



Seasons Greetings



t w b c n e w s l e t t e r

december, 2001

po box 112078 tacoma, wa 98411

253-759-2800

welcome to our bicycle club

Surf on down to TWBC on the web: www.twbc.org.

The Ride Line, 253-759-2800, is a recorded message announcing upcoming club sponsored organized rides. Riders do not have to be members to attend. Helmets *are* required.



Jim Finnell from Spoke n Sprocket Bike Shop entertained the Nov 20 TWBC meeting attendees with his version of Flat Tire Repair, tires, and repair tools. A good time was had by all who attended.

Next Meeting is Feb 19, 2002-

at 7 PM at the South Park Community Center, 4851 S. Tacoma Way, in Tacoma. The February meeting entertainment is not decided upon yet. Maybe the Board Members could bring some item for the members to vote on. That could be very entertaining.

ride your bike in december

Sat, Dec 15- TWBC, SBC, and WSCC Joint Vashon Island Ride

Meet at: Pt Defiance WSF for 10:10am ferry to Vashon Island. Distances: approx. 30-50 miles. TWBC Ride Code- 2C-D, Hilly. Details: TWBC riders will meet WSCC and SBC riders on Vashon Island at Burton, 5 miles from Tallequah. Riders will then double back to Wax Orchard Rd and ride North around the Island for 17 miles to have lunch in Vashon. From there the ride provides 3 options: 17 miles of hills or 5 miles of hills or straight back to the ferry. SBC will provide maps. See ride schedule for more details. *Bicycle flashers and bright clothing are recommended. HEAVY RAIN WILL CANCEL.*

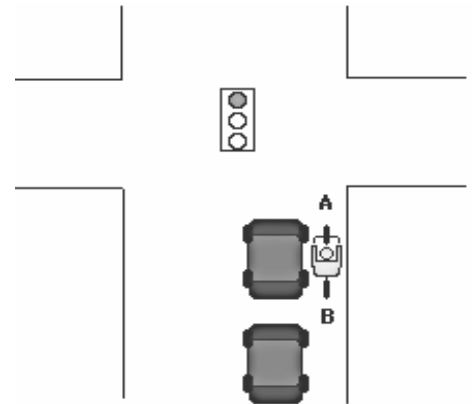
Sat, Dec 15- TWBC Christmas Pot Luck Dinner and Holiday Lights Ride-

Members and guests are invited to Joyce Cliffords home for a Pot Luck dinner, socializing, and celebrating. After the food...Steve and Phyllis Lay will lead riders around Tacoma to view the best Holiday lights displays. Your bike must have lights. Dress for cold and rainy weather. If the weather is too inclement the ride may be postponed for another night. See Ride Schedule on page 3 for times and location.



being safe on your bike

Collision Type # 3... The Red Light of Death



You stop to the right of a car that's already waiting at a red light or stop sign. They can't see you. When the light turns green, you move forward, and then they turn right, right into you. Even small cars can do you in this way, but this scenario is especially dangerous when it's a bus or a semi that you're stopping next to. An Austin cyclist was killed in 1994 when he stopped to the right of a semi, and then it turned right. He was crushed under its wheels.

How to avoid this collision:

Don't stop in the blind spot. Stop either either point A in the diagram, where the driver can see you, or at point B, behind the first car so it can't turn into you, and far enough ahead of the second car so that the second car can see you clearly. And it does no good to avoid stopping to the right of the first car if you're going to make the mistake of stopping to the right of the second car. EITHER car can do you in.

Continued on page 5, column 2

club officers and volunteers

PRESIDENT: Anne Heller, 253-761-0709
aheller@foxinternet.net

[Acting] VICE-PRESIDENT:
John Campbell, 253-566-0621

SECRETARY: Reggie Tison
253-272-4571, tison@ups.edu

TREASURER: Joy Roelofsz
253-847-1843

TOURING CAPTAIN: Carol Davis
253-857-5396, bicyclguy@aol.com

NEWSLETTER: Editor: Perry White
Bunk Reporter: Jimmy Olson Email articles to:
newsletter@twbc.org or call: 253-274-8657
Printed by Barb at Orca Press in Downtown
Tacoma. Newsletter Delivery by John Vipond.

**DIRECTOR OF COMMUNITY AND GOV'MENT
RELATIONS and BANQUET COMMITTEE**
Bob Myrick: 253-473-7455, BobMyrick@msn.com

DIRECTOR OF SPECIAL EVENTS:
Ralph Wessels, 253-857-5658
ralphdena@earthlink.net

PAST PRESIDENT: Steve Brown
253-752-4038, Corvallis@prodigy.net

MEMBERSHIP:
Phyllis Lay; 253-759-1816

PUBLICITY: Position is open---
Call Ralph if you are interested

Safety and Education:
Dave Tison: 253-761-2398, dtison@bigfoot.com

EQUIPMENT MANAGER: Greg Torfin
253-752-1822, gmtorfin@hotmail.com

RIDE LINE- for Ride Schedule updates
Carol Davis: 253-857-5396, bicyclguy@aol.com

WEB Master
Dorian Smith: 253-752-9498, webmaster@twbc.org

DAFFODIL CLASSIC; daffodil@twbc.org
John Campbell: 253-566-0621

PENINSULA METRIC; hkap@foxinternet.net
Howie Kaplan: 460-3319

HEADWATERS CENTURY: Linda Higgins
253-759-5480, headwaters@twbc.org

BICYCLE SHOW BOOTH:
Mike Romaine: 253-537-2330
Peggy Fjetland: 253-841-4458,
fjetlands@worldnet.att.net

ANNUAL PICNIC:
Toni Matson and Vern Martin:
253-589-0207



from the president's handlebars by: TWBC President, Anne Heller



As Wheelmen, we usually see just the few dozen people who ride the same rides we do. As a result, you may be under the impression that TWBC is a very small club. Au contraire. There are about 400 members of the club and on January 26th about 90 of them will assemble at the Mountaineer's Clubhouse to eat like bicyclists (great amounts of good food consumed with gusto), relive the past year's cycling triumphs and disasters, receive awards for work done for the club and for miles ridden and to see a great slide show of some of the bicycling highlights of the year.

Last year a new member of the club told me that he belongs to a number of organizations and attends various functions with those organizations. At most of these functions he has felt like an outsider. When he and his wife attended the Wheelmen banquet they found that even though they didn't know many people there, they were welcomed and made comfortable by everyone. So, if you are new to the club and want to meet people, come to the banquet and see if you can recognize people when they aren't wearing helmets, goggles and spandex. It's amazing how, as a group, we clean up pretty well and look almost normal in a social setting. This event always sells out, so if you want to join in the camaraderie with your fellow cyclists, now is the time to send in your registration form. I hope to see you there.

Important info about the banquet

The TWBC banquet will be held on Saturday, January 26, 2002, at the Tacoma Mountaineer's Club, 2302 North 30th Street. This fun evening will start at 6pm for socializing and dinner at 7pm.

The banquet will be catered by Dean Allen...and as usual, will provide a scrumptious meal. Beer and wine will be available.

Please send your ride logs to Carol Davis [857-5396] so she can

compile mileage accomplishments to be recognized.

Send your bike ride slides to the committee for review and use in the banquet slide show. The more diverse slides are... then the better the show will be for everyone. Send to: Steve and Phyllis Lay, 1320 N Cedar, Tacoma [759-1816]. All slides will be returned.

Bob Myrick needs volunteers...call him at 473-7455.

RIDE CODE CHART

Pace:

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

Terrain:

- A - Mostly flat (Interurban Trail)
- B - Gently Rolling, one or two steep hills
- C - Rolling, steeper hills (Kitsap Peninsula)
- D - Difficult terrain with longer, steeper hills (Vashon Island)

Maps are provided for rides over 35 miles.



Ya gotta wear a helmet !!!



twbc ride calendar



call the ride line for updates 253-759-2800

Day	Date	Time	Distance	Ride Code	Leader	Call me at	Ride or Activity
Sat	12/1	9:30	40	2B	Ralph Wessels	253-857-5658	Meet at Purdy Park n Ride. Ride to undisclosed location for lunch.
Sun	12/2	10:00	41	2B	Mike Doyle	253-473-3540	Meet at Freighthouse Square. Ride to Orting for lunch.
Tues	12/4	Call	Call	Call	Call Ride Line	253-759-2800	Tuesday Morning Ride. Call Ride Line for details
Sat	12/8	9:30	40	2C	Capt'n Carol and Roz Davis	253-857-5396	Meet at Gig Harbor Park n Ride on Kimball Drive. Ride to Trophy Lake for Lunch
Sun	12/9	10:00	???	???	Decide to Ride	253-759-2800	Meet at Freighthouse Square...then decide to ride someplace. Call ride line for more info.
Tues	12/11	Call	Call	Call	Call Ride Line	253-759-2800	Tuesday Morning Ride. Call Ride Line for details
Sat	12/15	9:45	30 to 50	3C	Rich Patrick----- Bob Myrick-----	274-8657 473-7455	Joint Ride with West Sound Cycle and Seattle Bike Clubs. Meet at Pt Def ferry to catch 10:10 Ferry. Meet up with WSCC and SBC in Burton and ride to lunch. See pg 1 for details
Sat	12/15	5:00 PM 7:00 PM	depends on weather	All	Steve and Phyllis Lay----- Joyce Clifford---	759-1816 759-2393	Potluck dinner at 5 PM at Joyce Clifford's house, 3811 N Madison... Holiday lights ride at approx 7 PM. Dress for cold and wet. Ride may be postponed for very bad weather.
Sun	12/16	10:00	20	2B	Dorian Smith	253-752-9498	Meet at Proctor Starbuck's @ N 26th and Proctor St. to Ride to Steilacoom for Lunch
Tues	12/18	Call	Call	Call	Call Ride Line	253-759-2800	Tuesday Morning Ride. Call Ride Line for details
Tues	12/18		NO	CLUB	MEETING	IN	DECEMBER. NEXT MEETING IS FEB 19
Sat	12/22	9:00	66	2A or B	Louie Boitano	253-922-1160	Louie's Birthday Ride. Meet at Sumner Library.
Sun	12/23	10:30	???	2B	TWBC President Anne Heller	253-761-0709	Getting to know you ride. New people are especially invited to ride with TWBC. Meet at N 26 and Proctor, Starbucks, to ride to Freighthouse Square.
Tues	12/25	Merry	Christmas	from	TWBC		
Sat	12/29	10:00	20-30	???	Decide to Ride	253-759-2800	Meet at Proctor Starbuck's, N 26th-Proctor St...then decide to ride someplace. Call ride line for more info.
Tues	Jan 1 2002	10:00	Call	Call	Steve and Phyllis Lay	759-1816	Meet at Proctor Starbuck's, N 26th-Proctor St...then decide to ride someplace for Brunch.
Tues	Jan 1 2002	10:30	27	2C	Ralph Wessels	253-857-5658	Meet in Downtown Gig Harbor at Jerisich Park to ride to Ollala to witness the Polar Bear Jump event. Heavy snow cancels.



My first attempt at making a high intensity bike light worked pretty well. I converted a couple of Cateye lights to a 6 volt, gel cell setup. There were 2 problems with it. The brighter bulbs melted the reflector and one night the battery terminals shorted. If not for my smoke alarm, it would have torched my back porch. That's when I decided to buy one that was professionally made.

Today's lighting systems are bright, clever, long lasting and expensive. If you're a serious after hours rider, a good light is a must. Once you take the plunge and fork out the bucks, there are a few things you can do to make your battery last as long as possible.

Even if you have one of those "smart chargers" your battery is smarter. Don't rely on the charger to protect your battery from overcharging. A 24 hour charge should be more than enough for any battery. Try not to leave it plugged in any longer than necessary. If you don't use the light often, leave the battery unplugged and off the charger. Don't run it if your light goes dim or starts to yellow. This can shorten the battery life dramatically. Don't be afraid to keep it "topped up". A fully charged battery is of much more use than one that may go dim on you when you need it most.

If you use a little "blinkly" as a tail light I have a suggestion. The light is more visible on your bike or rack than on a back pack or messenger bag. I use 2 of them. One on my bag and one on my seat post. I now use 2 lights after a co-worker that saw me on the road mentioned it was hard to see me. I remember a time when I saw a guy on a bike that had 9 of those blinkies. 3 front, 3 rear and 3 in the main triangle of his frame. He looked like a fire truck. It was great!

Eddy (eddyj@galaxy-7.net)

Our committee last met at Carlito's Burritos on Sixth Avenue on Tuesday, November 6, Election Day. It looks like Bill Baarsma



will be Mayor and Connie Ladenburg will be on the Council. Maybe, we can finally get some positive movement on Tacoma's Non-motorized Plan. It's only five years old now with hardly anything accomplished. It seems the City has time and money to put in angle parking all over the place, but they can't seem to implement our plan. Connie's son rides to work and Bill Baarsma is on the UPS faculty with Bev Pierson, Scott's widow.

It was curious to see a brochure mailed out by the City, "Your City Your Say Our Future". A Bicycle Paths proposal had been inserted at the last minute. It almost seemed like a red herring since it was a preposterous proposal and didn't pass our laugh test. It was a \$2 million project proposing bike lanes from Northeast Tacoma to and within the central business district. It seemed like a special interest proposal destined to fail up against the need for a new Police station, waterfront improvements, Cheney stadium improvements, neighborhood and business district improvements, and Pantages Theater renovations. I called Dan Voepel to see what was going down. He said a cyclist, un-named, had been attending the meetings and suggested this project since so many of the commenters had ranked bike lanes as high priority needs. We would have been happier with a citywide project proposal and one that used current funds, not bond funds.

It was gratifying to attend the University Place Council meeting where the Council decided to make permanent the changes to 67th Avenue West. The street has been put on a

road diet. Four lanes became three with bike lanes. Safety and strong public support were cited as reasons to make permanent the changes on the 2.5-mile stretch of road. The City recorded a 47percent decline in crashes, a 54 percent drop in injuries, and only a 36 second addition to commute times. We stated our wish for University Place's progress to rub off on Tacoma and Lakewood.

Angela Strege, a Tacoma School Board Member, wrote an excellent editorial about Tacoma's apparent disregard for the safety of school children and pedestrians. I called Angela and suggested the school district should be sending someone to the Walkable City meetings that your president and I have been attending these past months. The hazardous conditions she cited were supposed to have been corrected by implementation of Tacoma's Non-motorized Plan approved in December 1996. Too bad, the City has done hardly anything as a result of the dysfunctional relationship between Planning and Public Works and the City's general disregard for pedestrians and cyclists. It's not all the City's fault. A State official told me that the school district receives monies to improve the hazards within one mile of schools so that children can safely walk to school. This all sort of relates to another news item where the Centers for Disease Control and Prevention (CDC) reported their conclusion that Urban sprawl creates Belly sprawl and all the attendant health problems. I have also been told that the State Department of Transportation and the State Transportation Improvement Board both now require road projects to include provisions for safe and effective bike travel. It's too bad that prior rules of the State Urban Arterial Board ruined so many streets in Tacoma for safe bike travel. Your president and I have been charged with proposing roads in Tacoma that can be improved on a spot or low cost basis. Other low cost and non-controversial improvements like bike racks and ramps on

Continued on page 5, column 1

bridge sidewalks can be included. If you have any great ideas, please pass them on to us.

I will be working with Audubon and Transportation Choices Coalition on transportation issues to bring up to local and state officials. A Smart Growth coalition has also been formed so that the various environmental groups in Pierce County can come up with a common vision of growth problems, issues and solutions to our growth in the County. Along those lines, we are working with Bob Vogel of Pierce County to produce a revised bike map showing preferred routes through out the County and Cities. We are also lobbying the County Council to issue bonds for the quick completion of the Foothill's Trail from Puyallup to Buckley and Wilkeson.

Our next meeting will be the first Tuesday in December at the usual location, Carlito's Burritos at the usual time, about 7pm or so. We need more advocates so don't think we wouldn't appreciate seeing you at this meeting. Recently, I have been told that the Tacoma Wheelmen are very respected and influential at the State, County and local levels. They talk about us in the great chambers of power from Tacoma to Olympia. If they only knew, it was just a small, very small table at Carlito's that produces all this influence.



If you chose spot A, then ride quickly to cross the street as soon as the light turns green. Don't look at the motorist to see if they want to go ahead and turn. First of all, if you're in spot A and they want to turn, then *you're in their way*. Why did you take spot A if you weren't eager to cross the street when you could? When the light turns green, just go, and go quickly. (But make sure cars aren't running the red light on the cross street, of course.)

If you chose spot B, then when the light turns green, DON'T pass the car in front of you — stay behind it, because it might turn right at any second. If it doesn't make a right turn right away, it may turn right into a driveway or parking lot unexpectedly at any point. *Don't count on drivers to signal!* They don't. Assume that a car can turn right at any time. (NEVER pass a car on the right!) But try to stay ahead of the car behind you until you're through the intersection, because otherwise they might try to cut you off as they turn right.

While we're not advocating running red lights, notice it is in fact safer to run the red light if there's no cross traffic, than it is to wait legally at the red light directly to the right of a car, only to have it make a right turn right into you when the light turns green. The moral here is not that you should break the law, but that you can easily get hurt even if you follow the law. By the way, *be very careful when passing stopped cars on the right* as you approach a red light. You run the risk of getting doored by a passenger exiting the car on the right side, or hit by a car that unexpectedly decides to pull into a parking space on the right side of the street.

Editor's note: This article is from www.bicyclesafe.com. Reprinted by permission from the author, Michael Bluejay. Check out the website for more information. Thanks!

On Nov 4, the Tacoma Wheelmen joined with the West Sound Cycling Club and the Seattle Bicycle Club for a ride through South Kitsap. TWBC met at Purdy, riding to Southworth to meet SBC and WSCC. From there we rode to Port Orchard along the water for lunch at J.J.'s OnThe Bay. Over 40 riders came out on a day threatening rain, but none were daunted by the weather. The energy and enthusiasm created by so many riders propelled everyone on! We took over J.J.'s, whose waitstaff and cooks did an outstanding job meeting all of our needs. After lunch we split into three groups. The code 1 group went back to the ferry along the water. Another group chose a few extra hills, while the bulk of the group chose more moderate hills. After that workout, then TWBC members rode back all the way to Purdy. These joint rides are a great way to expand our cycling community and make new friends. Next joint club ride is Dec 15. See page 1 for details.

membership report
by Phyllis Lay

Welcome! New members:
Steve and Sandy Hill

Welcome back! Renewed members: Jim Andruess, David Barton, Sue Batali, Fred Knox, Walt Boepple, Phil, Helen & Gary Burgess, Philip Chang, Chris & Shawn Goodman, Edward Josberger, Jerry Marzano, Carmel M. McGann, Janes W Porter, Tanya & Walt Richardson, Terry Rosberg, Michael Smith, Richard Patrick, Pat Wingerter, Jim Powell, "Suave" Dave Parker, Koko Waters, Bud & Fran Schroeder, Dennis & Valerie Burns, Doug Ringenbach, Scott & Sue Biles, Michael Doyle; Henry, Mary Anne & Daniel Retailliau; Jim DeYoung, Santana Harris, Lewis Jones, Suzanne Schodlbauer, and Linda Higgins.

important news of interest

Planning Begins for 2002 Rides By Ralph Wessels

TWBC is beginning the planning of the ride events for 2002. The first two Rides Coordination meeting will be held at the University Place Library, 3510 Bridgeport Way (behind the old Denny's) on Wednesday, December 5 and Wednesday January 2 from 6:30 to 8:30 PM. There will be refreshments and snacks.

Peggy Fjetland and Mike Romaine are returning as the Bike Expo Co-Directors again this year. Bike Expo will be held on Friday to Sunday, March 22 to 24, 2002 - the same location as last year.

All three rides will have first-time ride directors. The Ride Directors are John Campbell for the Daffodil Classic (April 21), Howie Kaplan for the Peninsula Metric (June 30), and Linda Higgins for the Headwaters Century (September 8). We also have a mix of old and new faces in the core team for the rides. For the three rides, Carol Davis is the volunteer coordinator; Reggie Tison the registrar; and Barbara Lee, Laura Schwartz, and Robert Deehan are the food coordinators. Dorian Smith is doing website promotion and email contacts again. A publicity person is still needed for flyer printing and distribution.

The rides meetings are part of the fun in putting on our events. Please come and join us or contact Carol (857-5396) or any of the directors to volunteer. Dave Parker (565-3057) has also started gathering his crew for the Daffodil parking so contact him if you would like to control motor-vehicle traffic (a bicyclists dream!).



use your
lights at night

Bike Alliance Auction Raises Nearly \$39,000 for Bicycle Advocacy

Submitted by Louise McGrody, Bicycle Alliance of Washington

Over 250 friends of bicycling helped raise nearly \$39,000 at the Bicycle Alliance of Washington's annual auction on November 3. These funds will go toward the organization's statewide bicycle advocacy efforts.

It was another sell out auction for the Bicycle Alliance. Local bike clubs and groups were well represented at the event with tables sponsored by Cascade Bicycle Club, Seattle Bicycle Club, Tacoma Wheelmen Bicycle Club, West Sound Cycling Club, and Squeaky Wheels of Bainbridge Island. The 14 members of Squeaky Wheels even rode their bikes to the auction, which was held at Adobe in Seattle's Fremont neighborhood.

Bidding was fast and furious. Popular silent auction items included a BOB trailer, cycling raingear, assorted homemade goodies, framed vintage prints from the Tour de France, private wine tastings, and catered bike rides. Auctioneer Howie Chodar enticed bidders with such live auction items as a custom Davidson frame, Art Wolfe framed prints, weekend getaways, a catered horsepacking trip in the Pasayten Wilderness, and a quilt created specially for the auction by Spokane cycling advocate Eileen Hyatt.

Special dignitaries in attendance included Secretary of Transportation Doug MacDonald, King County Councilmember Louise Miller, and Seattle City Councilmember Peter Steinbrueck. In a brief program, Councilmember Miller was recognized and thanked for her efforts to move the East Lake Sammamish Trail forward. The Friends of Burke-Gilman Trail were also acknowledged for their efforts to complete the popular trail's missing link. Doug Walker, CEO of WRQ, was also thanked by the Bicycle Alliance for his support of the Burke-Gilman Trail effort.

The Bicycle Alliance thanks all donors, attendees and volunteers who helped make the auction a success. Corporate

sponsors for this year's auction were Adobe, REI, Elliott Bay Bicycles, New Belgium Brewery, and Garvey, Schubert and Barer.

The Bicycle Alliance of Washington is a statewide advocacy organization promoting bicycling for everyday transportation and recreation. Through its efforts in Olympia, the Bicycle Alliance has ensured that funding is available for local bicycle facilities projects, passed a statewide bicycle and pedestrian safety education bill, protected cyclists' access to roads, and helped thwart anti-trail and anti-bicycling bills. The Bicycle Alliance also organizes and supports grassroots advocacy at the local level. Funds raised from the auction will support the Bicycle Alliance's efforts around Washington State.

Holiday Helmet Sale Dec 19, 3 - 6 PM

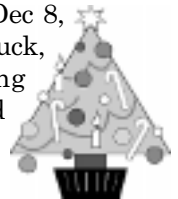


Have a safe and happy holiday by attending the Holiday Helmet Sale. At various locations around Pierce County, bicycle, multi sport and ski helmet will be available at bargain prices. A custom fit is included.

Volunteers are needed at the Srinker Recreation Center. Call Carla at 253-752-4038 for more information.

West Sound Cycle Club invites TWBC to Holiday Festivities

Come to WSCC's Old Fashioned Tree Trimming and Ornament Exchange Party on Sat, Dec 8, at 5:30 PM. Bring Pot Luck, decorate the tree, sing songs and have a good ole time sharing and meeting new people.



Also, on Thurs, Dec 13, at 5:00 PM, is the Crazy Cookie Baking Party. Bring cookie dough to make 2 doz cookies to share.



Jill Priest is the WSCC host of these events. Call Jill at 360-871-7184 for more details and directions to her house.

cycling gadgets by Rich Patrick

Cycle Trainers can help you stay fit during the dark and rainy winter months with a combination of spin workouts and structured intervals.

How do they work? Trainers create resistance with the use of air, magnets or fluid. I have a magnetic and a fluid trainer. I recently got the fluid trainer because it fits our tandem bike and has greater resistance while two people are pedaling. The fan resistance unit simulates "wind resistance"...but I replaced the noisy fan with a much quieter magnetic resistance unit which I use on my single bike.



To use a trainer, just hook up your bike by attaching the trainer stand to your rear axle...pretty simple and it will not hurt your bike. Then, get on the bike and start pedaling away. By providing pedaling resistance, the trainer enables you to mimic hills and flat terrain.

Rollers: Any kind of workout you do on a trainer is going to make you more fit. However, if you want to kick it up a notch, and your goal during the winter is to increase your pedaling and balance skills, and get a workout...then consider a set of rollers. The bike doesn't actually attach to a roller, but it rests on three revolving drums. One of the drums is connected to the resistance unit. This means you are less secure and you have to do all of the balancing yourself. My first few



times on rollers...I noticed that it felt like riding on ice. In the beginning it takes some practice and you'll quickly find that you need to concentrate on your pedaling technique to balance better. My rollers are next to a set of cupboards. I grab onto the counter top to balance. Also, when on rollers you will be 4 to 6 inches off of the floor [a little further to fall down].

Which One Is Best For You? For a great workout where you can drift into a mindless state or watch TV without fear of falling off... then get a stationary trainer. When I ride my trainer I can also lift weights with a small dumbbell to increase my heart rate.

Ten years ago I was in a bad crash where I broke my shoulder when going around a corner too fast on a wet road. After I was able to ride on the street again...I was afraid to go around corners...even slowly. After a winter of riding on my rollers, I noticed that I had more confidence and better balance when I regularly rode on the street [after the rain stopped] and I was less fearful going around those corners. So, to increase your pedalling and balance skills as well as getting a workout...then check out a set of rollers.

So, maybe after that extra helping of giblet dressing with gravy and one too many pieces of punkin pie...your Santa Claus just might get you the cycling gadget that will enable you to slim down and ride better. Maybe you can even watch those favorite reruns of Friends and Sienfeld at the same time.

member
declarations

Louis Boitano and I have been talking about an extended **Retired guys mountain bike trip**. We would start in Tacoma, ride to Ellensburg on the John Wayne trail over Snoqualmie Pass, then ride over Colockum Pass to Wenatchee. We would then ride to the Moses Coulee area over some back roads.

On the way back, we might ride the Bee Hive reservoir road over Mission Ridge. Then, we might go over Red Top Mountain via Jack Creek to the Teanway drainage. If we're feeling frisky, we might head down to Ellensburg and go over Ellensburg Pass to Wenas. Then we could head up the Naches River and find Naches Pass to ride down to Greenwater. This proposed trip might take a couple weeks. Any retired guys out there who are interested? We will wait until the snow melts and let it get real hot to enhance our adventure.

If this trip interests you, please call me at 473-7455 or email me at BobMyrick@msn.com.

Since the rains have started, I'm spending time thinking about next summer. I'm dreaming about a **Loaded bicycle tour from St. Louis to Tacoma**. There is a nice new book describing a Lewis and Clark Bicycle Trail that follows the pavement. The only problem is that I loaned the book to someone and can't remember to whom. Also, my friend Wayne Martin has been thinking about putting on a low cost sagged trip across the USA next summer. I'm torn between his trip and my dream trip. Look Wayne up at www.waynesue.com. Please let me know if this trip interests you or if you know the whereabouts of my book. Please call me at 473-7455 or email me at BobMyrick@msn.com.



Dirty Deeds done cheap. Downsized, former dotcom employee, TWBC member, offers to do carpenter and light remodeling work for cheap. Woodworking is my speciality. Call R. Patrick, 253.274.8657 rpatrick@harbournet.com

Read the fine print: TWBC member advertisements will be published in the TWBC Newsletter for three issues. Send your ad to newsletter@twbc.org.



t w b c n e w s l e t t e r
internet version- photo pages



**Fat Tire Beer and Bike's Festival and Organized Ride, Aug 25, 2001
 In Lovely Downtown Fremont, Seattle, WA.**



“Beer and Bikes”....a not too safe idea... but that was the theme at the New Belgain Brewing Company’s fest on Aug 25 in Fremont, Seattle. There was old bikes on display, a band, beer, food that goes with beer, and a 15, 35, and 50 mile ride around the Seattle area north of the Burke Gilman Trail. It was a nice not too hot August day, to top it off. The doo-hickey that sticks up vertically from the handlebar stem, with the round chrome ball...is a compass on this bike.



There is a horn in the “tank” of this old Schwinn. The horn button is below the n in Schwinn.



1930's Work of Art.



Rainy-Rainy Peggy Fjetland cruising up Skate Creek Road between Ashford and Packwood on Tacoma to Spokane loaded tour.



For the Master Gardener cyclists...A Flower Bed. Interesting Art just West of Ashford, WA towards Elbe. Tacoma to Spokane loaded tour picture.





Mike Doyle and Roz Davis bicycling to Lunch on Steve Brown's Birthday Ride.



Carla Gramlich and Peggy Fjetland at a rest stop in the Yakima River Canyon between Yakima and Ellensburg. This ride was the Tacoma to Spokane loaded tour.



Flat tire fun for Carla Gramlich on hubby Steve's Birthday Ride. Luckily the flat was on the Interurban Trail in Pacific where there was access to espresso and toilets.



Grain elevators in unplanted wheat fields along HiWay 2, near Almira, WA. Picture was taken on Tacoma to Spokane loaded tour.

Pictures taken by TWBC member, Rich Patrick.





Tacoma Wheelmen's Bicycle Club

**PO Box 112078
Tacoma, WA 98411**

TWBC BANQUET RESERVATION FORM

Please list the names in your party for name tags so you and others will know who you are...

Name: _____

Name: _____

Name: _____

Name: _____

Name: _____

Number of children _____ **X \$10 each = \$** _____

Number of adults _____ **X \$14 each = \$** _____

Total = \$ _____

Send this form and a check for the total \$ amount to:

**TWBC Banquet
PO Box 112078
Tacoma, WA 98411**



The TWBC banquet will be held on **Saturday, January 26, 2002**, at the Tacoma Mountaineer's Club, 2302 North 30th Street. Each year our club sponsors a banquet to reflect on the past year's activities and accomplishments. It is a time for fellowship and a time to honor significant achievement. This fun evening will start at **6pm for socializing and dinner at 7pm.**

The banquet is traditionally the largest gathering of your fellow club members and is a time to reflect on the past year and reaffirm your interest in bicycling. We will recognize noteworthy mileages, volunteerism and accidents. There is always plenty of good food, beverages, merriment and good humor.

We welcome any help...so call Bob Myrick at 253.473.7455 for an assignment.

