

May 2008



Big Wheels Event

By Bob Myrick

Ride or Walk with the Big Wheels. This is the first annual Ride or Walk with the Big Wheels Free Ride. Come celebrate the Scott Pierson Trail, the Sixth Avenue Business District, the Narrows Bridge Path, the Cushman Trail and the CarLESS Commute.

On Saturday, May 31, 2008, you can join elected Officials and Government Officers on a great informal celebration of Tacoma and Pierce County's new commuter and recreational bike path route running from the middle of Tacoma to Gig Harbor. This free, informal, unorganized event also celebrates the 17th Annual CarLESS Commute. A two-week program at the beginning of June, CarLESS Commute promotes walking, bicycling, riding the bus, commuter train, sharing the ride with someone else like carpooling or vanpooling, or trying an alternative work option like telecommuting. Participants are encouraged to burn calories, not carbon.

If you can, you should try to walk, bicycle, take the bus, or carpool to (Ride or Walk with the Big Wheels) event. How does it work? On the Tacoma side, you can enter the trail system near South 25th and State Street south of the News Tribune Building at South 19th and Trafton. You can also enter the trail system just south of the shopping center at Union and SR16. For a shorter walk across the bridge, you can enter the system at the Park and Ride lot at Sixth Avenue and Skyline Drive. On the Gig Harbor side, you can enter the trail system at the Park and Ride lot on Kimball Drive or several other places like Olympic Village or the trailhead on Reid Drive (14th Avenue NW).

Big Wheels, continued on page 3, column 2



Volunteer and Ride the PMC

By Jan Brame, Director of Special Events



The Peninsula Metric Century ride is fast approaching on Sunday June 1st. Now that the Daffodil Classic ride has been successfully accomplished there is no time to rest on our laurels! Now we kick into high gear for the planning of the PMC.

This is a fabulous ride that deserves as much energy and talent that people have given to the Daf. So please consider volunteering. There is a link on our web site that makes signing up easy. Lots of positions are still open and the benefits to the volunteer include riding free, a souvenir shirt and the always, fabulous pizza party.

The PMC is unique because we offer two starting points for registration: The Gig Harbor Medical Center and the Southworth Ferry Dock. The Southworth start is very attractive to riders coming from Seattle, but that does mean double the registration volunteers needed.

So put in your order for a super sunny Sunday on June 1st, come out and volunteer and ride. You get to meet other members you might not otherwise get to know and have a lot of fun!

The COG Home Page

**Next Club Meeting:
Tuesday, May 20, 2008**

**May Ride Calendar Deadline:
Wednesday, May 21, 2008**

**May COG Article Deadline:
Thursday, May 22, 2008**

(If you don't receive your newsletter, whatever the delivery method, 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

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vp@twbc.org

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Sharon Remagen, 253 - 847 - 7907

PENINSULA METRIC (2008):

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Mary Dahl-Smith, Ron Nowicki
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Caroline Baker

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Ralph Wessels, 253 - 857 - 5658

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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!**

May Draft Lines

By President Carol Davis



A couple meetings back, I had suggested a ‘Table Talk’ topic, “What are the benefits of joining the Tacoma Wheelmen Bicycle Club? What keeps us coming back for more?!”

Of course, many of the comments were about riding: new routes and places to go, such as great restaurants and bakeries; learning about the technical aspects of riding and equipment and gear; informative meetings.

But overwhelmingly, the greatest benefit of all is the people in the club! The club ‘mores!’ The Tacoma Wheelmen has a *culture* that helps promote the way the world at large should be.

First of all, to me, is *Diversity*. We are open to all people, all walks of life, and all ages. Everyone is accepted no matter how they look in spandex, and no matter what their riding ability is or even if they ride at all. People are free to contribute in whatever capacity they can, or stand on the sidelines until they are ready to join in.

Next is the attitude of *Helpfulness*. People just pitch in to do whatever is needed. How else can we pull off our great events? Everyone has a different knowledge level, and everyone contributes accordingly. No one is put down or judged. If a detail is not attended to, others just pitch in to help keep things running.

There are many ways to become involved, although most people join to ride. I’ve met some people who are hesitant to come out on a club ride. I try to tell them there is nothing to worry about. Others on the ride are supportive and encouraging. They will wait for you if you ride slowly. They will help you if you have a flat. You can’t convert your friends to being cyclists, so if you join the Tacoma Wheelmen, you will have a ready group of friends who are already cyclists.

There is something about spending a day together on the road that encourages camaraderie and friendship. Excellent conversations evolve! Try spending a weekend, or a

week or two on the road together. You get to know people on a whole other level. We learn each other’s idiosyncrasies, and accept each other in spite of them.

The Tacoma Wheelmen Bicycle Club is one big happy family! Once a Wheelman, always a Wheelman. Don’t hesitate to join in.

Big Wheels , continued from page 1

Party Central will be the Sixth Avenue Business District between Pearl Street and Skyline Drive, but you can also grab something to eat at Bertolino's Coffee Bar on Union Avenue or several great places just off the trail in Gig Harbor. On Sixth Avenue, you will find lots of good places to eat including a Subway, a coffee shop, a smoothie shop and a small Lebanese restaurant. The epicenter will be next to JT's Barbeque and the Wild Side Wine Shop at Sixth and Oxford (Skyline). Big Wheels are encouraged to plan on being there at 11:30am. This unorganized event happens from dawn to dusk. If you ride from end to end, the round trip distance is about 24 miles. The roundtrip walk across the Narrows Bridge from the Sixth Avenue Park and Ride lot is about 3 miles. Please come celebrate Tacoma/Pierce County's great new bike path and have a really good time.

Safe Psychling By Carol Davis

Another great tip from “Bicyclesafe.com” summarized by Carol Davis

Take the Whole Lane (When Appropriate)

Most of us try to stay to the extreme right whenever possible, but there are times when it may be safer to take the whole lane. Consider these situations:

- Cars at intersections ahead of you can see you better. Oncoming cars at those intersections are not looking at the far side of the road. (Think about that as a motorist, too)
- Taking the whole lane will prevent cars from passing too closely. Sometimes there is not enough room for cars to pass you safely.
- Avoid being a “door prize” (being hit by an opening door.)

Safe Psychling..., contin. on page 15, column 2



Bob Myrick
TWBC Director of
Community and
Government
Affairs

Government Affairs Report

Our Committee met again on Tuesday, April Fool's Day at the Taqueria Guadalajara in the Stadium District at First and Tacoma Avenue. Our next meeting will not be there as we will be trying the new HUB Restaurant just down the street at about 223 Tacoma Avenue South. It is near the Temple Theater, has a bicycle theme and is part of the Harmon Pub operation. We will meet there on Tuesday, May 6 at about 6 pm.

At the beginning of our meeting, we discussed the new bicycle themed HUB restaurant and noted there will be short ride from near there in the evening during Bike to Work Week in May. I discussed my efforts to work with the County Parks to produce a State of the Trails Report for trails thruout our County. We hope to have a draft report for the Forever Green Trails Advisory Committee meeting the last day of April. I have received a "technical" report from the County regarding the Foothills Trail. We went on to discuss the hoped for construction of part of the Water Ditch Trail this summer.

After dinner, we talked about the Complete Streets resolution adopted by our Tacoma/Pierce County Health Department. Staff at the agency will now approach our other units of local government in an effort to have them adopt their own Complete Streets Ordinances or Resolutions. We hope that Ordinances are adopted since they have the force of law whereas a Resolution often just states the intention to design complete street. (See Editor's Notes below).

Ralph was curious as to why our TWBC Board chose not to get overly involved in the banning of bikes from the Hurricane Ridge Road in Olympic National Park. My understanding is the Board thought it was primarily a matter for the Bicycle Alliance of Washington and the Port Townsend Bicycling Association. In the meantime, Helen Engle wrote Congressman Norm Dicks and asked for his assistance with this matter.

The Livable Communities Fair is coming on May 17 at the Tacoma Dome. We plan to have a booth with the Foothillsfolks. Our activities will be advertised along with

our planned Big Wheels Ride on May 31. 

I gave a report on the Spanaway Lake Trail where our Tuesday Ride got to see and enjoy the trail. We also talked about the new 3-mile Interurban Trail in Milton. The trail will have been dedicated and put into service by the time you read this news. We went on to discuss the need for Dixie's Way spur trail from Shaw Road about 1150 feet down to the Foothills Trail at Meeker's Landing. We want to put in a dirt or gravel surface by this summer so users can have a safe nonmotorized way to the trailhead from downtown Puyallup. The vision is for a trail on the north side of the railroad tracks since it is much quieter than being next to the Pioneer road.

At the conclusion of the meeting, we talked about the REI Bike Fest and our participation. I understand the event was well attended and most people had a good time and learned a few bike related things.

If Spring finally comes by May 1, I hope you cycle more and worry less. I plan to keep visualizing a complete system of trails thruout the County sprinkled with mountain bike parks near the well-traveled trails.

(Editor's Notes: For a copy of the Health Department's Presentation, go to: http://www.completestreets.org/documents/BOH_Presentation_FINAL-1.pdf. For a copy of the Health Department's Resolution of Complete Streets, go to: http://www.completestreets.org/documents/2008_BOH_CS_Resolution_FINAL.pdf. To view a monthly newsletter of progress across the nation, go to: <http://www.completestreets.org/CompletestreetsNewsletter.html>.)

Celebrate National Bike Month

(Suggestions from League of American Bicyclists)

1. Make a CD of songs with the word "Bicycle" in the title or the band name.
2. Wear spandex to your next Board Meeting.
3. Purchase a "Share the Road" license plate.
4. Write your elected representative about the importance of bicycling or "Complete the Streets."
5. Attach playing cards to your bike wheel & ride around like you did when you were a little kid.



RIDE CAPTAIN REPORT



By Carla Gramlich



I came back from the Spring Northern California Trip with a red nose. I think it was because of the sun and had nothing to do with the wineries that we visited. We had sun most of the week but cold mornings. That didn't matter because most days we had hills to climb and we got warm rather quickly. If you remembered I was hoping for sun and no hills. I got half of my wish. Thanks to Carol for putting on another wonderful trip.

May is a pretty exciting month. We have Bicycle to Work week in Tacoma, The Ride of Silence and The Big Wheel ride at the end of May. After the April Club Meeting on commuting, I hope everyone is able to do a couple of days commuting in May and leave your car at home. Maybe it will be the start of a wonderful new habit.

I try to lead a ride on the Burke Gillman Trail a couple times each year. In March, I had it scheduled and got a call about carpooling up to Seattle. I have been thinking about talking about how to get more people to carpool or bicycle to the start of rides. I suggest that if you are interested in carpooling to one of our rides or an organized ride, you could become a member of the TWBC "Google" group and send an email out to that group.

Another option is to use the sign up ("Intend to participate" section) on the TWBC web calendar. Some people do use this to sign up for a ride. Here is another way to get your message out that you are looking for a carpool or could offer to take people to the start. Just leave your message in the "Notes" section when you fill it out. If you are looking for someone to carpool or can offer to carpool to the start of a ride, check out the "Who's going" section that will list riders and any notes. Also, feel free to call the Ride Leader, but try to plan ahead and call a few days before the ride. If you have other ideas, please let me know. If the start is close by, try riding your bicycle to the start!

Ron Nowicki has volunteered to be the Captain of the TWBC Courage Classic Team (see article this issue). Ron has put together a fantastic schedule to help everyone prepare for that ride in August. The Courage Classic is great ride with some fabulous rest stops and supports a serious

cause. Please consider being part of the TWBC Team and giving Ron a call.

June 5th will be the first Thursday Night Social Ride. I can lead some Rides on Thursday Night but would love to find a few more leaders so we can have a ride every week during the summer month. These rides are around 8–15 miles and a great way to get new riders out with the club. But they are for everyone to get out and ride at a social pace and visit. Hoping to get some help and see more people out every Thursday evening.



May 3rd, Annual Safety Fair

Volunteers are needed to fit helmets at Foss High School in Tacoma. I will train if you haven't done this before. Please consider an hour or two. Call Carla at 253 879 0115 to volunteer.



May 24th –26th, Memorial Day Weekend Trip

All the rooms are taken at the Grand Lodge in Forest Grove and a few members have taken rooms at a motel down the street. So there maybe rooms available in Forest Grove if you would like to attend. The Grand Lodge will have music on Saturday Night and a movie we can attend on Sunday evening. Weekend plans on being a fun filled weekend of bicycling, wine (and/or beer), and music. If it rains, we can drop the bicycling and still have a wonderful weekend.



July 5th – 12th, Bicycle down to Eugene for the Oregon County Fair

You can still signup to do this trip but you need to do it soon to get your rooms reserved. This will be a mellow trip down to Eugene. Then we will spend a day at the Oregon County Fair and return via Amtrak. For either of these trips to Oregon, call or email Carla Gramlich, 253 879 0115 or ca_gramlich@yahoo.com.

Sharing the Road Tips (Cyclists)

Ride Predictably: Ride in a straight line; don't swerve in the road or between parked cars; anticipate hazards & adjust your position accordingly.

Sharing the Road Tips (Motorists)

Pass with Care: When passing, leave three to four feet between you & a cyclist; Wait for safe road & traffic conditions before you pass.

**Special to the Web Version of the COG:
Will not be seen in Print until the June Issue!**

Your Body Functions as a Machine— Utilize the Correct Fuels!

By Jim Ahrens, Safety & Education

Do you ride a bike or spend time in spinning classes? Great! You can eat what you want... well, sort of. You can definitely consume more calories, but the right balance of what you eat will give you lots of energy, help you feel better, fuel that body of a machine and (listen to this) help you lose weight, if that is your goal (Loosing weight wasn't my goal but 30 pounds came off after riding a little over 10,000 miles in two years).

There exist several food plans, but one of the best food plans for the sport of cycling is one that involves plenty of low fat, high carbohydrate foods to provide energy, and plenty of fluids to provide hydration. While 'carb' is an evil, four-letter word for most dieters, they are not an evil food (fuel) for cyclists. The preferred source(s) of energy for cyclists is (are) carbs: specific types! Since our bodies constantly burn carbs as fuel while cycling (as well as for daily activities), you have to replace them at regular intervals with a high carbohydrate diet.

Carbs have several sources, and not all of them are good, or preferred. The ones that give carbs a bad rap are those made with simple sugars and refined flours. Complex carbs are the ones needed for cycling.

Get your fill of carbohydrates through fruits, vegetables, beans (you are malodorous from a good sweat anyways), and whole grain breads, rice and pasta (read the product label—you want whole grains, not enhanced ones). Balance your (fuel) diet with lean protein and a small amount of fat (the right kind is good for you). Again, read the product label, found on the sides of food packaging—these lists contain information about the product. When picking one product over another compare the calories from fat against the total calories of the food product and try to select those with 30% or less of the calories from fat.

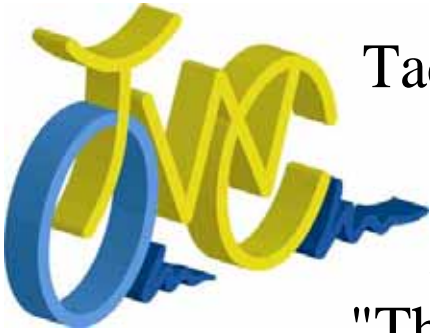
Another thing to remember: when you eat is almost as important as what you eat. About one hour before a Ride,

fuel your engine with a high carbohydrate snack or small meal. Some things that seem to work are fresh fruits (wash 'em first!) and whole grain toast or the cyclists' old standby, one half of a whole-wheat bagel topped with peanut butter. Try out things and see what works best for you. Remember that foods (fuels) for short rides will differ slightly from those for longer rides.

If your Ride is going to be Longer than an Hour, you'll need to refuel with more carbs. For each half hour you ride Beyond the First Hour you should plan to consume about 30 to 40 grams of carbohydrate (remember complex, not simple). This is a good time to think about carrying and eating (or drinking) a sports drink, energy bar or gel. See what works best for your engine prior to a 'Big Event' Ride. After a Lengthy Ride, eat a high carb snack or meal—it will replenish your engine and help you prepare for your next ride. Try out different 'after ride' fuels to see what helps you recover best, & try to prepare that fuel before you leave for your next ride. That way you can return home & fuel up instead of just trying to stuff down your throat whatever you can easily reach.

I like reminding riders to drink fluids before, during and after riding to stay hydrated. You don't want to find out you didn't drink enough water when the temperatures are in the 80's your water bottles are empty and there's no store in sight. Becoming dehydrated is one of the worst things that can happen: be proactive and push lots of fluids, even before you feel thirsty. Recommend drinking is at least 8 - 12 ounces of fluid immediately Before a Ride (I usually drink a liter), another 8 ounces every half hour During a Ride, and After the Ride enough to gradually replenish those fluids you lost while you were having fun. FYI - in 2006, I consumed about 45 liters of water riding the STP in one day, not including before or after).

How many ounces do your water bottles (or water system) hold? Next time you rinse the bottles or bladder out, grab a measuring cup that is marked in ounces & fill 'er up! When you know how many ounces your bottles or water system contains, you can tailor your hydration schedule by how many, or what size bottles or system you take with you on a ride.



Tacoma Wheelmen's Bicycle Club
Presents

Joe Kurmaskie
"The Metal Cowboy"



May 20, 2008 at 7:30 PM

6:30 PM - Club Meeting 7:00 PM - Refreshments

*"A modern day Mark Twain on two wheels." - USA Today.
"Bill Bryson trapped in the body of Lance Armstrong." - Boston Globe*

It's been nearly a year since Joe Metal Cowboy Kurmaskie pedaled through Tacoma for a rowdy evening of slides and storytelling, humor and humanity. Since his last appearance Joe's managed to log another a few more miles of mayhem; solo, with his pint-sized posse of sons, and most recently, pushing and pulling a caravan of five family members cross the length of Canada. Joe will take you on one helluva a travel adventure without having to leave your zip code.




**Members, families and Friends are invited to this free,
special club meeting and show at:
Wild West VFW Post #91
2000 S. Union Ave, Tacoma WA**

More information can be found on our website: twbc.org.



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
05/01 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smooooothly. 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. 
05/02 Fri	9:30 AM	1 A	25 - 30	Lou & Karel Vance 921 - 4847	3M Fridays. Meander ride around town. Start: Starbucks @ 26th & Proctor. 3MF's
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
05/03 Sat	9:30 AM	00 Meet	00 & Fit	Carla Gramlich 879 - 0115	Annual Children's Safety Fair , 10 AM - 2 PM. Needed: volunteers to help fit helmets. Start: Foss High School Gym & Parking Lot, 2112 S. Tyler, behind Cheney Stadium. 
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. www.maydaymetric.net
05/04 Sun	8 AM	2 B	Varied	Ron Nowicki 661 - 2664	Ride the May Day Metric w/ TWBC. Meet Ron @ 8 AM to do the 75 mile Loop. Start: Phil's South Sound Cyclery, Federal Way.
05/04 Sun	8 - 10 AM	All	32, 46, & 62	Port Townsend Bicycle Assoc.	Rhody Tour , Pt. Townsend, WA. \$\$\$ www.ptbikes.org
05/05 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. 
05/06 Tues	9 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Note Earlier Start for the summer. Start: Call Ride Line or check Club Website for details.
Pace Code Chart , Egs: Average mph on flat surface: 1 - Easy pace, frequent stops to regroup, 9-12 mph on flats. 2 - Moderate pace, occasional stops to regroup, 12-15 mph. 3 - Steady pace, limited stops, cue sheets/maps, 13-16mph. 4 - Fast pace, very limited stops, cue sheets/maps, 16 + mph.					Ride Code Chart , 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)



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Day/ Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
05/06 Tues	6 PM	00 Meet	00 & Eat	Bob Myrick 473 - 7455	Government Affairs Meeting @ New Location, Hamon's HUB @ 203 Tacoma Ave S, a few blocks south of Stadium HS. Work on bicycle problems around Pierce County. All are invited to participate.
05/08 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smoooothly. See 05/01 for Ride Details. 
05/09 Fri	9:30 AM	2 C	25 - 35	Steve & Phyllis Lay 759 - 1816	3M Fridays. This ride will be going across the New Narrows Bridge. We will be stopping for lunch or snack, bring your choice. 3MF's Start: Starbucks @ 26th & Proctor.
05/10 Sat	7 AM	All	10, 25, 45, 62, & 100	Skagit Bicycle Club 360- 293 - 0802	Skagit Spring Classic , Burlington, WA. \$\$\$ Ride through Skagit & Watcom Counties. www.skagitbicycleclub.org
05/10 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. 
05/11 Sun	1 PM	2 A	40	Ron Nowicki 661 - 2664	Courage Classic Training Ride #3. All are invited to join the TWBC C.C. Team or just come out & ride with them. Anyone can do these rides. Start: Sumner Library. 
05/12 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee.  Rain/Freezing Cancels. See 05/05 for Ride Details.
05/13 Tues	9 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Note Earlier Start for the summer. Start: Call Ride Line or check Club Website for details.
05/13 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.
05/14 Weds	5 PM	1 B	10	Carla Gramlich 879 - 0115	After Work Ride to the HUB. If you can't make the ride, come & meet for a special Happy Hour for bicyclists & City employees from 5 - 7 PM Start: Tollefson Plaza, S 17th & Pacific Ave. 
05/14 Weds	5:30 PM	2 B	20 - 25	Peg Winczewski 475 - 3625	Knight Riders. Ride across the Narrows Bridge, bring lights & reflective gear. Co-leader Marguerite Richmond, 272 - 1254. Start: Starbucks @ 26th & Proctor. 
05/15 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smoooothly. See 05/01 for Ride Details. 

ridden your bike lately?



twbc monthly event schedule








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Day/- Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
05/17 Sat	8 AM	2 B	30 - 40	Steve & Phyllis Lay 759 - 1816	Pancake Breakfast Ride. Bring \$\$\$ for food in Spanaway. Start: Starbucks @ 26th & Proctor. 
05/17 Sat	9 AM	2 C	50	Gene Smith 272 - 6747	PMC Pre-Ride. Ride half of the Century, then ride back to the start. Will stop for lunch. Start: Park & Ride on Kimball Dr, Gig Harbor.
05/18 Sun	9:30 AM	1 B	25	Ron Nowicki 661 - 2664	Courage Classic Training Ride #4. See 05/11 for Ride Details. Start: Celebration Park?, Federal Way. 
05/18 Sun	1 PM	1 B	20	Bob Myrick 473 - 7455	Blue Vespers Pre-Ride. Blue Vespers will follow @ 5 - 6:30 PM. Lavish tour of Tacoma, including lunch, Pub Crawl featuring the Hub & the Parkway Tavern. Start: Immanuel Presbyterian Church, 901 N "J" St.
05/19 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee.  Rain/Freezing Cancels. See 05/05 for Ride Details.
05/20 Tues	9 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Note Earlier Start for the summer. Start: Call Ride Line or check Club Website for details.
05/20 Tues	6:30 PM, 7:30 PM	Meet & 00 Meet &	Greet 00 Listen	TWBC 759 - 2800	May Club Meeting. Note Earlier Start Time for business meeting @ M/A Wild West VFW Post #91, 2000 S. Union Ave., Tacoma. Then @ 7:30 PM, Special Guest: Joe Kurmaskie, "The Metal Cowboy."
05/21 Weds	7 PM	1 A	12	Mary, Cris & Corkey Smith 473 - 7174	Ride of Silence. Solemn Ride honoring those killed while cycling. See article this issue for more details. Start: Starbucks @ 56th & South Tacoma Way.
05/22 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smoooothly. See 05/01 for Ride Details. 
05/23 Fri	9:30 AM	2 C	20	Steve & Phyllis Lay 759 - 1816	3M Fridays. See 05/09 for Ride Details.. Start: Starbucks @ 26th & Proctor. 3MF's
05/24 - 05/26 Sat - Mon	11 AM	2 A	40, varied	Garla Gramlich 879 - 0115	Memorial Day Weekend Trip in OR. Ride the Veronia Trail. Lodging @ the Grand Lodge in Forest Grove. Start: Banks, OR. More info, pg 10, Feb COG. 



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Day/ Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
05/24 Sat	9 AM	2 C	60	Gene Smith 272 - 6747	Another PMC Pre-Ride. Ride out to Southworth & then into Port Orchard. Will stop for lunch. Start: Park & Ride on Kimball Dr, Gig Harbor.
05/24 Sat	10 AM	1 B	30	Jim De Young 686 - 8995	Ride to Steilacoom for Lunch. Start: Lakewood, Hwy 512 P&R. 
05/25 Sun	7 PM	2 B	30	Ron Nowicki 661 - 2664	Courage Classic Training Ride #5. See 05/11 for Ride Details. Start: Celebration Park?, Federal Way. 
05/26 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee.  Rain/Freezing Cancels. See 05/05 for Ride Details.
05/27 Tues	9 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Note Earlier Start for the summer. Start: Call Ride Line or check Club Website for details.
05/28 Weds	5:30 PM	2 B	20 - 25	Peg Winczewski 475 - 3625	Knight Riders. Destination is Steilacoom, bring lights & reflective gear. Co-leader Marguerite Richmond, 272 - 1254. Start: Starbucks @ 26th & Proctor. 
05/29 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smooothly. See 05/01 for Ride Details. 
05/30 Fri	9:30 AM	1 A	25 - 30	Lou & Karel Vance 921 - 4847	3M Fridays. Meander ride around town. Start: Starbucks @ 26th & Proctor. 3MF's
05/31 Sat	8 AM	3 C	100 w/ 100K option	Gene Smith 272 - 6747	Another PMC Pre-Ride. Checking the 100 mile route. Another group could check the 100K route. Start: Park & Ride on Kimball Dr, Gig Harbor.
05/31 Sat	10:30 AM	1 A	10 - 20	Bob Myrick 473 - 7455	Big Wheels Ride. Enjoy rides w/ local public officials & learn more about trails in Tacoma & Pierce County. Celebration @ noon @ Wildside Wine (\$5 sug. donation). Start 1: Gig Harbor: Park & Ride on Kimball Drive. Start 2: S 25th & State St (Off street parking available @ the start of the Scott Pierson Trail).  
06/01 Sun	7 AM	50K 100K, 100M	All	TWBC (see the COG Home Page)	Peninsula Metric Century. \$\$\$ Start: Southworth Ferry Terminal or Gig Harbor Medical Center, Kimball Dr, Gig Harbor

When Legal Warnings are really Stupid, but necessary in Today's Society

The side of a 'Slush Puppy' cup warns: "This ice may be cold." The only thing dumber than this would be a disclaimer stating: "No puppies were harmed in the making of this product."



Tacoma Wheelmen's Bicycle Club

presents

Peninsula Metric Century

with 2 starting locations: Southworth and Gig Harbor, Washington



I plan on starting the PMC from:

_____ Gig Harbor

_____ Southworth

Mail registrations to:

PMC c/o TWBC
PO Box 112078,
Tacoma, WA 98411
mail-in registration closes May 16th.

From the
TWBC
Cog-nitve
Courier

Family Rate Allows 2 adults and children under 18 to ride at a discounted rate.

Pre-registration fees:

Age 7 to 17 \$ 8 _____
Age 18 or Older \$16 _____
Family (includes 2 adults & children) \$37 _____
Children 0 to 6 Free

Sport-Tek® - Dry Mesh® Short Sleeve T-Shirt.

	Men	Women
S	_____	_____
M	_____	_____
L	_____	_____
XL	_____	_____
2XL	_____	N/A

Shirt quantity _____ x \$18 _____

men's - Royal Blue & women's "Pink" - Pink
indicate number of shirts by size

Total Enclosed \$ _____

Must be postmarked by May 16th

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 (includes 2 adults & children) \$45
Children 0 to 6 Free
Shirts (includes quantity needed) \$25

Make all checks
payable to: TWBC

Unclaimed shirts and souvenirs become property of TWBC at noon on day of ride. *SOON! THERE ARE WORKSHOPS!*

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

Tacoma Wheelmen's Bicycle Club (TWBC) Peninsula Metric 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, event users, 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 safe 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

Courage Classic

By Ron Nowicki



Three days, three mountain passes, three big lunches, two dinners, daily ice cream, and even free beer. What more could you want from a bike ride? The fact that the Courage Classic also raises money for the Rotary endowment for children at Mary Bridge Children's Hospital is icing on the cake.

The 2008 Courage Classic starts at North Bend on Saturday, August 2nd and ends Monday, August 4th. The ride has the reputation of being one of the best-supported rides anywhere. The route is challenging without being too punishing.

Our 2007 TWBC team had 10 members, this year I am hoping for double that number. To assist those who feel they may not be in shape for the ride we will be conducting Courage Classic Training Rides on Sunday afternoons beginning on April 20th with a 1A 15-mile ride and slowly progressing to a 75-mile 2 C ride equal to a day of the Courage Classic.

To find out how much the ride costs; how much money you have to raise; camping or motel options; and, to sign up for the event; go to their website: www.courageclassic.org. Be sure to say that you are a member of the TWBC team. We look forward to seeing you on the CC Training Rides. If you have any other questions please give me a call at 253 661-2664.

Editor's Note: How can you say no to raising funds to prevent child abuse in our community? If you can't ride mountain passes, consider donating funds to support a TWBC Rider (you could make it tax deductible!). At least come out & help give support in the form of camaraderie on the CC Training Rides.



Tour de Kota

June 7th -13th is a 6-day tour of South Dakota. This ride is similar to RAGBRAI on a much smaller scale, according to the information on their website. The registration has been extended to May 15th for those interested in joining Steve & Phyllis Lay. We are planning on doing this ride and wondering if anyone else would be interested in joining us. Call us @ 253-759-1816. For more info on the ride go to: www.argusleaderbiketour.com/.

The 2nd Annual Tacoma City Marathon

Saturday, May 10th.

Although this isn't a cycling event, TWBC members can appreciate the number of volunteers needed to keep the event running smoothly (pun intended). If you would like to help guide visiting runners through our beautiful city, witness community pride at its finest, and wear a cool course marshal jacket, then please contact Rob Hester today!

This is a great opportunity for us to spread a bit of TWBC spirit to other endurance athletes.

I had a great time last year and am looking forward to cheering folks on again this year. I encourage you to join in the fun. To volunteer, contact: Rob Hester, Volunteer Coordinator, Tacoma City Marathon, 253-226-5495, rob@tacomacitymarathon.com.



Renewals:

Robert & Nina Arche, Lynn Clark, Jim Davis, Sue Dervin, Gus Fant, Noel Hagens, Debbie & Jim Hushhagen, Don Izenman & Michelle Regan, Toni Matson, Barbie & Todd Pratt, Henry & Mary Ann Retailliau, John & Dottie Selby, Victor Shermer, Robert Taub, Teri Tomatich & Bryan Habeck, Richard & Linda Walter, Robert Warfield, Peg Winczewski, and Bill Wurster

New Members:

Kent Achtyes, Michael Bednarczyk, Benjamin Beers & Family, Gregg Bergstrom, Dennis Bunt, Julie Clifford, Jack Daniel, Barbara French, M.J. Garlick, Sarah Gonzalez & Craig Geiger, Russell Hale, Michael & Colleen Kniffen, Dorothy Kumara & Jesse Walpole, Terry Lathan, Lisa Lawrence, Elaine Mayes, Scott McElhiney, Jerry McLaughlin, Matt O'Haleck, Rich & Jeanette Paul, Donald Perry, Kaiten Rivers, Paul Schrup, Jaime Sifre, Phillip Upchurch, Bonnie Wegner, and Calista Wiebusch.

May Muse Meditation

Never put both feet in your mouth at the same time,
because then you won't have a leg to stand on.

KUDOS TO THE CLUB!

By Sharon Remagen

This year's Daffodil was a wonderful success, thanks to the groundswell of effort, ideas, and inspiration from all of you—the wonderful Wheelmen of Tacoma—a group I am proud to be a part of! Together we have put in hundreds of hours, I am sure—and thanks to each and every one of you, the result was a pretty smooth day!!

Early on, Jim D., Steve D., Lou and Gene began working on signs, upgrading, designing and making new ones!---not a small task! Louie, Steve L., Tim and Bob worked up the routes. Tim carried on producing the route maps and elevation profiles after Joyce, Steve, Phyllis, and I checked out the routes first hand.

Every ride coordinator must be so grateful to have Peg ordering the ton of food that we have on hand for the day. I know I am! She gathers it up from several sources and coordinates delivery to the staging area (no matter how many times I change my mind). This year it was in Joyce's garage, where Joyce's David staged it for delivery early Sunday morning in Orting and in the surrounding foothills.

Many thanks to Dena for her meticulous attention to the details of providing the Pre-Registration records, and seeing to the mail-in and Active online pre-registrations, and shirt sales! Quite a job, and she does it very well!

Mike and Jan were busy getting the word out about all our rides, arranging for printing of flyers and posters. Mike helped Carla and Peggy distribute flyers the weekend of EXPO, and Jan spent all day on Saturday the day before our ride at the R.E.I. Cyclefest in Tacoma, promoting our Club and rides.

Tony T. delivered the flyers to the Cascade Courier like he does every year 'way back in February!

Thanks to Kris, Steve, and Joyce, the website was up and running with information on our ride, and details on how to register fairly early on. The volunteer database was up early, too.

The registration folk were on hand bright and early, greeting and assisting our riders, displaying their cheerful efficiency, making us all proud. Many thanks to my David, Jane,

Francoise, Karel, Lonna, Kris, Carol, Calista, Phyllis and Steve.

Joyce's ability to spot problems before they manifest, and deal with them with her seemingly unlimited resources is astounding. Thank you for taking care of the shirts, and our new foray into serving hot food at the Eatonville rest stop (The beans and rice were very well received). And I have said over and over, Joyce should be in charge of making things fun, because she does that so well! If you came to the Volunteer Potluck, you know what I mean!

Peggy, thank you for sharing your knowledge and equipment for food serving, and for shopping for and delivering bargain hand washing equipment for each of our rest stops. Peggy even brought volunteers with her, and did double duty on shirt sales at the information table in the Gazebo!

Thank you Jim, Assistant Equipment Manager, for your constant steady energy that has continued into this week. We are not only finishing up the details of the Daffodil, we are moving our energy right in to the PMC with a smooth and east transition. Steve, Phyllis, Joyce, Jim, Mary (with grandson in tow), and I cleaned up and organized the bins for the PMC.

The very next morning after the ride, Cynthia was busy making everything (the aprons, drink dispensers, and serving utensils) spic and span!

Steve L. – no matter what's going on in his life, he walks into his computer room and produces whatever we ask of him, again and again and again; -- in truth, even last minute deadline stuff we may have waited too long to begin! And with such creativity! He continually is the main source for our shirt designs and advertising, and registration forms. We sold out of the shirts by 10 AM, and some Orting official-types like it so much they want it to be our permanent logo! --(but we love the fun of a fresh logo for each year!)

I became aware of someone with amazing energy, and commitment, dedicated to getting things just right—that is Gene of the Headwaters! From planning the parking, producing the parking signs, to marking the course with Louie, to considerations of possible last minute course questions that came up, he was there! Thank you!



Kudos, continued on page 15

Kudos, continued from page 14

Cudos to Karel! Not only does she pull out heating appliances, just the right baking pans, shop for and find the right paper products—she delivers them to you, too!!! Wow! Talk about above and beyond!

The truck guys – Tim and Ralph - do so much more than we know—we are so fortunate that they continue to appear with gear in tow where ever and whenever we ask them! And they have the longest weekend!! Then there are the many (and sometimes the few) who show up to help load and unload over and over during Daffodil weekend—this year in sun, heat, rain, sleet, cold and dark-late at night, early in the morning!

Bob took care of permits and insurance once again—thank goodness! AND he helped with parking, diplomacy, and general back up activities!

The ever-reliant Gus was right there paying our bills, and promptly reimbursing us all as requested! He was mentioned with appreciation by more than one of our long-time contractors.

THANK YOU to all of you who took the food handler's class, or renewed your card for this event, and then so cheerfully greeted the riders at our many stops! M. J., Bonnie, Peggy, JEB, Linda, Robert, Dave, Evan Ann, Peg, Teresa, Irmgard and Heinrich, Jim, Phil, Vern, Thomas, Caroline, Susan, and Jim H. ---- Job well done!

Thank you, Steve B., for coordinating the rest stops for the Buckley loop—and all that involves. Steve always fills the positions at the Buckley and South Prairie rest stops with such willing and capable volunteers!! For those who may not realize it, he does this every year, beautifully! And many of these volunteers return year after year. Most of them are also supporters of the trail coalition.

Thank you again to Gene for heading up the parking plan and all that involved! Thanks to those of you who helped Gene on the day of the event—Bob, Noel, Dave P., Ron, Jan W., Enid, and John P.

Louie and Gene did such a great job of marking the course that one rider wrote “I want to especially thank whoever put the Dan Henry's on the road because they were exceptionally well placed. I never glanced at a map for 100 miles.” The SAG drivers were wonderful—Many thanks to

Henry, Carla, Lou, Larry and Carolyn, Corkey and Mary, Gus, Dottie, Crystal, and Roz. The early Sags (Jim and Corkey posted the signs, and the last SAGS picked them up—Jim (again), Lou Vance, Larry, and Gus.

Once again, our own Marguerite has printed labels and made thank you card as well as other behind the scenes work.

Thank you all for volunteering---those who signed up early and those who answered the last minute call to fill empty or vacated positions. We needed every one of you! Thank you Carla for all the behind the scenes recruiting!

I am trying with this small article to convey my gratitude to all of you for what you did to make this ride go so well. So many of you have done more than was asked of you! You are why this Daffodil all came together on Sunday, 13 April 2008! You are why we can all feel so good about a job well done! You are why we look so good to the communities we have visited, and why they want us back!

THANK YOU ALL!!—Sharon.

Safe Psychling..., contin. from page 3

-Take the lane in most traffic circles. This will help prevent a car making a right turn in front of you. In most traffic circles, the traffic is slow enough to make taking the lane safer.

-It is impractical to ride to the extreme right on streets with heavy traffic with lots of side streets, parking lots and drive-ways on your right.

When you are on your bike, try to remember what it is like to be a motorist as well (which most of us are at times). Be empathetic toward the motorist who may not be expecting you to be there.

There are risks in riding both ways: hugging the curb or taking the lane. It all depends on the roadway you are on. Think about the motorists' point of view, and use common sense.

Editor's Notes: In court cases, attorneys often ask a jury deciding a case, to put themselves in the position of “what a reasonable person would do in a similar situation.” Perhaps another name for this line of thinking is “common sense.”

The Great Daffodil 'Thank You Note' Contest Results!

By Sharon Remagen

This contest was held on April 11, the night of the Volunteer Potluck.

The winning captions are quotes, submitted by our very own Marguerite!

*"Many things grow in the garden that were never sown there." ---Thomas Fuller, Gnomologia, 1732
(on the outside of the card, under the photo that was taken by Sharon Remagen).*



Open the card, and inside it reads:

" I can no other answer make, but, thanks, and thanks." ----William Shakespeare

This report must include the other outstanding submissions which received honorable mentions. They are as follows:

"Why It's just like sprouting trail bikes," sez JEB.

"Guess it's time to spray some 'Bike-B-Gone' again!" --Marguerite

"A Rare gathering of the Wild Daffocycles." --Tim

"Arriving at the Junior Daffodillian Cotillian" --Kris

"Bicycles Waiting Patiently for Daffodil Volunteers to Return----Thank You!" --Crystal

"Their bikes are at the dock as the submarine goes to sea" --Larry

**Special to the Web Version of the COG:
Will not be seen in Print until the June Issue!**

**California Dreamin' A Women's Spring
Break Ride
By Mary Magee**

I was a little nervous after agreeing to be the sag driver for the TWBC women's spring break ride as I had had limited experience supporting cyclists. But the promise of hanging out with nine interesting, independent women and exploring the varied and beautiful terrain of northern California was too tempting to pass up. Now, in retrospect, I think of all the factors that made it a great trip, and a positive experience for me.

To be a good sag driver the first thing you need is a reliable car. We had that in the mini van provided by Carol and Roz Davis. With our stuff in the back end, a canvas rack on top, and a bike rack capable of hauling all our bikes, five of us drove to California and arrived at our starting point in Lakeport, a small town on the western shore of bejeweled Clear Lake. Here we met up with the other five who had driven down in two other cars.

This is where I learned about one of the "traditions," on these trips. Each evening a couple of women take responsibility for providing a "happy hour." It's a congenial way to bring everyone together, sip beverages, eat goodies and compare notes on the day of cycling. In this case we compared notes on our respective journeys from Washington. Carla Gramlich, Debbie Hushagen, Joyce Clifford and Peggy Fjetland had stayed in Portland then continued to Ashland to see a play, while Jane Watson had driven the entire distance by herself. Our group with Carol, Cynthia Hammer, Dottie Selby, Toni Matson and myself had made it in one day, taking turns at the wheel and talking up a storm.

The next morning we packed up the mini-van with everyone's needed stuff, and nine riders cycled away, the sun glinting off their many-colored jerseys. From my vantage point in the van, I counted them like ducklings: Carla, Carol, Cynthia, Debbie, Dottie, Jane, Joyce, Peggy, Toni.

Map in hand, and an Emmy Lou Harris CD playing soft country rock, I followed the women through Scott's Valley,

the sweetest terrain where goats grazed and wild turkeys occasionally crossed the road, their orange-red heads poking forward and back. Scott's Road connected to Highway 20 where we turned west and passed the two Blue Lakes, then began the climb up to a viewpoint where we looked down on enticing Mendocino Lake through tangled oaks and madronas.

Just before the Hwy 101 junction, Joyce and Toni explored the "ghost" town of Capella, where stores were surrounded by high barbed wire fences. At Hwy 101 one group rode ahead while the rest of us stopped at Barra winery, the first of many such stops on this trip. As the sag driver, I became a bit fretful when the group was separated. Which brings me to another pointer, the importance of cell phones. With my cell phone list in hand, I knew I could reach almost all of the women, unless the coverage was bad. Because of that I was able to enjoy the beauty of the winery and its sunny patio.

The stretch on Hwy 101 had quite a bit of elevation gain and traffic, so I made frequent stops on the shoulder, making sure folks could remove clothes layers, grab a snack, or hand me "road treasures." This was another tradition, collecting items found by the side of the road to be presented as gag gifts on our last evening together.

Willits was a welcome stop for all and the Baechtel Creek Inn and Spa quite commodious. Here we met up with Theresa, Dottie's daughter, who had ridden by herself from Mendocino! After happy hour, we dined at a delicious Chinese buffet just a walk from the inn.

From Willits the cyclists headed for the coast, up into hills where oak trees gave way to redwoods, the road narrowed and big trucks behaved courteously, for the most part. To protect the riders, I tried to model appropriate driving by being patient, not passing on curves, and giving riders a wide berth when passing. After climbing for miles, we descended then stopped at a campsite where the sun shone. Here I brought out the coffee, which was a hit. Another sagging tip; if you can find a Starbucks, buy one of their twelve cup cartons and you'll make folks happy!

**California Dreamin'.....,
continued in the June Web COG**

Skagit Spring Classic Bicycle Ride

**Skagit Spring Classic Bicycle Ride
May 10th 2008**

Entry Form:

Complete this application and include a check (payable to) **Skagit Bicycle Club**. Mail by May 3rd. **No refunds**

**Skagit Spring Classic
PO Box 363
Burlington, WA. 98233**

**From the
TWBC
Cog-nitve
Courier**

Adult Fee (Pre-Register) \$35.00 \$ _____
Includes Spring Classic Socks
Sock Size: Small _____ Med. _____ Large _____

Adult Fee Day of Ride \$35.00 \$ _____
Spring Classic Socks (if available) \$10.00 \$ _____

Skagit Bicycle Club Members \$5.00 discount

Family Trail Ride \$25.00 \$ _____
Individual rider \$10.00 \$ _____

Total Enclosed \$ _____

Last Name _____ First Name _____ Age _____

Address _____ City _____ State _____ Zip _____

Day Phone() _____ Evening Phone() _____ E-Mail _____

ANSI OR SNELL HELMET IS REQUIRED FOR PARTICIPATION ON THIS RIDE

Participants will be asked to sign a liability waiver (required by our insurance carrier)



Read and Sign



1. In consideration of the acceptances of this entry and by signing this Release myself (or for participant if under 18) I agree to RELEASE, HOLD HARMLESS and INDEMNIFY Skagit Bicycle Club and all sponsors, their respective officers, agents and members. The Washington State Department of Transportation and any other parties connected with the Skagit Spring Classic bicycle event for any injury, or loss or damage suffered as a result of participation in the Skagit Spring Classic bicycle event or any activity associated with it, including injury, loss or damage caused by NEGLIGENCE of any party.
2. 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 participate 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.
3. 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 Skagit Bicycle Club requires all Skagit Spring Classic riders to wear a helmet while participating in this event, 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.
4. 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

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

TWO COUNTY DOUBLE METRIC CENTURY



5 routes: 20 / 35 / 70 / 85 / 126 miles (126 miles = 200 kilometers)

Enjoy some of the most beautiful cycling in Washington. Five different routes, from a family friendly 20-miler to a grueling 200 K route that will challenge experienced cyclists. Low traffic routes pass through Rochester, Adna, Vader, Boistfort, Curtis and Littlerock. Planned by cyclists for cyclists: You won't believe the food at the rest stops! Swimming, hiking and picnic opportunities are available for non-riders at Millersylvania State Park.

Sunday, May 18, 2008

Start/finish: Millersylvania State Park, 12245 Tilley Rd., Olympia
 Registration open from 7:00 a.m. to 12:00 noon
 (126 mile riders must register by 08:00 a.m.)
 Preregistration forms must be received by May 11, 2008

Riders enjoy a well-marked course with cue sheet and map, support vehicles, rest stops on every loop, finish line welcome until 5:00 p.m., chili at the finish and facilities. \$1.00 per rider supports the Bicycle Alliance of Washington (BAW).



Entry Fee Schedule	Quantity	Preregistered by May 11th	Day of Ride	Line Total
Individual riders		\$20.00	\$22.00	
Tandem teams		\$28.00	\$32.00	
Families of 3 or more		\$32.00	\$37.00	
Capital Bicycling Club Members		\$2.00 Discount	\$2.00 Discount	

Mail completed form and checks to:

Capital Bicycling Club - P.O. Box 642 - Olympia, WA 98507
www.capitalbicyclingclub.org
 Questions? CBC Hotline (360) 480-7356

total enclosed

APPROVED HELMETS ARE REQUIRED ON THIS RIDE

Name(s) (please print) _____
 Address _____
 City _____ State _____ Zip _____ Phone _____
 E-mail address _____



**From the TWBC
 Cog-nitveCourier**

In consideration of the Capital Bicycling Club (CBC) accepting my registration, I hereby for myself (or parent/guardian, if entrant is under 18) waive and release any and all rights and claims for damages against CBC, its officials and any other sponsors prior to, during, or after participation in this May, 18, 2008, bicycle ride, caused by sickness, accident or any other cause that may occur. I also agree to accept all rules, regulations and policies set forth by the CBC. I realize I will be on the roadways of Lewis and Thurston counties during this event, and I must obey all traffic laws. I also realize that an approved bicycle helmet decreases the chance of injury; I agree to wear a helmet during this event.

Signature(s)/Date _____
 Guardian (if rider is under 18) _____

rider number assigned

The Sixth Annual Ride of Silence

By Corky Smith



May is bike safety month and on May 21, 2008, at 7 PM PDT, there will be a free ride with the hope of raising awareness among residents, motorists, police, and city officials. The Ride of Silence is an international event including the United States, Australia, Canada, Caribbean, Cyprus, and Singapore and was started by Chris Phelan in Dallas, TX in 2003 after Larry Schwartz, an endurance cyclist, was killed by a passing bus mirror on an empty road.

The ride is a solemn ride. Thus, the ride will be in funeral procession style---silent, slow, and over relatively flat terrain. This will be an opportunity to mourn those who have been killed in a bike/motor vehicle accident and to reflect with those who have been

injured in a bike/motor vehicle accident. While the ride provides focus on cyclists it is also inclusive of all who legally share the road such runners, pedestrians and motorcyclists. We ask that all wear black armbands and if you personally have been injured in a bike/vehicle accident please also wear a red armband.

The ride will be approximately twelve miles beginning at the Starbucks at 56th Street and South Tacoma Way in Tacoma, Washington. We will head south on South Tacoma Way and make our way into Lakewood. We will pass through Lakewood, looping back and return to our beginning point. The exact details of the route will be available in the May Newsletter, and on the Tacoma Wheelman's Bicycle Club Website, www.twbc.org, via the TWBC Ride Calendar. More information on the Ride can be found at the Ride of Silence Website, www.rideofsilence.org and more specifically for Washington, www.rideofsilence.org/locations-domestic.php?s=WA#WA. The pace will be no faster than 12mph.

For additional information please feel free to email me at corkeysmith@earthlink.net or call me at 253-468-5898.

It's Free, Fun and Informative

Tacoma-Pierce County's Livable Communities Fair occurs Saturday May 17, 2008, from 9:00 am - 4:00 pm in the Tacoma Dome Exhibition Hall.

The fair is a countywide effort aimed at raising awareness about projects and programs that make communities more livable. Like a garden or home show, the LCF provides speakers, over 150 exhibitors, and interactive displays on a wide range of topics including energy conservation, carpooling, recycling, neighborhood emergency preparedness, water quality, public safety, clean environment, recreation, health, education, community involvement, children's activities, and much more. Other activities include 'Gardening with Ciscoe' broadcast LIVE, the Reptile Man, Sardis Raptors, Hourly Drawing for giveaways, and a Scavenger Hunt for prizes.

Also offered will be free lead testing as part of the Healthy Kids and Green Parenting area. Free blood lead testing will be available for children and pregnant and nursing moms, along with information about ways to avoid contact with lead. The Washington Toxics Coalition will test toys for lead and other harmful chemicals and will share other resources with parents to help ensure their children are playing with safe toys. Parents are invited to bring toys to the fair for free lead testing.

For more information: www.livablepiercecounty.org or 253-798-7477.





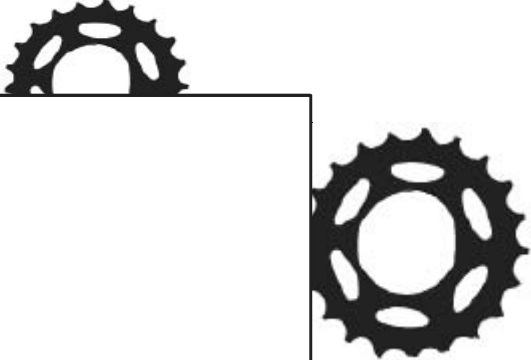
Tacoma Wheelmen's Bicycle Club
PO Box 112078
Tacoma, WA 98411

E-mail Delivery

May
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!



California Dreamin;:
After one of the Inclines,
(L-R) Debbie, Joyce, Dottie,
Peggy, Cynthia & Carla stop
to catch their breath & a photo op.

(Photo submitted
by Mary Magee)



California Dreamin:
Jane, Toni & Mary
checking the route.

(Photo submitted
by Carla Gramlich)

DAFFODIL CLASSIC 2008



Above: It's a Beautiful Day in the Neighborhood....
Will you be my Neighbor?
(Photo submitted by Carla Gramlich)

Below: We look sweet upon the seat(s),
of a Bicycle 'built' for Four....
(Photo taken by Earl Mikkelson)



DAFFODIL CLASSIC 2008



Get your motor running...
Heading down the highway...
Looking for adventure...
In whatever comes my way...

Kent (left) & Thomas (right)
& other Daffodil riders,
out on 'the highway.'

(Photo submitted
by Carla Gramlich)

As 'Ride Chair' for the Daffodil,
it's really Sharon's job to tell people
where to go.....

(Photo submitted
by Carla Gramlich)

