

HAPPY NEW YEAR 2003

TWBC BIG EVENT RIDES AND BIKE EXPO... PLANNING IS UNDERWAY

The next Rides Meeting will be on Monday, January 13, 2003 at 6:30 PM at the main Tacoma Library in the Cascade A Room. The Rides Meeting is where the coordination and planning effort take place for the Daffodil Classic (April 13), Peninsula Metric (June 1), and Headwaters Century (September 7) rides and also the Bike Expo (February 28 to



Jan Brame, the organizing force, that makes The Daffodil Classic a huge success



Howie Caplan, Mr Peninsula Metric



Linda Higgins, coordinator of the Headwaters Century.

March 1) booth. There will be food and drink at the meeting. Please come and join the team that is working on these events. It is really quite fun and with everyone doing something, nobody will be overwhelmed.

Team Daffodil is back this year and could use some extra help. Contact Jan Brame at 759-6984 if you would like to join the team.

Howie Kaplan 460-3319 and Linda Higgins 759-5480 are the respective ride directors for PMC and Headwaters. Please contact them if you would like to help. Cynthia Hammer is the volunteer coordinator for all three rides. Cynthia can be contacted at 752-0801.

Peggy Fjetland 841-4458 and Mike Romaine 537-2330 are co-coordinators for the TWBC booth at Bike Expo. Contact either of them to reserve your volunteer slot.



Peggy Fjetland and Mike Romaine, the coordinators of TWBC's booth at The 2003 Seattle Bike Expo.

The COG Home Page

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Hey Readers... Visit your club's website:
www.twbc.org
 Check it out!

Hey Riders... Use this handy chart to decypher the ride code listed on the Monthly Ride/Event Calendar on page 5....

RIDE CODE CHART

Pace Code: Average mph on flat surface:

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

Terrain Code examples:

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



Come to the Monthly Meeting!

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, Aug, Dec, and January.



**Next Club Meeting:
 Tues, Feb 18, 2003
 Suprise Guest!
 Probably not Mr Lemond**

club officers and volunteers

PRESIDENT

Ralph Wessels, 253-857-5658, president@twbc.org

VICE-PRESIDENT:

Tim Payne, vp@twbc.org, 360-871-4478

SECRETARY:

Sandy Byrd: 253-474-6721 secretary@twbc.org

TREASURER:

Joy Roelofsz: 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'MENT 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-pres@twbc.org

MEMBERSHIP:

Phyllis Lay: 253-759-1816

PUBLICITY:

Please contact Ralph Wessels to volunteer.

Safety and Education:

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

EQUIPMENT MANAGER:

equipment@twbc.org
 John Lea: 253-770-5530

WEB Master:

webmaster@twbc.org
 Ken and Cindy Stagg: 253-752-0925

DAFFODIL CLASSIC:

daffodil@twbc.org
 Team Daffodil: Jan Beame, Bob Myrick, Anne Heller, Dave Parker, Ralph Wessels@253-857-5658

PENINSULA METRIC:

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

HEADWATERS CENTURY:

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

BICYCLE SHOW BOOTH:

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

JERSEY SALES

Peggy Fjetland: 253-841-4458
jerseys@twbc.org

ANNUAL PICNIC:

Toni Matson and Vern Martin:
 253-212-0781
amatson1@attbi.com





Ralph Wessels
TWBC
President

I hope you are enjoying our beautiful winter season, the Cougs win the Rose Bowl, and you start 2003 with a bike ride and continue to ride many more throughout the year. Along with the arrival of a New Year, TWBC is undergoing some changes.

Don Izenman, our database manager and newsletter-mailing expert for the past 12 years or so, has delivered the handling of these tasks to Anne Heller. Don has done an outstanding job in ensuring our membership roster is correct, notifying those who membership will or has lapsed, and in mailing the newsletter. Unfortunately, Don's eyesight is deteriorating which has made it difficult for him to maintain his standard of quality for TWBC. Please join

me in thanking Don for his many years of volunteer service and in wishing there is no further deterioration of his eyesight. Please call Anne in the future if the neighbor's dog ate your newsletter and it is nowhere to be found.

Dorian Smith has passed the secret computer access codes to Ken and Cindy Stagg, TWBC's new webmasters. Dorian has brought the TWBC website from the dark ages to a robust, dynamic site that has attracted over 60,000 visitors. I have frequently been informed by members and others what a great website we have. Thanks Dorian for sharing your talents with TWBC! I am sure that Ken and Cindy will do a great job too and will find collaborating on the website just as fun as riding their tandem.

John Lea has volunteered to be TWBC's equipment manager. Yeah John!!! Greg Torfin will now have more time to lose golf balls and travel in his retirement. If you need to access TWBC equipment, such as the BOB trailers or bike boxes, please give John a call sufficiently in advance of your need as he resides in Puyallup and the equipment is located in the north-end of Tacoma.

We still have volunteer positions available for Director of Special Events and Club Publicity. Contact me or another Board member if you have interest. The planning for the events rides is well underway. There are a number of manageable tasks, such as event publicity, that could use your help. Please contact the ride directors, Team Daffodil, me, or attend the second Rides Meeting on January 13th. Contact Cynthia Hammer (752-0801) to volunteer for the event rides or Peggy Fjetland (841-4458) to volunteer for Bike Expo.

The search for the LCD projector is over. TWBC purchased a Panasonic PT-LC75U projector at a very good price from a local vendor. You will first get to see the projector in action at the Banquet with pictures from TWBC rides and activities. It will also be used for presentations at future club meeting and may be used at Bike Expo to showcase our club. Thanks to the selection committee and in particular Richard Walter.

The purchase of an enclosed cargo trailer, approved by the membership in September, is underway. Insurance for the trailer is currently being reviewed. A 6'x10' trailer with a rear ramp and front door is the recommended model per the selection committee. Several brands have been priced and are within the ap-

TWBC welcomes these new members:

Brent Schoepel, Sandy Byrd, Bonnie Rossiter, Corrine E Waterman, Janet Robinson, Philip Lux, Bruce Engell, Margaret Lavender, Jean-Paul Tousignant, Clarence Hollins, Mike & Renda Murphy, John Lohrey.

Renewed members are:

Santana Harris, Kave Parker, Bill Dugovich, Dennis & Valerie Burns, Dorian Smith, Arthur J Robinson, Robert M Amburgey, Elaine Sumeay, Teresa Seim, Michael A Doyle, Terry Rosberg; Mike, Debbie, Chris, & Cassidy Romaine; Karen Comer, Charles Wolf, Brian Wester, Sylvia Russell, David Barton, Greg Torfin, Doug Ringenbach, Karla Maynard, Patricia Lavelie, Sue Matthews, Ray & Peggy Fjetland, Tom & Linda Ripley, and Joy C Roelofsz.



Pictured here are Ken and Cindy Stagg, the new TWBC Webmaster team. Are they 'clowning around' on the internet? In this photo... they were about to go riding with Steve and Phyllis Lay on their Halloween and Pot Luck Ride.

proved budget amount. The trailer will facilitate putting on our ride events and will also be able to be used for other club activities.

Ride Safely,

Ralph



Timothy Payne
TWBC
Vice President

Looking Ahead A Personal View

Another year has come. One of the questions that always haunts my mind around this time of year, what will make this year different than last year? What would I like to do differently or better? In few other places in my life are those questions more exciting to ponder than the bicycling part. How many miles do I want to reach? What major rides do I want to ride? When is fast, fast enough? What is my ideal riding weight? Is there a way to prevent flat tires? And so on with a string of questions that can be endless.

So, what do to release myself from the haunting questions and get on with the year? I plan. I set a mileage goal for myself. In 2002 that was 3000 miles. For 2003 the goal is 4000 miles. I decide what big rides I want to make and start getting them on my calendar. Like everyone else these days, my life is made up of a series of obligations, appointments, time for family and other assorted stuff I would rather not think about (like doing taxes!). To make sure I am able to reach my goal I set out a calendar of rides for the year. Usually by March it is filled quite nicely. I have also come to the conclusion that just riding is not enough to motivate me. I have found great satisfaction in using the joy I get out of cycling to help other people. So I also set a fund-raising

goal for the year and pick four or five fund raising rides in which to participate. As of this writing, for 2003 those will include the STP (I "Pedal for a Purpose" for the American Diabetes Association.), Courage Classic (A benefit for the Mary Bridge Children's Hospital), and the Trek Tri-Island (benefits the American Lung Association). There will be one or two more, but as of now I have registered for those three. My fund raising goal will be \$4000. Yes, there is some symmetry there and it is intentional. In my increasing years, I find it simpler to remember fewer numbers. Besides, who want to have a goal like \$3988.17? Doesn't exactly stick in the mind.

New ventures? My new venture this year will be leading some TWBC rides. I hope to lead at least a ride a month. I hope you can join me for some of them. The first one is set for January 11. Among my favorite winter rides, it combines the beauty of Puget Sound, Hood Canal, Mason Lake and the wilds of North Mason County. So, get out your snuggies and come ride with me. Later in the spring as the days get longer, I plan to lead some longer rides of 80 to 100 miles. Keep your eyes on the ride calendar and your tires pumped up! In the meantime, I am looking forward to an exciting year of cycling and wishing you all the best in the coming year.

Future Programs

Hope you are all planning on being at the TWBC banquet on January 25. It is shaping up to be a great event. The next regular meeting of the club will be Tuesday, February 18 at the South Park Community Center. The program will consist of our very own Roz and Carol Davis as they share their exciting bicycle adventures from 2002. Carol and Roz have been able to take rides that many of us can only dream about. So come and dream as they tantalize us with stories of exotic places and high adventure.

Banquet Tickets Going Fast! Act Now! While Quantities Last

The TWBC banquet will be held on Saturday, January 25, 2003 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 Anne Heller at 253.761.0709 for an assignment.

The Banquet Reservation Form can be found somewhere in this newsletter.... the Editor.



Look what I got for Christmas!
There is a Santy Claus.



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
Weds	1/1/03	10:30 AM	17 to 25 mi	2B	Ralph Wessels	253-879-7455	Polar Bear Jump Ride. Meet at Jerisich Park in DT Gig Harbor. Ride to Olalla-Land to watch people jump in ice water. West Sound bike club will join up with TWBC.
Weds	1/1/03	10:00 AM	35+	2B	Bob Myrick	253-473-7455	Tour de Tacoma with Bob. Start at McDonalds at S 112 @ Pacific for this trek.
Weds	1/1/03	10:00 AM	20-30	2B	Steve and Phyllis Lay	253-759-1816	RAT: Ride Around Town to have brunch at an undisclosed location. Start at Starbucks at N26th @ Proctor in N Tacoma
Sat	1/4	10:00 AM	25	2A	Ralph Wessels	253-879-7455	Ride to Sumner Bakery for brunch. Meet at Freighthouse Sq door #3.
Sat	1/4	9 AM	55	3B	Bob Vogel	253-756-9984	Ride to Thurston County via Steilacoom, Dupont, Nisqually Rd. Stop at Starbucks for break. Meet at Pt Defiance Park entrance.
Sun	1/5	10 AM	20	1	Anne Heller	253-761-0709	Ride to Freighthouse Sq for lunch. Meet at Skyline Park n Ride, W 6th @ Skyline.
Tues	1/7	Call	Call	Call	Bob Myrick	253-473-7455	Tuesday Morning Ride. Meet at Freighthouse Square door #3.
Weds	1/8	6:00 PM	20 to 30	2B	Joyce Clifford & Peg Winsewski	759-2393 475-3625	Wednesday Knight Riders- ..Meet at Proctor Starbucks: N26th and N Proctor, Tacoma. Your bike must have lights.
Sat	1/11	10 AM	35	2B	Ralph Wessels	253-879-7455	Ride to Dupont Starbucks. Meet at Skyline Park n Ride, W 6th @ Skyline.
Sun	1/12	1:00 PM	25	2B	Connie Reitzeig	253-460-1533	Meet at 40th @ Bridgeport Starbucks for Connie's Sunday Spin.
Mon	1/13	6:30 PM	00	00	Ralph Wessels	253-879-7455	Special Events Meeting... Meet at Main Library, Tac Ave @ 12th, in Cascade A room. Free food.
Tues	1/14	Call	Call	Call	Call Ride Line	253-759-2800	Tuesday Morning Ride. Call Ride Line for details
Tues	1/14	Call	Call	Call	Call Ride Line	253-759-2800	TWBC Board Members Meeting. Meet at Kim Ahn Vietnamese Resturant
Weds	1/15	6:00 PM	20 to 30	2B	Joyce Clifford & Peg Winsewski	759-2393 475-3625	Wednesday Knight Riders- ..Meet at Proctor Starbucks: N26th and N Proctor, Tacoma. Your bike must have lights.
Sat	1/18	8:00 AM	25 to 35	2B	Steve and Phyllis Lay	253-759-1816	Ride to Spanaway for breakfast - \$3, at the Senior Center. Meet at Proctor Starbucks, N 26 @ Proctor in N Tacoma.
Sun	1/19	9 AM	40	2C	Carol and Roz	253-857-5396	Ride to Lunch in Pt Orchard. Meet at Purdy Park n Ride.
Tues	1/21	Call	Call	Call	Call Ride Line	253-759-2800	Tuesday Morning Ride. on Xmas Eve...call Ride Line to make sure
Weds	1/22	6:00 PM	20 to 30	2B	Joyce Clifford & Peg Winsewski	759-2393 475-3625	Wednesday Knight Riders- ..Meet at Proctor Starbucks: N26th and N Proctor, Tacoma. Your bike must have lights.
Sat	1/25	6 PM	00	00	Tim Payne, TWBC VP		TWBC Annual Banquet. Gotta have a ticket.
Sun	1/26	10 AM	20-30	2B	Steve and Phyllis Lay	253-759-1816	Birthday Ride. Meet at Starbucks- N 26 @ Proctor
Sat	2/1	9:30 AM	30-40	2C	Carol and Roz	253-857-5396	Ride to Poulsbo for lunch. Meet at Pt Orchard Foot Ferry for 9:30 ferry sailing.



Bob Myrick
TWBC Director of
Community and
Government
Affairs

Hello Everyone. I'm busy getting ready to hike and bike in New Zealand for about 75 days with my friends Wayne and Sue and others(waynesue.com). I leave about mid-January and get back in time for April's government affairs meeting. It will be on Thursday, April 3 at 7pm at the Guadalajara Taqueria in the Stadium neighborhood at 1st and Tacoma Avenue. Mark your calendar. I will be the guy with the tan.

Ralph Wessels reported the ABITIBI railroad tracks in Steilacoom were finally filled in with a rubberized compound thanks to the Mayor expressing concern for all the cyclists who have suffered at this location. Let's hope it works.

Anne Heller-Seago and I attended a Tacoma meeting on Streetscape design for downtown Tacoma. It was a preliminary meeting to showcase different ideas for making downtown more attractive.

During the past month, we noticed several cyclist conflicts with the new Light Link rail system in downtown Tacoma. We have reported our concerns to the local Sound Transit Office. Be careful around those new tracks.

Out on the Foothills' Trail, the Back Country Horsemen showed up to help us clear the old railroad right of way

along the Carbon River way up by the ghost town of Fairfax. Thanks to them we opened about 3 more miles of trail. It is now possible for an intrepid walker to hike about 6 miles of trail out in the wilderness along the river.

I had a work party along Chamber's Creek road to clear the trail parallel to the road. You can walk on the trail from the top of the hill down to the creek now. Not many people are showing up for these events and I have not found people to adopt the areas that I mentioned a few months ago. I will keep trying to find custodians for these areas.

FACTOIDS about Bicycling...

Check this out... it's excerpts from the "**Roadie Dictionary**". Thanks to Steve Brown for the idea. Anybody you know fit or use any of these definitions?

animal — Unhuman rider. Someone who rides up mountains in a 100 inch gear.

big meat — Large chainring.

carpet sprint — What happens when you ride off the rollers.

death ride — Training ride so hard that everyone is incoherent afterwards.

Elvis — "I was seeing Elvis!" I was hurting real bad out there.

February legs — That heavy, stoney feeling in your thighs.

ginzooed — What happens to your leg or knee when a spoke on a Spinergy wheel delaminates from the rim.

hammerhead — Someone who refuses to EVER ride easy.

invisible hill — A headwind.

jam — Keep a fast pace.

knocking and ping — Running out of energy while riding uphill.

lantern rouge — (French: Red light.) Awarded to last rider in. (From the red light that hangs on the last car of a train.)

moocher — Somebody that never has his/her own tools.

Newton's First Principle — Fruit Newtons never stay whole for more than 20 miles on any ride!

organ donor — A helmetless rider.

perf — Flat tire.

Real Cyclist — You are only a *Real Cyclist* when the net worth of your cycling equipment exceeds the net worth of your automobile(s) by a factor of $\geq 3!$

salad plate — The small chain ring. (As opposed to the big chain ring, dinner plate.)

Ti — Titanium, **Ti guy** — Titaniumophile, **tin can** — Any aluminum frame.

ugly — Hurt.

vulture — To circle at the top of a hill waiting for slower "friends".

wack, wacked — Running out of energy while riding.

Yammer, yammering — Chatting it up while riding.

Zoned, In the Zone — When you are riding well and there's no where else on Earth you'd rather be!



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

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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 Anne Heller @ 253-761-0709 for an assignment.



Cut out and send in with your check! Act now... seating is limited for this well attended event.

COOPER JONES License Plate EMBLEMS Available Now!



The Cooper Jones License Plate Emblem helps to raise awareness in bicycle and pedestrian safety. The emblem was created in commemoration of Cooper Jones, a young Spokane boy killed by a motorist while participating in a bicycle race. Emblem packets cost \$25 and contain one "Share The Road" emblem, a bumper sticker, a window cling and an information card. Money received from the sale of Cooper Jones License Plate Emblems provides funding for bicycle and pedestrian awareness, safety education, and enforcement.

per Jones License Plate Emblems provides funding for bicycle and pedestrian awareness, safety education, and enforcement.

Anyone may purchase as many emblems as they wish. Cooper Jones Emblem packets can be purchased online using a credit card by going directly to the Washington State Department of Printing's website: <https://wvs2.wa.gov/prt/printwa/wsprt/default.asp>. Click on "Shop by Agency" and look under "Traffic Safety Commission". You can also order an emblem packet by mailing a request along with your check in the amount of \$25.00 to: Department of Printing, P. O. Box 798, Olympia WA 98507-0798.

Look Sharp! Feel Sharp! Be Sharp! Bike Club Jerseys make good banquet attire. Guys... it'll look great under your blue blazer. Gals...it'll make a cute blouse to go with that tartan skirt... Just a thought... your editor.



Get yourself a new jersey!
 Call Peggy... the Jersey Lady at 253-841-5548 or jerseys@twbc.org



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

Prsrt Std
 U.S. Postage
 Paid
 Tacoma, WA
 Permit No. 151

JANUARY, 2003



mail to:



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