



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

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

**JULY 2005**



**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

**JULY 2005**

**OFFICERS ELECTED**

The June meeting of TWBC features the election of officers, this year's meeting was no different. For 2005/2006 there are a few changes to our slate of officers. However, opportunities abound with several officers interested in being replaced in next year's election. The board welcomes people who are not on the board, but interested in finding out what the officers do at those meetings (aside from eat.) Please, the board would enjoy having you as a guest at a future board meeting, particularly if you are interested in joining us in the future.

TWBC 2005/2006 Officers and Board members elected June 21, 2005:

- President – Tim Payne
- Vice President – Vern Hase
- Secretary – Sandy Byrd
- Treasurer – Gus Fant
- Director of Community and Government Relations – Bob Myrick
- Newsletter Editor – Jan Brame
- Touring Captain – Carol Davis
- Director of Special Events – Vacant

By the way, the Board thinks that Vacant has held onto the position of Director of Special Events long enough. There was even some discussion of modifying the by-laws to establish term limits so we could oust him (Vacant, that is) from his long-held post. If you are interested in seeing Vacant replaced please contact President, Tim Payne and let him know you are fed up with Vacant's lack of activity in special events and want to replace him on the board. Tim will most certainly invite you to the next board meeting so that you can displace that scoundrel Vacant.

**The 23<sup>rd</sup> Annual Peninsula Metric Century  
 June 05, 2005 ride was a great success. Donna Daily**

Thanks to all of the volunteers and club members who contributed to the behind the scene preparation and support for this years Metric Century Ride. Forty-five cheerful peopled volunteered to make this ride happen. There were 450 cyclists who registered to ride despite the rather cool weather and occasional afternoon shower.

One cyclist emailed "...yet another wonderful Peninsula Metric Century event this year... the route was VERY well marked, the selection of food and drink was appropriate to the event and the shirt is beautiful. I tell everyone I meet who is interested in a high quality ride, about the events that your Club puts together" Another cyclist emailed: "I felt well cared for, and it added a lot to the ride to have your support. I've never ridden a club supported ride before, but I will definitely do so again"

At the end of the day, most riders enjoyed the strawberry shortcake before heading back to their cars. Mark your calendars for the Headwaters Ride September 11, 2005 to help the Tacoma Wheelmen promote another great cycling event.

# The COG Home Page

## Club Officers and Volunteers

**PRESIDENT:** [president@twbc.org](mailto:president@twbc.org)

Tim Payne, 360-871-4478

**VICE-PRESIDENT:** [vp@twbc.org](mailto:vp@twbc.org)

Vern Hase, 253-759-7246

**PAST PRESIDENT:** [past-prez@twbc.org](mailto:past-prez@twbc.org)

Ralph Wessels 253-857-5658

**SECRETARY:** [secretary@twbc.org](mailto:secretary@twbc.org)

Sandy Byrd: 253-474-6721

**TREASURER:** [treasurer@twbc.org](mailto:treasurer@twbc.org)

Jim DeYoung, 253-912-0757

**TOURING CAPTAIN:** [ridecaptain@twbc.org](mailto:ridecaptain@twbc.org)

Carol Davis: 253-857-5396,

**DIRECTOR OF COMMUNITY & GOVERNMENT**

**RELATIONS:** [gac@twbc.org](mailto:gac@twbc.org)

Bob Myrick, 253-473-7455,

**NEWSLETTER:** [newsletter@twbc.org](mailto:newsletter@twbc.org)

Editor: Jan Brame, 253-759-6984,

Reporters: Various Members

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

**MEMBERSHIP DATABASE:** [database@twbc.org](mailto:database@twbc.org)

**& MAILING:**

Ann Seago, 253-761-0709,

**MEMBERSHIP:**

Phyllis Lay, 253-759-1816

**WEB MASTER:** [webmaster@twbc.org](mailto:webmaster@twbc.org)

Ken & Cindy Stagg, 253-770-5530,

**DAFFODIL CLASSIC:** [daffodil@twbc.org](mailto:daffodil@twbc.org)

Max Welker, 253-572-3415

Keith Bates, unlisted

Joyce Clifford 253-759-2393

**PENINSULA METRIC:** [pnc@twbc.org](mailto:pnc@twbc.org)

Donna Daily, 253-884-4473

**HEADWATERS CENTURY:** [headwaters@twbc.org](mailto:headwaters@twbc.org)

Gene Smith, 253-272-6747

Robert Deehan, 253-272-9682

**RAPsody:** [info@rapsodybikeride.com](mailto:info@rapsodybikeride.com)

TWBC contact: [rapsody2005@earthlink.net](mailto:rapsody2005@earthlink.net)

Ralph Wessels, 253-857-5658

Tim Payne, 360-871-4478 Carol Davis, 253-857-5396

Bob Myrick, 253-473-7455

**JERSEY SALES:** [jerseys@twbc.org](mailto:jerseys@twbc.org)

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, cus sheets or maps provided, 16 + mph.

### Terrain Code examples:

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

**Next Club Meeting:**

**Tuesday  
September 20**

**Food galore!  
Door Prizes !  
Great Program!**

## Plan Continued from page 9

success and experience of Jan Wolcott and the Foothills Trails Coalition. They have laid the foundation that makes this next phase possible.”

Pierce County Parks Director Jan Wolcott is retiring this summer after 30 years with the county. “His cooperative efforts to build parks across the county and his success in

connecting cities to the Foothills Trails is the model for us,” said Kirkland. Wolcott will continue as a board member of ForeverGreen Council after retirement.

The board is made up of elected officials from cities, the county, and the major parks departments including the Superintendent of Mt. Rainier National Park. “We have received a lot of staff support for planning from the National Park’s Rivers and Trails Program,” said Kirkland.

The pieces of the countywide trail system come from each city’s existing trail plan. “Our role is cooperation — connecting the pieces,” said Kirkland. “We just make sure the trails arrive at a common boundary and agree on standards. Each town does it’s own plan.”

The Pierce County Conservation District will provide grant writing, real estate acquisition and construction supervision through a newly established trail office. Cities can contract with the District to build their trails. The office should be fully staffed in 2007.

“We’re going to need the help of Wheelman,” Kirkland said. “Not all cities have a trail plan that are ready to build. Activists will have to work with local park departments to urge a trail update.”

To see a map of the county-wide trail system and learn more about ForeverGreen trail building proposal go to: [www.TWC.org/?forevergreen](http://www.TWC.org/?forevergreen)

*Kirk Kirkland has bicycled all over the world starting with a tour of Japan in 1971. Since then he has worked as an outdoor writer and photographer and more recently lobbied at the county and state levels on environmental issues, growth management and transportation issues. He just returned from a Wheelman ride with Bob Myrick and Anne Seago that started in Astoria and ended for him in Montana. Bob and Anne were last seen heading east over the Continental Divide.*

## BIKE FRIDAYS & OFF PAVEMENT TOURING MAX WELKER

Max Welker has started a Tacoma Bike Friday Club - no meetings or dues, just little wheelers getting together for rides. They will be riding to Steilacoom on Wednesday evenings this summer for the outdoor concert series at Pioneer Park. The rides will be joint Wheelmen/BF rides - little wheels not required - so please check the ride calendar and join us. (TWBC BFers can become members by signing up at [groups.yahoo.com/group/bfclubwatac](http://groups.yahoo.com/group/bfclubwatac))

**OFF-PAVEMENT TOURING.** Tired of being passed by big trucks on two lane, no shoulder roads? Adventure Cycling’s Continental Divide route takes you from Canada to Mexico on little traveled dirt and gravel roads. Max Welker would like to do the first 500 to 700 miles through Montana and Idaho this August or September. If you think you might want to join him, please contact him at 572-3415 or [ultrannrmax@hotmail.com](mailto:ultrannrmax@hotmail.com). The dates and distances are negotiable; the gorgeous scenery, wildlife and solitude guaranteed.

## Bike Bytes continued from page 10

### 8. King County Metro has new safety video

King County Metro created a bus driver’s training video to promote sharing the road with bicyclists. Even if you’re not a King County resident, this video is worth watching. Its only 15 minutes and can be found at the following link: <http://transit.metrokc.gov/tops/bike/bike.html>

### 9. Klickitat Trail Goes Forward: Legal Challenge Dismissed

The Surface Transportation Board dismissed a legal challenge by opponents of the Klickitat Trail, making it possible for the US Forest Service to make improvements to portions of the trail this year. Washington State Parks owns the 31-mile former railroad corridor that stretches from Lyle to Warwick and manages the upper 18 miles of the right-of-way. The lower 13 miles is managed by the Forest Service. Kudos to the Klickitat Trail Conservancy for their tireless advocacy for this trail!



## Upcoming Rides

Have you been enjoying the temperate weather on your bike? The moderate weather has extended further into the summer making for ideal cycling conditions. There are some excellent club events that are part of the training series for the **Ride Around Puget Sound (RAPSody)** that you will want to mark on your calendars.

**Tour de Kitsap** will be held on July 31 and is hosted by the West Sound Cycling Club. It has dual start locations in Silverdale and at the Bremerton Ferry. The route options are 12, 30, 65, and 100 miles and takes riders through the scenic northern portion of Kitsap County and along the marine waters of the Hood Canal and Dyes Inlet.

**TRYBR** (Tenino, Rainier, Yelm, Bucoda Rally) occurs on August 14 and is hosted by the Capital Bicycle Club. The ride starts in Tenino and travels through rural areas and smaller cities in Thurston County.

**RAPSody** will be held August 27-28. One-day riders will start on Sunday, August 28. This is the second year for the event that is hosted by BIKES Club of Everett, Capital Bicycle Club, Seattle Bicycle Club, Tacoma Wheelmen's Bicycle Club, and West Sound Cycling Club. In addition to the bike clubs, RAPSody has local community sponsors including Tacoma Community College, Clover Park Kiwanis, Spoke & Sprocket, and Old Town Bicycle.

RAPSody is a challenging 165-mile bicycle ride includes ferry rides and scenic views, with music along the way in keeping with the "RAPSody" theme. The route starts and ends at Tacoma Community College and travels counterclockwise through Vashon Island, Port Orchard, Shelton, Olympia, and back to Tacoma. Registration includes rest stops, mechanical support, luggage transport, indoor or outdoor camping at Shelton High School, showers, ferry fare, souvenir socks and a finish line celebration. There are several hotels in the area but frankly, the high school is the fun place to stay with massages, rock & roll band, great food, root beer floats, Mason Transit shuttle to downtown, and other riders.

Comments received on the 2004 ride included: "Best food I have ever seen on a ride." "The route was amazing—so many beautiful areas." "The best organized ride I have done in area. A for sure for next year." "The

Johnny B Goode Band was great! Bring them back next year!" (note: they will be back in Shelton again!) "The band in Allyn was wonderful!" "Somehow, you attracted the greatest concentration of friendly riders (& volunteers!) of any ride I've done." "I will absolutely do it again & recommend it to my biking buddies." "One word. *SWEET.*"

All RAPSody proceeds benefit the Bicycle Alliance of Washington's statewide advocacy and education. Last year the ride raised \$18,000, which helped BAW support safe passing legislation for cyclists and garner funding for Safe Routes to School grants around the state.

Cost is \$80 through July 22, \$90 until registration closes on Aug. 12 or when the 1,000-rider limit is reached. Bicycle Alliance members receive a \$10 discount. You can join BAW as you register and receive an immediate discount. For more information on RAPSody, visit [www.rapsodybikeride.com](http://www.rapsodybikeride.com) or call 206-577-6999. You can register online at [www.active.com](http://www.active.com) or download a form from the website.

TWBC still needs some volunteers for hosting the ride. Volunteers get to go on the RAPSody pre-ride on August 5-6, which will have a celebration meal (yeah – it's a party!) in Shelton and receive a spectacularly RAPSody T-shirt designed by the talented Steve Lay. 2-day riders could perform a volunteer shift at the start and then depart at 8:30. 1-day riders could volunteer on the first day. If you would like to volunteer for RAPSody, contact Ralph Wessels at 857-5658 or [rapsody2005@earthlink.net](mailto:rapsody2005@earthlink.net) The TWBC website, has a listing of the available positions and you can email him from there too.

### County-wide trail plan proposed at June meeting.

ForeverGreen Council proposes connecting all 24 cities in Pierce County with a county-wide trail system. This was the focus of the Wheelman's membership meeting on June 21.

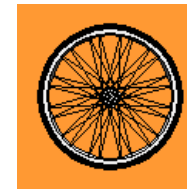
"Connecting all the cities is an ambitious agenda," said Kirk Kirkland, Vice President of the ForeverGreen Council. "But we can build on the

**Plan continued on page 10**

## TIRE BUZZ

By President

**Tim Payne**



**Timothy Payne**  
**TWBC**  
**"The Prez"**

### JUNE MEMBERSHIP MEETING

June must be a busy month for folks, or our June meeting was just too close to the solstice. We had one of the lowest turnouts for a membership meeting that I have seen at TWBC, 8 members. The interesting thing is those 8 members elected our officers and board members for 2005/2006. Hopefully, the slate of officers will meet with the approval of a broader spectrum of the membership.

The other, more interesting matter, was that of the program. Kirk Kirkland of Forever Green gave a presentation on the organization's plan to get interconnecting paved trails constructed throughout Pierce County. Forever Green has completed an alliance with the Pierce County Conservation District to act as a coordinator and facilitator of trail construction. There are three essential goals:

- To build a useable trail system in Pierce County at an accelerated pace,
- To assist in the coordination between jurisdictions so that segments can be completed together and avoid some of the missing link problems of the past and
- To provide technical assistance to jurisdictions in assembling funding, acquiring right of way and design of the trails.

For example, the completion of the Interurban Trail into Pierce County requires action by four jurisdictions, Tacoma, Milton, Fife, and Edgewood. The strategy is to encourage each jurisdiction to construct its section of the trail at the same time. The Conservation District would also offer grant writing expertise and design and standards expertise to the jurisdictions. This will be especially useful to the small jurisdictions who often find it necessary

**BUZZ continued on page 4**

## Ride the John Wayne Pioneer Trail.

Max Welker is planning to start a self-supported camping ride on the JWT starting July 16. I'd like to go at least to Vantage, perhaps to the Idaho border. I'm entirely flexible as to daily and total distances, and even as to starting date and time, in order to accommodate anyone else who might want to do the ride, or even just part of it. If interested, please contact me at 253-572-3415.

### 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 past 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. Along the mighty Columbia and the shoreline of Lake Roosevelt through rich farmland and bountiful orchards. Traveling into the foothills of the Cascades into a western town with a German flair and finally off to Old Blewett bringing us 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.

*It's not too late to make your reservations for a summer experience of a life time!*



### Tire Buzz continued from p.3

to bring on staff for a project then let them go once the project is completed.

We are working with Forever Green to get some information on the strategic effort to complete Pierce County's trail system onto our website. Look for this addition soon.

### MONTANA MATTERS

As I was writing my June column, I was also re-reading myself for a nine-day tour of the Idaho Panhandle and western Montana. This was a joint venture with West Sound Cycling and it turned out to be a great experience. We started and ended in downtown Spokane. I got to know three riders from West Sound (who I had previously met very briefly) on the way over as we carpoled. The road trip set the tone for an excellent adventure. The next morning, a Saturday, found the climb out of Spokane only moderately difficult. Once we were on top of the hill the view of Hangman Creek Canyon was quite spectacular. We continued on through the scenery of the Palouse on our way to Rockford where we paused for lunch. From there it was only a short distance to reach Idaho and on to Plummer and the start of the Trail of the Coeur d'Alenes.

Without a doubt this was one of the real highlights of the trip. I have wanted to ride this trail for quite some time so the anticipation was almost excruciating. My anticipation was not disappointed. In fact, the real experience was even better than expected. If you get to the Idaho Panhandle with your bike you simply must take some time to ride at least part of this trail. Any part will do, it is beautiful from end to end, all 73 miles of it. It is the best trail I have experienced to date, well paved and engineered, well-maintained, well marked, facilities at regular intervals and scenery that will make you want to take your time and soak in the sites. If riding this trail is not on your cycling "to do" list, my advice is to add it at your first available opportunity.

Anyway, it rained the first night at Harrison and on and off through the next day, however we were on the trail all day, so the rain did not seem so bad. That afternoon

in Wallace, Idaho, the sun came out along with a nice breeze and we got all of our gear dried out. Wallace brought another round of highlights, but perhaps the most memorable was not related to cycling at all, a tour of an abandoned silver mine. Admittedly, what really made it special was our tour guide "Ward." (The mineshaft was just another dark cave with some interesting artifacts) He was a forty-year veteran of hard rock mining and was able to provide insights into this dangerous, strenuous profession that few other people would have been able to do. Ward had worked for 25 years in the largest silver mine in the world, the "Sunshine Mine" near Kellogg, Idaho. I remember many things he said but one really stuck with me as to just how difficult it is to be a miner. The mine was over a mile deep. The temperature at the working levels of the mine was 110 degrees Fahrenheit with the humidity at more than 90%. Couple that with half darkness, dust, noise, and air pollutants of all types plus the need to actually accomplish some work in the course of an eight hour shift and you begin to get the picture. Suffice it to say that I felt pretty lucky to have been able to do what I do rather than be a miner. As I climbed the rough, narrow road of Dobson Pass the next morning all I could think about was how easy that was compared to how so many miners have made a living.

Off Dobson Pass and on to Thompson Pass. The State of Idaho repaved Thompson Pass, the road surface was extraordinary and so was the scenery. A trip to Murray to climb the Pass and descend back again would be another worthwhile day trip if you are in the area. The summit of Thompson Pass is the line between Idaho and Montana, as soon as you crest the pass that fact is obvious. You go from the wonderfully smooth asphalt surface on the Idaho side to the typical chip seal of Montana. Fortunately the chip seal was pretty well maintained so road roughness was not added to the vibration of chip seal. We finished the longest day of our trip, 95 miles, at Quinn's Hot Springs Resort, a delightful place just outside of Paradise, Montana. I put it in my list of "must return to" places.

The next day took us to Flathead Lake via the National Bison Range and Polson. Sadly, the bison where elsewhere on the huge preserve, so there were no buffalo sightings that day. The mountains at the edge of the valley looked down on us all day from their stately grandeur of shear peaks still covered with snow, a beautiful back-drop to

### Bike Ride Around Puget Sound Aug. 27-28

People from all over the Northwest are preparing for the Ride Around Puget Sound (RAPSody) this summer.

The challenging 165-mile bicycle ride includes ferry rides and scenic views, with music along the way in keeping with the "RAPSody" theme. The second annual event Aug. 27-28 is sponsored by five Puget Sound area bike clubs and already has almost 100 registrants from as far away as Ketchum, Idaho and Tigard, Ore.

The route starts in Tacoma and travels counterclockwise through Vashon Island, Port Orchard, Shelton, Olympia and back to Tacoma. Registration includes rest stops, mechanical support, luggage transport, indoor or outdoor camping at Shelton High School, showers, ferry fare, souvenir socks and a finish line celebration.

In addition to the bike clubs, local chambers and bike shops support RAPSody.

It all adds up to friendly competition for the best rest stop on the ride, which cyclists can do in one or two days. Woodinville resident John Rivenburgh rode RAPSody in 2004.

"I've never had five kinds of hummus at a food stop before," Rivenburgh said. "It was a great ride." He is registered to do it again this year. "I really like that it was on back roads that I've never seen before, and you had a nice range of riders."

RAPSody starts and ends at Tacoma Community College this year, with free parking and a post-ride celebration. Vashon Island offers the first challenging hills, with two-day riders stopping at Shelton for overnight accommodations – either free at the high school or in motels on their own. One-day riders will complete RAPSody on Sunday, Aug. 28.

All RAPSody proceeds benefit the Bicycle Alliance of Washington's statewide advocacy and education. Last year the ride raised \$18,000, which helped BAW support safe passing legislation for cyclists and garner funding for Safe Routes to School grants around the state.

RAPSody is hosted by BIKES Club of Everett, Capital Bicycle Club, Seattle Bicycle Club, Tacoma Wheelmen's Bicycle Club, and West Sound Cycling Club.

The next official RAPSody training ride is the Tour de Kitsap July 31 in Silverdale, Wa., sponsored by the West Sound Cycling Club.

Cost is \$80 through July 22, \$90 until registration closes on Aug. 12 or when the 1,000-rider limit is reached. For more information on RAPSody, visit [www.rapsodybikeride.com](http://www.rapsodybikeride.com) or call 206-577-6999. You can register online at [www.active.com](http://www.active.com).

### Bike Ride Around Puget Sound

The Ride Around Puget Sound (RAPSody) Aug. 27-28 is a challenging and scenic recreational bike ride of 165 miles with 9,000 feet of elevation gain. RAPSody is a 2-day ride with a 1-day option that starts and ends at Tacoma Community College and goes counter-clockwise through Vashon Island, Pt. Orchard, Shelton, and Olympia. Registration includes rest stops, mechanical support, luggage transport, indoor or outdoor camping at Shelton High School, showers, ferry fare, souvenir socks and lots of music along the way.

Cost is \$80 through July 22, \$90 until registration closes on Aug. 12 or when the 1,000-rider limit is reached. For more information, visit [www.rapsodybikeride.com](http://www.rapsodybikeride.com) or call 206-577-6999. You can register online at [www.active.com](http://www.active.com).

All RAPSody proceeds benefit the Bicycle Alliance of Washington's statewide advocacy and education. RAPSody is organized by BIKES Club of Everett, Capital Bicycle Club, Seattle Bicycle Club, Tacoma Wheelmen's Bicycle Club, and West Sound Cycling Club.



#### NEW MEMBERS

Marion Lewis, Irene Potter, Bill Kriese, John Nerges, Costi Mahsi, Carolyn Carr.

#### RENEWING MEMBERS

Noel Hagens, Vern Hase, Herb & Sherry Brooks, Mike Flodin, Michael Schrumm, Sally Swanson, Marlaina Wall, Carolyn L. Nelson, Robert Beezer, Bob Burton, Gerg Grenier & family.



## A Recommended Ride

By A. Rider

A couple of hills, lots of paved trail riding through the countryside, and a bit of freeway riding; this ride has a little bit of something for everyone. It is a loop ride beginning in DuPont, west to Lacey, then south to Yelm and returning by way of Nisqually to DuPont.

The ride begins at the Park and Ride off 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. Take the exit to Mounts Road (to bypass traffic using the ingress/egress lane), and continue south to the Nisqually Exit 114, which goes over the freeway to a signal. Continue up the hill on what is now called Martin Way for approximately four miles to the Park & Ride Exit 109. Just prior to the access to the freeway, is the beginning of a bike trail on the left side of the road. To be safe, the pedestrian crosswalk at the signal is a good way to cross over this road to the trail. The trail is about a ¼ mile long (frequented by deer and rabbits) and ends at the intersection of College St. and 3<sup>rd</sup> Ave. S.E. Cross College St. on to 3<sup>rd</sup> Ave. and in another ¼ mile, exit to the bike trail on the left side of the road. The trail tunnels under Sleater-Kinney Road and comes out by the Sears parking lot. At the end of the parking lot, turn left onto the trail to Pacific Ave. (If you continue straight, it leads to Olympia and the Capitol Building.) Cross Pacific Ave., ride through the parking area and beyond to an abandoned railroad track, where you will see the southern continuation of the Chehalis-Western trail that will take you to Yelm. In about a ¼ mile, there are restrooms and a parking area by Chambers Lake.

Back on the trail, continue south through a residential area and alongside the Lake. In about 3½ miles, the trail takes a sharp left on to a short dirt trail to the Yelm-Rainier highway, a detour around the main rail line between Seattle and Portland. Once back on the trail, you continue through wooded countryside, crossing occasional roads, follow the Deschutes River for a short while, through some open farm country, past an outdoor sculpture art center, an equestrian center and a “Y” in the trail that also goes to Tenino. Then the small town of Rainier (maybe a stop for lunch at the deli/espresso shop), and finally to the end of the trail in Yelm, the last place for lunch before returning to DuPont.

Continuing on our way, leave Yelm going west on Hwy 510 toward Lacey and Olympia. The road will lead you past the Red Wind Casino on the Nisqually Reservation. About a mile beyond the casino, continue straight through the intersection to Lacey, and in about 100 yards, turn right onto Reservation Road. The road eventually crosses over the railroad track and down a hill to the Old Pacific Hwy. Turn right and shortly pass through the Nisqually community, across the Nisqually River and up the hill, now called Mounts Road. At the top of the hill, turn right onto I-5 and in about a mile, pass the truck weigh station (not through) and exit on 118 to Center Drive, over the freeway, then right on to Wilmington Drive and back to the DuPont P&R.

The round trip is about 50 miles; a variety of scenery and road conditions and is an easy route to follow. This ride is at a comfortable pace, as are many TWBC rides, intended to see new areas, meet new people and/or visit with friends both during the ride and at the various food stops. Maybe we will see you on the next one.

---

---

### JULY'S JAVA JUMP JULY 7, 2005

Come join us for a fun summer day of riding, complete with coffee stops, ferry rides, and island lunching. We will meet at 8:30am at 26th and Proctor, ride out to Steilacoom, break for coffee, and then catch the 10:20 ferry to Anderson Island, where we will ride some more, and have lunch. You can either bring your own lunch or buy one in Steilacoom. Bring extra money for the ferry, \$1.90 for seniors (65+) or \$3.80 for the youngsters. Hope to see you there!

Debbie Hushagen 253-922-5801  
debhushagen@comcast.net

---

### The Buzz continued from p.4

another day of cycling Montana. The lakeside RV park we selected to for our layover day was not particularly well suited to tent camping. I mean one shower (in the men's restroom, no less) to be shared among nineteen people? Even cyclists have to have some standards! After one night we elected, actually we voted, to move on down the road on “rest” day, 30 miles to Hot Springs and Symes Hot Springs Hotel and Mineral Baths. It was worth the ride. Another on the list of “must return to” places. It is a funky sort of laid-back place where relaxation is more important than pretext.

Back to Thompson Falls and a very nice campground called Birdland Bay. The Clark Fork River ran at the edge of the property and we were back into the trees. After a restful night, we continued on to Hope, Idaho on Lake Pend Orille (that is pon de ray'). A wonderful evening on the shores the lake included our last group meal. Worth mentioning here, we had several nights on this trip where we engaged in group cooking. Our Chief Chef, Angie, did a fantastic job of meal planning and purchasing food supplies. We discovered several members of our group have outstanding cooking talents. We ate like royalty. The camaraderie provided by the simple act of cooking, consuming and cleaning up after a meal added a great deal to the trip. It also provided another one of those highlights for me and remains one of the more memorable parts of the trip.

From beyond Hope we continued up the shore of the lake through Sand Point then on to Spirit Lake enroute to Coeur d'Alene. The ride from Sandpoint to Spirit Lake had a few surprises including several miles of fairly smooth dirt road. Our sleeping facility for the night was in the Garden Motel. If you go to Coeur d'Alene, don't overlook this place, it is not a fancy resort, but it is clean, well managed and relatively inexpensive. We shared a meal of pizza out on the front lawn in the shade of some very nice trees. This preceded our exchange of prizes and “road treasure.” It was a fitting last night to our trip. Onto the Centennial Trail and into Spokane was the order of things the next morning. The trail runs very close to the Valley Mall and I knew we were back in “civilization” as we feasted at an IHOP for breakfast at the edge of the

mall. The best part of this ride was the tail wind. It was blowing about 20 MPH and we were cruising along like Cat 2 racers at speeds of 25 or more mph without really working too hard at it. Now I know how Lance feels! Back to the hotel where we started where the manager had graciously let us park our vehicles for a week, we said our good byes and headed back to the “coast” as they say in Spokane.

No ride or group of people, or conditions can ever be duplicated. Some are memorable and some you try to let escape from your memory. For me this was a great trip that I will remember for a long time to come. My advice is to sign up for one of our group adventures and join in on the fun. Your highlights will be different from mine, your experience may not rate as well as this ride rated for me, but you owe it to yourself to give it a shot. Chances are you will return with a memorable adventure, a sense of accomplishment, and a group of closer friends.

---

---

### 8 Lakes Leg Aches

I am the event coordinator for the 8 Lakes Leg Aches bike ride scheduled for August 6th. I would greatly appreciate the opportunity to inform Club Members of the 8 Lakes bike ride. This is one of the best cycling events of the season. Riders will experience some of the most spectacular scenery around Spokane, Medical Lake and Cheney. Several food/rest stops along the way with (David's) gourmet pizza at the end of the ride.

The 8 Lakes bike ride is a fundraising event that benefits the Sexual Assault & Family Trauma (SAFeT) Response Center. The SAFeT Response Center is Spokane's leading provider for families in need who are struggling with child abuse, sexual assault, family violence, or experiencing other traumatic events. We provide individual and group therapies, advocacy and prevention education in our community. Since the majority of the populations we serve are of poverty status, many of our services are offered at little or no fee. Therefore, this fundraiser is essential for gaining the necessary funds to support our programs.

Thank you for your consideration and support. If you have questions regarding the bike ride or need additional information, please feel free to call me or email me at cmckee@lcsnw.org or registration forms can be downloaded at [www.lcsnw.org/events](http://www.lcsnw.org/events)

Christie McKee Event Coordinator 210 W. Sprague Ave.  
Spokane, WA 99201  
509/343-5020 Fax: 509-747-0609 Toll-free: 866-348-5437



# Ride Around Puget Sound

## August 27 - 28, 2005

### A 2-day ride with a 1-day option

hosted by  
**B.I.K.E.S. of Everett, Capital Bicycle Club, Seattle Bicycle Club,  
 Tacoma Wheelmen's Bicycle Club, & West Sound Cycling Club**

**Registration closes August 12 or when 1,000-rider limit reached.  
 All proceeds will be donated to the Bicycle Alliance of Washington (BAW).**

**Ride Description:** The challenging loop route is approximately 165 miles and 9,000 feet elevation gain. Route information is on the back. Shelton is the overnight stop with music, massage, and great food available at the high school. RAPSody is also a Pedal for a Purpose ([www.P4aP.org](http://www.P4aP.org)) ride. All riders must ride legally. RAPSody is not a race.

**What's Included:** Rest stops, mechanical support, ride support, luggage transport, camping outdoors, in the gym, or RV dry camp at Shelton High School, showers at the high school and finish line (bring own towel), ferry fare, souvenir socks (must register by 7/22 to guarantee), map, great scenery, and lots of music.

**Logistics:** The start and finish location is Tacoma Community College. Overnight parking is free. 2-day riders depart on Saturday between 6 and 8:30 am. 1-day riders depart on Sunday between 6 and 7:30 am. **Ferry schedules and course closure times do not allow later starts!** Course closes at 5 pm on Saturday and at 8:30 pm on Sunday.

**Registrations and Packets:** There is no day-of-ride registration. Ride packets will be mailed approximately one month before the ride. Registrations can be transferred to others **provided** the original purchaser contacts the Registrar and a signed release for the transferee is mailed and received by the Registrar before the ride. **Sorry, there are no refunds.**

For Ride information, contact Molly at (206) 577-6999 or [info@rapsodybikeride.com](mailto:info@rapsodybikeride.com)  
 For Registration information, contact Betty at (253) 857-5658 or [registration@rapsodybikeride.com](mailto:registration@rapsodybikeride.com)  
 Visit [www.rapsodybikeride.com](http://www.rapsodybikeride.com) for more info. Register online at [www.Active.com](http://www.Active.com).

**SNELL OR ANSI APPROVED HELMETS ARE REQUIRED ON THIS RIDE.  
 WEARING A HELMET COULD SAVE YOUR LIFE!**

Make checks payable to Bicycle Alliance of Washington  
 Mail Registrations to RAPSody c/o TWBC, PO Box 112078, Tacoma, WA 98411

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**City/State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Phone** \_\_\_\_\_

**E-mail** \_\_\_\_\_

Include your email for any updates! Please print legibly.

Number of Days	Lodging (2-day riders)
2-day rider (Sat./Sun.)	Shelton High School
1-day rider (Sun. only)	Other
<b>Indicate Sock Size</b>	
S/M (6-10)	<b>Mark all applicable boxes.</b>
L-XL (9-13)	

**SIGN ON BACK AFTER READING!**

Registration Closes 8/12 or 1,000 Rider Limit		
Postmarked by 7/22	\$80	
Postmarked after 7/22	\$90	
T-shirt	\$15	
Circle Shirt Size: S M L XL XXL		
Join the BAW for \$25	\$25	
BAW member discount (Join now for immediate discount!)	-\$10	
Dinner at high school	\$10	
Breakfast at high school	\$7	
Dinner & Breakfast at high school	\$15	
<b>Total Enclosed</b>	\$	

## Byke Bytes: Bike More, Drive Less, Have Fun

1. Update on Federal Transportation Bill
2. News on King County trail usage
3. Spokane RiverFest a Success
4. Active Community Environment Workshop in Spokane
5. 41 Mile Rail Corridor Study
6. Public Design Charrette for East Lake Sammamish Parkway participants sought  
 Long Awaited East Lake Sammamish Trail to Open
7. TIB Call for Projects
8. King County Bus Video
9. Klickitat Trail Goes Forward

### 1. Federal Transportation Bill coming down to the wire.

The long-awaited federal transportation bill is moving into its final stage, as conferees from the House and Senate meet to work out differences between the two bills. America Bikes is keeping on top of the situation and has posted a series of fresh fact sheets on how the two bills propose to benefit bicycling and walking. Visit [www.americabikes.org](http://www.americabikes.org) early and often to stay abreast of developments over the next couple of weeks.

### 2. Bicycle Alliance volunteers help with King County trail count

[http://seattletimes.nwsourc.com/html/localnews/2002322076\\_trails09e.html](http://seattletimes.nwsourc.com/html/localnews/2002322076_trails09e.html)

### 3. First Annual Riverfest in Spokane's High Bridge Park a Success

On sunny Saturday June 11th several hundred Spokane County residents gathered to honor the heritage of the Spokane River and to work to preserve it for future generations. Trail advocates, fly fisherman, families with toddlers, and interested neighbors gathered on the banks of the Spokane River to pull weeds, pick up litter, explore future trails, listen to music and soak up the pleasant weather. Food vendors did a brisk business in hotdogs; master plan proponents and phosphate-free advocates mingled with river raft merchants.

Bicycle Alliance volunteers were out in force to promote the Spokane Trails master plan and bicycling for the simple joy of it!

### 4. Spokane Regional Transportation Council and Spokane Regional Health District are hosting:

Active Community Environments (ACEs) Workshop  
 Thursday, June 30th from 1 - 5 PM  
 SRHD Auditorium  
 1101 W College Ave, Room 140

Spokane, WA

ACES is designed to encourage active living by making improvements to community design, public transportation, walking, bicycling and recreational facilities and promoting physical activity. The workshop will provide participants with knowledge and skills to champion ACEs improvements based on community needs and conditions, best practices and available funding resources. Presenter is David Levinger of Feet First.

What you will learn:

- How do we rate compared to other Washington communities?
- Best practices in creating Active Community Environments
- Special module 1: Multi-use trails and sidewalks
- Special module 2: Transportation Planning & Engineering Policies
- Identifying assets and opportunities

The workshop is free, but is limited to the first 100 registrants. Refreshments provided. To register, contact Tiffany Brooks at 509.343.6370 to register.

### 5. Puget Sound Regional Council Seek Consultant

to help in determining what is involved in acquiring the 40 mile corridor that parallels I-405 from Renton to Snohomish County. PSRC will work with all the jurisdictions along the corridor to ensure that all views on potential uses are heard and considered. For more information, contact King Cushman at (206)464-6196 or [kcushman@psrch.org](mailto:kcushman@psrch.org).

### 6. E. Lake Sammamish Pkwy Public Design Charrette

City of Sammamish seeks community input on preliminary designs of the East Lake Sammamish Parkway (including bike lanes both north and south) Sign up on line: [www.ci.sammamish.wa.us/ELSP](http://www.ci.sammamish.wa.us/ELSP) or by email to [ELSP@ci.sammamish.wa.us](mailto:ELSP@ci.sammamish.wa.us). By mail to Jeff Brauns, City of Sammamish, 486-228th Avenue NE, Sammamish, WA 98074. RSVP by June 15, 2005. Day two is optional.

### 6.5 East Lake Sammamish Trail Permits Granted

Finally, after years of opposition from property owners, King County announced that it has the permits to begin construction of the East Lake Sammamish Trail's last seven-mile segment through the City of Sammamish. The lakefront right of way stretches from Redmond to Issaquah through the City of Sammamish, and when completed will link trails from Puget Sound to the Cascades.

### 7. Transportation Improvement Board announced its Fiscal Year 2007 call for projects.

The Board is providing \$30 million for project that complete existing TIB corridors. The Board at its Yakima meeting adopted a number of changes to rating criteria. Documents describing the changes can be found at [www.tib.wa.gov/applications/documents/2007/criteriachange.pdf](http://www.tib.wa.gov/applications/documents/2007/criteriachange.pdf). Applications must be postmarked no later than August 31, 2005. The Department of Transportation will also issue a call for Transportation Enhancement projects, Safe Routes to School projects, and Bicycle and Pedestrian Safety Projects in July. For more information, visit <http://www.wsdot.wa.gov/> in July, 05.





# 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
Fri - Sun	07/01- 07/04	Early	Varied	All	Sanna Phinney	541- 382-2633	<b>Northwest Tandem Rally</b> , Bend OR www.nwtr.org
Sat	07/02	8 AM	100	2 B	Carla Gramlich	879-0115	Get in Ready for STP. Start: Starbuck's @ N 26 & Proctor.
Sat	07/02	9:30 AM	63	2 C	Max Welker	572-3415	Birthday Ride. Starbuck's to Vashon Island to West Seattle & back through the Valley. Start: Starbuck's @ N 26 & Proctor.
Sun	07/03	9:30 AM	55	2 A	Mike Schrumm & Jan Brame	383-1837 & 759-6984	Meet at Yelm City Park and ride to Lacy, bring lunch or eat in Lacy.
Sun	07/03	10 AM	20	1 A	Max Welker	572-3415	Green River/Interurban Trails. Bring lunch. Start: Russel Road Park, Kent.
Mon	07/04	9 AM	40	2 B	Louis Boitano	922-1168	Ride to Buckley via Orting. Start: Sumner Library.
Mon	07/04	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	07/05	Call	Call	Call	Call Ride Line	759-2800	Tuesday AM Ride. Call Ride Line for details.
Weds	07/06	5:30 PM	24	???	Max Welker	572-3415	Bike Friday on Wednesday. Start: Check Ride Line.
Thurs	07/07	8:30 AM	???	2	J. Clifford D. Hushagen	759-2393 922-5801	Java Jump. Ride to Steilacoom, coffee, 10:20 ferry to Anderson Island. Bring or buy lunch. Start: Starbuck's @ N 26 & Proctor.
Sun	07/10	9:30 AM	50	2 A	Mike Schrumm & Jan Brame	383-1837 & 759-6984	Meet at 112th & Pacific McDonalds, ride to Yelm for lunch
Mon	07/11	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	07/12	Call	Call	Call	Call Ride Line	759-2800	Tuesday AM Ride. Call Ride Line for details.
Tues	07/12	6:30 PM	00	00	Tim Payne	360- 871-4478	<b>Board Meeting</b> @ the Kim Ahn Restaurant across from TCC on Mildred.
Weds	07/13	Call	Ride	Line	Max Welker	572-3415	Bike Friday on Wednesday. Start: Call Ride Line for details.
Sat - Sun	07/16- 07/17	Call	Ride	Line	Max Welker	572-3415	Loaded Camping Mt. Bike Ride on the John Wayne Trail. From North Bend to Vantage or Tekoa. Start: 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 Cod- e	Leader	Contact at (253)	Ride or Activity
Sat	07/16	7 AM	100	2.5 B	Ralph Wessels	857-5658	Ride w/ Ralph Around the Sound (Note: Date moved from 07/09). Start: Gig Harbor P & R.
Sat	07/16	8 AM	40 +	2 C	Peggy Fjetland, Mike Romaine	841-4458	Courage Classic Warm-up to Snoqualmie Pass Summit & Return. See Ride Notes. Start: Starbuck's, 458 SW Mt Si Blvd, North Bend.
Sat	07/16	8 AM	40 +	2 B	Carla Gramlich	879-0115	Mt. Bike Ride on John Wayne Trail to Tunnel & Return. See Ride Notes. Start: Starbuck's, 458 SW Mt Si Blvd, North Bend.
Sun	07/17	9:30 AM	50	2 A	Mike Schrumm & Jan Brame	383-1837 & 759-6984	Meet at Gasworks Park and ride to Red Hook Brewery for lunch.
Mon	07/18	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	07/19	Call	Call	Call	Call Ride Line	759-2800	Tuesday AM Ride. Call Ride Line for details.
Weds	07/20	Call	Ride	Line	Max Welker	572-3415	Bike Friday on Wednesday. Start: Call Ride Line for details.
Sun	07/24	9:00 AM	35	2 C	Mike Schrumm & Jan Brame	383-1837 & 759-6984	Meet at Pt. Defiance ferry at for Vashon Island loop ride.
Mon	07/25	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	07/26	Call	Call	Call	Call Ride Line	759-2800	Tuesday AM Ride. Call Ride Line for details.
Weds	07/27	Call	Ride	Line	Max Welker	572-3415	Bike Friday on Wednesday. Start: Call Ride Line for details.
Sun	07/31	7:30 AM	12, 30, 65, 100	All	West Sound Cycling Club	360- 779-1819	<b>Tour de Kitsap.</b> Start: Silverdale. www.westsoundcycling.com
Sat	08/06	Early	Varied	All	Ralph Wessels	857-5658	<b>RAPSody Volunteer Ride.</b> Start: Tacoma Community College.
Sun	08/07	Early	Varied	All	Ralph Wessels	857-5658	<b>RAPSody Volunteer Ride.</b> Start: Shelton.
Sat	08/13	Call	Ride	Line	TWBC	759-2800	<b>TWBC Club Picnic.</b> More info to come! Start: Call Ride Line for details.
Sun	08/14	9 AM	60	2 B	Louis Boitano	922-1168	Lake Washington Figure Eight. Start: Gene Coulon Park, Renton.