

# Tacoma Wheelmen's Bicycle Club

Newsletter

April 1999

Founded 1888

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## Bike Expo generates \$1,000 in sales

The Tacoma Wheelmen's booth at the Bicycle Expo Feb. 19-21 generated more than \$1,000 in business while spreading the word about the club's work, reported Peggy Fjetland, who coordinated the booth with Mike Romaine.

The booth's sales included registrations, T-shirts and polo shirts for the Daffodil Classic and the Peninsula Metric Century, and two TWBC jerseys.

The club also sold 77 T-shirts from previous years' rides and 100 waterbottles. Three new members signed up and three renewed. The club also donated \$125 to Helmets on Wheels from the sale of county bike maps.

Volunteers at the TWBC Bike Expo booth included: Carla Gramlich, Steve Brown, Bob Cook, Ernie Stephenson, Phyllis and Steve Lay, Steve, Mary, and Scott Kubiszewski, Mat and Connie Reitzug, Kent Wienker, Karen Forbush, Phil Blenkush, Ray and Janice Jensen, Roz and Carol Davis, Ralph and Dena Wessels, Joe Boling, Noreen Light, Joy Roelofsz , Chris Romaine, Al Hampton, Dorian Smith, and Jan Brame.

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## **Picnic moves from Sept. to July**

In search of midsummer weather the club picnic will be held in July this year. The shelter at Manitou Park in Tacoma has been reserved for Sunday, July 18. Alternate dates might be July 24 or 25. Anyone interested in coordinating the event should call Steve Brown 253-752-4038.

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## **Daffodil Classic set April 18**

### **Janice Jensen**

The Daffodil Classic is almost here — just a few more loops to close. Jim Powell who is in charge of food needs help picking up supplies from the local stores and delivering to the storage area in Orting on Saturday.

Registration is on track, according to Dalene Moore, but volunteers are still needed. All volunteers will receive a T-shirt, ride for free and can fill up on pizza at the end of the day.

The party will be held at 6 p.m. at Round Table Pizza on Pearl St. in the Westgate Shopping Center. Also Mat and Connie Reitzug have volunteered their home and hamburgers for the stuffing party April 16.

This is a potluck for salads and desserts. The next Daffodil Classic/Peninsula Metric Century meeting is set for 7 p.m. April 1 at 5613 71st Ave. Ct. W.

A request was put in for a beautiful sunny day but no word yet. We hope no news is good news.

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## Cycling, volunteerism helps recuperation

### Dorian Smith

On New Year's Day Karen Forbush trudged 3.5 miles up to Copper Creek hut (elevation 4,400 feet) near Mount Rainier. Also in January she snowshoed near Winthrop. This summer she plans to ride hundreds of miles on club rides with companion Kent Wienker.

Karen's lifestyle embraced a high level of physical activity until three years ago when she was felled by a one-two punch of ill health.

The illnesses slowed her down but also taught her a few truths:

- Sports and volunteer work don't necessarily drain energy. In fact they can help speed recovery — mental as well as physical.
- Those frenetic Nike ads are right: Just do it.

Karen has always been physically active. Before taking up bicycling in 1988, she was an avid hiker and ran to stay in shape.

Bicycling quickly became part of her life. The year she bought her first bicycle, she rode the Tri-Island Trek. Soon after she joined the Wheelmen six years ago, she rode nearly every weekend, commuted by bicycle and earned several 1,000-mile T-shirts. She's completed two Seattle-to-Portland rides and two Tour de Lacs in northern Idaho.

She suggested that her bosses buy Jan Brame (now the club's treasurer and a co-worker at Internal Medicine Northwest) a bicycle for her birthday (with a helmet). They soon became long-distance riders.

She's been so dedicated that she used an auto insurance settlement to buy a new Specialized road bike, a Mongoose mountain bike and a beater car.

### **Tumor in spinal cord**

But starting three years ago club members saw her less often on the road when the strength in her legs began to fade. She had been proud that she could keep up with Carla Gramlich but suddenly minor hills slowed her.

A series of MRIs (which create internal images like X-Rays) discovered a tumor in her spinal cord just below the brain stem. An attempt at a biopsy failed because the tumor is within the walls of the spinal cord.

She visited specialists up and down the West Coast, none were able to determine the cause or predict the tumor's course. In the meantime she and her doctor monitor the tumor, which has not grown.

Through regular workouts, she steadily regained her strength. She built up to 40 to 50 miles a day as long as the hills weren't steep, like a round trip steadily regained her strength.

She built up to 40 to 50 miles a day as long as the hills weren't steep, like a round trip from Tacoma to Orting. And she increased her endurance for showshoeing to two or three hours without rest.

### **Then breast cancer**

Then in January last year she was hit again with a setback. After discovering a lump, she was diagnosed with breast cancer. She immediately underwent two months of chemo therapy.

Then surgeons performed a lumpectomy, removing the lump, lymphnodes and surrounding tissue. The surgery was followed by two months of radiation therapy.

Chemo and radiation treatments kill cancer cells. They also kill non-cancerous and healthy cells and leave the patient weakened. Karen continued working at her job, but had no energy for anything else.

Soon after the treatments ended last August, she started riding again. She and Kent took a few slow-paced tandem rides and Jan accompanied her on a few trips around Point Defiance Park.

By September she had built up enough strength to ride the Tour de Lac, covering 40 miles a day for two days.

"I felt great," she recalled. "By then I was getting my strength back."

Her training continues. On a good day she can run two miles on a treadmill. Her strength has returned to the level of three years ago.

Hills are still a chore. But she "can walk forever."

Another sign of her recovery is her return to a high level of volunteer work. Before her illnesses she served as the club's special events coordinator, co-chair of the STP lunch stop and a volunteer for nearly every Wheelmen fund-raising ride.

Like sports, volunteerism has been a major part of her life. While growing up in Tacoma, she frequently worked events and projects for her church, Zion Lutheran.

“It’s something that I like to do,” she said. “I enjoy the volunteer work.”

Three days after her final radiation treatment she volunteered at the Daffodil Classic — without a hair on her scalp.

“I was a little tired, but I wanted to be there.” She’s also committed herself and a couple co-workers to the Relay for Life, a Cancer Society 24-hour walking-running marathon at Stadium High School.

“It’s important to have something to do and be around people. It keeps me from getting depressed.”

Her bouts with illness also helped her set priorities and added an urgency for living. “You really learn that some things are important and not to stress over what’s not important.

“And make sure that you don’t put things off,” she says. “If you want to do something, do it. You may not have an opportunity to do it later.”

So instead of delaying white water rafting for when she is stronger, she is planning two trips this year – on the Rogue River with grandsons and on the Klickitat and Salmon rivers with three daughters and sons-in-law.

She’s also planning to ride her third STP this summer. She’s not too concerned about that two-day 200-mile ride. “It’s not that hard.”

Past pedaling

anne heller

*Historical highlights of TWBC's 110 years*

## Don'ts for women Wheelers

The advice that appeared in this Jan. 8, 1898 Tacoma Daily Ledger article includes suggestions with as much validity today as 100 years ago. It also includes recommendations guaranteed to raise hackles and perhaps cause lawsuits if put forth today.. • Don't be a fright.

- Don't carry a flask.
- Don't wear a golf hose.
- Don't faint on the road.
- Don't wear a man's cap.
- Don't wear tight garters.
- Don't stop at road houses.
- Don't forget your tool bag.
- Don't attempt a "century."
- Don't coast. It is dangerous.
- Don't criticise people's "legs."
- Don't say: "Feel my muscle."
- Don't boast of your long rides.
- Don't wear loud-hued leggings.
- Don't wear clothes that don't fit.
- Don't wear jewelry while on a tour.
- Don't powder your face on the road.
- Don't wear rubber soled cycling shoes.
- Don't imagine everybody is looking at you.

- Don't go to church in your bicycling costume.
  - Don't tempt fate by riding too near the curbstone.
  - Don't ask, "What do you think of my bloomers?"
  - Don't overdo things. Let cycling be recreation, not a labor.
  - Don't try to ride in your brother's clothes "to see how it feels."
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## From the Wheelmen's president Ernie Stephenson

Most of you have heard by now that our old Newsletter Editor William Hoehne decided to retire several months ago.

One of the last things he asked me to do is not write this article until he stepped down. He felt it would be poor journalism as well as simply too embarrassing to edit his own farewell.

William can be credited with putting together what can easily be described as the finest quality cycling newsletter in this state. Some of the serial articles he published early in my days with the Wheelmen were the source of many pleasurable reading hours.

It is impossible to imagine the hours this gentleman poured into each edition. There were a number of times I would look at one of my pieces I had submitted with some hesitation and be thankful for the polished spin he had put to it.

More than anything else though, William has always been around. The day-to-day management of a group like the Tacoma Wheelmen's Bicycle Club runs for the most part on a very small nucleus of its total members.

William has always been active in that small circle and now he will be missed.



William has also been a standard bearer. He doesn't own a car. He believes in casual riding on fine bicycles.

William is a quality gentleman who always lent a bit of class to any proceeding he attended. With this in mind, Dear Friend, please stay with us.

The Club has always been a bit the better for your influence and hopefully this will continue in the years to come. Good cycling to you, William Hoehne.

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## **No guest of honor? Wheelmen still party**

On March 14 a group that included 15 Wheelmen tried to have a surprise 50th birthday party for Dorian Smith, TWBC's new editor and webmaster.

Due to a nasty case of the flu, the guest of honor didn't appear. And due to a misunderstanding about the hours of operation of the bakery, the cake didn't appear.

But, just as Wheelmen don't let a little rain or traffic keep them from having a good time, the group assembled at Engine House #9, didn't need a guest or a cake to enjoy the evening.

There was even a rousing rendering of "Happy Birthday" to Dorian over Dena Wessels' cell phone.

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## **Letter to the editor**

I was at the bike expo today and stopped at your booth. We moved back to Puyallup after being in Yakima for nine years. I cycled a lot over there recreationally and competitively with the Chinook Cycling Club.

After moving back over here I have had little time to ride (good excuse).

Your people have gotten me excited about riding again and will be joining your club soon. I'm glad there is a club in the area. Thanks,

Russ Hale

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## Wardrobe is the key to a biker's passion

### **Karin Stephenson**

In six years (of a wonderful 23) that I have had the honor of being a cyclist's wife, I have discovered that cyclists must never, ever complain about women and their genetic drive to purchase new wardrobe items.

This "new" genre now has its own specialty shops specifically "geared" (pun intended) to the well-outfitted cyclist.

Consider the following scenarios.

- STP (Seattle-to-Portland) Bicycle Classic. This event, held annually in July, is a veritable fashion runway of the newest and most colorful ridewear.

I feel a bit as though I am witnessing a parade, with cycle after cycle, sometimes in a dizzying blur of rainbow hues, flying past with riders clad in exquisitely matched jerseys and riding pants, accented with darling accessories of designer legwear (socks, to you and me) and headgear colors to complement even the colors that Nature forgot.

I have finally figured out why motorists on the STP route behave insanely — because, mile after mile, all they see is a conglomeration of styles and colors which blend into one huge migraine headache and render the motorist visually impaired during the entire STP aura.

- **Ernie's closet.** This is one you must see to believe — unless you are a cyclist! On the rod hang 14 perfectly hung and arranged riding jerseys in order of weather need. Short-sleeved cotton shirts — with darling little logos and cutesie-pie sayings on the front, back and sleeves — are nestled on the right side of the closet.

Then polyester jerseys, long and short-sleeved, are arranged in rainbowetical order for ease in matching with the riding pants (and, yes, I am certain they, too, have a specific name, but I haven't discovered it).

Finally, the long-sleeved versions for "adverse weather conditions" (as in the cases where the cycle bug strikes big and takes the rider to the summit of Mount Rainier). Let us not forget the "formal wear"— those two- and three-toned jerseys worn on special occasions such as picnics, Bike Expos and the like.

I don't have too much complaint about the cycling pants. Usually black, they match almost anything, including the half-pint of blood they soaked up on the last "end-over". Very easy-care.

Now where are the everyday "regular person" clothes? Where they are supposed to be: in stacks lying on the closet floor because there isn't enough room for them on the rod and even if there WERE, no real cyclist would admit owning clothing like that!

- **Cycling "Department" Stores.** You all know who I am referring to! The only reason I know, is because I find all the receipts of the "Nordstroms of the cycling world" in the pockets of the "regular people" clothes I referred to in the last paragraph.

I have had the privilege of accompanying Ernie on a few of his wardrobe excursions. One that stands out most in my mind is a boutique where everything is arranged as if in a chain department store. There is a place for clearance jerseys, name-brand jerseys, wallet-conscious jerseys, jerseys with logos, t-shirts with obnoxious sayings "Real Cyclists Do It On the..." (gag), t-shirts for adding your own pictures. The pictures are above the counter by the sales register (more Ipecac sayings).

And right underneath those are — you guessed it — the GOURMET cycling cuisine! Ahhh, yes... "Darling, shall we have the GorpGranola casserole this evening, or the Powerbar Helper?" "Don't forget to pass by the refrigerated case and pick up a carton of Cycle-Ade, and NutriPaste for dessert!"

- **The "Doo-Dah's"**. Almost all of you have seen them. The colorful little patches that proclaim "I Survived the K2 MountainBike Ascent of '98" and the like... Those things are NO blessing, to us non-cyclists! My mother is the "lucky" one who gets to sew this prize on his "Special-Patch and Award" Jacket (yet another necessity in the cyclist's wardrobe). Spaced "just so", it must be meticulously hand-sewn in matching thread retrieved from my collection of cross-stitch floss colors (remember- regular sewing thread comes only in normal everyday colors). If you haven't sewn on one of those patches, they are made from what appears to be rubber from discarded bicycle tires — very difficult to puncture.

Once sewn on, however, they do look nice. Mom always asks Ernie, "Is this the LAST one, or will there be MORE?" Why can't they give you folks PINS, instead??? At least those can be transferred from outfit to outfit!

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## For sale

*Free ads are offered to club members. E-mail to [newsletter@twbc.org](mailto:newsletter@twbc.org). They must be related to bicycling and may be edited. All ads must be accompanied by name and address or phone number. Ads for local bicycle shops will be printed free twice a year if discounts are offered to TWBC members.*

**Tandem:** 18 speed Gitane. Rear rack, Stoker controlled Drum brake, Good starter tandem. \$300.00 or best offer. Bill & Sheila Swanson. 253-759-7974

**Mountain Bike:** Iron Horse 400R, 14" frame, Shimano components, 21 speeds. Commuter bike for 3 yrs. Owner maintained and overhauled. Great starter bike for

kids or commuter bike for small adult. Asking \$150, OBO. Dave Tison 253-761-2398, dtison@bigfoot.com.

**Touring Bike:** Trek 520, 17", Shimano Deore components, 21 speeds. Bar-end shifters, rear rack, fenders. Great condition, completely overhauled twice in 5 yrs. Selling to finance a cyclocross/light touring bike. Asking \$500, OBO. Contact Dave Tison 253-761-2398 or dtison@bigfoot.com.

**Government report**  
bob myrick

Last month the Tacoma Wheelmen's Government committee meeting included Ernie Sphenson, Scott Pierson, Ralph Wessels, Carla Gramlich, Janice Jensen, and Tiffany Jensen. The meeting is held at Planet Burrito on Sixth Ave.

**New Zealand:** I noted a few differences in traffic standards in New Zealand that affect bicyclists: Non-motorized trails can be only half the width of our trails. And "road shoulders" can be quite narrow. They also use a turning lane for cars in the middle of the street that is at most four feet wide. Of course, they use a lot of traffic circles like University Place's Grandview Drive. The traffic density is very low and the drivers are very relaxed compared to the U.S.

**Water Ditch Trail:** Scott Pierson, City of Tacoma non-motorized coordinator, explained the status of the City Water Ditch trail adoption by our club. Tacoma Water was about ready to issue a permit so that the "Tacoma Cares" signs could be installed.

**Markings on bike lanes:** Carla asked Scott about the bike lanes on Stevens and Alder streets. The stripes are not put down yet. Carla also said that the thick markings are

annoying to ride over. Scott was asked to inquire about using alternate products for the lane marking.

**Sumner's gateway:** Sumner's Mayor Barbara Skinner will be asked if the gateway to the city near the Cannery furniture store could be improved soon. Possible funding for local projects: The committee received a preliminary list of the local projects that may be funded under the new Statewide Transportation Enhancement Program, totalling \$1,556,625.

- Foothills Trail, 3.5 miles to South Prairie \$729,300
- Cushman Powerline Trail, 700 feet at Kimball Drive Park and Ride lot: \$21,000
- Puyallup Riverfront Trail, 3,200 feet of right of way acquisition \$300,000
- Mid-block signal on Portland Ave. \$60,000
- Ornamental Lights of Tacoma's East 26th Street Bridge \$34,400
- Bike Lanes and Accommodations on Tacoma Arterial Streets \$211,925
- Grandview Drive, completion of non-motorized facilities down to Chamber's Creek \$200,000

**Carless Commute June:** Dave Tison and I attended CarLess Commute meetings during the past several months. CarLess Commute will be celebrated June 14- June 27.

**Bike Lobby Day:** Carla Gramlich and Steve Bowman went to Bike Lobby Day in Olympia in February. The revised Cooper Jones bike safety act passed it's committee hearing. The Road Rage bill also passed it's committee. A Commute Trip Reduction bill is faltering. It was suggested that Bicycle Alliance of Washington write a bill calling for liability immunity for public entities with bike routes.

**Rebuild Mount Rainier Road?** Carla asked if the club should express an opinion on the Ipsut Creek road system in Mount Rainier National Park. Without the road, it costs more to camp at Ipsut Creek campground because backpacker's fees are charged. But with a new road, it will become crowded again.

**Cushman Trail:** The government committee also decided to inquire about the status of the Cushman Powerline Trail since no new work has been observed. City bike racks: Scott indicated the city's bike racks will be installed soon.

**Bicycle Trail:** Scott also indicated the State of Washington has finally agreed to complete the trail system on Highway I-5 between the Narrow's Bridge and the existing trail near Union Avenue. There is interest in connecting the new trail to the Tacoma Mall with the new non-motorized bridges across I-5. The club will lobby for a high elevation path across the Nalley Valley. The path would be similar to the I-90 path across Lake Washington in Seattle. Several days later, I attended a community meeting where the I-5 improvements were explained by two high ranking State Officials, Gary Demich and Gary Farnsworth.

The next meeting will be held at 7 p.m. April 13 at the Planet Burrito. There is good food there and good fellowship as we try to help our government move in the right directions.

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## News for cyclists

### **Bike map placed on-line**

Pierce County's bicycle map is now on-line and can be downloaded from the county's website at: [www.co.pierce.wa.us/bikemap](http://www.co.pierce.wa.us/bikemap):

Be prepared for a slow download that takes a few minutes. The county's two other information-rich bicycle websites are:

[www.co.pierce.wa.us/services/recreate/bike.htm](http://www.co.pierce.wa.us/services/recreate/bike.htm)

[www.co.pierce.wa.us/services/transpo/nonmotor.htm](http://www.co.pierce.wa.us/services/transpo/nonmotor.htm)

Free published versions of the map are available at the Pierce County Annex, bike shops and county libraries. Or mail a \$1 check to Pierce County Public Works, 2401 S. 35th Street, Rm.150, Tacoma 98409.

### **'Bob' trailers available**

The Tacoma Wheelmen has two "Bob" Trailers available to club members. They can be rented for \$20 for the first week plus \$10 for each additional week. There is also a \$200 damage deposit. A couple of different axle sizes are available. The trailer also can be borrowed free for weekend club camping trips or for club service activities. Call (253) 924-7235 days or (253) 752-4038 evenings for more information.

### **RAMROD volunteers needed**

Redmond Cycling Club needs volunteers for RAMROD (Ride Around Mount Rainier in One Day). Positions are worth "points" to secure preferred status for RAMROD registration this year or next; to "buy" a free RAMROD entry or to participate in WIMPROD (a less-strenuous bicycling event) All volunteers receive a T-shirt.

For information call Peggy Fjetland at 253-841-4458 or Allen McBride at 206-937-6920.

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## **Memberships**

**New members:** Chuck Morrison, William D. Graham, Jodi Coy, Joshua Zeidman, Jerry Ruthven, Bert Dionne, Rick and Gwen Jones, Sharon Lovinger and Joe Brennan Jeff & Jana Gainola, Karen L'Allier, Lynn Lasky, R. Malone, John Singaas, Pat Sprouse, Cheryl Webster

**Renewing members:** Don White, Mr and Mrs. E. Schroll, Scott Pierson, Enid Larson, Jamie Kieszling, John, Mary and Alicia Herem, Tom, Carol Cabe, Dave Tison, Richard and Linda Walter, Paul Rice, Scott Jones, Anne Heller, Don and Laura Westergard, L. Ricigliano, B. Menanteaux, Gus Fant, Tom and Lisa Enlew, Jim Davis, Sue Batali, Fred Knox, Paul Binford, Nancy Block-Olexick & Rick Olexick, Robert Branson, Sara Dutton, Scott Groff, Noel Hagens, Karen Holdner, Jim Kurtz &



Ming Ming, Ron Menge, Stan, Joan, Kirby & Puddin Sanders, Sheila Smith, Fred John Stone, John Woods

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## Ride notes

**Galloping Goose:** Led by Scott Kubiszewski. 90-mile rails-to-trails in Victoria, B.C. Three days and two nights. For more information: 253-566-1255. Southern Oregon: Two-week trip led by Roz and Carol Davis and Ralph and Dena Wessels. Filled.

**North Cascades Highway:** Led by Carla Gramlich. One week camping trip that returns over Stevens Pass. Limited to 10. \$25 deposit requested. Campgrounds include Lake Chelan, Lake Wenatchee State Park. 35-65 miles per day. Two mountain passes. Call 253-752-4038.

**Ride Around Washington:** Sponsored by the Cascade Bicycle Club, 206-522-BIKE. Bicycle Washington: One-week trip in Northeast Washington, sponsored by Bicycle Alliance of Washington (formally NowBike).

**April club meeting:** Representatives from several rides will be on hand to discuss their trips. If you would like to make announcements contact Steve Brown 253-752-4038.

**Grand Cinema's Bicycle Thief:** On April 19 bicycle from Starbucks to the Grand Cinema to view "The Bicycle Thief" which one Best Foreign Language Film in 1948. In Italian with subtitles. Raise funds for the Foothills Trail. \$10 donation. Carla Gramlich 253-752-4038.

**Chico Velo Wildflower Century:** A warm sunny spring ride the week after the Daffodil Classic. 100, 65 miles with hills or 60, 30 miles flat. Well-supported with the best food. Call 253-941-1803 for information. or [www.chicovelo.com](http://www.chicovelo.com).

**Ride with Louie:** STOKR 99 (Scenic Tour of the Kootenai River) out of Libby, MT May 8-9. Golden Triangle out of Banff National Park in Alberta May 22-24. Hosted by Louie Boitano, 253-922-1168.

**TourBC:** 7-days' tour, along historic Gold Rush Trail in Cariboo-Thompson area. Steve and Phyllis Lay 253-759-1816, or [www.tour-bc.net](http://www.tour-bc.net).

**Cycle Vermont:** 400-miles (advanced-intermediate) in Vermont's Green Mountains Aug. 21-27. Catered. \$550 includes support. 1-800-755-2453 or Connie and Mat Reitzug at 253-460-1533