



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

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JUNE 2005



mail to:



Please note: You can become a member at 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

JUNE 2005

JUNE MEANS TWBC BOARD ELECTIONS

By President Tim Payne

At the June 21st membership meeting a new Board will be elected for the coming year. This presents some great opportunities for those wishing to get into the inner-workings of the club. The Board consists of eight elected members and one member by prior election. The eight elected members are president, vice-president, secretary, treasurer, touring captain, director of special events, newsletter editor and, director of community and government relations. The past president is one the board by reason of prior election.

Most of the current board has indicated a willingness to serve another term with some notable exceptions: secretary and director of special events. Our current secretary, Sandy Byrd, needs more time for job (she recently landed a very nice promotion) and family (Alex's father continues to struggle with his health) so Sandy has declined to run for the office again. So we will need a person willing to take on the role of club secretary.

The director of special events has been vacant for quite some time. Ralph Wessels has continued to address the highest priority tasks of this office, but will be unable to continue to fulfill this role. Perhaps the name is a little scary, but this really amounts to helping the ride directors coordinate meetings, establish budgets, trouble shoot problems and other activities associated with our three annual funding- raising rides.

All of the board members would welcome other people to throw their name into the ring for election. Three board members, in particular are looking forward to "retirement" next year. They are in search of people willing to take the next year to learn what they do so that there are some ready replacements for next year's elections. So, if you are interested, but lack confidence that you know the job well enough to take it on, here is a great opportunity to learn at the feet of the masters. The people looking for apprentices are Carol Davis, Touring Captain, Jan Brame, Newsletter Editor and Jim DeYoung, Treasurer. So, if you want to help and would like to serve on the board, but want some coaching before taking on the job, here is a perfect opportunity.

Okay, so you are not interested in being on the board, at least show up at the meeting and vote, it is a way for you to show your support for those in leadership positions and in the longevity of the club.

Mark Your Calendar for June 5th and the PMC!

Donna Dailey, Chairperson

The 23 rd Annual Peninsula Metric Century will be held on Sunday, June 05, 2005. As in previous years there will be two options to start the ride, either Gig Harbor Medical Center or Southworth Ferry Dock parking lot. This ride offers three beautiful routes, each with challenging terrain. As in all club events, the TWBC and community are relied upon to provide a ride that's fully supported. I enjoy talking with riders who use these events to peddle longer distances than they normally would. The great rest stops, mechanical support and the end of ride strawberry shortcake are all ways that make cycling a great family event. Please check the Web site to see what volunteer slots are open. There will be a tee shirt and pizza party Sunday after the ride for volunteers.

The COG Home Page

Club Officers and Volunteers

PRESIDENT: president@twbc.org

Tim Payne, 360-871-4478

VICE-PRESIDENT: vp@twbc.org

Vern Hase, 253-759-7246

PAST PRESIDENT: past-prez@twbc.org

Ralph Wessels 253-857-5658

SECRETARY: secretary@twbc.org

Sandy Byrd: 253-474-6721

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Reporters: Various Members

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Peggy Fjetland, 253-841-4458

ANNUAL PICNIC:

Vern Martin, 253-212-0781

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 June
21, 2005**

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

the Picture Page



Fitting a helmet on a hot-rodder at the Tacoma Mall.

Millersylvania camping trip



RAAM '05: A Race for the Great

By John Hughes

Follow the race progress at www.raceacrossamerica.org.

“Since 1982 the Race Across America has brought together the best endurance cyclists to compete in the world’s toughest race. Racing in RAAM is more than a cycling event. The physical extremes test the limits of any rider. The logistics and planning will challenge the sanity of any support team. The emotional highs and lows will be remembered by everyone involved.” — Lon Haldeman

Relentlessly flying across the country, alternating 30 minute time trials, over 60 such pulls per rider, never more than 90 minutes off the bike to recover—Team Action Sports was going for the four-man RAAM record. For RAAM 2004 Kerry Ryan had recruited three experienced road racers. Ryan and Action Sports had two RAAM wins, but the record was held by the rival Kern Wheelmen.

Action Sports led across California and Arizona, but then fell behind Team Vail-Go Fast. Vail-Go Fast was four expert mountain bikers looking for a new adventure. They took on RAAM in 2001 and won. In 2004 Vail-Go Fast traded the lead with Action Sports all the way to West Virginia.

Action Sports won the duel and set a new RAAM record by seven minutes, averaging 23.06 mph. They won \$25,000 in prize money made up of the first-place prize and the bonus for breaking the record.

Five days later Randy Van Zee crossed the finish line in Atlantic City. In Ohio he had fallen and after the race was diagnosed with a cracked pelvis. His neck muscles had failed and his head rested on his chest. He stood astride his bike, with feet swollen out of his shoes, for a few minutes until someone realized that he couldn’t lift his leg to dismount. Van Zee was the last finisher, having covered 2,959 miles in 11 days 16 hours.

The fierce competition of Action Sports and Vail and the iron-willed desire of Van Zee bracket the RAAM experience. RAAM draws a diverse field: 120 men and women from a dozen countries, age 18 to 60. Each asks: “Will my race be like Action Sports’ or more like Van Zee’s?”

On Sunday morning, June 19, 24 solo racers will leave San Diego. Each racer hopes for a fast crossing to Atlantic City, but also wonders “how badly will I hurt?” For some, the pain will be too great and they will drop.

On Tuesday afternoon, June 21, 96 team riders will start, racing as two-person, four-person, or eight-person relay teams. Joe Petersen will be lining up for his seventh team race. He knows what’s ahead: “In RAAM, I have found a journey like no other, it’s not just a journey across our great country, but an inner journey of self discovery.”

In solo RAAM Slovenian Juré Robic is racing to break Pete Penseyres’ 19-year old average speed record of 15.40 mph. In only

his second RAAM, Robic won last year averaging 14.66 mph. He has the racing speed; he is the UltraMarathon Cycling Association’s 24-hour record holder, having covered 522 miles (non-drafting) last September. The time to beat on the 2005 course is 8 days 5 hours 51 minutes. If Robic can race from San Diego to Atlantic City that fast, he’ll win \$10,000 for breaking the record!

RAAM legend Rob Kish will be riding in his 20th RAAM! Kish has won the race three times and finished on the podium 12 times! Kish has just turned 50 and will be trying for the age 50+ transcontinental record. Kish will have to beat Dr. Bob Breedlove, 53, who holds the 50+ transcontinental record and also the record for a double transcontinental. The time to beat on the 2005 course is 10d 8h 32m.

Joe Petersen and the Kern Wheelmen bring years of experience and blazing speed to the race and badly want to take back the four-man record. A serious roadblock stands in their way, however, in Team Beaver Creek. Beaver Creek includes three riders who were on 2004’s second place Team Vail. The time to beat on the 2005 course is 5d 12h 8m.

Three of the four Border-to-Border Divas are returning this year. The women mountain bike racers turned roadies averaged 17.69 mph last year, just short of the 18.57 mph four-woman record. They’ll be trying to go under 6d 20h 5m to set a new transcontinental this year.

The two-person relay provides the perfect combination of the speed and tactics of team racing with the ultra aspect of solo RAAM. The two-man field includes five teams. Team RAAM veterans Peter Dammerer and Peter Schwab are back as Team Lower Austria-City of Krems. Dominique Briand and Pascal Pechallat, Team Crazy Gones, both qualified for solo RAAM at the tough French qualifier that includes Mont Ventoux. Cancer survivor Fred Boethling and Dan Crain have teamed up to compete in the 60 + division.

Three two-person mixed teams are entered: Team Endorphins combines the mental toughness and pacing ability of Shanna Armstrong and speed of Guy Wells. RAAM veterans Iva Hradilova and John Wagoner are racing as Grupo Guapo. The Free Riders from Colorado, Jarmila Gorman and John DeLello should excel when the race gets to the mountains. This race will come down to logistics, efficiency and who handles the West Virginia climbs the best. No lead is safe in this division until the finish line is crossed.

Racers on the eight-person corporate teams are weekend warriors; nonetheless, they are just as competitive as the other divisions—last year Ride to Remember beat Insight by just two hours, and Rim to Rim finished just 22 minutes behind Insight!

In 2005 four corporate teams are entered. Team Donate Life has the star power of former speed skating gold medallist and professional cyclist Eric Heiden but Team Insight has two year’s experience: first in ’03, second in ’04. Both teams will be trying for the eight-person record, set by Ride to Remember last year, 19.84 mph which would be 6d 9h 35m on the 2005 course.

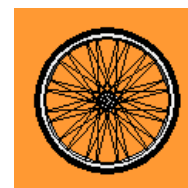
INSIGHT RAAM KEY FACTS

RAAM continued on page 8

TIRE BUZZ

By President

Tim Payne



Timothy Payne
TWBC
"The Prez"

TOO MANY FLATS!!

Recently VP Vern Hase and I rode a century together down through Olympia and south to Millersylvania State Park. The day started out at 8:00 am with a slight drizzle, but that soon ended somewhere around DuPont. The route took us up Martin Way from Nisqually. WARNING – Martin Way is a broken glass factory. The road was still wet coming up the hill, somewhere in the first third of the hill I ran through some clear glass that was nearly invisible on the wet road surface. I knew I was in trouble as I heard the rhythmic sound of air escaping through water each time the tire came into contact with the ground. Fortunately for me, if a flat is ever fortunate, the glass did its dirty work without sticking in the tire. So I had a slow leak and was able to choose my repair location. Vern was not so fortunate, within a mile of us getting back on the road, I heard Vern’s tire go PHSSSHHH. Vern got the bike stopped without incident (we were going downhill at about 25 MPH at the time), but was not as fortunate in the repair location. At least it was not dangerous. Vern has Tuffies in his tires so this piece of glass had to work extra hard at the sidewall to get to the tube. By his own admission Vern said he thought he was pushing his luck with this tire in terms of its longevity. It took us a while to get Vern back on the road as his tires have very tight-fitting beads.

So we continued on our way. Somewhere about mile 60, about as far south as we were going that day, Vern’s tire decided to expire again in about the same location on the tire as the last flat. Hmmmm, must be something going on here. However, neither of us could figure out what that something was. We stopped for tire repair and lunch against a bank of mailboxes along the road. After lunch, we proceeded about a half-mile when Vern’s tire sent us a message that we clearly did not understand its issues. The tube was just barely poking its way through the sidewall cut that was opened by the glass on Martin Way. When the bulge got large enough, it sent its message rather emphatically. This time repair seemed to take much longer as it seemed the beads of the tire were getting tighter with each successive flat. Vern happened to have one of those “Louie” boots (strip of a Tyvek envelope) along with him, which really saved the day. He was able to boot the tire at the cut and by running reduced pressure made it all the way back to Tacoma without further incident.

Lessons learned:

Martin Way should be avoided in wet weather or until Thurston County and the City of Lacey conduct a thorough shoulder sweep.

Old tires are not old loyal friends; they will let you down without warning.

Don’t leave home without “Louie” boots, they are very light, take up no space and may well save your ride.

LEGISLATIVE OUTCOMES

Whether you agree with the new transportation revenue package (euphemism for 9 ½ cent hike in the gas tax) or not, there are some good things in the package for cyclists. The state is preparing to make increasing investments in non-motorized and pedestrian facilities throughout the state. Our dollars will translate to better and safer places to ride as a result. I encourage you to carefully investigate and evaluate the pros and cons of the new revenue package before you sign a petition to subject it to an initiative-based repeal or before you cast your vote if an initiative reaches the ballot.

Later this year and in early 2006 keep an eye out for the availability of “Share the Road” specialty license plates. Following nearly three years of work by the members of the Cooper Jones foundation and the BAW, the legislature authorized the production and sale of these plates. The revenue will be used to support improved bicycle facilities through out the state. Buy a plate: support bicycling.

Finally, the passing laws in the state have been revised to make it unlawful to pass if cyclists (or farm equipment) are present in the on-coming lane even if they are on the shoulder. Now, I would not press my luck as I suspect fewer than one in ten drivers even know any of the passing laws in this state and probably less than one in a hundred know of this fairly subtle change. The law was changed as a result of a tragic accident outside Walla Walla. Even though a cyclist lost their life, no charges were filed against the involved vehicle’s driver, as they had not broken any laws. Please, the passage of this law is a good reminder to all of us to maintain high road awareness. Keep your head up, know what is behind and in front of you at all times. Even if the on-coming driver breaks the law, we want you around to relate the story, not become another tragic statistic.

We owe a huge debt of gratitude and financial support to the BAW for making these in roads in the last legislative session. Many worthwhile pieces of legislation end up lying on the floor of some committee room at the end of the session. It takes tremendous diligence to get legislation passed. I hope you all appreciate the results.

THE FINAL WORDS

The weather has finally started to warm up. Even when it rains it has been fairly warm. So, it is time to shake off those winter blues, pump up your tires and get out and ride. Enjoy and be safe.

A Recommended Ride By A. Rider

There are times when a short ride with different scenery is all that a busy schedule will allow. Here are **three rides in Pierce County**; all about 10-mile loops, for your consideration. As loop rides, the starting point can be any convenient location on the loop. However, for a description, each starts by a convenient parking area.

The first loop is north of **Sumner**, a level route that can also be extended or shortened during the ride. Starting at the Sumner Library on Fryar Ave., turn right (south) and by the first signal, turn right over the Stuck River Bridge, then right again across the railroad tracks, on to West Valley Highway. At the first major intersection (Stewart Rd) turn right for an eight mile loop, or continue straight ahead to 3rd Ave. SW for a ten mile loop. Turn right on 3rd Ave, by the south end of the Interurban Trail, which is also a good place to start the loop. Continue east on 3rd Ave. and turn right on Valentine Ave. (136th Ave.). At Nyberg St. (16th St.), a quick left, over the tracks, and a quick right on to 137th Ave. At 24th St., is another short left and right on to 142nd Ave. This eventually crosses over the Stuck River and the first right is back on Fryar Ave. to the Library.

The second loop is in the **Steilacoom/Lakewood** area. This is also a level route other than the hill leading into Steilacoom from the south. A starting point for this can be in Steilacoom or at Fort Steilacoom Park. Starting at the east end of the Fort Steilacoom parking lot, turn right along the perimeter of the park on Elwood which becomes Angle Lane. At the stop sign, turn right on Hipkins Road and at the next stop sign, turn right on to 104th St. Just before the hill, when the road splits, go left on to 89th Ave (Butte Road). At the signal, turn right on to Washington Blvd. At the next signal, turn left on to 92nd Ave. (Edgewood Ave.), then right onto Meyers Rd. This shortly becomes the North Gate Rd. on Fort Lewis, a good sprint area. The two gates into Forth Lewis require you to turn right on to the West Gate Rd. At the "T" in the road, turn right on to the Steilacoom-DuPont Rd. and over the hill to Steilacoom. Near the bottom of the hill, turn right by the Steilacoom Pub & Deli (Rainier St.); which leads to Steilacoom Blvd. and

back to the west end of the Park. The bike/walking trail parallel to Steilacoom Blvd. will return you to your starting point.

The third loop is on the Kitsap Peninsula, just north of **Purdy**. This route begins as a level route, with progressively higher rolling hills as you head north. The return route is a level route good for sprinting. A good starting point is the Purdy P&R at 144th St. and Purdy Drive. Ride north to 154th St., a quick left and right on to 66th Ave. NW, better known as the Bethel-Burley Rd. At the first major intersection (3 mi.), if you turn right on the Burley-Olalla Rd, this would be a seven-mile loop. For the ten-mile loop, continue north to the Mullenix Rd., turn right for about a quarter mile and right on to Highway 16. Stay on Hwy 16 past the Burley-Olalla intersection. Continue south, following the signs to Hwy 302 and Purdy; which will lead you back to the P&R.

If you have other short loops that you enjoy, let us know so they can be shared with other TWBC members.



NEW MEMBERS:

Len Grayson Leonard, Corky, Mary, Christophe & Michele Smith, Robert South, Adrienne Ross, Mike & Luann Lee, Ronald Nowicki, Lin Livingston.

RENEWALS:

Phil Upchurch, Peg Winczewski, Richard Kim, Dianne Bechtold & Jeff Grider, Laurie Ducatt, Gus Fant, Debbie & Jim Hushagen, John E. Loesch, Gerald Kluck, Bill Newman, Larry Smith, Tom & Lisa Enlow, Tim, Diana, Lindsey & Jason Payne, Dan Manheimer, Diane Perron, Fred & Margaret Swift, Edward Josberger, Noreen Light, Dave Tullis, Jill Priest, Betsey Sawyer, Robert Taub, Jack Leiman & Dalene Moore, Stan, Joan, Daisy & Hamish Sanders, William D. Hill, Carol & Roz Davis, Anne & David Seago, Jim Davis.

Welcome all!

RAAMcontinued from page 9

Start Line Solo Banquet
Saturday, June 18th, 5:00 p.m. at the San Diego Holiday Inn, 1355 N. Harbor Dr. Guest speaker, entertainment, introductions of riders and a great buffet. Tickets at the RAAM web store—everyone welcome.

Start Line Team Banquet
Monday, June 20th, 6:00 p.m. at the San Diego Holiday Inn, 1355 N. Harbor Dr. Guest speaker, entertainment, introductions of riders and a great buffet—tickets available at the RAAM web store.

Start
Sunday, June 19 at 7:00 a.m. (PDT): Solo Men and Women
Tuesday, June 21 at 2:00 p.m. PDT: Two-, Four-, and Corporate Eight-Person Teams

RAAM will begin in downtown San Diego, California, on the waterfront alongside the host hotel, the Holiday Inn-On the Bay.

Finish
Week of June 26, 2005 at the Boardwalk at Kennedy Plaza, in front of Boardwalk Hall, Atlantic City, New Jersey. Team riders will finish as early as Sunday, June 26th. The first solo riders are expected by Tuesday, June 28th. Riders must finish by noon, Friday, July 1st.

Course
Racers will travel 3,051 miles and climb 109,000 feet. RAAM leaves San Diego and immediately attacks one of the longest climbs of the race and then plunges to the desert. After several hundred miles of very hot riding, the course climbs back to cooler Flagstaff, Arizona. After racing through the magnificent Monument Valley of southern Utah, the riders will face RAAM's classic trio of mammoth passes: Wolf Creek, La Veta and Cucharas. High passes give way to a daunting horizon: the high plains of eastern Colorado, leading to the rolling hills of Kansas and into Missouri where the rollers become more significant. Just north of St Louis, the racers cross the Mississippi and can start thinking of the finish line. After slicing across Illinois and Indiana, the riders head through Ohio farming country. The Appalachians are the next challenge: east of Cumberland three very tough climbs make tired legs scream. Even after these are behind the riders, the Pennsylvania Dutch countryside will not let them rest. Not until the racers have shuttled across the Delaware River outside Wilmington does the road finally flatten out, shortly before the racers finish their epic journey across the US on the famous Historic Boardwalk in Atlantic City, NJ.

TV and Web Coverage
Round the clock race updates at www.raceacrossamerica.org
NBC Sports will broadcast this year's race special at a future airdate.

Awards
Wednesday, June 29th, 6:00 p.m. at Kennedy Plaza on the Boardwalk in Atlantic City. Awards dinner with entertainment. Tickets available at the RAAM web store.

Prize List
\$175,000 in cash and merchandise will be awarded as prizes, including \$40,000 cash for solo and team riders.

The Race Across America is sanctioned by the UltraMarathon Cycling Association. For more information on endurance riding go to:
www.ultracycling.com



We would like you to come out and ride with us... but you have to wear a helmet!

Sister Clubs Ride - June 12th - West Sound Cycling Club

Five Sister Ride in Shelton and surrounding areas - June 12, meet 9:30am, ride leaves at 10am, varied miles, all paces.

This is a beautiful route around the country roads of Shelton. If we have leaders for all routes, we will have 3 routes - 68 miles, 53 miles and 29 miles. Maps and cue sheet will be provided. We will ride close to Mason Lake, around the pristine Hood Canal and along the Skok Valley dotted with farms. Traffic is minimal.

Directions: From Seattle and Tacoma: take I-5 to Olympia and exit 101, follow the signs to Shelton. Take the last Shelton exit, Kneeland-Wallace Blvd., and get immediately into the left turn lane. Turn into the Wal-Mart parking area and make another left into the parking area next to the gas station to the left of Wal-Mart. Look for the bikes if you are unsure where to park.

Since food places are limited on this ride, I would suggest bringing a sandwich, bars and plenty to drink. There are gas stations, coffee places and the Alderbrook (expensive) to stop for snacks/lunch. Happy Hallow Country Store has good oriental fare for the long course, but only 17.8 miles out. Hunter Farms has great ice cream for those on all routes.

Call Jill Priest for any other details at 871-7184 or email jill.priest@navy.mil

Dear fellow bicyclists,

The Tacoma Wheelmen have several upcoming events that you may want to participate in.

Sunday, June 6 - Peninsula Metric Century - There are still volunteer positions available. Contact Donna Daily at 253-884-4473 to volunteer. Volunteers receive a T-shirt, get to ride for free, and can attend the pizza party afterwards. If you or your friends just want to ride, be sure to pre-register by May 27 to save a few bucks.

Saturday and Sunday, August 27-28, Ride Around Puget Sound (RAPSody) - TWBC is a co-host on this ride with 4 other bike clubs. Contact Ralph Wessels at 857-5658 to volunteer. TWBC will be managing the start and finish, traffic control at the Pt. Defiance Ferry Terminal, the overnight stop in Shelton for 2-day riders, and the rest stop in Shelton for 1-day riders on Sunday. Volunteers get to go on the pre-ride with a meal provided in Shelton and will receive a T-shirt.

You can also check the website for the volunteer slots. There are also a lot of rides throughout the week that club members are leading so be sure to join in on some.

We hope that you come and support our club by participating in these events.

TWBC Board

Three Wins for Washington Bicyclists Barbara Culp, Executive Director

Great news for anyone who rides a bicycle in Washington: thanks to the tireless efforts of advocates all across Washington three bills passed the 2005 legislature that will help make bicycling safer for all users. The bills include:

- HB 1108 which prohibits passing when bicyclists, pedestrians, law enforcement or farm equipment is in view and approaching from the opposite direction.
- HB 1254 creates a Share the Road license plate available for purchase in late '05 or early '06 with the funds to be used for bicycle and pedestrian education and safety programs;
- SB 5186 calls for comprehensive plans to include an inventory of bicycle and pedestrian facilities.

A BIG thank you to everyone who sent an email called or wrote to their legislator. And MORE THANKS to the many legislators who sponsored these bills and voted to help make Washington a better and safer place to ride your bike.

Funding for bike routes and connections and safe routes to school is included in the Senate transportation budget. As of this writing, we're waiting to see how much is included in the House budget and how the two will be reconciled. Neither version will create the bigger revenue sources we were asking for but bicycling is getting recognized as an important transportation option.

Annual Children's Safety Fairs Report by Carla Gramlich

TWBC members gave up a day of bicycling to help Pierce County Children. On Saturday April 30th, TWBC members help fit over 270 helmets at the Tacoma Mall. This year we have a new helmet style that was making them "ooh and ah". The helmet also includes a visor and a new system for fitting. The price has increased to \$7.00 but is still a bargain.

On Thursday evening, May 12, more volunteers helped with the Orting Safety Fair. These members were able to sell 52 helmets. Because of our relationship with Orting, we sold these new fancy helmets for only \$5.00. The helmets were subsidy with money from Helmets on Wheels that was from a original donation from TWBC. (See copy of the handout that was made available at the Orting Fair.

The following volunteers gave up their Sat. to help at the Tacoma Mall Safety Fair:

Jan Brame, Dolores Fitch, Noel Hagen, Debbie Hushagen, Mary Kubiszewski, Steve Kubiszewski, Sheila Pudists, Joy Roelofsz, Marlaina Wall.

The following Volunteers helped at the Orting Safety Fair: Joyce Clifford, Anne Seago

Special Thanks to Peggy Fjetland and Chuck Morrison that helped with BOTH of the above events plus helped deliver and return helmets before and after the event. Without help from the above volunteers, over 320 helmets would not have gotten out to our community.



Wanted: A portable two-bike trunk rack for a Toyota Avalon. If you have one to sell please call Donna Daily 253-884-4473 or email: donnadaily@centurytel.net

Zeigler-Lam Mega chassis with Scram 9.0 components, just recently upgraded front Fork, wheel set w/Michelin down hill tires, disc brakes, chain and all sprockets. It has about 5" suspension travel in front and 4" in rear. This is truly an unbreakable bike. Need to sell, but wish I didn't, Worth \$2,500 easily, asking \$1,750.
From: mattankimblack@yahoo.com, Name: Matt Black, Address: 340 N. 200 E., City, Zip Code: Kamas, UT 84036

McMenamins Trip - Bob Myrick

On Saturday, September 24, I am proposing a bike and train trip to Centralia, Washington. Lodging will be at McMenamins 1908 Olympic Club Hotel-Theater. Reservations can be made at 360 736-5164. The best deal is the Hammerhead Package. It includes lodging for two in a Queen European-style room, dinner and dessert in the Olympic Club Pub, two pints of McMenamins Hammerhead Ale (one pint per person) and breakfast the following morning. Cost is \$89 per couple. Unfortunately, this package is only available Sunday thru Thursday, but ask about it anyway. Presumably, the Roy Gardner Package is available on Saturday night. It costs \$99 and includes a bottle of Edgefield wine and everything listed above. Anyway, you may have to just settle for a plain old room. Bunks are \$40 and Queens are \$50. All packages include admission to the movie theater.

This trip is 100 miles thru Eatonville and Morton for those who can't afford the train on Saturday. The ride back on Sunday is for everyone and is about 55 miles to Spanaway following the STP route backwards. The trip will leave the Spanaway McDonalds at 8AM, not the Parkland McDonalds. For train riders, there are about two options. Call 1 800 872-7245 or visit the Amtrak Station in Tacoma. Train 501 leaves Tacoma at 8:18am and arrives in Centralia at 9:18am. You would then take a bike ride around the Centralia-Chehalis area, possible back tracking to the 100 mile riders. Train 507 is the best choice. It leaves at 2:33pm and arrives at 3:33pm. Both trains have space for six standard bikes and the extra cost is \$5. You should reserve in advance to guarantee a space. The alternative is a bike box that costs about \$10. Tandems have to be boxed. Train 507 would allow you to start partying about 4pm since the hotel is just a block from the station.

JUNE MEETING ON THE 21ST Vern Hase, VP

Kirk Kirkland is a board member of ForeverGreen Council and a longtime cyclist. He will show us their proposal for a system of trails in Pierce County. This is an important program; our club is in on the ground proposal of making it work.

Phil's May Day Century Ride Review by Bob Myrick

For the second year, I have greatly enjoyed Phil's May Day Century Ride from Federal Way up to the Carbon River Entrance of Mt. Rainier. This year the weather was delightful and the route was great with a segment on the Foothills Trail. The 100-mile route is a very good training ride for RAMROD types because of the prolonged climb from Wilkeson to the Carbon River Entrance. On the return, when you are tired, you have to climb the "Goat Trail" and test your spirit and your gears. It's a wonderful way to find out if you need lower gears. The ride ends at Jake's Ale House with free pie and coffee. Of course, you can also have dinner and participate in Happy Hour. Phil's ride is positioned nicely between the Daffodil and the Ride Around Clark County. It was my first Century this year, but others thoroughly enjoyed the ride to Orting or Wilkeson. I got to ride with other TWBC members, Karen, Charlie, Louie, Vern and Phil at times thru the day. I saw Robert D. zooming down the hill and a few others from the club.

I think this ride and the Daffodil could be improved if there were a free kids ride to South Prairie from Orting. It would be a great way to build the bike riders of the future. The kids would be able to see us older folks out riding our bikes. Phil might also offer a start later in the morning from the Orting Rest Stop to enhance his ride. I really liked the opportunity to relive my childhood since the theme was Hostess Cupcake Products. I got to eat Ho-Ho's, Ding Dongs, and Twinkies

Letter to the Editor:


President Tim Payne did a great job last month in identifying people who have worked for years in putting together our ride events. I would like to also mention Louie Boitano and Steve Brown and thank them for their years of effort. Louie has been marking courses for as long as I can remember. Steve has been coordinating our rest stops with the Foothills Rails to Trails Coalition for many years and working at our storage shed to make sure our equipment is properly maintained.

Bob Myrick

Pierce County Parks & Recreation presents


Tour de Pierce

June 26, 2005



12, 30, & 50 Mile Routes

A bicycle ride in Pierce County



Tour de Pierce is a summer bicycle ride through central Pierce County for fitness and fun, promoting bicycle awareness and safety.

Tour de Pierce offers enjoyable cycling from 8:00 AM - 3:30 PM on Sunday, June 26, 2005. The ride winds through Puyallup, Sumner, and adjacent farm lands. A rest stop at the Riverside County Park, east of Sumner, will offer entertainment, light refreshments, and restrooms for riders.

The 12-mile route provides a flat, easy ride suitable for families and novice riders. A longer 30-mile loop extends the ride past farms, flower fields and more scenic views of waterways and Mount Rainier. The 50-mile course travels through parts of Puyallup, Tacoma, Fife, Sumner and Milton.

Tour de Pierce starts at the Gold parking lot of the Western Washington Fairgrounds on South Meridian and 7th Street SE, in downtown Puyallup. The Gold parking lot is diagonally across the Puyallup Fair's corner entrance on Meridian Street. The course opens at 8:00 AM and closes at 3:30 PM. **Riders may start between 8 AM - 12 noon.** Registration will remain open until noon.

Helmets approved by CPSC required for this event

**Pre-register by June 21st
\$10 per person or \$25 per family**

**Pre-register your group
of 12 or more for \$5.00 per person**

**Register the day of the event on June 26th.
\$12 per person or \$30 per family**

**Register online for a
small fee at www.active.com**

**Questions about Tour de Pierce?
(253)798-4177
www.piercecountywa.org/parks**

2005 Tour de Pierce Registration Form

Name _____

Address _____

City/State/Zip _____

Phone _____ E-mail _____

Enclose check or money order payable to:
Pierce County Parks & Recreation
Tour de Pierce
9112 Lakewood Dr. SW, #121
Lakewood, WA 98499-3998



Confirmation will not be sent. Pre-registered riders will check in at the start of the ride.

Pre-registration Fees: (Postmarked by June 21)

Individual	\$10
Family	\$25
T-Shirt	\$8 ea

Day of Ride Fees:

Individual	\$12
Family	\$30
T-Shirt	\$15 ea

Total Number of Family Members _____

Amount Enclosed \$ _____

Indicate T-Shirt size(s) and quantity:

___YL___S___M___L___XL___XXL



twbc monthly event schedule

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

Day	Date	Time	Distance	Ride Code	Leader	Contact at (253)	Ride or Activity
Sun	06/26	8 AM - 3:30 PM	12, 30, & 50	All	Pierce County Parks	798-6678	Tour de Pierce , Puyallup, WA through Eastern Pierce County; \$10/\$25 Family. Start: Western WA Fairgrounds, Gold Parking Lot. www.piercecounty.wa.org/parks
Mon	06/27	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	06/28	Call	Call	Call	Call Ride Line	759-2800	Tuesday AM Ride. Call Ride Line for details.
Fri - Sun	07/01 - 07/04	Early	Varied	All	Sanna Phinney	541-382-2633	Northwest Tandem Rally , Eugene, OR. www.nwtr.org
Sat	07/09	7 AM	100	2.5 C	Ralph Wessels	857-5658	Ride Around the Sound w/ Ralph, have lunch in Allyn. Start: Gig Harbor P & R.



BIKE ASSEMBLY SPECIALISTS AT REI

We are currently seeking part-time Bike Assembly Specialists to join our Retail Bike Production Team in Sumner! You will be working an average of 26-30 hours per week between the hours of 7:00 am and 7:00 pm Monday through Friday with occasional Saturdays or Sundays as needed due to work volumes. The hourly wage is \$9.55 per hour.

The Assembly Specialist is responsible for assembling bicycles in a production environment in preparation for shipment to retail stores according to the quality and safety standards established by the Master Technician program.

To learn more about this position and to apply on line, please visit the REI website at www.rei.com and go to the Job Openings page, Job #1228.

Controversial trail set for groundbreaking

ISSAQUAH—A July groundbreaking is now in the works for the star-crossed East Lake Sammamish Trail. King County Executive Ron Sims said yesterday all nine building permits are in hand and construction of the trail's final seven miles can begin. Opposition to the trail by property owners along the route through the city of Sammamish tied the project up in litigation for years. King County bought the old railroad right of way from the Burlington Northern Santa Fe Railway in 1998 for \$2.9 million as part of a federal rails-to-trail program created to preserve old rail routes for future use. The right of way stretches along the east shore of Lake Sammamish from Issaquah north to Redmond where it joins the Sammamish River Trail. When completed it will be part of a trail system that circles Lake Washington and Lake Sammamish. Cost of the construction phase is pegged at \$1.6 million, with \$900,000 of that coming as federal transportation money. © 1998-

2005 Seattle Post-Intelligencer

For more detailed news, use the link below. http://seattletimes.nwsources.com/html/localnews/2002270517_trail11e.html



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
Sat	06/04	9 AM	60	2 B	Louie Boitano	922-1168	Ride to Ballard Locks. Start: Ft. Dent Park.
Sat	06/04	9 AM	60	2- 3 C	Tim Payne	360- 8714478	RAPSodyPre-Ride to Shelton; return via Hood Canal. Start: Firestation, SR 302 & Wright Bliss Rd
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.
Mon	06/06	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	06/07	Call	Call	Call	Call Ride Line	759-2800	Tuesday AM Ride. Call Ride Line for details.
Thurs	06/09	9:30 AM	???	2	D. Hushagen J. Clifford	922-5801 759-2393	Java Jump. Start: Starbuck's @ N 26 & Proctor.
Sat	06/11	8 AM	75	2 A	Carla Gramlich	879-0115	Foody Goody for lunch. Start: Freighthouse Square.
Sat	06/11	9 AM	50 +	2 C	Toni Matson	851-4640	Ride To Randall. Start: Whittaker's in Ashford.
Sat	06/11	10 AM- 6 PM	Your Choice	1 A	Seattle Parks	206- 684-4075	Bicycle Saturday , Bikes only on Lake WA Blvd between Mt. Baker & Seward Park www.seattle.gov/parks
Sun	06/12	9:30 AM	varied	varied	Jill Priest	360- 871-7184	5 Sister's Annual Ride. See Article or Ride Notes for more info. Start: Shelton.
Sun	06/12	10 AM	30 +/-	2 B/C	Scott Kubiszewski	1-253- 229-0958 (cell)	Scott's Last NW Ride: Lost All Over Seattle (prior to heading to CA for his first post- college job!). Start: Gas Works Park, Seattle.
Mon	06/13	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	06/14	Call	Call	Call	Call Ride Line	759-2800	Tuesday AM Ride. Call Ride Line for details.
Tues	06/14	6:30 PM	00	00	Tim Payne	360- 871-4478	Board Meeting @ the Kim Ahn Restaurant across from TCC on Mildred.



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
Sat	06/18	8 AM	80	2 C	Carla Gramlich	879-0115	Ride to Southworth, West Seattle, & back through the valley. Start: Starbuck's, N 26 & Proctor.
Sat	06/18	9:30 AM	60	2 C	Roz & Carol Davis	857-5396, 380-8819, cell	Wild Rhody Ride. Start: QFC parking lot, Belfair.
Sun	06/19	11 AM	35	2 B	Jim DeYoung	912-0757	Ride to Steilacoom Deli for Lunch. Start: Parkland's McD's, 112th & Pacific.
Sun	06/19	10 AM- 6 PM	Your Choice	1 A	Seattle Parks	206- 684-4075	Bicycle Sunday , Bikes only on Lake WA Blvd between Mt. Baker & Seward Park www.seattle.gov/parks
Sun	06/19	Early	4 Routes	All	Salem Bicycle Club	509- 363-7725	Watermelon Ride. 50, 100, 125 or 200 mile routes through the Willamette Valley. www.salembicycleclub.org
Mon	06/20	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	06/21	Call	Call	Call	Call Ride Line	759-2800	Tuesday AM Ride. Call Ride Line for details.
Tues	06/21	6 PM	20	2 A	Carla Gramlich	879-0115	Tour de Pierce pre-ride. Start: Gold Parking Lot diagonally across from Fair's Entrance on Meridian.
Tues	06/21	7 PM	00	00	TWBC	759-2800	June Club Meeting @ South Park Community Center, 4851 S. Tacoma Way.
Thurs	06/23	6:30 PM	12	1 A	Carla Gramlich	879-0115	Tour de Pierce pre-ride. Start: Gold Parking Lot diagonally across from Fair's Entrance on Meridian.
Fri	06/24	2 PM	30	2 B	Carla Gramlich	879-0115	Tour de Pierce pre-ride. Start: Gold Parking Lot diagonally across from Fair's Entrance on Meridian.
Sat	06/25	9 AM	70	2/3 C	Tim Payne	360- 871-4478	RAPSody pre-ride to West Olympia. Start: Shelton HS parking lot behind Walmart on Shelton Springs Rd.