



April 2008



33rd Annual Daffodil Classic Bicycle Ride



Imagine yourself as one of these bicyclists on strawberry fields riding to (a 'shortcake') Mt Rainier!! Actually our ride falls between the daffodil bloom and the strawberry harvest, but there's so much to see and enjoy on each of the beautiful routes that are mapped out for the Daffodil this year! So far, many people have worked many hours in preparation for our 2008 Daffodil Classic! It's going to be a FUN weekend - rain or shine!

To All Volunteers

Our Annual Volunteer Potluck is the Friday before the ride at the VFW Hall- 6 PM April 11th, — EVERY ONE is welcome! This means volunteers and possible volunteers for Daffodil, PMC, or Headwaters, their friends, family, neighbors...etc. Every one is WELCOME!! Anyone who has EVER volunteered, or who might in the future! Come get your shirts, and enjoy good food and company!

After the ride, on Sunday night, all the Daffodil volunteers gather again for the Volunteer Appreciation Pizza Party at Round Table Pizza, 26th and Pearl in Tacoma. That's 6 PM, Sunday, April 13th!

Daffodils and Strawberry Fields Forever!



Expo 2008 "Sails" Into History Books

By Peggy Fjetland

TWBC's annual Bicycle Expo booth in Cruise Terminal #30 was a success judging by the number of Daffodil Classic pre-registrations, new and renewing Memberships, and the constant flow of visitors asking great questions about the Club and cycling in Tacoma/Pierce County.

A big thank you to our club volunteers who did an outstanding job: Steve Lay, Phyllis Lay, Jim Ahrens, Donna Benjamin, Mary Dahl-Smith, and Corky Smith. A very special thank to Carla Gramlich for all her extra efforts as we debuted our new display board and brochure rack.

The COG Home Page

**Next Club Meeting:
Tuesday, April 15, 2008**

**May Ride Calendar Deadline:
Wednesday, April 16, 2008**

**May COG Article Deadline:
Thursday, April 17, 2008**

*(If you don't receive your
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!***

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

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treasurer@twbc.org

_Gus Fant, 253 - 564 - 4710

RIDE CAPTAIN:

ridecaptain@twbc.org

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Reporters: Various members

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TWBC EQUIPMENT :

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Steve Brown, 253 - 752 - 4038

Assistant Jim Davis



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Kris Symer, 253 - 212 - 2265

DAFFODIL CLASSIC (2008):

daffodil@twbc.org

Sharon Remagen, 253 - 847 - 7907

PENINSULA METRIC (2008):

pmc@twbc.org

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

HEADWATERS CENTURY (2008):

headwaters@twbc.org

Caroline Baker

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:

(Sept. 2008):

Caroline Baker



PMC



**We Need a Publicity Person
Your Name could be here!**

April Draft Lines

By President Carol Davis



This past month Carla Gramlich, Dave Killian and I attended a meeting of the Pierce County Board of Health to encourage them to endorse the adoption and implementation of complete streets policies by municipalities in Pierce County. You may have heard Bob Myrick, our Government Affairs Leader discuss these policies. I am especially excited about what these policies portend.

I see a paradigm shift of attitudes toward non-motorized transportation on the horizon! Many organizations and communities nation-wide are joining the National Complete Streets Coalition. Many people all over the country share our vision of a world safe for cycling, pedestrians, and motor vehicles!

The tenets of “Complete the Streets” are:

- 1) The streets of our cities and towns ought to be for everyone.
- 2) Complete streets are designed and operated to enable safe access for all users.
- 3) Complete streets improve safety.
- 4) Complete streets encourage walking and bicycling for health.
- 5) Complete streets help ease transportation woes.
- 6) Complete streets make fiscal sense.

There is no prescription for a complete street, but look for sidewalks, bike lanes, wide shoulders, plenty of crosswalks, refuge medians, bus pullouts, special bus lanes, raised crosswalks, audible pedestrian signals, and sidewalk bulb-outs.

Numerous studies show that when safe infrastructure is provided, more cyclists and pedestrians use it.

Grandview Avenue is an excellent example that many of us are familiar with. Try to remember what Grandview used to be like! Think about it now! Think how many cyclists and pedestrians are out there now. Motorists expect cyclists to be sharing the road, and they are respectful. As more complete streets policies are implemented, motorists will be expecting more and more pedestrians and cyclists,

and they will act accordingly.

Complete Streets pushes toward that paradigm shift in which people respect each other’s right to use the roadways, making the world a safer, saner, healthier, and more beautiful place for all of us to share. Go to www.completestreets.org. Perhaps soon we will see Tacoma Wheelmen Bicycle Club on the list of supporters.

April Safe Psychling

by Carol Davis

A discussion of a principle from Michael Bluejay’s website: Bicyclesafe.com.

Collision Type #3: The Red Light of Death. This safety discussion really has me thinking. I am sure I am guilty of this. I am really going to pay attention to some of my habits.

When a light is red, what do you do as you approach the light? Have you ever stopped to the right of a car that is stopped at the light? That is the car’s blind spot. When the light turns green, the car may not see you, and it could turn right into you. The best place to stop is behind the car instead of to the right. That way you will be visible to traffic on all sides. The car behind you must see you. If there is room, you could pull up in front of the car on the right, so the driver must see you. However that breaks another one of Michael Bluejay’s principles: “Never pass a car on the right!” You may stop to the right behind the first car, and hope that another car doesn’t pull up directly to your left. Don’t count on cars to signal. They rarely do. Assume a car may turn right at any time. Remember, you can easily get hurt, even if you are following the laws!

Go to Bicyclesafe.com for a complete discussion of this principle.

Katy Trail Ride 2008

By Peggy Fjetland

Registration for the Katy Trail Ride across Missouri from June 16 to June 20 is now open! Go to www.mostateparks.com/katytrail and click on the "Ride West Katy Trail Ride" icon for details and to download the entry form. See you in Missouri!

Bob Myrick, TWBC's Director of Community & Government Affairs, files his April Government Affairs Report from New Zealand: "Invercargill has the world's most southerly Starbucks and an indoor sports complex with an indoor velodrome, very nice."

Would You Stop or Ride on By?

By Ralph Wessels

On a not-so-long-ago TWBC bike ride, the group was pedaling a loop route northeast on SR 507 towards lunch in Roy. It was one of those cool winter days where stopping for too long gets you cold fast. As we rode, there walking on the opposite side of the road was a male cyclist pushing his bike with a flat tire. From the new appearance of his attire and the overly clean condition of his upscale bike, I suspected that he had probably recently gotten into bicycling. The group stopped and asked if he needed help. He replied that he was walking to Roy, still 3 or 4 miles away, with the hope that there was a bike shop where he could get his tire fixed. It would have been a disappointing walk. There is no bike shop in Roy and not much else to help a bicyclist with a flat tire. Upon further inquiry, the cyclist indicated that he had no pump, tubes, patches or other items with which to repair the flat. Suspicions confirmed! All was remedied by two TWBC members who volunteered to fix his flat and rejoin the rest of our group in Roy. The lessons learned from this is be prepared for inevitable flats, do some contingency planning for emergencies, offer and accept assistance when needed, and know that those you help will in turn help someone else.

Similar to the story above, the Pt. Townsend Bicycling Association has requested TWBC's and others' assistance. The Olympic National Park Service will be doing construction on the road to Hurricane Ridge. The project is to last 2 years. This road is popular with bicyclists and there are at least two organized bicycle events that use the route. So there is an impact to recreation and the local economy. Regardless, the Park Service is planning to ban bicyclists for this period.

This is not the first instance of an agency wanting to ban bicyclists from roadways, both during construction and on a permanent basis. The WSDOT Traffic Engineer for our area wanted to ban bicyclists from SR 167 in order to avoid the providing safe crossings at on-ramps. Former Secre-

tary of Transportation Doug MacDonald stopped this by stating, "We are not going to ban bicyclist from highways". Thanks Doug! We wish all agencies had decision-makers with his clarity on the rights of bicyclists and inclusiveness of bike facilities in road design.

The following applies to the Hurricane Road situation.

RCW 46.61.750 states, "When riding on a roadway, a cyclist has all the rights and responsibilities of a vehicle driver."

The Manual on Uniform Traffic Control Devices sets the standards for traffic control on roads in Washington. Chapter 6A.01 states, "The needs and control of all road users (motorists, bicyclists, and pedestrians within the highway, including persons with disabilities in accordance with the Americans with Disabilities Act of 1990 (ADA), Title II, Paragraph 35.130) through a Temporary Traffic Control zone shall be an essential part of highway construction, utility work, maintenance operations, and the management of traffic incidents."

It is in our interests to make sure that agencies do not infringe upon bicyclists rights to use the road or omit bicycle facilities. If roads are closed to bicyclists in one area, it sets a precedent and encourages other agencies to follow suit. Elsewhere in the COG, you will find an appeal from the Bicycle Alliance of Washington to assist our friends on the Olympic Peninsula. Please take a few moments to contact the indicated elected officials on this. It is another opportunity for us to stop and not ride on by.

Bicycle Commuter Specialist Wanted

Washington's leading bicycle advocacy organization is looking for a highly organized and out-going individual to promote bicycle commuting and manage programs that support bike commuters. As the bicycle commuter specialist, you'll make presentations, attend transportation fairs and promote the role of bicycling in a balanced transportation system.

Day-to-day, you'll manage two contracts and will be part of a small, dynamic team that works tirelessly to make Washington's roads and streets safe and welcoming for bicyclists. FT (40hrs), based in Pioneer Square. Health benefits, paid vacation of 2 weeks first year, employer-contributed IRA, salary range \$30-\$32K. Details: www.bicyclealliance.org.

Tell Olympic National Park NOT To Ban Bicyclists! Your action is needed today!

(Information collected & edited by The COG Editor)

Contributors for this article: Louise McGrody, Bicycle Alliance of Washington; Jane Whicher, President of the Port Townsend Bicycle Association); Bob Myrick, TWBC's Director of Community & Government Relations.

Hurricane Ridge Road inside Olympic National Park is a popular summer destination for bicyclists who like the challenge of a 17-mile road rising from virtually sea level to 5420-feet. Park managers have been planning to repave the road for several years and Congress has provided \$12.7 Million to repave and repair 12 miles.¹ The road recently sustained storm damage.²

Citing "safety," the park **is planning to ban bicyclists for the entire two-year duration of the road repairs.** The road will remain open to all other vehicle traffic, including motorcycles. We believe that this is an unnecessary exclusion of bicyclists on what is a federally funded road open to all other forms of traffic.

Write to your members of Congress and Interim Park Superintendent Sue McGill and let them know that the proposed ban is totally unacceptable. Request that McGill meet directly with the Bicycle Alliance and other bicycle groups to reach an improved solution.

Key points to raise:

Hurricane Ridge Road is a popular destination for bicyclists.

Bicyclists who ride this road tend to be very experienced, fit riders.

The road will remain open to all other vehicle traffic. State, county and city governments in Washington manage to accommodate bicyclists during reconstruction projects without any problems.

No construction work will take place at weekends, but the ban is to remain in place then too.

Olympic National Park did not contact a single bicycle group in its out-reach efforts, even though bicyclists are the most affected users.

Contractors routinely deal with bicyclists on other road projects – this project is no more a safety issue than other road works.

We have a constitutional right to travel, affirmed by a State court case. If motor homers can travel on a road, so can we whether it be by horse, feet, bike or some type of motor vehicle.

You can go on-line to enter your zip code to obtain the name of your member of Congress at the following web address: <http://www.house.gov/htbin/zipfind>.

Washington's two senators can be reached by email or by calling a local office:

Senator Patty Murray: <http://murray.senate.gov/contact/>
Senator Maria Cantwell: http://cantwell.senate.gov/contact/office_locations.cfm

Interim Park Superintendent Sue McGill's address is as follows: Olympic National Park; Sue McGill, Superintendent; Olympic National Park; 600 E. Park Avenue; Port Angeles, WA 98362; sue_mcgill@nps.gov

Background on the issue is available in this Peninsula Daily News Article

Suggestion Points

Here are some suggestions for points to be made when contacting individuals concerning this issue:

Who you are and why this issue is important to you as an individual.

Bicycles are a non-polluting, quiet way of enjoying the National Park's natural beauty.

Roads that are open to motorized vehicle traffic should be open to bicycle traffic.

The experienced cyclists who ride on Hurricane Ridge Road are very aware of safety concerns.

The National Park Service should not discourage human powered transportation.

Unlike motorized vehicles, bicycles allow park visitation while causing virtually no damage to the roads.

Most road construction projects are carried out safely without prohibiting bicycles.

Added Gems of Information & Reference Material

This ride was featured on 1) Active.com last fall as one of the top bicycle rides: http://www.active.com/cycling/Articles/Top-Rides_-Hurricane-Ridge-in-the-Olympic-Mountain-Range.htm and also on 2) Pez Cycling News: <http://www.pezcyclingnews.com:80/?pg=fullstory&id=5367>.

Tell Olympic, cont. on page 6, column 2



RIDE CAPTAIN REPORT



By Carla Gramlich

Children's Safety Fair – May 3, 2008

Help is needed at this annual event to help fit helmets. The fair runs between 9 am – 3 pm at Foss High School. If you could work the whole day that would be great but you can work part of it. If you haven't done this event before, I will loan you a video on how to fit helmets and help with training at the event. This is a great event to help get low cost helmets on hundreds of children. Contact Call at 253 879-0115 or email ca_gramlich@yahoo.com.

As you are reading this column, I will be bicycling with the girls in Northern California. I am SO hoping for sunny/warm weather. Also, since I didn't get to practice hills prior to the trip, I am hoping that Carol has chosen a flat route. I guess I should be happy if I get half of those wishes.

Beyond the Daffodil Classic

It has been a cold, rainy spring. We had some nice weather early in March. I had eighteen cyclists turn out for one of my Sunday Afternoon rides on the Foothills Trail. When I approached the Trail Head, I didn't know what was happening since the parking lot was full and cars were parking on the road. Just a nice spring day in Pierce County and proof that we need more TRAILS!

TWBC also has a couple more organized rides that are in need of your help. On June 1, is the Peninsula Metric and September 7 is the Headwater. Volunteers are the reason that we are known for some great rides. Please access the sign-up sheet at twbc.org and consider a position for the PMC and Headwater.

Then we got hit with cold and heavy rains, again. Several times, I rode home in the pouring rain and was soaked. Which means pretty heavy rains, since my commute is only 1-1/2 miles. I have been putting off filling my car with gas and when I do, I get hit with sticker shock since the price has risen since the last time I filled it. It has been a good motivator for walking and/or bicycling.

Tell Olympic, continued from page 5

Hope you got to see Bicycle Expo in March. I helped with the TWBC booth, so I was up there all weekend. Always nice to see and visit with old and new cycling friends. I notice a trend in bicycles and gear for commuting. When gas is approaching \$4.00 a gallon, more people are looking at bicycling to help with some of their trips.

Bicycling up to the top of Hurricane Ridge is an important attraction on non-profit rides such as 3) Cascade's Ride Around Washington (RAW) and 4) Ride for a Reason (Native Planet). It is also featured as a part of tours offered by commercial tour companies that advertise nationally, including 5) Bicycle Adventures and 6) Cycle America.

If you are planning on doing STP, Ramrod or another ride, maybe you could consider leading some rides for the club to help with your training. Planning and scheduling some rides are a great way to keep up with your training. Also, I am sure other members will really appreciate these rides for their own training.

7) It draws independent cycle tourists from many parts of the country and from Canada. This route was also one of the day rides when the 8) Northwest Tandem Rally took place in Pt. Townsend in 2000.

Hoping to find some more ride leaders to help bring back the Thursday Night Family Ride. These rides are between 8 – 15 miles and relatively flat to encourage new members, families and any rider looking for an easier option. Let me know if you would like to help with these rides.

¹ Background on the issue is available in this Peninsula Daily News article, published February 16, 2008 at: <http://peninsuladailynews.com/apps/pbcs.dll/article?AID=/20080216/NEWS/802160303&template=printart>

² Information on recent storm damage to Hurricane Ridge Road is available at: <http://www.nps.gov/olymp/planyourvisit/current-closures.htm>.

April 's Humour For Dealing With Life:

Accept that some days you're the pigeon,
and some days you're the statue.

Commuting to Work by Bike

By Jim Ahrens, TWBC Safety & Education

Things you'll need: Bike, Helmet!!, Warm and Rainproof clothes, Map , Bike light, & Lock (optional).



Wear
Your
Helmet!

Step 1: Buy a bike. It doesn't have to be a speed machine, you won't be racing on it, but it does need to have all its parts working. Nothing's worse than having a broken derailleur on your way to work. Craigslist is a reasonable place to find a used bike. Or opt for a newer, cheap one from a bike store. Make sure a professional looks over whatever you buy, just as if you bought a used car. Don't spend more than a couple hundred dollars and probably far less!



Trusty Steed!

Step 2: Do your research before you get on the road. What streets are bike boulevards? What streets have a lot of traffic at commute time? Is there a bike path? Many cities have a bike commute month or information on alternative forms of transportation. They can typically offer advice or maps.



Road Type!

Step 3: Plan your route first. Draw it out on a map and know when you'll have to deal with lots of cars, so they don't take you by surprise.

Plan
Your
Route!



Step 4: Have the right gear. You'll be outside, so if it rains or is cold, you'll want a rain proof jacket and pants and some warm gloves. Either leave a change of work clothes at your office or pack your work clothes in a backpack or bag to come with you. You don't want to have to worry about getting mud splashed up on your suit.



Backpack!

Step 5: The right gear includes safety gear. Coming home after work it's often dark. Make sure you have lights on your bike and reflective gear on your clothes.



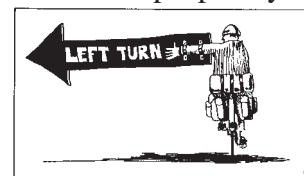
Lights!

Step 6: Learn basic bike maintenance, such as how to change a flat tire or a dropped chain. Many bike shops have basic classes or will be willing to teach you.



Basic
Maintenance!

Step 7: Be careful. Use hand signals for turns and always look before making lane changes in streets. Follow all traffic laws and signs. It is safer to ride in the street than on the sidewalk, regardless of what other people say.



Signal!

Step 8: Many offices have bike storage inside or are fine with you bringing your bike into your office. If this isn't the case, you'll want a good lock to lock the bike up outside.



Storage!

Step 9: Enjoy commuting right from your front door to the door of your office. Most of the time the weather is nice enough to ride and you could probably use the exercise.








Home
(Sweet Home)
At Last!



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  
04/01 Tues	9:30 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Start: Call Ride Line or check Club Website for details.
04/01 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.
04/02 Weds	Wacky	Wierd	Wild	Wednesday	National Peanut Butter & Jelly Day.
04/03 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. 
04/04 Fri	9:30 AM	1 A	20	Steve & Phyllis Lay 759 - 1816	3M Fridays. Join us for a fun ride around town & bring a lunch. We'll find a park or somewhere to eat. Start: Starbucks @ 26th & Proctor. 3MF's
04/05 Sat	9:30 AM	2 C	60	Gene Smith 272 - 6747	Daffodil Pre-Ride.    Start: Orting Bell Tower.
04/06 Sun	1:30 PM	2 A	30	Caroline Baker 548 - 0925	Sunday Afternoon Ride to South Prarie on the Foothills (paved) Trail. Start: East Puyallup Trailhead. 
04/07 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. 
04/08 Tues	9:30 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Start: Call Ride Line or check Club Website for details.
04/08 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.
04/09 Weds	5:30 PM	2 B	20 - 25	Peg Winczewski 475 - 3625	Knight Riders Return. Co-leader Marguerite Richmond, 272 - 1254. Start: Starbucks @ 26th & Proctor. 
04/10 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smoooothly. See 04/03 for Ride Details. 
04/11 Fri	9:30 AM	2 B	25 - 30	Steve & Phyllis Lay 759 - 1816	3M Fridays. Join us for a fun ride across the New Narrows Bridge; route is weather dependent. Bring a lunch & we'll find a park or somewhere to eat. Start: Starbucks @ 26th & Proctor. 3MF's



twbc monthly event schedule


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

Day/-Day	Time	Ride Code	Distance	Leader/Contact @ (253)	Ride or Activity    
04/12 Sat	8 AM	2 A	30	Carla Gramlich 879 - 0115	Daffodil Pre-Ride. Start: East Puyallup Trailhead.   
04/13 Sun	7 AM	Many	All	 TWBC 	Daffodil Classic. \$\$\$ Ride Chair: Sharon Remagen, 847 - 7907; volunteer or register via Club Website. Start: Orting Bell Tower. 
04/14 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee  Rain/Freezing Cancels. See 04/07 for Ride Details.
04/15 Tues	9:30 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Start: Call Ride Line or check Club Website for details.
04/15 Tues	7 PM	00 Meet &	00 Greet	TWBC 759 - 2800	April Club Meeting. M/A Wild West VFW Post #91, 2000 S. Union Ave., Tacoma. April's Topic: Commuting by bicycle
04/17 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smoooothly. See 04/03 for Ride Details. 
04/18 Fri	9:30 AM	1 A	20	Steve & Phyllis Lay 759 - 1816	3M Fridays. Join us for a fun ride around town & bring a lunch. We'll find a park or somewhere to eat. Start: Starbucks @ 26th & Proctor. 3MF's
04/19 Sat	8 AM	2 B	30 - 40	Steve & Phyllis Lay 759 - 1816	Pancake Breakfast Ride. Bring \$\$\$ for food in Spanaway. Start: Starbucks @ 26th & Proctor. 
04/19 Sat	8 AM	3 D	30 - 40	Gene Smith 272 - 6747	Ride around very hilly Vashon Island. Leave on 8:25 AM ferry, bring \$5.30 for ferry fee. Start: Pt Defiance Ferry Dock. 
04/21 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee  Rain/Freezing Cancels. See 04/07 for Ride Details.
04/22 Tues	9:30 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Start: Call Ride Line or check Club Website for details.
04/23 Weds	5:30 PM	2 B	20 - 25	Peg Winczewski 475 - 3625	Knight Riders Return. Co-leader Marguerite Richmond, 272 - 1254. Start: Starbucks @ 26th & Proctor. 
04/24 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smoooothly. See 04/03 for Ride Details. 
04/25 Fri	9:30 AM	2 B	25 - 30	Steve & Phyllis Lay 759 - 1816	3M Fridays. Join us for a fun ride across the New Narrows Bridge; route is weather dependent. Bring a lunch & we'll find a park or somewhere to eat. Start: Starbucks @ 26th & Proctor. 3MF's



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
04/26 Sat	9:30 AM	2 B	35 - 40	Jim De Young 686 - 8995	Dupont to Olympia's Saturday Farmers' Market. Start: Dupont (Exit 118) @ Forza's, 1 block south of P&R.
04/27 Sun	9:30 AM	2 B	50	Gus Fant 564 - 4710	Ride to Rainier. Bring \$\$\$ for lunch in town. Start: Dupont P & R. 
04/28 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee ☕ Rain/Freezing Cancels. See 04/07 for Ride Details.
04/29 Tues	9:30 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Start: Call Ride Line or check Club Website for details.
05/03 Sat	6:30 - 8:30 AM	All	34, 65, & 100	Vancouver Bicycle Club	Ride Around Clark County , Vancouver, WA. \$\$\$ www.vbc-usa.com
05/04 Sun	8 - 10 AM	All	32, 46, & 62	Port Townsend Bicycle Assoc.	Rhody Tour , Pt. Townsend, WA. \$\$\$ www.ptbikes.org
05/04 Sun	6:30 - 10 AM	All	50, 70, & 100+	Phil's South Sound Cyclery 661 - 3903	May Day Metric , Federal Way, WA. \$\$\$ A challenging recreational ride. Proceeds benefit BAW. www.maydaymetric.net

Seen At The 2008 Bike Expo....

Here is a photo of a guy demonstrating a bicycle that mows. Instead of using gas, use pedal.



(Photo submitted by Carla Gramlich)

the cog page 10

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.

membership report by Phyllis Lay

Renewing Members: Sally Budack, Lynn Clark, Robert Cooper, Sue Dervin, Christine Diedrich, Dave Parker, and Heinrich & Irmgard Schmidt

New Members: Kent Achtyes, Dennis Bunt, Barbara French, Gail Grill, Russell Hale, Bridget Hawk, Ann Pintar, Gretchen Roosevelt, Kurt Schaefer, Paul Schrup, Vanessa Sherrill, & Mikeal Treadwell.

Ride Calendar page 3

Important Dates for Bicycle & Other Events

(Volunteers for events are welcomed! Unless stated, contact President Carol Davis or Ride Captain Carla Gramlich)

April 12, Saturday: Cyclefest at REI from 11 am to 4 pm, in Tacoma.

April 13, Sunday: **TWBC's Daffodil Classic**, Orting.

April 15, Tuesday: **TWBC Monthly Meeting**, Commute to Work, VFW Hall.
Bring your front & rear bike lights & we'll have a contest of whose light is brightest!

May 3, Saturday: Children's Safety Fair, Foss High School.

May 3, Saturday: Vancouver Bicycle Club's **Ride Around Clark County**, Vancouver, WA. See flyer, this issue *COG*

May 4, Sunday: Pt. Townsend Bicycle Association's **Rhody Tour**, Pt. Townsend, WA. See flyer, this issue *COG*

May 4, Sunday: Phil's South Sound Cyclery's **May Day Metric**, Federal Way, WA. Proceeds benefit BAW.
253 - 661 - 3903, or www.maydaymetric.net

May 9, Friday: Safety Day, Soldier's Field House, Ft. Lewis. Contact President Carol Davis or Jim Ahrens,
Safety & Education Officer.

May 10, Saturday: Tacoma City Marathon. Course marshals (on foot!) definitely needed, (& possibly) 4D Club type
cyclists to 'shepherd' the lead runners & wheelchair contestants. Nice jacket as a thank you for volunteering.
Contact Newsletter Editor Dena Wessels, or T.C.M. Rob Hester, rob@tacomacitymarathon.com.

May 10, Saturday: Skagit Bicycle Club's **Skagit Spring Classic Bicycle Ride**, Burlington, WA.
See flyer, next month's issue *COG*

May 12-17, Monday to Friday: Bike To Work Week.

May 14, Wednesday: Evening Ride to Celebrate Bike to Work Week, 5:30 pm, starting at Tollenfson Square (1700
Pacific Ave.) in Downtown Tacoma, and riding to the Harmon's HUB, on St. Helens St., for Happy Hour!

May 16, Friday: National Bike To Work Day.

May 17, Saturday: Sustainable Living Fair, Tacoma Dome.

May 18, Sunday: Capital Bicycling Club's **Two County Double Metric Century**, Olympia, WA
See form, next month's issue *COG*

May 21, Wednesday: **Ride of Silence**, National Day - Local ride in Tacoma to remember cyclists
that have been killed or injured. Start @ Starbucks @ 56th St. & S. Tacoma Way.

May 31, Saturday: Ride with the Big Wheels. At 9 am, start to ride the trail at any location. At 11 am, start ride in Gig
Harbor and Tacoma with the "Big Wheels." At Noon - Party Central Wildside Wine.



Tacoma Wheelmen's Bicycle Club

presents

33rd Daffodil Classic Orting, Washington



If you wish, you may register with the discounted rates
by 04/10/08 on Active.com at the following address:
http://www.active.com/event_detail.cfm?EVENT_ID=1541140&CHECKSSO=0

Day of Ride:
Sunday,
April 13, 2008.
If you don't
want to register
on line with Active.com,
save time on ride day
by filling out this form
ahead of time
and bring it with you!

Make all checks payable to: TWBC

Please print clearly
complete one application per participant - additional forms at: twbc.org

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

email: _____

Day of ride fees:
Age 7 to 17 \$10
Age 18 or Older \$20
Family (kids under 18 same household) \$45
Children 0 to 6 Free
Shirts Limited quantities available \$17

S _____
M _____
L _____
XL _____
2XL _____
(shirts are men's short sleeve)

Unclaimed shirts and souvenirs become property of TWBC at noon on day of ride. *SORRY THERE ARE NO REFUNDS*

HELMETS APPROVED BY CPSC, SNELL, ASTM OR ANSI REQUIRED FOR THIS EVENT

Tacoma Wheelmen's Bicycle Club (TWBC) Daffodil Classic Release

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

In consideration of the acceptance of this entry & by signing this Release for myself (or for the participant if the participant is under 18) I agree to RELEASE, HOLD HARMLESS, and INDEMNIFY TWBC & all sponsors, advertisers, owners & lessors of premises on which the activity takes place, their respective officers, agents & members, & any other parties connected with the bicycle event for any injury, loss or damage suffered as a result of participation in the bicycle event or any activity associated with it, including injury, loss or damage caused by the Negligence of any party.

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

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

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

Helmets approved by CPSC, SNELL, ASTM or ANSI are required for this event.

Signature of Participant: _____ Date: _____

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

YOU MUST SIGN AFTER READING FOR REGISTRATION TO BE COMPLETE!

Important!!

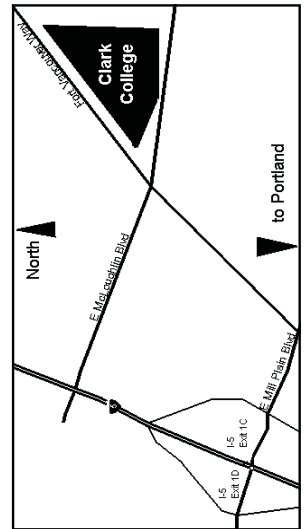
HELMETS REQUIRED!! Participants must wear **APPROVED** helmets during the entire ride. Headphones are not allowed on the ride.

RACC SCHEDULE: Saturday, May 3rd
6:30 a.m. to 8:30 a.m. — Day of Ride Registration and Pre-Registration Packet Pick-up. Packet includes detailed course map, t-shirt if ordered, and goodies.
6:30 a.m. Course opens.
5:00 p.m. Course closes.

All riders must be on the road by 9 a.m. NO EXCEPTIONS!
 Packets not picked up or claimed by 5 p.m. the day of the ride become the property of the VBC.



From each paid registration, a minimum of \$1.00 is donated to each of the following: The Bicycle Transportation Alliance, Bicycle Safety Coalition, and The Bicycle Alliance of Washington.



Vancouver Bicycle Club
 Ride Around Clark County
 PO Box 1456
 Vancouver, WA 98668-1456

PRSR STD
 U.S. POSTAGE PAID
 VANCOUVER, WA
 PERMIT NO. 695

25th ANNUAL RIDE AROUND CLARK COUNTY SATURDAY MAY 3rd, 2008

Four Beautiful & Challenging Rides



Through Clark County, Washington

www.vbc-usa.com
 Phone: 360-834-6737



We thank these gracious sponsors:



Shell at Fisher's Landing
 Coffee Shak, Valvoline
 & US Post Office



RACC 2008 Choices: 18, 34, 65 or 100 miles



Register online at:
www.signmeup.com/
 59174

OFFICIAL ENTRY FORM
25th ANNUAL RIDE AROUND CLARK COUNTY
Saturday, May 3, 2008

From the TWBC
Cognitive Courier

Please complete one entry form per entrant. Tandem entries must complete two entry forms. No confirmations of entry will be sent. Entry form must be completed in its entirety for each applicant & volunteer.

Make Checks Payable To: VANCOUVER BICYCLE CLUB
 Send Checks or Money Orders to:
 RACC, PO Box 1456, Vancouver, WA 98668-1456
 No Refunds



First Name: _____ Last Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

PRE-REGISTRATION: (Postmarked by Monday, April 21, 2008)

Your check must accompany this form.

- VBC Member (34, 65 or 100 mile)... \$15.00 18-mile ... \$10.00
- Non-Member (34, 65 or 100 mile)... \$20.00 18-mile ... \$15.00
- T-Shirt ... \$12.00

Not a Vancouver Bicycle Club member?

JOIN when you register and be eligible for VBC member ride price.

- Individual Membership ... \$15.00 1 yr \$26.00 2 yrs
- Family Membership ... \$20.00 1 yr \$36.00 2 yrs

DAY OF RIDE REGISTRATION

- VBC Member (34, 65, 100 milers)... \$20.00 18-mile ... \$15.00
 - Non-Member (34, 65, 100 milers)... \$25.00 18-mile ... \$20.00
- Ask about availability of RACC t-shirts. \$15.00

All Participants Must Read And Sign Waiver Below.

If Participant Is Under 18 Years Of Age, Parent Or Legal Guardian Must Sign.

I acknowledge that this athletic event is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of athletes, equipment, vehicular traffic, actions of other people including, but not limited to, participants, volunteers, spectators, event officials, and/or producers of the event, and the lack of hydration. These risks are not only inherent to athletes, but are also present for volunteers. I hereby assume all of the risks of participating and/or volunteering in this event. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment, or property owned, maintained or controlled by them or because of their possible liability without fault.

PRINT NAME _____ AGE _____ SIGNATURE of participant or if under 18 guardian must sign _____ DATE _____

4 GREAT LOOPS TO CHOOSE FROM

All routes start and finish at Clark College Hanna Hall, 1820 Fort Vancouver Way, Vancouver, Washington.

18-MILE LOOP, follow pink Dan Henrys, Start/Finish Line support only (Clark College open 6:30am-5pm).
 Travels east through Cascade Park and back.

34-MILE LOOP, follow blue Dan Henrys, 1 Rest Stop at Lacamas Lake open 7-11am. Travels east around Lacamas Lake and back to Clark College. (1,000 elevation gain)

65-MILE LOOP, follow yellow Dan Henrys, 2 Rest Stops: Lacamas Lake & Daybreak Park (open 9-3pm).
 Travels east, around Lacamas Lake, then north through the hills of Hockinson, through Battle Ground, to Daybreak Park, west toward Ridgefield, then south through Felida and back to the finish at Clark College. (3,000' elevation gain)

100-MILE LOOP, follow white Dan Henrys, 3 Rest Stops: Lacamas Lake, Moulton Falls (open 9-1pm) & Daybreak Park. Travels east, around Lacamas Lake, then north through the Hockinson hills to Battle Ground, continuing north to Yacolt & Amboy. Riders then head west on a new route through the scenic Cedar Creek / Lewis River area, and south through La Center (revised route for safety) to Daybreak Park. Riders proceed west toward Ridgefield, then south through Felida and back to the finish at Clark College. (4,800' elevation gain)

AID/FOOD STATIONS

Rest rooms, beverages & food are located at all rest stops and at the start/finish. Our famous Trail Putty will again be provided as well as energy drinks, fresh fruit, bagels, potatoes, cookies and other goodies. Stores en route for emergencies: Lacamas Lake, Hockinson, Heison, Yacolt, Amboy, La Center. Massage therapists will be working at the Clark College finish line on a fee basis.

RIDE SUPPORT

Although there will be sag support, riders and their bikes should be in good shape. Trained mechanics will be available at rest stops.

WHAT TO BRING & WEAR

We recommend you carry identification, a spare tube, patch kit, tire irons, pump, water bottles and extra money at the very least. **Warm Clothing & Rain Gear** are **Highly Recommended**.



Rhody Tour

Metric and Half-Metric Century

Port Townsend, Washington
THE RIDE IS ON SUNDAY, MAY 4th., 2008. Registration is from 8:00 am until 10:00 am at the Haines Place Park & Ride Lot, in Port Townsend. The course closes at 4:00 PM.

RHODY TOUR REGISTRATION				
Individual	\$20	Family	\$40	\$ _____
PTBA MEMBERSHIP FEE				
Individual	\$15	Family	\$25	\$ _____
PTBA Members receive a DISCOUNT on the RHODY TOUR.				
Individual	-\$5	Family	-\$10	\$- _____
TOTAL				\$ _____
WEB: http://www.ptquide.com/rhodytour				

Complete this waiver and registration form. Make checks payable to PTBA.
MAIL TO: Port Townsend Bicycle Association P.O. Box 681 Port Townsend, WA. 98368. PH. 360-379-2796

Last Name (print)		First Name	
Street Address		City	State Zip
Home Phone ()	Emergency Phone ()	E-mail	

Each participant in the Rhody Tour must read and sign this Release and Agreement to Hold Harmless.

- In consideration of the acceptance of this entry application for the Rhody Tour and/or membership in the Port Townsend Bicycle Association ("PTBA") and by signing this Release for myself (or for participant if under 18) I agree to RELEASE, HOLD HARMLESS and INDEMNIFY PTBA ; the Washington State Department of Transportation; Jefferson County; the City of Port Townsend, and their officers, agents and members; and any other party or entity connected with them for any injury, or loss or damage (including injury, loss or damage caused by NEGLIGENCE) to any individual suffered as a result of participation in the Rhody Tour bicycle event or any activity associated with it or with membership in PTBA including club rides and events.
- I understand that there are certain risks associated with bicycle riding, including the risk of serious personal injury or death, and I expressly agree to assume those risks. I understand the route chosen is challenging, not necessarily the safest or easiest route, and that weather conditions may make this ride more difficult. I warrant that I am in proper physical condition to participant in this event, that I am a sufficiently competent cyclist to handle the road conditions, and that my bicycle is in a safe operating condition.
- I understand that wearing a helmet that meets the ANSI or SNELL bicycle safety standards can minimize head injuries which may occur in a cycling accident and that PTBA requires all Rhody Tour riders to wear a helmet while participating in this and all club events and to follow the rules of the road and all applicable laws and safe bicycling practices. It is my responsibility to insure that my helmet meets ANSI or SNELL standards.
- I understand that this RELEASE is also binding on my heirs and representatives. If I am signing on behalf of a minor. I accept full responsibility for all medical expenses incurred as a result of the minor's participation. I agree to HOLD HARMLESS and INDEMNIFY the entities named above for any claim brought on behalf of the minor.
- I understand that photos may be taken during the Rhody Tour or other PTBA events and I hereby give PTBA the right to publish any photographs in which I may appear.

_____	Date	_____	Date
Signature of Participant		Signature of Parent/Guardian if participant is under 18 year of age.	



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

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

April
2008



mail to:



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: _____ @ _____

(all info. is for Club use only--please print clearly!)

Please Check Those That Apply:

New Member Renew Addr Chg

Please Note: *COG* delivery is now electronically via E-mail, unless you indicate here for the more costly, less 'Green' delivery method through the US Postal Service.

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

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

One-time Initiation Fee\$5 _____

Total Membership Fee(s)\$ _____

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

Thanks for becoming a Member of TWBC!