

February 2008

Should I Train While I'm Sick?

By Jim Ahrens
Safety & Education



I found this information at <http://www.cptips.com> and thought it made sense.

Despite our enhanced level of health and fitness, we cyclists are still human. Which means sometimes we get sick. When it happens, we're faced with these critical decisions: When to train, when to rest, and how to decrease the chances of a relapse.

The debate about whether to train through a routine illness, such as a cold, or get out there and "tough it out" comes down to two words: **neck test**. Let's say you wake up planning to hit the road. As you roll out of bed, you realize something happened overnight and you don't feel so good. The tendency of most dedicated athletes is to stay on task and work out anyway. But that's not always the best choice when it comes to long-term fitness and performance.

Instead of an automatic response ("Let's do it"), think about where you feel bad. If it's **above the neck** (stuffy nose, headache), then you're probably good to go. Take it a little easy -- obviously you're not 100% -- but you don't need complete rest. Above the neck means you're above the "gotta rest" cutoff line.

The main exception to the neck test is if you're feverish. You really won't feel like riding and it's smart not too. A fever indicates infection. Don't mess with that.



If the problem is (*below the neck*) in your throat, chest or stomach, take some time off. Pushing through a workout could make you sicker and prolong the illness. Rest now to limit downtime, then ease back into exercise when the symptoms subside. Pushing too hard too soon could cause a relapse.

Remember, 2-3 days off won't have much, if any, negative effect on your fitness or performance. But if you try to push through sickness, not only are you somewhat wasting time with sub-par workouts, you're risking the chance of a brief illness lasting a week or more. Then you will see diminished fitness.

On another subject, I am looking for club members planning to ride the Seattle to Portland (STP) in one day. I've ridden it solo 8 out of 9 times (one time my wife Donna and I rode a tandem) and I've already registered for 2008. Who knows, riding in a group may be enough of a motivator to train even with a headache and it's raining!

Ride Safe!

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

The COG Home Page

**Next Club Meeting:
Tuesday, February 19, 2008**

**March Ride Calendar Deadline:
Wednesday, February 20, 2008**

**March COG Article Deadline:
Thursday, February 21, 2008**

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!**

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

PRESIDENT:

president@twbc.org

Carol Davis, 253 - 460 - 5622

VICE - PRESIDENT:

vp@twbc.org

Vern Hase, 253 - 759 - 7246

SECRETARY:

secretary@twbc.org

Marguerite Richmond, 253 - 272 - 1254

TREASURER:

treasurer@twbc.org

Gus Fant, 253 - 564 - 4710

RIDE CAPTAIN:

ridecaptain@twbc.org

Carla Gramlich, 253 - 879 - 0115

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

NEWSLETTER EDITOR:

newsletter@twbc.org

Dena Wessels, 253 - 857 - 5658

Reporters: Various members

DIRECTOR OF SPECIAL EVENTS:

events@twbc.org

Jan Brame, 253 - 330 - 4256

DIRECTOR OF COMMUNITY & GOVERNMENT RELATIONS:

gac@twbc.org

Bob Myrick, 253 - 473 - 7455

TWBC SAFETY & EDUCATION:

Jim Ahrens

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

MEMBERSHIP DATABASE & MAILING:

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Anne Seago, 253 - 761 - 0709

MEMBERSHIP:

Phyllis Lay, 253 - 759 - 1816

WEBMASTER:

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DAFFODIL CLASSIC (2008):

daffodil@twbc.org

Sharon Remagen, 253 - 847 - 7907

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Mary Dahl-Smith, Ron Nowicki
253 - 473 - 7174

TWBC RAPSody Contact:

rapsody2005@earthlink.net

Ralph Wessels, 253 - 857 - 5658

CLUB JERSEY SALES:

jerseys@twbc.org

Peggy Fjetland, 253 - 841 - 4458

BIKE EXPO:

bikebooth@twbc.org

Peggy Fjetland, 253 - 841 - 4458

ANNUAL CLUB PICNIC

(August, 3rd Tues.):

Caroline Baker

HEADWATERS CENTURY (2008):

**We Need a Headwaters Coordinator!
Your Name could be here!**



PMC



February Draft Lines

By President Carol Davis



“Since I’ve become more observant of how bikes and cars interact, I’ve decided bicyclists have two major threats: cars and themselves.” -Lee Nichols

I don’t know who Lee Nichols is. I found this quote on www.bicyclesafe.com as I was surfing the web looking for information on Bicycle Safety. You know how one thing leads to another.

Lee’s quote expresses so well what I have been pondering: how to educate bicyclists and motorists better about bicycle safety. I am forming a task force to work on this important issue. Let me know if you would like to work with me on this.

Of course, educating cyclists is much easier to approach being in the position I am in. We will have safety tips in the Newsletter and at Club Meetings. We will add a safety page to our Website. We will be good role models for each other on the road. I will find out more about what “Sprocket Woman” does, and pursue ways we can help educate the greater cycling community. We can put a card together with safety tips and distribute them where cyclists will see them (Cynthia’s idea).

Some of the websites where I have found bicycle safety information are the obvious like Washington State DOT and Bicycle Alliance. Other states also have good information. (I haven’t searched all 50). Arizona DOT has an excellent publication on line called, “Share the Road, a Guide for Bicyclists and Motorists.” There is a section for both. I have asked them to send me some paper copies also.

Bicyclesafe.com is a website that should be visited by all of us. Michael Bluejay is the author. The subtitle is “How Not to Get Hit by Cars.” Some of his tips, of course, are things you already do, but he explains why we do them. You are sure to learn something new, and be reminded of something you forgot. I will discuss one of the tips in our new column in this Newsletter titled, “Safe Psychling.” Look for it in this issue. You are all invited to contribute to this column.

Educating motorists! Now that is a different problem. Of course, most of us are motorists, too! It is great that education about bicyclists is included in driver education, but we need to reach those people who have had their licenses for a long time! I am pursuing what it would take to print a brochure that insurance companies could send out with renewals for car insurance. Carla suggested that a video could be played in waiting areas where people are renewing licenses and car tabs (there is always a wait). How about everywhere people have to wait!?! Doctors’ offices, super-market lines!! We could also put together an entertaining and educational skit that we could put on at all kinds of places where people who drive cars gather (Debbie, will you help?!). I’m sure when we put our heads together we will come up with all kinds of things.

Most motorists are friendly and don’t want to hurt us. They just don’t realize that some of the things they do are dangerous. If they stop and think that we might be someone’s grandparent, old teacher, child, best friend, doctor, accountant, newspaper editor, senator, waitress, president, or movie star; they might give us more respect!

Let’s all work together to make this a safer world!

Editor’s Note: check out these websites for more information: www.wsdot.wa.gov; www.bicyclealliance.org; www.azbikeped.org/images/ADOT%20bike%20str.pdf.



Renewals:

Caroline Baker, Louie Boitano, Bobby and Patty Bran, Everett Bronn, Sally Budack, Steve Davis, Peggy and Ray Fjetland, Chris Goodman, Kurt Harsh, Mike and Nancy Henderson, Diane Koch, Joseph and Susan Krezelak, Charles Mann, Mike and Renda Murphy, John Peranzi, Connie and Mat Reitzug, Linda Shiraiwa, & Larry and Carolyn Wyman.

New Members:

Milton Anderson and Family, Raymond Finch and Family, Leanne Foster, Mary Kronau and Melissa Finnell, Jack Leiman and Family, Greg McGuire, John Thomas, Crystal Vaarvik, Jules Varela and Family, & Chris Wendt.



Bob Myrick
TWBC Director of
Community and
Government
Affairs



*Actions affecting you
and your community....*

Our committee met on Tuesday, January 15 at the Taqueria Guadalajara in the Stadium District at First and Tacoma Avenue. Our next meeting will be on Tuesday, February 5 at 6 p.m. at the same location. We were happy to have our President, Carol Davis, and Roz Davis join us.

On January 14, I met with nine staff people to discuss Tacoma's Non-motorized Planning and Tacoma's agenda for 2008. Dana Brown reported a Downtown Tacoma Transportation and Traffic Study would be performed with a budget of \$75,000. Although \$75,000 seems to be a big number, it would only build 3 parking spots in a structured facility. Dianne Wiatr reported a Downtown Tacoma Transportation Summit Meeting would be held on January 29 and she was planning on inviting Carla Gramlich since Carla lives downtown. Dana also indicated the City has budgeted \$1.5 million for trail construction, an unprecedented amount. The City Water Ditch Trail will receive about \$800,000 of this money to build a major portion of the trail. It is hoped to have this portion built by October of this year. Dana also reported he reminded the City Manager of his commitment to provide \$100,000 for a mini-project. I suggested the missing sidewalk going uphill on Pine/Cedar Street was a major priority for us. We had previously submitted about 10 ideas for mini-projects. Peter Huffman from the Planning Department indicated that members of the Green Tacoma Committee were continuing to recommend a "Complete the Streets" resolution, ordinance or policy be adopted by the City. Dana reported the City had very limited resources to provide for operation and maintenance of the City's Trails and sidewalks. I indicated I would renew my efforts with the Foothills people to get Trail Patrol members out on the other trails of Tacoma and Pierce County, not just the thread of the Foothills Trail.

Pierce County Parks is continuing their effort to get the Foothills Trail into Buckley and to get the Cushman Powerline Trail extended to Borgan Boulevard in Gig Harbor. They also hope to start design and construction of the Ashford to

Elbe Trail in the 2008-2009 time period. This six-mile trail is part of the much larger Trail to the Mountain paralleling the Tacoma Eastern Railroad Tracks from Freighthouse Square to Ashford. The Parks Department is about to build a park and community center in Ashford and I think that is the reason this six-mile trail has risen higher up in their priority for trail construction. Eatonville is interested in building trail along the tracks from a place called Box Car Canyon to an undeveloped County Park, the Rimrocks.

Carol and I have volunteered to provide a booth at the first University of Washington Sustainability Conference to be held in Tacoma on February 9 and 10. All the higher education institutions in Pierce County have been invited to participate. We will also be at Pierce County's Livable Communities Fair later in the spring.

On January 29, members of TWBC and the Foothills Coalition will have attended Transportation Advocacy Day in Olympia. The Bicycle Alliance of Washington's major effort will be to get a 3-foot passing rule established. This means a motor vehicle must leave at least 3 feet of clear passing space when overtaking a pedestrian or cyclist. Presently, a motor vehicle must simply avoid making contact with you.

We also briefly discussed our desire to put on another informal cycling event on the Scott Pierson Trail and the Cushman Powerline Trail.

Please, please cycle more and worry less. It helps you and the planet. I will be heading to New Zealand in March so we may decide to cancel our March Government Affairs meeting and meet again in April. Please keep working in your local communities. Thank you.

The Seattle Bike Swap

Saturday, February 23, 2008
Magnuson Park - Hanger #30,
7400 Sand Point Way NE Bldg #30, Seattle, WA.

Almost 100 vendors all under one roof offering great deals on new and used bike related goods of all types and sizes. In 2007 over 1,600 people attended the Bike Swap. Hanger #30 is NOT heated, so dress warmly. Entry fees for adults: \$5 from 9 a.m. to 1 p.m. and free from 1 p.m. to 2 p.m. Kid's entry are free anytime if they're under 15. Best to arrive early because the really good stuff goes fast!



RIDE CAPTAIN REPORT



By Carla Gramlich



I am writing this while I am preparing the awards for the Annual Banquet. I would like to thank all the ride leaders and members that participated in rides this past year. You are the ones that really make the club what it is. It is wonderful when people submit rides and I am able to fill up the calendar each month. Without your help we would have a pretty wimpy calendar.

If you didn't submit your Ride Log and/or Ride Leader sheets, it is not too late to start for 2008. Take the ride log and write down all the rides that you ride on with the club or other organized rides. It is a nice way to see how you are doing for the year. In November mail that log into the Ride Captain and you will be awarded fabulous prizes at the next year's Annual Banquet.

Maybe you don't do that many Club Rides but you ride to and from work. We have a separate log for commute rides. Take the time to record you commute to/from work, the store or any other place that you would normally use your car. Want some more miles, it is ok to take the long way on that commute. Then submit that form in November and again you will get a nice item that will make your commuting easier.

Commute and Club mileages are separate items and are not meant to be added together for these awards. But pat yourself on the back for all the miles that you did over the year, whether they were for Club Rides or Commuting. More people riding will help the club convince the city and county that we need to improve things for cyclists.

I am hoping that next years more people take the time to keep track of their mileage. And thanks to everyone that took the time in 2007. Hoping that you consider becoming a ride leader to help out that monthly calendar. See you on the road!

Editor's Note: The TWBC Ride Log can be downloaded from: <http://www.twbc.org/resources/ridelog.htm>. The TWBC Commute Log can be downloaded from: <http://www.twbc.org/resources/commutelog.htm>.

2008 Bike Expo

Submitted by Peggy Fjetland

The 2008 Group Health Seattle International Bicycle Expo has changed its date and location. It will be held on Saturday, March 8, from 9 a.m. to 6 p.m., and Sunday, March 9, from 10 a.m. to 4 p.m. at the Terminal 30 Cruise Facility (Princess Cruises and Holland America), 2431 East Marginal Way South, Seattle 98134, one-half mile south of Safeco Field. This is a 65,000 sq. ft. indoor, heated, well-lit facility with plenty of parking within a one-mile radius of the facility. There will be free shuttle buses to Safeco Field parking areas. It is right off the busy Alaskan Way/East Marginal Way Bike Lane.

This season-opening celebration of cycling has grown in its 17-year history from a small Cascade Bicycle Club event to the third largest consumer bike show in the nation. More than 10,000 visitors have been known to attend to view 150 exhibits, forums and special presentations. TWBC will again have a booth showcasing our Club and Club sponsored rides. Limited volunteer opportunities are available. Contact Peggy Fjetland at 253 - 841 - 4458.

TWBC Daffodil Classic

April 13, 2008

Submitted by Carla Gramlich





Your help is needed to make the Daffodil another Classic. One of the reason we have such great rides is because we have such great volunteers. You can join this group by checking out the sign up sheet on the twbc.org website. Help is needed before, during and after the event. If you sign up early you get a better choice of positions. So, it is not too late to check out what positions are available and put in your name.

Remember, there is going to be a volunteer potluck on Friday, April 11 starting at 6 p.m. at the VFW hall. Also at a volunteer you get to ride the Daffodil Classic for free, receive a wonderful T-shirt and get to participate in the Pizza Party following the ride. More information on volunteering can be obtained by contacting Carla Gramlich via phone at 253 - 879 - 0115 or email ca_gramlich@yahoo.com.



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
02/01 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.
02/02 Sat	8:30 AM	3 C	60	Gene Smith 272 - 6747	SIR Winter Training Ride 4. Sub-freezing temps or heavy rain will cancel. See Ride Notes for location/details. Start: Auburn P & R on 15th St NW. 
02/03 Sun	1 PM	2 A	30	Carla Gramlich 879 - 0115	Sunday Afternoon Ride. Social ride, stop in South Prairie. Start: East Puyallup Trailhead.
02/04 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 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.
02/05 Tues	9:30	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.
02/05 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.
02/06 Weds	9:30 AM	1 B	15min or 20max	Bill Newman	Get In Shape w/ Bill. Great for beginners who want to get back in shape, exp. to lose a lb or two. Start: Skyline P & R.
02/07 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.
02/08 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.
02/09 Sat	7:30 AM	3 D	30 or 65	Gene Smith 272 - 6747	SIR Winter Training Ride 5. See Ride Notes for location/details. Start: Pt Defiance Ferry Dock. 
02/10 Sun	1 PM	2 A	30	Carla Gramlich 879 - 0115	Sunday Afternoon Ride. Social ride, stop in South Prairie. Start: East Puyallup Trailhead.
02/11 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain/Freezing Cancels. See 02/04 for Ride Details.



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Day/- Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
02/12 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.
02/12 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.
02/13 Weds	9:30 AM	1 B	15min or 20max	Bill Newman	Get In Shape w/ Bill. Great for beginners who want to get back in shape, exp. to lose a lb or two. Start: Skyline P & R.
02/13 Weds	5:30 PM	2 B	20 - 25	Peg Winczewski 475 - 3625	Knightriders Return. Ride across Narrows Bridge, co-leader Marguerite Richmond, 272 - 1254. Start: Starbucks @ 26th & Proctor.
02/14 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smooooothly. Rain Cancels. See 02/07 for Ride Details.
02/14 Thurs	10 AM	2 B	30 - 40	Debbie & Joyce 922 - 5801	Valentine Java Jump. Coffee soon after the start & then ride to lunch in the Puyallup Valley. Start: Starbucks @ 26th & Proctor. 
02/15 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.
02/16 Sat	All	Day	Sleak	Saturday	Nylon Stockings were patented on this day in 1937.
02/17 Sun	1 PM	1 B	20 	Bob Myrick 473 - 7455	Blue Vespers Pre-Ride. Blue Vespers will follow @ 5 PM. This ride will include an afternoon lunch stop, possibly even a stop @ the Parkway Tavern. Start: Immanuel Presbyterian Church, 901 N "J" St.
02/18 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain/Freezing Cancels. See 02/04 for Ride Details.
02/19 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.
02/19 Tues	7 PM	00 Meet &	00 Greet	TWBC 759 - 2800	February Club Meeting. M/A Wild West VFW Post #91, 2000 S. Union Ave., Tacoma Local Member's adventures on Cycle Oregon & the Yakima Valley Wine Tour.
02/20 Weds	9:30 AM	1 B	15min or 20max	Bill Newman	Get In Shape w/ Bill. Great for beginners who want to get back in shape, exp. to lose a lb or two. Start: Skyline P & R.
02/21 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smooooothly. Rain Cancels. See 02/07 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
02/22 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.
02/23 Sat	8 AM	2 A	20 - 50	Carla Gramlich 879 - 0115	Bicycle Swap Meet (@ Magnuson Park.) Ride. Will decide if it is safe to ride to the Meet @ start of ride; if not, will drive. Ride to Magnuson Pk, check out the Meet, ride back to start or do more riding if day is nice. Start: Gas Works Park.
02/23 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.
02/24 Sun	All	Day	Sad	Sunday	President Andrew Johnson was impeached on this day in 1868
02/25 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain/Freezing Cancels. See 02/04 for Ride Details.
02/26 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.
02/26 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.
02/27 Weds	9:30 AM	1 B	15min or 20max	Bill Newman	Get In Shape w/ Bill. Great for beginners who want to get back in shape, exp. to lose a lb or two. Start: Skyline P & R.
02/27 Weds	5:30 PM	2 B	20 - 25	Peg Winczewski 475 - 3625	Knightriders Return. Ride to Steilacoom, co-leader Marguerite Richmond, 272 - 1254. Start: Starbucks @ 26th & Proctor.
02/28 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smoooothly. Rain Cancels. See 02/07 for Ride Details.
02/29	All	Day	Friday	Frequent???	Leap Day. The next leap year is 2012.

Use Your
Lights



When You Ride
At Night

Safe Psychling

Submitted by Carol Davis

This safety tip is a summary of just one of the excellent tips from Michael Bluejay's website, Bicyclesafe.com, subtitled, "How Not to Get Hit by a Car."

Collision Type 1: The Right Cross

The Right Cross occurs when a car is pulling out from a side street, driveway, or parking lot.



How to avoid this type of collision:

1. Get a headlight. If you are riding at night, you must have a headlight, but during the day, a flashing white headlight will increase your visibility.



2. Honk or yell. If you don't have a horn on your bike, yell, and make sure you have eye contact with the driver.

3. Slow down. If you haven't made eye contact, make sure you slow down enough that you can come to a stop if necessary. Inconvenient? Yes, but better than the alternative.



4. Ride further to the left. If you are hugging the curb, the motorist is not looking in the bike lane. He/she is looking down the middle of the lane for cars. Of course, your lane position depends on many other factors.



Be sure to go to the www.bicyclesafe.com website for a complete discussion of these suggestions. You may not agree with everything, but it will get you thinking more about what you are doing out there on the road.

Please join me in a "Safety Crusade!" Bicycle safe! Drive safe! Join my task force to work on ways to educate both cyclists and motorists on sharing the road safely. E-mail president@twbc.org, or call Carol Davis, 253-460-5622.

Extra, Extra!! Read All About It!!!

Come April 2008, The Cog-nitive Courier is Going Green! What does that mean to TWBC Members? Watch for the article in the March issue, & be sure Membership Database & Mailing Commander Anne Seago has your correct USPS address as well as your correct Email address on her files!

For 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.

February Ride Notes

02/01 & 02/15, 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.

02/02, Sat: SIR Winter Training Ride 4.

Start is the Auburn P & R on 15th St NW. Sign-in begins @ 8:15 a.m. Roll out starts @ 8:30 a.m. Sub-freezing temperatures or heavy rain will cancel. Call Gene for car pool options from Tacoma. *Directions:* Take SR-167 North from Auburn. Take the 15th St. NW exit & turn right (east). Go 0.4 miles - P & R is on left (north) side of street. For the bladder challenged - there is no restroom @ the P & R, so plan ahead. Description: A won.

02/09, Sat: SIR Winter Training Ride 5.

Start the Point Defiance Park Ferry, leaving @ 7:35 a.m. Sign-in will be on the ferry. Vashon Island Options for 30 or 65 miles. No respite from hills. A wonderful loop around quiet Vashon & Maury Islands. Be sure to bring those low gears for the hills. Map & cue sheet can be found @ www.seattlerandonneur.org. See Winter Training Series.

Upcoming Tours: Note Changes and Additions

Spring Break Women's Tour: March 29-April 6, 2008



We will drive to Lakeport on Clear Lake in California instead of Monterey. The tour will take us out to Fort Bragg and Mendocino on the coast. From there we head back inland through Anderson Valley where there are wineries to visit. After a night in Geyserville, we will have a leisurely day to visit wineries in the Healdsburg vicinity of Sonoma County. We will enjoy a rest day at Toni's lovely timeshare condos in Windsor before heading back to Lakeport. The trip has all indoor accommodations. We hope to have a SAG driver. Otherwise, we will decide if we want to take turns driving, or go self-supported. Contact: Carol Davis, president@twbc.org



Memorial Weekend Wine Tour: May 24 - May 26, 2008

I know it may seem early for planning the Memorial Day Weekend but if you don't plan ahead you don't get stay where you want stay.

On Saturday, May 24, I am driving south to Banks, Oregon. I will lead a ride on the Banks-Vernonia Trail, 20 miles, 40 miles r/t. From there I will drive to Forest Grove to stay the night at the Grand Lodge, another fine establishment of McMenamins.

On Sunday, May 25, I will lead a ride in the area around 50 miles. Monday could be another ride or drive to some wineries.

If you are interested in this trip you will need to make your own reservations at the Grand Lodge. I have 10 rooms, 5 bunks at \$40.00 and 5 queens at \$60.00 a night blocked out in my name until April 24. After that you might be able to get a room but you are on your own. Call 877 992 9533 to make reservations, which are under my name Carla Gramlich.

When it gets closer to the weekend we can talk about carpooling and where we will meet up.

2008 Katy Trail Ride: June 16 - 20, 2008

Meet Peggy Fjetland and her brother, Mark Watson, in Missouri for the 8th Annual Katy Trail Ride. This 225 mile, fully supported ride on a limestone rail-trail, crosses Missouri in five days riding as few as 30 and as many as 70 miles daily. In 2007 the ride traveled west to east from Clinton to St. Charles. They will probably ride east to west in 2008. Participation is limited to 300 riders and costs about \$250 Specific details will be available in March.

Recaps and photos from previous rides can be found at: www.mostateparks.com/katytrail. Toward the bottom of the page, click on the purple "2008 Katy Trail Ride" icon. Continue navigating through the journals and photo galleries. Additional details are available from: Katy Trail State Park; 320 First Street; Boonville, MO 65233; 1 - 800 - 334 - 6946.



Sierra Spectacular: August 2 - 17, 2008

Mt. Shasta, Lassen, Lake Tahoe, Yosemite, Kings Canyon, Sequoia! How much more could be packed into one two-week tour? We will use the materials put out by Adventurevelo. You may go to Adventurevelo.com to get an idea of distances and elevations. Accommodations will be both camping and motels. We hope to have a SAG driver, or perhaps we will take turns driving. We may go self-supported. When we have a group together, we will decide how to transport equipment. We can take the train to Shasta, and at the end, we will cycle to Fresno where we can catch the train home. Contact: Carol Davis, President@TWBC.org; 253-460-5622

February Quips

Forget about world peace. Visualize using your turn signal.

Seen on a T-shirt: Forget the health food, I need all the preservatives I can get.

We could learn a lot from crayons. Some are sharp, some are pretty and some are dull. Some have unusual names, and all are different colors, but they all live in the same box.



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

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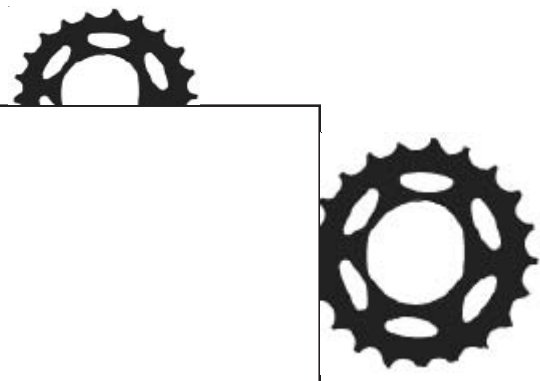
February
2008



Year of the Rat

mail to:

[Empty box for mailing address]



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

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

Name: _____

Address: _____

City, State: _____

Home Phone: _____

Work Phone (optional): _____

E-mail: _____ @ _____

(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



Left: The Cake, showing The Bridge then, over land, & The Bridge now, over water.

Clothing styles as well as engineering & bridge building abilities have changed in those 111 years.

Right: You're planning WHAT as Ride Captain???



Left: The Main Man in command of the bottle opener!

the Picture Page



Above: Talk by Wine.



Below: What exactly is it that
Joyce, Debbie & Marguerite
are attempting to do?

Above:
The Nolan Allen Garrett & Friends Band
pumped out some pretty good tunes & vocals!



the Picture Page

**Wild Times @ the Banquet, courtesy of
The Nolan Allen Garrett & Friends Band.**

Left: "You flap your bent arms out..."

Below: "You put your left foot in..."



Left: "And you clap your hands about..."

the Picture Page

Right: Food, food, & more food,
as far as the eye could see ...
(alright, to the end
of three or so tables put together)!



Left: Awards & Prizes & Wines, oh my!



Left: The Magic Keychain
(...often can do double duty
as a bottle opener).



the Picture Page



Above: Prizes to be found, in an assortment of colors!



Above: Gene Smith show off his prizes for most Commute Miles: Bike Lights & a Bike Bag (suitable for putting those bike shoes into when you've arrived @ work).

Left: it's the magic, insulated, Club Water Bottle!

Right: Master of Ceremonies Bob Myrick divides the Banquet Cake with the precision of an engineer.



the Picture Page



Above Left:
Caroline Baker
shows the front of her
2000 Miles Club Shirt.



Above Right:
David Killen
shows the back of his
2000 Miles Club Shirt.



Above Center: Tim Payne shows that shirts can be part Banquet decorations!

the Picture Page



“Let Us Eat Cake?

We Ate The Cake!

And Then There Was None (Almost).”

Have a Happy, Safe, and Enjoyable Riding Year in 2008.

Add up those rides,

tours,

& Club and/or Commute miles,

& see you at the Annual Banquet in January of next year!