

# October 2007

## Headwaters Century Report – September 9, 2007

Submitted By Ride Director Gene Smith

Newsflash! Enumclaw, WA – TWBC does it again! Our club has hosted another successful Headwaters Century as 250 registered riders complete at least one of the three available routes – 44, 64, or 102 miles – through southeast King County and the Green River Valley. The weather was glorious and the roads smooth but as always, riders mentioned how good the food was and how great the volunteers were.

Many thanks to all of our volunteers – sag drivers, registration, rest stops, food coordinators, food delivery, and equipment set up, clean up, and mop up – for your help with the ride. We couldn't do it without you. I hope you all know how much you are appreciated. Special thanks go to Black Diamond Bicycle for their great mechanical support.

**the cog-nitive courier**  
tacoma wheelmen's bicycle club newsletter  
www.twbc.org 253-759-2800  
po box 112078 tacoma, wa 98411  
since 1888

## Switzerland Bicycle Touring

Moo!!!  
Cheese!

Mountain  
Peaks!

Submitted by Carol Davis

Switzerland is a cycling paradise! Besides beautiful scenery, the country is well organized for bicycle touring. Go to [myswitzerland.com](http://myswitzerland.com) for more information to get you started. There you will find out about the 9 national bike routes that crisscross the country. You can get details about distance, how much is paved or not paved, elevation gain with or without a "lift" (train). Yes, it is true. You can easily cycle in Switzerland with minimal climbing. I'll never tell that we cheated and took the train once in a while, but I will tell you that one day, we naively took a route with double "chevrons" (Those little marks on the map that indicate elevation gain). That was the day we left Lake Zurich. It was the beginning of our trip (How's that for an excuse), and it was hot. We mostly pushed our bikes up 12 miles. (Well, cross training is good for you!) We saw a French family pushing their bikes, too! Numerous unloaded cyclists who appeared to have just finished the Tour de France also passed us. We were also passed by many fancy, expensive sports cars (Roz could tell you what kinds), but not until they slowed down (Yes, slowed down!!), and waited until it was safe to pass!!!

We managed to get in about 24 miles that day, and found our cheapest accommodations besides camping. It was a B&B with a bathroom that was 2 flights downstairs for only 80 Swiss Francs (about \$60). Yes, it is true. Switzerland is an expensive country for travel, but you only have one life to live, and it probably won't get better in our lifetime! So use a credit card, and just glance at the statement when you get home!

Now if you do choose to take the train (I won't say WE did), you will find it so easy to travel with bikes! It's 15 francs for a ticket for your bike. When the train pulls in to the station, just watch for the car with the bicycle painted on the side, walk over and put your bike on the train! It is so easy and civilized (France is so close, yet so far away!) Sit down in the next car, and enjoy the trip.

Switzerland...., continued on page 3

# The COG Home Page

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## **ANNUAL CLUB PICNIC:**

Who wants to volunteer for 2008?



**PMC**



## **Next Club Meeting:**

**Tuesday, October 16, 2007**

## **Nov. Ride Calendar Deadline:**

**Thursday, October 18, 2007**

## **Article Deadline for the Nov. COG:**

**Friday, October 19, 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!**





## Draft Lines

By President Carol Davis

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We want to hear from you! This is your club. Each one of us contributes to making it what it is. Every time a new person comes along, it stretches our club to new possibilities. Our club is built on tradition, traditions that are evolving as we move down the road.

Most of us come to meetings and group rides for interaction. Otherwise we could stay home or go riding by ourselves. My hope is to increase opportunities for interaction at our meetings, getting input from everyone about how to address issues that concern us and of course have fun.

Our September meeting began by giving everyone the floor to share one of their favorite rides. Everyone seemed to enjoy the opportunity to speak, and it also gave us more clues about how to address some of our very diverse needs. We have people that have never ridden and don't even own a bike yet, to people who ride centuries and randoneering events and everything in between. People want to learn about commuting, mechanical advice, and new routes.

When the pizza came, I asked everyone to take a minute to jot down what he/she would like the club to address. An issue that came up numerous times is the need to attract more young people to our club. We will be addressing this at our board meetings, but we are just a small group. Be thinking about it, and bring your thoughts to our October meeting.



### Renewing Members:

Lonna Cain, Debbie Due, Scott & Linda Green, Tommy Harlow & Family, Jane Hostvedt, Peter Lo & Joan Keltgen-Lo, John Loesch, Steve Lynch, Don & Robin Partington, and Mike Springer.

### New Members:

Jim Collins, Teresa Garl, Dan King, Patricia Sobczyk, and William Sylvia & Family.

## Switzerland...., continued from page 1

So if you choose to follow one of the 9 national routes, you can buy a book for the route you are planning to do. The books have excellent maps, and tell you the accommodations along the way. They show where the gravel is, and everything you need to know. Of course, they are only published in German or French. We have a book for one of the routes, but this time I didn't buy one because we were switching routes several times. We bought a bike map of Switzerland instead that shows where all the routes are. But the map doesn't have all the details you need. It's not really necessary because the routes are marked all along the way with arrows and route numbers. They are even color-coded. However looking for the markers is like playing "Where's Waldo!" "Did you a sign at that intersection?" "No, it's over there!" "Oh well, if we don't see it, wherever we end up will be nice anyway!"

Looking for signs, reading maps, and gravel paths on hill-sides are more good excuses for not doing too many miles!

To be continued. . . .

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## October Club Meeting

October 16, 2007, 7 PM

The speakers for this month's Club Meeting will feature TWBC Members Mike & Marcia Madden. They will take us on their 5000 mile trek across the USA to raise funds for Habitat for Humanity.

Included in this feature will be stories about an additional trip they did to Guatemala. Several TWBC Members accompanied them to build three homes in that country.

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## September Cog Corrections

*The Editor*

At this point in time I would like to extend my sincere apologies to specific Members for mistakes I made on page 3 in the Sept. issue of *The Cog-nitive Courier*.

I identified Mr. Gene Smith as the Club VP and author of the "Welcome Back" article. Mr. Vern Hase is the Club VP & author of the Sept. issue article, while Mr. Gene Smith is the Headwaters Century Ride Director, & author of the Oct. issue's first article on page 1.

I also identified on page 3, Bob & Koko Vogel's newborn son as Shawn T.; his actual given name is Shane T.





**Bob Myrick**  
TWBC Director of  
Community and  
Government  
Affairs

## Government Affairs Report

Our committee met again on Tuesday, September 4 at the Taqueria Guadalajara in the Stadium District at

Frist and Tacoma Avenues. We plan to meet there again on Tuesday, October 2 at 7 pm to carry on our activities.

1. Shaw Road Construction. The City of Puyallup will have broken ground on Thursday, September 6, for a new Shaw Road Extension that goes north to Main Avenue East and flies over Pioneer Way East. We are concerned that Shaw Road bike lane amenities should touch down on Pioneer Way so cyclists can reach the street and the Meeker Trailhead on the Foothills Trail. Also, we have been asking Puyallup to provide a bike trail on the north side of Pioneer Way for about 600 feet so cyclists can reach the Meeker Trailhead from the Shaw Road area. Will the City of Puyallup have properly designed this area for our needs? We have not seen the plans and don't know.

2. 24th and Jahn Area near new Narrows Bridge. Steve Sugg has suggested the State or County should provide improvements on 24th including a traffic circle to safely accommodate cyclists who are headed in the westerly direction to Jahn. The County is trying to get funding to provide bike lanes or shoulders on Jahn and other streets to safely accommodate cyclists. You may recall this is the area where the County has dropped the ball in not having the foresight to begin working on improvements several years ago in conjunction with the new bridge construction.

3. Center Street Climbing Lane. Tacoma has narrowed the travel lanes on part of Center Street to provide a narrow climbing lane about three feet wide. This is in the area where the road was recently reconstructed. Hopefully, the narrower lanes will help slow cars down to nearer the speed limit. This is an experimental improvement to see if cyclists feel the road is safer with this configuration.

4. Puget Sound Street versus Water Ditch Trail. At a recent Tacoma staff meeting, some staffers suggested that crossing South 56th Street with a new cross walk will still be dangerous due to the configuration of South 56th where curves and hills are present and motorists travel at a high

rate of speed. Their concern was there are already many stoplights on South 56th and a trail crossing may be dangerous and expensive. It was suggested that non-motorized traffic could be directed to South Puget Sound Street since there is already a signalized intersection there. Some Council members were still in favor of a trail crossing because a trail is different than sidewalks and bike lanes. Stay tuned.

5. BAW Auction. We discussed inviting Calvin Goings, Pierce County Council, and Marcus Dennis, Foothills Trail President, as guests. Carla pointed out our Board had previously determined that only TWBC members could benefit from the reduced price tickets at our two tables. Calvin is a TWBC member so he would qualify, but there is the question of who would pay the \$37.50 balance since he is a club member. Marcus is not a member so the whole \$75 would be owed. I indicated I was hopeful the Board would consider this matter at their meeting in September. You may recall there are many invited Officials at the BAW Auction to show them the power of BAW and the interest in cycling for health, recreation and transportation. Funding could be provided from the Government Affairs budget, but we will await the Board's determination.

6. Regional Transportation Investment District (RTID). Ralph reminded us there would be a conference call that I need to participate in to determine if BAW will be endorsing the RTID proposal to be voted on in the near future. BAW can endorse RTID, can recommend voting against it or remain neutral.

Remember to cycle more and worry less. When you read this, I will have been cycling in Oregon with friends for two weeks and will be preparing to travel to Nepal in October to trek for about three weeks around Annapurna.

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### Request for Club Equipment

Please, please, please make sure to return all Club equipment this month that you may have acquired through Club volunteer efforts on the Daffodil, PMC & Headwaters Century.

Our Equipment Master, Chris Smith will need to evaluate and itemize all Club equipment, to see what needs to be replaced, what needs to be purchased new & what is in need of repair, prior to the beginning of the Rides in 2008.



# RIDE CAPTAIN REPORT



By Carla Gramlich

The other night while I was adding the rides to the October Calendar I noticed something incredible. This month, October 2007, every day has at least one ride. TWBC members have always been good about leading rides, but this month they are really fantastic. To celebrate this milestone, I am leading a ride starting from Freighthouse Square on Sat. October 27. I will take the group up the hill to the Scott Pierson Trail. (If you want to go on this ride and avoid the hill, a second start will happen at State Street/S. 25th, near the entrance to the trail, street parking is available) We will ride the trail to the Memorial Park, have some cake and celebrate riding in October. I will lead riders back on the trail to Freighthouse, but if some people would like to go on a longer ride, that will also be an option.

The reason October got full is because of a couple new weekly rides. Larry and Joe Small started "Five will get you fifty" on Weds. Lou and Karel Vance started a ride on Fridays on the Foothills Trail. Plus ride leaders stepping up to fill out the weekends made it all possible. Hoping the weather cooperates and all the rides really happen.

I was really hoping that in October, we would see the bike lane open on the new Narrows Bridge. I asked my contact at Washington State Transportation and was told that it has been moved out to mid November. Just in time for great bicycle weather! I guess the bicycle lane isn't going to bring any revenue, so they can take their time in opening. Looking forward to the new bicycle lane, no matter when they open it.

I went on my first Monday morning ride on Labor Day. While David and Joyce were on vacation, Lou and Karel have been filling in for them. They had a big group and I got to pretend what it is going to be like when I retire. I will try to catch the other weekday rides next year, since I don't have many vacation days left.

I ride the Scott Pierson Trail several times a week and have wonderful conversations with other users. Some are members of TWBC, and some I have recruited for TWBC. I

believe more people are biking and leaving their cars at home, because the Scott Pierson Trail. The trail makes getting around Tacoma, an easier task by bicycle.

I attended the TWBC day for Habitat and was happy to see Mike Madden on crutches. This is a much better option than the wheelchair he has been in since July. He is also, driving and will start a stationary bike as part of his Physical Therapy. Louie Bantano is on the injury list following knee surgery. Wishing both, Louie and Mike, a speedy recovery, so they can lead some rides.

October is the last month of the TWBC riding season. The wide range of rides should help people fill out their ride sheets. You can't say there weren't any rides to go on this month.

Happy Cycling!



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## Hey TWBC Riders...Use this handy-dandy chart to decipher ride codes listed on the TWBC 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.



# 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
10/01 Mon	9:30 AM	1 C	22 (13)	David & Joyce 759 - 2393	Hail, hardy & ready for coffee. Loop Pt. Defiance. Someone will stay with the slowest rider. Regroup at Ft. Nisqually, then onto Fircrest for espresso/raspberry scones. You can shorten to 13 miles by cutting out Fircrest. Rain/Freezing Cancels. Start: Starbucks @ 26th & Proctor.
10/02 Tues	9 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Call Ride Line for details. Start: Call Ride Line or check the Club website.
10/02 Tues	7 PM	00 Meet	00 & Eat	Bob Myrick 473 - 7455	<b>Government Affairs Meeting</b> @ Guadalajara Taqueria in the Stadium H.S. area @ 1st & Tacoma Ave. Work on bicycle problems around Pierce County. All are invited to participate.
10/03 Weds	9:30 AM	3 B	5 x #?	Larry or Joe 312 - 7588	Five Will Get You Fifty. Multiple tours of Pt. Defiance, w/short extension to include Vassault. Stamina building. Click 'Intend to Participate' on Club Website to register your intentions. Heavy Rain Cancels. Start: 1st 20 parking slots @ Pt. D Park entrance.
10/04 Thurs	9: 30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smoooothly. 100% paved trail w/ very few road crossings. No hills, no unpleasantries or your money back! Smoothies or beverage of your choice in South Prairie (no host). Rain Cancels. Start: East Puyallup Trailhead.
10/05 Fri	9:30 AM	2 A	30	Jim Graham 752 - 0076	Foothills Fridays. Coffee/smoothies in South Prairie (no host). Rain Cancels. Start: East Puyallup Trailhead.
10/06 Sat	7:30 - 9:30 AM	All	11, 33, 62, & 100	Ellensburg Daily Record/ United Way Kittitas County	<b>Manastash Metric</b> , \$\$\$, Ellensburg. Tour of Central WA; ride on the dry east side of the mts. Start: City of Ellen. Memorial Park/pool, 7th & Chestnut. <a href="http://www.manastash-metric.org">www.manastash-metric.org</a>
10/06 Sat	9 AM	3 B	25	Gene Smith 272 - 6747	Training Ride. Route decided at start. Emphasis on maintaining steady pace using good cadence & spinning techniques. Paceline/drafting experience not required but may be integrated during ride depending on cyclist experience. Start: Spoke & Sprocket, University Place.
10/06 Sat	9:30 AM	2 B	20 - 25	Steve & Phyllis Lay 759 - 1816	Ride To The Greek Festival. Bring \$\$\$ for Greek Food, stay for the program. For more info go to <a href="http://www.stnicholastacoma.org/greekfestival.html">www.stnicholastacoma.org/greekfestival.html</a> Start: Starbucks @26th & Proctor.
10/07 Sun	8 AM	2 B	30 - 35	Steve & Phyllis Lay 759 - 1816	Annual Apple Squeeze Ride. Bring \$\$\$ for food, pie. Start: Starbucks @ 26th & Proctor.

Opa!





# 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
10/08 Mon	9:30 AM	1 C	22 (13)	David & Joyce 759 - 2393	Hail, hardy & ready for coffee. Rain/Freezing Cancels. See 10/01 for Ride Details.
10/09 Tues	9 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Call RideLine for details. Start: Call Ride Line or check the Club website.
10/09 Tues	<b>6:30 PM</b>	00 Meet	00 & Eat	Carol Davis 380 - 8819	<b>Board Meeting</b> @ the Kim Ahn Restaurant across from TCC on Mildred. Guests & Club members welcomed.
10/10 Weds	9:30 AM	3 B	5 x #?	Larry or Joe 312 - 7588	Five Will Get You Fifty. Heavy Rain Cancels. See 10/03 for Ride Details.
10/11 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smooothly. Rain Cancels. See 10/04 for Ride Details.
10/12 Fri	9:30 AM	2 A	30	Lou & Karel Vance 921 - 4847	Foothills Fridays. Rain Cancels. See 10/05 for Ride Details.
10/13 Sat	9 AM	4 D	100	Gene Smith 272 - 6747	Headwaters Century Revisted. Explore Covington, Maple Valley, Ravensdale, Kanasket, Enumclaw, & Black Diamond. Brisk pace, possible brisk weather. Not a beginners' ride. Re-group periodically but ride may split into smaller groups for some stretches so riders must be mostly self-sufficient. Heavy Rain Cancels. Start: Green River Park & Ride.
10/14 Sun	9:30 AM	2 B	50	Gus Fant 564 - 4710	F.O.G.L.R. Rainier for lunch.  One short significant hill. Start: DuPont Park & Ride.
10/15 Mon	9:30 AM	1 C	22 (13)	David & Joyce 759 - 2393	Hail, hardy & ready for coffee. Rain/Freezing Cancels. See 10/01 for Ride Details.
10/16 Tues	9 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Call RideLine for details. Start: Call Ride Line or check the Club website.
10/16 Tues	<b>7 PM</b>	00 Meet &	00 Great	TWBC 759 - 2800	<b>October Club Meeting.</b> M/A Wild West VFW Post #91, 2000 S. Union Ave., Tacoma.
10/17 Weds	9:30 AM	3 B	5 x #?	Larry or Joe 312 - 7588	Five Will Get You Fifty. Heavy Rain Cancels. See 10/03 for Ride Details.
10/18 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smooothly. Rain Cancels. See 10/04 for Ride Details.
10/19 Fri	9:30 AM	2 A	30	Lou & Karel Vance 921 - 4847	Foothills Fridays. Rain Cancels. See 10/05 for Ride Details.





# 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
10/20 Sat	8 AM	2 B	30 - 45	Steve & Phyllis Lay 759 - 1816	Pancake Breakfast Ride to Spanaway Sr. Center. Mileage depends on weather. Start: Starbucks @ 26th & Proctor. 
10/20 Sat	9 AM	3 B	25	Gene Smith 272 - 6747	Training Ride. See 10/06 for Ride Details.
10/21 Sun	9:30 AM	2 B	50	Carla Gramlich 879 - 0115	John Wayne Trail. Valley Trail up to JWTrail. Bring lights if want to explore the tunnel. Pack a lunch to enjoy on & return on trail. Heavy Rain Cancels. Start: Starbucks, North Bend, 458 SW Mt. Si Blvd B-6, next to Safeway. 
10/21 Sun	9:30 AM	2 B	50	Roz & Carol Davis 460 - 5622	Ride Around Lake WA. Rain Cancels. Start: Gene Coulon Park, Renton.
10/22 Mon	9:30 AM	1 C	22 (13)	David & Joyce 759 - 2393	Hail, hardy & ready for coffee. Rain/Freezing Cancels. See 10/01 for Ride Details.
10/23 Tues	9 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Call RideLine for details. Start: Call Ride Line or check the Club website.
10/24 Weds	9:30 AM	3 B	5 x #?	Larry or Joe 312 - 7588	Five Will Get You Fifty. Heavy Rain Cancels. See 10/03 for Ride Details.
10/25 Thurs	9: 30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smoooothly. Rain Cancels. See 10/04 for Ride Details.
10/26 Fri	9:30 AM	2 A	30	Lou & Karel Vance 921 - 4847	Foothills Fridays. Rain Cancels. See 10/05 for Ride Details.
10/27 Sat	10AM	2 B	15 	Carla Gramlich 879 - 0115	Celebrate October's Ride Leaders. Ride the Scott Pierson Trail. Longer ride could follow if interested. Start: Freighthouse Sq. @ 10 AM, or to avoid the hill, State St & 25th St @ 10:15 AM
10/28 Sun	Noon; 3 PM	2 B; Meet	??; & Eat	Steve & Phyllis Lay 759 - 1816	Halloween Party! Costumes not mandatory, but fun; helmets are mandatory. Mileage depends on weather/ riders. Ride@noon, Pot Luck@3PM, soft drinks provided. Start: Lay's house, 1320 N Cedar.
10/29 Mon	9:30 AM	1 C	22 (13)	David & Joyce 759 - 2393	Hail, hardy & ready for coffee. Rain/Freezing Cancels. See 10/01 for Ride Details.
10/30 Tues	9 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Call RideLine for details. Start: Call Ride Line or check the Club website.
10/31 Weds	9:30 AM	3 B	5 x #?	Larry or Joe 312 - 7588	Five Will Get You Fifty. Heavy Rain Cancels. See 10/03 for Ride Details.



## Receive Your Newsletter by E-mail!



Submitted by Dena Wessels,  
Cog Editor



Dear TWBC Members,

A new era is about to begin for the Club. Instead of waiting to receive your printed issue of *The Cog-nitive Courier* thru the mail, how would you like to receive your web issue right at your email address?

What is the difference between the Printed Cog & the Web Cog? The Printed Cog (11" x 17" with one fold, double-sided printing) starts with a front-page article, followed by Officer articles, followed by articles submitted by Club members, with the Ride Calendar (sometimes interrupted by Ride Flyers) placed in the middle of the issue (for easy access). The Web Cog (8.5" x 11" & double-sided printing, if you desire) follows roughly the same format, but with Ride Flyers following the un-interrupted Ride Calendar, with additional color pictures submitted by Members added at the end of the issue.

As dicussed very early this year, the Board is looking at sending the majority of The Cogs each month (web version) to Members via their email addresses, instead of (printed versions) via the United States Postal Service (USPS). What's in it for you (as a benefit) as a Club Member?

1) You would be emailed your (web) issue of The Cog right when it is completed. Instant Delivery! No more waiting for the contracted Printer to print an issue after receiving it, & then transport it to the mailer. No more waiting for the contracted mailer to receive it from the printer & processing that month's issue, & then transporting it to the USPS. No more waiting for the USPS to deliver it to 'your' USPS mailbox.

2) You would not have to wait for The Cog due to the calendar month. Instant Access! The Cog is now compiled on the third weekend of the month. If a month has a short fourth week (or a holiday occurs at this time), by having to go through the printer, & the mailer, & the USPS, mailed delivery of The Cog can be all the way into the first week or more, of the following month.

3) You would be able to see each issue of The Cog at your very own email address. Instant Viewing! No more going to the Club Website, and clicking on the most recent issue. (The Web version of the entire Newsletter would be placed on the Club Website about mid-month or later, for those non-Club members of the general public). And remember, the more pictures or articles that you send (email, or USPS), the more that goes into the Web version; with the Printed version I have to be more selective as to what stays in or what is left out of that month's issue.

4) You would help the Club to save funds for application to local issues. Instant Savings! A lot of Clubs (bicycle & other) now send newsletters out to their members via email, instead of printing them. Currently, TWBC prints (\$\$\$) and mails (\$\$\$) anywhere between 300 – 350 Newsletters each month. And, the more printed pages in The Cog, the more it costs to print & mail the additional sheets.

For some members of other clubs, their only option is to receive a newsletter via email. Some of those clubs have a 'password' that must be emailed out each month so that only members can view the most recently issued newsletter. TWBC would not follow this practice. As a benefit for being a TWBC Member, you would receive the Web version of The Cog directly to your designated email address. You would also have the option to receive your Newsletter in the Printed format. Furthermore, you have the opportunity to do both!

**Email Newsletter, continued on page 11**

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### **Notice To All TWBC Members: Ride Mileage Deadline Approaching!**

October 31, 2007 is the last day to log in miles for the TWBC ride year of 2006-2007 (no wonder there is a ride on each day in October of this year)! Get your Ride Leader Participation sheets, your accumulated Club Miles, and accumulated Commute Miles in order so that you can get them to Ride Captain Carla by the early part of November, 2007.

If you cycled 10,000 miles, great! If you cycled 10 miles, great! If you cycled somewhere between the two, great! Be recognized for the cycling that you accomplished from November 1, 2006 to October 31, 2007. Mail that paperwork to the Club mailbox, Attn: Ride Captain. Several volunteers pick up the mail, so be sure to mark your envelope appropriately, so that it can get to the right person as soon as it can!

# An Un-Biking Weekend

Submitted by Cynthia Hammer

Have you ever thought of spending a weekend off your bike? Farfetched? I know, but not impossible. During a past weekend Steve and I went on a backpacking trip to the Enchanted Valley in the Olympics. I have heard about this hike—always on the list of the top 10 hikes in Washington—but in almost 40 years of living here, have never been there. It was time.

We know many folks easily hike the 13 or so miles into Enchanted Valley and spend several days there using it as a base camp to explore regions further afield. I easily put myself out of this competition! Our goal was to hike to the first campground on the way to Enchanted Valley—6.5 miles in—and set up camp. Then hike the next day to Enchanted Valley and return to our campsite—an 8-mile trek with little to carry—and on the third day hike back out the 6.5 miles.

But our enthusiasm and pride overtook us when we were in the Rangers Station getting our backcountry permit. We said we would spend Saturday and Sunday nights at Pyrites Creek Campground which was 9.5 miles in. Although there is not much elevation gain to the trail, it adds up. That, plus our mileage plus the fact that our packs got heavier as the day wore on ensured that we arrived at our campsite totally exhausted. But let's not dwell on the negatives. The 9.5 miles hike was fabulous.

There was so much to see. The trail went up and down ridges, frequently passed close to the pristine Quinault River with fast, rippling water and calm, clear pools, snaked around huge cedar trees, (reminding me of the ones I have seen in lumbering photos of men standing next to a tree they were going to fell looking like midgets) and then into open meadows before heading back into thick forests with moss covered trees and ferns covering the ground. It was awesome.

We got to our campsite by 5:30 p.m. Set up the tent, then made supper. I love backpacking but not the preparation. Most of the work is done ahead, at home, deciding what to bring and getting everything ready. Once you are on the trail, all the decisions have been made about what to eat for which meal. We had shopped the day before at REI buying several “meals” made by Backpackers Pantry. Their specialty is putting freeze-dried food in sealed foiled bags. You

open the bag, pour in 2 cups of boiling water, wait 10 minutes, and “Dinner’s ready!” Simple, and sometimes, delicious, depending on how hungry you are.

The Olympic National Park is very strict about food storage while in the park to reduce any chance of bears being attracted to the campsites. Each established campsite has a bearwire. You put all your food, including sun block and toothpaste, in a bag and hoist it using pulleys, to a wire high in the air between two trees. If you plan to camp in an area without a bearwire, you can rent a bear canister at a ranger station which is awkward to carry, or you can create your own system for protecting your food by bringing along 85’ of cord and using it to dangle your food between two trees. The fine for doing this improperly is \$50 and-- the worse part—your food might get confiscated.

It is serious business, although we did run into one hiker who frequented the area, who pooh-poohed the necessity for all the bear precautions.

The mosquitoes, although very small, were troublesome at our tent site which was in a wooded area so in the morning we prepared our breakfast down by the river. The slight breeze there kept them at bay. Instant oatmeal and cocoa was the bill of fare and then we were off to hike the rest of the way to Enchanted Valley.

I carried no pack while Steve was pleased with his much lighted load—lunch and extra clothing, and fishing gear of course. Horses are allowed on this trail and we could see evidence that they had preceded us, but we were surprised when we encountered six llamas being led down the trail. Earlier six, overweight, middle-aged men, had passed through our campsite, walking at a brisk pace. I marveled at their fitness. Now I understood. They weren’t carrying the heavy stuff; the llamas were. But, still somewhat sore and tired from our 9.5 mile trek the preceding day, we were thinking, “What a good idea!”

After so much visual and auditory stimulation as we hiked up to the Valley—the trees, the river, the changing light—reaching our destination was initially a let down. Enchanted Valley is a big, open meadow with a few trees cattered about and tall mountain peaks all around. But as we spent time in the area while we prepared and ate another 10 minute wonder meal, we came to appreciate the Valley’s solitude and peacefulness. From there, people can travel north,

## Email Newsletter, continued from page 9

For the September Club Meeting, an announcement was sent to the emails of all Club Members. Nineteen email addresses came back as undeliverable, probably just because of a spelling error. Those Members who email addresses were undeliverable are: J. Davis & Family (.org), P. Davis (.org), B. Finklein (.net), S. Gann (.net), N. Hagens (.com), T. Harrison (.com), K. Harsh (.com), M. Hartley (.com), W. Hoehne (.com), M. Horst (.net), J. Johnson (.com), L. LeClair (.net), J. Lee (.com), E. & M. Leon (.com), R. & C. McWilliams (.com), J. Nichols (.net), W. Platt (.com), M. Silver (.net), J. & I.J. Smith (.com), and M. & P. Welker (.com).

For those Members who have undeliverable email addresses, please send an email with the correct address to our Membership Database & Mailing master, Anne Seago at the Club email address: [database@twbc.org](mailto:database@twbc.org).

So, as it stands, for the months of October & November, a small message, will be sent to the email addresses of Club Members so that Anne and I can coordinate to determine which Members would like to receive, on a continual basis, each issue of The Cog. Please respond to only [www.newsletter@twbc.org](mailto:www.newsletter@twbc.org) with the following information:

- 1) Your full name & the city of your USPS mailing address (we have several people with the same surnames)
- 2) How you would like to receive your Newsletter
  - A) As An Emailed Web version only
  - B) Both, as Emailed Web & USPS Printed versions
  - C) As the USPS Printed (hardCopy) version only
- 3) The email address that you would like (if you so choose) to receive the Web version of The Cog (I personally have 4 separate email addresses--I prefer to have different things going to particular addresses, & I'm sure some Members have the same mindset!)

Please Note: Those Club Members who DO NOT respond to these two months worth of emails will be placed on the "USPS Printed version only." However it is nice to receive confirmation of your choice, so please do drop a quick email to the Newsletter's email address. And remember, TWBC does not sell, swap, give away or exchange it's Member's addresses, telephone numbers or email addresses; to anyone.

A list for the above three choices will be developed over the next two months. Hopefully, the January 2008 issue will be the first Web based sending to the majority of TWBC Members.

Thank you for your patience and participation this endeavor.

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## Un-Biking...., continued from page 10

crossing Anderson Pass in another 5 miles, but we decided we would only walk on until the trail started to steeply climb, which was in one mile.

We returned to our camp by Pyrites Creek. I had time for a nap and Steve had time for fishing. When he appeared for dinner, he was radiant. What a fish he had caught! His good mood helped get him past his hunger. Dinner was slow in coming. We needed our two cups of boiling water, but something was wrong with the stove. It wouldn't produce much flame. After 20 minutes of trying, it looked like the water was trying to boil! We poured it into the bag labeled "Salmon Pesto" and hoped dinner would be eatable as it was now after 8 p.m. and getting dark. We turned on our headlamps. I made instant butterscotch pudding for dessert and we figured out how we would manage to eat the next few meals without a stove.

When I awoke in the morning, the fisherman was up and gone. He returned about 8:30 a.m. to exclaim about all the exciting, hard fighting fish he had been dealing with. He thought they might have been small steelhead, and not trout. We left camp about 9:30 a.m. for the hike out. Even though our packs were lighter, our return trip took almost as much time as our trip in, but this time we were more leisurely, taking more time for photos and enjoying the scenery. It was misting slightly most of the way. After reaching our car and started the drive home, the rain came. We sighed with relief at our great sense of timing.

I highly recommend a visit to this area of the Olympic National Park. Even the drive to the trailhead has significant eye candy and the drive-in campsite at the trailhead—Graves Creek Campground—is the most fetching drive-in campsite I have ever seen with lots of huge trees and lots of ferns. You don't need to hike all the way to Enchanted Valley to enjoy this part of the park. A hike in of 3-4 miles should be adequate. For an Un-Biking weekend, I suggest a hike in the Enchanted Valley.

*(See pictures from Steve & Cynthia's trip*

## John Wayne Trail Status



Submitted by Bob Myrick



On Wednesday, August 29, John Ernest Berry III and I went to explore the John Wayne Trail near North Bend. We wanted to check out the condition of the Hall Creek Trestle, which is located about 5 or 6 miles from the trailhead at Rattlesnake Lake. This trestle is covered with heavy ballast that prevents a disabled person from pedaling across the trestle. Most able bike riders also have to walk their bikes. Several years ago, the State Parks people indicated this ballast was "historical material" and couldn't be removed. Last year, I called the State Parks Trail Coordinator and he assured me the ballast would be removed by this past June.

The ballast is still in place, but we met Maurya Broadsword, Interpretive Assistant, from Lake Easton State Park and she assured us the ballast would be removed next season. The Park didn't have sufficient funding to remove the ballast this year, but they now have grant funds to proceed. Removal of the ballast would allow users to more easily cross the long trestle, especially while pulling trailers or carrying camping gear. Someday, John would like to ride up to or thru the tunnel at Snoqualmie Pass and set up camp. The ballast prevents this activity from occurring.

We highly recommend exploring the John Wayne Trail from Rattlesnake Lake up to and beyond the tunnel. You should bring a light for the tunnel. The correct exit is clearly marked on Interstate 90 just beyond North Bend. Another great ride is to start in North Bend near the library and pedal UP to Rattlesnake Lake and possibly beyond. We say UP because, we seem to recall the grade is the maximum used by railroads, about 3 percent or only 150 feet per mile.

It was great to meet Maurya Broadsword. She has been very involved in activities of the Mountains to Sound Greenway with regard to events they put on. Also, she has helped with the Cascade Crest Century run, a 100-mile race thru the mountains where Foothills people helped last year. Maurya shared with me her vision to put on a mountain bike ride from the Pacific Ocean to Idaho to showcase the possibility of having a real rail trail clear across the State. I told her we would be very interested in assisting and participating in such an event.



The 100-year birthday of Washington State Parks is in 2013, just five years away. Now is the time to begin charting a route for such a ride and for test riding a course. Finding an easy way across the Columbia and parts of the trail in Eastern Washington should begin now. Improving the trail from the Ocean is also very important and should proceed without delay. I hope to be part of the effort and hope to participate in such an event.

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## Trip Report for Foothills Trail (Buckley to the Bowtie)

Submitted by Bob Myrick

The last Saturday in August I went to inspect the dirt path running down to the Bowtie area towards South Prairie. I parked in Buckley at the trailhead and proceeded on the pavement to the dirt path. I was happy to find a dry trail; normally it is very wet in there. One could walk, run, ride a horse or mountain bike thru this area until the fall rains come. It is possible to connect an adventure ride with the Gale Creek Canyon trail. One could park in Buckley or Wilkeson or South Prairie and have a great adventure. I would ride on the road to Wilkeson and then go down the Canyon trail to Lower Burnett. I would then ride up to the highway and over to the Bowtie area, where I would take the trail back to my car in Buckley.

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### Benefits of Membership with The Tacoma Wheelmen Bicycle Club:

- \* Rides: Attendance on guided rides throughout the year.
- \* Bicycle boxes (2): Suitable for carrying bicycles in reserve in advance. Contact [equipment@twbc.org](mailto:equipment@twbc.org)
- \* Bicycle trailers (2): single-wheeled bob trailer  
Contact [equipment@twbc.org](mailto:equipment@twbc.org)
- \* Camping fees: For club rides (check for stipulations).
- \* Picnic: All you can eat catered picnic at the middle or end of summer.
- \* Banquet: Subsidized annual awards and social event.
- \* Newsletter: Monthly PDF publication with updates on rides and information about bicycling in Tacoma and Pierce County.
- \* Discounts At Participating Local Bike Shops



**TWBC Theater Night**  
Saturday, Oct. 20, 2007

Tacoma Musical Playhouse: *Damn Yankees*

Starring our very own: **Debbie Hushagen**

Dinner preceding the play provided by JT's Barbeque and  
Wildside Wine at the Room Next Door:

**Tacoma Musical Playhouse**  
7116 - 6<sup>th</sup> Ave.  
253-565-6867

**JT's Original Louisiana Bar-B-Que**  
7104 - 6<sup>th</sup> Ave  
253-565-4587

**Wildside Wine**  
608A S. Oxford  
253-565-0811

Menu: Barbeque Chicken, Ribs, Baked Beans, Cole Slaw,  
Potato Salad, Corn Bread, Select Wine and Beer

Dinner at 6 PM; Play at 8 PM

**Packages available:**  
\$45 per person;  
includes theater tickets, dinner and drinks.

\$37.50 per person or minors;  
includes theater tickets, dinner and non-alcoholic drinks.

Send check for, & specify package(s) to:

Carol Davis  
141 Spruce St.  
Fircrest, WA 98466

Please Note: A block of tickets is being held for the Wheelmen until Oct. 3.

## *It's class time for 2007/2008!*

It's time for Spoke & Sprocket's popular maintenance and repair classes! Last year we updated our class curriculums and added a women's only class! We revised our Park Tool School classes using the new and improved Park text! Our wheelbuilding class was updated to five sessions to give students more time to learn. Check out our classes, one of them is sure to be right for you! Be sure to sign up soon as our classes fill up fast!

<p>All classes are held at Spoke &amp; Sprocket. Each class emphasizes hands on learning and is limited to 4-5 students per instructor. We provide stands and tools during class. You bring your bike to work on. Enrollment is on a first come first served basis. Your place in a class can be reserved only through payment of the registration fee. You may mail or deliver your registration to the shop or register online at: <a href="http://www.spokeandsprocket.com">www.spokeandsprocket.com</a>. If you need further information call 253 – 564 – 1422 or email us at <a href="mailto:mail@spoketandsprocket.com">mail@spoketandsprocket.com</a>.</p>	<p><b>Basic Bicycle Care (Updated!)</b>  <b>Four 2 hour sessions</b>      <b>\$100.00</b>      <b>7-9pm</b></p> <p><b>BBC-A</b>      <b>Tuesdays:</b>      <b>Feb 19-Mar 13</b>      <b>2008</b></p> <p>An introductory class that teaches you the basics every cyclist should know in order to take care of your bicycle and deal with minor on the road fixes. Topics include flat repair, basic cleaning and lubrication, minor 'on the road' adjustments.</p> <p>No prior mechanical experience required.  <b>Required text: Park Big Blue Book</b>      <b>\$24.95</b></p>
<p><b>Women's Cycle Basics</b>  <b>Four 2 hour sessions</b>      <b>\$100.00</b>      <b>7-9pm</b></p> <p><b>WCB-A</b>      <b>Wednesdays:</b>      <b>Nov 7 - Nov 28</b>      <b>2007</b>  <b>WCB-B</b>      <b>Thursdays:</b>      <b>Jan 10 - Jan 31</b>      <b>2008</b></p> <p>Women's only class! Learn how to take care of your bicycle in a non-technical, comfortable class designed to help you become self-sufficient. Topics include flat repair, bike cleaning, minor fixes, how to effectively operate your bike.</p> <p>No prior mechanical experience required.  Required text: None</p>	<p><b>Park Tool School – Standard Maintenance</b>  <b>Four 2 hour sessions</b>      <b>\$100.00</b>      <b>7-9pm</b></p> <p><b>PTSB-A</b>      <b>Wednesdays:</b>      <b>Oct 3 – Oct 24</b>      <b>2007</b>  <b>PTSB-B</b>      <b>Tuesdays:</b>      <b>Nov 27 – Dec 18</b>      <b>2007</b>  <b>PTSB-C</b>      <b>Thursdays:</b>      <b>Feb 21 – Mar 15</b>      <b>2008</b></p> <p>An intermediate class that covers the aspects of a minor bicycle tune-up. Topics include lateral wheel truing, brake and gear adjustments, chain replacement. Bicycle lubrication.</p> <p>Basic mechanical experience helpful but not required.  <b>Required text: Park Big Blue Book</b>      <b>\$24.95</b></p>
<p><b>Wheelbuilding (5<sup>th</sup> night Added!)</b>  <b>Five 2 hour sessions</b>      <b>\$125.00</b>      <b>7-9pm</b></p> <p><b>CWB-A</b>      <b>Wednesdays:</b>      <b>Jan 9 – Feb 6</b>      <b>2008</b></p> <p>Covers complete wheelbuilding from lacing to final tensioning and truing. Topics include Wheel theory, lacing patterns, materials, &amp; tools. Lacing, tensioning, wheel dish, and truing are all covered.</p> <p>Good mechanical skill required.  <b>Required text: The Bicycle Wheel</b>      <b>\$24.95</b></p>	<p><b>Park Tool School – Full School (Updated)</b>  <b>Seven 2 hour sessions</b>      <b>\$725.00</b>      <b>7-9pm</b></p> <p><b>PTSF-A</b>      <b>Thursdays:</b>      <b>Oct 4 – Nov 15</b>      <b>2007</b></p> <p>An Advanced class that covers all aspects of a complete bicycle tune-up. Topics include Full drivetrain maintenance, bearing adjustments, brake &amp; gear adjustments, lateral wheel truing. Cable, chain, cassette replacement.</p> <p>Moderate mechanical experience required.  <b>Required text: Park Big Blue Book</b>      <b>\$24.95</b></p>

*Note: It is a TWBC policy to give to all local bike stores that give TWBC Members %10 discounts, the opportunity to place two ads per year in the Cog-nitive Courier, as space permits, at no charge.*



# 15th Annual BAW Auction & Gala



Submitted by Dena Wessels

The 15th Annual Bicycle Alliance of Washington Auction and Gala will be held on Saturday, October 27, 2007 in the Seattle Center Fisher Pavilion at the Seattle Center (Thomas Street & 2nd Ave. N).

Again this year TWBC has purchased two tables, 20 seats, and is making those seats available for half-price to TWBC Members on a first come first serve basis for \$37.50/Member. That admission price includes a package of New Belgium brews, wines from Wineglass Cellars & other Washington wineries, a sit down dinner & plenty of fun watching and/or participating in the Live Auction.

The gala is a great celebration of cycling in Washington. An important fundraiser for the BAW, proceeds from the auction go directly toward supporting bicycle advocacy, and bicycle safety and education efforts in Washington State. Proceeds also provide regional assistance to advocates and jurisdictions, maintain a presence in Olympia and promote bicycling for everyday transportation.

Please come join in the fun, starting at 5:30 PM with the Silent Auction, Dinner at 7 PM, and the Live Auction starting at 7:30 PM. Send your check (payable to TWBC) to Gus Fant, TWBC Treasurer (Attn: BAW Auction), to ensure your seat at one of the TWBC tables. Hope to see you at the auction.

## 15th Annual BAW Auction & Gala Form

October 27, 2007

Seattle Center Fisher Pavilion, (Thomas St & 2nd Ave. N.)



**Please list the names in your party  
that you would like TWBC to reserve for you  
(please print clearly!)**

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

**Send this form and a check  
(made out to TWBC)**

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

**for the total \$ amount to:**

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

**TWBC, BAW Auction**

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

**PO Box 112078**

**Tacoma, WA 98411**

**Ticket Prices: TWBC Member (\$37.50 each) x \_\_\_\_\_ = \$ \_\_\_\_\_**

**Non-TWBC Member (\$75.00 each) x \_\_\_\_\_ = \$ \_\_\_\_\_**

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



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

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

**October**  
**2007**



**mail to:**



Please Note: You can become a member at [www.twbc.org](http://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: \_\_\_\_\_ @ \_\_\_\_\_  
 (for Club use only)

**Please Check Those That Apply:**

New Member       Renew       Addr Chg

**Want to Receive Newsletter by:**

USPostal Service     E-mail       Both

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

Family membership Fee..... \$20 \_\_\_\_\_

One-time Initiation Fee .....\$5 \_\_\_\_\_

Total Membership Fee(s) .....\$ \_\_\_\_\_

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 USPS address, phone # or email 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





“Ok, where’s the wheels?  
How about a pull rope?”

(Photos submitted by  
Cynthia Hammer)

“Who (or what) left this walking stick here?  
( I don’t mean the one in my hand,  
I mean the BIG one, with the moss on it!)”



“I was born about right here,  
in about this ring;  
the year was....”

(Photo submitted by  
Cynthia Hammer)



“We’ve got a really good course this year....”

Ride Director Gene Smith  
@ Headwaters 2007 Registration.

(Photo submitted by Dave Killen)