

June 2007

By President, Tim Payne

TIRE BUZZ

SO, WHAT CAN I DO?

Over the past couple of issues you have hopefully read a good deal about former member, friend and city planner, Scott Pierson. One of the more remarkable parts of Scott's life and one of the reasons there is five miles of brand new dedicated non-motorized pathway in Tacoma is that Scott was one person who made a difference. Quoted below is a slightly edited version of a speech I gave at the dedication ceremony for that segment of trail on Saturday, May 12, 2007.

Today is a great day for Tacoma, the beginning of a new era, a day where one person's vision of a community close knit by the bonds of human powered transportation begins to take form. I am honored to be here to address you at the occasion of dedication and grand opening of the Scott Pierson Trail.

I would like to express thanks to the Washington State Department of Transportation for organizing the dedication and to the City of Tacoma for adding the ancillary activities that allow this to be an event.

Today, all of us who travel by human power; cyclists, walkers, skaters, runners, boarders, should pause to say a word of thanks to a public servant many of us know only by name, Scott Pierson. This trail is a part of Scott's vision of a community where people can be transported along "gentleways" rather than "freeways." Whether for recreation, exercise, shopping, sight-seeing, or commuting, this new link in our community provides both a foundation and an incentive for a future where we can travel free of bondage to fossil fuels.

It is unusual in this day and age to be able to point to the work of a singular individual and say, "they made a difference." I am sure that were Scott here today he would offer the view that the reality of this trail took many people. There is certainly truth in that view, but there is also truth in the view that the committed, tenacious, relentless and visionary work of one person brought together all those different people to bring this facility to life. Scott made a difference in his community.

I am hoping that there is one among us today who will catch Scott's passion for completing Tacoma's non-motorized transportation network. This trail is but a down payment. We need people passionate about the vision Scott authored. Someone to shoulder the task of relentless pursuit of completing a network of "gentleways." One person can make a difference. We stand at the threshold of rock solid evidence of that truth.

The city has great plans, the Water Ditch Trail, the Cross County Commuter Trail, and a plan to tie them altogether into a network that will allow us to move "gently" through our community and beyond.

- In a day where we can easily imagine gasoline at \$4.00 per gallon.
- In a day where we know that lack of exercise and improper diet is weighing down the health care system, taking years off our lives, and costing us all personally

Tire Buzz, continued on page 3

the cog-nitive courier
 tacoma wheelmen's bicycle club newsletter
 253-759-2800

since 1888
 po box 112078 tacoma, wa 98411

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Carla Gramlich & Peggy Fjetland



**Next Club Meeting:
June 19, 2007**

**July Ride Calendar Deadline:
June 21, 2007**

**Article Deadline for the July COG:
June 22, 2007**

(If you don't receive your mailed newsletter, contact the editor!)



The TWBC 'Smiling Bicycle' Logo was designed by member Steve Lay, as are the majority of our Club Ride T-shirts, as well as the Club Jersey.

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



and communally.

· In a day when we hardly know our neighbors as we scuttle about in our rubber-tired cocoons of steel and wonder why our community does not feel as secure as we wish it did.

· In a day where many of us hesitate to take our bicycles to the streets and mix it up with an army of SUV's.

· In a day when our transportation system is beyond capacity a good portion of the time.

· In that day, not someday, but this day, we need to bring vision, relentless drive and tenacity to bear and construct that network into being.

If Scott were among us, I suspect he would be urging us beyond the memories and the congratulatory speeches to get moving to bring the other segments of the network to life. The greatest honor we can pay to the life and work of Scott Pierson is to make sure this piece of trail is not the only and last, but the first of many.

In the meantime, sorry, Scott, but this morning we do want to pause to remember your contribution and celebrate the first leg of this important network. This afternoon we will be in full pursuit of a network of "gentleways."

A logical question anyone might ask following such a speech is "Okay, so tell me what I can do." An answer to that question was provided by the speaker who immediately followed me, former County Council member and Mayor of Sumner, now Chair of the ForeverGreen Council, Barbara Skinner whose words I have very, very, very loosely paraphrased in the following paragraphs. Admittedly, Scott was in a position where his actions and passions could be effective. Few of us are urban planners employed by a city thirsty for a new vision. The question in front of us, does that give us an excuse to just sit back and let someone else advocate on our behalf? Honored citizen and community leader, Barbara Skinner, does not think so and neither do I. No bicycle/pedestrian project happens by accident and few of them happen with no money involved. In today's government there are plans and plan about plans. There is little chance we are losing ground due to a lack of vision or planning. The action is in the seemingly mundane task of budgeting, fiscal policy and establishing priorities for spending. If we want more facilities like the Scott Pierson Trail. If we want these facilities to tie together into a comprehensive network,

we need to get busy and let our elected officials know that we care about safe places to ride. Every single one of us has a cadre of elected officials who are faced, every day, with the prospect of not enough money to complete all the programs and projects on the wish list. This is true from the halls of the state legislature to the desks of city hall.

Most jurisdictions in Washington State publish a six-year transportation program every year. Those programs allocate funding to transportation projects for the next six years, are updated annually and are adopted by the legislative body of every jurisdiction. How many of us have ever read one? How many of us have ever commented on one? How many of us have ever provided comment to our elected officials?

Then there are the parks budgets; do we watch what the various parks districts and departments are doing with their tax resources? Do we provide comment back to them and our elected officials?

In the words of Barbara Skinner, this is where the action is, where funding is allocated. If we want improved facilities for bicycling, we need to make our voices heard with our elected officials. We need to tell them what we want. We need to be involved in their decision-making process. Yes, it helps immensely to have a dedicated person like Scott Pierson working on our behalf. I proudly say we have some high-ranking officials and elected people who are dedicated and interested in improving cycling facilities and safety, but they have other priorities, as well. We need to let people like Mayor Baarsma of Tacoma, Eric Anderson, City Manger of Tacoma, Tacoma City council members Connie Ladenburg, Jake Fey, Tom Stenger, Public Works Director of Tacoma, Bill Pugh (I am going to stop the list here, I just want to get the point across that a similar list could be drawn for any city, Pierce County, and the state) all of whom are very supportive and interested in improving non-motorized facilities in the City of Tacoma, know that we support their efforts. We need to provide them with our perspective on the difficult funding decisions they must face.

What can you do? How can you tenaciously pursue a vision of a vast network of "gentleways?" How can you make a difference?

1. Start making your wishes known and don't stop.



Bob Myrick
TWBC Director of
Community and
Government
Affairs



Just Steve Brown and me were in attendance at our committee meeting. We had a fine dinner and discussed the state of the bike world including Tacoma and environs. The next Government Affairs Committee meeting will be on Tuesday, June 5 at the Taqueria Guadalajara in the Stadium District at First and Tacoma Avenues at 7pm.

The Bicycle Alliance of Washington (BAW) is getting close to naming a new Director from the final two candidates. Fortunately, both people appear to be well qualified. The BAW Auction is coming and the organizers are looking for auction items that appeal to cyclists.

The CarLESS Commute is happening on June 4 to 17. Participation Forms are in last month's newsletter. Carla Gramlich agreed to be the lead person for our club. If you should have any questions, feel free to call Carla or me.

In the March newsletter, we included a list eight small projects that could be submitted to the City Manager (Eric Anderson) and Dana Brown (Public Works) for bike improvements. We are still looking for two ideas from the general membership. One new idea was to use "Dan Henry" signage to direct bike traffic into neighborhoods adjacent to the new trail.

I have attended second meetings for the Eatonville Trail Plan and for the Rural Transportation Study.

Ernie Bay and I are involved again in the Puget Sound Regional Council's Enhancement Process for selecting recipients for up to \$12 million in grant monies for the four County areas near Seattle.

It was great to see so many club members at Cheney Stadium on Saturday, May 12 to dedicate the Scott Pierson Trail. The party at the Wild Side Wine Shop was well attended. All the food disappeared before 2 pm, so we were pleased with our party planning skills. Don't forget to cycle more and worry less.

The Ride Around Puget Sound will be held on August 25 to 26, 2007. Registrations have already been received from Idaho, Oregon, New Jersey, Texas, and of course Washington. RAPSody is a challenging and scenic recreational bike ride of 165 miles with 9,000 feet of elevation gain. Most people choose to ride RAPSody is two days. There is also a one-day option that begins on Saturday and covers the entire course. RAPSody starts and ends at Tacoma Community College and goes counter-clockwise through Vashon Island, Pt. Orchard, Shelton, and Olympia. Registration includes rest stops, mechanical support, luggage transport, indoor or outdoor camping at Shelton High School, showers, ferry fare, souvenir socks and lots of music along the way.

Cost is \$80 through July 21, \$90 until registration closes on August 17. More information is available on at www.rapsodybikeride.com. You can register online at www.active.com or download a form from the website.

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

If you would like to volunteer to help on RAPSody, please contact Ralph Wessels at 857-5658 or Carol Davis at 460-5622. The positions will be posted on the TWBC website shortly.

Wanted to Rent:

Child Bike Trailer to pull a 3 yr old behind a mountain bike from June 26-July 9. E-mail Cynthia Hammer at cynthiahammer@nventure.com or call her at 253-752-0801.

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.

(Editor's Note: The Metal Cowboy, aka Joe Kurmaskie, was the featured speaker at the TWBC March 2007 Club Meeting.)

Metal Cowboy Quiz

By Joe Metal Cowboy Kurmaskie.

Here's my latest syndicated column... tell me you don't check off nearly every answer on it!

Telltale Signs That Cycling Has Taken Over Your Life (You say that as if it's a BAD thing?).

Hello, my name is Joe..."Hello, Joe." ... And I'm a cycling addict. It's been ten days since I clipped in, twenty since I checked my Cateye, and a full month since I bought something I did not need off the clearance table at my local bike shop.

OK, so I've never been forced to make this confession, but if there really were a 12-step program for addicts of adventures on two wheels, friends and family would have tackled me to the ground years ago. Except for things like, say, a job or sleep, meals and the occasional social contact with people, there's really nothing stopping us from dreaming, thinking, scheming or actually cycling 24/7.

Of course it would be utter folly for you to push away from that desk you've been riding like a little corporate jockey all these years. Foolishness of the highest order to sublet the house or sell the farm and roll out the door on a world trek, or what about signing up for the local race series, cyclocross or every century on this season's schedule? Life could get interesting in a hurry, God forbid. So while you contemplate even one of these rash choices I've littered your lane with, let's see just how close to the edge you are with this little test:

(Full disclosure: Like any good test maker, I've compiled this pop quiz from many sources over the years: my twisted brain, websites, surveys, emails from friends - but most come from cyclists in the act of pedaling, getting ready to pedal, or lying on the side of the blacktop after pedaling too far too fast or both. In other words, experts. I would like to thank them collectively for their inspired madness. But the humor, such as it is, all mine... Pedal, Forest, Pedal!)

Now, pencils ready...

Are You Addicted To Cycling? Check Off All Which Apply To You (bonus points for speed, deductions for drafting).

- o You know every traffic light sequence in the tri-county area for stop free pedaling.
- o Either it's a Brooks saddle or I will stand and pedal the whole way, thank you.
- o You own/wear more tights than a children's theater group performing Peter Pan.
- o You have eaten pasta directly out of your front bag, while pedaling.
- o You have higher quality, up-to-date intel on bike specs, gear and camping equipment than the staff at your local shop, the sales reps in your community and the editors at national magazines.
- o You sport a killer set of bodybuilder quads and a pair of angel hair pasta thin arms. That ten-year-old boy called again. He wants his biceps back.
- o You don't hate drivers as much as pity them in their steel cages, surrounded by shock jock rhetoric and their vague anger over how it came to this.
- o You think about each hill as a cyclist, even when you are driving in a car.
- o You calculate distances between cities by how long it would take by bike (21 bike days from St. Petersburg to St. Louis).

Metal Cowboy, "Telltale Signs.... continued on page 6

- o You know how many miles you rode last night, last week, last year.
 - o You don't find it over sharing to tell people you just met how many miles you rode last night, last week, last year.
 - o You have a Biker's Tan. (bottom 2 /3 of your legs, lower 1/2 your arms, and two little circles on the tops of your hands).
 - o You get sad when your Biker's Tan fades.
 - o You have nothing good to say about logging trucks or RVs with living fossils behind the wheel, or anything sporting wide mirrors.
 - o You have lost feeling in your hands, neck and groin for substantial periods of time, but still you consider it the fair price of doing business on two wheels.
 - o You have far too many photos of yourself on or around your bicycle next to signs at the top of mountain passes, Welcome To So and So State, National Park entrances, starting lines of bike rides, historic sites, and in front of bicycle shops.
 - o You've lost sleep over the trailer vs. pannier debate - of course you own both.
 - o You can't bring yourself to recycle any magazine remotely related to cycling. (Bicycling, Adventure Cyclist, Dirt Rag, Bike, even that issue of GQ where Al Gore was on a bike).
 - o You've given your bike a nickname.
 - o You've used that nickname out loud in mixed company, and felt no shame or embarrassment. Some of us aren't so brave.
 - o You lift your butt off the car seat as you go over potholes, railroad tracks and speed bumps.
 - o You turn the air vents of your car to blow directly into your face and imagine you are on a bike ride.
 - o You own a pile of lightweight stuff that has multiple uses, and you've tested all of them in real life situations.
 - o You have enough funny/scary animal stories to close a bar of rowdy Irishmen or outlast a windbag uncle at the family reunion (note: No windbag uncle? Hmm, could it be you).
 - o You've slept in a church, playground, cemetery, farm pasture, yurt and jail (voluntarily?) beside your bicycle.
 - o You know the other definition of Critical Mass.
 - o You are an expert at spotting thunderstorms, tornados, windstorms, marauding cattle and ice cream stands from a distance.
 - o You have been caught in a thunderstorm while still in the saddle blinking away water and grinning all the way home.
 - o You check your helmet mirror for what's behind you even when you are off the bike and not wearing it.
 - o You hate headwinds, hills and trucks parked on the shoulder of any descent.
 - o You secretly love headwinds and hills, but those trucks parked on the shoulder of any descent are the work of an angry god.
 - o You forget, much like a woman after childbirth, all the pain, headwinds, humidity and hills within days of a long ride, and start dreaming about the next.
 - o You have coachroached: bonking so badly that you have to lie on your back, pull your arms and legs tight and spasm your legs into the air to relieve the cramps. Take a picture of that sometime.
 - o You can say, "My bicycle has been stolen!" in six different languages.
 - o Your bike is more expensive than your car (if you even own one).
 - o You never ask anyone in a car if the road you are on has "hills" or "climbs".
 - o You wave to drivers with bike racks.
 - o You have convinced yourself and others that protein bars are tasty. Here, try the coffee, banana, peanut butter sundae ones, they're the best.
 - o You have tested your hypothermic limits and found that these can be expanded with pedal speed, layering and hot cocoa.
 - o You agree with the statement; "If everything feels in control, you just aren't going fast enough."
-

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 wasn't even 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 was riding their bicycles on April 22, six TWBC members were helping to build several homes in Guatemala. And it was sunny and in the 80's.

While I was out of the country, Carol Davis and Kris Symer were updating the rideline and web calendar. I would like to thank Carol and Kris for volunteering to help out while I was 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 gave me May ride information so I was able to update the web calendar before I left on April 12.

Besides Mike and Marcia, some of our best ride leaders and volunteers were with me in Guatemala. Peggy Fjetland, Joyce Clifford and Debbie Hushagen are the other TWBC members volunteering for two weeks. When I get back on May 1, there are tons of other bicycle events to help out with so I didn't feel TOO guilty

not being able to help with the Daffodil Classic this year.

Happy Cycling!

Tire Buzz continued from page 3

2. Make a list of the people you vote for and how to contact them.
3. Find out about how funding is allocated and where.
4. Get a copy of the six-year transportation program and the parks budgets.
5. Use whatever medium you are most comfortable with, letter, e-mail, phone call, personal visit, to contact your elected leaders.
6. Attend city council, county council, state legislature meetings, not just once in a while, all the time. Be consistent and persistent.
7. Send the message, I want more bicycling facilities, be realistic and be specific, very specific.

What can you do? Simply, get involved. So when it is light out and sunny go enjoy those facilities that people like Scott Pierson helped to bring to life. Use your enjoyment to catch a vision. Then, when it is dark and rainy, use your time to bring that vision into being. One person can make a difference.



June is Tim Payne's last month as TWBC President. He is off to work on other things, including his bike tires.

(Photo submitted by TWBC Member Ralph Wessels)



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 06/03	7 AM	All	50K, 100K, 100M	TWBC	Peninsula Metric Century Start: Gig Harbor Medical Center on Kimball Dr. or Southworth Ferry Terminal.
Mon 06/04	9:30 AM	1 C	22	David Barton, Joyce Clifford 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. Rain/Freezing Cancels. Start: Starbucks @ 26th & Proctor.
Tues 06/05	9 AM	2 B	35 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Call RideLine for details. Start: Call Ride Line or check the Club website.
Tues 06/05	7 PM	00 Meet	00 & Eat	Bob Myrick 473 - 7455	Government Affairs Meeting @ Guadalajara Taqueria in the Stadium H.S. area @ 1st & Tacoma Ave.
Weds 06/06	9 AM	2 C	52	Ron Nowicki 661 - 2664	Ride to Carbon River Entrance of Mt. Rainier Nat Pk. Gains approx 1200 ft in 26 miles; 2nd 1/2 is all downhill. Bring snacks/water--no good facilities. Start: Orting Bell Tower.
Weds 06/06	10 AM	4 A	20	Joe Small 228-9554	Senior Games Cycling Training. Join others to ride multiple laps of the official 5K event course in preparation for this July 29th competition. Start: Meet @ Exit 111 McDonalds, 1/2 hr before start or 10 AM @ Jubilee Community Center, Lacey.
Thurs 06/07	9: 30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smooothly. Paved trail; few road crossings; no hills. Beverage of your choice (no host) in South Prairie. Rain Cancels. Start: East Puyallup Trailhead.
Thurs 06/07	7 PM	1 A	12 - 15	Peggy Fjetland 841 - 4458	Thurs Night Family Ride. After ride, stop for pie! Start: Gold Parking Lot @ the Puyallup Fairgrounds.
Sat 06/09	10 AM	2 B	29, 51 or 66	Jill Priest 360- 271 - 8984	Sisters Club Ride. There will be stops along the way, but always carry food, water, & a tire fix kit. Stop @ Hunter Farms for ice cream. Start: WalMart Parking Lot, on Wallace-Kneeland Blvd in upper Shelton.
Sun 06/10	9:30 AM	2 B	45	Louis Boitano 922 - 1168	Ride to Ballard Locks. Bring picnic lunch. Start: Tukwila Sounder Station Parking Lot (off West Valley Hwy & East on S 158th St.
Sun 06/10	1 PM	2 B	45	Ron Nowicki 661 - 2664	Ride to Hendrix Grave Site. One big hill @ cemetary. Out & back on different routes. Back by 5 PM? Start: Super Mall theater parking lot.



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Day/- Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
Mon 06/11	9:30 AM	1 C	22	David Barton, Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. See 06/04 for complete details.
Tues 06/12	8 AM	2 B	35 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Call RideLine for details. Start: Call Ride Line or check the Club website.
Tues 06/12	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.
Thurs 06/14	9: 30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smooothly. Paved trail; few road crossings; no hills. Beverage of your choice (no host) in South Prairie. Rain Cancels. Start: East Puyallup Trailhead.
Thurs 06/14	7 PM	1 B	10 - 15	Jim De Young 686 - 8995	Thurs in DuPont. Varied ride in area. Start: Exit 118 @ P & R, Meet @ Kaffe Pegasso.
Sun 06/17	1 PM	2 A	25	Bob Myrick 473 - 7455	Blue Vespers Ride. Blues music starts @ 5 PM. Start: Immanuel Presbyterian Church, 901 N 'J' St.
Sun 06/17	1 PM	2 B	30	Carla Gramlich 879 - 0115	Tour de Pierce Pre Ride to mark the course. Maps provided if you don't want to help; free T-shirt & free entry to TdP Ride for helpers. Start: Freighthouse Square.
Mon 06/18	9:30 AM	1 C	22	David Barton, Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. See 06/04 for complete details.
Tues 06/19	8 AM	2 B	35 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Call RideLine for details. Start: Call Ride Line or check the Club website.
Tues 06/19	7 PM	Meet &	Greet	TWBC 759-2800	June Club Meeting. M/A Wild West VFW Post #91, 2000 S. Union Ave., Tacoma.
Weds 06/20	5:30 PM	2 B	20	Carla Gramlich 879 - 0115	Tour de Pierce Pre Ride to mark the course. Maps provided if you don't want to help; free T-shirt & free entry to TdP Ride for helpers. Start: Gold Parking Lot @ the Puyallup Fairgrounds.
Thurs 06/21	9: 30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smooothly. Paved trail; few road crossings; no hills. Beverage of your choice (no host) in South Prairie. Rain Cancels. Start: East Puyallup Trailhead.
Thurs 06/21	5 PM; 6 - 9 PM	1 A	10	Bob Myrick 473 - 7455	World's Greatest Environmental Potluck & Big Backyard Picnic. Bring food to share & own tableware for 6 - 9 PM munching. Start: Stan & Helen Engles Estate, 4011 Alameda in Fircrest.



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
Thurs 06/21	7 PM	1 A	12	Carla Gramlich 879 - 0115	Tour de Pierce Pre Ride to mark the course. Maps provided if you don't want to help; free T-shirt & free entry to TdP Ride for helpers. Start: Gold Parking Lot @ the Puyallup Fairgrounds.
Sat 06/23	10 AM	2 B	50	Carla Gramlich 879 - 0115	Tour de Pierce Pre Ride to mark the course. Riding the 50 mile loop, checking course & DH's. Start: Freighthouse Square.
Sun 06/24	8 AM	All	12, 30 & 50	Pierce County Parks & Rec 798 - 4177	Tour De Pierce. \$\$\$ www.piercecountywa.org/parks Start: Gold Parking Lot @ the Puyallup Fairgrounds.
Sun 06/24	9:30 AM	2 C	60	Roz & Carol Davis 380 - 8819	Mason Lake Loop. Bring Lunch. Rain Cancels. Start: To be announced, somewhere along Hwy 302.
Mon 06/25	9:30 AM	1 C	22	David Barton, Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. See 06/04 for complete details.
Tues 06/26	9 AM	2 B	35 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Call RideLine for details. Start: Call Ride Line or check the Club website.
Thurs 06/28	9: 30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smooothly. Paved trail; few road crossings; no hills. Beverage of your choice (no host) in South Prairie. Rain Cancels. Start: East Puyallup Trailhead.
Thurs 06/28	7 PM	1 A	12 - 15	Carla Gramlich 879 - 0115	Thurs Night Family Ride; tour northend of Tacoma. Start: Starbucks, 26th & Proctor.
Sun 07/01	7 AM	2 B	50	Jim De Young 686 - 8995	Double Half Part A. Ride perimeter of Fort Lewis clockwise, breakfast in Roy, return about noon. Start: in Du Pont.
Sun 07/01	1 PM	2 B	50	Jim De Young 686 - 8995	Double Half Part B. Ride perimeter of Fort Lewis, counter-clockwise, return about 5 pm. Start: in Du Pont.

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

RIDE CODE CHART, TERRAIN

Terrain Code Examples:

- A - Mostly Flat (Interurban 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)

RIDE CODE CHART, PACE

Pace Code Examples: 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, 13-16mph.
- 4 - Fast pace, very limited stops, cue sheets or maps provided, 16 + mph.

Mt. Biking Adventures

Submitted by Bob Myrick

The Mount Tahoma Trails Association (MTTA) has produced a brochure encouraging mountain biking on it's South Trail System where one can get to Snowbowl, the Yurt and Highhut cabins to spend the day or overnight. This winter MTTA lost access due to the bridge over the Nisqually River washing out. A few brave souls have waded across Catt Creek to gain access to the trail system. Recently, I visited Mineral to examine the logging road going up Mineral Creek. The sign there says hikers and bikers WELCOME. I walked in about 5 miles and began to formulate my plan to ride to the cabins and maybe, even the Randle area.

How could one do this? First, you need a plan. You should have a DNR map entitled Elbe/Tahoma State Forests. Find one at a DNR office or at MTTA headquarters in Ashford. Next, get a Gifford Pinchot National Forest map. Then, get an overnight permit from Whittakers Mountain Shop in Ashford if you plan to stay overnight. You should also have a reliable mountain bike, plenty of water, skis or snowshoes, your backpack and maybe a BOB trailer to carry it.

Then, you drive up to Mineral with a friend or two and park your car near the gate for the Murray Mainline Road. This land is now owned by the West Fork Timber Company LLC, but apparently is still using Murray Pacific's land access rules allowing hikers and bikers. Worried about your car? You might want to check in at Lion's Club Campground to see if you can rent a spot in a safer, secure location. Get on your bike and head up the Mainline Road. There are a few minor hills, but the road follows the gentle grade up Mineral Creek, which is quite attractive. At about five miles, you should find a road to the left with a gate. This looks like the "4" road which leads to the "3" road, which leads to the "2" road, which leads to the "1" road. To me, it looks like tough going. At about 8 miles you might see another gated road going off to left. I would skip that road too and proceed to about the 11.5 mile mark where there should be a road going off to the left, the "2" or "1" road? Head north (you did bring your compass?), a swamp will be on your left and Harrington Rock on your right. You've probably never seen Harrington Rock before? At about 14 miles, you may come to another gate that appears to connect with our trail system. You should soon reach the

intersection with the "1" and "2" road. Follow the "1" road to Snowbowl or the Yurt. It might be 20 miles to Snowbowl and about 18 miles to the Yurt.

Where else can you go if you don't want to back-track or find the ford for crossing Catt Creek? Well, you could ride down to SR12 about five miles or so downstream from Randle. Once you find the highway, you could ride to Morton and enjoy a fine meal before riding up SR7 to Mineral. How far is that? I don't know, but you might get back before dark. Actually, it is probably less than 50 miles, but is it doable? Are there trees blocking the roads? Landslides, etc.? You better bring your overnight gear. To get to Randle, you turn right onto a road formerly known as 061, which leads to 1243. It should be about 9 miles from the gate. Good luck. Don't forget your water, supplies, compass and maps.

I could also tell you how to ride to Packwood, Randle and High Rock going over Silver Creek Pass, but that is another story for another time. It is one of the best adventure rides in the State with incredible views of Camp Muir on Mount Rainier.

(Editor's Note: Check out the May 20, 2007 Sunday edition of the News Tribune, Section A, "Ruin and Repair" for several articles on the condition and cleanup of Olympic National Park, Mount Rainier National Park, Gifford Pinchot and Mount Baker-Snoqualmie National Forests, and North Cascades National Park. The website, thenewstribune.com has an interactive map that shows the current damage in these area. As time passes, the map will display the cleanup and repair as they occur.)



Bob & Sophia Vogel accessing a trail system in their home town on opening day of the Scott Pierson Trail; no compass or snowshoes required!

CarLess Commute: June 4 - 17, 2007

What is it?

CarLess Commute encourages Pierce County citizens to help reduce traffic congestion, promotes improved air and water quality, and raises health consciousness. It is a two-week campaign that encourages walking, bicycling, riding the bus or commuter train, sharing the ride with someone else by carpooling or vanpooling, or trying an alternative work option—like a compressed work-week or telecommuting. Participants are encouraged to **burn calories** instead of fossil fuel!

You can win prizes!

Participants are asked to track their commute and recreational miles. That's right, you can participate in your down time by walking to the store, riding your bike to the park, taking the bus or train to a Mariner's game, or carpooling to the movies. These are just a few ideas to get you started carless commuting in your leisure time, too! All who participate will be entered into a drawing to win a **Mountain Bike** from Bike Tech and several other fun prizes!

How do I participate!

It's easy! Visit the Pierce County Parks website at www.piercecountywa.org/carless for a CarLess Commute participation form. Just print it out and fax or mail it to the Parks office by June 29, 2007. Anyone can participate so be sure to spread the word to everyone you know. If you have any questions about CarLess Commute, feel free to send me an email at carlesscommuter@comcast.net; I'd love to hear from you.

Find a better way to commute!

Deanne Lawrence, CarLess Commute Coordinator



Bicycle parking outside WildsideWines
(Submitted by TWBC Member Steve Brown)



Which way do we go, which way do we go?
(Submitted by TWBC Member Steve Brown)



The Poster, @ Cheney Stadium
(Submitted by TWBC Member Carla Gramlich)



Several TWBC Members & Foothills Trails Courtesy Patrol Members gather @ the Scott Pierson Trail Event (Submitted by TWBC Member Steve Brown)



Pierce County Parks & Recreation

presents

Tour de Pierce

Sunday, June 24, 2007



12, 30, and 50 mile routes



www.piercecountywa.org/parks

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

Tour de Pierce offers enjoyable cycling from 8:00 AM - 3:30 PM on Sunday, June 24, 2007. The ride winds through Puyallup, Sumner, and adjacent farm lands. A rest stop at the Riverside County Park, east of Sumner, will offer entertainment, light refreshments, and restrooms for riders.

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

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

Helmets approved by CPSC required for this event

**Pre-register by June 19th
\$10 per person or \$25 per family**

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

**Register the day of the event on June 24th.
\$12 per person or \$30 per family**

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

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

2007 Tour de Pierce Registration Form

Name _____

Address _____

City/State/Zip _____

Phone _____ E-mail _____

Enclose check or money order payable to:

Pierce County Parks & Recreation
Tour de Pierce
9112 Lakewood Dr. SW
Lakewood, WA 98499-3998



**From
the
TWBC
Cog-nitve
Courier**

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

Pre-registration Fees: (Postmarked by June 19)

Individual	\$10	
Family	\$25	
T-Shirt	\$8 ea	
Day of Ride Fees:		
Individual	\$12	
Family	\$30	
T-Shirt	\$15 ea	
Total Number of Family Members		
Amount Enclosed		\$

Indicate T-Shirt size(s) and quantity:

___ YL ___ S ___ M ___ L ___ XL ___ XXL

the Picture Page

(Submitted by TWBC Member Carla Gramlich,
from TWBC members trip to Guatemala for Habitat for Humanity)

Locals cycling
in Guatemala



I have experience
operating wheeled objects!



Ride Around Puget Sound

August 25 - 26, 2007

Hosted by: B.I.K.E.S. of Snohomish County, Capital Bicycle Club, Seattle Bicycle Club, Tacoma Wheelmen's Bicycle Club, & West Sound Cycling Club

Route: Enjoy the scenic back roads of five Washington counties while supporting statewide bicycle advocacy and education. RAPSody starts and ends at Tacoma Community College. The route is 165 miles of rolling hills – doing it in one day is hard, two days is challenging fun. The halfway point and overnight stop is Shelton. Along the way you'll take ferries to/from Vashon Island, ride the Kitsap Peninsula, pass through Olympia, and enjoy scenic water and mountain views.

Details: Registration includes souvenir socks, free overnight parking, luggage transport, ferry fares, indoor or outdoor camping at Shelton, free showers in Shelton and at the finish line, mechanical and sag support, great food stops, and the best volunteers! Plus, live music in Shelton on Saturday and ice cream at the finish line. Meals are available for purchase from the Shelton Dance Team Booster Club at the high school.

**All ride proceeds are donated to the Bicycle Alliance of Washington.
Save money by signing up early and joining the Bicycle Alliance!**

Visit www.rapsodybikeride.com for more info and updates. Register online through www.Active.com. For registration information, contact Betty at (253) 857-5658. For event information, contact Molly at (206) 577-6999.

Registrations may be transferred provided the original purchaser contacts the Registrar in advance and a signed release for the transferee is received by the Registrar before the ride. Sorry, there is no day of ride registration and no refunds.

SNELL OR ANSI APPROVED HELMETS ARE REQUIRED ON THIS RIDE.

Register online at active.com or mail this form to RAPSody c/o TWBC, PO Box 112078, Tacoma, WA 98411.
Make checks payable to Bicycle Alliance of Washington

Name _____

Address _____

City/State _____ **Zip** _____

Phone _____

E-mail _____

Include your email for any updates! Please print legibly.

Number of Days	Indicate Sock Size
2-day rider (Sat./Sun.)	S/M (6-10)
1-day rider (Sat. only)	L-XL (9-13)
Be sure to mark all applicable boxes.	

Registration Closes 8/17		
Postmarked by 7/21	\$80	
Postmarked after 7/21	\$90	
T-shirt (order by 8/8 to guarantee)	\$15	
Circle Shirt Size:	S	M L XL XXL
Join the BAW for \$25	\$25	
BAW member discount (Join now for immediate discount!)	– \$10	
Dinner at high school	\$10	
Breakfast at high school	\$7	
Dinner & Breakfast at high school	\$15	
Total Enclosed	\$	

SIGN ON BACK AFTER READING!



From the TWBC
Cog-nitveCourier



RAPSody Training Rides

March 17 - McClinchy Mile Bike Ride, Arlington
www.bikesclub.org

April 22 - Daffodil Classic, Orting
www.twbc.org

May 20 - Two County Double Metric Century
Millersylvania State Park
www.capitalbicycleclub.org

June 3 - Peninsula Metric Century,
Gig Harbor and Southworth Ferry Terminal
www.twbc.org

July 29 - Tour de Kitsap,
Silverdale, WA and Bremerton Ferry Terminal
www.westsoundcycling.com

August 12- TRYBR, Tenino
www.capitalbicycleclub.org

September 9 – Headwaters Century, Enumclaw
www.twbc.org

Ride Information

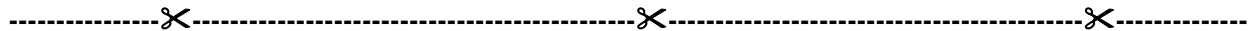
The ride starts and ends at Tacoma Community College located at 12th Ave. and Mildred Street.

All riders start on Saturday, August 25. 1-day riders must depart between 6:00 and 7:30 AM and complete by 8:30 PM. 2-day riders must depart between 6:00 and 8:30 AM on Saturday and complete by 5:00 PM each day. Ferry schedules do not allow later starts. Riders must ride legally.

Food stops are about 30 miles apart and are staffed by local and bike club volunteers. Area bike shops provide mechanical support.

The route is subject to change. Route maps and directions to the start will be included in the mailed ride packet. Maps are not available beforehand. Ride packets will be mailed approximately two to four weeks before the ride.

Bicycle Alliance of Washington
The BAW advocates for bicyclists and a bicycle-friendly Washington. Members receive information and resources to support funding and policies that make cycling safer. Visit www.bicyclealliance.org to learn more about this nonprofit organization.



Ride Around Puget Sound (RAPSody) Release

*******Note: This form must be signed for your registration to be complete.*******

In consideration of the acceptance of this entry & by signing this Release for myself (or for the participant if the participant is under 18) I agree to RELEASE, HOLD HARMLESS, and INDEMNIFY the Bicycle Alliance of Washington, Capital Bicycle Club, B.I.K.E.S. of Snohomish County, Seattle Bicycle Club, Tacoma Wheelmen's Bicycle Club, West Sound Cycling Club, other host bicycle clubs, and all support staff, sponsors, advertisers, owners & lessors of premises on which the activity takes place, their respective officers, agents & members, & any other parties connected with the bicycle event for any injury, loss or damage suffered as a result of participation in the bicycle event or any activity associated with it, including injury, loss or damage caused by the Negligence of any party.

I understand that there are certain risks associated with bicycle riding, including the risk of serious personal injury or death, & I expressly agree to assume those risks. I understand the route chosen is challenging, not necessarily the safest route, & that weather conditions may make this ride more difficult. I warrant that I am in proper physical condition to participate in this event, that I am a sufficiently competent cyclist to handle the road conditions, & that my bicycle is in safe operating condition.

I understand that wearing a helmet can minimize head injuries which may occur in a cycling accident & that the RAPSody Bike Ride requires all riders to wear helmets. I agree to wear a helmet while participating in this event, & to follow the rules of the road & all applicable laws & safe bicycling practices.

I understand that this Release is also binding on my heirs & representatives. If I am signing on behalf of a minor, I accept full responsibility for all medical expenses incurred as a result of the minor's participation. I agree to HOLD HARMLESS & INDEMNIFY the entities named above for any claims brought on behalf of the minor.

SNELL OR ANSI APPROVED HELMETS ARE REQUIRED ON THIS RIDE!

Signature of Participant: _____ Date: _____

Signature of Parent/Guardian
if participant is under 18: _____ Date: _____

Read & Sign This Form

the Picture Page

(Submitted by TWBC Member Carla Gramlich,
from TWBC members trip to Guatemala for Habitat for Humanity)



Gota love those sanicans
BACK HOME!

TWBC members (who shall remain un-identified)
when not riding or working
on Habitat for Humanity housing!





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

Prsrt Std
U.S. Postage
Paid
Tacoma, WA
Permit No. 931

June
2007



mail to:

[Empty box for mailing address]



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