



Tacoma Wheelmen's Bicycle Club
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Tacoma, WA 98411

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MAY 2005



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Name: _____

Address: _____

City, State: _____

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Individual person membership \$15 _____

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

Total Membership fee. \$ _____

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

TWBC Membership
PO Box 112078
Tacoma, WA 98411

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

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Events

Newsletter

Club Meeting Programs

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

MAY 2005

Wild Women (oops) Wheelmen in Arizona By Jan Brame

This year marks the first Wild Women's Spring Break Trip that accepted applications from the male members of the Wheelmen. The applications were carefully scrutinized and three were accepted to accompany the Wild Women to Arizona. Those who passed muster were Mike Schrum, Tony Thomas and Roger Ehret. They were accompanied by eleven of the Wild Women, namely: Carol Davis, Toni Matson, Sue Mathews, Debbie Hushagen, Carla Gramlich, Jan Brame, Diane Koch, Peggy Fjetland, Dolores Fitch, Marilyn Ehret and Mary Kubiszewski.

The gentlemen showed their worth immediately upon arrival in Phoenix. Roger, helped by his wife Marilyn, picked up the truck from Carol's brother and met us at the airport to pick up our luggage and our bike boxes for storage. They took the boxes to Carol's brother and transferred the luggage to a SUV to meet us at Glendale for the first night stay.

Meanwhile, although the hard case boxes of Diane and Tony got through oversize baggage, and Carla's Bike Friday arrived on the carousel, the cardboard bike boxes got shunted to another carrier. No one seemed to know how to actually get them onto the elevator. After finally getting the boxes, Jan's bike headset had its doohickey stuck and she could not get it unstuck to get the handlebars straight. Panic! Then Tony, with the help of an airport staffer's rubber mallet, pounded the crap out of it and got it unstuck. Hallelujah! The ride is on at last.

Mike, who drove to Phoenix, greeted us at the motel in Glendale after our hard 32 mile ride from the airport. Mike served us wine and cheese while we relaxed in the pool. Sublime!

So, the Wild Women were pretty happy that the Spring Break Trip had become co-ed. The first night's wine and cheese had, by the second night, turned into an act to follow. So 58 miles later in Wickenburg, after a long hot ride and a relaxing swim in the motel pool, Happy Hour again occurred with more wine, cheese and crackers courtesy of another duo of riders. With Dolores driving the SUV there was time to shop and get ready for the riders arrival.

The next day we started into the mountains north of Phoenix. We had some pretty stiff climbs that culminated with lunch in Yarnell at Buford's BBQ, that was quite the experience. Then we had a descent that was very cold and then arrived at our night's stop at Prescott (mile 69) where we warmed up in the hot tub and another even more extravagant Happy Hour provided by another duo.

Wild continued on page 5

Peninsula Metric Century, RAPSody, and Headwaters Century Are Coming! By Ralph Wessels

TWBC is continuing to organize for the remaining bike ride events that we host or co-host. Volunteers are needed for each of these events. You can check the available positions on the TWBC website or contact Cynthia Hammer at 752-0801 for any of the TWBC rides.

The next ride is the Peninsula Metric Century to be held June 5, 2005. Donna Daily has been quietly and diligently making arrangements for the ride since last December. Volunteers are currently beings sought for the approximately 60 positions needed to run the event. Carol Davis (857-5396 and Ralph Wessels (857-5758) are actively recruiting volunteers for the PMC so contact them on one of the club rides or give them a call. Volunteers will receive a T-shirt designed by the artistic and multi-talented Grace Daily as part of a class project, get to ride for free, and get to attend the volunteer pizza party afterwards.

The RAPSody (Ride Around Puget Sound) bike ride is a ride on August 27 to 28 that TWBC jointly hosts with B.I.K.E.S. of Everett, Capital Bicycle Club, Seattle Bicycle Club, and West Sound Cycling Club. All of the profits from the ride go to the Bicycle Alliance of Washington to support bicycle advocacy. (See Bob Myrick's GAC report for info on 2 of the 3 bills BAW helped pass this session). TWBC will be hosting the start and finish line at Tacoma Community College, managing bicycle traffic at the Pt. Defiance Ferry Terminal, and also managing the overnight and rest stop for 1-day riders in Shelton. About 45 volunteers are needed for the ride. Sorry, since TWBC is a co-host and the ride is focused on raising funds for bicycle advocacy (which helps us!!), you don't get to ride for free on this one. Volunteers can go on the Volunteer Pre-ride though to be held August 6 and 7 and will receive a fantastically cool T-shirt designed by Steve Lay. If you are riding the event, you can still volunteer on the morning of the ride and then start riding at

Rides continued on page 5

The COG Home Page

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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 May
17, 2005**

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

the Picture Page

SCENES FROM ARIZONA APRIL 3-9, 2005



Buford's Place in Yarnall



Fixing Carla's flat



Happy Hour in Wickenburg



Happy Hour in Sedona



Tres Homres on last night



Tri-State Odyssey July 30 – August 14, 2005

This tour will travel through parts of Washington, Idaho and Montana. Starting in Ellensburg we'll travel through the Columbia Gorge pass a petrified forest on the way to the Pot Holes of eastern Washington. Traveling to Jellystone Park with Yogi bear and on to the oldest state park in the northwest located on Chatcholet lake and ride 3600' across water on a uniquely structured bridge. We'll be heading off where cars can't go and into the hills where miners would go for a good time on a Saturday night. Following around and through the remnants of the great Missoula Lake that helped carve out and shape most of northern Idaho and eastern Washington into its present form. Climbing to levels only skiers dream of during the long days of winter. Along the mighty Columbia and the shoreline of Lake Roosevelt through rich farmland and bountiful orchards. Traveling into the foothills of the Cascades to a western town with a German flair and finally off to Old Blewett bringing back to Ellensburg to round up our trusty rusty steeds for the return journey to reality. If this sounds like your cup of tea, give us a call at 253-759-1816, and ask for Phyllis or Steve, because I don't believe the cats will respond.

The Commute Options team from Tacoma, Pierce County, and Pierce Transit have launched their new website www.piercetrips.com. In addition to information about Tacoma-Pierce County's Bike Month, this site provides bus schedules and stop locations, carpool resources and tips, and newsflashes on commuting-related happenings. PierceTrips.com will also keep you in the know on summer road construction, and don't miss the Costs-of-Driving Calculator, a quick way to feel even better about being on your bike.

The goals of Bike Month are to promote cycling opportunities in the area and to encourage non-cyclists to try riding. Bike Month plans short, friendly rides on May 1st (Foothills Trail in Orting), May 15 (Pt Defiance), and May 21 (Nature Center at Snake Lake) and will promote area cycling at various Farmers' Market throughout May. National Bike-to-Work Week will be observed with a Bike Hubbub at the UW-Tacoma plaza, Friday 20th, 3-5 p.m.

Wheelmen are invited to assist with rides or at the Farmers' Markets; call Megan at (253) 591-5380.

ADVENTURE CYCLING HITS MILESTONE, REPORTS STRONG GROWTH

MISSOULA, Montana—Adventure Cycling Association, the nation's premier bicycle touring organization, reports that on April 8 its data-entry staff processed the 200,000th membership received by the association in its 30-year history.

"Lucky member number Z-200,000 is Tom Nickell, of Cincinnati, Ohio," said membership and development director Julie Huck. The staff is presenting Tom a number of gifts, including a free year of membership, an Adventure Cycling jersey, a pair of sunglasses, a \$100 gift certificate for the Cyclosource catalog, and a DVD of the original Bikecentennial '76 movie."

Nickell, who currently enjoys short rides around Cincinnati, is keen on expanding his bicycling horizons and touring in Kentucky soon. He is an associate professor and research specialist at the University of Cincinnati's Smell Lab—and no, we are not making this up.

"We study olfaction, the sense of smell," Nickell said. "Our goal is to describe how an external chemical stimulus, an odorant, is transduced into the electrical signal that ultimately reaches the brain. Two projects are underway, both of which use electrophysiological methods. First, we study the mechanism of odorous transduction in a vertebrate, the northern grass frog. We are also studying olfactory transduction in an invertebrate, the nematode *Caenorhabditis elegans*."

"I can't help but wonder if Tom didn't sense this coming," quipped *Adventure Cyclist* magazine editor Michael Deme, who says he has a nose for suspicious news. "It just smells fishy."

"I think we should send him two-dozen jerseys," added communications director Susan Waters. "The ones just back from a staff ride—then he'd have some serious smell to study."

Stinky jokes aside, Huck reports that Adventure Cycling has enjoyed tremendous growth in recent years. "As recently as the year 2000 we had fewer than 33,000 members," she said. "Today, we claim 42,000 members—an increase of more than 25 percent in just five years.

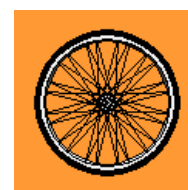
"Like in any group, our members come and go as their interests ebb and flow with the organization's mission," Huck explained. "Some members join for just a year or two while planning their 'big trip,' but many cyclists have made a lifetime commitment to Adventure Cycling. To date, we have 1,288 Life Members and over 2,000 members who have been with the organization for 20 years or more.

Adventure Cycling continued page 8

TIRE BUZZ

By President

Tim Payne



Timothy Payne
TWBC
"The Prez"

MANY FACES of the DAFFODIL

I am sure there will be other articles in the newsletter discussing another successful Daffodil Classic. Some of this may be redundant, but I am going to exercise executive privilege and soak up a little ink with some well-deserved praise.

First to our intrepid Daffodil Team of Joyce Clifford, Max Welker and Keith Bates: Joyce is a veteran at directing rides and did a masterful job of leading this team. Keith and Max are relative newcomers to both the club and to directing special events. The two of them put forth tremendous effort to learn what needed to be done and got it done. In case you did not notice this year's Daffodil was a bit different than the past several. Registration was moved from the comfort of the school to the openness of the park. This presented some interesting challenges for planning and setting up, but by Sunday morning, it appeared as though we had been doing it that way for years. Things seemed quite natural. This was also the 30th anniversary of the ride. Here again our intrepid trio produced a great souvenir and T-shirt to commemorate the passing of this significant milestone. Few of the 800 something riders who participated probably recognized the organizational and creative prowess of this team. I want to be sure our membership does recognize the ability of these dedicated folks. To Joyce, Max and Keith a job not only well done, but excellently done.

Next to our volunteers: I am usually a bit squeamish about calling out names of volunteers for fear of leaving out someone who really deserves special recognition. Each and every person who volunteered to work on this event did great service for the ride and the club. As a group you are without equals. Despite my misgivings, there are a few folks within the group whom I wish to name and recognize their special efforts.

Steve Lay, who spent hours designing the T-Shirt art for the event. I believe it is one of the most distinctive designs that I have seen for any bicycle event, anywhere. Thank you Steve!

Peg Winczewski has coordinated and purchased the food for our rides over the past year. Each ride we continue to get feedback from riders about how much they appreciate the variety, quantity and quality of the food we provide at our rest stops. Over the

past several events that has been due to Peg's efforts to acquire the food.

Bob Myrick has been an invisible army of one for so many years few people even realize all that Bob does in the back-ground to ensure our rides go without a hitch. Bob takes care of the permits and insurance. Bob does not particularly enjoy bureaucracy, but he sure does a great job of working through our many governmental and insurance agencies to make sure our rides are properly permitted and insured.

Jan Brame took on the job of coordinating the registration table this year. This is not an easy job, but I don't think I have ever seen registration go smoother than it did this year.

Dave Parker and Parker's Parkers – Dave has coordinated the parking for the Daffodil for a number of years. It never ceases to amaze me how he and his team of 14 volunteers manage to steer our riders into every available nook and cranny of Orting. This year, with the relocation of the ride start, Dave and his team were doubly challenged to get people directed to registration and the start. I saw no one wandering aimlessly through Orting looking for registration, so I think they did a creditable job of getting people directed to the correct locations.

Roz Davis, our inveterate truck driver. Not only does Roz drive the truck, he is also actively involved in the loading and unloading process, as well. Roz's Daffodil begins on Saturday when he picks up the truck, delivers it to be loaded, then finds somewhere to park it for the night AND fill the water barrels. Then, before the chickens are up on Sunday, Roz is behind the wheel making his way to Orting for a sunrise meeting with a group of hearty volunteers who redistribute the goods on the truck so that they reach their proper destinations. Then as quick as he arrives, Roz is off to Kapowsin and Dogwood to deliver all the makings of the rest stops for those two locations. Late in the day Roz will again climb behind the wheel to go back to Kapowsin and Dogwood to pick up equipment and left over food... makes for a long day.

Dena Wessels is an expert stuffer. Ever wonder who puts all the stuff in the plastic bags we get from local sports publications? Sometimes a team does it, but for this year's Daffodil, Dena single-handedly stuffed all 800 and some sacks. This is a task that requires several hours of mind-numbing assembly-line work to complete. Not only that, but Dena does all the pre-registration database work. Thank you to Dena for your hard work.

Ralph Wessels is a hard working willing participant in the organizational parts of our rides as well as participating as a volunteer on ride day. The club has not had a special event director for some time now, but Ralph has continued to fill the gaps of the most critical functions of that position for the past four years.

Tire Buzz continues on page 4

Tire Buzz continued from p.3

Phil Lux is Mr. Sag. For the Daffodil Phil not only did a shift of sag driving, he also drove his motor home out to Dogwood before first light to act as an outpost refuge for the people working there. Phil also rode in the event and did some duty in staffing the rest stop. For future rides Phil has volunteered to take on the role of sag coordinator to ensure all the sag shifts are filled and that sag drivers are properly equipped and informed. IT is so good to have people like Phil willing to step in and work on sag. IT is a very important part of our riders feeling some additional degree of comfort on our rides.

To all of our other volunteers who registered, parked, fed, sagged, marked courses, loaded trucks and a host of other tasks, thank you for your great work. Without you there would be no Daffodil Classic One rider provided comment to a board member that this was the best ride he had ever been on, from support, food, organization and the enthusiasm and the friendliness of the people working the ride, it was all top notch.

Good show Tacoma Wheelmen!

Lest we rest on our laurels, there is another ride rapidly approaching on June 5, the Peninsula Metric Century. We need your help on this ride, too. So please take a minute and sign up for one of the vacant volunteer roles, I know you will all do an excellent job.

Then there were the rider faces. I had the pleasure of working the late afternoon shift at the Dogwood rest stop. A couple that showed up fairly late in the afternoon on their new recumbent tandem. They were only going to ride 50, but felt so good they decided to go for 100 miles. About the time they arrived so did the rest stop mascot. A pigeon who insisted on perching on the edge of our rest stop canopy. Nothing seemed to bother the bird including the gusty winds that almost tore the cover right off the frame.

Then there was the Father/Daughter team, the very last people to show up at the rest stop. In fact, we had all but closed up shop when they pedaled in. Seems they had gotten a late start due to other Sunday morning activities. They registered as the registration table was closing, then went to their car to get their bikes. There they discovered that one of the bike front wheels was still resting safely in the garage at home. They drove back to Gig Harbor to pick up the wheel before returning to Orting to start the ride. Now that is dedication. What I remember even more was that the temperature had dropped into the lower middle forties and the young teen was standing there perfectly comfortable in a short sleeve, lightweight jersey. Ah to be young again!

There you have it, the Daffodil in human terms. The PMC is coming soon (June 5, 2005) better join us so that you too can have stories to tell of your own adventures.

PROPER BIKE for the CONDITIONS

I tend to believe that my road bike, properly equipped, can handle most surface conditions that I want to ride on. Well that turns out to not be quite the case. A recent ride found me a Beard's Hollow with my road bike, my son and his mountain bike. We had planned to take on the Discovery Trail, which stretches, from Illwaco to Long Beach. This is a beautiful trail; by the way, if you are ever on the Longbeach Peninsula it is worth a hike or a ride. The surface of the trail is crushed rock, mostly very well packed and smooth. But in a few places the surface is very coarse rock. I made it three quarters of a mile before hitting one of those places where there was coarse rock on the surface. A large, sharp piece of basalt reached up and stabbed its way clear through the sidewall of my nice road tire. Following a quick boot job and a new inner tube, we turned around and headed gingerly (at least I was riding gingerly, my son was full out and doing just fine) back to the car. Lesson learned, next time bring the mountain bike. Road tires, yes even 28-700's, are no match for coarse crushed rock.



NEW MEMBERS:

Eric Agar, Dorothy Walker, Gregg Erickson, Linda Bailey, Bill Surster, Trina Murphy, Roland Krebs, Leona Lisa, Greg Seabloom, Allyn Hughes, Rodney Spencer, Judy Fisher, Todd Kihara. Welcome and happy cycling!

RENEWING MEMBERS:

Todd & Barbie Pratt, Susan Hardie, Toni Matson, Ken & Cindy Stagg, Julia Ehr, Mark Horst, Scott Jones, Tom & Carol Cabe, Richard & Linda Walter, Eric Thomson, David Green, Ken Blaha, Ralph & Dena Wessels, John B. Lea, Jack Woods, Jan Wieser, Dave Langford, Bruce & Donna Daily, Don Izenman.



FOR SALE: Late '80's Davidson Double Century road tandem. Steel frame/fork, Shimano Exage 104 6 speed triple, 48 spoke Mavic wheels, 700x30ccIRC tires, SPD pedals. Nice periwinkle paint with some wear. Price \$800. Call Scott Green after 5pm 253-460-1256 Tacoma area.

WANTED: Neophyte rider looking for good used bike at reasonable price. 5' 10" 178 pounds. Call John Rowe 253-593-2104, cell 253-229-4104, or jrowe@mcconkeyco.com..



Our committee got together for our last official meeting until September on Tuesday, April 5. Go forth and ride your bike. We will meet again on Tuesday, September 6 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. Lakewood Bike/Ped Committee. I attended a meeting sponsored by Bob Warfield at the Lakewood Library to discuss the formation of a group to lobby for improvements in the bike/ped infrastructure. Bob had sent out an email announcement to TWBC and Foothills Trail members in the Lakewood area. There were nine people at this first meeting, but only one was a true citizen. The rest of us were government types or existing advocates. It may be necessary to call people and ask them to consider spending some time to be on a real citizen's committee. We also thought we might extend an invitation to Mountaineers and Running club people in the Lakewood area.

2. Bike Lobby Day. As a result of our efforts with the State Legislature, we have passed two important bills. First, House Bill 1108 was passed in the State Senate on a 46 to 1 vote. It provides better language to protect cyclists and pedestrians when a vehicle is trying to pass another vehicle. A vehicle must not pass when a cyclist or pedestrian is observed in the on-coming traffic flow. Second, Senate Bill 5186 has passed in the House of Representatives. It provides for increasing physical activity in the State by requiring that non-motorized transportation be included in the Growth Management Act, Comprehensive Planning, activities of WSDOT, the DSHS, and other planning activities of the State. It was sponsored by our own Senator Rosa Franklin.

3. Puget Sound Regional Council. I will be attending a meeting in late April at the PSRC to discuss and plan for the up-coming "call for projects" where \$15 to \$18 million will be available in the Puget Sound Region. Additionally, \$8 to \$9 million will be available on a Statewide basis. We hope the City of Tacoma will apply for grants to complete missing urban trail connections and arterial sidewalks to properly connect with the Scott Pierson Trail. I was told the tunnel under

South 19th Street near Metro Park Headquarters is under construction as part of Scott's Trail.

4. Ashford-Elbe Trail. There was a good turnout in Ashford for the release of the Upper Nisqually Heritage Trail document that describes the comprehensive plan for the trail. It was well received by the community. The plan should be finalized this Summer and be ready for Pierce County to begin the land acquisition, design and permitting for the project.

5. Try Your Bike Month. Check out the website, Piercetrips.com and look for a companion article in this newsletter. Sue Tjardes and Megan Roberts have dreamt up a very good schedule of activities that I hope you will consider participating in.

6. Railroad Track Crossings. I don't have much to report on our progress, but I want to remind you to slow down and cross tracks at a near 90 degree angle. Even though we filled in the tracks in Steilacoom, cyclists still are able to fall down on these tracks because the filler has shrunk and cyclists are coming thru too fast and at a bad angle.

Please get out there and ride as much as possible. We will be leaving for RAGBRAI around the first of June. I should arrive in St. Louis by bicycle around August 15 and fly back about August 30. We have to save Medicaid and Medicare one cyclist at a time.

Adventure Cycling continued from page9

"We are very excited to welcome member number 200,000. It makes me feel good knowing we have helped so many cyclists over the last three decades. Adventure Cycling Association acts on the national level to provide information to cyclists, while our membership acts on the local level to inspire others to ride—and what a great combination that is."

According to executive director Jim Sayer, Adventure Cycling's rapid expansion reflects trends in the greater cycling industry. "The Outdoor Industry Association's numbers show that bicycling—especially road riding—was the top form of outdoor recreation in America in 2003," he said. "They found that nearly seventy-eight million Americans hit the road on a bike."

"I think more people are looking for a way to get in shape and have fun at the same time," added Huck, "and not simply exercise for the sake of losing weight or gaining fitness. Cycling can be a very social activity, and it's easy on the knees, as well. It's also a snap for adults to come back to, having learned the skill as kids."

For more information about Adventure Cycling Association, call (406) 721-1776, toll-free (800) 755-2453, or visit www.adventurecycling.org.

A Recommended Ride

By A. Rider

If you are a pizza lover, you will like the secondary objective of this ride (the primary objective being the ride) for **Farrelli's Pizza** in DuPont. It is a loop ride, through Parkland, Fort Lewis access area, Tillicum, and Spanaway before returning to Parkland. The ride begins by McDonald's on Pacific Ave. and 112th in Parkland.

From the parking lot, head south to 112th St. and turn right down the hill. Continue on 112th, past the north end of McChord Air Force Base until it ends on S. Tacoma Way (approximately 2 ¼ miles). Turn right on S. Tacoma Way to Pacific Hwy. S., turn left on this busy highway and take the first exit to your right on to 108th. The next turn is to the left, just after crossing some railroad tracks, onto Lakeview Ave. This road takes a natural right onto 111th and shortly becomes 112th. Continue straight ahead until reaching Gravelly Lake Dr. Turn left along another busy stretch of road, where bike lanes begin after about two blocks of limited shoulder. Continue on Gravelly Lake Dr., turning right on Washington Blvd. Continue for about one mile before turning left on Edgewood Ave. (the last signal before the road turns); then right on Winona St., which shortly becomes the North Gate Road through Fort Lewis. At the next intersection, a back entrance to Fort Lewis, there is no choice but to turn right on East Drive; which ends at the Steilacoom-DuPont Road. Turn left toward DuPont. In approximately three miles, turn right on to Center Drive and just before the freeway, left to Wilmington Dr. and Farrelli's for pizza baked in an apple wood heated brick oven.

After lunch, an option to returning on Center Drive is to continue on Wilmington Dr., parallel to the freeway, which becomes Steilacoom-DuPont Road at the signal. Either way, the route reverses itself through Fort Lewis back to Edgewood Ave. At this point continue straight ahead on Winona to Alameda, a "T" in the road, turn right to the stop sign, then left on Veterans Dr. Follow this to Gravelly Lake Drive and turning right will bring you to I-5 access. Turn right and for about a mile, the route is along the I-5 egress/ingress, one lane from the freeway traffic and on a wide shoulder. Take the first exit (Tillicum/Thorne Lane) and left over the freeway, away from the traffic and noise. In about a quarter mile, turn left on 150th St. This becomes Perimeter Road/ Military Road with Ft. Lewis on the right and McChord Air Base on the left. At the first signal (6 ½ miles) for Spanaway Loop, turn left for about 1 ½ miles, then a quick right on Tule Lake Road and a quick left on to Ainsworth Ave. Continue straight ahead and turn right on 112th and at the top of the hill, left into the parking lot and McDonald's.

recommended ride continued from col. 1

The round trip, about 35 miles, is a level route with no hills. There are three brief high traffic areas with limited shoulders where extra care and courtesy are required. Overall, it is an interesting route; mostly quiet roads with good shoulders or bike lanes. Scheduled TWBC rides are a good way to meet and visit with other cyclists during the ride; and the lunch stop by itself is worth the ride. Maybe we will see you on the next one.

Spend the Memorial Weekend in the Wine Country of Washington.

We will meet at the Trail Head in Yakima at 1 Pm on May 28. Take the Valley Mall Blvd of route 82. The trailhead is on the east side of the freeway. We will spend the afternoon exploring the trial and Yakima. This will be fairly flat and around 25 miles. For dinner the option is to head to the Grant Brewery, in downtown Yakima.

Lodging is available in Sunnyside, at the Country Inn and Suites. A block of 10 non-smoking rooms has been held until May 15. After that date, you may still find a room but you run the risk of the motel being filled for the Holiday Weekend. Call 877-896-7878 (confirmation # 700013, under Carla Gramlich, Tacoma Wheelman) and reserve your room for \$55.00 a night. A 72-hour (3day) canceling policy is in effect that weekend. If for any reason you have to cancel less than three days, you will be charged for the room.

Sunnyside is kind of in the middle of everything and that will allow us to explore the valley and wineries. I have the route to Bickleton for anyone that wants a long option. I will be doing the shorter winery options on Sunday and Monday.

Please note that the "Bike and Wine Trip" doesn't have any "H"'s in the title. For more information, call Carla at 253 879 0115.

Wild continued from page 1

We headed out for Sedona the next morning after the usual very nice continental breakfast that each motel on our trip provided. Sweet. This day the climb was truly staggering, up to 7,000 feet and then down to the hillside tourist town of Jerome for lunch. Then onto Sedona and a motel with a fabulous view of the red cliffs the region is known for. After cleaning up, post the 60-mile day; we had a wonderful Happy Hour on the patio where all our rooms fronted facing the red cliffs at sunset. Oh, Yeah.

Wednesday was our rest day, if you can call all that retail therapy rest. But the extensive (and expensive) shopping was interspersed with swimming and sunning, reading and napping. The SUV was used for various sightseeing trips including the Oak Creek Canyon highway towards Flagstaff. The car trip was cut short because one of the hostesses for the Happy Hour was in the SUV. This happy hour was really over the top with colored handkerchiefs in wineglasses for each rider. There was a truly astounding array of h'ors d'oevres. and wine accompanied by a beautiful sunset against the cliffs. The day then culminated with a group dinner at a Mexican restaurant.

The next morning's ride started late because we had short miles (anywhere from 25-38) to Camp Verde. Everyone kind of did his or her own thing and we all ended up at the Day's Inn and in the pool as usual. This Happy Hour was special because it was Carla's birthday and we had cake, along with wine etc, etc.

The next day's ride to Anthem was 62 miles with a pretty vicious headwind and a 7-mile climb up Highway 17. Some of us actually had two lunches that day to make it to the Hampton Inn. The pool was wonderful and the hot tub really hot! It was our last night together and it was Tony & Diane's turn to host Happy Hour. What a party! Debbie and Carol had made up a song to the tune of Tammy Wynette's "Stand By Your Man" that was an ode to our wild men of spring. The women performed it for the men, who appeared to appreciate it. Then Tony & Diane raffled off the best of their road treasures (trash) to very lucky recipients. It was a grand finale for a grand ride.

The next day the group headed for the airport (49 miles). Highway 17 into Phoenix was the worst ever! Between all the debris and diagonal water draining stripes cut into the shoulder every 10 feet, it was truly awful. However the ride along the Arizona canal was wonderful, a broad paved path that swoops under cross roads and goes for miles and miles. Mike broke off and headed for his car, Roger and Marilyn drove the SUV and changed it for the pickup and bike boxes. Everything comes together at the airport and we wave Mike, Marilyn and Roger good-bye. The bikes are boxed; we are checked in and head for the bar by the gate where we have our final happy hour before boarding the flight. After a late arrival, bikes and babes are scooped up by relatives and loved ones.

Rides continued from page 1

8:30. Contact Ralph Wessels at 857-5658 or Carol Davis at 857-5396 for info on the available positions or visit the TWBC website.

Headwaters Century is TWBC's last ride of the year being held on September 11, 2005. Robert Deehan and Gene Smith are co-chairs for the event this year. The ride needs about 45 volunteers. Volunteers will receive a glass for drinking their favorite beverage, get to ride for free, and get to attend the volunteer pizza party afterwards and test out their new glass. Since the ride is still over 4 months away, you may think, "Hey, I can just wait and decide to volunteer at the last minute". Now that's a bummer. It really helps the event directors is volunteers sign up early (besides making them very happy). So lets make Robert and Gene smile real big by filling all of the positions way early. OK, you're in? Super! You are one awesome person!! Contact Robert at 272-9682 or Gene at 272-6747 for info or visit the TWBC website.

The next Rides Meeting is May 9 at 6:00 PM at Joyce Clifford's house (759-2393). There will be pizza and refreshments.

Canadian Rockies Update

Max Welker will be riding from Jasper to Banff on the Icefields Parkway the week prior to the Golden Triangle ride. Train from Vancouver to Jasper, 4-day ride, approximately 150 miles, staying in hostels or campgrounds. For more information, contact Max at 253-572-3415. For information and registration for the Golden Triangle ride May 21 -23, go to www.elbowvalleycc.org.

Ride high in the (Colorado) Rockies July 9-24.

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, 360-871-4478; or Carol Davis, bicyclguy@aol.com, 253-857-5396 to be included.

TWO-COUNTY DOUBLE METRIC CENTURY



SUNDAY, MAY 22, 2005
 MILLERSYLVANIA STATE PARK
 7am – Noon Registration
 (200 km riders must check in by 10am)

Enjoy some of the most beautiful cycling in Washington. With five (5) different loops to choose from, there is bound to be something for everyone. This event avoids nearly all traffic as it passes through Rochester, Adna, Vader, Boistfort, Curtis and Littlerock. The ride begins and ends at Millersylvania State Park where there are swimming, hiking and picnic opportunities for non-riders.
Great ride for families! Great training ride for 1 or 2 day STP / RAPSody riders!

Registration includes: Rider number, map & cue sheet, sag wagon, rest stops on every loop (excellent food, beverages and support), finish line welcome (until 5pm) & facilities (including showers). Parking fee for State Parks included in registration. One dollar / rider supports the advocacy efforts of the Bicycle Alliance of Washington (B.A.W.).

Pre-registration available until May 14:

Individual(s) ___ x \$18 = \$ ___ / Tandem ___ x \$26 = \$ ___ / Family (3 or more family members) = \$30

(CBC member discount: \$2/person or \$4/family) *Children under 13 ride free

Day of ride:

Individual(s) ___ x \$20 = \$ ___ / Tandem ___ x \$30 = \$ ___ / Family (3 or more family members)-\$35

(CBC member discount: \$2/person or \$4/family) *Children under 13 ride free

TOTAL \$ _____

TOTAL \$ _____

SNELL / ANSI APPROVED HELMETS REQUIRED

Name(s) (please print) _____

Address _____

City _____ State _____ Zip _____ Phone (____) _____

In consideration of the Capital Bicycling Club (CBC) accepting my registration, I hereby for myself (or parent/guardian, if entrant is under 18) waive and release any and all rights and claims for damages against CBC, its officials and any other sponsors prior to, during or after participation in the May 22, 2005 bicycle ride, caused by sickness, accident or any other cause that may occur. I also agree to accept all rules, regulations and policies set forth by the CBC. I realize I will be on the roadways of Lewis and Thurston counties during this event, and must obey all traffic laws.

I also realize than an ANSI / Snell approved bicycle helmet decreases the chance of injury; I agree to wear one during this event.

Signature(s) _____

Guardian (if rider is under 18) _____

Date _____ Ride number (assigned) _____

Mail completed form and fees to:
Capital Bicycle Club - P.O. Box 642 - Olympia, WA 98507
www.capitalbicycleclub.org

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	05/22	7 AM - Noon	20, 36 65, 80,100	All	Capital Bicycling Club	360- 786-1693	Two County Double Metric Century , Olympia. \$18/\$20 DOR, \$30/\$35 Family. Start: Millersylvania State Park. www.capitalbicycleclub.org
Mon	05/23	9:30AM	12 or 22	1 or 2	David Barton	759-2393	Get in Shape w/ David. Start: Starbucks @ N 26 & Proctor.
Tues	05/24	Call	Call	Call	Call Ride Line	759-2800	Tuesday AM Ride. Call Ride Line for details.
Sat	05/28	9 AM	60	2 C	Roz & Carol Davis	857-5396	PMC Pre-Ride. Start: Gig Harbor P & R on Kimball Dr.
Sat	05/28	1 PM	25	2 A	Carla Gramlich	879-0115	Bike & Wine Trip/ Memorial Weekend. See article. Start: Yakima Greenway Trailhead.
Sun	05/29	9 AM	60	2 B	Louie Boitano	922-1168	Loop to Eatonville. Start: Orting Bell Tower.
Sun	05/29	10 AM	65	4 C	Robert Deehan	272-9682	Hammer to Nisqually via Dupont, coffee @ Proctor's Starbucks. Start: USP Field House.
Mon	05/30	9:30 AM	12 or 22	1 or 2	David Barton	759-2393	Get in Shape w/ David. Start: Starbucks @ N 26 & Proctor.
Tues	05/31	Call	Call	Call	Call Ride Line	759-2800	Tuesday AM Ride. Call Ride Line for details.
Sat	06/04	9 AM	60	2 B	Louie Boitano	922-1168	Ride to Ballard Locks. Start: Ft. Dent Park.
Sun	06/05	7 AM - Noon	50, 100K, 100 M	All	TWBC	Ride Line	Peninsula Metric Century. Start: Gig Harbor Medical Center or Southworth Ferry Terminal.
Sat	06/11	9 AM	50 +	2 C	Toni Matson	851-4640	Ride To Randall. Start: Whittaker's in Ashford.
Sun	06/12	9 AM	varied	varied	Jill Priest, TWBC	871-7184, Ride Line	5 Sister's Annual Ride. Start: Shelton.
Sat	06/18	9:30 AM	60	varied	Roz & Carol Davis	857-5396, 380-8819, cell	Wild Rhody Ride. Start: QFC parking lot, Belfair.



twbc monthly event schedule

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Day	Date	Time	Dist- ance	Ride Code	Leader	Contact at (253)	Ride or Activity
Sun	05/01	6 AM - 10 AM, regist.	50, 75, 100	All	Phil's South Side Cyclery	661-3903 (business)	MayDay Metric , \$15/\$20DOR. Start: 2310 SW 336th St, Federal Way, WA. www.maydaymetric.net
Sun	05/01	8 AM - 10 AM, regist.	32, 45, 62	All	Pt. Townsend Bicycle Assoc.	360- 385-0437	Pt. Townsend Rhododendron Tour , Pt. Townsend Tour east Jefferson County's rural roads. \$15/\$30 Family. Start: Haines Place P & R. www.ptguide.com/rhodytour
Mon	05/02	9:30 AM	12 or 22	1 or 2	David Barton	759-2393	Get in Shape w/ David. Start: Starbuck's @ N 26 & Proctor.
Tues	05/03	Call	Call	Call	Call Ride Line	759-2800	Tuesday AM Ride. Call Ride Line for details.
Tues	05/03	7 PM	00	00	Bob Myrick	473-7455	Government Affairs Meeting @ the Guadalajara Taqueria in the Stadium neighborhood @ 1st & Tacoma Avenue.
Fri	05/06	6 PM	00	00	Ralph Wessels	857-5658, 549-6952 cell	RAPSody Meeting w/ 5 Sisters @ Fife City Bar & Grill, 3025 Pacific Hwy E in Fife.
Sat	05/07	7:30 AM	75	2 & 3C	Tim Payne	360- 871-4478	RAPSody Survey Ride; bring \$\$ for ferry; will cross Narrows Bridge. Start: Parking lot @ TCC next to Transit Center.
Sat	05/07	9 AM	30 - 35	2 A	Mike Schrumm	383-1837	Garage Sale Shopping Spree; bring panniers or trailers. Start: Starbuck's @ N 26 & Proctor.
Sat	05/07	6:30 - 8:30AM regist.	18, 34, 65,100	All	Vancouver Bicycle Club	360- 834-6737	Ride AroundClark County , Vancouver, WA. Tour Clark County, \$15/\$20DOR. Start: Hannah/Hawkins Hall, Clark College, 1820 Ft. Vancouver Way. www.vancouverbicycleclub.com
Sat	05/07	7 AM - 11 AM, regist.	25, 45, 62,100	All	Skagit Bicycle Club	360- 755-2206	Annual Skagit Spring Classic , Burlington. Tour Skagit/Whatcom Counties. \$20/\$25DOR. Start: Bayview Elementary, 15241 Josh Wilson Rd. www.skagitbicycleclub.org
Sun	05/08	Noon	20	0 - 1	Bob Myrick, & John Berry w/ 3 wheel'd 'bent!	473-7455	Slow ride w/ Bob & John. Beginners, children, seniors. No lunch stop. Start: Orting Bell Tower.
Sun	05/08	10 AM	45	3 B	Robert Deehan	272-9682	Robert's Birthday Ride to Bonney Lake, coffee @ Proctor's Starbuck's. Start: UPS Field House.



twbc monthly event schedule

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Day	Date	Time	Dist- ance	Ride Code	Leader	Contact at (253)	Ride or Activity
Mon	05/09	9:30 AM	12 or 22	1 or 2	David Barton	759-2393	Get in Shape w/ David. Start: Starbuck's @ N 26 & Proctor.
Mon	05/09	6 PM	00	00	Joyce Clifford	759-2393	Special Events Meeting for PMC & Headwaters, @ Joyce C's 3811 N Madison.
Tues	05/10	Call	Call	Call	Call Ride Line	759-2800	Tuesday AM Ride. Call Ride Line for details.
Tues	05/10	6:30 PM	00	00	Tim Payne	360- 871-4478	Board Meeting @ the Kim Ahn Restaurant across from TCC on Mildred.
Thurs	05/12	9:30 AM	???	2	J. Clifford, D. Hushagen	759-2393, 922-5801	Java Jump. Start: Starbuck's @ N 26 & Proctor.
Sat	05/14	8 AM	100	3 C	Tim Payne	360- 871-4478	RAPSody Survey Ride. Start: Parking lot @ TCC next to Transit Center.
Sat	05/14	9 AM	50 +	2 C	Joyce Clifford + Birthdays in May	759-2393	May Birthday Ride. Joyce, Jan, Toni, Mike, + any other riders w/ birthdays in May. Start: Parkland McDonalds.
Sat	05/14	AM regist.	20, 46, 72,100	All	Chehalis/ Centralis Optimists	360- 262-9647	Lewis County Historical Bicycle Ride , Chehalis. Tour Lewis County. \$15. Start: Stan Hedwall Park, Chehalis.
Sun	05/15	8:30 AM	60	2 C	Ralph Wessels	857-5658	PMC Pre-Ride, w/ 100 mile extension. Start: Gig Harbor P & R on Kimball Dr.
Sun	05/08	Noon	20	0 - 1	Bob Myrick, & John Berry w/ 3 wheel'd 'bent!	473-7455	Slow trail ride w/ Bob & John. Beginners, children, seniors. No lunch stop. Start: Sumner Trailhead on Main St.
Mon	05/16	9:30 AM	12 or 22	1 or 2	David Barton	759-2393	Get in Shape w/ David. Start: Starbuck's @ N 26 & Proctor.
Tues	05/17	Call	Call	Call	Call Ride Line	759-2800	Tuesday AM Ride. Call Ride Line for details.
Tues	05/17	7 PM	00	00	TWBC	759-2800	May Club Meeting @ South Park Community Center, 4851 S. Tacoma Way.
Thurs	05/19	10 AM	30 +	2	Bob Myrick	473-7455	Ride to Indian Henry's Marker @ S. 84th & Thompson. Start: Freighthouse Sq.
Sat	05/21	10 AM	45	2 - 3	Bob Myrick	473-7455	Ride to Indian Henry's Grave. Start: Orting City Park.