

January 2008



Draft Lines by President Carol Davis

Happy New Year, Everyone! As we ring in the New Year, the time-honored tradition of contemplating where we're at and making New Year's resolutions seems especially worthwhile.

Thinking Green! Can you believe it?! In my college days, many years ago, environmentalism was budding. I am sure some of my boxes in the garage have old educational literature I used to teach environmentalism when I first started teaching. That generation has reached adulthood. Maybe they really have taken those lessons seriously because our national political and commercial climate is finally turning green.

Take Stock! Now it is time to think about on how green we are actually living. The bicycle is the ultimate green machine, but are we using it as much as we could, besides for recreation? It takes a bit more planning to use your bike for commuting. If it is not possible to commute to work, are there some of those errands you can do by bicycling? (I'll go put my bike clothes on right now, so I will be prepared when the delivery guy calls!)

Eliminate Paper Waste! One thing we can each do right now is e-mail Dena (at www.newsletter@twbc.org) to let her know that we would like to receive our newsletters via e-mail. Computer technology is a wonderful thing!

TWBC Involvement! Even if your purpose for joining is purely for recreation, your involvement contributes to the greater cycling community. The larger we are, the more force we have, even if it is just being visible on the roadways. However as you join us for rides or meetings, the friends you make may pull you toward new activities such as joining Bob in his government affairs activities and helping out in the events we stage. Our fundraising activities help bring many more cyclists out, and our funds are used to promote cycling and safety in our community. Let us know your ideas for the direction you would like to see our club take and how we can make the greatest positive impact.

Safety! Remember when you are out there on the roadway, people generalize, lumping all those cyclists together! When you ride courteously and safely, people will think those cyclists are really great. Don't be the one that makes people think those cyclists are a hazard and don't belong on the road!

Health! That goes without saying, but think about it! The more of us out there releasing endorphins there are, the happier place the world will be! Endorphins will help bring peace on earth!

And Thank You to all of you for your contributions, support, and friendship! Being president of TWBC is an easy job thanks to All That YOU Do!

The COG Home Page

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

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Jim Ahrens

**We Need a Publicity Person & an Equipment
Master! Your name could be here!**



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ANNUAL CLUB PICNIC

(August, 3rd Tues.):

Caroline Baker



PMC



Next Club Meeting:

Tuesday, February 19, '08

February Ride Calendar Deadline:

Tuesday, January 22, '08

Article Deadline for the Feb. COG:

Wednesday, January 23, '08

*(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!





Bob Myrick
TWBC Director of
Community and
Government
Affairs

Government Affairs Report

Our committee met again on Tuesday, December 4 at the Tully's Coffee shop across from the Rialto Theater in Tacoma. We wanted to attend the Banff Mountain Film Festival. It was very worthwhile and inspiring. In January, we will meet on Tuesday, January 15 at 6:30 pm at the Taqueria Guadalajara in the Stadium District at First and Tacoma Avenue. Please note the date change to accommodate New Years Day.

Diane Wiatr attended the meeting to begin discussions on a Bike to Work event, probably in the May 14 to 18 time frame. We talked about our idea to have a "Big Wheels" event in May or June to celebrate the Scott Pierson Trail and the Narrows Bridge Path for the second time. We want to invite Public Elected and Appointed Officials to this event that might have two or three starting locations. People could start near Union Avenue in Tacoma, at the Park and Ride lot in Gig Harbor on Kimball Drive and at the Park and Ride lot near the bridge on Sixth Avenue and Skyline. People could traverse the whole trail or just walk across the bridge. We would encourage people to have lunch along Sixth Avenue at the local establishments. We might have a central meeting area as well. There would not be too many speeches, just mostly fun and learning about the trail.

The CarLESS Commute was discussed as being our most effective program for promoting all types of transportation to minimize our effect on the environment. This program was started sixteen years ago by TWBC and the County Parks Department with help from many others. The funding for this program has been greatly diminished the last few years so we want to make a major effort in 2008 to re-energize the CarLESS Commute.

I talked about the six trails converging in downtown Tacoma: the Scott Pierson Trail, the City Water Ditch Trail, the Thea Foss Esplanade, the Trail to the Mountain, the Cross County Commuter Connector Trail and the Prairie Line Trail. Since our meeting, we managed to get a letter to the editor published. As a result of our efforts and thanks to Councilman

Jake Fey and others, the City included the study of these trail connections in their agreement with Sound Transit. I will be meeting with Sounder and City Officials to find ways to mitigate the impact of the rail tracks cutting that part of the City in two. You may recall the Scott Pierson Trail came to be as a result of SR16 cutting the City in two in the 1970s. The main challenge will be to integrate the planned Prairie Line Trail with the rail tracks so the trail meets the City street or trail system and doesn't dead-end behind the Tacoma Rescue Mission. This trail needs to meet South M Street, South Tacoma Way, the City Water Ditch Trail and the Scott Pierson Trail as it works its way up from the Thea Foss Waterway and thru the University of Washington.

We discussed the Train to the Mountain Trail as it was presented at the ForeverGreen Annual Meeting. This trail is expensive, being estimated at three times the cost of the recent extension of the Puyallup Riverwalk. The Riverwalk cost almost a million dollars per mile. The Train to the Mountain Trail is generating some local excitement. Because of physical constraints, this trail and the Cross County Trail will use bike lanes and sidewalks to travel up McKinley Avenue from Freighthouse Square. This routing will help the redevelopment efforts of the business district along McKinley Avenue. Out in Eatonville, people are excited about linking an undeveloped County Park, Rimrock, with the Box Car Canyon just outside Eatonville. The National Park Service experts have already studied the Upper Nisqually Heritage Trail and a draft concept plan has been produced describing the six-mile long trail extension between Elbe and Ashford following the railroad tracks.

The need to continue with our efforts to get "Complete the Streets" resolutions or ordinances passed was discussed. We are now working with the local Health Department to accomplish our mission. They just received a three-year grant from the State Health Department to encourage nonmotorized transportation in Tacoma. I will be having a second meeting with the Health Department Staff to further discuss their grant and their approach to get the system connected and used by our citizens.

When the State Legislature convenes, the Bicycle Alliance of Washington will be lobbying for a three-foot rule when passing another vehicle. Right now, a driver only has to leave adequate room while passing a cyclist or other vehicle. Several States have passed the three-foot rule to hopefully provide more safety for cyclists. We also want to reach a point where there is a much stronger law regarding

Gov. Affairs, cont. from page 3, column 2

crashes between cars and pedestrians/cyclists. In Washington State, you can kill a pedestrian or cyclist for \$186, Inattentive Driving. This situation is not good and needs to be changed. I have created a foundation or fund at the Greater Tacoma Community Foundation to address these matters. Each year, the Sue Gygax and Susie Stephens Bicycle Safety Fund sends money to the Bicycle Alliance of Washington to work on these matters. The Greater Tacoma Community Foundation is a great place to help with some of your retirement planning. You can set up a small annuity that pays you forever and later, remaining monies can be directed to your favorite causes.

The Interurban Trail extension is slowly moving its way thru Milton, Edgewood, Fife and Pacific. You can park just off Pacific Highway and 70th Avenue East and walk or bike on some new pavement that has been put down by Milton. The trail up the canyon towards Edgewood is ready for paving and will be finished this winter. It makes a great dog walk. Edgewood is gearing up to begin construction in the near future.

Dave Killen indicated Spanaway Loop Road is being re-stripped and we are losing our bike lane. We never did hear back from Councilwoman Barbara Gelmen regarding her heroic efforts to save our bike lane. She made a valiant effort to save our bike lane and fight the Growth Management Rules by redefining the congestion level on this road. She lost, the neighbors lost, the environment lost, we lost, but the citizens stuck in traffic won.

Following our meeting several other items have arisen. The Bicycles from Heaven project at McNeil Island seems to be suspended, so we are looking at similar programs at Foothills Trail Coalition and Purdy Women's Prison to possibly send our annual \$500 donation. The Rainier to Ruston Race event is possibly adding a Mountain Bike cruise recreational ride. Foothills might want us to sponsor this event for insurance purposes. Investigations continue. We need to decide whether or not to participate in a Sustainability Conference at the UW and Livable Community Conference this spring at the Greater Tacoma Convention Center. I attended a County Council meeting to save Wilkeson from an expanded firearms free fire zone and we lobbied for a foot bridge on the Wilkeson-Spiketon Road so hardy cyclists would no longer have to wait until late August to wade thru South Prairie Creek.

Gov. Affairs, cont. on page 5, column 2



RIDE CAPTAIN REPORT



By Carla Gramlich



The year is starting off with a bang. The calendar for January has something happening EVERYDAY for TWBC members. Just think this is the middle of winter, wait until the weather gets nice.

Also, in this newsletter, we are including some information on up coming multi day tours. If you are interested, email or phone the contacts. Maybe you would like to lead a tour. There is always room for more bicycle rides.

Winter riding is not for everyone. It is probably wise to check with the ride leader if the weather could be icy or really cold, heavy rain. Please be careful, sometimes it is best to cancel a ride rather than risk someone slipping on icy pavement. But remember January has been known to have some sunny, yet chilly, days. Be prepared by wearing layers and panniers to carry extra clothing.

This could be the year that you get more involved with the club. Maybe for the last couple of years that you have been a member, you have only attended a couple of rides. Make a New Year's Resolution to increase your bicycling or become a volunteer at one of our events to help out your club.

Later in January, is the Annual TWBC Banquet. I am honored to recognize so many ride leaders and riders. I am sorting through lots of ride logs and signup sheets. Keeping a log is a great way to track you improvement in cycling. Use the sheets provided by the club and return them in November. Mileage awards are based on rides with the club or other organized rides. We also give out awards for mileage done while commuting by bicycle. Commuting mileage is to/from work or to do an errand by bicycle. Think of commuting mileage as any mileage that you would have used your car but opt to use your bicycle.

This year I didn't make the Two Thousand Miles Club but I did increase my commuting miles. I am kinda of proud that I increased my commute miles because that means I am using my car less. Having the Scott Pierson Trail has

Ride Captain, cont. on page 5, column 2

Safety and Education Report

By Jim Ahrens

Like some other meetings I have attended, when there is a representative from one organization at a meeting it is generally not because they went to the wrong room; it is because they have an interest in what's going on. The Lakewood Non Motorized Transportation Plan Steering Committee meeting was held on 28 November 07; it started at 4:30 pm and ended at 6:30 pm. The City of University Place has a representative on the Lakewood Non Motorized Transportation Plan Steering Committee, as do other municipalities adjacent to Lakewood.

At the first meeting this past May each committee member was given ten markers to place on a wall map to help identify and prioritize where the City resources should be used. For example, sidewalks within a certain distance to schools, parks, civic centers, downtown areas, bus stops, retirement centers, etc. The City took this information away from that meeting, analyzed it, and came up with a dozen smaller maps to illustrate a Steering Committee's vision. During the present meeting (28 November 07) several discussions followed during the course of a review of each of the smaller maps.

There was a discussion about different funding methods. For example if a sidewalk makes it easier for a disabled person to get to the bus stop and therefore, Pierce County Transit (PCT) would not need to rent a shuttle bus to pick up that one rider, then perhaps PCT would provide some \$\$\$ to put a sidewalk in vs. the expense of running a shuttle.

There was a discussion of the different needs or skill sets for people using a paths or sidewalks. For example family use for recreation and others possibly were using these to commute to and from work.

There was a discussion about the standards when some sidewalks were built and how they differ from the current standards. ADA (American Disabilities Act) and federal standards are different, but both are required after many of our sidewalks were built. As a result there are sidewalks without curb ramps and can be updated but this is a priority and funding issue. And the standards for the locations of sidewalks vary: standards for rural could be three feet wide, whereas downtown 10-12 feet wide (higher volume of foot traffic).

There was a discussion about parts of Lakewood where there is very little volume and therefore the sidewalks and paths are on a lower priority. What that seems to mean is resourcing for improvements to those areas can be diverted to higher volume areas.

Finally there was a discussion to looking for different routes into, around and out of Lakewood and connections with other cities. And this has to do with routes feeding traffic into corridors for higher volumes of traffic, say north/south, to help reduce traffic on other surface streets. It can also help focus design and resourcing into these corridors.

Two more follow on meetings are planned but dates and times have yet to be announced. If you would like additional information about what's going on with the Lakewood Non Motorized Transportation Plan, please contact: Karen Devereaux, Administrative Assistant, Public Works Department, City of Lakewood, 6000 Main Street SW, Lakewood, WA 98499-5027, 253.983.7767 or email her at: kdeveaux@cityorlakewood.us.

Ride Safe and Happy Holidays.

Gov. Affairs, cont. from page 4, column 1

Please remember, just three or four people can't accomplish all our work. Your help is needed in your local community. The other Officers and I hope to see you at our TWBC Banquet in January. Please, please cycle more and worry less. It cuts down on our Medicare Expense. Make more money for trail building and less for nursing homes. Stay warm and dry until spring. Happy New Year to all. I'm headed for the mountains.

Editor's Note: See Bob's letter in the December 8, 2007 issue at www.thenewstribune.com/opinion/letters/story/223996.html. An article about the local trails was highlighted in the Saturday edition, Dec. 15th, 2007, www.thenewstribune.com/news/local/sumner/story/230097.html).

Ride Captain, cont. from page 4, column 2

helped me commute safely around town. If you aren't able to ride with the club consider adding some or more commute miles. Every little bit helps.

Hope to see you on the road or helping at one of our events!

Special Events

by Director of Special Events, Jan Brame

A really special group of people met at Jan Brame's house on Tuesday December 18th for the Special Events planning meeting. These meetings are held monthly to assist in planning the annual fund raising rides that TWBC holds. The Daffodil Classic (now going for it's 33rd year), The Peninsula Metric Century and The Headwater Century are the three TWBC rides. All these folks gave up Christmas shopping to plan the TWBC rides. That is really special!

Sharon Remagan is chairing the Daffodil Classic and she is off to a great start. The "Daff" will be held on Sunday, April 13th 2008 with it's traditional starting point in Orting.

Mary Dahl-Smith is co-chairing the Peninsula Metric Century (PMC) with Ron Nowicki. The PMC has registrations at the Gig Harbor Medical Center and at the Southworth Ferry Terminal. PMC kicks off on Sunday June 1st 2008.

The Headwater Century will be chaired by Caroline Baker and starts in Enumclaw on Sunday September 7th 2008.

Volunteers that perform the same jobs for all three rides ably assist these folks. These include Mike Schrumm on publicity, Carla Gramlich on volunteers, Dena Wessels on registration, Bob Myrick on permits and Peg Wincheski on food.

So if you have a "special" talent and would like to share it with the Special Events team, please come to the next meeting on Tuesday January 29th 2008, 6:30 pm at 1209 N. Anderson. We supply the food – you supply the "special".



Renewing Members:

Steven Davis, Kurt Harsh, and Michael Wood.



New Members:



Leanne Foster, Amy and Joseph King, and Greg McGuire.

2008 Legislative Agenda

By Kristin Kinnamon, BAW Board Member;
Member of BIKES Club of Snohomish County

The Bicycle Alliance of Washington works for bike clubs and bicyclists across the state to make Washington more bike-friendly. A big part of our advocacy efforts are carried out in Olympia, where we have a professional lobbyist working for our interests part-time. He is our eyes and ears, but it takes all of us to give a voice to cyclists.

You have a chance to learn about our priorities and speak personally with your elected state legislators by coming to Olympia on Transportation Lobby Day January 29, 2008. Last year more than 100 people participated in this event, which is hosted by a coalition of environmental and transportation groups that share our goals. The Transportation Choices Coalition is arranging carpools and other transportation, and lunch is provided. Look for more information on the Bicycle Alliance website.

What is the Bicycle Alliance legislative agenda for 2008? We are targeting just a few issues because this is a short, non-budget session meaning little new is likely to happen. Even so, we'd like to see:

1. Driver's Education – adding curriculum on bike-pedestrian safety to public school drivers' education classes. We've already succeeded in having a "share the road" section included in all private drivers' education classes through the Department of Licensing.
2. Student Transportation Education – a revised version of our Mobility Education Bill from last year that would pilot bike-ped-transit classes for elementary school students.
3. Recycling at Events – House Bill 2056 leftover from last year would require permitted gatherings to provide glass, plastic and aluminum recycling of purchased beverages.
4. Safe Passing Minimum – makes existing law more specific by adding three feet as the minimum safe passing distance.

There will also be legislation on Local Action for Climate Change which the BAW will likely support because it will

New Driving Fines in the state of Washington

By Dena Wessels & Others

New driving fines for the State of Washington went into effect last year on July 1, 2007. One in particular goes into effect on January 1, 2008 and I'm not sure that all TWBC Members are aware of this law. This information was forwarded to me by several people, last being Club Member Nancy Henderson; the original writer was Kathleen Anderson, Sr. Transportation Planner, TDM Implementation & Services, Seattle Department of Transportation. Since Bicyclists are required to follow all vehicle laws in WA, let's make sure we adhere to these, both while driving & cycling!

Incorrect Lane Change - \$380.00 (not using turn signal or "cutting" someone).

DUI - Instant ARREST! (the courts are now placing DUI's on your driving record for a period of 10 years!).

Cell Phone Usage While Driving - \$285.00. Up until January 1, 2008, you could use a hand held cell phone while driving, but if a police officer observed a driving infraction, he could stop you and cite you for both. After January 1, an officer can stop you for cell phone usage without any other cause. All 'driving while phoning' must now be done with a "hands free" device. Law Enforcement has been told to really start cracking down on this, as the accident rate is increasing due to cell phone use.

HOV Lane: 1st time offense \$1068.50 (note: the sign posted on the HOV lanes that says \$271 is now wrong and DOT is in the process of changing them). 2nd offense fine is doubled. 3rd it is tripled. 4th your license is suspended for a year! (they are not playing around!).

Driving on Shoulder - \$450.00.

Cell Phone Usage in a Construction Zone - \$570.00 (this fine is doubled from the regular \$285.00).

Block Intersection - \$485.00.

Passengers over the age of 18 not in a seat belt - Both the passenger AND driver with get tickets of \$101.00.

Last but not least - You know that there was a thought that you could go at least 5 MPH over the posted speed limit, well according to the WA. State Patrol, you are now allowed 3 MPH over! So, watch your speed, whether on a bicycle or in a vehicle. I've had several friends ticketed for speeding while traveling on their bicycle.

Legis Agenda, cont. from page 6, column 2

favor bicycles as environmentally friendly transportation. To learn more about the Bicycle Alliance's work and to join our efforts, visit www.bicyclealliance.org.

Special Thanks

by Carol Davis

A great big TWBC thank you to Lou and Karel Vance for welcoming us into their home for our annual Holiday party! Lou and Karel do nothing laissez-faire. Their careful planning and attention to detail was quite evident. They know how to make everyone feel welcomed and comfortable and set the stage for a wonderful time. From their spacious and artistic home to the decorations to the providing of all the details necessary for entertaining, Lou and Karel are relaxed and inviting. A very special evening was enjoyed by all!

TWBC 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)

TWBC 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 
01/01 Tues	9:30, 10:45 AM	2 B	30 - 50	Call Ride Line 759 - 2800, Ralph Wessels 549 - 6952cell, Dena Wessels 857 - 5658	Tues. Decide to Ride. To celebrate the New Year, the group will ride over the New Narrows Bridge to Olalla to see the Polar Bears jump (or wade) into the water. Start: Starbucks @ 26th & Proctor @ 9:30 or meet w/ Ralph @ Jerisich Park in Gig Harbor @ 10:45. Contact Dena early if you want to jump & get sagged back to GH.
01/02 Weds	11:30 AM	3 C	5 Mile Laps	Larry or Joe 312 - 7588	Five Will Get You Fifty. Variable weather encourages registration on Website; bad weather may cancel ride w/ little advanced notice, but registrants receive email. Ride intended to help build stamina. Usual routine is 6 laps or so around Pt. D @ a heart-warming pace. Multiple laps not required; afterward can yak/gab @ Cavanaugh's. Start: Point Defiance Park Entrance.
01/03 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.
01/04 Fri	10 AM	2 A	43	Lou & Karel Vance 921 - 4847	Ride the Chehalis Western Trail (CWT), Lacey to Tenino. See Ride Notes for location/start details. RSVP appreciated. Rain, Snow &/or Ice Cancels. Start: Chambers Lake Trailhead, Lacey.
01/05 Sat	9 AM	3 B	25	Gene Smith 272 - 6747	Training Ride. Route decided @ start. Emphasis on maintaining a 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.
01/06 Sun	9:30 AM	2 B	40	Louie Boitano 922 - 1168	Ride to Wilkeson for Lunch. Start: Sumner Library.
01/07 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.
01/08 Tues	9:30 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Note later Winter Start Time. Start: Call Ride Line or check Club Website for details.
01/09 Weds	11:30 AM	3 C	5 Mile Laps	Larry or Joe 312 - 7588	Five Will Get You Fifty. See 01/02 for complete details. Start: Point Defiance Park Entrance.
01/09 Weds	5:30 PM	2 B	20 - 25	Peg Winczewski 475 - 3625	Night Riders Return. Ride across the Narrows Bridge, co-leader Marguerite Richmond, 272 - 1254. Start: Starbucks @ 26th & Proctor.



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01/10 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smooothly. Rain Cancels. See 01/03 for Ride Details.
01/11 Fri	10 AM	2 A	30	Lou & Karel Vance 921 - 4847	Foothills Friday. No host coffee/smoothies in South Prairie. Rain, Snow &/or Ice Cancels. Start: East Puyallup Trailhead.
01/12 Sat	9 AM	3 B	25	Gene Smith 272 - 6747	Training Ride. See 01/05 for complete details. Start: Spoke & Sprocket, University Place.
01/13 Sun	10 AM	2 C	to be said	Roz & Carol Davis 460 - 5622	Gig Harbor Excursion. Length to be determined by weather; check the Rideline for mileage. Start: 6th & Skyline P & R.
01/14 Mon	9:30 AM	1 C	22 (13)	David & Joyce 759 - 2393	Hail, hardy & ready for coffee. Rain/Freezing Cancels. See 01/07 for Ride Details.
01/15 Tues	9:30 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Note new Winter Start Time. Start: Call Ride Line or check Club Website for details.
01/15 Tues	6 PM	00 Meet	00 & Eat	Bob Myrick 473 - 7455	Government Affairs Meeting @ Guadalajara Taqueria in the Stadium H.S. area @ 1st & Tacoma Ave. Work on bicycle problems around Pierce County. All are invited to participate. Note Early Start Time.
01/16 Weds	11:30 AM	3 C	5 Mile Laps	Larry or Joe 312 - 7588	Five Will Get You Fifty. See 01/02 for complete details. Start: Point Defiance Park Entrance.
01/17 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smooothly. Rain Cancels. See 01/03 for Ride Details.
01/18 Fri	10 AM	2 A	43	Lou & Karel Vance 921 - 4847	Ride the CWT, Lacey to Tenino. See 01/04 & Ride Notes for location/start details. RSVP appreciated. Rain, Snow &/or Ice Cancels. Start: Chambers Lake Trailhead, Lacey.
01/19 Sat	8 AM	2 B	30 - 40	Steve & Phyllis Lay 759 - 1816	Pancake Breakfast Ride. Bring \$\$\$ for breakfast. Start: Starbucks @ 26th & Proctor. 
01/19 Sat	9 AM	3 C	40	Gene Smith 272 - 6747	SIR Winter Training Ride 2. Ride starts @ 9 AM sharp! See Ride Notes for Ride Details & Start Directions. Start: Starbucks @ Southcenter.
01/20 Sun	12:30 PM	2 B	25	Carla Gramlich 879 - 0115	Sunday Afternoon Ride. Scott Pierson Trail, Narrows Bridge Cushman Powerline Trail, & road riding. Start: Starbucks @ 26th & Proctor.
01/21 Mon	9:30 AM	1 C	22 (13)	David & Joyce 759 - 2393	Hail, hardy & ready for coffee. Rain/Freezing Cancels. See 01/07 for Ride Details.
01/22 Tues	9:30 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Note new Winter Start Time. Start: Call Ride Line or check Club Website for details.



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01/22 Tues	6 PM	00 Meet	00 & Eat	Carol Davis 380 - 8819	Board Meeting @ the Kim Ahn Restaurant across from TCC on Mildred. Guests & Club members welcomed.
01/23 Weds	11:30 AM	3 C	5 Mile Laps	Larry or Joe 312 - 7588	Five Will Get You Fifty. See 01/02 for complete details. Start: Point Defiance Park Entrance.
01/23 Weds	5:30 PM	2 B	20 - 25	Peg Winczewski 475 - 3625	Night Riders Return. Ride to Steilacoom, co-leader Marguerite Richmond, 272 - 1254. Start: Starbucks @ 26th & Proctor.
01/24 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smoooothly. Rain Cancels. See 01/03 for Ride Details.
01/25 Fri	10 AM	2 A	30	Lou & Karel Vance 921 - 4847	Foothills Friday. See 01/11 for complete details. Rain, Snow &/or Ice Cancels. Start: East Puyallup Trailhead.
01/26 Sat	6 PM	00 Meet	00 & Eat	Bob Myrick 473 - 7455	TWBC Annual Banquet. Join us @ the biggest TWBC Social Event for the year! Send in the registration form in the Dec or Jan Cog by 01/21 for accurate #'s please. Start: Wild West Post #91.
01/27 Sun	1:30 PM	1 B	17	Carol & Roz Davis 460 - 5622	Ride & Social @ the Wildside Wine Shop. Scott Pierson Trail, & UP Bike Lanes. Afterwards, Social @ Wildside. Start: 6th & Skyline P & R.
01/28 Mon	9:30 AM	1 C	22 (13)	David & Joyce 759 - 2393	Hail, hardy & ready for coffee. Rain/Freezing Cancels. See 01/07 for Ride Details.
01/29 Tues	9:30 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Note new Winter Start Time. Start: Call Ride Line or check Club Website for details.
01/29 Tues	6:30 PM	00 Meet &	00 Plan	Jan Brame 330 - 4256	Special Events Meeting. If you are interested in volunteering for one/all of the TWBC Events, attend! Start: Home @ 1209 N Anderson.
01/30 Weds	11:30 AM	3 C	5 Mile Laps	Larry or Joe 312 - 7588	Five Will Get You Fifty. See 01/02 for complete details. Start: Point Defiance Park Entrance.
01/31 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smoooothly. Rain Cancels. See 01/03 for Ride Details.

JANUARY ASTEROID WATCH!

Watch on January 30, 2008, for asteroid 2007 WD5, to possibly hit the planet Mars at 10:55 UT (2:55 a.m., PST). The chance of this asteroid hitting Mars is 1 in 75. 2007 WD5 is about 160 feet across & will be visible with telescopes. This asteroid's impact will be similar to one that hit Siberia in 1908. That asteroid flattened forests (over 830 square miles). If 2007 WD5 does hit Mars it will do so with the energy equivalent to a 15-megaton nuclear bomb. For more info, check out this website: <http://neo.jpl.nasa.gov/news/news151.html>

Planning Ahead

Spring Break: Central California Coast;

March 29 - April 6

The traditional all Women's bike trip this year will begin in Monterey, go through Big Sur, and return via Paso Robles (wine!). The plan is to drive down and back, one long day each way. We will follow a version of the Central Coast Tour on Adventurevelo.com website, leaving out the day in Pinnacles Park. This will make 6 days of riding, average 60 miles a day. We will plan a rest day in the middle. If someone comes who would like to drive the SAG -great!! If not, we will go self supported and stay in motels. Call or e-mail Carol if you are interested: 253-460-5622; bicycleguy@aol.com

Memorial Day Weekend: May 24 - May 26

I am looking at heading down to Oregon Wine Country over this holiday weekend. One day will be on the Banks-Vernonia State Trail (42 miles), another day touring the Yamhill Valley. Let me know if you are interested in such a trip. Contact Carla Gramlich: 253 879-0115 or ca_gramlich@yahoo.com, for more information.

Early Summer: Bigfoot tour; June 28 - July 13

The traditional 2 week summer TWBC trip will begin in Yreka, California; go over to the coast and back. The tour is 70% along rivers, lakes or ocean with much wilderness. We will camp with an occasional motel. We will adapt the Bigfoot Tour on the Adventurevelo website to a 2 week loop tour. We hope to have a SAG driver. If not we will adapt to a self supported tour. Call or e-mail Carol if you are interested: 253-460-5622; bicycleguy@aol.com

Week long trip to Eugene: July 5 - July 12

Starting July 5, I will head south to Eugene to attend the Oregon Country Fair. Mileage will be between 50 – 65 miles each day. Credit card camping, i.e. motels and historic hotels. Right now I am planning on carrying my gear but there could be a sag. I will return from Eugene on Amtrak on July 12. There is some interest in spending another week to ride back. I will have a list of the places that I have reserved a block of rooms for the trip in each city after the first of the year. To guarantee a spot on this trip you will need to book a room in each city. I have 10 people that are interested for all or part of the trip. I will try to reserve enough rooms for 20 people. Contact Carla Gramlich: 253 879-0115 or ca_gramlich@yahoo.com, for more information.

Best Bicycling Cities in the US

Club Member Steve Brown, sent this list from the web site titled "America's Best & Top Ten," www.americasbestonline.net/index.php/pages/bestbicyclecities.html. It includes such topics such as Nature, Beaches, Outdoors, Snow Sports, Amusements, Places to Stay, Cities (including Bike Friendly), Food & Drink, Ghost & Spirits, & Museums. America's Best & Top Ten utilized the top ten list developed from The League of American Bicyclists (LAB), www.bicyclefriendlycommunity.org. Their website has a map of the US where you can click on a particular state to see where the bicycle cities are located, & what level the city is at.

The LAB has in place a Bicycle Friendly Communities Campaign (BFC), an awards program that recognizes municipalities that actively support bicycling. Here is a listing of Benefits from the LAB site: "Encouraging bicycling is a simple way towards improving public health. With more people bicycling, communities experience reduced traffic demands, improved air quality and greater physical fitness. In addition, bicycle-friendly towns are often seen as places with a high quality of life. This can translate into increased property values, business growth and increased tourism."

A detailed audit by BAW is undertaken when each municipality applies for Bicycle Friendly Community status. The audit includes "The Five E's," which are Engineering, Education, Encouragement, Enforcement & Evaluation efforts. Once the application is submitted (technical support is readily available), it is reviewed & scored by a committee, who also consult with local cyclists in the community. If the application is in order, a two-year (renewable) award is designated, consisting of four levels.

The following cities are currently considered to be the Top Ten Bicycling Cities in the US:

1. Davis, CA (5 E's); Platinum Level.
2. Boulder, CO
(4 E's; lacks Enforcement); Gold Level.
3. Corvallis, OR (5 E's); Gold Level.
4. Madison, WI
(4 E's; lacks Education); Gold Level.
5. Palo Alto, CA (3 E's; lacks Enforcement & Evaluation); Gold Level.

Best ..., cont. on page 12 column 1

Best ..., cont. from page 11, column 2

- 6. Portland, OR (5 E's); Gold Level.
- 7. San Francisco, CA
(4 E's; lacks Education); Gold Level.
- 8. Tucson/Pima Eastern Region, AZ (4 E's; lacks Education); Gold Level.
- 9. Eugene, OR (3 E's; lacks Enforcement & Education); Silver Level.
- 10. Chicago, IL (3 E's; lacks Education & Enforcement); Silver Level.

For Washington State, the current cities that have Bicycle Friendly Status are:

Bellingham

(4 E's; lacks Enforcement); Silver Level.

Redmond (1 E' has Engineering); Bronze Level.

Vancouver (2 E's; has Engineering & Encouragement); Bronze Level.

(Editor's Note: Why are not Gig Harbor, Orting, Puyallup, Tacoma, ETC, on this list!)

As a member of the community, you can make a difference by bringing this program to your elective officials' attention. TWBC, an LAB affiliated organization, has a Government Affairs Committee that meets usually once a month, & has TWBC members from a number of cities in Pierce County.

The March/April 2007 issue of American Bicyclist, the LAB publication, is devoted to how to make your area a BFC. See more at: www.bikeleague.org/members/pdfs/american_bicyclist_mar-apr_2007.pdf

If you would like to assist in approaching the elected officials in "your" city to initiate a positive change in your area, here is a link that can help get the information needed to get started to become a Bicycle Friendly Community: www.bicyclefriendlycommunity.org/howto.html

Let's make it a goal in 2008 to work towards making your city a designated Bicycle Friendly Community. How great would it be to have ALL the cities in Pierce County designated as Bicycle Friendly Communities?

January Quips

A hangover is the wrath of grapes.

FYI: The correct spelling is MILLENNIUM.

January Ride Notes

01/04 & 01/18, Fri: Ride the Chehalis Western Trail (CWT). We will start at 10 AM from the Chambers Creek Trailhead in Lacey and ride the CWT from Lacey to Tenino. *Directions:* I-5 South to Martin Way Exit. Right off of the exit onto Martin Way and then left onto College Street (CS). Continue on CS to 14th Ave S. Turn right on 14th and go approximately one mile. The entrance/parking are on the left near the trestle. RAIN, SNOW and/or ICE Cancels. RSVP appreciated.

01/19, Sat: SIR Winter Training Ride 2. Roll out sharp at 9 AM. This ride will take us from Southcenter through Des Moines and along Marine View Drive to Dash Point and Browns Point before returning via a final few hills and the Green River V. Call Gene for car pool options from Tacoma. *Directions:* From I-5 take the Southcenter Blvd Exit, Left on Southcenter/Tukwila Parkway, Right on Andover Park W, Righ on Strander. Start is Starbucks on Right (SW corner of Strander Blvd and Andover Park W).



At the Holiday Party,
Bob Myrick and Louis Boitano
discuss the following statement:

“With proper diet, rest, and exercise,
a healthy body will last a lifetime.”

(Holiday Party pictures provided by Marge Leon)

TWBC BANQUET RESERVATION FORM

Saturday, January 26, 2008

Wild West VFW Post 91, 2000 South Union Avenue



Please list the names in your party for name tags
so you and others will know who you are...
(please print clearly!)

Name: _____

Name: _____

Name: _____

Name: _____

Name: _____

Number of adults _____ X \$20 each = \$ _____

Number of children _____ X \$15 each = \$ _____

Total Enclosed = \$ _____



Send this form and a check made out to TWBC for the total \$ amount to:

TWBC Banquet, PO Box 112078, Tacoma, WA 98411

TWBC JANUARY BLURB AREA

Do you know someone with the gift of gab? A Bard who can make the words sweet for listening pleasure? TWBC needs a Publicity Person! Do you know someone with the propensity for organization? An individual who desires equipment in assigned boxes? TWBC needs an Equipment Master! Do you know someone with the gift of leadership? A Leader who can take on a task for the benefit of many? TWBC needs a Headwaters Century Coordinator!

There is a Voluntary Recall for Specialized Helmets, model 2 D, sold at authorized retailers & online for about \$200 between July and October 2007. The model type (2 D) is printed on the sides & rear of the helmets, which come in colors of matte black, white, silver, blue, pink and team colors. Both the men's & women's Specialized new superlight helmets are recalled. The helmets failed the testing required under CPSC's safety standard for bicycle helmets. For more info go to: www.specialized.com or www.cpsc.gov/cpsc/pub/prerel/prhtml08/08138.html. Thanks smayr!

The 9th Annual Do Something Healthy Event occurs on January 24, 2008, at the Greater Tacoma Convention & Trade Center. A Health Fair w/ screenings starts at 6 pm. A presentation with emcee John Curley (host, King 5 Evening Magazine), will include speakers from MultiCare as well as Jillian Michaels from TV's The Biggest Loser (followed by book signing) runs from 7 – 9 pm. Sponsors include MultiCare, the YMCA & the Tacoma/Pierce County Health Department. Pre-Registration is required (at \$10), and seating is limited (approximately 1000). Call 1 - 800 - 485 - 0205.

The 2008 Seattle Bike Swap will occur on February 23, 2008 at the Magnuson Park Hanger #30.

Produced by Cascade Bicycle Club. General Adult Admissions is on a sliding time scale: 9 am to 1 pm - \$5; 1 pm to 2 pm - FREE. Kids under the age of 15 are FREE at any time.

If you would like to save the Club money so that more may be spent in our local community, choose to have your *Cognitive Carrier* delivered to you by E-mail instead in stead of by print, mailer & USPS! E-mail the Editor your choice.



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

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

January
2008



mail to:

Blank area 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: _____ @ _____
(for Club use only--please print plainly!)

Please Check Those That Apply:

New Member Renew Addr Chg

Want to Receive Newsletter by:

E-mail US Postal Service

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 (Daffodil, PMC,
Headwaters)

Newsletter

Club Meeting Programs

Becoming a Club Officer

the Picture Page

Pictures from the TWBC Annual Holiday Party, courtesy of Marge Leon, thru Karel Vance.



The 3 "C's" Chatting:
Carol Davis,
Carla Gramlich,
and
Cynthia Hammer

Mike Madden
and
Dave Killen



the Picture Page

Pictures from the TWBC Annual Holiday Party, courtesy of Marge Leon, thru Karel Vance.

On the Holiday Ride,
Steve Davis,
with Santa
“in tow.”



Phill Burgess



Phyllis Lay
and
Marcia Madden



the Picture Page

Pictures from the TWBC Annual Holiday Party, courtesy of Marge Leon, thru Karel Vance.



Watch Out, Man!
He's got a knife,
& from the looks of that poor ham,
knows how to use it!

All food during this season
should be red & green!



the Picture Page

Pictures from the TWBC Annual Holiday Party, courtesy of Marge Leon, thru Karel Vance.



Hope your Holiday season was as merry
as this fine party!



See you all in the coming leap year!

