



the cog-nitive courier

tacoma wheelmen's bicycle club newsletter

since
1888

po box 112078 tacoma, wa 98411

253-759-2800

July, 2002 issue...

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Next Meeting is Sept 17, 2002
TWBC Picnic is July 21 at
12:00 PM. Food and socializing
in beautiful downtown Orting

Important Fine Print...

Meetings are held at the South Park Community Center, 4851 S. Tacoma Way, in Tacoma at 7 PM. The business (old business, new business, reports, etc) part of the meeting comes first... then after a short break of food and socializing...the entertainment. *Please attend. All members or interested parties are welcome.* No meetings in July, August, and December.



Mr PMC, hizself, Howie Caplan... Rides the Ride. Photo by Rich Walter

important news of interest by various contributors...

Ralph Wessells elected Club President

By Perry White, Cog staff

On June 18, TWBC's election of officers was held as part of the regular meeting. Current president, Anne Heller, declined to run for re-election. Instead, she announced her upcoming nuptials. This reporter was surprised that Ralph Wessells was nominated and elected because there was no previous interest by anyone to run for any of the open board positions. Ralph ran unopposed with a landslide majority of 17 to zero. Ralph's acceptance statement [sort of like a campaign promise] was that he was going to work on increasing the declining membership of the club.

Also, I am pleased and surprised that Tim Payne was nominated and elected Vice President. Welcome, Mr. Payne... and, "Welcome back", to the returning volunteer board members.



TWBC's PMC is BS (Big Success, that is)

by Howie Caplan, PMC Ride Director

The 2002 Peninsula Metric Century brought out riders from more than 14 foreign Countries. Okay maybe two, but there *were* more than 625 riders from all over greater Puget Sound, with quite a few finishing the 100 - mile course. A couple dozen riders were bristling to get out on the route from Gig Harbor before 7 AM.

THANK YOU again to all the volunteers who made this event a success.

Karen Forbush and her entire family, once again, ran the Southworth registration and rest stop. For the tenth year, Cathy Hall and the Port Orchard Chamber of Commerce provided volunteers and food for the Port Orchard rest stop.

After all expenses are paid for the PMC, the event should clear about \$6,000. These funds will be used to continue our activities and donations to programs in our community that support bicycling.

There are still volunteer positions available for the Headwaters Century on September 8. Please contact Carol Davis at 253-857-5396 to volunteer.

club officers and volunteers

PRESIDENT:

Ralph Wessells, 253-857-5658, President@twbc.org

VICE-PRESIDENT:

Tim Payne, VP@twbc.org

SECRETARY:

Reggie Tison: 253-272-4571 Secretary@twbc.org

TREASURER:

Joy Roelofs: 253-847-1843 Treasurer@twbc.org

TOURING CAPTAIN and RIDE LINE Updates

Carol Davis: 253-857-5396 RideCaptain@twbc.org

NEWSLETTER:

Editor: Richard Patrick, Reporters: various members.
Email articles to: newsletter@twbc.org
Printed by Barb at Orca Press in Downtown Tacoma.

MEMBERSHIP DATABASE and MAILING:

Don Izenman: 253-752-1284 Database@twbc.org

DIRECTOR OF COMMUNITY AND GOV'T RELATIONS and BANQUET COMMITTEE

Bob Myrick: 253-473-7455 GAC@twbc.org

DIRECTOR OF SPECIAL EVENTS:

Position is open to volunteers Events@twbc.org

PAST PRESIDENT:

Anne Heller: 253-761-0709 Past-Prez@twbc.org

MEMBERSHIP:

Phyllis Lay: 253-759-1816

PUBLICITY:

Please contact Ralph Wessells to volunteer.

Safety and Education:

Dave Tison: 253-761-2398 dtison@bigfoot.com

EQUIPMENT MANAGER:

Greg Torfin, 253-752-1822 Equipment@twbc.org

WEB Master

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

DAFFODIL CLASSIC; daffodil@twbc.org

Team Daffodil: Jan Brame, Bob Myrick, Anne Heller, Dave Parker, Ralph Wessells@253-857-5658

PENINSULA METRIC; hkap@foxinternet.net

Howie Kaplan: 253-460-3319, pmc@twbc.org

HEADWATERS CENTURY: headwaters@twbc.org

Linda Higgins, 253-759-5480, lhiggins@earthlink.net

BICYCLE SHOW BOOTH:

Mike Romaine: 253-537-2330
Peggy Fjetland: 253-841-4458,
BikeBooth@twbc.org

ANNUAL PICNIC:

Toni Matson and Vern Martin:
253-212-0781
a.matson1@attbi.com

from the president's handlebars



Ralph Wessells
TWBC
President

The first day of summer has finally arrived and so has wonderful riding weather. It's nice to be able to leave the rain gear and extra layers of clothes at home with some assurance they will not be needed. TWBC rides tend to increase in number and variety at this time of year. Whether you are in training for RAM-ROD or prefer an easier social ride, join your fellow Wheelmen on a club ride. Phyllis Lay led the first TWBC ride I went on. We rode through U.P for about 10 miles during a sunny summer evening and stopped for ice cream near the end. The camaraderie and chance to ride with great people is what I continue to

enjoy about TWBC.

The newly elected Board will be meeting at the Kim Anh Vietnamese restaurant at 1620 S. Mildred (across from TCC) at 6:30 PM on the second Tuesday of the month. Anne is now the Past-President. I have switched to the President position. Tim Payne is the newest addition to the Board as VP. Joy, Reggie, Carol, Richard, and Bob are all returning to the Board in their previous positions. The only current vacancy is the Director of Special Events. Contact me if you have interest in this position.

Our next regular club meeting will not be until September so the next club function is the summer picnic on July 21 at Orting Park. The park is a good location to ride to or go for a ride on the Foothills Trail. Be sure to mark it on the calendar!

Howie Kaplan and everyone who volunteered made the Peninsula Metric an outstanding success. Way to go!! A preliminary count indicates there were about 625 riders. Looking ahead, the next TWBC event ride will be the Headwaters Century on September 8. Anne Heller, 761-0709, is coordinating the volunteers while Carol Davis is on an extended ride. The next Rides Meeting will be at Linda Higgins house, 4947 N. Vassault, on July 24 and begins at 6:30. I am bringing the pizza so come join us.

If I don't see you at one of the above functions, I hope to see you on the bike. Ride safely!

PMC riders, Carla [facing the camera], and Ralph and Dena on their tandem Tuesday enjoy the nice weather along this very scenic part of the route.

Original Photo by Rich Walter



that's bunk!
from the editor's cubicle



Richard Patrick
 newsletter editor

There are no opinions or editorial statements to publish publish this month. My appologies to the readers... the newsletter is late. Last minute changes and other commitments are the cause.

Moving on...Today I received a nice email from my friend Bob Myrick, who is riding the Lewis and Clark Trail [see last months Cog for a refresher of this trip] bicycle route from St Charles, MO to Tacoma [which is rumored the real end of the L&C trail]. Bob is in Montana and reports:

Hi Richard: I found Moose Drool last night so I'm a happy camper. I somehow have wound up about two and a half days ahead of schedule. I'm in Havre today and headed for Fort Benton tomorrow on Saturday. Maybe I'll show up at the picnic on July 15. I had a rough headwind and sidewind day and then rode a long ways since I was glad to be alive. I rode 140 miles to Malta and today 90 miles to Havre. I missed the Sleeping Buffalo "funky" Hot Springs Resort turn and then rode 20 additional miles to Malta where I encountered the Moose Drool.

Editor's note: Moose Drool a brand of ale enjoyed by some adult bicyclists. Also, I hope Bob really shows up for the picnic on July 21 at about 1 PM in lovely down-town Orting-Cycling Capitol of Pierce County.

Hey Kids... Do you want one of those really cool skate board helmets? Hey Parents... did one of your children or grandchildren receive a new bike lately? Check this out... Here's all of the places in South Puget Sound to get high quality-inexpensive bike and multi-sport helmets. Also, please share this info with your non TWBC

friends and neighbors. This information was provided by Sheila Pudists of Pierce County Parks.

CENTRAL PIERCE FIRE & RESCUE
 9813 128th St. E., So. Hill
 Contact: Stephanie Glass
 Phone # 253-538-6530
 ** Fitting times: By appt. only \$5. bike, \$7. black multi-sport

EAST PIERCE FIRE & RESCUE
 18421 Old Buckley Hwy, Bonney Lake
 Contact: Barry Barquest
 Phone # 253-863-1800
 ** Fitting times: Call prior & ask if fitter available. \$5. bike only

GIG HARBOR FIRE STATION
 6711 Kimball Drive, Gig Harbor or 10222 Bujacich Rd. NW, Gig Harbor
 Contact: Nanette Tatom
 Phone # 253-853-2114
 ** Fitting times: Monday - Friday 8 AM - 5 PM \$5. bike only

LAKEWOOD FIRE STATION
 9316 Lakeview Ave. Bldg. 21-C, Lakewood
 Contact: Rachel Erb
 Phone # 253-582-4600
 ** Fitting times: Wednesday 3 PM - 4 PM \$5. bike, \$7. black multi-sport, w\$10. chrome multi-sport

MARY BRIDGE CHILDRENS HOSPITAL
 Safe & Sound Bldg.
 1112 South 5th, Tacoma (corner of 5th & L)
 Contact: Caroline Mayr
 Phone # 253-403-4665
 ** Fitting times: Tuesday 9 AM - 11 AM, Wednesday 11 AM - 12:30 PM Friday 2PM - 5 PM
 \$5. bike, \$7. black multi-sport, \$10. chrome multi-sport (limited quantity)

MARY BRIDGE ~ COVINGTON CLINIC
 17700 SE 272nd ST. (corner of Wax Rd. & 272nd)
 Contact: Caroline Mayr
 Phone # 1-800-552-1419 ext. #1234
 ** Fitting times: 2nd Tuesday each

month 3 PM - 5PM
 \$5. bike, \$7. black multi-sport

MARY BRIDGE ~ OLYMPIA CLINIC
 200 Lilly Rd. NE, Bldg. C-1
 Contact: Cheryl Burggraaf
 Phone # 360-923-4712
 ** Fitting times: Wednesday 3 PM - 5 PM
 \$5. bike, \$7. black multi-sport

MARY BRIDGE ~ SILVERDALE CLINIC
 1780 NW Myrhe Rd., Bldg. G220
 Contact: Marcy Powell
 Phone #360-662-1198 or 360-662-1200
 ** Fitting times: Tuesday 12 PM - 2 PM, Wednesday 2 PM -3 PM
 \$5. bike, \$7. black multi-sport

TACOMA FIRE DEPARTMENT
 3471 So. 35th St., Tacoma
 Contact: Ellen McViker
 Phone # 253-591-5740
 ** Fitting times: Tuesday & Thursday 3 PM - 5 PM
 \$5. bike, \$10. high-carbon fiber multi-sport, \$10. chrome multi-sport, \$10. ski

UNIVERSITY PLACE FIRE DEPARTMENT
 3631 74th Ave. W. Suite B, University Place
 Contact: Michelle Johnson
 Phone # 253-534-3284
 **Fitting times: By appt. only
 \$5. bike, \$7 black multi-sport, \$10. chrome multi-sport.

One more thing about these helmets: You just can't go in and pick up a load of helmets like you are shopping at Target. The person who is going to use the hemet must be present so the provider can custom fit it to their head. Have you ever seen someone riding or skating with their helmet tipped towards the back of their head? Well, if they do a face splat into the sidewalk...the helmet will not help. When the helmet is fitted properly it will protect all parts of the head from being banged. That's why the fit is custom for each recipient. Skate and bike safely... get a helmet for your loved ones.

b i k e t e c h
b y E d d y J o h n s o n

There's a new and exciting way to build bicycle frames. At least that's what the bicycle industry wants you to believe. It's new, it's lighter, it's better. The integrated headset has taken frame manufacturing into the 21st century (yawn).

The headset is the thing that connects your fork to your frame, in case you were wondering. In the "old days" the bearing cups were pressed into the head tube of the frame and were exposed. For some reason (a marketing decision, no doubt) new frames made of aluminum, titanium or carbon fiber are being made with integrated headsets. The bearing cups are held within the head tube, instead of outside the head tube. The claim is reduced weight , greater reliability and ease of installation.

Don't believe a word of it. How much weight do you think you can save by stuffing a headset inside the frame instead of outside the frame? If you wear a watch, ID tag or bracelet while riding, you've gained back all that massive amount of weight you have saved with an integrated headset.

In order for the head tube to be able to accommodate an integrated headset, It's top and bottom diameter needs to be increased. That's great news for builders of aluminum frames. With a larger diameter head tube it's much easier to design and manufacture a "fat tube" aluminum bike. But wait a minute. If the head tube diameter is larger, doesn't that mean the head tube weighs more? You see what I'm eluding to. It's all hype.

To add insult to injury, as I write this article there are only two manufactures of integrated headsets. According to bike mechanics everywhere there is only one company's product that works. The other headset maker is still working out the bugs and so are the frame builders. They claim it's the frame builders' poorly designed and manufactured head tube that is causing the problems and incorrect installation of the headset. Chris King, the supposed "Rolls Royce" of headset makers has yet to jump on the integrated headset band wagon. Unfortunately, integrated headsets are here to stay and if that company wants to remain profitable, they will have to give in to the industry pressure.

So, just like the "V-Brake", which came about to accommodate dual suspension cable routing problems, the integrated headset is re-born (it's over 40 years old), making bike makers a little happier that they can trim a few pennies from their manufacturing process.

Of course, the preceding is a fact based opinion and if you can provide me with undeniable benefits of an integrated headset, I'm all ears. One thing that's for certain, they're ugly.

Eddy (eddyj@galaxy-7.net)

TWBC Annual Picnic
Sunday, July 21st at Orting City Park
by Restaurant Reviewer, Steve Brown

The TWBC annual picnic has been confirmed and reserved for Orting Park on Sunday, July 21st. The location is on the gazebo side at the south end by the clock tower (same place as the strawberry short cake was severed after the Daffodil Classic).

The club will provide all the food so this is a great excuse to ride your bike to the picnic. It's about 25 miles by bike from Tacoma or you could park at the McMillin trailhead and ride 3 miles to the picnic on the Foothills Trail. Check the calendar and ride line for rides to the picnic. Food includes "shaped water, carbos, a little protein and maybe a trace element or two". No Thai food...if you know what I mean."

This is our big event for the summer as we take a break from the monthly club meetings which will resume in September.

Call Toni Matson or Vern Martin, 253-212-0781 if you would like to help out.



Here's TWBC rider, Linda Walter, sampling some of the tasty goodies at one of the food stops on the PMC BS ride
Photo by Rich Walter

Cut along dotted line and post Event Schedule on your refrigerator



twbc monthly event schedule

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

Day	Date	Time	Distance	Ride Code	Leader	Call me at	Ride or Activity Page 1
Tues	7/2	Call	Call	Call	Call Ride Line	253-759-2800	Tuesday Morning Ride. Call Ride Line for details
Weds	7/3	5:30 PM	20-30	2+	Joyce Clifford	253-759-2393	Wednesday Evening Training Ride. Join Joyce at Starbucks @ N 26th / Proctor.
Thurs	7/4	7:00 am	100 Miles	2B	Carla Gramlich	253-752-4038	STP Training Ride. Meet at UPS Field House at N11th and N Union. Bring Power Bars.
Friday	7/5	9am-noon	30-40	3B	Various	253-759-2800	Faaast Friday Decide to Ride. Call Rideline for start location and other details
Sat	7/6	9 AM	50	2B	Linda and Rich Walter	253-840-9450	Buckley Loop of Daffodil Classic. Meet at Orting Park. Prepare to be photographed.
Sun	7/7	Call	Call	Call	Diane Koch & Tony Thomas	253-759-2800	Ramrod Training Ride. Ride the hills and hear the sound of music. Call Rideline.
Mon	7/8	6:00 PM	18	2A	Steve Brown	253-752-4038	Flaming Geyser Park Ride. . Take the Hiway 18 and Auburn-Black Diamond exit and take a left to the Park n Ride.
Tues	7/9	Call	Call	Call	Call Ride Line	253-759-2800	Tuesday Morning Ride. Call Ride Line for details
Weds	7/10	5:30 PM	20-30	2+	Joyce Clifford	253-759-2393	Wednesday Evening Training Ride. Join Joyce at Starbucks @ N 26th / Proctor.
Thurs	7/11	7:00 PM	12 or so	1A	Peggy Fjetland	253-841-4458	Thursday Evening Ramble. Ride from Puyallup to Sumner and back. Meet at Red Parking Lot at Puyallup Fair Grounds.
Friday	7/12	9am-noon	30-40	3B	Various	253-759-2800	Faaast Friday Decide to Ride. Call Rideline for start location and other details
Sat	7/13	9:00 AM	35	2B	Ralph and Dena Wessells	253-857-5658	Meet at Skyline Park n Ride. Ride to Dupont for Coffee.
Mon+Tues	7/15+7/16	??	160	2B	Carla Gramlich	253-752-4038	Return from STP. Start in Portland, OR and ride to Tacoma in two days.
Tues	7/16	Call	Call	Call	Call Ride Line	253-759-2800	Tuesday Morning Ride. Call Ride Line for details.
Weds	7/17	5:30 PM	20-30	2+	Joyce Clifford	253-759-2393	Wednesday Evening Training Ride. Join Joyce at Starbucks @ N 26th / Proctor.
Thurs	7/11	7:00 PM	12 or so	1A	Peggy Fjetland	253-841-4458	Thursday Evening Ramble. Meet at Inter-Urban Trail Head in Algona
Fri	7/19	9:00 AM	35 or so	3B	Ralph Wessells	253-857-5658	Faaast Friday Ride to Olympia. Meet at Dupont Starbucks. Exit 119 off of I-5.
Sun	7/21	10:00 AM	50	2A	Carla Gramlich	253-752-4038	Meet at UPS Field House at N 11th / N Union for a nice ride to the TWBC Picnic in Orting, Bicycling Capitol of Pierce County.

RIDE CODE CHART

helmets are required on all rides!

1. Easy, frequent stops & regroup, 9-12 mph
 2. Moderate, occasional stops, 12-15 mph
 3. Steady, limited stops, maps, 13-16 mph
 4. Fast pace, very limited stops, 16+ mph
- * Speeds are average on the flat surfaces

- A-Mostly flat, like Inter-Urban Trail
- B-Gently rolling, one or two steep hills
- C-Many rolling steeper hills (Kitsap Peninsula)
- D-Difficult terrain, longer steeper hills (Vashon)

Day	Date	Time	Distance	Ride Code	Leader	Call me at	Ride or Activity Page 2
Sun	7/21	1:00 PM	3750 calories	A	Vern and Toni	253-759-2800	TWBC Annual Picnic. Meet in the Park at Downtown Orting for socializing and great picnic food. Discuss Le Tour, while you're at it.
Tues	7/23	Call	Call	Call	Call Ride Line	253-759-2800	Tuesday Morning Ride. Call Ride Line for details.
Weds	7/24	5:30 PM	20-30	2+	Joyce Clifford	253-759-2393	Wednesday Evening Training Ride. Join Joyce at Starbucks @ N 26th / Proctor.
Thurs	7/25	5:50 PM	20 miles	3B	Steve Brown	253-752-4038	Ride to Foothills Rails to Trails meeting in Puyallup. Meet at Proctor Starbucks, N26th / Proctor. Bring your bike lights.
Thurs	7/25	6:00 PM	15	1A	Joy Roelofsz	253-847-1843	Tour DePont... meet at Dupont Starbuck's for this nice flat ride around the neighborhoods of Dupont.
Friday	7/26	9am-noon	30-40	3B	Various	253-759-2800	Faaast Friday Decide to Ride. Call Rideline for start location and other details
Saturday	7/27	9:00 AM	40 miles	2A	Ralph Wessells	253-857-5658	Auburn for Lunch. Meet at Freighthouse Square, Door # 3. Bring an appetite and \$.
Tues	7/30	Call	Call	Call	Call Ride Line	253-759-2800	Tuesday Morning Ride.. Call Ride Line for details.
Weds	7/31	5:30 PM	20-30	2+	Joyce Clifford	253-759-2393	Wednesday Evening Training Ride. Join Joyce at Starbucks @ N 26th / Proctor.



Some of the riders on June 15th's Ride Around Vashon Island. Pictured L-R are: Joyce Clifford, Steve Brown, Linda Walter, and Marlana Wall. Ride leader was Carla Gramlich. Photo by Rich Walter.

rocket science by Wichtig AI



Check out this neat-o gadget. I call it the "B-mirror". See **B**ehind you- **B**etween your legs. This mirror is so handy- it can be removed to shave with [on a bike camping trip], find that pesky bug that flew under your contact lense, or signal rescue aircraft. www.performancebike.com

Cut along dotted line and post Event Schedule on your refridgerator

the touring captain's ride report



**Carol
Davis**
twbc
touring captain

Touring Captain Says:

As an all volunteer organization, I encourage all of you to put on the kind of rides you would like to do. If you are not finding enough of your favorite type of ride, please lead some! I will be happy to help you with routes and maps.

Carla Gramlich will be handling the August ride calendar while I am away on my bicycle. She will have the sign up sheet at the club picnic for ride leaders to make last minute additions and updates.

Cynthia Hammer and Noel Haggen will be handling the Ride Line [759-2800] this summer while I am away. Anyone who wants to lead a ride can have it posted on the ride line by leav-

ing a message on the rideline's recorder [at the beep].

Joyce Clifford is hosting training rides on Wednesday nights at 5:30 PM. Meet at the Starbuck's at N26 & Proctor, code 2+. Call Joyce at: 759-2393.



member declarations

For Sale...Bike Friday Pocket Llama Touring Bike. 2 years old, ridden 4 times. Has Shimano Rapid-Fire shifting, H-Bars, and sofride suspension, shocks front and rear, color is Merlot. Call Joy at 253-847-1843 or email jroelofsz@email.msn.com

Want to Buy... RAMROD ticket for 2002. If you signed up for RAMROD on July 25... and can't make it to the ride... then please contact me and I'll purchase your ride ticket. Call Bruce Pyrah at 253-564-8421.

The fine print: Members can submit bicycling related items for the Member's Declaration column. The ads run for three newsletter issues. Also, this newsletter will provide a 3" X 3" advertisement, twice per year, to bicycle shops who give TWBC members the 10 percent discount.

membership report by Phyllis Lay

New Members

George Patton, Lnn and Lee Hennings, Tom Cook, Bernie Finklein, Larry Smith, Kelli Viane Buston, David Langford, James & Michelle Sherls, and Bill Looney.

Renewed Memberships

Steve Merrian, Jean Graves, Dianne Bechtold, Jeff Grider, L. Ricigliano, B. Meranteaux, Janelle Baldwin, Scott & Sue Biles, Carol & Roz Davis, Gary E Moore, Joseph H Osborne, Paul & Lois Marquart, Kenneth D Blaha, Bob & Lois Baxter, Susan Coley, Julia Her, Don Izenman, Willian Hoehne, Russell Matthews, Craig Van Meter, Randy E Gray, Scott D Groff, President Ralph & First Lady Dena Wessells, Joseph M Taylor; John, Mary, & Alicia Herem; Linda Kimbell, Paul Binford, Connie & Mat Rietzug, Delbert & Marcie Reed, Joyce Clifford and Family, Bob Myrick, Steve Ludowese & Marlana Wall, Gerald Kluck, Jim Andruess, and Mike Flodin. But wait! There's more: George Kelley, Richard Kim, Krista Pearson, Martha A Hartly, Princes Delorse Fitch, Jim & Ming Ming Kurtz, Michael & Marcia Madden, and Honorable Secretary Reggie Tison.



Jan Brame takes in the sun on TWBC's BS PMC. Photo by Rich Walter.

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253-297-9148



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

Hey Web Readers.....

If you are not a member... then fill out the form and send it into become a member.

If you *are* a TWBC member... then please give this page to an interested person who might want to join.

Thank Ya Very Much... the Editor

Please note: You can become a member at www.twbc.org. Click on 'Online' under the Join heading.

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: _____ @ _____

Check Box: New Member Renew Addr Chg

Individual person membership \$15 _____

Family membership \$20 _____

One-time initiation Fee for new members \$ 5 _____

Optional subscription to Sports Etc \$18 _____

Optional subscription to The Bicycle Paper \$12 _____

Total Membership Fee: \$ _____



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

TWBC Membership
PO Box 112078
Tacoma, WA 98411

Check box if you **do not** want your phone # or address in the membership listings.

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

Leading Bike Rides

Events

Newsletter

Club Meeting Programs

Becoming a club officer