



the cog-nitive courier

tacoma wheelmen's bicycle club newsletter

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

TWBC, originally established in 1888 & reinvigorated in 1974, is a general purpose bicycling club in Pierce County that welcomes cyclists of all skill levels for social riding. The COG is issued monthly.

Web Issue: March, 2013

President's Report

The Rusty Crank



By President Tom Reardon

Planning for our signature event, the Daffodil Classic, is under way. Daniel Jones, Event Coordinator, has taken the lead. However, it was never intended for the Event Coordinator to be burdened with the additional responsibility of leading the individual events. This is a call for you to help.

There are dozens of small tasks which need to be done. Sign up to volunteer. Your active participation will not take too much of your time, you will feel a vital part of making the Daffodil, one of the best supported rides in Washington, and you will be taking the load off of a single individual's shoulders. **GO TO THE WEB SITE AND VOLUNTEER.**

Most cyclists know that a properly fitted bicycle is vital for both comfort and efficiency. Recently, I was invited to have a fitting done by a physical therapist, BJ Stockton, DPT. After visual observation, measuring arm angles, and shining lasers at my rotating legs, he discovered that my left leg flared outward on every rotation. Shims were placed on my cleats along with a slight adjustment of the placement of the cleat on my shoe.

The result was both more comfort and more efficiency. This improvement will not be surprising to any rider who has had a good custom fitting. What may be surprising is that if you are experiencing discomfort due to the repetitive motion of cycling, your medical insurance could cover the cost of a fitting. If you would like more information, let me know and I can put you in touch with BJ Stockton. ☺

In this issue of the COG:

Rusty Crank
GAC Report

page 1
page 2

Membership
Ride Calendar

page 3
page 4



By Bob Myrick, Director of
Community and Government Affairs

*Actions affecting you
and your community*

Our small committee met again on Tuesday, February 5 at the Harvester Restaurant in the Stadium District at First and Tacoma Avenues. We plan to meet there again on Tuesday, March 5, but some of us may be away playing in the snow at Bend and other places. All TWBC Members are always invited to visit, dine and join in the conversation.

Several Members were able to attend a one day conference, Transportation and the New Economy, on February 7 at UWT. It was an interesting conference with speakers from our Puget Sound Counties and outside experts. More time could have been spent on discussing how to create a future sustainable transportation system where people drive much less to get to work and where our consumable products come from more local sources.

Alternative Transportation Advocacy Day was February 12 and again, several TWBC Members were there hearing about legislation and visiting the Senators and Representatives. It looks like the Neighborhood Safe Streets legislation has a chance of passing this year as it has cleared the House of Representatives and needs to clear the Senate now. This legislation allows us to lower speed limits on neighborhood streets to 20mph and save lives and make a much safer place for people to ride. There is also an important proposal to incorporate health considerations in State Transportation Planning. It is supported by both the Health Department and the Transportation Department, so chances are it might be passed this year or next.

Several Members attended the presentation on the University Place soft surface trail proposal that would link Chamber's Creek to Leach Creek. The City has assembled the necessary property and is moving forward on developing the trail.

We continue to advocate for mountain bike use in part of Point Defiance Park near the former Logging Train museum. Others are also advocating for mountain bike trails within a mile or so of all homes in Tacoma. The idea is that trails with regular human use will discourage the homeless population from camping in our parks.

It was great to hear that Lynn Peterson will be the new Transportation Secretary here in Washington State. She was working for Oregon's governor as an advisor on alternative modes of transportation in order to reduce emissions and global warming. She has been on Cycle Oregon and I am sure she will be riding with our new Governor down in Olympia on his weekly rides.

In March, you might like to check out Tacoma's Sustainability Fair at Tacoma's Expo Center on Saturday, March 2. It runs from 10 to 3. Seattle's Bike Expo is March 9 and 10. TWBC will have a booth and might still like to find a few Volunteers. There will be a meeting regarding Tacoma's Prairie Line Trail at the Tacoma Art Museum on Thursday, March 14.

I hope to see you on the road soon as I lead the Sunny Sunday rides when I'm in town. Remember to Ride more and Worry less. It is good for your health and the health of the planet. ☺

Membership Report by Dave Killen database & mailing



*Our Members are what
makes our Club!*

Renewing Members (Thank You!):

Bobby Bran, Lynn Clark, Doug Eckler, Ray Finch, Carl Fisher, Larry Graves, Carla Gramlich, Jeff Grider, Romey Haberle, Russell Hale, Matt Hinkle, Geoffrey Jackson, Carolyn Overmyer-Downey, Jenny Rugg, Jim Taylor, Bill Thorness, Linda Walter and Richard Walter.

New Members (Welcome!):

Linda Kaye Briggs, Beth Cummings, Melody Geddes, Catherine Hayes, Phillip Lord, Joe Owens, Julie Anna McKonly, Linda McKonly, Ron McKonly, Debra Rose, Janis Sterud, and Vern Sumners. ☺



Your article could have been here
for Members to read!



For TWBC Monthly Ride/Event Calendar

RIDE CODE CHART, TERRAIN

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)

RIDE CODE CHART, PACE

Pace Code Examples: Average mph on flat surface:

1 - Easy pace, frequent stops to catch up and regroup, 9-12 mph on flats.
2 - Moderate pace, occasional stops to catch up and regroup, 12-15 mph.
3 - Steady pace, limited stops, cue sheets or maps provided, 13-16mph.
4 - Fast pace, very limited stops, cue sheets or maps provided, 16+ mph.



twbc monthly event schedule

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

Saturday Rides

March 2, 9, 16, 23, & 30: @ 9 AM, 3 D, 50 - 60 miles, **Spokie Cycling Club Ride**. Average for entire ride is 17 mph w/ 20 - 25 mph on the flats. Route decided at start. No lunch, but coffee & conversation @ the end. Note: This is not a TWBC Ride, but a Spokie Cycling Club Ride. **Start:** Forza Coffee, 2700 Bridgeport Way, University Place.
: @ 9 AM, 3 B - C, 60 - 100 miles, **Tacoma Bike Shop Ride**. Fun but challenging road ride to destinations from Gig Harbor to Bonney Lake & Dupont. Note: This is not a TWBC Ride, but a Tacoma Bike Shop Ride. **Start:** Tacoma Bike, 309 Puyallup Ave., Tacoma.
: @ 9:30, X Pace, X Dist, **Bonney Lake Bike Shop Ride**. Happens every Sat. Note: This is not a TWBC Ride, but a Bonney Lake Bike Shop Ride. **Start:** Bonney Lake Bike Shop, 1406 Main St., Sumner.

March 9 & 23: @ 10 AM, 1 & 2 A & B, 40 miles. **Distance Cycling for Beginners**. Will start out flat & progress to hills. Speed will be determined by the ability of who shows up. Anyone behind the Ride Leader will not get dropped; get before the Ride Leader, & you're own your own. Rain Cancels.
03/09: Up & over Milton Trail; 03/23: 40 mile Daffodil Classic route.
03/09: Bring your own food; 03/23 Bring your own food or money.
Start: 03/09: Sumner Library, 1116 Fryer Ave., Sumner; 03/23: Orting Bell Tower, Orting.

Sunday Rides

March 3, 10, 17, 24, & 31: @ 11 AM, 2 B, 25 - 35 miles, **Sunny Sunday Ride**. A chance to ride somewhere fun, provided there is a chance of sunshine and not too much rain. **Start:** Starbucks @ 26th & Proctor.

Monday Rides

March 4, 11, 18, & 25: @ 9:30 AM, 1 C, **Hail, Hardy & Ready for Coffee**. Loop Pt. Defiance. Someone will stay w/ the slowest rider. Regroup @ Ft. Nisqually., then onto Fircrest for espresso/raspberry scones. You can shorten to 13 miles by cutting out Fircrest. **Start:** Starbucks @ 26th & Proctor.

Tuesday Rides

March 5, 12, 19, & 26: @ 9:30 Am, 2 C, **Tuesday Decide to Ride**. Meet w/ friends & go to lunch. **Start:** to be announced. Call the Ride Line, 253 - 759 - 2800.

More Tuesday Happenings:

March 5: @ 6 PM, **Government Affairs Meeting** @ the Harvester Restaurant in the Stadium H.S. area @ 1st & Tacoma Ave. Work on bicycle problems around Pierce County. All are invited to participate.

March 12: @ 6 PM, **Board Meeting** @ the Kim Ahn Restaurant across from TCC on Mildred. Guests & Club Members welcomed.

March 19: @ 6 PM, **General Club Meeting** featuring Winter Riding. **Start:** Portland Ave. Community Center, 3513 Portland Ave. (E. 35th & E. Portland Ave.), Tacoma.

Wednesday Rides

March 6 & 20: @ 9:30 AM, 3 C, **Ride the Chehalis Western Trial**. Rain in Tacoma Cancels. Ride from Chambers Creek Trailhead to Tenino to stop & buy lunch. **Start:** Trailhead in Lacy, past Josephine Ct SE & 14th Ave S.

March 13 & 27: @ 9 AM, 2 B, **Ride to Dupont** for coffee via Steilacoom for a nice workout. **Start:** Skyline Park & Ride (6th & Skyline).

Thursday Rides

March 7, 14, 21, & 28: @ 9:30 AM, 2 - 3 A or 2 - 3 D, **Silk Road Smooooothly/Over The Hill Gang**. Ride to S. Prairie via Foothills Trail. Paved trail w/ very few road crossings. Beverage of your choice in S. Prairie (no host). Or, for a challenging 1000 ft of climbing, go over Victor Falls. **Start:** East Puyallup Trailhead, 13900 - 80th St E, Puyallup.

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 19, 2013**

**April Ride Calendar Deadline:
Tuesday, March 19, 2013**

**April COG Article Deadline:
Wednesday, March 20, 2013**

*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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Anita Beninger

DAFFODIL CLASSIC (2013): APRIL 14

daffodil@twbc.org

Daniel Jones & friends

PENINSULA METRIC (2013): JUNE 2

pmc@twbc.org

Daniel Jones & friends

RAPSody Contact:

(2013): Aug. 24 & 25

rapsodybikeride@comcast.net

Ralph Wessels, 857 - 5658

BIKE EXPO:

(2012): March 10 & 11

bikebooth@twbc.org

--Unfilled @ this time--

ANNUAL CLUB PICNIC:

(2010): Sept. 26 (?)

--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. ☺



**March
2013**

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

mail to:

Please Note: The COG is now available electronically via the Club Website only, as there is not an elected Editor to produce a USPS issue.



Please Note: You can become a Member at www.twbc.org. Click on 'Membership' on the left side.

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, as there is not an elected Editor to produce a USPS issue.

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 the following 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!**