



# the twbc newsletter

tacoma wheelmen's bicycle club newsletter

po box 112078 tacoma, wa 98411

253-759-2800

## February, 2002 issue...

Bike Expo- be there!...page 1  
What say the prez?... page 2  
Bunk! from the editor... page 3  
Letter to the editor...page 3  
That Gov't Report...page 4  
It is 'Rocket Sceince'...page 4  
The Ride Calender.... page 5+6  
Interesting Important News...page 7  
Bicycling the Internet... page 7  
Want Ads/declarations...page 7  
Capt'n Carol's Ride Report...page 8  
Rider's mileage stats...page 8+9  
Bicycling and safety...page 9

welcome to our  
bicycle club

**Lets go Surfin', everybody's surfin' to TWBC on the web:**  
[www.twbc.org](http://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.

## Next Meeting is Feb 19, 2002

We start with the business part of the meeting at 7 PM at the South Park Community Center, 4851 S. Tacoma Way, in Tacoma.

The Feburary meeting entertainment will be a slide show presentation by Emily Allen and Chris King. Emily and Chris's presentation will be about the results of a bicycle parking survey conducted in Seattle. The results show that the bicycle parking ordinance does not always achieve what it hopes to. This presentation is bound to be highly interesting.



## Seattle Bike Expo...Mar 1, 2, and 3 Mark your calanders and prepare to be amazed

Cascade Bicycle Club and its sponsors present the nation's third largest consumer bicycle show, the Subaru Seattle International Bicycle Expo, March 1 - 3, 2002 at the Stadium Exhibition Center. This Expo offers the latest in Bicycling trends and products of today: travel, bikes of every variety, clothing, deals, rides, indoor test track, tours and more. This year's 15th annual event features over 150 exhibits, coupled with workshops, demonstrations, and presentations by nationally recognized cyclists and adventurer's -including Andy Hampsten, John Greengo, Tim Bailey and John Stamstad.

Bike Expo is open Friday, March 1 from 4 PM to 8 PM; Saturday, March 2 from 10 AM - 7 PM, and Sunday, March 3 from 10 AM to 5 PM. Admission is \$7 for adults, \$5 for kids 6 - 12; free for kids under 6 years old. More information is available online at [www.cascade.org/expo](http://www.cascade.org/expo), or call 1-888-334-BIKE.

TWBC will once again have a booth of volunteers to promote the club and its major rides: Daffodil Classic, Peninsula Metric, and Headwater Century, as well as other events of cycling interest in Pierce County.

Peggy Fjetland and Mike Romaine are TWBC's Bike Expo coordinators. Peggy says, "circle the dates...and prepare to be amazed and inspired at Bike Expo".

## Take Sound Transit to Bike Expo and save \$9 bucks on parking

On Friday, ST bus 594 leaves the Lakewood transit center [Highway 512 and Pacific Ave] on the hour and 30 minutes past the hour. This same bus leaves the Tacoma Dome transit center at 23 and 53 minutes past the hour during Bike Expo hours. While on the Bus...ask the driver for a ST schedule. Use the schedule for times to return to Tacoma/Lakewood [as they are too complicated to list here]. Please note that the Royal Brougham bus stop is not listed in the schedule book. The next earliest timed stop is 2<sup>nd</sup> Ave and So. Washington Street in Seattle. . The Fare is \$2.50 each way.

On Saturday the bus leaves Lakewood on the hour and 30 minutes past until 4:00 pm. Then it leaves at 30 minutes past the hour only. From Tacoma Dome Station the bus leaves at 21 and 51 minutes past the hour until 4:51...then leaves every hour at 51 minutes past the hour. Get a bus schedule book at the Lakewood transit center or Tacoma Dome Station or ask the driver for one....so you can figure out your route back to Tacoma/Lakewood.

On Sunday the bus leaves Lakewood at 20 minutes after the hour....and leaves Tacoma Dome at 41 minutes after during Bike Expo hours.

Hop off the bus at the Royal Brougham stop. This is the Safeco Field stop. If you are not familiar...the driver will announce each stop as he/she arrives in Seattle. You will see the mighty ball park structure looming in the foreground as you approach the Royal Brougham bus stop . Happy bus riding!

## club officers and volunteers

**PRESIDENT:**

Anne Heller: 253-761-0709 aheller@foxiinternet.net

**VICE-PRESIDENT:**

Position is open to volunteers

**SECRETARY:**

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**TOURING CAPTAIN and RIDE LINE Updates**

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Editor: Richard Patrick. Reporters: various members.  
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## from the president's handlebars by: TWBC President, Anne Heller

To paraphrase Bob Dylan, "the seasons, they are a changin'." In December we get an average of 5.62 inches of rain, in January 5.54 inches and in February a mere 3.79 inches. Likewise in December our mean temperature is 42.4 degrees, in January 41.7 and in February the temperature goes all the way up to 44.6 not too mean degrees. And my last bit of meteorological information is that on January 1 the sun rose at 7:57 and set at 4:31, on February 1 it rose at 7:35 and set at 5:13 and by the end of the month it will rise at 6:50 and set at 5:56. Now you're saying, "So what, what has that got to do with me?"



Well, it has quite a lot to do with you if you made a New Year's resolution to ride a loop of the Daffodil Classic or to do the 100-mile route at the PMC or if this is the year you are going to do the STP. Even if your resolution was just to end the winter in at least as good of condition as you entered it, this is the time to get back on that bike and go out there for a ride.

Whatever your goal, there are lots of opportunities to achieve it. Carla Gramlich is leading rides with the specific purpose of getting ready for the STP in July. There are club rides every weekend and some weekdays at most skill levels. Not sure what is involved in an organized ride? Just call the ride leader and get the details about the difficulty and the route of a ride. Don't see a ride listed at the level you feel comfortable with or on a route you enjoy? Call Carol Davis, the Touring Captain, and she can sign you up to lead your ideal ride.

Whatever your skill or fitness level, this is the time to get on your bike. After all, the sun is shining and the weather is balmy (some-where, maybe even here) and before you know it... it will be spring.



Roz Davis [forward on the 'bent' bike] and Mike Doyle on Green River Trail last May.



Steve Brown, going the same place as Roz and Mike on Steve's BD ride to Renton for lunch.



**that's bunk!**  
from the editor's desk

**Dear Readers...**

I just want to say thanks for the 13 entries that were sent in to me for the "Name the Newsletter" contest.....

The judging will commence and the winner will be selected next month. It's not too late to enter. Email your entry to: [editor@twbc.org](mailto:editor@twbc.org)

Eddy J's Bike Tech column is taking the month off. With that in mind...I'd like say Thanks! to Eddy for contributing very informative technical info in his enjoyable to read style.

The "Cycling Gadgets" column is retired for a while until I can come up with more interesting gadgets to report on. Also, I encourage the newsletter readers to contribute an article or tidbits of information on your favorite gadget.

Bob Myrick, TWBC's Government Affairs person- the guy who represents our club's ideas, goals, and mission statement to local government agencies...recently wrote a letter to the Editor of the News Tribune regarding his feelings and thoughts about the new Sound Transit Link Light Rail project that is being built in Down Town Tacoma. The Tacoma News Tribune would only publish a condensed version. You will be able to read the whole letter in this issue.

The ride calendar is getting bigger and bigger with more activities for members to participate in. The important thing to realize is that it is the volunteer's effort that makes the ride calendar increase in size. So, Thanks! to everyone who is volunteering to make our club successful. With this in mind...this months newsletter [as an experiment] will be 10 pages. The ride calendar will be a double sided insert that can be posted on your refrigerator or bulletin board.



**this is not bunk!**  
letters to the editor...opinions of the twbc members

I have read with great interest the mostly negative comments about Tacoma and Sound Transit's so-called "useless" 1.6 mile light rail link from the Tacoma Dome to downtown Tacoma. When I served on Tacoma's now disbanded Transportation Committee, we agreed that this project was way too costly at \$50,000,000. Now, the cost has escalated to more than \$80,000,000. Unfortunately, previous Council members saddled us with this "useless" project. We should now try to make the best of it. Tacoma could even change its name to TAXOMA, Washington's No. 1 Taxed City. What can we do with this burdensome light rail project?

Tacoma's Economic Development Department is already hard at work trying to encourage mixed-use and residential housing along the 1.6 mile long corridor. One only has to drive along Yakima Avenue to imagine a hillside packed solid with a re-developed City housing and business area that might hold up to 50,000 people. The view along the corridor is just fantastic. Walking to the light rail link would negate the need for a car. Tacoma's taxes might actually decrease. I might even take the light rail link to work in downtown Tacoma, at an office complex in the dome parking lot or even take the commuter train to Seattle.

I would really like to invest in a new company that might be called the Tacoma Real Estate Investment Trust. This company could work with our wonderful local developers and our housing associations to accomplish our vision. This same opportunity will arrive in South Tacoma when the commuter train arrives at South 56th Street. We have several hundred undeveloped acres there, the South Tacoma Field, owned by the Santa Fe-Burlington Northern Railway. This property has been mistakenly platted and zoned as an industrial park for 30 years. It should be changed to a mixed-use and residential area as soon as possible. The development and re-development opportunities in South Tacoma are enormous.

Growth Management in Washington State is not working out very well because we don't "manage" our growth. We now have gridlock congestion, a possible fuel crisis within 20 years, enormous community health costs, the Endangered Species Act (salmon), and I-747 (no new taxes). All these factors should convince us to "Live Close to Work", promote "Smart Growth" and create the "Urban Village" way of living. Our preferred mode choice should be walking. Next come bikes if you can endure the rain, followed by transit, car pools and then, dead last, the single occupant vehicle. Since all our major highways are now grid locked, I think it's time for Pierce County and the region to declare a moratorium on new housing development unless it's within a half mile of a transit center. We can't afford to build new highway capacity. It would continue to destroy our quality of life in the Puget Sound Region.

Bob Myrick, Tacoma, WA 253 473-7455.



Carla Gramlich's BD Ride, April 2001...Dave Parker in the "women only" picture

## rocket science by various contributors

IT'S NO SECRET; some people are deeply inspired when they ride a bicycle. Albert Einstein, when asked how he arrived at his theory of relativity, answered, "Oh that... I thought of that while riding my bicycle." Proof of Einstein's love for the bicycle can be seen in a classic photograph from the archives of the University of California that captures the bushy-haired scientist wheeling across the red-tiled plaza at Stanford University with a look of amused serenity on his one-of-a-kind face. Playfully arcing into what looks like a lazy-eight turn, he appears more akin to a ten-year-old boy heading to the swimming hole on a sultry summer day than a world-class scholar off to teach physics to a class of freshmen.



Hey...I know that guy. It's Steve Lay in his clown costume to go Halloween Riding. Orig Photo by Rich Walter.

## the gov't report by "Burrito Bob" Myrick



Our committee last met before the Board meeting on January 8. Louise McGroaty from the Bicycle Alliance of Washington was our special guest. I had just met with her, Ernie Bay, and Chuck Morrison from the Foothills' Rails to Trail Coalition. We talked about the state of trails in the community and how she might help us in our efforts. We may begin lobbying for the Puyallup River Trail and the City Water Ditch Trail study to move forward. Since the Cushman Powerline Trail is underway, we may approach Tacoma Public Utilities and ask them to allow the Pipeline right of way from Tacoma to South Hill to be used as a soft surface trail.

There will be a Livable Communities Fair at the Gig Harbor airport on February 9. We will have a booth. Anyone wishing to help man the booth should call me [page 7]. Pierce County Executive, John Ladenburg, sponsors the event. There may be a bike lane petition circulated for North 30th street. Carla or Anne will talk to Noel Hagens about it since she lives near there. Opinions vary about the need for a lane. Louise indicated to me that Seattle has fog lines on several of their streets, much like what is presently on North 30th. We agreed that McKinley Ave. would be a typical wide street that might benefit from a fog line rather than a full-scale bike lane. The pros and cons of angle parking were discussed and the need for maintenance of our existing bike lane stripes.

I will be attending a Smart Growth Coalition meeting on Saturday, January 19 to help formulate a common statement in the environmental community about what Smart Growth should be. We had an opportunity to travel to Seattle REI, by bus of course, to attend a Sierra Club pre-

sentation on Global Warming and we heard the Mayor of Seattle give his views. We were in a standing room only audience. I have attended one meeting with the Mayor Baarsma transition team. Things move really slow in Tacoma government and even this former bureaucrat (me) gets frustrated over the glacially slow movement and petty infighting that goes on. We will be pushing housing, business, bikes and living close to work. Along these lines, I wrote a letter to the editor about Tacoma's Light Link rail and how it could be used to redevelop downtown. [page 3]

There will be a Pierce County Conservation Futures meeting to discuss what uses property can be put to such as kayak camping on the Doc Weather's property in Gig Harbor and trail use on open space property. I will try to attend. Regarding this, Foothills' people are interested in putting in a trail clear to the Carbon River entrance of Mt. Rainier Park. The County may acquire the 200-acre Fairfax town site to add to almost 1000 acres of preserved forest just north of Fairfax.

Our next meeting will be on Tuesday, February 5, 5:15 pm to 6:45 pm at Vuelve A Vida, 5310 Pacific Ave and then we will adjourn to the Moore Public Library at 215 S. 56th St. I hope to see you there...they serve beer.



Dena Wessels, the Halloween Ride Witch, out haunting the neighborhood on Steve and Phyllis Lay's Halloween Ride. Original Photo by Rich Walter.



# twbc ride calender - page 1

call the ride line for updates 253-759-2800



**Attention Riders: Please do rely entirely on this schedule to plan your rides. The Ride Line often has last minute cancellations and one days notice of ride additions. The Ride Line also has info regarding meetings. Please check the Ride Line often.....thanks, your editor**

Day	Date	Time	Dist- ance	Ride Code	Leader	Call me at	Ride or Activity-pg 1
Friday	2/1	9am- noon	30-40	3B	Debbie Romaine	253- 537-2330	Fast Friday Decide to Ride. Call Rideline for start location and other details
Friday	2/1	1:30 pm	25-30	2B	Carla Gramlich	253- 752-4038	Friday afternoon STP training ride. Meet at N 26th & Proctor Starbucks. Rain Cancels
Sat	2/2	9:15 & 10:00	34 & 38	2B & 3B	Carol Davis	253- 857-5396	Meet at Concrete, WA Perk's Expresso. Bald Eagle Ride with SBC and WSCC
Sat	2/2	10:00	25	2B	Linda Higgins	253- 759-5480	Meet at Westgate Starbucks, N26th and Pearl to ride to Bair Drug for Lunch
Sun	2/3	9:00	25	2B	Ralph Wessels	253- 857-5658	Meet at S 6th and Skyline Park n Ride. Ride to Gig Harbor for brunch. Rain Cancels
Sun	2/3	??	45	??	Bob Myrick	253- 473-7455	Circumnavigation of Tacoma. Call Ride Line for location and start time.
Tues	2/5	Call	Call	Call	Call Ride Line	253- 759-2800	Tuesday Morning Ride. Call Ride Line for details
Wed	2/6	6:30 pm	00	0A	Ralph Wessels	253- 857-5658	TWBC Special Events Rides meeting at Curtis High School, 8425 40th W, in University Place. 6:30 to 8:30 PM.
Thur	2/7	6:00 pm	20	2B	Steve Brown	253- 752-4038	Meet at Proctor Starbucks, N 26th & Proctor. Ride to \$1 Chinese food joint for dinner. <b>Bring lights for your bike!</b>
Friday	2/8	9am- noon	30-40	3B	Debbie Romaine	253- 537-2330	Fast Friday Decide to Ride. Call Rideline for start location and other details
Friday	2/8	1:30 pm	25-30	2B	Carla Gramlich	253- 752-4038	Friday afternoon STP training ride. Meet at N 26th & Proctor Starbucks. Rain Cancels
Sat	2/9	9:00 am- 5:00 pm	00	00	Bob Myrick	253- 473-7455	Pierce County Livable Communities Fair. Gig Harbor Airport. See "Important News" article.
Sat	2/9	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.
Sat	2/9	8:00- noon	16	Flat-A	Volksbike- no leader	253- 847-1843	Volksbike ride. Start at Marymoor Park in Redmond. Ride Samamish River Trail. Contact Joy Roelofsz for details and ?s
Sun	2/10	10:00	45	4B	Robert Dehan	253- 272-9682	Meet at UPS Field House, N 11th/Union. Ride to Bonny Lake. <b>NO LUNCH STOP</b>







# twbc ride calender - page 2

call the ride line for updates 253-759-2800



Day	Date	Time	Dist- ance	Ride Code	Leader	Call me at	Ride or Activity-pg 2
Tues	2/12	10:00	30	3D	Bob Myrick	253-473-7455	Meet at Sumner Library. Victor Falls to South Prarie. Rain Cancels
Tues	2/12	Call	Call	Call	Call Ride Line	253-759-2800	Tuesday Morning Ride. Call Ride Line for details
Thurs	2/14	10:00	40	2C	Bob Myrick	253-473-7455	Meet at Freighthouse Sq, Door #3. Valentines Ride to Auburn. Rain Cancels
Friday	2/15	9am-noon	30-40	3B	Debbie Romaine	253-537-2330	Fast Friday Decide to Ride. Call Rideline for start location and other details
Friday	2/15	1:30 pm	25-30	2B	Carla Gramlich	253-752-4038	Friday afternoon STP training ride. Meet at N 26th & Proctor Starbucks. Rain Cancels
Sat	2/16	10:30	20	2B	TWBC Pres. Anne Heller	253-761-0709	Meet at N 26th and Proctor Starbucks. Getting to know you ride.
Sat+ Sun	2/16+ 2/17	8:00-noon	15.5	??	Volksbike- no leader	253-847-1843	Volksbike ride. Start at Providence St Peter Hospital Fitness Center. Bike on Chehalis Western Train and country roads. Contact Joy Roelofsz for details and ?s
Mon	2/18	10:00	30	2C	Bob Myrick	253-473-7455	Meet at McDonalds at SR512 and Pacific. Prez Day Ride... <u>Rain Cancels</u>
Tues	2/19	7 pm	00	00	Call Ride Line	253-759-2800	First TWBC Club meeting of 2002. Come see old and new acquaintences
Tues	2/19	Call	Call	Call	Call Ride Line	253-759-2800	Tuesday Morning Ride. Call Ride Line for details
Friday	2/22	9am-noon	30-40	3B	Debbie Romaine	253-537-2330	Fast Friday Decide to Ride. Call Rideline for start location and other details
Friday	2/22	1:30 pm	25-30	2B	Carla Gramlich	253-752-4038	Friday afternoon STP training ride. Meet at N 26th & Proctor Starbucks. Rain Cancels
Tues	2/26	Call	Call	Call	Call Ride Line	253-759-2800	Tuesday Morning Ride. Call Ride Line for details
Friday	3/1	9am-noon	30-40	3B	Debbie Romaine	253-537-2330	Fast Friday Decide to Ride. Call Rideline for start location and other details
Friday Sat Sun	3/1 3/2 3/3	4-8 pm 10-7 pm 10-5 pm			Cascade Bicycle Club	1-888-334-BIKE	Bike Expo in Seattle at Convention Center. See article in this issue on how to get there.
Sat+ Sun	3/2+ 3/3	8 am-1 pm	16.8	??	Volksbike- no leader	253-847-1843	Volksbike ride. Start at Lions Club/ 832 Ocean Shores Blve NW, Ocean Shores, WA. Contact Joy Roelofsz for details and ?s
Wed	March 6	6:30 pm	00	0A	Ralph Wessels	253-857-5658	TWBC Special Events Rides meeting at Curtis High School, 8425 40th W. in University Place. 6:30 to 8:30 PM.



## important news of interest

**The Pierce County Livable Communities Fair is February 9, 2002,** at the Gig Harbor Narrows Airport. This event will showcase current and future projects, concerns relating to the following items, and other issues too numerous to mention here.

Sustainable/recycled energy-efficient products or services;

Energy Conservation: Solar Electricity, Fuel Cells, and Natural Gas

Growth Management: Urban Sprawl, Rural Preservation, and Open Space;

Environmental Restoration: Water, Waste and Recycling, and Salmon Recovery;

Parks: Trails, Multi-Use, and Revenue Producing Projects

Transportation: Light Rail, Ferries, and Water Taxis.

The *web site* did not mention bicycling as a transportation alternative, so....

Bob Myrick, TWBC's own Director of Community and Government Relations, will be showcasing bicycling as an alternate method of transportation. As Bob Barker has helpers...so does Bob Myrick. If you'd like to volunteer then please call Bob at 253-473-7455...or email: [BobMyrick@msn.com](mailto:BobMyrick@msn.com). Also, surf to *the website*: [www.co.pierce.wa.us/services/assist/livablepc/html/issues.html](http://www.co.pierce.wa.us/services/assist/livablepc/html/issues.html)

To get to the airport take this route: Take Highway 16 westbound towards Gig Harbor. Drive over the Tacoma Narrows Bridge *[be in the right lane]* and take the first exit past the bridge onto Stone Drive N.W. Turn right and follow Stone Drive under Highway 16 until you come to 26th Ave N.W. Turn left and follow 26th Avenue directly to the airport. Please note: bicyclists can ride on SR-16 shoulder and over the Narrows Bridge. It is recommended to take the Jackson Street on-ramp with your bike.

## member declarations

There is a nice new book describing a Lewis and Clark Bicycle Trail that follows the pavement. I have loaned this book to someone in the club. Please let me know if you know the whereabouts of this book. Please call me at 253-473-7455 or email me at [BobMyrick@msn.com](mailto:BobMyrick@msn.com).

**The fine print:** Please note that member advertisements will be published in the TWBC Newsletter for three issues. Send your ad to [newsletter@twbc.org](mailto:newsletter@twbc.org).

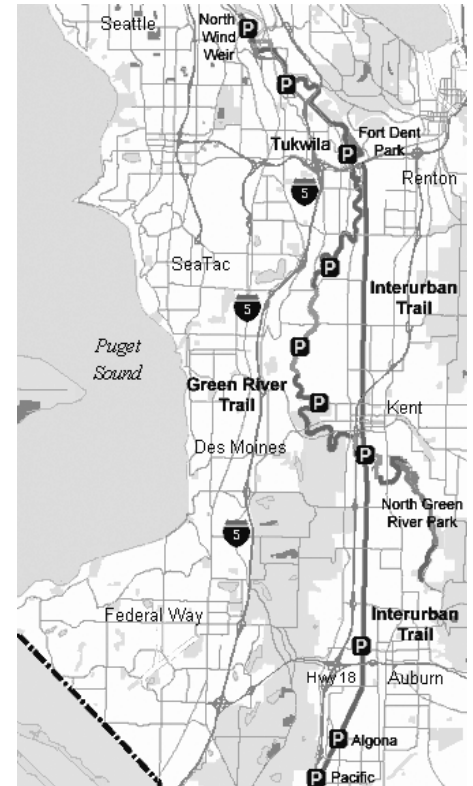


Above, Lana Chaffee & Bob Myrick at joint club ride on Kitsap Penn with TWBC, SBC, and WSCC. Below, Linda Walter waits for traffic in the TWBC tour of Seattle. Both photos by Rich Walter.



## bicycling the internet

**Surf to King County's trail** system web site [www.metrokc.gov/parks/trails/trails1.htm](http://www.metrokc.gov/parks/trails/trails1.htm). There are maps of trails suitable for all types of bicycling. Trail start locations and intersections of nearest streets and roads are listed.



Map of Inter Urban and Green River trails.

**Area Bike Maps...** can be found at this State of WA web site: [www.wsdot.wa.gov/hlrd/sub-defaults/Bikemaps.html](http://www.wsdot.wa.gov/hlrd/sub-defaults/Bikemaps.html)

**The Sister Bike Clubs...**  
[www.twbc.org](http://www.twbc.org)  
[www.seattlebicycle.com](http://www.seattlebicycle.com)  
[www.hollynewsnet.org/WSCC/](http://www.hollynewsnet.org/WSCC/)  
[www.capitalbicycleclub.org/](http://www.capitalbicycleclub.org/)

**For Tandem enthusiasts...**  
[www.evergreentandemclub.org](http://www.evergreentandemclub.org)  
<http://home.att.net/~thetandemlink/>

**Read other cyclist's stories...**  
<http://www.cascade.org/stories/>

**Cycling equipment reports...**  
[www.gorp.com/gorp/gear/bg\\_biking.htm](http://www.gorp.com/gorp/gear/bg_biking.htm)

## the ride report by Capt'n Carol Davis

Attention Riders...this is the Spring Break ride that I mentioned was coming in last month's addition: **"Biking the Bayou"**: A trip through the Cajun Country in Louisiana is planned for the first week in April. We will fly to New Orleans, take a bus to Lafayette, and ride our bikes back to New Orleans after touring the area around Lafayette. We will be sure to take in Cajun music and food, riding about 60 miles as day.



The spring break trips are traditionally women only. Any gentleman who may be interested should send a resume. Be sure to include your expertise in bicycle maintenance and your aptitude for dealing with women in distress. A photograph would also help the committee determine your eligibility and your room assignment.

**"Heaven and Hells Trip"** June 22-July 7, 2002. This will be a two week trip through the Willowa and Blue Mountains of Northeast Oregon and the Nez Perce Country in Idaho. Arafting or jet boat trip on the Snake River through Hells Canyon will be included. Open to either gender.

For more information on either of these great trips, please call or e-mail Carol Davis at 253-857-5396, [Bicyclguy@aol.com](mailto:Bicyclguy@aol.com).

Bob Myrick is planning these adventuresome trips:

**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. 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.

**Loaded bicycle tour from St. Louis to Tacoma.** Since the rains have started, I'm spending time thinking about touring from St Louis to Tacoma this coming summer. There is a nice new book describing a Lewis and Clark Bicycle Trail that follows the pavement that I am very interested in. Please let me know if either of my trips interests you. Please call me at 473-7455 or email me at [BobMyrick@msn.com](mailto:BobMyrick@msn.com).

**Check out the ride calender.** It's huge! almost two pages. This month, on Fridays, there are two important additions. The "Fast Friday" rides courtesy of Debbie Romaine which start at 9:00 AM to Noon, and Carla Gramlich's "STP Training Rides"- which is part of her training program for riders who have never ridden the STP (see article in last month's newsletter) but who want to in 2002. Carla's ride starts at 1:30 PM. This is great for the ambitious rider who can be riding all day on Friday. Bob Myrick has some new rides this month, also. And for the night riders...pedal on out to cheap Chinese food with Steve Brown. Remember to check your batteries in your headlight and rear blinky light.

## TWBC member commute miles...

Ralph	Wessels	97
John	Vipond	224
Steve	Brown	1001
Bob	Vogel	1387
Rich	Olezick	1625
Nancy Block	Olezick	1774
Carla	Gramlich	2049
Carol	Davis	2675
Louie	Boitano	2859
Roz	Davis	2984
Phyllis	Lay	4202
Steve	Lay	5571



Peggy Fjetland cruises up Skate Creek Road, between Ashford and Packwood. Just another 20 miles in the rain on Carla Gramlich's Tacoma-Spokane loaded tour, June 25 - July 1, 2001.

## 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)



Ya gotta wear a helmet !!!

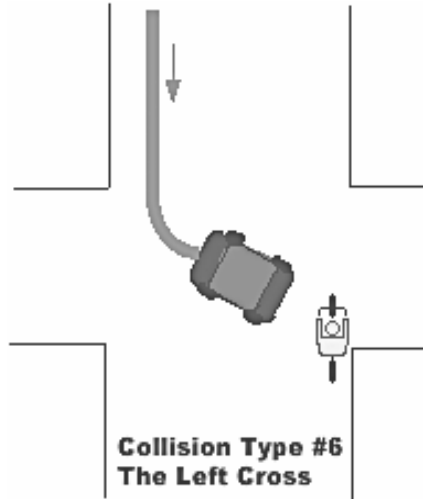


**TWBC member Ride Miles...**

Joy	Roelofsz	394
Cassidy	Ramaine	529
Koko	Waters	609
Connie	Reitzug	810
Mat	Reitzug	810
Mike	Doyle	1046
Mike	Romaine	1112
John	Campbell	1113
Linda	Kimaball	1126
Jan	Brame	1140
Debbie	Romaine	1163
Anne	Heller	1204
Greg	Torfin	1230
Vern	Martin	1246
Joyce	Clifford	1273
Dorian	Smith	1297
Richard	Patrick	1405
Noel	Hagens	1596
Gayle	Grill	1695
Bob	Vogel	1758
Tony	Thomas	1771
Rich	Walter	2005
Diane	Koch	2007
Peggy	Fjetland	2017
Steve	Brown	2090
Tony	Matson	2181
Carla	Gramlich	2190
Ralph	Wessells	2286
Linda	Walter	2286
Cynthia	Hammer	2387
Phillis	Lay	3049
Bob	Myrick	3069
Steve	Lay	3100
Roz	Davis	3281
John	Vipond	3318
Louie	Boitano	3526
Carol	Davis	3847



Kevin on two Wheels. Photo by R Walter



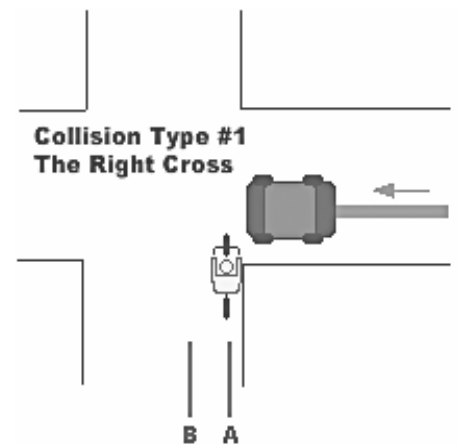
**2. Wear something bright,** even during the day. It may seem silly, but bikes are small and easy to see through even during the day. Yellow or orange reflective vests really make a big difference. I had a friend ride away from me while wearing one during the day, and when she was about a quarter mile away, I couldn't see her or her bike at all, but the vest was clearly visible.

**3. Slow down.** If you can't make eye contact with the driver (especially at night), slow down so much that you're able to completely stop if you have to. Sure, it's inconvenient, but it beats getting hit.

**Collision Type #6: The Left Cross**

**A** car coming towards you makes a left turn right in front of you, or right into you. This is similar to Collision Type #1, the "Right Cross", where the car coming from your right [on a one way street] slams into you as you pass through the intersection. How to avoid this collision:

**1. Get a headlight.** If you're riding at night, you should absolutely use a front headlight. It's required by law, anyway.



TWBC, SBC, and WSCC club members at joint club ride around Kitsap Penn area. Photo by Rich Walter.





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Also...Check boxes if you are interested in volunteering for:

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Events

Newsletter

Club Meeting Programs

Becoming a club officer