



# The COG Home Page

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**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  
September 20**

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

# the Picture Page

## RAGBRAI 2005



Banana Man & long line of riders



Carla Gramlich holding a boa constrictor



Anne Seago Birthday Tiara



Debbie, Carla, Peggy and Ray

## RAGBRAI continued from page 6

of the paper. Anne and Bob rode over 2700 miles and Anne gets her name in the paper. Peggy and Debbie walked into a church, something they do every week, and get a photo on the front page.

Other activities that were available on the ride was chicken poop bingo, Kybo roulette (remember a Kybo is a Sani-Can), a water slide that Debbie claims she saw a naked man on. I got to rope a horse one day, which I ended up roping myself instead. After miles and miles of corn and soy fields anything different to do was pretty exciting.

The last day, all the Raccoons tried to meet up so we could all ride the last 10 miles into town together. Some of the riders had the official club t-shirt on. TWBC members had on our jersey. It became difficult to get everyone together because some people had to get into Guttenberg and pack up for bicycles for UPS. Since I just had to put my Bike Friday away, I rode with the team and official dipped my tires and shoes in the Mississippi.

I then found the Team Bus for the Raccoons. Ray had moved my gear to the area where Pork Belly Ventures was meeting. (Hugs and Kisses for Ray carrying all my gear on that hot day.) After packing my bike and gear, we found a shower for a price. We got back in time to get a good seat on the bus. The buses rolled on time. And in keeping with RAGBRAI tradition we made an importune stop for the back of bus to buy some more Bud.

For Pictures and Stories from the Des Moines newspaper visit:

[http://desmoinesregister.com/apps/pbcs.dll/section?Category=NEWS&theme=RAGBRAI\\_XXXIII&template=theme](http://desmoinesregister.com/apps/pbcs.dll/section?Category=NEWS&theme=RAGBRAI_XXXIII&template=theme)  
(Debbie and Peggy's photo is in the Friday photo section.)

<http://www.dmregister.com/apps/pbcs.dll/article?AID=/20050728/LIFE04/507280378/1044>

(Anne's story and her partner, Bob, is in this story)



## LAGBRAU II (Legacy Annual Great Bicycle Ride Across Utah)

In order to bring the LAGBRAU II (Legacy Annual Great Bicycle Ride Across Utah) to the attention of more bicycle club members we are offering a special discount. LAGBRAU II is only in its 2nd year and we are offering a \$100 dollar discount to those who sign up as a result of this offer, while there is still space available.

LAGBRAU is arguably "the most scenic bicycle ride in the world," and is less than 2 months away. We invite you and any of your club members to join us and see for yourselves that this is the most beautiful and scenic ride of a lifetime. We will shuttle you across the state to the beginning from St. George to Blanding, or back to Blanding at the end of the ride. Imagine the entire ride on a State and/or "National Scenic Byway" and "All American Road," with the opportunity to enjoy 3 National Parks, 3

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The 2005 Oregon Coast Cycling Festival is September 10 – 11 in Gold Beach, Oregon. It's a fundraiser for the American Cancer Society and the Curry Health Foundation. There's two fun-filled days of cycling planned – something for everyone. More information can be found at [www.oregoncoastcyclingfestival.com](http://www.oregoncoastcyclingfestival.com)

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Cycling Revealed is a new web based "Cycling History" magazine. CyclingRevealedGo to: <<<http://www.cyclingrevealed.com/>>>

This month we offer an original look at the Vuelta a Espana. Not only do we have our monthly feature (Quintessential Spain) but we offer our "First Impressions" on interesting stages throughout the Vuelta (updated weekly).

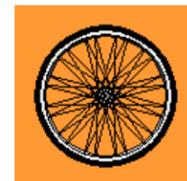
In August, we continue our Top 25 Tours of All Time (#22 and #21). Learn how past Tours compare with the modern Tours. As we count-down the years please let us know your opinion about our choices. We aim to give you an appreciation of the FULL grandeur of this great cycling event.

We also have our practice Quizzes in the Cycling Revealed Trivia section. Practice now, the contests will start in the fall.

## TIRE BUZZ

By President

Tim Payne



Timothy Payne  
TWBC  
"The Prez"

### WANTED TWBC SECRETARY

For those of you wishing that someone else would step up and take the position, your wishes have not been granted. TWBC is still in need of a Secretary. As of now Sandy Byrd assisted by Dena Wessels are helping out until we can find someone willing to do the job. As of this writing no one has yet stepped forward.

### WANTED SPECIAL EVENTS POSITIONS

We have four (although it could be more with "co-positions") open in the special events area. We need a Special Events Director (who is also a member of the board), and ride directors for the 2006 versions of the Daffodil, Peninsula Metric Century and the Headwaters Classic. These events raise about three quarters of our annual revenue, so they are extremely important to the on-going viability of TWBC as we know it today. Thanks to several individuals stepping up, sometimes at the last minute, we have been able to continue to produce these rides. That does not appear to be the case for 2006.

Over the past four years Ralph Wessels has acted as the convening leader for special events. Ralph is now otherwise occupied. Without a coordinator, it would be difficult, if not impossible to continue our special events.

The Daffodil is the first event of the year, in April, and typically also the largest. There has been considerable discussion about making some changes to the ride to avoid some roads and reduce the amount of resources it takes to conduct support for the riders. However, if there is no team in place to oversee these efforts by early this fall, that task cannot be addressed, much less accomplished. Over the past several years the ride has been directed by a team of two, or more, people resulting in less burden to any one individual. That approach has seemed to work well so it seems logical to me to continue in that manner. Just one catch, we need some willing individuals.

The Peninsula Metric occurs next on the calendar in June. It usually benefits significantly from the organizational efforts of the Daffodil. Not that it is easy mind you, but there are some

benefits of being second out the chute. This ride has done well with the attention of a single ride director over the past several years. While there is no opposition to having a team in place, it is a ride that has been handled very well by one individual, assisted, of course, by a large team of other folks.

The Headwaters is last on the calendar in September. History has been that the ride, while benefiting from the earlier two rides, is challenged by much of the organizational work occurring over the summer months. It has been directed by one or two people very successfully over the past several years.

There you have it a brief outline of our needs to operate our special events for 2006. Threatening is seldom an effective motivator for any activity one wants to get accomplished in a way that makes people feel good about what they are doing. However, I will not hesitate to simply state a fact, if there is no one in these positions of responsibility, the rides will not occur. At some point the board will be faced with a very difficult decision to retire one or more of our rides temporarily or permanently. I will further point out that this decision point may not be as far ahead as you might think. Typically, to be effective in publicity and advertising one needs to have ride dates and materials in print very shortly after mid-December. There are many decisions to be made before one can publish ride information so a ride team has to be formed prior to that time. Some of the work can occur later, but the initial organizing work has to get done early to stay in step with the annual cycle of Puget Sound area cycling calendars.

I will not trivialize any of these positions by saying that they are easy, they are not. They involved real work. But there are always helping hands around to make that work easier. Most people who have directed a ride have found it both fun and satisfying. There is also a wealth of documented history on how each of the rides has been conducted over the past few years and ex-ride directors are always willing to share their experiences in putting on a ride. Go ahead, sign on for a new adventure. If you want to take on one of these open positions, please give me a call (360) 871-4478 (home) or (253) 219-4450 (cell) or drop me an e-mail at [president@twbc.org](mailto:president@twbc.org) or see me at the September 20<sup>th</sup> membership meeting. I will be happy to discuss any of these positions with you further.

### LESSONS LEARNED: TWO WHEELS ON THE GROUND

This little "lesson" could have happened with any two wheel vehicle, but my experience happened to occur on a two wheeled vehicle with a motor. It sounded like such a great idea, put my motorcycle in the back of a truck moving a friend to Spokane and spend part of my vacation exploring eastern Washington by motorcycle. Yes, of course, part would also be spent on a bicycle. The only tricky part was loading my 650 pounds of motorcycle into a truck with a bed that was four feet off the ground. No problem, I told myself, I have already had it

Buzz continues on page 4

**Tire Buzz continued from p.3**

in the bed of a pick-up, twice, this should be a snap. The truck has a built in ramp, three feet wide and it isn't even that steep. I'll just ride it in.

The day came, the truck rented. We loaded my friend's motorcycle first, no problem, right up the ramp and into the nice long bed. As I watched I thought, "he took it up that ramp kind of fast and had to brake awful hard after breaking over into the truck bed. I think I will try to take it a little easier. After all I don't want to plow my bike into his." My turn. "Start it up, get up some speed, not too much, easy does it, on the ramp, almost there, uh oh, I have stopped, no momentum, no place to put my feeeeeeeeeeeeeee!" The crunch of the three foot fall was sickening. There I was, on my side, my cycle on top of my lower right leg, still running I might add. My friend scrambled to get me out from under the bike and shut it down. I am not sure what hurt worse, my right hip, where most of the weight landed or my pride from pulling the stupid stunt of the century. My pride would have to heal some other time, right then, my hip felt like something pretty major had happened. "Should I call 911?" the question came. By that time I was sort of on my feet and moving, I said no. "Do you want to go to the hospital?" My more common senses finally, although too late, starting to take over again, I said yes. By the way, my friend with assistance from my daughter got the bike back on its feet and into the garage, awaiting the tender touch of a mechanics wrench and several hundreds of dollars, (maybe thousands, it is, after all, a BMW) of new parts to put back to ride-able condition.

The trip to Tacoma General seemed to take forever, but we finally arrived. I got out of the car, tried to put weight on my right leg and promptly collapsed. The only thing that saved another trip to the ground was a lucky catch on the car door. Now, sensibly in a wheelchair, I wheeled into the TG emergency room. Mercifully it was very quiet and I was admitted and examined with very little delay. After x-rays and prodding the doctor says, nothing apparently broken, you are just going to have to stay off your leg for a few days. I will give you some pain pills to help you feel more comfortable. Three hours after the fall, I still had not taken any pain pills, I almost said, "naw, I can live without." But, once again, some part of my common sense came back and I said, "that would be great." By the time I got home, I needed them.

To make a long story short, here I am on the 5<sup>th</sup> "official" day of my vacation, six days after the crash, sitting in front of my computer writing this column. Still hobbling with crutches and with very limited ability to put weight on my right leg. It does seem, however, to be getting better, but oh so slowly. Suffice it to say, my vacation plans have changed a bit, no motorcycle, no bicycle, no boat (at least for a while longer, as I cannot get into it) and no beach, (my crutches do not work in sand). So I have knocked off two lengthy novels already and have soaked up some warmth from the sun plus enjoyed some time with family. Yesterday, I was able to wean myself off the pain pills, which also shows some progress.

What have I learned from all this? Probably several things, but here are a few of the more important:

1. Never underestimate the value of family and friends in time of need.
2. Don't get so wedded to your plans that you are unable to change if that "unforeseeable" incident occurs.
3. Time off from everything is not so bad.
4. Keep those two tires (motor or pedal power) in contact with the ground, not on a ramp, Evel Knevel I am not.
5. Just because something sounds easy, does not mean that it is and re-thinking the risk of your plans, even at time of execution, can save a whole lot of pain.

I shall continue to convalesce and enjoy my vacation, despite my different choices for activities. See you soon, hopefully sans crutches.

Wish I have taken my own advice, but for you, keep it rubber side down.

**Sawtooth Bike Ride**

The Sawtooth Bike Ride is a 3 day, 150 mile recreational expedition through some of Idaho's most scenic vistas. The ride begins near Fairfield Idaho and ends in Banner Summer, Idaho. This freewheeling adventure is an annual fundraiser for the American Lung Association of Washington/Idaho and is open to novices and experts alike. This fully supported ride includes all lodging, meals and snacks, mechanical support and support vehicles. Join the fun September 10 – 12, 2005 in Idaho! Registration is \$65 with a \$400 fundraising minimum. Support a great cause and have a wonderful cycling adventure! For more information, please visit <http://www.mrsnv.com/evt/home.jsp?id=612> or call 1-800-577-5896

WHAT: Sawtooth Bike Ride supporting the American Lung Association of Idaho/Washington  
 WHERE: Begins in Fairfield, ID and ends in Banner Summit, ID  
 WHEN: September 10 -12, 2005  
 WHY: Support the American Lung Association of Washington/Idaho  
 Price: \$65 Registration fee, \$400 fundraising minimum

Description: 150-mile recreational bike ride through some of Idaho's most scenic vistas. The 3 day bike ride is a ride-at-your-own pace adventure for all levels of cyclists. The ride is fully supported and includes meals, lodging, support vehicles, bike mechanics, and massage!

For more information and to register: [www.mrsnv.com/evt/home.jsp?id=612](http://www.mrsnv.com/evt/home.jsp?id=612) or call 1-800-577-5896



Day	Date	Time	Dist-ance	Ride Code	Leader	Contact at (253)	Ride or Activity
Sat	09/03	9 AM	60	2 C	Gene Smith	272-6747	Headwaters Pre-Ride. Start: Mackenzie Bridge.
Tues	09/06	Call	Call	Call	Call Ride Line	759-2800	Tuesday AM Ride. Call Ride Line for details.
Tues	09/06	7 PM	00	00	Bob Myrick	473-7455	<b>Government Affairs Meeting</b> @ the Guadalajara Taqueria in the Stadium neighborhood @ 1st & Tacoma Avenue.
<b>Sun</b>	<b>09/11</b>	7 AM	45, 65, 100	All	<b>TWBC</b>	272-9682	<b>Headwaters Century;</b> Start: Enumclaw High School.
Tues	09/13	Call	Call	Call	Call Ride Line	759-2800	Tuesday AM Ride. Call Ride Line for details.
Tues	09/13	6:30 PM	00	00	Tim Payne	360-871-4478	<b>Board Meeting</b> @ the Kim Ahn Restaurant across from TCC on Mildred.
Sat	09/17	Call	Call	Call	Donna Daily	884-4473	Ravensara down to Jo Emma Beach on Key Peninsula for lunch & back. Start: Hwy 302 & 118th St.
Sat	09/17	Call	Call	Call	Bob Myrick	473-7455	Overnight ride to the brewery in Centralia. Call for details.
Sat - Sun	09/17 - 09/18	Various	Varied	All	<a href="http://www.roundandround.com">www.roundandround.com</a>	509-455-7657	<b>Tour des Lacs</b> , Spokane. 2 day benefit cycling tour w/ multiple routes/mileage options.
Sat - Mon	09/17 - 09/19	Various	Varied	All	<a href="http://www.alaw.org">www.alaw.org</a>	206-441-5100	<b>Trek-Tri-Island</b> , San Juan Islands. 3 day benefit ride to raise funds for the Amer. Lung Association; limit 500 riders, \$450 pledges.
Tues	09/20	Call	Call	Call	Call Ride Line	759-2800	Tuesday AM Ride. Call Ride Line for details.
Tues	09/20	7 PM	00	00	TWBC	759-2800	<b>September Club Meeting</b> @ South Park Community Center, 4851 S. Tacoma Way.
Sat	09/24	7 AM	25, 50 & 100	All	<a href="http://www.mikeutley.org">www.mikeutley.org</a>	800-294-4683	<b>Dam 2 Dam Thumbs Up Tour</b> , Wenatchee. Ride along the Columbia River. Benefits spinal cord injuries group.
Sat - Sun	09/24 - 09/25	Call	60	All	Apple Valley & Prosser Kiwanis	509-966-4475	<b>Kiwanis Wine Country Trek</b> , Yakima. Ride through wine country to Prosser. <a href="http://www.desertvalley.com/rides">www.desertvalley.com/rides</a>
Sun	09/25	Call	62 & 100	All	Salem Bicycle Club	503-363-7725	<b>Peach of a Century</b> , Salem. Routes through the countryside around Salem. <a href="http://www.salembicycleclub.org">www.salembicycleclub.org</a>
Tues	09/27	Call	Call	Call	Call Ride Line	759-2800	Tuesday AM Ride. Call Ride Line for details.
Sat	10/01	7:30 AM	33 miles & 104 km	All	Ellensburg X Country Ski	reillym@cwu.edu	<b>Manastash Century &amp; 1/2 Century</b> , Ellensburg. routes through some of Central WA's most scenic cycling country. <a href="http://www.elltel.net/XCski/">www.elltel.net/XCski/</a>
Sat	10/01	7 PM	00	00	Bicycle Alliance of Washington	206-224-9252	<b>BAW Auction</b> , South Lake Union, Seattle. 24 seats reserved for pre-paid TWBC members. <a href="http://www.bicyclealliance.org">www.bicyclealliance.org</a>

