June Ride Notes:

**Chehalis Western Trail.**

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. Bring \$\$\$ to buy lunch in Tenino. 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.



*TWBC Club Bike Suitcase: There is a rumor that this item will be raffled off to those who attend the June Club Meeting. On June 19, come to the Meeting at the June Location (The Room Next Door, 610 S. Oxford, Tacoma, next to Wildside Wine), to see if the rumor is true! (Photos submitted by Ron Torrez) ☺*



# 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, Sept. 18, 2012**

**Next Ride Calendar Deadline:  
Tuesday, June 19, 2012**

**Next COG Article Deadline:  
Wednesday, June 20, 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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## **PRESIDENT:**

[president@twbc.org](mailto:president@twbc.org)

Tom Reardon, 952 - 5964

## **VICE - PRESIDENT:**

[vp@twbc.org](mailto:vp@twbc.org)

--Unfilled @ this time-- ☉

## **SECRETARY:**

[secretary@twbc.org](mailto:secretary@twbc.org)

Caroline Warnock (temporary)

## **TREASURER:**

[treasurer@twbc.org](mailto:treasurer@twbc.org)

Fred Swift, 355 - 4365

## **RIDE COORDINATOR:**

[ridecaptain@twbc.org](mailto:ridecaptain@twbc.org)

Rich Walter, 840 - 9450

## **DIRECTOR OF COMMUNITY & GOVERNMENT RELATIONS:**

[gac@twbc.org](mailto:gac@twbc.org)

Bob Myrick, 473 - 7455

## **DIRECTOR OF SPECIAL EVENTS:**

[events@twbc.org](mailto:events@twbc.org)

--Unfilled @ this time-- ☉

## **NEWSLETTER EDITOR:**

[newsletter@twbc.org](mailto:newsletter@twbc.org)

Dena Wessels, 857 - 5658

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

## **MEMBERSHIP, DATABASE & MAILING:**

[database@twbc.org](mailto:database@twbc.org)

Dave Killen, 677 - 5896

## **WEBMASTER:**

[webmaster@twbc.org](mailto:webmaster@twbc.org)

Rich Walter, 840 - 9450

## **TWBC SAFETY & EDUCATION**

Jim Ahrens, 566 - 3347

## **TWBC EQUIPMENT :**

[equipment@twbc.org](mailto:equipment@twbc.org)

Steve Brown, 752 - 4038

Assistant Jim Davis

## **TWBC PUBLICITY:**

[publicity@twbc.org](mailto:publicity@twbc.org)

Anita Beninger

## **Several Positions**

☉ are open: ☉

**Volunteer  
for YOUR Club!!!**

## **DAFFODIL CLASSIC**

**(2012): APRIL 15**

[daffodil@twbc.org](mailto:daffodil@twbc.org)

Mike Madden, 720 - 0127

## **PENINSULA METRIC**

**(2012): JUNE 3**

[pmc@twbc.org](mailto:pmc@twbc.org)

Debbie Due, 564 - 4188

## **RAPSody Contact:**

**(2012): Aug. 25 & 26**

[rapsodybikeride@comcast.net](mailto:rapsodybikeride@comcast.net)

Ralph Wessels, 857 - 5658

## **BIKE EXPO:**

**(2012): March 10 & 11**

[bikebooth@twbc.org](mailto:bikebooth@twbc.org)

Mike Madden, 720 - 0127

## **ANNUAL CLUB PICNIC:**

**(2010): Sept. 26 (?)**

☉ --Unfilled @ this time--

## **CLUB JERSEY SALES:**

[jerseys@twbc.org](mailto: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. ☉

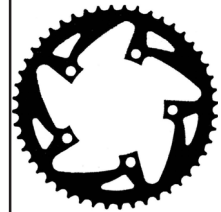


**June  
2012**

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



**mail to:**



Please Note: You can become a Member at [www.twbc.org](http://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!**

# TWO COUNTY DOUBLE METRIC CENTURY

SUNDAY, JUNE 24, 2012

5 ROUTES FROM 32 KM TO A FULL 200 KM

PLANNED BY CYCLISTS FOR CYCLISTS



The Two County Double Metric Century offers cyclists the opportunity to explore beautiful Lewis & Thurston counties and to conquer challenging distances of up to 200 km.

Riders can select from any one of 5 well-marked and fully supported routes. The shortest is an easy, family-friendly



20-mile (32 km) loop. Longer loop routes of 35, 70, and 85 miles can also be chosen.

The longest route is a 126 mile (200 km) loop that will challenge experienced cyclists.

All routes are scenic. Car traffic is usually light. You won't believe the food at the rest stops!

**Start/finish:** Peter G. Schmidt Elementary School, 225 Dennis St, Tumwater, WA. Registration is open from 7:00a.m. to 1:00p.m., but 126-mile riders must register by 8:30a.m.

| Entry Fee Schedule                   | Quantity | Preregistered<br>by June 17 | Register on<br>Day of Ride | Line<br>Total |
|--------------------------------------|----------|-----------------------------|----------------------------|---------------|
| Individual riders                    |          | \$23.00                     | \$25.00                    |               |
| Tandem teams                         |          | \$30.00                     | \$35.00                    |               |
| Families of 3 or more                |          | \$35.00                     | \$40.00                    |               |
| Capital Bicycling                    |          | (-\$2.00)                   | (-\$2.00)                  |               |
| Club Members                         |          |                             |                            |               |
| Students with ID<br>or Seniors (65+) |          | \$10.00                     | \$10.00                    |               |
| Children 12 & under                  |          | Free                        | Free                       |               |

Registration includes ride number, map & cue sheet, support vehicles, rest stops on every route, and finish line welcome until 6:00p.m.

Total  
Enclosed

From the TWBC Cog-nitve Courier

Please print:

Name(s): \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Signature(s): \_\_\_\_\_ Date: \_\_\_\_\_

Guardian's Signature (if rider is under 18): \_\_\_\_\_ Date: \_\_\_\_\_

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 24, 2012, 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.

**Mail completed form & checks to:** Capital Bicycling Club, P.O. Box 642, Olympia, WA. 98507

**APPROVED HELMETS ARE REQUIRED ON THIS RIDE**



### Pierce County Parks and Recreation

The 22<sup>nd</sup> annual Tour de Pierce offers enjoyable cycling from 7:30 AM - 2:30 PM on Sunday, June 24, 2012.

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 9<sup>th</sup> 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 24, 2012**

**7:30 am - 2:30 pm**

12, 30, and 50 mile routes



**All riders must wear CPSC helmets.**

### Registration

- Pre-Register by June 8<sup>th</sup> for \$12 per person or \$36 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 24<sup>th</sup> for \$17 per person or \$51 per family of 4
- Register online for a small fee at [www.piercecountywa.org/parks](http://www.piercecountywa.org/parks)
- Call 253-841-8515 for an application

### Event T-shirts

- \$15 Ordered and paid by June 8<sup>th</sup>
- \$20 day of the event while supplies last



**253-841-8515**

**[www.piercecountywa.org/parks](http://www.piercecountywa.org/parks)**



**Sunday, June 24, 2012**

**7:30 am - 2:30 pm**

## 2012 Tour de Pierce Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Day Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

E-mail \_\_\_\_\_

| Early Registration Fees: (Paid by June 10) |         |  |
|--------------------------------------------|---------|--|
| Individual                                 | \$12    |  |
| Family of 4                                | \$36    |  |
| Add family riders                          | \$9 ea  |  |
| T-Shirt                                    | \$15 ea |  |
| Day of Ride Fees:                          |         |  |
| Individual                                 | \$17    |  |
| Family of 4                                | \$51    |  |
| Add family rider                           | \$12 ea |  |
| T-Shirt                                    | \$20 ea |  |
| <b>Amount Enclosed \$</b>                  |         |  |

| Event T-shirt           |          |
|-------------------------|----------|
| Sizes                   | Quantity |
| Youth M                 |          |
| Youth L                 |          |
| Adult S                 |          |
| Adult M                 |          |
| Adult L                 |          |
| Adult XL                |          |
| Adult XXL               |          |
| <b>Total # T-shirts</b> |          |

|                               |  |
|-------------------------------|--|
| <b>Total # Family Members</b> |  |
|-------------------------------|--|

**From the TWBC Cog-nitve Courier**

**Payment:**

Cash \_\_\_\_\_ Check # \_\_\_\_\_ Charge \_\_\_\_\_

VISA / MC # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Enclose check/money order payable to:  
Pierce County Parks

Mail to: Tour de Pierce  
Pierce County Parks & Recreation  
9112 Lakewood Drive SW  
Lakewood, WA 98499-3998

Fax: 253-582-7461



*Confirmation will not be sent if paid by mail.  
Pre-registered riders will check in at the start of the ride  
Ride goes on rain or shine.  
No refunds for inclement weather.*



**..... No Raincoat? ....**  
 Top L to R: Peggy Fjetland,  
 Jill Priest, Carla Gramlich,  
 Christy Strand, Joyce  
 Clifford, Sue Coley.  
 Bottom L to R: Steve Lay,  
 Phyllis Lay, Caroline  
 Warnock & Phill Burgess.  
 (Photo submitted  
 by Christy Strand). ☺



**..... No Raincoat? ....**  
 L to R: Phil Burgess, Christy Strand,  
 Carla Gramlich, Phyllis Lay, Steve Lay,  
 Jill Priest, Joyce Clifford,  
 Sue Coley & Caroline Warnock.  
 (Photo submitted by Christy Strand). ☺



..... No Raincoat? ....  
 L to R: Peggy Fjetland, Joyce Clifford, Sue Coley.  
 (Photo submitted by Christy Strand). 📷

📷 The End. 📷