

# September 2008



## September Ride Captain Report



By Carla Gramlich

During September and October you will have the opportunity to add to your yearly mileage before you turn in your logs in November. During this time you might want to check the rideline and web calendar for additional rides. Maybe you are really close to a milestone; you still have a little time to reach it.

Also, during the fall there are some different rides and activities. Cynthia Hammer is doing a couple days of hiking and invites everyone to join her. I will be doing some mountain bike rides on some local rail trails. Also, a fall trip to Sequim to ride the paved trail to Port Angeles and hike the Dungeness Spit are available for members to attend.

I am willing to help anyone that would like to do more miles over the weekend of September 20. If you would like to ride from Tacoma to Sequim, then spend the night and return on the 21st, I could carry gear. I am currently planning on meeting to carpool at the Skyline Park and Ride. So, it would be possible to start from the Skyline Park and Ride and ride around 90 miles to Sequim. I would need a ride leader for this ride, so let me know if you are interested.

In October, there are a couple of Annual Club Rides, like the Steilacoom Apple Squeeze and the Greek Festival. Later in the month, will be the Halloween ride and party and what has become an annual ride to the pumpkin patch. These rides are moderate in mileage by big on fun.

Fall weather can be pleasant, just remember that the days are getting shorter. Be prepared with lights and reflective gear if you are riding in the evening. Don't get caught in the dark. ☺



## Wool Club Jersey Update



By Peggy Fjetland

Plan on attending the September Club Meeting if you are still interested in a wool cycling jersey. Bring your favorite jersey to compare with the samples to get an idea what size you should order as there can be no refunds, no exchanges, and only pre-paid jerseys will be ordered.

Price would depend upon the number ordered, the type of lettering chosen (group consensus), and consequent shipping. Price for a single, plain, short sleeve jersey starts at \$71.00 plus lettering, plus shipping and handling from Portland, OR. Price breaks occur at the 12th (\$51.00) and 30th (\$39.00). Note that long sleeve jerseys are more. ☺

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

# The COG Home Page

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

**Oct. Ride Calendar Deadline:**  
**Wednesday, Sept. 17, 2008**

**Oct. COG Article Deadline:**  
**Thursday, Sept. 18, 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](mailto:president@twbc.org)

Carol Davis, 253 - 460 - 5622

## **VICE - PRESIDENT:**

[vp@twbc.org](mailto:vp@twbc.org)

Vern Hase, 253 - 759 - 7246

## **SECRETARY:**

[secretary@twbc.org](mailto:secretary@twbc.org)

Marguerite Richmond, 253 - 272 - 1254

## **TREASURER:**

[treasurer@twbc.org](mailto:treasurer@twbc.org)

Gus Fant, 253 - 564 - 4710

## **RIDE CAPTAIN:**

[ridecaptain@twbc.org](mailto:ridecaptain@twbc.org)

Carla Gramlich, 253 - 879 - 0115

## **NEWSLETTER EDITOR:**

[newsletter@twbc.org](mailto:newsletter@twbc.org)

Dena Wessels, 253 - 857 - 5658

Reporters: Various members

## **DIRECTOR OF SPECIAL EVENTS:**

[events@twbc.org](mailto:events@twbc.org)

Jan Brame, 253 - 330 - 4256

## **DIRECTOR OF COMMUNITY &**

## **GOVERNMENT RELATIONS:**

[gac@twbc.org](mailto:gac@twbc.org)

Bob Myrick, 253 - 473 - 7455

## **TWBC SAFETY & EDUCATION**

Jim Ahrens, 253 - 566 - 3347

## **TWBC EQUIPMENT :**

[equipment@twbc.org](mailto:equipment@twbc.org)

Steve Brown, 253 - 752 - 4038

Assistant Jim Davis



## **MEMBERSHIP DATABASE & MAILING:**

[database@twbc.org](mailto:database@twbc.org)

Anne Seago, 253 - 761 - 0709

## **MEMBERSHIP:**

Phyllis Lay, 253 - 759 - 1816

## **WEBMASTER:**

[webmaster@twbc.org](mailto:webmaster@twbc.org)

Kris Symer, 253 - 212 - 2265

## **DAFFODIL CLASSIC (2008):**

[daffodil@twbc.org](mailto:daffodil@twbc.org)

Sharon Remagen, 253 - 847 - 7907

## **PENINSULA METRIC (2008):**

[pmc@twbc.org](mailto:pmc@twbc.org)

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

## **HEADWATERS CENTURY (2008):**

[headwaters@twbc.org](mailto:headwaters@twbc.org)

Caroline Baker

## **TWBC RAPSody Contact:**

[rapsody2005@earthlink.net](mailto:rapsody2005@earthlink.net)

Ralph Wessels, 253 - 857 - 5658

## **CLUB JERSEY SALES:**

[jerseys@twbc.org](mailto:jerseys@twbc.org)

Peggy Fjetland, 253 - 841 - 4458

## **BIKE EXPO:**

[bikebooth@twbc.org](mailto:bikebooth@twbc.org)

Peggy Fjetland, 253 - 841 - 4458

## **ANNUAL CLUB PICNIC:**

(Saturday, Sept. 13, 2008):

Caroline Baker



**PMC**



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

## September Draft Lines

By President Carol Davis



Tacoma Wheelmen offers members so many advantages of being in a bicycle club: bicycle advocacy, new bike routes, bicycle education, parties, great events to participate in, and best of all, a ready made group of friends who love to cycle together!

Cycling with friends offers great camaraderie and energy. However we must observe extra caution and etiquette to ensure everyone's safety and a good time for all.

When cycling in a group, sometimes the buffalo herd mentality takes over. People in the group tend to follow what those before them do. **ALWAYS THINK FOR YOURSELF!!!**

Always obey the traffic laws. Just because the person in front of you rolls through a stop sign, doesn't mean that you should.

We tend to call "clear" when there is no traffic coming. One person's version of "clear" can be different from another's. A car may come up in the mean time! Judge for yourself when it is time for you to cross.

Crossing freeway off and on ramps can be especially hazardous. I have seen numerous people in a group cross, and then the last one almost gets hit.

People in the front often point out hazards in the road, which is very helpful. Still, watch for hazards yourself!! All cannot be pointed out, and some people are better at pointing them out than others.

Remember, just like driving a car, it is your job NOT to run into the person in front of you. Be sure you are giving enough room between you to avoid an accident. You never know when the person in front of you will stop, slow down, or pull aside. I have seen accidents when the person in front hits an obstacle and falls, and then gets hit from behind and both parties are injured.

We are not a racing team. If you are drafting, make sure that everyone in the draft line is aware, and knows how to behave in a draft line.

Again, we are not a racing team. We offer rides with different codes to help people choose rides that suit them. Our mission is to get more people out riding bikes and to be encouraging to newcomers (old-timers also sometimes need encouragement.) A code 2 ride is a social ride. We regroup frequently, and the ride speed tends to be set by those participating. If a slower person shows up, don't leave them in the dust!

Our ride leaders are volunteers. They plan rides, and invite others to join them. It is not their job to get you home by a certain time. If you have commitments for later on, it is your responsibility to make sure you get home in time. It is not our ride leaders' responsibility to baby-sit others' children. Underage people are invited as long as a responsible adult accompanies them.

Most important, be respectful and use common sense. I was at school the other day when a colleague brought her child who is entering kindergarten. She was worried about so many rules to learn. Most of the rules of the road, at school, and life are common sense and respect. Many five-year-olds haven't learned them yet. Most of us have.

Come out and enjoy our rides! ☺



### Renewing Members (Thank You!):

Judy Fisher, George Kelley, Richard Kim & Family, Steve and Mary Kubiszewski, Robert Lindquist, Ed Littleton & Family, Tim & Diana Payne, Scott Ruffner, Mike & Karen Servey, Fred & Margaret Swift, Dave Tullis, and Ralph & Dena Wessels.

### New Members, Welcome!

Wayne & Cynthia Flood and Julie Gretzner, Tim Shay, and Micah Wilson. ☺



## NOTE NEW DATE DIFFERENT FROM REPORTED IN THE PRINTED COG!!!

### Annual TWBC Summer Picnic Saturday, September 13



By Carla Gramlich



Join other TWBC members for this year's picnic on Saturday, September 13, at Caroline Baker's home, located at 317 - 106th St E, Tacoma (98445). Caroline has graciously offered her garden from noon to 4 p.m. for this year's endeavor. Spend time enjoying the eats & some form of games, while catching up with old and new friends. Call Caroline @ 253 - 548 - 0925, for more information and to notify her if you plan to come to the picnic, so she can order enough food and drink!!! Check the Club Website or the Ride Line for further details. ☺

---

---

### Carla's Falls Trip to Sequim

By Carla Gramlich

On Sat, September 20, I will meet at the Skyline Park and Ride to carpool up to Sequim. Around 10 am, we will regroup at the Railroad Bridge Park in Sequim. The Trail to Port Angeles is mostly paved; there could be a couple spots that are gravel. In Port Angeles we will enjoy lunch and return via the trail. If you want to stay over, I will provide information on lodging in Sequim. Then on Sunday morning, there will be an opportunity to explore the Dungeness Spit.

Since I am driving to Sequim, there is an opportunity for a longer ride option. Meet the group at the Skyline Park and Ride. I will take any gear in my car up to Sequim. Do about a 90 miles ride to Sequim, spend the night and return. It is a long ride but it will be made easier because your gear will be carried. Contact me, if you are interested in any part of this weekend trip. When someone volunteers to lead the longer option, I will list it in the web calendar.

Carla Gramlich 253 879 0115 or email [ca\\_gramlich@yahoo.com](mailto:ca_gramlich@yahoo.com). ☺

## Wanna Hike Instead of Bike?

By Cynthia Hammer

Join us camping at Sequim Bay State Park , Friday and Saturday nights, Sep 12 and 13. We will use this as our base camp for doing two of the best hikes in the Olympics National Park on Saturday and Sunday. On Saturday we will hike to Royal Basin , a 14.4 mile round trip hike with 2500 feet elevation gain, although, of course, hikers can choose to do less at any point of the hike.

On Sunday we will hike to Grand Valley which starts from Hurricane Ridge. This is a 7.4 or more round trip mile hike, gaining 1650' on the return.

Cynthia Hammer and Noel Hagens will be going and we welcome your company. We would have room for another tent in our campsite. We have reserved campsite 33 at Sequim Bay SP. If you would like to join us, go online for Washington State Parks to make your camping reservation or call 1-888-226-7688. The fee is \$19/night plus \$7 as a reservation fee. Contact Cynthia at [cynthiahammer@nventure.com](mailto:cynthiahammer@nventure.com) or call her at 253-752-0801 if you want to learn more or you have decided to come. Note: Cynthia has gone to bike the Alps and won't be back to Tacoma , until Sept. 4. ☺

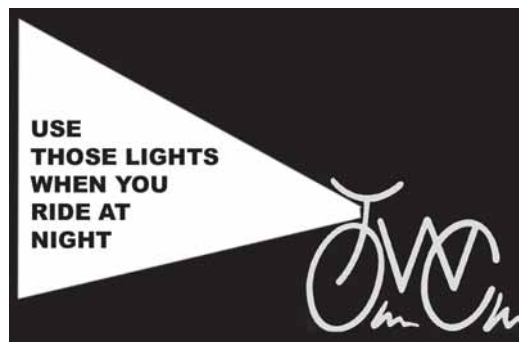
---

---

### September Speech Sport

There are there five syllables in the word "monosyllable."

"Dormitory." If you rearrange the letters,  
you come out with: "dirty room."





# 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
08/29 - 09/02 Fri - Tues	8 AM	2 B	Varied	Steve & Phyllis Lay 759 - 1816	Victoria Tour. Long weekend ride touring Victoria & the Galloping Goose Trail. Will need reservations. Start: call Steve & Phyllis. 
09/01 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 Cancels. Start: Starbucks @ 26th & Proctor. 
09/02 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.
09/02 Tues	<b>6 PM</b>	00 Meet	00 & Eat	Bob Myrick 473 - 7455	<b>Government Affairs Meeting</b> @ Guadalajara Taqueria in the Stadium H.S. area @ 1st & Tacoma Ave. Work on bicycle problems around Pierce County. All are invited to participate.
09/03 Weds	All	Day	Fact	Morsel	The first US bowling league was established in 1921. 
09/04 Thurs	9:30 AM	2 A	30	Volunteer Leader Needed! 759 - 2800	Silk Road Smoooothly. Lonna can't lead today. 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. 
09/05 Fri	All	Day	Fact	Morsel	First appearance of <i>PlutoThe Dog</i> in Disney Animations, in 1930. 
09/06 Sat	All	Day	Fact	Morsel	The Harlem Globetrotters organized in 1927. 
<b>09/07 Sun</b>	7 AM	All	45, 65, 100	<b>TWBC,</b> Caroline Baker, Gene Smith 272 - 6747	<b>Headwaters Century</b> , \$\$\$\$. All routes enjoy climbing Flaming Geyser hill; the 100 mile route edures the climb to Mud Mountain Dam. Volunteers are needed, see TWBC website. Start: Enumclaw High School. www.twbc.org 
09/08 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 09/01 for Ride Details. 
09/09 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.



# 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
09/09 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.
09/10 Weds	<b>5:30 PM</b>	2 B	20 - 25	Knightriders - Peg & Marguerite 475 - 3625	Knight Riders. Evening destination is a surprise! Co-leader Marguerite Richmond, 272 - 1254. Start: Starbucks @ 26th & Proctor. 
09/11 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smooothly. Rain Cancels. See 09/04 for Ride Details. 
09/12 Fri	9:30 AM	2 B	25 - 30	Steve & Phyllis Lay 759 - 1816	3M Fridays. Join us for a social ride & some fun riding; bring a lunch for eating in a park or somewhere to eat. Start: Starbucks @ 26th & Proctor. <b>3MF's</b>
09/12 - 09/14 Fri - Sun	8 AM	1 A, walk	varies	Cynthia Hammer 752 - 0801	Wanna Hike Instead of Bike. See article, Sept. COG.  Start: Sequim Bay State Park.
09/13 Sat	7:30 AM	2 B 	30 or 50	Carla Gramlich 879 - 0115	Ride the John Wayne Trail. Trail is compact dirt & gravel; mt. bike/hybrid or sturdy touring bike is recommended. Bring a lunch to have on the Trail. If you start : in North Bend, the ride is 50 miles R/T; start at the Trail Head @ Rattlesnake Lake, the ride is around 30 miles. Rain in Tacoma will Cancel.  Start: Freighthouse Square.
09/13 Sat	Noon - <b>4 PM</b>	00 Meet	00 & Eat	Caroline Baker 548 - 0925	<b>Annual Club Picnic.</b> More information coming. Note: Time could change. Call Caroline so there is enough food & drink. Look for 09/10 Club Emailing or check the Ride Line/Website. 
09/15 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 09/01 for Ride Details. 
09/16 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.
09/16 Tues	<b>7 PM</b>	Meet &	Greet	TWBC 759 - 2800	<b>Sept. Club Meeting.</b> M/A Wild West VFW Post #91, 2000 S. Union Ave., Tacoma. Should the time for the General Club Meeting be changed to 6 PM?
09/17 Weds	All	Day	Fact	Morsel	M*A*S*H* premiers in 1972. 
09/18 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smooothly. Rain Cancels. See 09/04 for Ride Details. 



# twbc monthly event schedule

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

Day/ Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
09/19 Fri	9:30 AM	2 B	25 - 30	Steve & Phyllis Lay 759 - 1816	3M Fridays. See 09/12 for Ride Details <b>3MF's</b>
09/20 - 09/21 Sat - Sat	8 AM	2 B	35	Carla Gramlich 879 - 0115	Ride and or Hike Weekend. Explore the Olympic Discovery paved trail to Port Angeles. Opportunity to car pool. See article in Sept. COG. Start: Skyline Park & Ride. 
09/21 Sun	All	Day	Fact	Morsel	<i>The Hobbit</i> , written by Tolkein, published in 1937. 
09/22 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 09/01 for Ride Details. 
09/23 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.
09/24 Weds	<b>5:30 PM</b>	2 B	20 - 25	Knightriders - Peg & Marguerite 475 - 3625	Knight Riders. See 09/10 for Ride Details. Remember, it is getting darker earlier; please have lights & reflective gear. Start: Starbucks @ 26th & Proctor.  
09/25 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smooothly. Rain Cancels. See 09/04 for Ride Details. 
09/26 Fri	9:30 AM	2 B	25 - 30	Steve & Phyllis Lay 759 - 1816	3M Fridays. See 09/12 for Ride Details <b>3MF's</b>
09/27 Sat	9:30 AM	2 B	30	Carla Gramlich 879 - 0115	Ride To the Puyallup Farmers Market for Lunch & shopping. Start: Freighthouse Square. 
09/28 Sun	9:30 AM	2 B	30 - 40	Louis Boitano 922 - 1168	Ride to the Sunbreak Cafe for Brunch. Start: Freighthouse Square. 
09/29 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 09/01 for Ride Details. 
09/30 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.





# BICYCLE TOUR OF VIETNAM

By Jim DeYoung

Early spring, 2007, a biking friend told me he was signing up for a bike tour of Vietnam. Although I was not interested at first, after some encouragement from wife, I signed up for a two-week tour plus an additional five-day extension to Hanoi and to the HaLong Bay Islands. With the help of Cascade Bicycle Club, we were able to purchase round trip tickets from a Vietnamese travel agency for about \$800, a real bargain.

## **Saturday, November 24, 2007 and Sunday, November 25, 2007**

Saturday morning, November 24, we left for a 12-hour flight to Seoul, arriving Sunday evening and transferred to a five-hour flight to Saigon arriving at midnight. We were met at the airport by one of the guides and shuttled to our hotel and in bed by 1:30 AM (10:30 AM, Saturday, West Coast time).

## **Monday, November 26, 2007 (Ho Chi Minh City)**

We woke up early for this first day, had an American/Asian breakfast buffet and headed out the door to check out the town. The old central area is called Saigon, the surrounding area and official name of the city is Ho Chi Minh City. It has a population of eight million and over four million motor scooters/bikes. The traffic seemed very chaotic at first but watching the locals, the only way to cross the street was to step off the curb and start walking and the bikes just flowed around me—took getting use to but that is how it works.

We visited the local market and our first taste of aggressive selling whenever we stopped to look at a product. Also saw numerous food stands on the sidewalks selling their soup with noodles, veggies, etc., as well as people selling souvenirs, books, flowers, fruit and vegetables, birds, squirrels, puppies, and on and on.

We met our guide and other tour members that afternoon and were shuttled out of town to a resort to select our bikes, get them sized, and then a meeting to introduce ourselves to the 22 people going on the tour and general information about the tour procedures. This left time to visit with others

before dinner and returning to the hotel for the evening. I called home at 10 PM to let my wife know that all was okay. It was 7 AM and her alarm had just gone off. Always interesting to tell her what my Monday was and for her to tell me what she was planning for that same Monday.

## **Tuesday, November 27, 2007 (Ho Chi Minh City to Loc An Beach)**

We left the hotel in the vans for a long ride to the outskirts of the city. An interesting ride seeing all of the traffic and the thousands of stalls and businesses with a 20-30 foot frontage along side the highway, all selling their specialty such as paint, flooring, statuettes, air vents, bike repair, food, caskets, etc.

Once we got on our bikes, and a quieter road, we moved slowly with the traffic and it was not as hectic as it appeared from the van. I stayed to the right and people moved around me and I around the slower bikes. Little kids along the road would see us coming and would yell, “Alloo” with a very infectious smile and a real laugh when we answered or waved back.

As tour bikers, we moved independently rather than as a group, each person at their own speed. A tour van was on the side of the road every four-five miles for water, bananas, or peanut brittle; or to pick us up if we had enough biking for the day. They were also at the intersections where we had to turn to keep us on track; plus we had daily maps but they didn’t help much.

The ride this first day was along a highway with good shoulders, then a quiet road to our destination. Lunch was typical Vietnamese of rice, soup, fish, squid, chicken and steamed veggies. After lunch it rained for a while which felt refreshing in the 80 degree weather. We pulled into our resort mid afternoon, riding 52 km (27 miles) and averaged about 12 mph. This left time to wash clothes, shower, take a rest or check out the grounds, have a beer and visit with the group.

## **Wednesday, November 28, 2007 (Loc An Beach to Mui Ne)**

Today, the ride started from the resort and north along the coastline. The weather remained in the 80’s, beautiful riding  
**Bicycle Tour, cont. on page 9, column 1**



## **Bicycle Tour, cont. from page 8, column 2**

weather; however, the rolling hills, warm weather, and pushing too hard did me in and after about 30 miles, I gave up and rode in the van for the rest of the day.

There were numerous construction projects of resorts and condos along this route in anticipation of increasing tourist trade with Australia, Russia, and Japan. We again had a nice resort and pool for the evening. Our lodgings each night, with one exception were high three and four star resorts or hotels.

### **Thursday, November 29, 2007 (Mui Ne to Dalat)**

On Thursday, we continued along the coastline before heading in toward the highlands. A first point of interest was overlooking a fishing village where they were still bringing their catch ashore and selling it on the beach. They fish at night for the cooler weather and also to bring their catch ashore and sell it fresh to the markets for resale the same day because of no refrigeration.

Shortly after, we begin leaving the coast and entering rolling terrain. As we crested the first hill, we came across a large cemetery and a small herd of cows wandering through the area. Seeing cows alongside and on the road was a common sight. Sometimes there would be a person watching them but more frequently they just wandered on their own. There were also herds of goats and ducks, again sometimes with a herder, usually not and if they were on the road, people would slow down and drive around them; very observant of the property of others.

The vegetation got heavier, and we started seeing various spices, then rice and then pepper drying in people's front yards, or along side the roads, sometimes a third of the way across the road with the traffic going around and not disturbing the process. We also noticed throughout the tour that cars were well maintained; no dirty cars or cars with dents or damage—their driving techniques seem to work better than in the USA. We were suppose to be picked up in the city of Phan Son and shuttled to lunch. Somehow I got ahead of the vans and ridden further than intended, but they eventually caught up with me, just before the lunch break.

After lunch, it was back on the bike through rolling country, now past rice paddies in the valleys and coffee trees on the

hillsides. The road also led past a relocation camp for a hill tribe. The government had built a huge dam upstream and offered the people the camp with free housing and schools. The camp looked very organized but somehow left me the impression that it was a total difference from their prior life style. We were picked up shortly to head up into the highlands, past the power dam, to the city of Dalat and another nice hotel overlooking the city.

### **Friday, November 30, 2007 (Rest day in Dalat)**

Today was a rest day in Dalat, the capital of the province lands, and once the summer palace for the king. There is a very definite French influence in the city, most noticeable in the restaurants. Our tour of the city included a silk embroidery factory that produced beautiful and intricate embroidery wall hangings. We had an excellent guide describing the process. From her point, it was almost a religious and dedication of a period in their lives working and producing a top quality product.

Other points of interest included a spice shop with numerous snacks for different dried fruits and a hilltop park with a huge Buddha overlooking the city. After lunch, we had time to wander the city, check out the local market when I bought a replacement daypack for a good { ? } negotiated price. Dinner was on our own and we had an excellent meal in a French restaurant across from the hotel.

### **Saturday, December 1, 2007 (Dalat to Buon Ma Thout)**

We left the hotel as a group on our bikes (strength in numbers) during rush hour in smooth flowing traffic. After about few miles, we were back on quiet roads through rolling terrain, mostly coffee plantations and small villages. We also started passing nicely maintained military cemeteries in every village of soldiers killed in the 'American War'.

Late morning, the guides packed our bikes in the van and were shuttled for the rest of the day (four hours). Our lunch was at the summer palace of an emperor; then down to a living museum where we could ride an elephant. It is like being on a slow moving bucking bronco. You need to do it at least once, never twice.....

**Bicycle Tour Of Vietnam,  
continued in the October Web COG**



## RAPSody Wrap-Up

By Ralph Wessels



Thanks to all of the volunteers that helped make the fifth Ride Around Puget Sound a success. The West Sound Cycling Club, BIKES of Snohomish County, Capital Bicycle Club, Seattle Bicycle Club, and Tacoma Wheelmen again hosted a great ride. We heard numerous glowing reports about the quality of the ride and support that comes from the volunteers. The RAPSody jersey designed by Steve Lay sold out and there was even a demand for a second order. The 376 registered riders came from nine states, so word has gotten out about RAPSody.

The route across the new Tacoma Narrows Bridge was the first for an organized ride and provided a spectacular view. Perhaps the sprinklers that unexpectedly came on at the finish line on Sunday to spray the team from Century Massage was a forewarning of the impending rains that arrived in the early afternoon for the 2-day riders.

Despite the rain, the riders all came in with big smiles, wanting their ice cream bar. It is good to know that RAPSody provides a fun time for the participants, helps to raise funds for causes in local communities, and raises funds that support bicycle advocacy. It just doesn't get much better.

The volunteers from the Tacoma Wheelmen and friends include John Ernest Berry III, Joyce Clifford, Jim Couch of Spoke & Sprocket, Mary Dahl-Smith, Carol Davis, Roz Davis, Steve Davis, Peggy Fjetland, Carla Gramlich, Nancy Henderson, Phyllis Lay, Steve Lay, Roger Laybourne and the other wonderful Clover Park Kiwanis, Tony Matson, Bob Myrick, James Neil, Kate Oliver, Tim Payne, Mark Pentony of Marks Bike Works in Shelton, Kelly Pidone, Noranne Skaanland, Thom Skaanland, Corky Smith, Gene Smith, Karel Vance, Lou Vance, Dena Wessels, Ralph Wessels, and Larry Wyman. ☺



## BAW Auction

By Dena Wessels

The Bicycle Alliance of Washington Annual Auction and Banquet will be on Saturday, October 18, 2008 at the Fisher Pavilion at the Seattle Center (Thomas St & 2nd Ave. N.). Again this year TWBC has purchased one table, 10 seats, and is making those available to members on a first come first serve basis for \$32.50 each for TWBC Members (tickets direct from BAW are \$65 each before September 5 and \$75 each after that date).

The Silent Auction begin is from 5:30 p.m. to 6:45 p.m., the Banquet begins at 7 p.m., with the Live Auction starting at 7:30 p.m. The entire evening is always a good time and a great celebration of cycling in Washington. Not to mention that the proceeds go directly toward supporting bicycle advocacy, safety, and education. This year's auctioneer is Eric Mamroth, and Willie Weir is Master of Ceremonies. Please come join the fun. Send your check to BAW Auction, Attn: Gus Fant, TWBC Treasurer, PO Box 112078, Tacoma, WA 98411, to insure your seat at the TWBC table.

B.A.W. helps introduce kids and adults to the joy and freedom of bicycling, and ensures that future generations have great places to ride in bicycle friendly communities across Washington. Hope to see you at the Auction. ☺



Just the thing to get everyone in a group to work together & go in the same direction. The Conference Bike! at the Tour de Fat in Seattle during August. (Photo submitted by Ralph Wessels)

## For the September General Meeting:

Remember, prior to the September General Meeting will be the Pre-Meeting Swap Meet. You can bring to swap all those items that did not quite work out for you over the summer.

Members will be able to tell the Board how to spend Club Funds by voting on the presentation of the Annual Budget.

Did you sometimes wish that the General Meeting started earlier than 7 PM? Would you be more than willing to attend if the Meeting started earlier? Come voice your concerns about changing the start time to 6:30 PM or even 6 PM! ☺

## Voluntary First Generation-Only KEO Chromoly Axle Recall

Look Cycle USA has initiated a voluntary recall and upgrade program isolated to KEO chromoly axle models manufactured prior to January 2006.

See More Info at

<http://www.cpsc.gov/cpsc/pub/prerel/prhtml08/08354.html> or at

<http://www.lookcycle-usa.com/keoupgrade/index.html>

Thanks for the safety alert Larry Wyman! ☺



Someone rode in on a Fish  
at the Tour de Fat  
in Seattle during August.

(Photo submitted by Ralph Wessels)

## For the TWBC Monthly Ride/Event Calendar

### RIDE CODE CHART, PACE

*Pace Code Examples: Average mph on flat surface:*

- 1 - Easy pace, frequent stops to catch up and regroup, 9-12 mph on flats.
- 2 - Moderate pace, occasional stops to catch up and regroup, 12-15 mph.
- 3 - Steady pace, limited stops, cue sheets or maps provided, 13-16mph.
- 4 - Fast pace, very limited stops, cue sheets or maps provided, 16 + mph.

### 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.).

### *TWBC Mission Statement*

*The Tacoma Wheelmen's Bicycle Club welcomes bicycle riders of all skill levels, from beginners to advanced. Founded in 1888, TWBC serves "to promote and develop safe bicycling for recreation, health and alternate transportation."*





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

E-mail Delivery

September  
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!



# More Pictures!



Peggy Fjetland & Cynthia Hammer  
enjoy activities @ TdF.



On the spot bike parking,  
among TWBC friends @ the TdF.

(Photos submitted by Ralph Wessels)

First one day RAPSody Rider into the TCC  
campus enjoys alternative seating & ice cream  
@ the finish



Happy but wet Cowbell Ringer  
welcoming each Rider  
at RAPSody at the finish  
on the TCC campus.



# And More Pictures!

(Photos submitted by Ralph Wessels)

RAPSody luggage kept dry in the TCC Gymnasium prior to the predicted rain.



RAPSody Jersey-clad Riders wanting Ice Creams at the end of their two day ride.



Dedicated Sag Driver provides a presence on the course. (nice license plate!)

