

the cog-nitive courier

tacoma wheelmen's bicycle club newsletter

253-759-2800

po box 112078 tacoma, wa 98411



since 1888

April 2007



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getting ready!



**Rain or shine, we will have a
Daffodil Classic!**



Getting Ready for Daffodil Classic #32

The Daffodil Committee is working hard behind the scenes solving the problems that the riders (and most of the club members) never see. This was the first step, rebuilding the porch so we could move equipment in and out of the shed.

If you want to help "behind the scenes" call Jim Davis at 253-759-5616 and see what other "little" projects need to be done. Want to help on the day of the ride, check for the volunteer link on TWBC.org.

Join club members in the Daffodil pre-rides; the Eatonville Loop on April 1 and the Buckley Loop on April 14. Ride the Daffodil Classic on April 22; pre-register until April 19 on active.com.

YOU ARE INVITED

To The Volunteer Potluck

Bring a dish. Meet all the folks that make our club great. If you have never volunteered, come learn what it is all about. If you are volunteering for the Daffodil Classic get your t-shirt and ask any questions about your volunteer position.

Wild West Post #91 at 6:00 pm on Friday April 20



The COG Home Page

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Deadline for Ride Calendar,
usually, 3rd Thurs of every mor

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Carla Gramlich & Peggy Fjetland

TWBC PUBLICITY PERSON:

Jason Johnson



PMC



**Article Deadline for
the May COG: April 20, 2007**

Next Club Meeting: April 17, 2007

**May Ride Calendar Deadline:
April 19, 2007**

Hey Riders... Use this handy-dandy chart
to decypher the ride code listed on the
Monthly Ride/Event Calendar



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

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 - Moderace 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)

SPRING!!

The calendar says it is two days into spring. Obviously, the weathermen don't get it! One the other hand, in the first few hours of spring on Tuesday, I was amused, bemused, and enthused by writer gone bike loco, Joe Kurmaskie, aka "The Metal Cowboy." What a storyteller. As with his books, Joe spent most of his time telling us about the human side of his adventures with some cycling seasoning thrown in. My enthusiasm was raised more by actually seeing, and hefting, the bicycle-tagalong-trailer combo he pretty much single-handedly pedaled across the US in one summer.

Complete with his, then, two boys (now three) in tow. Total weight around 230 pounds, plus or minus 30 to 40 (mostly plus), depending on how many "treasures" and of what type the boys stowed in the panniers. I have climbed a few of the grades Joe talked about, all by my lonesome, with maybe 35 pounds of bike and gear. I did not find it easy, at all. I can only imagine the degree of effort for Joe in moving part of his family through purple mountain's majesty and amber waves of grain.

That is where my enthusiasm began to take off, I found myself thinking, if Joe can do that why can't I _____ . I have lots of options to fill in that blank. The weather, however, is not real cooperative. I guess if it will warm up into the 50's, it is time to stop worrying about riding in rain and just GED. I know very well that I will not melt. So far this year, miles are turning into a precious commodity and I must do something to make them much more common. I am beginning to get really restless. I want to get my legs and my aerobic system back into full riding condition.

Between work commitments and the forthcoming wedding of my daughter (early September), I must find some ways to shake loose some riding time over the next few months. Although I am not a big fan of riding alone at night, I may

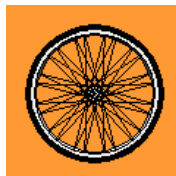
even resort to that just to get myself back into some semblance of condition. Later this year, my wife and I will transport our "portable cabin" to Lake Roosevelt (see photo). One of the rides I want to try is to ride from home to the "portable cabin" via White Pass. If I can get it planned you will all be invited to join in, likely to be a three-



The "Portable Cabin."
Yup, she's a beauty!
I hope I didn't make
y'all too jealous!

TIRE BUZZ

By President
Tim Payne



Timothy Payne
TWBC
"The Prez"

Tire Buzz continued from pg 3

Back to Joe. As if his (Quinn's and Enzo's, too) adventures across America were not enough to get me really enthused about spending more time on my bike, Joe announced his next adventure will be on a stretch tandem, a "Berenstain Bear's" sort of affair made for four people with a trailer in tow for the youngest, seven months at this writing. Joe is definitely right about one thing, he married way above what he deserves. I think she would likely qualify for sainthood. The plan is to take the "northern tier" route from their home in Portland and return through southern Canada, all in summer, 2008. His spouse is a biology teacher, by the way.

Aside from all that activity Joe continues to grow a non-profit foundation that supports a camping experience designed to get our children involved in exploring the outdoors AND exposed to the arts. Their motto, "No child left inside" is a brave and necessary thing if we are to save some of our culture and begin to conquer our dependence on fossil fuels. See www.metalcowboy.com for more details on this much-needed venture. I certainly wish him well and will continue to be inspired by his message and his work.

TWILIGHT

Yes, it is coming later every day and so is my term as president of TWBC. I have two more columns to write as President. I want to say that it has been a great honor and experience to be the elected "leader" of the club and assure you that I am not leaving the club. I just need some down time to attend to my own personal needs for a while. Something has got to give before I do. I hope someone in the club has a hankerin' to take on the job. It really is not all that difficult. I see lots of people out there with leadership capacity; I hope someone with that capacity will bravely step to the fore.

PUBLICITY DIRECTOR

Speaking of stepping to the fore, after several years without one, Jason Johnson has volunteered to take on the job of publicity director. If you have not yet had the opportunity to meet Jason, I hope you will soon. Jason is a very well spoken, energetic person who will help keep our club on the map. In terms of promoting our events and bringing in new members, this is an extraordinarily important position. Thank you Jason for taking on this responsibility.

THE FINAL MILE

There are still some remaining volunteer positions open for the Daffodil, April 22. The PMC is just six short weeks behind that, June 3, and there are legions of volunteer positions open that need people. So, you may not want to be TWBC president, but I bet you would be a great sag driver, or at least be able to hand out bagels and Gatorade.

The weather will get better (you know, the power of positive thinking) so, please, get out and ride. Be safe!!



Good Times on the Dusty (Meeting) Trail

Submitted by Vice-President Vern Hase

It was a real pleasure to have the Metal Cowboy - Joe Kurmaskie - come to our March meeting. His storytelling skills are the best, and with the amount of time he has spent on the road, he has a lot of stories to tell. We got to hear some of them brought to life in Joe's energetic style. I know that many of you bought his books that evening, as did I. If you missed the meeting, I would still encourage you to visit his website (www.metalcowboy.com) and consider buying a book; it is great reading, and nearly all of the money goes to fund his project - Camp Creative.

Now I'd like to give you a brief look into what's coming up for our next two monthly meetings . . .

On April 17 we will talk with the doctors from Proctor Chiropractic. They are a local sports and rehabilitation chiropractic clinic, combining adjustments, massage and specialized exercises to help with muscle imbalances and core stability. Through this combination of techniques, their goal is to help athletes improve the following 8 areas: flexibility, endurance, coordination, balance, strength, agility, power and speed. One of the doctors (Dr. Keogh) has participated in some of the same seminars as Dr. Jeff Spencer, who is the personal chiropractor to Lance Armstrong and has been for over four years.

Dr. Keogh is one of the 12 people in Washington that is a member of the American Chiropractic Rehabilitation Board. This clinic is one of the few chiropractic offices that are certified in identifying areas of muscle imbalance/core instability. This assessment allows them to tailor a special set of exercises to each patient to help them correct problem areas that will lead to a shorter riding career. They incorporate active care heavily into their office, which means that they expect patients to do the exercises necessary to increase their stability/function, which decreases their pain and decreases their need to come in for care. These exercises also help to heal current injuries faster, prevent future injuries that will affect the rider's ability to participate in rides, as well as increase endurance and overall energy level while on a ride.

They will share some tips and exercises with us and are also offering reduced cost (\$25) initial exams to any interested TWBC members. Feel free to contact them at 253-756-7500.

On May 15 Jeff Groman will be coming down from Bainbridge Island, where he runs the popular Classic Cycle shop. He also curates a small museum of cycling history, and is internationally known for his collection of historic cycling photographs and memorabilia.

He has co-authored a book and has produced a documentary film named "THE SIX DAY BICYCLE RACES".

This documentary rescues the excitement of the 1920s Jazz Age, when Six-Day bicycle racers were America's superstars. They lured movie stars, gangsters, and masses of spectators fascinated by this show of speed and endurance for six days and nights. It features interviews with many of the greatest cyclists of the 20th Century, rare newsreel footage, and previously unseen photos from private collections; this wonderful journey captures the rise, glory years, decline, and last throes of a once-great U.S. sports tradition.

This will be a great multimedia presentation and an exciting slice of bicycling history. Here are some interesting facts about the races:

* In 1920 the biggest earners in U.S. sports were Six-Day racers. Many exceeded the paltry \$20,000 paid to baseball's Babe Ruth, who hit 54 home runs that year for the Yankees.

* The Six-Day season of round-the-clock competitions for six days and nights ran from November to March. They took place indoors, on board tracks of 10 laps to the mile (176 yards) and banked 45 degrees on turns, 15 degrees

Good Times... continued from pg 5

on straights.

* Celebrities who served as official starters for Sixes included: Heavyweight Boxing Champions Jim Jeffries and Jack Dempsey; Olympic Gold Medalist Babe Didricksen; movie stars Harold Lloyd and Jackie Cooper; entertainers George Burns and Gracie Allen, Eddie Cantor, Al Jolson, Jimmy Durante, Rudy Vallee, "Gypsy" Rose Lee; and baseball legend Joe DiMaggio.

So, that's all I have for you at the moment; I'll look forward to seeing you at the meetings, if not on a ride sometime in-between. Have fun riding - and enjoy the springtime!



‘The majority of your check is tax deductible because the funds go to Camp Creative.’



‘No son, you can’t send the snake home in a box!’






Autographs, autographs!

(Photographs submitted by TWBC Member Steve Brown.)



twbc monthly event schedule



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

Day/ Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
Sun 04/01	10 AM	2 B 	60 	Bob Myrick 473 - 7455	Daffodil Pre-ride to Eatonville. You will be on your own or w/ other riders on the way back from Eatonville, Orville Rd to Orting-Kapowsin Hwy. On the way back to Orting, plan to visit the Chase Garden @ 16015 - 264th St E, just a little ways off the Orville Rd. Visit www.chasegarden.org . Call if intending to join. Start: Orting Bell Tower.
Mon 04/02	9:30 AM	1 C	22	David & Joyce 759 - 2393	Hail, hardy & ready for coffee. Loop Pt. Defiance, regroup @ Nisqually, then to Fircrest for espresso, scones. Beginners & seasoned veterans. Someone stays w/ slowest rider. Shorten ride 13 miles by cutting out Fircrest. Rain/Freezing Cancels. Start: Starbucks @ 26th & Proctor.
Tues 04/03	9:30 AM	2 B	35 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Call RideLine for details. Start: McDonald's @ 112th & Pacific.
Tues 03/06	6 PM, 7 PM	00 Meet	00 & Eat	Bob Myrick 473 - 7455	Special Government Affairs Meeting & Times. Meet @ 6 PM @ the Forza Coffee Co, 210 W Pioneer Ave, Puyallup. Then meet @ 7 PM @ the Puyallup Library to attend the Technical Advisory Committee of the Forever Green Council.
Thurs 04/05	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smooothly. 100% paved trail; few road crossings; no hills. Beverage of your choice (no host) in South Prairie. Rain Cancels. Start: East Puyallup Trailhead.
Fri 04/06	11 AM	2 B	30	Bob Myrick 473 - 7455	Wildside Ride. Loops thru Tacoma & UP w/ a light lunch stop & possible wine tasting, later. Start: Skyline P & R.
Sat 04/07	9 AM	2 B	47	Carla Gramlich 879 - 0115	Carla's Birthday Ride to Orting for lunch. Small & expensive presents appreciated.  Start: Freighthouse Square.
Sat 04/07	9 AM	3 B	25	Gene Smith 272 - 6747	Training Ride; emphasis on steady pace, good cadence & spinning techniques. Paceline/drafting experience not required, but may occur during ride. Start: Spoke & Sprocket, University Place.
Sun 04/08	1 PM	2 A	up to 30	Carla Gramlich 879 - 0115	Afternoon Ride & Easter Egg Hunt. Ride the Foothills Trail to South Prairie; coffee break, then return. Start: East Puyallup Trailhead.
Mon 04/09	9:30 AM	1 C	22	David & Joyce 759 - 2393	Hail, hardy & ready for coffee. Loop Pt. Defiance, regroup @ Nisqually, then to Fircrest for espresso, scones. Beginners & seasoned veterans. Someone stays w/ slowest rider. Shorten ride 13 miles by cutting out Fircrest. Rain/Freezing Cancels. Start: Starbucks @ 26th & Proctor.



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Tues 04/10	9 AM	2 B	35 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Call RideLine for details. Start: Check Ride Line.
Tues 04/10	6:30 PM	00 Meet	00 & Eat	Tim Payne 360 - 871-4478	Board Meeting @ the Kim Ahn Restaurant across from TCC on Mildred. Guests & Club members welcomed.
Weds 04/11	8:30 AM	00 Meet &	00 Clean	Bob Myrick 473 - 7455	Trail Dog's Cleanup Work Party, on Chambers Creek Secret Trail. Maximum 2 hrs. Start: Near 64th St W & Chamber's Creek Rd W.
Weds 04/11	11 AM	2 B	30	Bob Myrick 473 - 7455	Wildside Ride. Loops thru Tacoma & UP w/ a light lunch stop & possible wine tasting, later. Start: Skyline P & R.
Thurs 04/12	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smooothly. 100% paved trail; few road crossings; no hills. Beverage of your choice (no host) in South Prairie. Rain Cancels. Start: East Puyallup Trailhead.
Sat 04/14	6 AM	4 C	30	Gene Smith 272 - 6747	Saturday Training Ride. Route will include hills. Start: Archie's Resturant in Browns Point, 6622 E. Side Dr, NE Tacoma.
Sat 04/14	8 AM	2 C	60	Tim Payne 360 - 871-4478	Ride to & Lunch in Port Gamble. Meet @ 8:15 AM @ Foot Ferry Dock (leaves @ 8:30). Rain Cancels. Start: Port Orchard Foot Ferry Dock.
Sat 04/14	10 AM	2 C 	40	Louis Boitano 922 - 1168	Daffodil Pre Ride, Buckley Loop.  Start: Sumner Library, 1116 Fryar Ave.
Sun 04/15	Noon	2 C	30	Heinrich & Irmgard Schmidt 565 - 1611	Tour of Ft. Lewis, limited to first 12 who RSVP for each ride. Ride to Steilacoom & climb out of toward Dupont, turning into the N Ft Lewis Gate. Flat ride on base. Expect slight climb on return before reaching Steilacoom & longer climb up Chambers Creek to start. Start: Outdoor restroom area near Environmental Service Building off of Gradview in UP (between new golf course & Chambers Creek Rd).
Sun 04/15	1 PM; 5 PM	2 B; Meet &	30 Listen	Bob Myrick 473 - 7455	Bike Ride before enjoying Blue Vespers music @ 5 PM. Start: Immanuel Presbyterian Church @ 909 N. "J" St.
Mon 04/16	9:30 AM	1 C	22	David & Joyce 759 - 2393	Hail, hardy & ready for coffee. Loop Pt. Defiance, regroup @ Nisqually, then to Fircrest for espresso, scones. Beginners & seasoned veterans. Someone stays w/ slowest rider. Shorten ride 13 miles by cutting out Fircrest. Rain/Freezing Cancels. Start: Starbucks @ 26th & Proctor.



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Tues 04/17	9 AM	2 B	35 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Call RideLine for details. Start: Check Ride Line.
Tues 04/17	7 PM	Meet &	Greet	TWBC 759-2800	April Club Meeting. M/A Wild West VFW Post #91, 2000 S. Union Ave., Tacoma.
Weds 04/18	11 AM	2 B	30	Bob Myrick 473 - 7455	Wildside Ride. Loops thru Tacoma & UP w/ a light lunch stop & possible wine tasting, later. Start: Skyline P & R.
Fri 04/20	6 PM	00 Meet &	4000- Cal; Eat	Jim Davis 759 - 5616 	Bring a dish to the Volunteer Potluck - You are Invited! Meet all the folks that make our club great. If you have never volunteered, come learn what it is all about. If you are volunteering for the Daffodil Classic, get your T-shirt & ask any ???s about your volunteer position. Help fold T-shirts. Come HUNGRY. Leave HAPPY. Start: M/A Wild West VFW Post #91, 2000 S. Union Ave., Tacoma. 
Sat 04/21	8 AM	2 B	30 - 40	Steve & Phyllis Lay 759 - 1816	Pancake Breakfast. Route determined by the weather. \$3 Fee for all you can eat pancakes, eggs, ham, juice, beverages. Start: Starbucks, 26th & Proctor. 
Sat 04/21	9 AM	3 B	25	Gene Smith 272 - 6747	Training Ride; emphasis on steady pace, good cadence & spinning techniques. Paceline/drafting experience not required, but may occur during ride. Start: Spoke & Sprocket, University Place.
Sun 04/22	7 AM	Many	All 	TWBC	TWBC's Daffodil Classic    Start: Orting Bell Tower.
Mon 04/23	9:30 AM	1 C	22	Steve & Phyllis 759 - 1816	Hail, hardy & ready for coffee. Loop Pt. Defiance, regroup @ Nisqually, then to Fircrest for espresso, scones. Beginners & seasoned veterans. Someone stays w/ slowest rider. Shorten ride 13 miles by cutting out Fircrest. Rain/Freezing Cancels. Start: Starbucks @ 26th & Proctor.
Tues 04/24	9 AM	2 B	35 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Call RideLine for details. Start: Call Ride Line.
Thurs 04/26	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smoooothly. 100% paved trail; few road crossings; no hills. Beverage of your choice (no host) in South Prairie. Rain Cancels. Start: East Puyallup Trailhead.



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Day/- Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
Sat - Sun 04/28 - 04/29	8 AM	Many	55/ day	Steve & Phyllis Lay 759 - 1816	Millersylvania Camping Trip (Self Contained Tour). Through Olympia, w/ lunch @ the farmers market, then to Millersylvania State Park. Sunday will return through McKenna, Spanaway & back to Proctor. There are stores along the way & a fee to camp. Start: Starbucks @ 26th & Proctor.
Sat 04/28	9 AM	2 B	50	Tim Payne 360 - 871-4478	Ride to Renton for Lunch @ Cedar River Smokehouse. Rain Cancels. Start: Sumner Sounder Transit Station, 810 Maple St, Sumner.
Sun 04/29	9:30 AM	2 B	50	Gus Fant 564 - 4710	F.O.G.L. Ride to Silver Lake for Lunch @ the cabin. Please RSVP beforehand for our host to determine provided food quantity for all riders. Cabin's #: 360 - 832 - 4190 @ the lake. Start: Roy Y, Spanaway.
Sun 04/29	9:30 AM	2 B	63	Caro & Roz Davis 460 - 5622	Ride to Tahuya. Bring a lunch. Rain Cancels. Start: Boat Launch, Port Orchard.
Mon 04/30	9:30 AM	1 C	22	Steve & Phyllis 759 - 1816	Hail, hardy & ready for coffee. Loop Pt. Defiance, regroup @ Nisqually, then to Fircrest for espresso, scones. Beginners & seasoned veterans. Someone stays w/ slowest rider. Shorten ride 13 miles by cutting out Fircrest. Rain/Freezing Cancels. Start: Starbucks @ 26th & Proctor.
Tues 05/01	9 AM	2 B	35 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Call RideLine for details. Start: Call Ride Line.
Tues 05/01	7 PM	00 Meet	00 & Eat	Bob Myrick 473 - 7455	Government Affairs Meeting @ Guadalajara Taqueria in the Stadium H.S. area @ 1st & Tac. Ave.
Weds 05/02	11 AM	2 B	30	Bob Myrick 473 - 7455	Wildside Ride. Loops thru Tacoma & UP w/ a light lunch stop & possible wine tasting, later. Start: Skyline P & R.
Thurs 05/03	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smoooothly. 100% paved trail; few road crossings; no hills. Beverage of your choice (no host) in South Prairie. Rain Cancels. Start: East Puyallup Trailhead.
Sat 05/05	9 AM	3 B	25	Gene Smith 272 - 6747	Training Ride; emphasis on steady pace, good cadence & spinning techniques. Paceline/drafting experience not required, but may occur during ride. Start: Spoke & Sprocket, University Place.
Sat 05/05	Early	Many	All	Vancouver Bicycle Club	Ride Around Clark County , Vancouver WA. \$\$\$ www.vancouverbicycleclub.com



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Day/ Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
Sun 05/06	Early	Many	All	Phil's South Sound Cyclery	May Day Metric , Federal Way, WA. \$\$\$ www.maydaymetric.net
Sun	Early	Many	All	Port Townsend Bicycling Assoc.	Rhody Tour , Port Townsend, WA \$\$\$ www.ptguide.com/rhodytour/
Mon 05/07	9:30 AM	1 C	22	David & Joyce 759 - 2393	Hail, hardy & ready for coffee. Loop Pt. Defiance, regroup @ Nisqually, then to Fircrest for espresso, scones. Beginners & seasoned veterans. Someone stays w/ slowest rider. Shorten ride 13 miles by cutting out Fircrest. Rain/Freezing Cancels. Start: Starbucks @ 26th & Proctor.
Tues 05/08	6:30 PM	00 Meet	00 & Eat	Tim Payne 360 - 871-4478	Board Meeting @ the Kim Ahn Restaurant across from TCC on Mildred. Guests & Club members welcomed.

Don't forget these rides from other Clubs and Groups (compiled from Outdoors NW Annual Event Guide):

April 26 - 30, **Northwest Crank** in Wenatchee, WA.

Hosted by the **Seattle International Randonneurs**; routes vary.

www.seattlerandonneur.org

April 29, **Lilac Century Surprise** in Spokane, WA. 25, 50, & 100 mile routes.

www.northdivision.com

April 29, **Monster Cookie Metric Century** in Salem, OR.

Hosted by the **Salem Bicycle Club**.

62 mile route through the countryside north of Salem.

www.salembicycleclub.org

**Don't forget
Federal Income Taxes
are due on
Tuesday, April 17 this year**

May 5, **Camano Climb** in Stanwood, WA.

30 or 50 mile routes around Camano Island; gain of 2,360 ft.

www.stanwoodvelosport.com

Remember, May is National Bike Month!



Bob Myrick
TWBC Director of
Community and
Government
Affairs



Government Affairs Report



Our committee met again on Tuesday, March 6 at 7pm at the Taqueria Guadalajara in the Stadium District at First and Tacoma Avenues. Please note this will not be the meeting place for our next meeting on Tuesday, April 3. Instead, we will be attending a meeting of the Technical Advisory Committee of the Forever Green Council at the Puyallup Library. There will be a Government Affairs pre-meeting at the FORZA Coffee shop just north of the library at about 6pm.

As indicated last month, please remember the Scott Pierson Trail will be dedicated on May 12 and will include a trail ride sponsored by TWBC and others at about 9am. The ride is scheduled to start at the Sixth Avenue Park and Ride lot near the War Memorial Park. After the events on the trail, there will be a "members and guests" trail party at Carol and Roz's Wildside Wine Shop across the street from Sixth Avenue. You should plan to park your car if you drive at the Sixth Avenue Park and Ride lot. Bike to Work Week will start on Monday, May 14 as announced last month. I have led a series of "commute training rides" this past month with only a few new riders attending.

This month we discussed Diane Wiatr's fine work in putting together the events mentioned above. There should be a Scott Pierson Trail dedication ceremony about 10am near Cheney Stadium. It should last about an hour. Please plan to be there. Discussion also included Carla and me attending the City of Tacoma's Public Works and Environment Sub-Committee of the City Council. This meeting followed our talk with Eric Anderson, the City Manager. As a result of our meeting and lobbying by others as well, the City has finally assigned a half time Civil Engineer to work on non-motorized projects. We should be seeing some progress on the ideas put forth last month. I am still waiting for other ideas to come forth from you. The City Manager recently indicated he would like to talk again in a few months. Meantime, I sent him a report on the non-motorized tax that was adopted in Olympia for improving sidewalks, trails and bike lanes. The tax is on the Utility bills and it only requires a fifty percent approval at the ballot box. So, I suggested to the City Manager it might be a way to pass a ballot measure that would improve the roads as well as the non-motorized items of concern.

I attended the first meeting for the Eatonville Trail Plan, a process that should require 18 months of effort. My suggestion was for a four-zone study emphasizing first the system within the City Limits. Then, the next zone might include a five-mile zone outside the City. The next zone might go out to Yelm and Orting to include connection ideas to the Chehalis-Western Trail and the Foothills Trail. The final zone might extend to the Columbia River just noting that you can travel a long ways from Eatonville on your bike.

After threatening to file an ADA complaint against Washington State Parks on the John Wayne Trail, I was pleased to hear the heavy pink ballast on the Hall Creek Trestle is scheduled to be removed and replaced by the end of June. Also, the State will provide a five foot wide opening on it's gate system. You probably also heard by now, Thurston County says they will remove their gates and provide five foot wide openings on the Chehalis-Western Trails.

WSDOT has begun a planning process to produce a new State Wide Bicycle and Pedestrian Plan. Pierce County, Tacoma and TWBC people attended the kick-off meeting in Seattle at the Puget Sound Regional Council. The process should take about 18 months.

Please feel free to forward any small-scale improvement ideas for Tacoma to me and I will include the top ten ideas at our next meeting with the City Manager. Don't forget to cycle more and worry less. You should be out walking or riding almost every day. Be safe.



RIDE CAPTAIN REPORT



By
Carla Gramlich

Twenty years ago, I did my first Daffodil Classic. A co-worker and I headed south to a little town called Orting. When we got to Puyallup, we decided that we had no idea where Orting was, so we got out the map. When we finally found Orting, we register for the ride and that day I became a TWBC member. We got advice that the Buckley loop had less hills and that was my first experience that bicyclists LIE. You probably won't believe me that my first Daffodil was sunny and I ran out of water when it got into the 80's. (See previous sentence.)

Really it was hot and hilly. Little did I know that I would still be bicycling 20 years later. When I became a member, it didn't dawn on me that the bicycle club would become such a big part of my life. Sometimes it is my whole life! I now know several ways to bicycle to Orting. Plus, I know the mayor and several city council members of Orting.

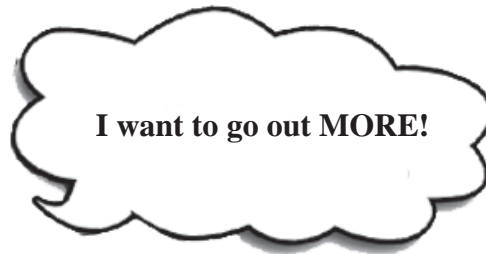
This year, I won't even be in the country for the Daffodil. Last year, Mike and Marcia Madden, rode their tandem across the country raising funds for the Pierce County chapter of Habitat for Humanity. The funds were for one home in Pierce County and two in Guatemala. When everyone is riding their bicycles on April 22, six TWBC members will be helping to build several homes in Guatemala. And it will be sunny and in the 80's.

Well, I am out of country Carol Davis and Kris Symer will be updating the rideline and web calendar. During this time please leave a message on the rideline or email ridecaptain@twbc.org. Actually, even when I am in town, it is best to leave a message on the rideline or email the ride captain. Email is the best option for me because of my work schedule. Also it gives me a hard copy so I have a better chance of typing the information into the web calendar correctly. It is not a guarantee that it will be correct, just a better chance of being correct.

I would like to thank Carol and Kris for volunteering to help out while I am gone. I am starting to wonder why it takes two people to do what I have been doing, but I will address that when I get back in town. Also, lots of people have given me information for rides in May so I can update the web calendar before I leave on April 12. But there will be time to add more rides.

Besides Mike and Marcia, some of our best ride leaders and volunteers will be with me in Guatemala. Peggy Fjetland, Joyce Clifford and Debbie Haushgen are the other TWBC members volunteering for two weeks. So, please consider leading a ride or volunteering for the Daffodil Classic. When I get back on May 1, there are tons of other bicycle events to help out with so I don't feel TOO guilty not being able to help with the Daffodil Classic this year.

Happy Cycling!



Did You Know?

Submitted by Ride Captain Carla Gramlich

That all TWBC rides are lead by volunteers? Maybe it is your turn to lead a ride. I am currently updating the web site information for Ride Leaders. Here are some of the highlights.

Join the Google Group!

Go to twbc.org. On the right hand side is a section titled "Discuss Issues". In this section you can subscribe, if you haven't already. This can be used to promote a ride that you are leading or to find a car pool buddy for an event that you would like to attend.

Email the Ride Captain

You can talk to the Ride Captain in person or leave a message on the Rideline but the **best way** is probably sending an email to ridecaptain@twbc.org. When the Ride Captain receives the email, the web calendar can be updated with that information. Then twice a week, the Rideline is updated.

Ride the Code

My general rule is that code 1 and 2 rides, the ride leader should make sure everyone is keeping up with the group. The ride leader and the group should be aware if anyone in the group is having physical or mechanical difficulties. If you venture out on a code 3 and/or 4, be prepared to be able to handle your own minor problems, like fixing a flat. I hope at any level that people are helping their fellow riders. That is one thing great about being in a club.

Other Events Happening in Our Area That TWBC Is Involved With (And You Could be Too!)

Annual Children's Safety Fair - May 5

Your help is needed once again for the Children's Safety Fair. Several hundreds helmets are sold at this event at cost, \$7.50. Volunteers are needed to properly fit helmets on children and adults. The fair is held at Foss High School, 2112 S. Tyler, the same location as last year. Volunteers are needed from 10 am – 2pm. Please consider volunteering for all or part of the event. Training will held at the Westgate Roundtable, on May 3 starting at 6:30 pm. Call Carla, (253) 879 0115, to volunteer.

TWBC Booth for the Trail Ride – May 12

A week after purchasing their helmets at the safety fair, young people can show them off while riding on the new Scott Pierson Trail. TWBC members will be handing out a small gift to riders. Ride starts at 9 am. Call Carla, (253) 879 0115 if you are interesting in volunteering.

1st Annual Tacoma Marathon Expo Booth – May 11-12

Volunteers are needed to promote the club and events at the fitness fair for the Marathon. Call Carla, 253 879 0115 if you would like to help out.

THE RETYRING SENIOR PELOTON

Or

Exactly how fast a senior would you like to be?

Submitted by TWBC Member Dave Killen

What can I say? Some of us just have a competitive itch that needs scratching. This itch goads us when we hear about events like the South Puget Sound Senior Games each Summer in Olympia, or the Huntsman International Senior Games in St. George, Utah each October.

But those fantasies aside, who among TWBC members over 50 wants to try your hand at improving your cycling fitness and skills by regular weekly riding at a code 3C level and above?

Gene Smith (50), Joe Small (63) and Dave Killen (70) invite you to join them in this enterprise.

For some time Gene has led a group of TWBC cyclists on training rides, at Code 3B, for 20-30 miles. This group embarks from the Spoke and Sprocket parking lot each Saturday morning at 9:00 am. What we propose is to continue emphasizing the development of skills and speed for this group, and to inaugurate a second weekly group of speedy seniors on a day other than Saturday or Tuesday. They would seek to move their level of speed, and 'racing' tactics up a notch or two by increasing the ride to 30 to 50 miles at a whack and practicing the skills learned from Gene's Saturday morning training rides.

Our hope is that such a group would strengthen the cycling effectiveness of TWBC senior cyclists to the point that some would consider participating in senior cycling events such as those mentioned above in Olympia and St. George. The discipline of such riding would permit us to field a team of TWBC members who could represent us at these kinds of events, and not finish dead last.

Please contact Gene, Joe, or Dave and let them know the following:

- 1) Are you willing to participate in the Saturday and/or another day event?
- 2) What other day, except Tuesdays, would you be willing to join the senior peloton group?
- 3) Considering the club's current scale for ride difficulty, what level of difficulty do you estimate you could currently hold for 50 minutes of cycling, i.e., 1A – 4D?
(See your current issue of the Cognitive Courier Newsletter for an explanation of this rating system.)

Contact Information:

Gene Smith at:

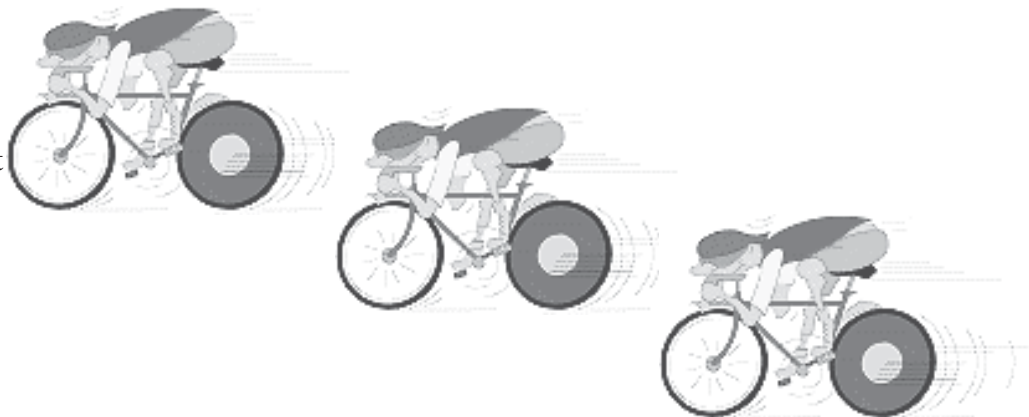
gdsmith28@comcast.net
or 253 - 272 - 6747.

Joe Small at:

joesmall6@comcast.net
or 253 - 228 - 9554.

Dave Killen at:

dpkillen@comcast.net
or 253 - 531 - 1715.



Bicycle Alliance of Washington Seeking New Executive Director

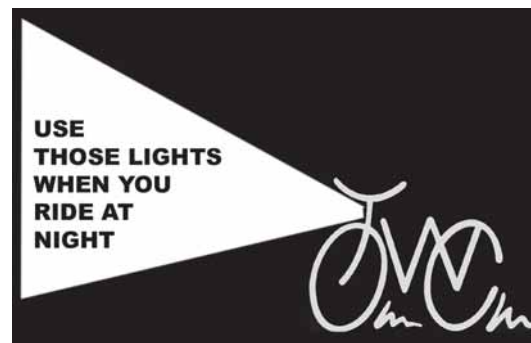
The Bicycle Alliance of Washington (BAW) is seeking a new Executive Director. BAW is a 20-year old, 2,800-member, statewide bicycle-advocacy organization with its office located in Seattle, WA. Five paid staff, numerous volunteers, and a Board of up to 24 Directors support the Executive Director.

The Board is seeking a dynamic leader with the ability to implement existing programs including Safe Routes to School, bicycle commuting, trails development, and Complete Streets legislation, and build upon BAW's past successes and statewide outreach with a visionary approach. The desired qualifications for the Executive Director include:

- Strong connection to the bicycling community
- Significant involvement with a non-profit organization
- Excellent communication skills
- Understanding and experience with public decision-making processes
- Ability to work effectively in legislative and political forums
- Demonstrated personnel management
- Fundraising and membership development
- Strategic planning
- Minimum of a Bachelors degree or equivalent work experience

Salary range \$48,000 to \$55,000 plus benefits of matching IRA contribution, medical stipend, vacation and flexible work hours.

Visit the BAW website at www.bicyclealliance.org for job description, application, and contact information. Applications will be accepted until **Friday, April 20, 2007, 5:00 PM.**



Wanted
By The
Tacoma Wheelmen's
Bicycle Club:
CANDIDATES

For the June 19, 2007

Club Officer Elections

For Information Contact:

Current President Tim Payne, Or Any Other Club Officer,

If you would like your name to be placed on the ballot.

**(Or, if you don't come to the June Club meeting,
we might just vote you into a position!)**



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

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April
2007



mail to:

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Please Note: You can become a member at www.twbc.org. Click on 'Online' under the Join heading.

B e c o m e a m e m b e r o f T W B C

Name: _____

Address: _____

City, State: _____

Home Phone: _____

Work Phone (optional): _____

E-mail: _____ @ _____



Check Box: New Member Renew Addr Chg

Individual person membership Fee..... \$15 _____

Family membership Fee..... \$20 _____

One-time Initiation Fee\$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 yearly membership listings.

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

Leading Bike Rides

Events

Newsletter

Club Meeting Programs

Becoming a Club Officer