

# July 2008

## Commuting by Bicycle: Reflections From The June Club Meeting By VP Vern Hase

June was the time for our last Meeting of the season. Our next Club Meeting won't be until September, so in the meantime go forth and ride like the wind (or, with the wind, and sometimes into the wind). There's some great organized rides coming up, for example the Tour de Kitsap occurs the last Sunday of July.

The June Meeting was also the time for our annual election of officers. In case you missed it, I'm here to tell you that I'm back for another year, and as always, I'm open to any suggestions about the kind of meeting presentations you'd like to see. Feel free to contact me via email, phone-call, or at a Club Meeting.

The topic of our Meeting was "commuting and routes". The "table talk" focused on things that may be either a help or a hindrance to commuting; here are some of the thoughts. If you have anything you'd like to add or comment on, please go ahead and put a message on the Google Group.

### Obstacles -

- \* Glass / garbage in the bike lanes.
- \* Unfriendly roads (no bike paths).
- \* (lack of) Safe satisfactory routes.
- \* Lack of roads / streets that accommodate bicycling.
- \* Traffic system designed for cars, not bikes.
- \* Fear of motorists; afraid of getting hit by cars.
- \* Motor vehicle drivers that don't understand that bicyclists have a right to be on the road.
- \* Commute is too short to make it worth getting all geared-up.
- \* Too many hills.
- \* Distance - part bicycle ride, part public transportation.
- \* No bike racks.
- \* Bike accessories not safe (from theft, when you park?).
- \* Lack of locker / facilities at work.
- \* Irregular schedule.
- \* When I worked I lived at my job.
- \* Weather.

### Helps -

- \* Incentive programs.
- \* Having a specific place to stow your gear.
- \* Start early. Set a time that you will leave for your commute.
- \* Maintain your bike. Having your bike in good running shape will help you ride spontaneously.

Commuting..., cont. on pg 6, column 2

# The COG Home Page

**Next Club Meeting:**  
**Tuesday, September 16, 2008**

**August Ride Calendar Deadline:**  
**Wednesday, July 16, 2008**

**August COG Article Deadline:**  
**Thursday, July 17, 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!**

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Caroline Baker

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## **ANNUAL CLUB PICNIC:**

(Sept. 2008):

Caroline Baker



**PMC**



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

## July Draft Lines

By President Carol Davis



“Summertime, and the bikin’ is easy....” Well, easy for some; not so easy for others. But hopefully you’re bikin’ any way. The more you do, the easier it becomes. Just keep going, pretty soon those hills are second nature. You don’t even think twice about it. The thing about bikin’, its hard come, easy go! Don’t you love how you feel at the end of the summer after all those miles, and you’re in tip-top shape?

I was just thinking about how there are different styles of cyclists. Some hit the road “running!” They are so strong, they power up the hills, and fly down the road at over 20 miles an hour (maybe faster, I’m just imagining it.). Maybe I could have been like that if I had started cycling when I was 20 or maybe if I could lose 50 pounds.

Then there are the Mary Poppins cyclists. They sit up nice and tall with their helmets tilted back like a bonnet. They are probably not going very far, but they are out enjoying the day!

Me? I’m an endurance cyclist. I’m not fast, but I can last a long time! This is what it takes to be a cycle tourist! There’s nothing I love more than seeing the world from a bicycle seat (and all the stops along the way)! I’m going fast enough to cover 60 miles in a day, but not so fast to miss all the sights, sounds, and smells along the way.

Whatever your style, get your fill of summer cycling! We’ll have lots to share when we’re back together in the fall! ☺

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**MEMBER'S STUFF  
FOR SALE**

Quantities are limited, so act now. Assembly may be required

2006 Motobecane Le Champion SL

56 cm, 2100 miles, Ultegra group,

2.7 lb aluminum frame, \$500 – email for full spec.

Doug Dorr - dougbig@msn.com.☺

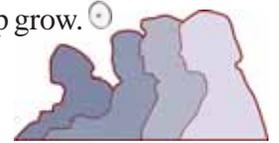
## Help Grow Our Membership

By Ralph Wessels

Do you know someone who is interested in bicycling? Or do you hear from family, friends, or co-workers unhappy with the high price of gas? Why not invite them out for one of the many TWBC club bike rides. Bicycling helps to reduce our dependency on foreign oil, decreases a person’s transportation costs, provides health benefits, and is a great social activity. The cost to join TWBC is very reasonable and there are many benefits to being a Member including discounts at Select Bike Shops, participation in Club Events, a great Newsletter, and learning the best routes through Pierce County.

TWBC has partnered with the Bicycle Alliance of Washington to offer Special Introductory Memberships as a pilot project to grow each organization. If a person has not been a Member of the respective organizations before and purchases a new bicycle from a one of the participating bike shops, they can receive certificates good for a **Free One-Year Special Introductory Membership**. Check to see if the bike shop has the poster indicating their participation. It is a great opportunity to join TWBC for club riding and BAW for statewide bicycle advocacy. If you are already a TWBC Member but not a BAW Member, you can still join BAW for free when you purchase a new bike.

A list of the participating bike shops will soon be posted on the Website. The offer is restricted to new, not renewing or previous Members and some restrictions apply. So spread the word and help our Membership grow. ☺



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**membership report  
by Phyllis Lay**

Bicycles and a person riding a bicycle.

### Renewing Members (Thank You!):

Thomas Catalina, David Emery & Family, Ron McDonald & Family, Krista Pearson, & Craig Warnock.

### New Members, Welcome!:

George Barnes, Mackenzie Morgan, Ben Oliver & Family & Tina Shay.☺



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

## Government Affairs Report

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

Our committee met again on Tuesday, June 3 at the Taqueria Guadalajara in the Stadium District at First and Tacoma Avenue. We are taking the summer off and will meet again at the Taqueria on Tuesday, September 2 at about 6 p.m. We hope you will be riding a lot this summer. I will be going on four weeklong trips in the Northwest with TWBC and friends. I plan to cycle more and worry less.

When you read this news, the Tacoma City Council will have met and considered the closure of "A" Street to "D" Street generally under the I705 freeway. The Burlington Northern Railroad has requested a permanent closure and City staff has recommended the railroad turn over the Prairie Line Trail right of way in exchange. This trail would run from the Esplanade on the water thru the UW Tacoma over to South Tacoma Way. There are five trails envisioned all leading toward Freighthouse Square. Our trails include the City Water Ditch, the Scott Pierson, the Prairie Line, the Esplanade, the Cross County Commuter Connector, and the Trail to the Mountain. The Prairie Line in downtown was also known as the American Lake line.

Also in June, City staff are holding a public meeting to discuss their plan to move forward and install bike lanes on South Tacoma Way from Pacific Avenue to Pine Street and eventually to South 38th Street and beyond to join up with the Water Ditch Trail. The lanes will also facilitate travel to the Scott Pierson Trail via Pine Street. The plan is to close down one travel lane to provide the bike lanes. There would be one lane downhill towards Pacific Avenue with two lanes uphill.

Sue Comis and Kim Freeman have suggested working on Platinum City Status for Tacoma thru the League of American Bicyclists. Bronze status might be a more realistic goal and it would require the City to move forward on completing their planned bike lanes and connections along with adopting a Complete Streets program and having programs to encourage cycling. A nonmotorized coordinator should

be appointed as well. Good luck Sue and Kim.

Out on the Foothills Trail, I have been working with Pierce County Parks and Puyallup to get the missing links connected with the Meeker Trailhead. This work requires 1150 feet of pavement to link Shaw Road and Pioneer to the trail. The Puyallup River Walk Trail needs pavement to cover the sand trap connection under Main Avenue East. Pierce County Parks Director Kathy Kravits-Smith asked me to check with Parametrix Engineers to assure the new Shaw Road connection to Main Avenue East will properly accommodate pedestrians and cyclists.

I need to check with Tacoma City staff to determine the status of funding for the Water Ditch Trail. The City Manager has recently indicated the project is funded, but there isn't enough money in the City's General Fund to pay the bills. The trail was to be partially built this summer.

In other news, Kathy Kravits-Smith suggested that we might be more involved in kid ride programs and family rides. Carla is putting on some family rides this summer and there may be other TWBC rides that are suitable for families. Such activities might help grow our club. I need to check up on the present status of the Sprocketwoman program where we fund safety education in the schools thru Pierce County Parks. This program started about 17 years ago in Pierce County. I plan to join the BBTC mountain bike club to help provide more venues in Pierce and South King County. Councilman Terry Lee is working on providing an off road trail system at the Tacoma Narrows Airport. McNeil Island Prison is reported to be getting back into the bike repair program and it will complement the program at Purdy Women's Prison and the Bicycle Recycle program at the Foothills Trail Coalition. Club member Steve Davis is the Traffic light engineer in Tacoma and he has let me know that we might be able to ignore a red light if it doesn't detect our presence. We would still need to stop for an appropriate time to hope the signal recognizes us. Ralph is going to check into the law that Steve referred us to.

County Councilman Calvin Goings has introduced Pierce County Resolution R2008-89 this month. It requests a Complete Streets Policy to be incorporated into the County's Transportation Plan Update. Along these lines, I have requested the Puget Sound Regional Council to award extra points to grant applicants who have a Complete Streets

**Gov. Affairs, cont. on pg 5, column 1**



## RIDE CAPTAIN REPORT

By Carla Gramlich



Twenty-five TWBC members headed south over the Memorial Day Weekend and had a good time bicycling in Oregon. We stayed at the Grand Lodge in Forest Grove and lounged around in big terry robes. Rain didn't prevent most of the people from riding, but I did cut a ride short one day. There were also plenty of other activities that weekend like wine tasting, disc golf and viewing movies.

July is a rough time for the Ride Captain. After STP, some people don't want to ride and some people may never ride again. Also, people are on vacation and aren't around to lead rides. I get plenty of people to lead rides during the week, but need more people to lead on the weekend. If you don't see a ride on a weekend day, maybe this is the time for you to step and lead one. Contact the Ride Captain about adding a ride in July to the web calendar and rideline.

If you get the Newsletter and are wondering about additional rides, check out the website (twbc.org). Rides are added after the Newsletter is published. On the website you will find the ride calendar under the tab at the top labeled "Rides".

Plan ahead and get me a ride or two for August, which is another rough month. Summer is a great time for bicycling and it would wonderful to have a full ride calendar. Hope to see some new ride leaders this summer. ☺

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### Government Affairs ....., cont. from pg 4

Policy in place and who have a designated nonmotorized coordinator. I have also asked the Council to allow funding for arterial sidewalks since we need some critical connections in Tacoma on Pine Street and Union Avenue. My intention is to become involved in an effort near Black Diamond to provide trails around the Green River Gorge Conservation area and to extend a trail from Black Diamond towards the Cedar River Trail. ☺

## For the TWBC Monthly Ride/Event Calendar

### RIDE CODE CHART, TERRAIN

*Terrain Code Examples:*

- A - Mostly Flat (Interurban Trail)
- B - Gently rolling with one or two steep hills
- C - Rolling steeper hills (Kitsap Peninsula)
- D - Difficult terrain with longer, steeper hills (Vashon Is.)

### 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

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## Galloping Goose and Interlaken Bike Trails: This is a leisurely ride.

On August 29th to Sept. 2nd, a beautiful 2B (no big hills) ride will leave Port Angeles by ferry to Victoria, B.C. and the town of Sooke. This ride will cover 5 days 4 nights, staying in a beautiful bed and breakfast in Sooke and a motel in Victoria. From Victoria the trip winds along the "Galloping Goose rail trail" which is paved and packed dirt. The first day is 25-30 miles to the town of Sooke. On the second day riders can ride through Pot Holes Provincial Park or a couple of other options or walk around the small town of Sooke. On the third day the group will return to Victoria for two more nights, riding and strolling around Victoria. Two ferries home to choose from. Information call Steve or Phyllis Lay at 253-759-1816. ☺



## Recap: 2008 Peninsula Metric Century



By Ron Norwickski



With almost 450 riders, the 2008 Peninsula Metric Century was big success. While the weather was not bright and sunny, it was one of the better January days so far this year with temperatures maybe up to 60. Everyone seemed to enjoy the ride, at least they ate enough. We even added a little bit of money to the TWBC treasury, almost \$2,000.

I have ridden several rides and volunteered for several others, but this was my first foray into the Co-coordinator role. As the junior Co-coordinator, Mary has done this at least twice before, and I was asked to write a short article for the newsletter telling people what I learned.

The main thing that I learned is that there is a tremendous amount of talent and energy in the Tacoma Wheelmen. I was always surprised by the abilities of people and of talents that I did not expect. I cannot list all of the people who worked on the ride. I know that I will miss a number of people who contributed greatly to the ride – in fact there are no small contributions - every job not filled is sorely missed. So if I miss your name, it is not on purpose. I am old, forgetful, and I apologize ahead of time.

I had heard of Steve Lay designing the shirts before, but he also does logos, and sign-in forms. Peg W purchases food; Joyce C puts together a listing of all the tasks needed and the people who have volunteered for each and monitors that. Carla G kept track of all the volunteers and recruited others. Gus drove SAG for the whole day, Thomas and others also contributed. Gene S did a wonderful job marking the course, that means he had to ride several hundred miles with paint cans, what some people won't do just to be able to make semi-legal graffiti. Jan B kept everyone on track with meetings and oversight. Kris and Dena did hidden stuff on the web that lets everyone sign-up electronically. Mary (with a little help from Corkey and her family) co-ordinated all of the registration packages, made sure everything was in place and looked after all of the stuff that everyone else forgot; things like port-a-potties. Stuff that when it is not there is sorely missed, but overlooked none the less. Steve, Steve and Ralph transported and set up the equipment, then put it all away. Many, many people manned (or womaned) the registration sites, and provided food and

encouragement at the rest stops. Others provided mechanical help and support. The list goes on. The list of volunteers for the PMC has over 35 names, it is no small feat, and that does not include the nice ladies from the Port Orchard Chamber of Commerce who womaned one of the rest stops.

Another thing I learned was that it is almost as much fun to help and support the ride, as it is to go on the ride. I strongly encourage you to volunteer for the Headwaters Century in September. You will get goodies, contribute to the Club, but most of all it will make you feel good.☺

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### Commuting..., cont. from pg 1

We also had some good discussion of the proper ways to handle riding in traffic. Some members pointed out that "taking the lane" is often the best approach, and they had some real-world experience to back that up. Gene Smith supplied some copies of an article called "The Principle of Least Astonishment" that is really worth reading - here is a link to it - <http://www.mile43.com/peterson/Safety%20First.html>.

We also reviewed some websites from large to small that have popped up to help us capture rides that we've been on, and shared them with others. These sites are all free; typically you can use existing routes right off the bat, but require an account to be created if you want to build your own routes. Some already have lots of routes on-file for Tacoma.

<http://trail.motionbased.com>. This is a big one. MotionBased was purchased by Garmin, and they're merging the two sites. You can create an account for free, or you can pay to get additional features. Upload track-logs from your GPS, look at maps of other people's logs, and download them. There are lots of statistics available.

These sites let you draw your route turn-by-turn, building both a map and a cue-sheet at the same time . . .

<http://www.routeslip.com>

<http://www.mapmyride.com>

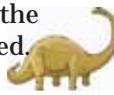
<http://www.bikely.com/>

That's it for now. Until next time, have fun and ride safe!☺



# 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
07/01 Tues	9 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Start: Call Ride Line or check Club Website for details.
07/02 Weds	6 AM	3 B	15 -20	Karen Comer 564 - 3985	Sunrise Surprise. From Cirque & Bridgeport, one hour of cycling to start your day off right. Start: Forza Coffee Shop, 4828 Bridgeport Way. 
07/03 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smooothly. 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. 
07/04 Fri	10:30 AM	1 B	22	Carla Gramlich 879 - 0115	Freedom from Fossil Fuels. Park your car & take a tour of Tacoma & Gig Harbor by bicycle. Travel the Scott Pierson Trail over to the New Narrows Bridge & the Cushman Power Trail. A stop for coffee is included. Start: Skyline Park & Ride, 6th & Skyline. 
07/05 - 07/12 Sat - Sat	9:30 AM	2 B	~55	Carla Gramlich 879 - 0115	Mellow Ride to Eugene, OR. Start: Parkland Transit Center.
07/05 Sat	9 AM	2 B	70	Louis Boitano 922 - 1168	Ride to Alki Bakery. Start: Sumner Library, on Fryar Ave. 
07/06 Sun	<b>1 PM</b>	2 C	50	Ron Nowicki 661 - 2664	Courage Classic Training Ride #10. Come out & ride &/ or join the team. Orting to the Carbon River Entrance. Start: Orting Bell Tower. 
07/07 Mon	9:30 AM	1 C	22 (13)	Volunteer Leader Needed! 759 - 2800	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 Cancels. Start: Starbucks @ 26th & Proctor. 
07/08 Tues	9 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Start: Call Ride Line or check Club Website for details.
07/08 Tues	<b>6 PM</b>	00 Meet	00 & Eat	Carol Davis 380 - 8819	<b>Board Meeting</b> @ the Kim Ahn Restaurant across from TCC on Mildred. Guests & Club Members welcomed.
07/09 Weds	6 AM	3 B	15 -20	Karen Comer 564 - 3985	Sunrise Surprise. See 07/02 for Ride Details. 
07/09 Weds	<b>5:30 PM</b>	2 B	20 - 25	Peg Winczewski 475 - 3625	Knight Riders. Ride across the Narrows Bridge. Bring lights & reflective gear. Start: Starbucks @ 26th & Proctor.  



# 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
07/10 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smooothly. Rain Cancels. See 07/03 for Ride Details. 
07/11 Fri	9:30 AM	2 B	25 - 30	Steve & Phyllis Lay 759 - 1816	3M Fridays. Join us for some fun riding & bring a lunch for eating in a park or another location. Start: Starbucks @ 26th & Proctor. <b>3MF's</b>
07/13 Sun	<b>12 PM</b>	2 C	75	Ron Nowicki 661 - 2664	Courage Classic Training Ride #11. Come out & ride &/ or join the team. From Federal Way to Carbonado. Start: Celebration Park, Federal Way. 
07/14 Mon	9:30 AM	1 C	22 (13)	Volunteer Leader Needed! 759 - 2800	Hail, hardy & ready for coffee. Rain Cancels. See 07/07 for Ride Details. 
07/15 Tues	9 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Start: Call Ride Line or check Club Website for details.
07/16 Weds	6 AM	3 B	15 -20	Karen Comer 564 - 3985	Sunrise Surprise. See 07/02 for Ride Details. 
07/17 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smooothly. Rain Cancels. See 07/03 for Ride Details. 
07/18 Fri	9:30 AM	2 B	20	Steve & Phyllis Lay 759 - 1816	3M Fridays. See 07/11 for Ride Details. <b>3MF's</b>
07/19 - 07/20 Sat - Sun	7:30 AM	2 B	~75 each	Ralph Wessels 857 - 5658	RAPSody Pre-Ride. Contact Ralph for more info. Start: Tacoma Community College. 
07/20 Sun	<b>1 PM</b>	1 B	25	Bob Myrick 473 - 7455 	Blue Vespers Pre-Ride. Ride includes afternoon lunch stop; maybe another stop @ Park Ave. Tavern. Music follows @ 5 PM w/ Little Bill & the Blue Notes. Start: Immanuel Presbyterian Church, 901 N "J" St.
07/21 Mon	9:30 AM	1 C	22 (13)	Volunteer Leader Needed! 759 - 2800	Hail, hardy & ready for coffee. Rain Cancels. See 07/07 for Ride Details. 
07/22 Tues	9 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Start: Call Ride Line or check Club Website for details.
07/22 Tues	<b>6:30 PM</b>	00 Meet &	00 Plan	Jan Brame 330 - 4256	<b>Special Events Meeting.</b> Come help plan the upcoming Headwaters Ride. Start: Meet @ Jan's House. 



# 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
07/23 Weds	6 AM	3 B	15 -20	Karen Comer 564 - 3985	Sunrise Surprise. See 07/02 for Ride Details. 
07/23 Weds	<b>5:30 PM</b>	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. 
07/24 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smooothly. Rain Cancels. See 07/05 for Ride Details. 
07/24 Thurs	9:30 AM	2 B	60	Bob Myrick 473 - 7455	Ride to Trillium Creek Winery, Lakebay. Plan to share a bottle of wine w/ picnic lunch that you bring or purchase along the way. Start: Skyline Park & Ride, 6th & Skyline. 
07/24 Thurs	<b>7 PM</b>	1 B	12 - 15	Carla Gramlich 879 - 0115	Thursday Night Family Ride. Explore the new Milton Trail. Start: Freighthouse Square. 
07/25 Fri	9:30 AM	2 B	25 - 30	Steve & Phyllis Lay 759 - 1816	3M Fridays. See 07/11 for Ride Details. <b>3MF's</b>
07/27 Sun	7 AM	All	15, 35, 65 & 100	West Sound Cycling Club 360-698-9842	<b>Tour de Kitsap</b> , Silverdale. \$\$\$ Start: Bremerton Ferry Terminal, (35, 65, 100) or behind Central Kitsap HS, 3900 Anderson Hill Rd. www.westsoundcycling.com 
07/28 Mon	9:30 AM	1 C	22 (13)	Volunteer Leader Needed 759 - 2800	Hail, hardy & ready for coffee. Rain/ Cancels. See 07/07 for Ride Details. 
07/29 Tues	9 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Start: Call Ride Line or check Club Website for details.
07/30 Weds	6 AM	3 B	15 -20	Karen Comer 564 - 3985	Sunrise Surprise. See 07/02 for Ride Details. 
07/31 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smooothly. Rain Cancels. See 07/03 for Ride Details. 
08/02 - 08/04 Sat - Mon	Early	Some C, mostly D	Varied	Ron Nowicki 661 - 2664 Team TWBC	<b>Courage Classic</b> , Fundraising Ride. \$\$\$. Snoqualmie, Blewett & Stevens passes. Benefits Mary Bridge Children's Hospital, Child Abuse Intervention Dept. www.courageclassic.org 

**A July Web Wheel Tip:** When you have to change your tire, remember to align the wheel's valve stem with your tire's label. This combination of valve stem & label helps you to 'pin' point whatever punctured your tube. A small piece of chalk can help to mark your tire where the puncture occurred, if you need to 'boot' it.

## Tacoma Narrows Bridge Bicycle Improvements Update



By Ralph Wessels



WSDOT is still working on the agreements and improvements as part of the Tacoma Narrows Bridge project. Dennis Engel, WSDOT Project Engineer, reported the current status is as follows.

1. WSDOT - WSDOT has \$15,000 set aside for their portion. The design has not been started but is to include bicycle way-finding signs on SR 16 directing bicyclists to the Cushman Power Line Trail, adjustment of the signal at the Olympic off-ramp to detect bicyclists and a marking to show where bicyclist should be to activate the signal, and re-stripping Olympic Drive across the interchange for bike lanes (which connects bike lanes on the City streets).
2. City of Tacoma – WSDOT and the City of Tacoma have an agreement in place for \$12,480. The funds will be used for a trail connection on the north side of SR 16. The trail that currently connects to Jackson Ave. through a narrow fence opening will be replaced with a properly designed trail (10' wide) that connects to the signal located at the westbound on and off ramps. There had been some delay in completing the plans due to disagreement on the required trail width. The work should occur in late summer or fall per Dana Brown with the City.
3. City of Gig Harbor – WSDOT has a preliminary design and estimate from Gig Harbor and WSDOT is in the process of getting the agreement set up with the City for \$96,336.50. The improvement will provide a more direct connection to the Cushman Power Line Trail from Olympic Drive.
4. Pierce County – WSDOT is setting up the agreement with Pierce County for the remaining \$306,183.50, for the construction of 6-foot paved shoulders on 32nd and Jahn Ave. NW. The county road project will improve two road segments that connect to the bridge. These are Jahn Ave. NW/32nd Street NW / 22nd Avenue NW (24th St. NW to 1000' south of 36th St. NW) at a cost of \$1.4 Million and 36th Street NW (Gig Harbor City Limits to 300' west of 22nd Ave. NW) at a cost of \$490,000. Costs may have increased since the estimate was prepared last fall. Funding from other sources will be needed for the design, right-of-way acquisition and construction.

The two remaining agreements had been waiting on a plan and estimate from WSDOT before being processed through the Local Programs office. The plans are complete and were sent to Local Programs recently.

This all totals up to the \$430,000 that former Secretary of Transportation, Doug MacDonald, promised in his discussions with the Tacoma Wheelmen and Bicycle Alliance of Washington.

Council Member Terry Lee (who rode on TWBC's Big Wheels Ride) reports that he plans to insert a budget item for the County to purchase WSDOT property for park purposes and re-establish the route beneath the bridge for bicyclists. The property is on the right side as you exit the bridge heading towards Gig Harbor.☺

**Special to the Web Version of the COG:  
This section will not be seen in Print until the August Issue!**

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**California Dreamin'  
A Women's Spring Break Ride  
(final installment!)**

By Mary Magee

Vietnamese food while three rode on toward Ukiah our next hotel stop. Carla and Peggy decided to keep me company in the car and I'm glad because, one rider had a two flats in a row, within a couple of miles and instead of repairing another flat, Carla suggested we just use one of their bike's wheels as a replacement. That worked well.

There also was some confusion about the route north and they helped me make sure everyone was headed in the right direction. Another sag tip, when in doubt, stay behind all the riders.

We arrived in Ukiah and unloaded everyone's stuff. Happy hour was in Carla and Peggy's room where they served two sparkling wines from J Winery, a chic spot where we had all stopped two days before.

For dinner we went to a pub we'd heard about from someone in the know. This was our "end of the trip" celebration, so spirits were high. Dinner was good, with lots of comfort food, like homemade macaroni and cheese, and pot roast. After dinner we found a corner of the restaurant with a piano and a few chairs. This is where Joyce and Debbie handed out the awards that they had worked on so diligently the night before. The awards were as follows: Cell phones for Dottie and Cynthia (who had none of their own); wood and various tools for Carla (who is doing a remodel); a scepter for Carol (our travel organizer/queen); a bikini top, made from those road buttons and duct tape for Jane (who had purchased bikini eye covers for sleeping); a kid's big wheel tire with nails and staples in it for me (because I had the first flat); a purse made from a pair of red child's underwear for Peggy (Joyce did launder it); a pool cue and holder for Joyce (Debbie and Dottie saw it first by the side of the road, but when they rode back to get it, there was Joyce riding with cue in hand); a coffee mug and straw for Debbie because one day as we were leaving Healdsburg she had ordered a latte and had to put it in the front of her jersey; and a toy motorcycle for Toni, with nine loops of plastic trailing behind and a toy car, for the sag, at the end (because Toni pulls us along). The festivities didn't end there, as Debbie had written a song that asked, "Oh Miss Mary, Where Are Ya Wanderin?" and included a stanza about each rider.

The next day was a combination' ride and drive' day. Nine women rode the thirty miles back to Lakeport, where we reorganized everybody's stuff, including new purchases. After lunch in the sunshine, we headed home, divided among the three cars.

When I go to California I always get a special feeling, a sense of optimism and promise. This trip fulfilled those feelings. Carol brought these women together, planned the trip and made hotel reservations. All of that thoughtful organizing made the trip easy. The cyclists rode three hundred miles, give or take a few; pretty impressive. No one got lost or injured. I learned that sagging is a snap when you've got such capable, independent and fun women under your care--women who were also willing to look out for each other. Thanks Carla, Carol, Cynthia, Debbie, Dottie, Jane, Joyce, Peggy, and Toni for a memorable experience. ☺

(See some pictures of the trip on page 12!)



Some of the  
California  
Dreamin'  
Gang  
on  
'A Women's  
Spring Break Ride.'

(Photos submitted by Carla Gramlich)

Everyone has friends  
at the  
Charles Schultz Museum  
in Santa Rosa.



West Sound Cycling Club & Group Health bring you the Whaling Days

Fifteenth Annual



# Tour de Kitsap

Sunday JULY 27, 2008



**The Ride:** Scenic courses of 15, 35, 65 and 100 miles visit Seabeck, Port Gamble, Poulsbo, Keyport, Illahee, and Manette. The 15-mile Family route investigates picturesque Erlands Point and NAD Park. Course maps are provided, and routes are well marked with "Dan Henrys." One dollar of each entry fee is donated to the Bike Alliance of Washington

**Services:** Rest stops on each route provide drinks and food. A SAG wagon patrols each route.

**T Shirt:** A Tour de Kitsap-Whaling Days Tee shirt is available for sale at \$15. Pre-pay with the Registration form to assure availability. A limited number of shirts will be available for sale at the ride.

**Silverdale Registration:** Register behind Central Kitsap High School, 3900 Anderson Hill Road, from 7:00 AM to 10:30 AM on Sunday, July 27 (see map on the back). The course closes at 4:00 PM. We suggest an early start.

**Hotel Offer:** Silverdale Beach Hotel has rooms at \$94.95 a night for TDK participants. They are offering a Spaghetti fest on Saturday night

**Advance Registration:** Pre-register by mail until July 20 by signing & mailing a check with the attached form and waiver. Pre-register online at [www.active.com](http://www.active.com) until July 24. By registering early, you get free raffle tickets!

**Legal Stuff:** Our insurance requires that each rider **sign the liability release on the back of this form.**

Registration will not be completed without it. A parent or guardian must sign the release for a minor and accompany them on the ride. Additional forms will be available at Registration. Each rider is required to wear an ANSI or SNELL approved helmet. Please make sure that you and your bike are in proper shape to complete the route you choose.

**Ferry Registration:** Start and finish the 35, 65 or 100-mile route from the Bremerton Ferry Terminal. A Tour de Kitsap registrar will meet the boats that leave Seattle at 6:00, 7:35 and 8:45 AM.

**Web page:** [westsoundcycling.com](http://westsoundcycling.com)

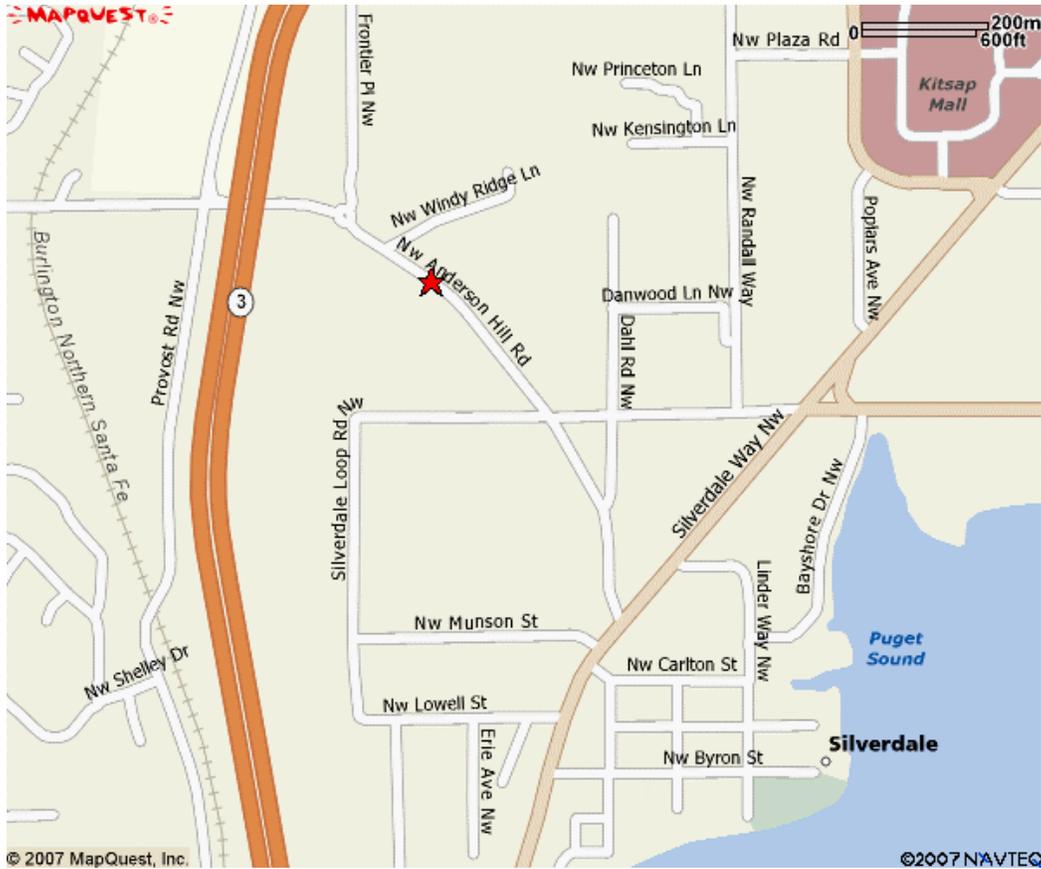
**E-mail:** [tdk@westsoundcycling.com](mailto:tdk@westsoundcycling.com)

**Phone:** (360) 638-1685

**TDK Chairman:** Roberta Beery

Official RAPSody, Tour de Cure, and Group Health MS training ride

<p>Fifteenth Annual <b>Tour de Kitsap</b> Sunday, JULY 27, 2008</p>	<p>Mail one form per rider with entry fee to: West Sound Cycling Club P.O.Box 1579 Silverdale, WA 98383 Or register online: <a href="http://www.active.com">www.active.com</a> (From the TWBC Cog-nitveCourier)</p>	<p><b>Come Cycle The Kitsap</b></p>
Name: _____	Pre-Reg. \$17 adults • \$12 under 18 • WSCC Members \$15	
Address: _____	Make checks payable to WSCC (Non-Refundable)	
City: _____	\$20 Day of Ride • (\$12 under 18) • WSCC \$15	\$ _____
State/Zip: _____	West Sound Cycling Club Dues (\$20 S-\$30 F)	\$ _____
Phone: (____) _____	T-Shirt (\$15): S ___ M ___ L ___ XL ___ XXL ___	\$ _____
e-mail _____	Total Enclosed .....	\$ _____
I am riding the 15 ___ 30 ___ 65 ___ 100 ___ Miles	I will Pick up pre-registration packet at: Ferry ___ Silverdale ___	



REGISTRATION AREA MAP

**Tour de Kitsap 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 the West Sound Cycling Club, Bicycle Alliance of Washington, Silverdale Whaling Days, and 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 the Tour de Kitsap Bike Ride 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.

**SNELL OR ANSI APPROVED HELMETS ARE REQUIRED ON THIS RIDE!**

Signature of Participant: \_\_\_\_\_ Date: \_\_\_\_\_  
 Signature of Parent/Guardian \_\_\_\_\_ Date: \_\_\_\_\_  
 if participant is under 18: \_\_\_\_\_

Some of the 'Big Wheels'  
at the Ride with the Big Wheels Ride  
on May 31, 2008;  
Shawn Bunney (l) & Terry Lee (r).



(Photo taken by Steve Brown)

*Editor's Note: The gas sign in the center of the picture behind the 'Big Wheels,' states \$4.19/gal. for regular on May 31. The price of gas reported in TV news averaged \$4.36/gal. in Tacoma, the third week of June. Another interesting note: the cars in the picture are all parked, while the mode of transportation being utilized at that time is the bicycle; maybe later in the day, the kayak....*



TWBC Club Members on  
The Memorial Weekend Trip  
to Wine Country in Oregon

Looks as if everyone is relaxed  
after the long ride....



Cyclists to the 'core';  
now, were did we put  
those next bottles of wine???

(Photos submitted  
by Instigator, I mean Ride Leader,  
Carla Gramlich)



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

E-mail Delivery

July  
2008



**E-mailed to:**  
  
Your computer or electronic device!



Please Note: You can become a member at [www.twbc.org](http://www.twbc.org). Click on 'Online' under the Join heading.

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

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

Address: \_\_\_\_\_

City, State: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Work Phone (optional): \_\_\_\_\_

E-mail: \_\_\_\_\_ @ \_\_\_\_\_

(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!