



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

**Prsrt Std**  
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**Tacoma, WA**  
**Permit No. 356**

**NOVEMBER**  
**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

# NOVEMBER 2005

## ALA BIG RIDE REPORT

By Ronald Nowicki

While I have been riding a bike for well over 50 years, I do not consider myself a serious biker. In fact I got my first bike with gears only two years ago. In January I received a flyer from the American Lung Association of Washington describing a supported bicycle trip from Seattle to Washington DC. The trip would take only 48 days including 8 rest days. They would supply the route maps, meals on the riding days and a nice place to camp with showers; all I had to do was raise \$5500 in pledges. I visited their website, [alaw.org](http://alaw.org), and read about the Big Ride Across America. At the end of the first page it said: "Why not make 'some day' today?" I was hooked.

According to the daily route sheets, the Big Ride covered 3312 miles if you didn't get lost or do bonus miles. I almost never rode the prescribed miles; there were too many things to see, or I couldn't follow a map. Sometimes there was a bakery just off the route, or an ice cream shop. The trip is really a ride. It is not a race. You are encouraged, but not required to ride. It is a journey, not the destination.

The 2005 Big Riders came from 17 different states and ranged in age from 19 to 64. Some were experienced bikers with cross-country trips; others had never completed a century. We left Seattle on June 26<sup>th</sup> with 34 riders. Sixteen riders were women. We had two tandem teams and a husband and wife on a delayed honeymoon. We had a mother and daughter duo on Bike Fridays. We had a Seattle lawyer; business owners; a Microsoft executive from Texas; a retired oncologist; several architects and teachers; nurse practitioners from Vermont and Virginia; college students and people between jobs. I had met two of the Seattle area riders prior to the ride, but with a large group it is easy to find someone who rides at the same pace as you. I rode many of the days with Mark, an architect from Baltimore. Along the route we were interviewed for several newspaper articles; we would explain that we were simply riding from my house to Mark's house and seeing the sights.

No, I did not loose a lot of weight on the trip. I gained a pound, but I did reposition weight. One of the best things on a major trip is the ability to eat darn near anything. I have a special affinity for pie, especially with ice cream. For the trip I found that I could get approximately 25 miles per slice. That

equates to 130 slices of pie or just over 3 slices per riding day. Montana and Wyoming have the best pie; great berry and fruit pies with the Washington DC area having the worst. DC people seem to thrive on fancy, expensive pastry with no taste.

Accommodations for the ride consist mostly of campgrounds, ranging from state parks to private grounds, schools and city parks. We spent several days at college dormitories just to appreciate the comforts of a regular bed. At the campsites all of the riders take turns at preparing the breakfasts and the next riding day's lunch. The ride support included all meals on riding days; for breakfast we would have fruit, cereals, breads, and fresh coffee. Lunches were packed the night prior to riding and consisted of peanut butter and something – it is amazing how many things go well with peanut butter – or rather how many ways one can make a peanut butter sandwich. Dinners were provided by a local club or restaurant, occasionally we were provided a \$10 stipend to go into town and have dinner as we pleased.

With the ride completed I remember mostly the very good days of riding. We had some of the most beautiful scenery; warm days along Clarks Fork in Montana; sun shine in the rolling Maryland farms; the Mississippi River valley; and the Amish people in Indiana and Ohio. The tough riding days seemed to bring out the best in the riders. We had one especially tough day, riding from Sheridan to Gillette, Wyoming. This 110-mile day started at 7:00 am with temperatures in the 80s, which proceeded to warm up to 107 degrees. That would have been OK except we also developed a 25 mph headwind. I suppose the wind was intended to keep us cool. Over half of the riders decided not to complete the ride that day and were shuttled to camp. While at camp these riders set up the tents of the late comers, some rented cars and provided water to the riders still out in the heat, and others rode back out to assist and encourage riders still on the course.

People along the route also made special efforts to assist the Big Riders. In Minne-

**BIG RIDE Continued on p 4**

# The COG Home Page

PRESIDENT: <a href="mailto:president@twbc.org">president@twbc.org</a> Tin Payne, 360-871-4478
VICE-PRESIDENT: <a href="mailto:vp@twbc.org">vp@twbc.org</a> Vern Hase, 253-759-7246
TREASURER: <a href="mailto:treasurer@twbc.org">treasurer@twbc.org</a> Gus Fant, 253-564-4710
SECRETARY: <a href="mailto:secretary@twbc.org">secretary@twbc.org</a> Mary Dahl-Smith, 253-473-7174
TOURING CAPTAIN: <a href="mailto:ridecaptain@twbc.org">ridecaptain@twbc.org</a> Carol Davis, 253-857-5396
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MEMBERSHIP DATABASE & MAILING: <a href="mailto:database@twbc.org">database@twbc.org</a> Ann Seago, 253-761-0709,
DIRECTOR OF COMMUNITY & GOVERNMENT RELATIONS: <a href="mailto:gac@twbc.org">gac@twbc.org</a> Bob Myrick, 253-473-7455,
MEMBERSHIP: Phyllis Lay, 253-759-1816
WEB MASTER: <a href="mailto:webmaster@twbc.org">webmaster@twbc.org</a> Vern Hase, 253-759-7246 and Ken & Cindy Stagg, 253-770-5530,
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HEADWATERS CENTURY: <a href="mailto:headwaters@twbc.org">headwaters@twbc.org</a> To Be Announced
BIKE EXPO: <a href="mailto:bikebooth@twbc.org">bikebooth@twbc.org</a> To Be Announced
JERSEY SALES: <a href="mailto:jerseys@twbc.org">jerseys@twbc.org</a> Peggy Fjetland, 253-841-4458
ANNUAL PICNIC: To Be Announced



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

Hey Riders... Use this handy-dandy chart to decipher 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  
November 15th  
7:00 pm**

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

## VICE-PRESIDENT'S REPORT by Vern Hase

I'm back for my 2nd year as VP, and I'm happy to be here. This club has given me information, fun times, good rides, and a wonderful bunch of cyclists to talk with. And of course lots of great food. Being VP has helped provide me opportunities to give back a little to the club. I know first-hand that many of you are working hard to make TWBC effective in many facets of bicycling, and I really want to say Thanks! And if you haven't had a chance to volunteer for anything yet, don't worry, there's always places where we can use some help; it doesn't have to be something big or long-term.

The first two meetings this fall both went very well. Unfortunately I was unable to make it to the September meeting, but I did get some good feedback. Thanks to Phil Lux and Bob Myrick for sharing their touring experiences with us. At our October meeting, our treasurer Gus Fant gave a great slide show and video of his 8-day tour along the Eire Canal. There were over 400 riders from all across the US (and a few from Europe) with a wide range of ages and experience levels. Many riders were quoted as having "the time of their life." I always get energized when I see a lot of people riding bicycles, so these images made me feel good and made me want to ride even more. Thank you, Gus.

The November meeting features something I think you'll find quite interesting, in a different sort of way. Kirk Kirkland is a board member of the ForeverGreen Council and a long time cyclist. They have completed a 15 year plan to connect the cities in Pierce County with a bike trail. Pierce County Parks has completed the Foothills Trail, this effort builds on that. The program will begin in 2007 and be completed by the Pierce County Conservation District. Kirk will present a program outlining their work, and will tell us about his organization and how we can help in completing the trail plan. It's exciting to think about what riding could be like in Pierce County with a trail system like this. I look forward to seeing you all at the meeting.

VICE PREZ Continued on column 2

## Report on the Headwaters Century – September 11, 2005 Gene Smith & Robert Deehan

Does the TWBC know how great our volunteers are? I believe you all do know but I mention it again – we have great volunteers! There is no way this ride succeeds without you. Sag drivers, registration, rest stops, food coordinators, food delivery, and equipment set up, clean up, and mop up. I hope you all know how much you are appreciated. Thank you all for being available and doing a great job. We couldn't do it without you. Really.

The ride turned out great as just over 200 registered riders complete at least one of the three routes (45, 65, 100 miles). Rain threatened in the morning but held off so everyone stayed dry. One rider was visiting from Texas and really liked the course. Another rider liked the ride because the Century ride was actually 100 miles. We also received a lot of compliments on the food and everyone loved the strawberry shortcake at the end. According to one rider (who rode STP also), the Headwaters Century was "...the best ride of the year."



### VICE PREZ Continued

If you haven't seen it yet, go to the web and check out the new and improved Wheelmen Rides. You can get to it from our home page [WWW.TWBC.ORG](http://WWW.TWBC.ORG) so please give it a click! You can select the time frame you want to see, and it provides more information about the rides.

And last but not least, a TWBC "Google Group" (email list) has been created as a place for members to discuss anything related to club activities - rides, events, routes, tips, etc. You can join the list via a link on our home page.

**Have fun, and ride safe!**

## YOUR OPINION IS NEEDED!!!

We realize that in November you have a lot of choices to make, with the elections and whatnot. However, TWBC needs a vote from you also.

You may have noticed that your newsletter may or may not get to you on the 1<sup>st</sup> of the month. I assure you that it is not for lack of effort or failed deadlines on the TWBC end. However, that doesn't help the rider depending on the ride calendar and anxious for Bob's Government Report.

Riders do have the option of seeing the entire newsletter including the ride calendar online at <http://www.twbc.org>. The ride line is also updated twice weekly by our intrepid touring captain, Carol Davis. That number is 253-759-2800 (see page 2).

In addition the online ride calendar is a marvel nowadays with an interactive format that is being updated constantly. This is also a work in progress by a number of fellow TWBC computer wizards, including, but not limited to: Vern Hase, Joyce Clifford, Joe Small and Ken Stagg. So please check it out.

BUT, and it is a big one, printing costs and mailing costs continue to rise and much of the time delay is due to those two factors, printing and mailing. So, TWBC wants to know a few things from you.

1. Would you like to receive notification by email of your newsletter online?
2. If you prefer a hard copy of the newsletter, would you print your own?
3. Don't have a computer and want the newsletter in the mail?
4. What is your current email address?

So, please update your email address (and your physical address) to Ann Seago, our database manager at [database@twbc.org](mailto:database@twbc.org) and when you do, give a few moments thought to our survey and let us know how you feel about these issues.

Thank you so much for your help.



**Lois Lane**  
**COG**  
**Newsletter**  
**Editor**

## ROAST TURKEY WITH HERB BUTTER AND CARAMELIZED-ONION GRAVY

A superb pairing from cooking teacher and recipe developer Rochelle Palermo Torres.

### Ingredients:

#### Onion base for gravy

1/2 cup (1 stick) butter  
4 large onions, thinly sliced  
1 1/2 tablespoons chopped fresh rosemary  
1 1/2 tablespoons chopped fresh thyme  
1 1/2 tablespoons all purpose flour  
1/2 cup balsamic vinegar  
3 tablespoons honey

#### Turkey

6 tablespoons (3/4 stick) butter, room temperature  
1 1/2 tablespoons chopped fresh thyme  
1 tablespoon chopped fresh rosemary  
1 21- to 22-pound turkey; neck, heart, and gizzard reserved  
1 large onion, quartered  
4 1/2 cups (about) low-salt chicken broth  
2 large fresh rosemary sprigs  
2 large fresh thyme sprigs  
1 bay leaf  
3 tablespoons all purpose flour

### Preparation:

#### For gravy base:

Melt butter in large pot over medium-high heat. Add onions and sauté until deep brown, about 40 minutes. Mix in rosemary and thyme, then flour; stir 1 minute. Add vinegar and honey; simmer until thickened, about 2 minutes. (Can be made 1 day ahead. Cover; chill.)

#### For turkey:

Mix butter and herbs in small bowl. Rinse turkey inside and out; pat dry. Place on rack set in large roasting pan. Sprinkle inside and out with salt and pepper. Starting at neck end, slide hand between skin and breast meat to loosen skin. Spread 1/4 cup herb butter over breast meat under skin. Rub remaining butter over outside of turkey. Place turkey parts and onion quarters in pan around turkey. (Can be prepared 1 day ahead. Cover and chill.)

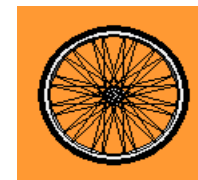
Set rack at lowest position in oven and preheat to 350°F. If stuffing turkey, spoon stuffing loosely into main cavity and neck cavity. Tuck wing tips under; tie legs together loosely to hold shape. Roast turkey uncovered 1 hour. Tent turkey breast and tops of drumsticks loosely with foil; roast 1 hour longer. Add 1 cup broth, herb sprigs, and bay leaf to drippings in pan. Continue to roast until thermometer inserted into thickest part of thigh registers 175°F, basting with 3/4 cup broth and pan juices every 30 minutes, about 2 hours 30 minutes longer for unstuffed and 3 hours longer for stuffed. Transfer turkey to platter; let stand 30 minutes (internal temperature will increase 5 to 10 degrees). Strain pan juices into 8-cup measuring cup; spoon fat off top. Heat gravy base over medium heat. Whisk in flour, then pan juices. Boil until gravy is reduced to 7 cups, stirring occasionally, about 12 minutes. Season with salt and pepper. Serve turkey with gravy.

Makes 14 servings.  
Bon Appétit  
November 2002

## TIRE BUZZ

By President

Tim Payne



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

### AGREAT TIME TO BE THANKFUL

November brings us to that time of year when we each pause to reflect on all the great things that have happened to us over the past year. It is also the month we close our "bicycling year" and prepare for launching into another calendar with yet another enjoyable year of cycling ahead. It is great fun for me to go back over my bike log for the year and remember some of the rides. Some were epic and some were simple. Some were more memorable and others I wonder if I was even really on the ride. Some had good times and some not so good. Some had first experiences and other had repeats. Here are just a few highlights from my 2005 calendar:

Trip last fall through Central Whidbey Island; the route had many ups and downs and people genuinely enjoyed the ferry ride to and from Port Townsend. For Thanksgiving weekend, the weather was remarkably good and the island was beautiful.

My birthday ride in December where VP Vern Hase and I schlogged our way through light and not so light rain from Freighthouse Square to South Prairie, the weather was not at all helpful, but neither of us had a flat and the then fairly new trail to South Prairie was a welcome change from the state highway.

A ride around Lake Washington last March; we had a goodly sized crew that day and I did something I had not done before, ride around Lake Washington. I particularly remember a mechanical clinic on a dead end street in the Clyde Hill area when several willing hands reversed the seat post on a new rider's bike as it had been installed backwards. I have pictures to prove it, too.

My first time at the McClinchy Mile, it will not be my last. The ride and scenery were great as was the weather. The headwinds? Well, those are the parts I try to forget.

A series of four rides I did in May and June to survey the 2005 RAPSody course. I had a variety of companions and found some wonderful rides in the process. Not to mention that we were able to pre-ride the entire course and do some other riding as well. ON the third of those rides, I experienced a first for me, a blow out. Hard braking on new chip seal with a worn set of tires is almost a guarantee for a blow out. No harm done though.

The Great Flat Potato Ride – this was a joint eight-day adventure between TWBC and West Sound Cycling. Starting in Spokane and working our way east through Idaho, including riding most of the Trail of the Cour d'Alene's, then into western Montana and back into Idaho past Lake Pend Oreille to Spokane. We had a glorious time. There is not enough space in the newsletter to recount all the high points of the ride, but what I remember the most were our adventures at group cooking. The food was fabulous and the company in the preparation and clean up was even better. By the time we got back to Spokane, the group was much closer than when we had left.

The STP – I have done the STP several times, alone. This was the first time I had set up to meet people I already knew along the way. That added a good deal to the ride and made it worth my while to have made the trek. One of the real highpoints was the ride home on the train. What a great way to finish a long day.

Well, there you have a few of the points I will ponder as this year draws to a close. I really enjoyed my bicycling this year, I will be out to better that mark in the coming year. I am thankful for good friends, good health, good equipment and great places to ride. On to 2006!

### BY-LAWS AMENDED

At the October general membership meeting a vote was held to amend the TWBC by-laws. The vote was in the affirmative meaning that the official fiscal year of the club now runs parallel to the calendar year. We do have a little catch up to take care of in that we will need to adopt a three-month budget (October through December) for 2006 this coming spring. Not a huge or controversial task, but one we must take to ensure the club's records remain correct.

### BIKE EXPO 2006

**February 18 and 19, 2006** Mark your calendars. TWBC intends to re-establish a presence at the Bike Expo this year. The Expo will be held at Sand Point in Seattle as it was last year. Peggy Fjetland has agreed to coordinate the volunteers to staff the booth. So, if you would like to help out the club and get free admission to the Expo, contact Peggy and let her know that you want to volunteer to staff the booth. There is a limit to the number of volunteers we are allowed, so get your spot staked out sooner rather than later.

### SHARE THE ROAD LICENSE PLATES

This is a repeat from last month but it bears repeating. Starting in January we will all have the opportunity to buy specialized license plates that convey the message of sharing the road with bicycles. This is due to the very hard work of the BAW in the halls of the legislature over the past two sessions. One of

**TIRE BUZZ continued from p.3**

these special license plates would make a great Christmas/Holiday gift for that cyclist that has absolutely everything (or three or four of everything). I am sure with a little creativity one could find an image to download from the BAW website and create a nifty (yup, I was a teen in the 60' s) looking gift certificate. I hope that we can get every person who is an active cyclist to put these plates on their vehicle (if they own one). The impact will be stunning to the general public as it will suddenly become apparent that there are a whole lot of us out there. There is an additional annual renewal fee that goes along with these special plates, that is a downside, however, the upside is that most of the renewal fee collected will be turned over to BAW to further improve our bicycling environment. So here is an opportunity that has lots of positives, put your favorite hobby/sport on your car, show the public at large how many of us there really are and support the BAW. That is a trifecta!

**AS WE PART WAYS FOR ANOTHER MONTH....**

Keep a sharp look out for those great fall days and put that bicycle on the road! You will be glad you did. Just remember, wear your helmet and ride safely.

**GOV'T REPORT continued from page 5**

cyclists using SR16 and heading towards Tacoma. If a special access ramp is built, we will have problems and the State recognizes this problem and the State is saying they will address the problem of cyclists trying to merge across a very dangerous access ramp.

Last month, I reported to you that we lost one of our best friends, Sue Gygax, to a car-bike accident in Eastern Washington. She and her husband, Wayne Martin, were riding on a very quiet road along the Endiat River when they were both hit at high speed by a small pickup truck. The driver had dropped his cigarette and was looking for it when the accident happened. The driver claimed he was going 47 mph on the 45 mph road, he saw the cyclists and he must have hit them when he reached for his cigarette. His Mother found a witness who says he saw Wayne and Sue early in their ride and they were "weaving"? The young driver was fined \$586 for negligent driving. That's it. That's all. No Manslaughter, no nothing. Is there something wrong with this picture? Check out Wayne's new website at [www.nomints.com](http://www.nomints.com).

**BIG RIDE continued from page 1**

sota we had people open their homes and use their pool while providing beverages. We had another family provide breakfast for the group at their home along the route. An Amish lady in Goshen, Indiana provided fresh milk and homemade cookies and cake for all the riders. A former rider provided Greek lunch for all riders in Washington, DC. A retirement home in Newcastle, WY opened their house for inside camping and meals. In an Ohio pie shop the patrons questioned Mark's and my biking attire, but after hearing what we were doing took up a collection and donated \$35 to the Lung Association.

The Big Ride Across America is limited to 40 people; this provides a manageable group for the ride. The ride is designed so that all participants, regardless of ability, can complete the ride and have a quality experience. For my part they exceeded their goal. I encourage anyone who has ever thought of doing a long distance ride to seriously consider the Big Ride. It is a way of helping a worthy cause while fulfilling a personal goal.



**New Members:**

Randy Mc Williams, Martin MacDonald, Amy Foreman, John & Dottie Selby, Ross & Carrie Singleton.

**Renewing Members:**

Chris Goodman, Shawn Goodman, Martha A. Hartley, Bob & Lois Baxter, Herman Diers, Debbie Due, Bob Myrick, Steve & Mary Kubiszewski, Bob, KoKo & Sophia Vogel, John & Jody Delbridge, Marguerite Richmond, Mike Springer, Jan Hostvedt, and Patsy LaVelle



**TWBC ANNUAL BANQUET**

Each year our club sponsors an annual banquet to reflect on the past year's activities and accomplishments. It is a time for fellowship and to honor significant achievements. You are cordially invited to attend. The banquet will be held on Saturday, January 21, 2006 at the Tacoma Mountaineer's Club, 2302 North 30th Street in Old Town Tacoma. This fun, evening event starts at 6:00pm for socializing with dinner to follow at 7pm. There may also be a jam session starting around 4pm, but we are still looking for TWBC musicians brave enough to show up. Dean Allen's Catering will again be serving dinner. This will be the ninth year for Dean Allen's team because they do such a great job. Your cost for the event is just \$15 for adults and \$10 for children. This will probably be the last year we can keep the cost so low.

Look in this newsletter for the 2006 Banquet Reservation Form. Mail your reservations to TWBC Banquet, PO Box 112078, Tacoma, WA, 98411. You will not receive any confirmation so just trust us to do the right thing. We must limit attendance to 88 people so think about signing up early.

Dress at the banquet ranges from your old cycling clothes to your best evening wear. The banquet is the time to reflect on the past year and reaffirm your interest in bicycling. We recognize note-worthy mileages, volunteerism, and accidents. There is always good food, beverages, merriment and good humor. Sometimes, it's the only time of year when the Code 2 riders meet the Code 3 riders or when the Tuesday riders meet with the weekend cyclists and hard-core commuters.

The banquet is traditionally the largest gathering of fellow club members. We limit the attendance due to the size of the clubhouse. Please send your ride logs to Carol Davis, Touring Captain, so that we can recognize your accomplishments. If you have good digital images from the past year, save them, until we find someone to prepare another great picture show for your enjoyment.

As always, we welcome any help. Our President, Tim Payne, will be the master of ceremonies. Steve Brown will be providing refreshments and some light snacks for the social hour. Peggy Fjetland is helping me organize the event and the entertainment. These people are all great company, so come out early and help them set up the place. Please call me if you would like to help. We really need someone who can organize a Powerpoint Picture show.

**TWBC BANQUET RESERVATION FORM**

Please list the names in your party for the nametags so you and others will know who you are.

Name: \_\_\_\_\_ Name: \_\_\_\_\_

Name: \_\_\_\_\_ Name: \_\_\_\_\_

Number of Children \_\_\_\_\_ x \$10 each =\$\_\_\_\_ Number of Adults \_\_\_\_\_ x \$15 each =\$\_\_\_\_

Total=\$\_\_\_\_

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

TWBC BANQUET, PO Box 112078, Tacoma, WA 98411

Day	Date	Time	Distance	Ride Code	Leader	Contact at (253)	Ride or Activity
Thurs	11/24	All Day	Small or Large	Any	You	You	Thanksgiving Day. First one, June 29, 1676, by the governing council of Charleston, MA. Proclaimed as national holiday on the fourth Thursday in Nov, by Pres. Lincoln in 1864.
Sat	11/26	10 AM	50	2 B	Bob Myrick	473-7455	Wilkerson for Lunch, via Foothills Trail. Rain Cancels. Start: Sumner Library.
Mon	11/28	9:30 AM	12 [& 20 +]	1 C	David Barton, Joyce Clifford	759-2393	Get in Shape w/ David. Loop Pt. Defiance [& to Fircrest (espresso, scones)]. Beginners & seasoned veterans. Group riding; no solos. Rain Cancels. Start: Starbucks @ 26th & Proctor.
Tues	11/29	9:30 AM	30 - 50	2 B	Call Ride Line	759-2800	Tuesday Decide to Ride. Call Ride Line for details. Various routes & destinations.
Weds	11/30	Whit/	Facts/	Notes	Wacky	Wednesday	Computer Security Day, started in 1988 to help raise awareness of computer security related issues. Celebrated world-wide. <a href="http://www.computersecurityday.org">www.computersecurityday.org</a>
Sat	12/03	<b>4:30 PM</b>	12	1 A	Steve & Phyllis Lay, David & Joyce	759-1816	Holiday Lights. Ride around northend neighborhoods. Lights & reflective clothing required. Decorative bike lights optional. Start: D & J, 3811 N Madison, 759-2393.
Sat	12/03	<b>6:30 PM</b>	Party	Time	David Barton, Joyce Clifford	759-2393	Holiday Potluck. Join in for a festive evening & the best potluck of the year.
Mon	12/05	9:30 AM	12 [& 20 +]	1 C	David Barton, Joyce Clifford	759-2393	Get in Shape w/ David. Loop Pt. Defiance [& to Fircrest (espresso, scones)]. Beginners & seasoned veterans. Group riding; no solos. Rain Cancels Start: Starbucks @ 26th & Proctor.
Tues	12/06	9:30 AM	30 - 50	2 B	Call Ride Line	759-2800	Tuesday Decide to Ride. Call Ride Line for details. Various routes & destinations.
Tues	12/06	<b>7 PM</b>	Meet	& Eat	Bob Myrick	473-7455	<b>Government Affairs Meeting</b> @ the Guadalajara Taqueria in the Stadium neighborhood @ 1st & Tacoma Ave.

### Gramlich Ride to Holland

I am planning a two week bicycle trip to the Netherlands in May of 2006. May is the perfect time to see the tulips. I have been told that the Netherlands is the place for bicycling. I will know the exact dates by the first of the year. To go, you will need to make your own plane reservations to arrive by the start of the trip. We will spend a couple days in Amsterdam and then head out from there. I will choose lodging in Amsterdam that will be able to store bicycle boxes and/or suitcases. We will be staying in B&B and small hotels. So your bike will need to be able to carry a couple of panniers. I

have been asked by Max to visit Gouda for the cheese and by Peggy to visit the red light district. No other firm plans on where we will be cycling but I will try to keep mileage less than 50 miles so we will have time to see the sites and enjoy the country. Call or email Carla Gramlich 253 879 0115, [ca\\_gramlich@yahoo.com](mailto:ca_gramlich@yahoo.com) <[mailto:ca\\_gramlich@yahoo.com](mailto:ca_gramlich@yahoo.com)> if you have an interest. If the group is small, there will be more flexibility, if the group gets over 6 people, I will need to make reservations. What I have read, it sounds like the weather could be similar to the Pacific NW, so plan on bringing raingear.



### Government Affairs Report

Our committee met on Tuesday, October 4. We will meet again on Tuesday, November 1 at 7pm at the Taqueria Guadalajara in the Stadium District at 1st and Tacoma Avenue. We reviewed several new and continuing items as follows:

1. Upper Nisqually Heritage Trail. I received the final report on the concept plan for this 8-mile long trail between Elbe and Ashford. Bryan Bowden from the National Park Service was the principal author and facilitator for developing this outline of a plan to build the trail. Pierce County Parks had received a grant to allow Bryan to accomplish this work over about a two-year period.

2. Steilacoom Railroad Tracks. As reported last month, we continue to have cyclists crashing on these dangerous tracks. Ralph has been working this issue. We learned from Lewis Jones that the tracks have been cut off from the mainline so it may be possible to remove the crossing or at least pave over it with a speed hump. A speed hump might help reduce traffic speeds thru the area as well and might be the cheapest alternative. I learned from Tacoma Public Works that a speed hump might cost between 5 and 10 thousand dollars.

3. Tacoma Rail Crossings in Graham and Elbe. We called Tacoma Rail to inquire about how the fine new concrete crossings were financed. Tacoma Rail has not responded to our inquiry.

4. Puget Sound Regional Council's Enhancements Committee. Ernie Bay and I serve on this committee and we reviewed 99 project applications for the Puget Sound area last month. I am happy to report the following good news. Auburn was proposed to receive \$95,000 for a Wayfinding Signage project. Pacific would receive \$812,000 for constructing part of the Interurban trail. Sumner would receive \$217,000 for preliminary engineering on it's part of the Interurban trail. Milton would receive \$725,000 for constructing it's part of the Interurban trail. Tacoma would receive \$1,250,000 for constructing the Foss Harbor part of the Esplanade along the City Waterway. Tacoma's Water Ditch Trail proposal was sent to a statewide committee for possible funding at a cost of \$2,250,000. Lake-

wood would receive \$85,000 for preliminary engineering work on Pacific Highway between 108th and the Park and Ride lot near SR512. Lakewood would also receive \$300,000 for preliminary engineering on Pacific Highway between Gravelly Lake Drive and Bridgeport Way. Pierce County would receive \$30,000 to produce a fourth edition of the City-County bike map. Pierce County would also receive a total of \$169,000 for preliminary engineering on the road spurs that lead into the State's SR16 trail near the new Narrows Bridge.

5. Cross County Commuter Connector Trail. The proposed Tacoma Pipeline Trail has grown to a 15+-mile trail leading from the Orting Valley to the Freighthouse Square. Rick Talbert, Tacoma City Councilman and Calvin Goings, Pierce County Councilman thought it up. Over \$100,000 has been scraped together to fund a feasibility study and preliminary design. Pierce County Parks is the lead for a group that includes Pierce County Public Works, Tacoma Public Works and Metro Parks. I have been meeting with the group as well. The Trail could be an important connector to Orting for cyclists wanting to ride down from South Hill areas. I have cycled on the Pipeline Trail a few times and found it to be quite enjoyable except for climbing over, thru and under the gates along the way.

6. Spanaway Loop Road. Ralph, Steve and I attended a neighborhood meeting where County Public Works staff reported their plans to destroy this great road by removing the bike lane/shoulder and converting the road from three lanes to four lanes. The neighbors were really upset because they thought the County had promised to never go further than the three-lane road configuration. The County staff admitted they had already received bids to change this road, but I think someone became aware of it and demanded a meeting to hear more. The County staff claims they must "four lane" this road to meet traffic congestion concurrency standards under the Growth Management Act. We recognize there is gridlock in this area of the County and we still have "C" Street/Park Avenue to use as our bike road, but we are not happy about losing the bike lane.

7. Narrows Bridge Ramp Issue. Ralph and Tim attended a meeting with Narrows Bridge WSDOT staff to find out the current status of the configuration to allow cyclists to come and go thru the project and use existing County roads, SR16, the Powerline trail and the new Scott Pierson trail into Tacoma. There is still a potential problem for

**GOV'T REPORT continued on page 3**



# twbc monthly event schedule

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

Day	Date	Time	Dist- ance	Ride Code	Leader	Contact at (253)	Ride or Activity
Tues	11/01	9:30 AM	30 - 50	2 B	Call Ride Line	759-2800	Tuesday Decide to Ride. Call Ride Line for details. Various routes & destinations.
Tues	11/01	7 PM	Meet	& Eat	Bob Myrick	473-7455	<b>Government Affairs Meeting</b> @ the Guadalajara Taqueria in the Stadium neighborhood @ 1st & Tacoma Ave.
Thurs	11/03	9:30 AM	24	3 C	Joe Small	228-9554	Fall Bicycle Fun. Dash Pt Dock to East End of BPA trail & back. Lunch &/or espresso @ Poverty Bay Coffee Co. Hilly. Rain Cancels. Start: Dash <b>Point</b> Park, adjacent to Lobster Shop Restaurant & the dock.
Sat	11/05	9 AM	40	2 A	Ralph Wessels	857-5658 5496952cel	Visit Jimi Hendrx's grave in Renton. Singing of songs optional. Start: Algona Trailhead.
Sat	11/05	10 AM	Work	Party	Carla Gramlich	879-0115	Litter Pickup on the TWBC section of the Foothills trail. Bring work gloves for beginning & lunch for ending. Start: Orting Bell Tower
Sat	11/05	2 PM	25	2 A	Carla Gramlich	879-0115	Ride the Foothills Trail, Orting to McMillan & beyond. Ride the new section to Puyallup. Start: Orting Bell Tower.
Sun	11/06	10 AM	50	3 B	Bob Myrick	473-7455	Farmboy for Lunch. Rain Cancels. Start: Yelm City Park, near the trail head.
Mon	11/07	9:30 AM	12 [& 20 +]	1 C	David Barton, Joyce Clifford	759-2393	Get in Shape w/ David. Loop Pt. Defiance [& to Fircrest (espresso, scones)]. Beginners & seasoned veterans. Group riding; no solos. Rain Cancels. Start: Starbucks @ 26th & Proctor.
Tues	11/07	Morsel/	Facts/	Notes	Marvelous	Monday	National Bittersweet Chocolate with Almonds Day. National Confectioners Association. <a href="http://www.candyusa.org/Classroom/calendar.asp">www.candyusa.org/Classroom/calendar.asp</a>
Tues	11/08	9:30 AM	30 - 50	2 B	Call Ride Line	759-2800	Tuesday Decide to Ride. Call Ride Line for details. Various routes & destinations.
Tues	11/08	7 AM - 8 PM	Any	All	You!	You!	<b>Election Day.</b> Ride your bike to vote. Exercise your right & make your voice heard!
Tues	11/08	6:30 PM	Meet	& Eat	Tim Payne	360- 871-4478	<b>Board Meeting</b> @ the Kim Ahn Restaurant across from TCC on Mildred.
Fri	11/11	All Day	What- ever it takes	Hard	Those who Serve(d)	Any	<b>Veterans' Day.</b> Proclaimed as Armistice Day in 1919 by Pres. Wilson to commemorate end of WWI, to honor all men & women, living or deceased, who served in the nation's armed forces. Name changed by Congress in 1954.



# 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	11/12	9 AM	60	2 A	Max Welker	691-4093	Wilkeson using the Foothills Trails, when available. Rain Cancels. Start: Freighthouse Square.
Sat	11/12	10 AM	50 ?	3 D	Bob Myrick	473-7455	CJ's for Lunch. Ride to Bonney Lake. Rain Cancels. Start: Freighthouse Square.
Sun	11/13	9:30 AM	50	2 B	Louis Boitano	922-1168	Lunch @ South Center & social ride. Start: Sumner Library.
Mon	11/14	9:30 AM	12 [& 20 +]	1 C	David Barton, Joyce Clifford	759-2393	Get in Shape w/ David. Loop Pt. Defiance [& to Fircrest (espresso, scones)]. Beginners & seasoned veterans. Group riding; no solos. Rain Cancels. Start: Starbucks @ 26th & Proctor.
Mon	11/14	Morsel/	Facts/	Notes	Marvelous	Monday	Dow Jones Average hits 1000 for the first time on Nov. 14, 1972.
Tues	11/15	9:30 AM	30 - 50	2 B	Call Ride Line	759-2800	Tuesday Decide to Ride. Call Ride Line for details. Various routes & destinations.
Tues	11/15	7 PM	Meet&	Greet	TWBC	759-2800	<b>November Club Meeting</b> @ South Park Community Center, 4851 S. Tacoma Way.
Fri	11/18	Mite/	Facts/	Notes	Fabuou	Friday	Mickey Mouse debuted in Steamboat Willy at the Colony Theater in New York in 1928.
Sat	11/19	8 AM	30 - 35	2 B	Steve & Phyllis Lay	759-1816	Breakfast & Yule Botique. Ride to Spanaway Sr. Center Pancake Breakfast & then to the Yule Boutique @ PLU. Bring \$\$ for purchases. Start: 26th & Proctor Starbucks.
Sat	11/19	9:30 AM	50	2 A	Tim Payne	360- 871-4478	Cedar River BBQ. Ride to Renton for lunch. Start: Sumner Sounder Station.
Sun	11/20	2 PM, 4 PM	10 - 25	2 B	Bob Myrick	473-7455	First, Church: @ 2 PM, Immanuel Presbyterian, North 9th & J Street; Second, Blues: @ 4 PM, ride to Parkway Tavern, for Blues Vespers Music, 5 to ~6 PM. Rain Cancels Ride, but not Church or Blues.
Mon	11/21	9:30 AM	12 [& 20 +]	1 C	David Barton, Joyce Clifford	759-2393	Get in Shape w/ David. Loop Pt. Defiance [& to Fircrest (espresso, scones)]. Beginners & seasoned veterans. Group riding; no solos. Rain Cancels. Start: Starbucks @ 26th & Proctor.
Tues	11/22	9:30 AM	30 - 50	2 B	Call Ride Line	759-2800	Tuesday Decide to Ride. Call Ride Line for details. Various routes & destinations.