

**APRIL 2005**

**DAFFODIL CLASSIC 30<sup>TH</sup> YEAR  
ANNIVERSARY RIDE, April 17<sup>th</sup>, 2005**

On April 17 bicyclists throughout the area will participate in a tradition begun in 1976. For the past thirty years the Sunday after the Daffodil Parade finds riders heading out to Orting; some years they bask in the sunshine, some years they endure the rain. They always enjoy the scenery and the camaraderie of fellow cyclists as they take part in the Daffodil Classic, one of the best bicycling events in Western Washington.

While some things remain the same with the ride, there have been changes and improvements, too. In the beginning the ride was called the Daffodil Century and riders received patches to commemorate their achievement. The century riders received a different patch than the one given to the 50-mile riders. In 1982 Steve Lay suggested that the name of the ride be changed from the Daffodil Century to the Daffodil Classic. This simplified the ordering of patches since everyone could receive the same patch and the club didn't have to guess in advance how many gonzo riders would do the 100.

Another change from the early days is the trust the club now exhibits towards riders. During the 1970's riders were checked in at the rest stops to verify that they had indeed ridden the miles. Although this was before Rosie Ruiz "won" the Boston Marathon perhaps the club was afraid a rider would hitch a ride up A.P. Tubbs hill rather than ride the entire distance. Thankfully those days are past.

In recent years a family fun ride along the Foothills Trail has been added to the traditional 20, 50 and 100-mile routes. Also, all participants are invited to enjoy strawberry shortcake in the Orting City Park after the completion of whichever route they ride. No verification of mileage required! So, come out to ride on April 17. Regardless of what the weather does you are guaranteed a good time. And, as Bob Myrick says, the way to save Medicare is one cyclist at a time.

**REGISTRATION IS BACK IN  
ORTING CITY PARK THIS YEAR!**

Although the flyers for the Daffodil say the registration is at the school, plans did not jell this year. The pre-school is still having the pancake breakfast, but registration will be in the park, just like the old days. A touch of nostalgia, just for our loyal riders.

**VOLUNTEERS NEEDED! WE WANT YOU!  
BY Cynthia Hammer, TWBC Volunteer Coordinator**

The Tacoma Wheelmen are gearing up to host their annual Daffodil Classic Ride. To ensure that this event remain the primo cycling event it has been, we need to have you volunteer to help in some way.



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

Prsrt Std  
U.S. Postage  
Paid  
Tacoma, WA  
Permit No. 356

mail to:

Please note: You can become a member at [www.twbc.org](http://www.twbc.org). Click on 'Online' under the Join heading.

**Become a member of TWBC**

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 \_\_\_\_\_

Total Membership fee. .... \$ \_\_\_\_\_

Thanks for becoming a member of TWBC !

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

**the cog-nitive courier**  
since 1888  
tacoma wheelmen's bicycle club newsletter  
po box 112078 tacoma, wa 98411 253-759-2800



# The COG Home Page



## Club Officers and Volunteers

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Reporters: Various Members

Deadline for articles, 3<sup>rd</sup> Friday (after meeting)

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**EQUIPMENT MANAGER**

Joyce Clifford, 253-759-2393




**TWBC Ride Line  
253-759-2800  
UPDATED WEEKLY!**

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

**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 - Moderate 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, cue 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)



**Next Club Meeting:**

**Tuesday April  
19, 2005**

**Food galore!  
Door Prizes are back!**



## Hello from Colorado, (another Rockies Option)

We are bicyclists who live in Colorado and have enjoyed cycling with a group of friends. After training for several months, we organized tours of the Katy Trail in Missouri, the Mickelson Trail in South Dakota, and several trails in Michigan. We are all over 60 years old, and found that with training that we could enjoy cycling 40 or 50 miles a day for several days at a time. We also like to travel and tour, so we arranged to see some of the attractions of the areas that we were visiting.

One thing that we decided is that we really do NOT like to cycle on the busy streets and roads with cars and trucks. And, we don't like to camp or carry our luggage on our bicycles. We like to eat in good restaurants and stay in nice accommodations.

We travel with a leader and a sweep that keeps the group together. We also keep a van, (or vans) with the group in case anyone has a problem. At any time, a bicyclist can get in the van and continue the tour without any stigma or pressure to do more than he or she is physically able to do. Or if a person is just a little slow, but wants to complete the ride, the others encourage him or her along the way.

Out of our love for cycling with a group in a leisurely fashion, we decided to form a company to offer this style of bicycling to others. We know that there are many bicycle touring companies that mostly provide a map, directions, and a sag wagon. We want to provide that extra service that we described and ride on improved bicycle trails instead of roads and streets.

We have many bicycle trails here in Colorado. Many follow rivers or streams, or have great views of lakes or mountains. The best way to cycle them is one way. You can ride 30 or 40 miles along the path and see great views and really appreciate what our country has to offer.

We would like to let interested people know about us. We are leading one-day tours and 5-day tours along these great bicycle trails in Colorado. We also can lead custom tours to groups of 12 to 20 people. Right now, our tours include everything—fine hotels and meals, tickets to attractions, vans, guides, and comfort bicycles. A custom tour could include just the amenities requested (and thus be less costly). According to your criteria, our tours would probably be a 2, because we try to avoid hills—or go downhill!

Perhaps there are people in your club who would like to see Colorado on a bicycle. Is there a way that we could introduce ourselves to you? Could you post a short note in your newsletter?

We set up a web site at [www.coloradobicycletours.com](http://www.coloradobicycletours.com). My name is Peg Emery and my husband is Jack Emery. Our personal e-mail is [jackemery5@aol.com](mailto:jackemery5@aol.com). Will you send me an answer by e-mail and let me know what might be possible? Thanks so much for any help you can give us.

Sincerely,  
Peg and Jack Emery



**Lois Lane  
TWBC COG  
Newsletter  
Editor**

## Dear Readers and Fellow Cyclists,

The ride calendar is full of varied rides to suit every taste, thanks to our wonderful touring captain and our fabulous ride leaders. However, I also endeavor to include articles that may appeal to club members whose

interests are other than road riding. An example is the extreme sports article, the randonneuring article from last month and articles from other sources promoting their rides.

I would welcome input from you as to what other kinds of articles you would like to see in the Cog. Do you think the solicitations from outside the area for other rides are appropriate? Or would you like to contribute an article, opinion, recipe? Please contact me at [newsletter@twbc.org](mailto:newsletter@twbc.org). Let's get some dialog going!

I also encourage you to support the club through our rides. Ride the Daffodil Classic this April (the t-shirt is awesome!) or volunteer and ride. But let's get out there and support our club and do some riding!



## John, Bob, Skeeter the Wonder Dog and some Bent bike riders



## A Recommended Ride

By A. Rider

An interesting ride to the **Olympia Farmers Market** begins in DuPont. This or similar rides are on the schedule during the summer months, led by different ride leaders and varied routes. DuPont is easily accessible from I-5 with a choice of espresso shops, restaurants, and parking, so for this ride, we start at the Park & Ride on Wilmington Blvd., two blocks northwest of Center Drive (Exit 118).

From the P&R, the route returns to Center Drive, turning left for about a block and then right onto the I-5 ingress/egress lane\* toward the Mounts Rd. exit. Do not take this exit but continue straight on I-5 to the Nisqually Exit #114, which goes over the freeway to a signal. Continue up the hill (now called Martin Way) to the signal at the top of the hill (Meridian Rd.). Turn right, over the freeway and right at the roundabout, continuing on Meridian Rd. In about a mile, turn left on 31<sup>st</sup> Ave. At the next major intersection, turn left on Willamette Dr. This will lead you to another roundabout. Continue straight ahead on what is now called Britton Parkway. Continue on the Parkway, passing Carpenter Rd. on your left. Shortly thereafter, at a "Y", take the left on to Durham St., which shortly becomes 15<sup>th</sup> Ave. At a "T" in the road, turn right onto Sleater-Kinney; then left on 26<sup>th</sup> Ave. Make a quick left and right crossing South Bay Rd., then left on Bethel St. to San Francisco St. and the San Francisco Bakery; a popular stop for a quick muffin, etc. Turn right on San Francisco, down a short but very steep hill to East Bay Drive, left along the bay, right on Marine Drive and follow the 'white line' to the Farmers Market. This is a good place for fresh fruit, more bakery goodies, and/or lunch at one of the local fast food stands

As you leave the market, turn south toward the downtown area on Washington St. Continue south to 11<sup>th</sup> Ave., then left down the hill, crossing Jefferson St. (a semi-divided road) to 12<sup>th</sup> Ave. and right on Chestnut St. This leads to the entrance of the I-5 Bike Trail. It is about four miles long, crossing to the south side of I-5 using the Eastside St. overpass. Between Sleater-Kinney and College St., the route is on 3<sup>rd</sup> Ave. for about three blocks, then returns to a trail after crossing College St. and exiting on Martin Way near the Park & Ride at Exit 109.

Turn right on Martin Way and in about 2¼ miles, turn right on Marvin Rd., then left on Steilacoom Rd. In about 1½ miles, the road drops back to the valley on another short but steep hill and past a salmon hatchery. Turn right at a "Y" in the road on to 7<sup>th</sup> St. leading to the Old Pacific Highway. Turn left, cross the Nisqually River and up the hill. At the top, turn right onto I-5 and in about one mile, past the truck weigh station (not through), and take exit 118 to Center Drive, over the freeway, then right on to Wilmington Drive and back to the P&R.

The round trip, about 35 miles, has a variety of terrain with noted hills. This is an interesting route, mostly quiet back roads and the hills make it good training ride. Scheduled TWBC rides are a good way to meet and visit with other cyclists during the ride and at the various food stops. Maybe we will see you on the next one.

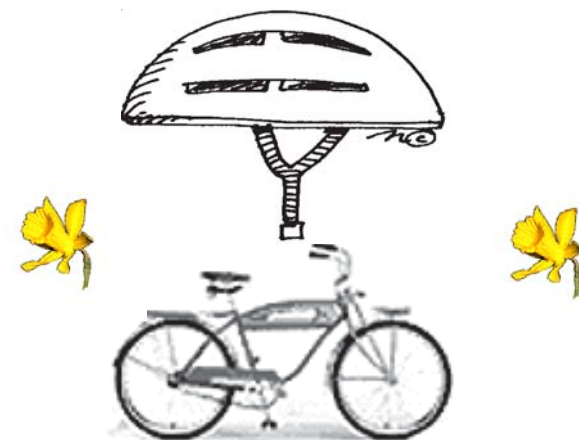
\*Note: Riding on I-5 may at first be intimidating. The shoulders are wide and usually clear of debris. Large vehicles may create a draft and riders should stay on the right side of the shoulder, depending on debris. Semi-trucks will occasionally move to a far lane or tap their horn so you are aware of their approach. RV's do not, so be aware of traffic approaching from the rear.

## Ride the Canadian Rockies – Max Welker

From May 21 to 23 join Louie Boitano and Max Welker for the Golden Triangle Ride, a fully supported 200 mile road ride near Banff in beautiful Alberta. Put on by the Elbow Valley Cycle Club, it features gorgeous scenery, hot springs, mountain passes and wonderful food. Camping is included but motels are available at your expense. Check it out at [www.elbowvalleycc.org](http://www.elbowvalleycc.org).

## Ride High in the Rockies July 9-24, 2005 Carol Davis & Tim Payne

We will begin our trip in Colorado Springs and head west to the San Juan Range, the "Switzerland" of America. We will tour southwestern Colorado through some of the most scenic country anywhere in the world. Mountain peaks, green valleys, hot springs, historic old west towns are just a few of the wonders we will encounter (along with beer, thunderstorms, laughter; but no wind or mosquitoes!) We will be accompanied by our club trailer as a SAG (a SAG driver is encouraged to apply!) Mileage will be approximately 50 miles a day, (you do understand the meaning of approximate.) This promises to be an adventure of a lifetime! Contact Tim Payne, [paynet@msn.com](mailto:paynet@msn.com), 360-871-4478; or Carol Davis, [bicyclguy@aol.com](mailto:bicyclguy@aol.com), 253-857-5396 to be included. There are a couple spots still open!



## Trail opponents withdraw from hearing, want appeal – E. Lk. Sammamish Trail might be open sooner than expected

2005-03-11 by [Chris Winters](#) Journal Reporter

Opponents of King County's plan to complete the East Lake Sammamish Trail have officially withdrawn from the proceedings to determine if King County was properly given a land-use permit for the trail.

In a letter to Hearing Examiner John Galt, the East Lake Sammamish Community Association, representing a number of waterfront homeowners whose properties would be bisected by the trail, said that while it was withdrawing from the proceedings, it was not conceding that the county is entitled to a permit.

"We have notified the hearing examiner that we don't think they've got proper jurisdiction to hear the case," said Hank Waggoner, president of ELSCA. "We think it really needs to be heard in federal court," Waggoner said. Attorneys Peter Eglick and Mike Witek are no longer representing ELSCA and could not be reached for comment. Waggoner said the group has not retained another attorney for the planned federal appeal either.

He said that donations to the association from the community have been holding steady. "Money's always been a concern," Waggoner said. "We have to spend it where we think the best results are."

He said and wrote in his letter that ESLCA plans to appeal a federal court decision that said Sammamish couldn't require King County to consider a route for the trail outside of the federal railroad corridor.

The route of the trail has been the crux for years of legal wrangling that has prevented the 7-mile section of the trail running through Sammamish from opening. King County opened the Redmond and Issaquah legs of the trail last year.

While the trail was originally planned for the Burlington Northern Santa Fe right of way along the shore of Lake Sammamish, residents have fought the trail, instead proposing an alternate route that left the railbed and didn't cross as many property lines. In January, a federal judge ruled that the federal Rails-to-Trails law preempted any local ordinances, and that the trail couldn't be prevented from going in the right of way.

Attorney Peter Goldman, representing King County and a group of residents supporting the trail, said ELSCA's withdrawal meant the trail could be opened sooner than expected.

"The way we read this is that with them withdrawing from this case, our interpretation is that the fight over the (permit) is essentially in Galt's hands and will be dealt with expeditiously," Goldman said.

An appeal of the federal case, he said, bypasses the entire issue of the permit, and would possibly take years. In the meantime, there is no stay against the county.

"By the time the federal court rules, the permit will be granted and the trail will be opened," Goldman said.

King County has not yet obtained a shoreline permit, and Goldman acknowledged that ELSCA could appeal that permit and stretch out the process even more. He added he's not worried about it.

"The shoreline permit is not a land-use permit. It's just to see if the permit is consistent with the city's master plan. A trail on a railroad right of way is probably consistent with the plan," Goldman said.

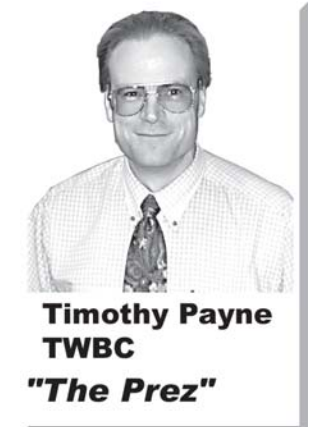
"The state shoreline plan can't force the trail somewhere else," he added. "This is a federal railroad corridor and it enjoys federal law."

Chris Winters can be reached at [chris.winters@kingcountyjournal.com](mailto:chris.winters@kingcountyjournal.com) or at 425-453-4232.

## TIRE BUZZ

By President

Tim Payne



Looking for words of wisdom from our prolific prez? Tim is taking a well-deserved break this month, but will be back in fine form for May.  
The Editor



## Tacoma-Pierce County Bike Month

The first Tacoma-Pierce County Bike Month happens mid-April through May. Co-sponsored by the City of Tacoma, Pierce County, and the Tacoma Wheelmen, the series of events and rides highlights the transportation, recreation, and health benefits of bicycling for people of all ages. TWBC members are invited to assist on novice rides, help at Farmer's Markets in May, or organize additional rides as Bike Month celebrates and appreciates cycling and cycling in Tacoma Pierce County.

According to organizer Megan Roberts, Bike Month has two particular goals. A first goal is to interest non-cyclists and remind former riders about the fun and benefits of cycling. There will be information and demonstrations emphasizing cycling's health effects, including cardiovascular fitness and weight control. Experienced riders will offer advice on equipment and bike maintenance. Short, friendly rides will give new riders a chance to hit the streets. Roberts hopes the information and the riding experiences will help riders get ready for early June's Carless Commute, and the Tour de Pierce ride on June 26th "We would like people with a bike in the back of the garage or stored in the basement to get back to riding," says Roberts.

Another goal of Bike Month is to recognize the on-going activities of area cycling and related groups, including the Wheelmen, Single Track Mind, and Foothills Trail Coalition. The activities of each group will be promoted at Bike Month events and on the calendar. Bike Month will also educate the community about the accomplishments, goals, and advocacy concerns of various organizations.

Bike Month kicks off on April 17th along with the Daffodil Classic. Events continue through May 22. Go to [www.piercetrips.org](http://www.piercetrips.org) for specific events. For more information or to volunteer, call 591-5380 or email [bikemonth@cityoftacoma.org](mailto:bikemonth@cityoftacoma.org)



## Annual Safety Fair - Volunteers Needed

On Sat, April 30th is the date of the Annual Safety Fair at the Tacoma Mall. Once again the fair will have bicycle helmets at a low price for children and adults. Each helmet comes with a free fitting and that is where we need volunteers. Take the time out of busy schedule to help get more helmets on children in Pierce County. The fair will be from 10 am - 3pm. Training will be held on Thursday April 28th starting at 7pm, at the Roundtable Pizza on N.26th and Pearl street. This year there is a new helmet so you are invited to the training even if you have done it before. Pizza and beverages will be served along with a training video. For more information call Carla at 253 879-0115.

## Memorial Day Weekend- Wine and Bicycling

I am planning a trip over to the Yakima Wine Country. Did this trip several years ago and never got to see a winery, that will be different on this year. Planning to drive over Sat. morning, do some riding around Yakima and the valley over the long weekend. Will have more information in the May newsletter about place to stay and rides that will be done. For more information call Carla at 253 879-0115.

## April Meeting Presentation

You are serious about bicycling. There are many benefits, but we all have our own personal reasons for why we ride. At the April meeting we will explore fitness of mind, body, and spirit - from a different perspective. We'll have a discussion and an exciting presentation by some people who are serious about fitness via a martial art called Shaolin Kung Fu. You may well find some interesting similarities between their concepts and yours.

## NEW HELMET HOURS

Tacoma Clinic: 1112 South Fifth Street; Tuesday 9 am – noon - Thursday 2 pm - 5 pm

Kent Clinic: Thursday 3 pm - 5 pm

Olympia Clinic: 1st Wednesday of ea. Month) 3 pm - 5 pm

Silverdale Clinic: Wednesday 2 pm - 5 pm

Covington Clinic: 2nd Tuesday of ea. Month 3 pm - 5 pm

**Wanted:** Looking for free or low cost Yakima or Thule bike rack system for old full size Ford Station Wagon. This rack would fit cars with rain gutters and be about six feet wide. Rack is needed for station wagon to carry a three wheeled recumbent bike while carrying several bikes on top. Reply to Bob Myrick at 473-7455 or John Ernest Berry III.

## Extreme Sports Are in the Northwest!

Terra Events is proud to announce the 2005 Terra Sprint Series, Oregon's only adventure racing series! This is a fast paced, dynamic series designed to provide the experienced athlete with a tough challenge they will be proud to complete. In addition we offer a shorter format course for beginner and intermediate racers.

All four of the races - Mountain, Urban, Gorge, and Ocean – will challenge you and your team who will mountain bike, trek, ropes, paddle, snowshoe, and tackle tough navigation to make it back to the finish line.

The Terra Sprint Series race locations are all within a 1-2 hour drive of downtown Portland, and feature 'race in a day' format to minimize travel time and expenses. Choose from the shorter 'Sport Course' (3 to 6 hours) for beginning-to-intermediate racers, or the longer and highly challenging 'Pro Course' (6 to 12 hours) for experienced adventure racers. Both race formats will feature highly challenging navigation, and demand a lot from you and your team. Are you up for the challenge?

Terra Sprint Mountain - March 26 - Mt. Hood, OR  
Terra Sprint Urban - June 4th - Downtown Portland, OR  
Terra Sprint Gorge - July 16th - Columbia River Gorge, OR  
Terra Sprint Ocean - Oct 1st - North Coast, OR

Visit us at [www.TerraEvents.com](http://www.TerraEvents.com) for complete details on our races and advanced Navigation, Ropes, and Paddling clinics.

## Government cont. from page 5

road surface whether the crossing has been improved or not. I met some "field" representatives from WSDOT this past month out on SR507 between the Roy Y and McKenna. WSDOT is planning on resurfacing the highway this summer and the crossings controlled by Tacoma Rail will be improved by WSDOT.

The weather this past month continued to be great for cycling. Many days reached summer like temperatures. We rode on the Sammamish River Trail on a summer like Sunday and I had never seen so many bikes, skates and walkers occupying a little ten-foot wide patch of asphalt. It was great. Get out there and ride as much as possible. We really can save Medicare one cyclist at a time.



**Bob Myrick**  
TWBC Director of  
Community and  
Government  
Affairs



## Finding the Perfect Bicycle Seat: The Most Comprehensive Book on Ergonomic Bicycle Seats and What it All Means for You TM

by Joshua Cohen PT, MSc  
joshuacohen1@hotmail.com RBR Publishing Company  
Website: [www.RoadBikeRider.com/pbs\\_page.htm](http://www.RoadBikeRider.com/pbs_page.htm)  
New book about bicycle seats helps cyclists understand all of the current known facts about the effect of seat design on sexual health. Chapel Hill, NC –

Every cyclist is eventually confronted by the desire for a more comfortable bicycle seat that helps avoid sexual problems and other groin-related injuries. The difficulty is telling the facts from the marketing hype when shopping for a new seat.

In the first book of its kind, Joshua Cohen details exactly what to look for when selecting a bicycle seat. His cycling experience and extensive research in ergonomic bicycle seat design allows him to clearly explain:

- The history of seat design
- Common problems that seats cause for cyclists
- Human anatomy that cyclists need to know when choosing seats
- The facts about the relationship of bicycle seats and erectile dysfunction
- How various aspects of seat design impact comfort and health
- A new seat design that addresses the key risks

With a background in biomechanics, product design and physical therapy, Joshua Cohen writes from his knowledge of recent bicycle seat research and findings from a new university testing procedure. He recognizes that no seat is perfect for everyone. His objective is to teach each cyclist how to evaluate any seat objectively to decide if it will provide both comfort and safety.

The book includes 27 photos, illustrations and tables as well as 35 scientific references. The forward is by Ed Pavelka, former editor of Bicycling magazine, the first cycling publication to explore the potential sexual risks that result from sitting on a bicycle seat.

Finding the Perfect Bicycle Seat was released January 27, 2005, in paperback format in select bike shops. The primary source on the internet is [RoadBikeRider.com](http://RoadBikeRider.com), which also sells the eBook version. For additional information, please visit: [www.RoadBikeRider.com](http://www.RoadBikeRider.com)



## Gearing Up for Courage Classic

It's run 13 years previously and as previously it's getting close to the time to shift down to that favored gear, stand up on the pedals and grind again.

This year marks the 14<sup>th</sup> year of Mary Bridge Hospital's fund-raiser ride which several of us look forward to repeatedly. One small group is intent again on completing the three-day ride in one day. We're fortunate in having like-types in France next July, but for the more mortal of us three days of zeal for the ride and the cause will be ample. Again this year, radio personality and ride manager extraordinaire Jeff Randall is the man to assist you with this phenomenal event, the 2005 Courage Classic for Mary Bridge Children's Hospital (1-800-39 cycle).

As for my part in a separate and independent event with a common contribution destination, (one that has less zeal for compressing 3 mountain passes into a day ride but has much for local kids) I've proposed the Wilkeson Self-Timed Bike Climb on April 24<sup>th</sup>. Although approx. 1/2 the elevation/mileage of (1) courage day it will be a good ride resource for the effort-hopefully. All proceeds will go to the same Courage Classic fund. The intent is that riders registered with C. C. 2005 are invited to credit their registration donation as a personal pledge to their own sponsorship list as well as those of their registered riding acquaintances.

Again, the Wilkeson Self-Timed is a supporting ride for MBCH/ Courage Classic by the community and not a Mary Bridge-sponsored project. Whether interested in riding, sponsoring a rider, or working the ride crew, I'd be glad to hear from you or - your donation would be appreciatively accepted directly by Mary Bridge. For this Wilkeson ride, I'd get a registration number to you pending donation verification and signed rider release.

Thanks, Bill Whitlow 253 863 3890



## Ride for a Cause

My name is Kerry Hills, and I have enjoyed cycling ever since I got started as a teen when my Mom belonged to TWBC in the 80's. Although most of the time I just cycle by myself to get away the last 3 summers I have participated in rides like Tour de Pierce and STP. Last year after completing the SIP as a one day rider I started thinking about a trans-continental ride. This June I plan to leave my home here in Lakewood and head out to PA, and if all goes well I plan on taking 25 days at about 100 miles per day. Along with the goal of completing the ride I have also set a goal for myself to raise \$2500 in donations for the Lance Armstrong Foundation.

My motivation for this ride is that like many I have witnessed 1st hand how cancer can change the lives of those around us even when an individual is strong enough to survive. While cancer took my grandfather years ago I am happy to say that both of my parents are cancer survivors. I am not sure where I would be at this point in my life had it not been for the support of my parents. Even today at the age of 35 they are very involved with my life and continue to be two of my biggest supporters.

The fight against cancer is not an easy task, but an organization that bears the name of the man who came back from cancer to win six consecutive Tours de France can aim for nothing less. Join me in supporting the Lance Armstrong Foundation in their efforts by making a donation by sending a check or money order. Please make your check payable to the Lance Armstrong Foundation and put my Peloton number 200258510 in the memo portion of the check. Your donation to the Peloton Project will help the LAF support people affected by cancer through advocacy, research, education and public health programs. Please mail it back to the address listed below so that I can mail all the checks to the LAF in groups with correct documentation. Any amount of support would be greatly appreciated and if you could talk with other TWBC member that would help as well.

Sincerely, Kerry Hills <http://kerry-hills.tripod.com> 8913 Dolly Madison ST SW Lakewood, WA 98498

## Government Affairs Report

Our committee got together on an odd day for us, Wednesday, March 2. Our next meeting will be back to normal on Tuesday, April 5 at 7pm at the Taqueria Guadalajara in the Stadium District at 1st and Tacoma Avenue. We reviewed several new and continuing items as follows.

1. Complimentary Newsletters. I have finally moved the list of our "free" recipients from the kitchen to the dining room table and I hope to revise the list before we leave for the Lewis and Clark trip.
2. Bike Lobby Day. On February 24, we gathered in Olympia to work with the Bicycle Alliance of Washington to support several measures before the Legislature. We lobbied for the "Safe Passing" law, the Bicycle License Plate law, and for increased funding for bicycle friendly facilities. Meanwhile, Senator Rosa Franklin's Bill to incorporate "physical activity" throughout State programs has passed thru the Senate and is over in the House waiting for John Berry and me to move it thru the Health Committee.
3. Puget Sound Regional Council's Enhancements Committee. I attended our first meeting on February 28 along with Ernie Bay from the Foothills Rails to Trails Coalition. There will be from \$15 to \$18 million available for Enhancements grants in the Puget Sound Region. Additionally, \$8 to \$9 million will be available on a Statewide basis to distribute as grants for Enhancements. This money comes from the Federal Highway Program and it is the funding from 2004, 2005 and 2006 all put together in one big package. I will continue to lobby for grants to missing urban trail connections and arterial sidewalks since Tacoma needs grant monies to properly connect to the new Scott Pierson Trail. Scott's trail is being built now along the SR16 corridor thru Tacoma from Pearl Street to Union Avenue. The contracts were awarded this spring to widen SR16 for car pool lanes and the work includes the trail construction.
4. Ashford-Elbe Trail. Our Advisory Committee met on March 1 to finalize the release of the draft plan for the "Upper Nisqually Heritage Trail" running from Elbe to Ashford. The final plan should be released by the National Park Service this Summer and I hope that

Pierce County Parks will find State IAC funding for this project. On my return from St. Louis this fall, I would like to go up there and begin creating a single track trail so use of the trail can begin.

5. Try Your Bike Month. I understand that Sue Tjardes has submitted an article to guide you and me thru a 30-day celebration period where we will endeavor to get others to try their bikes. I hope you will volunteer to help and to participate as much as possible.
6. Jan Wolcott's Retirement. Jan announced he would be retiring as Director of Pierce County Parks in August. Ernie Bay wrote a great article in the March Foothills newsletter about the past 18 years effort to build the trail. Jan approached Ernie and asked Ernie to create the Foothills Coalition to assist the County in moving forward against great opposition to the trail construction. As we know, the trail continues to move forward towards Sumner, Puyallup, Wilkeson, and Buckley. It will reach to the border of Mount Rainier before we are finished.
7. Representative Adam Smith. On March 3, Barb Culp from the Bicycle Alliance of Washington and I met with staff of Representative Smith in his Tacoma office to discuss our efforts to improve conditions for cycling to meet our mission of promoting cycling for health, recreation and transportation. Barb went to the "Bike Summit" in Washington DC this past month to do some mining for dollars. Hopefully, we will help the Medicare and Medicaid programs reduce their costs if we can get more people to eat right, walk and use their bikes.
8. Lakewood. As indicated last month, Andrew Neiditz has moved from Sumner to Lakewood to become the City Manager. If you live in Lakewood, it is time to lobby the City to review their bike plan and move forward in implementing the plan throughout the City. Andrew has participated in the Courage Classic for several years and is friendly towards cyclists and their efforts to improve their communities for their health, recreation and transportation.
9. Roy Railroad Track Crossings. We have decided that track crossings are a matter of Statewide significance and WSDOT needs to address the problem throughout the State. At the same time, we know that cyclists will continue to crash on tracks that cross highways at an angle. We should all continue to exercise great restraint when crossing tracks that angle across the

Government Continued on p.8



**In Olympia, the Senate has passed SB 5186**, an act that would promote statewide policy and planning efforts to increase access to free or inexpensive opportunities for physical activity like biking and walking. The bill has been sent to the House where it currently sits in the Health Care Committee.

If 5186 is passed, state agencies awarding grants and loans will be directed to give preference to cities, counties and towns that have policies and urban planning approaches that promote physical activity, and incorporate policy and infrastructure changes that promote non-motorized transportation. The bill would also direct the Superintendent of Public Instruction to promote adoption of school-based curricula and policies that provide quality physical education for all students.

**Action Needed:**

Please contact members of the House Health Care Committee and ask them to support 5186. If you are a constituent of one of these members, please personalize your message to them and indicate that you are a constituent.

**Health Care Committee:**

Eileen Cody, [cody\\_ei@leg.wa.gov](mailto:cody_ei@leg.wa.gov); Dawn Morrell, [morrell\\_da@leg.wa.gov](mailto:morrell_da@leg.wa.gov); Sherry Appleton, [appleton\\_sh@leg.wa.gov](mailto:appleton_sh@leg.wa.gov); Judy Clibborn, [clibborn\\_ju@leg.wa.gov](mailto:clibborn_ju@leg.wa.gov); Tami Green, [green\\_ta@leg.wa.gov](mailto:green_ta@leg.wa.gov); Jim Moeller, [moeller\\_ji@leg.wa.gov](mailto:moeller_ji@leg.wa.gov); Shay Schual-Berke, [schual\\_sh@leg.wa.gov](mailto:schual_sh@leg.wa.gov); Barbara Bailey, [bailey\\_ba@leg.wa.gov](mailto:bailey_ba@leg.wa.gov); Gary Alexander [alexande\\_ga@leg.wa.gov](mailto:alexande_ga@leg.wa.gov); Cary Condotta, [condotta\\_ca@leg.wa.gov](mailto:condotta_ca@leg.wa.gov); Richard Curtis [curtis\\_ri@leg.wa.gov](mailto:curtis_ri@leg.wa.gov); Bill Hinkle, [hinkle\\_bi@leg.wa.gov](mailto:hinkle_bi@leg.wa.gov); Mary Skinner [skinner\\_ma@leg.wa.gov](mailto:skinner_ma@leg.wa.gov).

Want more specifics on the bill? Go to <http://www1.leg.wa.gov/Legislature/>. Enter 5186 under bill search.

**Good news!** Last week the Full House passed HB 1108, the Safe Passing bill supported by the Bicycle Alliance. The bill has now moved to the Senate and is in the Transportation Committee.

**Action needed:** please contact members of the Senate Transportation Committee and ask them to support bill 1108. Committee members and email addresses follow.

If passed, 1108 will prohibit motorists from passing on the left side of the roadway if a bicyclist or pedestrian is within view and approaching from the opposite direction.

Senate Transportation Committee members: Mary Margaret Haugen, [mailto:haugen\\_ma@leg.wa.gov](mailto:haugen_ma@leg.wa.gov); Ken Jacobsen, [mailto:jacobsen\\_ke@leg.wa.gov](mailto:jacobsen_ke@leg.wa.gov); Erik Poulsen, [mailto:poulsen\\_er@leg.wa.gov](mailto:poulsen_er@leg.wa.gov); Tracy Eide, [mailto:eide\\_tr@leg.wa.gov](mailto:eide_tr@leg.wa.gov); Jim Kastama, [mailto:kastama\\_ja@leg.wa.gov](mailto:kastama_ja@leg.wa.gov); Tim Sheldon, [mailto:sheldon\\_ti@leg.wa.gov](mailto:sheldon_ti@leg.wa.gov); Harriet Spanel, [mailto:spanel\\_ha@leg.wa.gov](mailto:spanel_ha@leg.wa.gov); Brian Weinstein,

[mailto:weinstein\\_br@leg.wa.gov](mailto:weinstein_br@leg.wa.gov); Dan Swecker, [mailto:swecker\\_da@leg.wa.gov](mailto:swecker_da@leg.wa.gov); Brad Benson, [mailto:benson\\_br@leg.wa.gov](mailto:benson_br@leg.wa.gov); Luke Esser, [mailto:esser\\_lu@leg.wa.gov](mailto:esser_lu@leg.wa.gov); Joyce Mulliken, [mailto:mulliken\\_jo@leg.wa.gov](mailto:mulliken_jo@leg.wa.gov); Bob Oke, [mailto:oke\\_bo@leg.wa.gov](mailto:oke_bo@leg.wa.gov).

Thanks for taking swift action!

**Bicyclists in Washington** — there's good news from Olympia! We're getting closer to having a Share the Road License Plate in our home state! House Bill 1254 to create a specialty license plate that would support bike safety and education is moving out of the House Rules Committee and should soon be up for a full vote by our state House of Representatives.

A companion bill in the Senate may or may not make it out of the Senate Rules Committee but we'll keep you posted on that one if you need to take action.

Meanwhile, please take a minute to let your House Rep know that you support HB 1254, and that if the bill passes and the plates become available in January 2006 as scheduled, that you'd buy a Share the Road license plate!

To find your legislator's email or telephone number, just click on the link below and enter your home address: <http://www.leg.wa.gov/districtfinder/Default.aspx>

Thanks for helping us make the roadways safer for ALL users!



**Hood Canal Bridge Work Begins!**

By: Louise McGrody, Bicycle Alliance of Washington

Cyclists: If you plan to travel across the Hood Canal Bridge, please read on!

Crews have begun shifting lanes across the State Route 104 Hood Canal Bridge to make room for widening the north half of the bridge that begins in April. Travel lanes will remain a standard 12-foot width, but both directions will be shifted 2 feet to the south. This will leave just a 1-foot shy distance from the barriers. Bicyclists will need to ride in the traffic lane and should use caution.

Special permission is required for all oversize loads 11 feet and wider. Oversize load movements will be allowed Monday - Thursday, 9AM to 3PM, Friday from 9AM to 1PM, and Saturday and Sunday from 4:30AM to 7:30PM.

For more information, contact project director Eric Soderquist at 306.357.2602. Info on the Hood Canal Bridge project may also be found on line at [www.hoodcanalbridge.com](http://www.hoodcanalbridge.com).

Day	Date	Time	Distance	Ride Code	Leader	Contact at (253)	Ride or Activity
Fri	04/01	6:30 PM	00	00	Ralph Wessels	857-5658, 549-6952 cell	RAPSody Meeting w/ 5 Sisters @ Poodle Dog Restaurant in Fife. Confirm location w/ Ralph.
Sat	04/02	9 AM	50	2 B	Louie Boitano	922-1168	Daffodil Pre-ride, Kapowsin loop. Start: Orting Bell Tower.
Sun	04/03	10 AM	???	2 C	Max Welker	572-3415	Hilly Vashon Ride, bring lunch if warm weather; heavy rain cancels. Start: Pt. Defiance Ferry, 10:10 AM ferry.
Sun	04/03	Noon	2-3 hrs	1, slow 5 -12 mph	Bob Myrick, & John Berry w/ 3 wheel'd 'bent!	473-7455	Ride the Snoqualmie Valley Trail. between Carnation & Duvall. Rain, very cold cancels. Start: Trailhead in Carnation.
Mon	04/04	9:30 AM	12 - 22	1 or 2	David Barton	759-2393	Get in Shape w/ David. Start: Starbuck's @ N 26 & Proctor.
Tues	04/05	Call	Call	Call	Call	Ride Line	Tuesday AM Ride. Call Ride Line for details.
Tues	04/05	7 PM	00	00	Bob Myrick	473-7455	<b>Government Affairs Meeting</b> @ the Guadalajara Taqueria in the Stadium neighborhood @ 1st & Tacoma Avenue.
Thurs	04/07	Call	Ride	Line	Bob Myrick	473-7455	King Road Adventure Ride. Check Ride Line for details.
Sat	04/09	9 AM	50	2 B	Louie Boitano	922-1168	Ride to Ballard Locks. Start: Ft. Dent Park.
Sat	04/09	10 AM	35	2 B	Jim De Young	912-0757	Ride to Olympia Farmer's Market. Start: Dupont P & R, exit 118.
Sun	04/10	9 AM	50	2 B	Ralph Wessels	857-5658	Daffodil Pre-ride, Buckley loop. Start: Sumner Library.
Sun	04/10	Noon	2-3 hrs	1, slow 5 -12 mph	Bob Myrick, & John Berry w/ 3 wheel'd 'bent!	473-7455	Rattlesnake Lake on gravel. Rain, very cold cancels. Start: North Bend Library.
Mon	04/11	9:30 AM	12 - 22	1 or 2	David Barton	759-2393	Get in Shape w/ David. Start: Starbuck's @ N 26 & Proctor.
Mon	04/11	06:30 PM	00	00	Joyce Clifford	759-2393	<b>Special Events Meeting</b> for Daffodil, PMC & Headwaters, @ Joyce C's, 3811 N Madison.
Tues	04/12	Call	Call	Call	Call	Ride Line	Tuesday AM Ride. Call Ride Line for details.





# twbc monthly event schedule

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

Day	Date	Time	Dist- ance	Ride Code	Leader	Contact at (253)	Ride or Activity
Tues	04/12	6:30 PM	00	00	Tim Payne	360- 871-4478	<b>Board Meeting</b> @ the Kim Ahn Restaurant across from TCC on Mildred.
Weds	04/13	9:30 AM	2 hr	2 C	Max Welker	572-3415	North End Hills. Start: Starbuck's @ N 26 & Proctor.
Thurs	04/14	Call	Ride	Line	Bob Myrick	473-7455	Brooklyn Adventure Ride. Check Ride Line.
Fri	04/15	2 PM; 6 PM	00; 20	00; 1 A	Carla Gramlich	879-0115	Work Party on Foothills Trail; then bike ride. Start: Orting Bell Tower.
Sat	04/16	8 AM	30 - 35	2 B	Steve & Phyllis Lay	759-1816	Spanaway Senior Center Pancake Bkft, \$3. Start: Starbuck's @ N 26 & Proctor.
Sat	04/16	9:30 AM	51	2 B	Bob Myrick	473-7455	Joint Ride w/ West Sound Cycling Club to Annie's Bistro for lunch in Yelm. Start: McD's, 112th & Pacific.
<b>Sun</b>	<b>04/17</b>	7 AM - Noon	All	All	TWBC	Ride Line	<b>TWBC's DAFFODIL CLASSIC;</b> Start: Orting Elementary School.
Mon	04/18	9:30 AM	12 - 22	1 or 2	David Barton	759-2393	Get in Shape w/ David. Start: Starbuck's @ N 26 & Proctor.
Tues	04/19	Call	Call	Call	Call	Ride Line	Tuesday AM Ride. Call Ride Line for details.
Tues	04/19	7 PM	00	00	<b>TWBC</b>	759-2800	<b>April Club Meeting</b> @ South Park Community Center, 3851 S. Tacoma Way.
Weds	04/20	9:30 AM	2-3 hr	2 C	Max Welker	572-3415	North End Hills. Start: Starbuck's @ N 26 & Proctor.
Thurs	04/21	9:30 AM	???	2	D. Hushagen J. Clifford	922-5801, 759-2393	Java Jump. Start: Starbuck's @ N 26 & Proctor.
Sat - Sun	04/23 - 04/24	8 AM	50; 50	2 B	Steve & Phyllis Lay	759-1816	Self-contained camping trip to Millersylvania. Start: Day 1, S & P Lay's, 1320 N Cedar.
Sat	04/23	9:30 AM	50	2 B	Jim De Young	912-0757	Ft. Lewis Perimeter Ride. Start: Dupont P & R, exit 118.
Sun	04/24	9:30 AM	50 +	2 C	Roz & Carol Davis	857-5396; 380-8819 cell	Chilly Hilly Revisited. Start: Poulsbo location, check Ride Line for exact spot.
Sun	04/24	Noon	2-3 hrs	1, slow 5 -12 mph	Bob Myrick, & John Berry w/ 3 wheel'd 'bent!	473-7455	Ride the John Wayne Trail., graavel. Rain, very cold cancels. Start: Rattlesnake Lake.




# twbc monthly event schedule

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

Day	Date	Time	Dist- ance	Ride Code	Leader	Contact at (253)	Ride or Activity
Sun	04/24	All Day	62	All	Salem Bicycle Club	509- 363-7725	<b>Monster Cookie Century</b> , Salem, OR. www.salembicycleclub.org.
Mon	04/25	9:30 AM	12 - 22	1 or 2	David Barton	759-2393	Get in Shape w/ David. Start: Starbuck's @ N 26 & Proctor.
Tues	04/26	Call	Call	Call	Call	Ride Line	Tuesday AM Ride. Call Ride Line for details.
Weds	04/27	9:30 AM	2-3 hr	2 C	Max Welker	572-3415	North End Hills. Start: Starbuck's @ N 26 & Proctor.
Sat	04/30	10:30 AM	55	2 C	Tim Payne	219-4450 cell; 360- 871-4478	Port Townsend, Ft Worden to Ft Flagler Ride. Start: Ft Worden St Pk @ Flagpole on parade grounds (free parking @ this State Park).
<b>Sun</b>	<b>05/01</b>	All Day	32, 45 62	All	Pt. Townsend Bicycling Assoc.	360- 385-7567	<b>Rhody Ride</b> , Pt. Townsend, WA. Start: Haines Place P & R.
Tues	05/03	7 PM	00	00	Bob Myrick	473-7455	<b>Government Affairs Meeting</b> @ the Guadalajara Taqueria in the Stadium neighborhood @ 1st & Tacoma Avenue.
Sat	05/07	All Day	18, 35, 65, 103	All	Vancouver Bicycle Club	360- 834-6737	<b>Ride Around Clark County</b> , Vancouver, WA. www.vancouverbicycleclub.com.
Sat	05/07	All Day	25, 55, 72 & 100	All	Tri-City Bicycle Club	---	<b>Inland Empire Century</b> , Richland, WA. www.tricitybikeclub.org.
Sat	05/07	All Day	25 42, 62, 100	All	Skagit Bicycle Club	360- 757-2679	<b>Skagit Spring Classic</b> , Burlington, WA. www.skagitbicycleclub.org.
Sat - Mon	05/28 - 05/30	All Day	Lots	All	Carla Gramlich	879-0155	Week-end trip to Eastern WA.



## Bob's Ride Notes

1. Sunday, April 3, Noon, 0-20miles, -1, John Ernest Berry III, [Bob@473-7455](mailto:Bob@473-7455), Ride Snoqualmie Valley Trail from Carnation to Duvall, meet @ Loutsis Park, crushed gravel surface.
2. Thursday, April 7, 10Am, 48miles, 2C, Bob Myrick, 473-7455, King Road Adventure Ride starts at Back Memorial Park in Adna with 5miles of gravel.
3. Sunday, April 10, Noon, 0-20miles, -1, John "Eagle Scout" Berry, [Bob@473-7455](mailto:Bob@473-7455), Ride North Bend to Rattlesnake Lake, meet @ Library in downtown on the crushed gravel surface. This trail is about a 3 percent grade forever.
4. Thursday, April 14, 10AM, 73miles, 3C, Bob Myrick, 473-7455, Brooklyn Adventure Ride starts at Oakville Library and Police Station with 8miles of gravel and lunch in Arctic. No whiners or posers on this ride please.
5. Saturday, April 16, 9:30AM, 51miles, 2B, Bob Myrick, 473-7455, Yelm-Annie's Bistro for lunch. Joint ride w/ West Sound Cycling Club. Starts @ McDonalds @112th and Pacific Avenue.
6. Sunday, April 24, Noon, 0-20miles, -1, John Berry III, [Bob@473-7455](mailto:Bob@473-7455), Ride John Wayne Trail from Rattlesnake Lake Trailhead towards Snoqualmie Pass on gravel surface. This trail is a very gentle grade.
7. Thursday, April 28, 10AM, 30?miles, 2B, Bob Myrick, 473-7455, Puyallup Adventure Ride starts @ Freighthouse Square and follows Tacoma Pipeline Trail to Puyallup on gravel. Return route is along Puyallup River on asphalt, sand and gravel. No whiners, posers, or 23 C tires on this ride please.