



# October 2008



## Annual Halloween Party

By Karel Vance

Mark your calendars for the Club's Annual Halloween Party, Potluck and Ride on Sunday, October 26. This year Lou and Karel Vance will be hosting the party – those needing directions may call 253 - 921- 4846 or 253 - 921- 4847.

Meet at 2 pm at Lou and Karel's house, drop off your Potluck item and do a Ride around town to view Halloween decorations. Return around 4:30 pm for the Potluck. Costumes are encouraged but optional! Make sure your costumes are such that they do not impede your ability to ride your bike! Standard bicycle helmets are still required!

Hot-spiced cider will be provided. You are welcome to BYOB if you would like wine with dinner. Rain cancels the Ride, but not the Potluck! RSVP's are MUCH appreciated! ☺

## Annual Summer Picnic

By Sue Coley

It was finally revealed to us why this year's "summer" picnic was held in the middle of September. Beautiful sunny weather went along with the beautiful surroundings. It doesn't get much better than that folks! Oh but wait a minute. More good things were in store for our small band of attendees; great food topped off by Caroline's famous triple chocolate brownies.

A group of about a dozen riders sallied forth from the north end of Tacoma while a few people arrived by car. I rode from my home, which is only about 6 miles from Caroline's home. I need more miles, so I took the long way over giving me a respectable 15 miles round trip.

Since I promised Caroline to bring my Raspberry Chipolte Meatballs I had to enlist the aid of my invisible spouse. He drove them over and then quickly disappeared, least someone try to wrestle him into spandex and force him onto a bike. The picnic is a great way to meet non-cycling spouses (if they would just cooperate).

Caroline's home has been a lovely setting for our picnic. Words truly cannot describe the beautiful gardens, which bloom by the way almost all year long. It's amazing and I for one don't know how she does it. If you weren't able to come this year, be sure to mark your calendar for next year. You really don't want to miss it. What better way to spend part of you day! Cycling, eating and enjoying the company of like-minded people. ☺

### 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."*

# The COG Home Page

**Next Club Meeting:**  
**Tuesday, October 21, 2008**

**Nov. Ride Calendar Deadline:**  
**Wednesday, Oct. 22, 2008**

**Nov. COG Article Deadline:**  
**Thursday, Oct. 23, 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!**

## October Draft Lines

By President Carol Davis



How about an Earlier Club Meeting time?!

We all choose to be involved in different, fulfilling activities. TWBC offers a variety of activities that fulfill our needs in different ways. Some of the needs that TWBC helps us with are health, accomplishment, and friendship. Everyone is involved at whatever level suits them best.

During my tenure as president, I have been looking for ways to make our meetings more inviting. We set up tables to encourage interaction between our members, and we have "table talk" about different topics to give a bit of direction towards bicycling matters. Judging from how long it takes to get attention at the meetings, I would say this arrangement is working!

The Board is entertaining the idea of starting our monthly Club Meetings earlier. We voted at the September Club Meeting, and everyone there was in favor of starting earlier. Most people would like to start at 6 pm. Thanks to Mary and Jack, the food at our meetings has gotten better and better, to the point of not needing to eat before we arrive. An earlier start will give working people the chance to come to the Club Meeting before going home, have a bite to eat, unwind with friends, and tune in to the meeting program instead of TV. People who don't work nine to five also will not have to wonder about what to eat or do before the meeting.

The new format would be to have our "buffet" table set up at 6 pm, so we can come in, have something to eat upon arrival and chat with new and old friends. The business portion of the Club Meeting will start around 6:30 pm. Of course, food will still be available for those arriving late. We will have a "table talk" discussion that will give a sort of break, and then begin our evening's program. Our September program was fascinating and inspiring to go cycling in Vietnam.

Please E-mail me with your thoughts on this new meeting time (president@twbc.org), and watch for the TWBC E-mail that comes out after the Board Meeting with news about our meeting time! I look forward to hearing from you! ☺



## RIDE CAPTAIN REPORT



We get lots of rides during the week, but what about the weekend?! I guess lots of our Members don't work or maybe they have days off during the week. But you will notice the ride calendar needs more weekend riders. Maybe you need to help out and lead a weekend ride. Lots of people know of a favorite route around their neighborhood. Now is the time to share that route with everyone. Contact me, and I will help you become a weekend ride leader.

With high gas prices and crowded roads, more people are trying riding their bicycles to work. I noticed new people on their bikes all the time. If you have been commuting to work this summer, now starts the real test. With shorter days and less than perfect riding weather, I hope you will have the strength to continue commuting during the winter months.

Reward yourself with some new rain gear, lights and/or reflective items. Also wearing bright colors, while commuting, or anytime you are on your bicycle is helpful. Please keep track of your commute mileage. The Club rewards commuters at the Annual Banquet if you turn in your ride logs.

So, you save gas, get some exercise, save the planet and get a reward from the Club. There really is no reason not to commute. Maybe you can only do it once a week, but that is great! I do notice some Members that are always riding around town. Hoping more people will start to or continue commuting by bicycle. Feel free to ask me or other Members on how to do it.

Contact: Carla Gramlich [ca\\_gramlich@yahoo.com](mailto:ca_gramlich@yahoo.com) or phone 253 - 879 - 0115 to become a ride leader or to get some tips on commuting during the winter months. ☺

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### Ride Mileage Deadline Approaching!

Remember, you'll need to turn in your Ride Logs for the year in November! So, ride, ride, ride lots in October! ☺







## Government Affairs Report

*Actions affecting you  
and your community...*

**Bob Myrick**

TWBC Director of Community & Government Affairs

Our committee met again on Tuesday, September 2 at the Taqueria Guadalajara in the Stadium District at First and Tacoma Avenues. Please note we will meet there next on Monday, October 6 at 6:30 pm, not Tuesday as usual. We discussed several items as follows and asked members to state their personal bicycling agenda for now and 2009. To start things off, Washington State was declared the number ONE, yes number ONE, State as to bicycle facilities and accommodation for bikes. I looked this up on the League of American Bicyclist's website and found that State Transportation Officials answered 75 questions regarding bicycle accommodations. So, I decided that maybe, Washington State has the best 'Form Filler Outer' in the Country. We did receive good news in that the Railroad Tracks in Steilacoom should be paved over in the near future. I contacted the Town Administrator and related that at least 15 cyclists had crashed on the tracks during the RAPSody Ride due to the wet weather. The Town Administrator remembered all we had done over the past years to make the tracks safer and he decided to ask the Public Works personnel to pave over the tracks. It hasn't been done yet, so we need to keep on this matter.

Recently, we have sustained two serious bicycle accidents, one during a Club ride and one during the Headwaters. I am working with both victims to properly register with our insurance company. The Club medical insurance works like this. It is an excess medical coverage where the coverage has a \$500 deductible and then, the insurer will cover any excess costs up to \$10,000. This means that if you have no insurance, you should be covered for up to \$9500 after your \$500 deductible is met. Likewise, if you have some insurance, our insurance should pay after you have incurred at least \$500 out of pocket and you have additional expenses up to \$9500. To be covered, you must be a current, paid up Member on a Club ride or be properly registered on one of our event rides.

The Metro Parks District has an online survey to determine if Point Defiance's Five Mile Drive should be closed to cars

on Sunday mornings as well as on Saturday mornings. Please check our their website and find the survey related to this issue. The Park Board is hearing the proposal in September and October.

Well, the Committee Members stated their personal bicycling agenda for now and 2009 and here it is. Bear in mind, I stated my personal agenda in 2007 and I am still working on it.

1. **Trails and Pavement.** Dave indicated he was very concerned about moving forward with our various trail plans and saving our existing bike lanes. Pierce County Parks is coming up with a new Trail Plan in 2008 and we need to monitor its progress and make sure it goes in the proper direction as to providing a reasonable urban network. We may also have to lobby the new County Executive to have the Public Works Department more involved in trail building on their right of way corridors, like thru South Hill Puyallup. Additionally, we need YOU to monitor trail development in Puyallup to connect the Puyallup River Walk to the Foothills Trail. We need to monitor trail development in Edgewood for the Interurban Trail and we need to encourage Sumner to get on with connecting and completing their trail network to get us from Puyallup to King County's Interurban Trail. In Northeast Tacoma, we need experts on getting some kind of trail thru Julia's Gulch from Marine View Drive up to the BPA Trail in Federal Way.

2. **Shared Streets and Bike Lanes.** Scott indicated that he prefers shared streets rather than bike lanes. So Scott is interested in getting Sharrows approved for use in Washington State. In San Francisco Sharrow marks are painted on streets where cyclists are encouraged to bike and share the road with cars. As you know, we have long advocated for a system of shared streets, followed by streets with bike lanes or Fog lines, followed by a spine of Trails connecting our County internally and externally to other Counties. Or you could reverse this thinking to one of a Trail 'freeway' network followed by streets with bike lanes and Fog lines followed by preferred shared streets. If Sharrows are not quickly approved, Tacoma Officials have indicated they might provide 'share the road' signs and 'bikes on road' signs on streets that are preferred for bike travel.

3. **Stadium Way and St. Helen's Avenue.** Carla indicated she wants to follow the Local Improvement District rehab of the Broadway and St. Helen's District to ensure

that the bike lane is provided up St. Helen's Avenue. We also know that Stadium Way reconstruction might be included in Tacoma's Six Year Street Plan and we need to insure that bike lanes or shared streets are provided that will encourage bicycle use.

**4. Scott Pierson Trail.** Carla and others would like to see safety improvements and ramps provided on the trail. The crossing at Union Avenue is particularly risky and the crossing of Sixth Avenue has some problems. Next to North Ninth Street, it would be nice to have ADA ramps so that users could conveniently get off the trail to go to the climbing gym and to spend money on Sixth Avenue. Others have asked for widened sidewalk or trail to better connect North Ninth Street to North 11th Street, one of our very long time-shared use roads.

**5. Tacoma Bike and Pedestrian Plan.** Dianne Wiatr works for the City and is asking for \$200,000 to update Tacoma's Nonmotorized Plan. All of us need to be involved if she gets the money to update the plan. Many of you know I have been asking to City to build some missing arterial sidewalks to improve access to the Scott Pierson Trail and to provided needed accommodation for kids, old people and the disabled, not to mention my desire to ride the sidewalk during high traffic volume times. The City needs to hear YOUR concerns as well.

**6. Tacoma Bike Lanes.** I mentioned that Tacoma was going to paint alot of bike lanes these past two years, but I haven't seen much painting going on? We need to sit down with the City's Kurtis Kingsolver, Dana Brown and others to get the bike lanes painted. Also, we need to have new street construction bike lanes repainted in a timely manner. As you travel about the City, you will notice the bike lanes on new streets seem to last less than a year before the line is faded almost beyond recognition.

**7. South Tyler Street.** I heard from Club Member Steve Davis that Tacoma had a Quality Review meeting on the design for extending Tyler Street improvements towards the south. Steve indicated the City might try to combine the needed sidewalks and bike lanes into a single roadside trail, much like Tom Ballard provided on Lake Tapp's Parkway. That is the steep trail going up the big hill into Lake Land Hills Subdivision. I indicated that Steve Lay might have said he used to ride thru the South Tacoma Swamp area from South 35th Street area to South 56th Street area. I

asked Dana Brown from the City to investigate if some kind of trail could be incorporated in the new ProLogis Construction going on in the old Northern Pacific Railroad yard. We all hope to follow developments in this area.

**8. Complete Streets.** You know that Pierce County has adopted a Complete Streets Policy. Recently, several people have indicated that we need to make sure that the Public Works Department is embracing the Complete Streets policy and really thinking about accommodating pedestrians, buses and bicyclists in their planning and maintenance. We need to lobby the new County Executive to make sure the Engineers are following thru with Complete Streets and in including trails where the need for bike lanes and sidewalks can be combined into a road side trail, thus saving precious right of way dollars and encouraging people to get out of their cars.

**9. Missing Grate Bars.** Both Scott and Carla are bird-dogging the Tacoma missing grate bars which prevent a cyclist with narrow tires from getting caught in a storm sewer grate on the side of the road. Recently, we had a Member get stuck in a grate that was missing the protective bar. Scott and Carla indicated they would pursue this matter as well as monitoring for other maintenance and operation concerns.

**10. Lakewood Bike Routes.** Scott indicated he and many others have a big problem in getting thru some parts of Lakewood. Scott indicated he was interested in following up with Lakewood to encourage a system of share streets and bike lanes so one can safely get around Lakewood. We have several Members in Lakewood who have similar interests. I hope they can help Scott.

**11. Bike Racks.** Carla indicated the Bike Rack at Tacoma City Hall sitting next to the Mayor's private parking spot was removed several years ago. Steve said he is still looking for a bike rack at the Tacoma Dome after many years of begging for a bike rack there. Dave said there were a general lack of properly placed racks thruout our Cities and the County. Carla, Steve and Dave said they would continue to ask for racks properly placed and not give up in their efforts.

**12. Membership.** I indicated that it would be great to build our Membership to at least 500 people so that we speak with some authority when representing the bicycle community. I will continue to work with Ralph and others

## Gov. Affairs, cont. from page 5, column 2

in getting more people to become active Members of our Club.

13. **Water Ditch Trail.** I have been told the trail was contracted out for construction, but I haven't seen any dirt being moved. I need to call Dana Brown from the City to find out what is going on out there in South Tacoma.

14. **Narrows Bridge Area.** When the Scott Pierson Trail was built across the Narrows Bridge, the Washington State DOT agreed to provide some additional money for bicycle related improvements on either side of the bridge. Ralph indicated he would follow up with DOT Officials to see what the current thinking is. We had heard that DOT might have promised the new Peninsula Park District some matching funds if they were successful in getting other grant monies to build a trailhead and other trail amenities near the end of the bridge.

15. **Puyallup Indian River Trail.** Some folks asked if we would ever get a trail from the Melroy Bridge on River Road down thru Fife and into Tacoma. I indicated that Foothills Trail Coalition has had some contact with the Puyallup Tribe as to some long-term involvement in creating a trail thru their reservation area. I may be able to find out more about this matter at the Fourth Annual Pierce County Trail Conference on Thursday, December 4 at 4 pm at the United Methodist Church in Puyallup on Pioneer Way.

16. **Prairie Line Trail.** Carla said she was interested in contacting the City as to the status and thinking of the City regarding the possible Prairie Line Trail from the Thea Foss Waterway thru the UW Tacoma Campus and on to South Tacoma Way connecting a person to the future Water Ditch Trail. Recently, I was told the railroad had a 'fee simple' interest in this right of way rather than having a charter right of way easement from our Uncle Sam. So, it appears the railroad can follow thru with only providing a 20-foot wide corridor for a trail. I think they could also petition for Railbanking under Federal Law, but they would be giving up 60 feet of right of way that has great value for development along the trail corridor.

**In the meantime,** we will be attending meetings at the Puget Sound Regional Council to advocate for nonmotorized transport. Some of us will be attending a Tacoma Pierce County Health Department Summit Meeting on the Obesity problem on September 26. The whole Club will be invited to

attend a Nonmotorized Transportation Fair at Tollefson Square on Wednesday, October 1 from 10 am to 2 pm. The fair is sponsored by the City to encourage people to leave their cars at home even during our brutal winter. Have a great Halloween and remember to Cycle More and Worry Less. YOU could save the planet. ☺



## 2008 Headwaters Report

By Gene Smith



The course for the Headwaters Century, held on September 7, is described on our website thusly: "All routes are generally flat with some rolling hills and there is one 1.5-mile long hill near Black Diamond." From the feedback (complaints?) I received at the end of the ride from some of the nearly 200 riders, the description should say: "All routes start generally flat but then encounters hill after hill after hill after ....". Based on that feedback, I will probably tweak the description a bit for next year. But you know what? I think these "complaints" (all presented in humor and fun) are actually good news. There are riders signing up for the Headwaters that are newer to cycling and this course provided a challenge to them but a challenge that was surmountable. I find it exciting when cyclists new to the sport attend our rides. And the TWBC volunteers were there to help them complete that challenge. Great job, everyone! And whoever ordered the weather, it was the best – clear and sunny, almost too warm by the end of the day.

Regarding all you wonderful TWBC volunteers, I seemed to notice especially this year the interdependence we all have, and need to have, on each other to complete these rides. The cooperation and hard work that I saw in the last month was incredible and I am so thankful for the part that each person contributed. From transporting equipment to placing the food order, SAG driving to rest stop volunteer, registration to serving dessert, publicity to course marking, coordinating the volunteer log to collecting pre-registration, all of you are greatly appreciated. And one last thank you to Caroline, the ride co-coordinator, who stepped up mid-year to provide just the support that was needed to keep the ride on target. I hope this note adequately expresses my gratitude for everyone's support. Cheers! ☺

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Actual Tombstone From an Actual Graveyard:

She always said her feet were killing her....



# Bicycle Alliance of Washington Legislative Issues

By Kristin Kinnamon, Board Member  
Bicycle Alliance of Washington

Supporting your local bike club is important. It's also important to belong to our statewide advocacy organization, the Bicycle Alliance of Washington. The Bicycle Alliance has a lobbyist in Olympia and has a seat at the table of many statewide initiatives and committees. That gives us all a voice in making Washington state more bike-friendly.

As a board member and chair of our Legislative & State-wide Issues Committee, I'm proud to share what we're working on this year.

**Initiative 985:** The Bicycle Alliance has taken a position opposing I-985. While the ballot title states that the measure is intended to "reduce traffic congestion," it focuses solely on motor vehicles as the means to do so. By requiring a certain amount of state and local money be spent on "congestion relief" measures aimed solely at cars, I-985 puts at risk funding for non-motorized and transit projects. It sets out a "one size fits all" solution to traffic problems across the state, limiting local control and decision-making.

**Traffic Actuated Signals:** Ever sat on your bike at a traffic light waiting for it to change? Given that bikes are legal vehicles in Washington, it shouldn't have to be that way. We are developing legislation to require cities to make signals detect bikes and motorcycles and to mark loops to indicate bike placement whenever roadwork is done in an intersection. All lights would have to comply within two years. As a member of BIKES Club of Snohomish County, I know how important this bill is. We've been asking how "improved" intersections on Hwy. 9 will detect bikes. Department of Transportation engineers have told us that, despite DOT bike design standards to the contrary, they don't have to design signals for bikes.

**Construction Zones:** Ever been frustrated by construction signs blocking the bike lane or shoulder? Ever suddenly come across a closed sidewalk with no safe alternative? National standards (Manual of Uniform Traffic Control Devices) that are adopted by most jurisdictions require that bicycles and pedestrians be considered when planning

for access through construction zones. In practice, construction projects often create dangerous barriers for cyclists when proper planning could provide safe alternatives. Our bill will require compliance with MUTCD standards so that people who use wheelchairs, bicycles or their own two feet are considered important user groups when construction zone closures and detours are necessary.

**School Transportation Funding:** The Bicycle Alliance is a partner with the Center for Safe Routes to Schools – WA State (<http://www.saferoutes-wa.org/>). We help communities educate, engineer, encourage and evaluate walking and biking programs and facilities for schools. With our bad economy, legislators and school leaders are also wondering how to get the most out of school transportation funding. Did you know state money can be used to bus kids who live within 1 mile of school, but can't help pay for school crossing guards so kids could walk instead? We want to give school districts incentives to work for safer roads and walkways in their community, not just more money for buses year after year.

**Global Warming:** Bicycle Alliance Executive Director Gordon Black serves on the state's Climate Change subcommittee on transportation. The committee will be supporting policies and legislation that encourage bicycles as an earth-friendly transportation option.

**3-Foot Passing:** Washington state law already requires cars to pass cyclists at a "safe distances." Last year we tried to define that as a minimum of three feet. The Washington State Patrol opposed the bill for fear they couldn't enforce it and truckers wondered if they'd be able to cross double yellow lines to comply. We've been studying other state's laws and will meet with the WSP this month to see if we can change their minds. If not, we'll focus on enforcing existing laws and educating both drivers and cyclists for now.

Please visit our website for more details on these issues, and to join the Bicycle Alliance in support of this important work: [www.bicyclealliance.org](http://www.bicyclealliance.org).







The BAW Legislative Committee welcomes bike advocates from across the state. If you'd like to be considered for membership, please submit a letter of interest to me at [kinnamonk@aol.com](mailto:kinnamonk@aol.com) or call (360) 658 - 2462. ☺





# 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
10/01 Weds	9:30 AM	2 A	30	Lou & Karel Vance 921 - 4847	Foothills Trail Ride. Ride the paved trail w/ Lou & Karel. Start: East Puyallup Trailhead. 
10/02 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. 
10/04 Sat	10 AM	2 B	20	Steve & Phyllis Lay 759 - 1816	Ride to the Greek Festival. Bring \$\$\$ to enjoy some great Greek food & entertainment. Start: Starbucks @ 26th & Proctor. 
10/05 Sun	All	Day	Fact	Morsel	PBS becomes a television network in 1970. 
10/05 Sun	10 AM	2 B	30 - 35	Steve & Phyllis Lay 759 - 1816	Annual Ride to Steilacoom Apple Squeeze to see them squeeze apples & partake of pie.  Start: Starbucks @ 26th & Proctor.
10/06 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. 
10/06 Mon	<b>6:30 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. Note Oct move to Monday.
10/07 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.
10/08 Weds	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Foothills Trail Ride. Rain Cancels. Ride the paved trail w/ Lonna. Start: East Puyallup Trailhead. 
10/08 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. Remember, it is getting darker earlier; please have lights & reflective gear. Start: Starbucks @ 26th & Proctor. 
10/09 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smooothly. Rain Cancels. See 10/02 for Ride Details. 
10/11 Sat	9:30 AM	1 B	18 - 20	Gene Smith 272 - 6747	Gene's Casual Ride. Come along w/ Gene on the Scott Pierson Trail & then around town w/ a stop for coffee. Start: Skyline Park & Ride. 





# 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
10/13 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 10/06 for Ride Details. 
10/14 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.
10/14 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.
10/15 Weds	9:30 AM	2 A	30	Lou & Karel Vance 921 - 4847	Foothills Trail Ride. Ride the paved trail w/ Lou & Karel. Start: East Puyallup Trailhead. 
10/16 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smoooothly. Rain Cancels. See 10/02 for Ride Details. 
10/17 Fri	All	Day	Fact	Morsel	Thomas Edison files a patent for the "Optical Phonograph" (movie) in 1888. 
10/18 Sat	<b>5:30 PM</b>	00 Meet &	00 Play	Dena Wessels 857 - 5658	<b>Bicycle Alliance Auction</b> , Seattle, WA Club pays \$32.50 of \$75 entry; please pre-register. 
10/19 Sun	<b>2 PM</b>	1 B	20	 Bob Myrick 473 - 7455	Blue Vespers Pre-Ride around the city. Blue Vespers will follow @ 5 PM featuring Paul Green & others @ the 3rd Annual Harmonica Showcase. Rain cancels the ride, but not the music; plan on afternoon lunch stop & maybe another stop @ Park Ave Tavern. Start: Immanuel Presbyterian Church, 901 N "J" St.
10/20 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 10/06 for Ride Details. 
10/21 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.
10/21 Tues	<b>7 PM</b>	Meet &	Greet	TWBC 759 - 2800	<b>Oct. Club Meeting.</b> M/A Wild West VFW Post #91, 2000 S. Union Ave., Tacoma Where was Gus this summer?
10/22 Weds	9:30 AM	2 A	30	Lou & Karel Vance 921 - 4847	Foothills Trail Ride. Ride the paved trail w/ Lou & Karel. Start: East Puyallup Trailhead. 
10/22 Weds	<b>5:30 PM</b>	2 B	20 - 25	Knightriders - Peg & Marguerite 475 - 3625	Knight Riders. See 10/08 for Ride Details. Remember, it is getting darker earlier; please have lights & reflective gear. Start: Starbucks @ 26th & Proctor. 
10/23 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smoooothly. Rain Cancels. See 10/02 for Ride Details. 
10/24 Fri	All	Day	Fact	Morsel	The first transcontinental telegraph message was sent from Justice Field of CA to President Lincoln in 1861.



# 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
10/25 Sat	8 AM	2 B	30 - 50	Carla Gramlich 879 - 0115	Ride the John Wayne Trail. Rain in Tacoma Cancels. See Ride Notes for complete info. Start: Freighthouse Square. 
10/25 Sat	9:30 AM	1 A	10	Bill Newman 341 - 0016	Morning Coffee Ride with Bill. Stop @ Espresso Yourself on the return trip. Start: TCC Park & Ride. 
10/25 Sat	9:30 AM	1 B 	18 - 20	Gene Smith 272 - 6747	Gene's Casual Ride. Come along w/ Gene on the Scott Pierson Trail & then around town w/ a stop for coffee. Start: Skyline Park & Ride. 
10/26 Sun	2 PM	2 B	20 - 25	Lou & Karel Vance 921 - 4847	Halloween Ride, Potluck & Party. Rain cancels the ride, but not the potluck. RSVP's MUCH APPRECIATED!!! See article, this COG.
10/27 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 10/06 for Ride Details. 
10/28 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.
10/29 Weds	9:30 AM	2 A	30	Lou & Karel Vance 921 - 4847	Foothills Trail Ride. Ride the paved trail w/ Lou & Karel. Start: East Puyallup Trailhead. 
10/30 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smooothly. Rain Cancels. See 10/02 for Ride Details. 
10/30 Thurs	5:30 PM	2 B 	20	Carla Gramlich 879 - 0115	Halloween Ride. Decorate your bike & wear a costume, then ride around Tacoma & 'scare' little kids. Must have lights. Enjoy some apple cider @ Starbucks afterwards. Start: Starbucks @ 26th & Proctor. 

## October Humor



### Ride Notes

**10/25 Saturday** Ride the John Wayne Trail. Start #1 @ 8 AM @ Freighthouse Square to carpool to North Bend. Start #2 in North Bend @ Starbucks by Safeway. If you would like to do the ride but use the shorter option, you will need to drive up to the trailhead near Rattlesnake Lake. Bring Lunch to eat on the trail and lights if you would like to explore the tunnel. Ride is roundtrip on gravel, packed trail. Mt. bike, hybrid or sturdy touring bike is recommended. Conditions like the Galloping Goose Trail in BC. Rain in Tacoma will Cancel. ☹



How do vampires get around on Halloween night?

By blood vessels.

What do the birds sing on Halloween?

Twick or Tweet.

What do you get when you drop a pumpkin?

Squash.

What do baby ghosts wear on Halloween?

Pillowcases.

Why didn't the skeleton cross the road?

Because he didn't have any guts.



## **BICYCLE TOUR OF VIETNAM**

(Continued from the Sept. Printed COG)

By Jim DeYoung

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.

The four drivers did not speak or understand (?) English. However, on this day we had one of the guides in our van to answer questions and explain what we were seeing plus general information about Vietnam. Then it was on to our hotel, the best in town in this small city; but no elevators.

### **Sunday, December 2, 2007 (Buon Ma Thout to Nha Trang)**

The day started with about an hour ride out of town and through some hilly country where the 'fast' group got on their bikes. The rest of us, the 'smart' group, rode another 12 miles before starting. The area continued to be rolling hills, mostly wooded jungle with paddies along side small rivers and creeks. Almost all of the paddies that we saw had people working in them. It was manual labor, sometimes with a cow or water buffalo pulling equipment; and occasionally a two-wheel tractor turning the soil or leveling a paddy for a next rice crop. The homes that we passed were basic; however, most of them had a TV antenna or dish on the roof and a nice motor scooter in the yard. Their gardens were neat and clean and occasionally saw a person out front sweeping the dirt porch or front area; all very neat and orderly. The ride ended with a long downhill grade back to the coast before climbing into the van to be shuttled to Nha Trang, a coastal city and a first class hotel overlooking the ocean. Our dinner that night was at a BBQ restaurant where a brazier was placed on the tables and our drivers BBQ'd our dinner for us of shrimp, squid, chicken, and fish plus soup, veggies, and rice; an excellent dinner. (It would never have passed U.S. safety standards.)

### **Monday, December 3, 2007 (Nha Trang Rest Day)**

Another very busy rest day. It included a boat ride to an offshore island. The boat had three masseurs on board for

those interested in a back or foot massage for three to five US dollars. The tour included a stop at an aquarium, a walk through a fishing village, and a ride back to our boat in a to the other side of the island and back to our boat anchored in the harbor. Transportation to the boat was in round basket boat; different but very functional and very safe. Before returning to the hotel, we went to a Cham Tower (Buddhist temple) built about 1600, similar to temples that you would see in India and other Southeast Asian countries. Dinner was on our own and we found a restaurant nearby for a so-so meal.

### **Tuesday, December 4, 2007 (Nha Trang to Qui Nhon)**

This morning we were shuttled out of town before starting our ride. Terrain was rolling hills along the coast with headwinds and along Highway 1A, the main route between HCMC and Hanoi. It was very busy in the small towns but very quiet between them other than the addition of trucks and many buses. The scenery now included numerous shrimp and squid farms along the highway,

### **Wednesday, December 5, 2007 (Qui Nhon to Quang Ngai)**

We left the coast today, returning to back roads and very rural villages; a beautiful way to bike in this country. Nothing spectacular other than it was away from the busy highway.

### **Thursday, December 6, 2007 (Quang Ngai to Hoi An)**

Today we started our ride at the My Lai memorial site. The presentation was well done and much as I remember it happening back in 1968. It led to some interesting discussion at lunch between us 'older' riders that remembered it and the younger people who had only read about it after the fact.

We biked from the site for 36 miles back to Highway 1A. It was all back roads including about seven miles of dirt road through small villages. One area was being logged off (manually) and there were many small saw mills, some with handsaws. They appeared to specialize in making cabinets, another with chairs and/or dining room tables, all of local wood. The completed products in front of the shops



## **Vietnam, cont. from pg. 11, column 2**

were attractive and beautifully finished.

Our stop for the evening was in Hoi An, a historic town dating back to 200 BC and retains a historic image. Before dinner we went to a silk factory to see how they made silk cloth. It was also a show room for purchasing clothes with many of the ladies ordering dresses, which were delivered to hotel the next afternoon.

### **Friday, December 7, 2007 (Hoi An Rest Day)**

The town and our resort had been flooded about three weeks prior with more than six feet of water in some areas. There was little evidence of the flooding other than stain marks on door and window frames. The town itself was very interesting to visit ancient buildings, temples, small shops making and selling wood statues, floor mats, etc. plus the local food and fish market. Definitely a 'must see' when you go to Vietnam.

### **Saturday, December 8, 2007 (Hoi An to Hue)**

The next morning we were shuttled along a very busy road to a marble (stone) factory where they carve statues out of beautiful clear marble. Again, this was all hand labor with chisel and hammer, then sanding to get the proper finish to the product. This was our last riding day, the first part along the busy highway 1A leading into DaNang. There was some confusion on the route in the city and several people had to turn around and get back on the route. It then continued along the coast to a tunnel entrance. Our route was the old road following the coastline, up and over a seven-mile 1500 ft elevation gain before dropping back down to the coast. Along the ridge were numerous old gun battlements as this is close to the old demarcation line. The down hill ride was great except for the stalled truck on one switchback and the herd of goats on the back side of another switchback; both adding to the novelty of the ride. Lunch was at the bottom of the hill where we were then shuttled to Hue, a historic capital city. Dinner was the farewell dinner in a Vietnamese restaurant.

### **Sunday, December 9, 2007**

The morning included a tour to a very impressive 200-year old mausoleum of a king located in the country, and later a

stop at a Buddhist temple that also included a school for boys training to be Buddhist monks. That afternoon, we returned to town to repack. About half of the group headed back to the states and the other half started the extended tour to Hanoi and HaLong Bay.

Our airline tickets were for a midnight flight out of Hanoi the next day and we spent it trying to find some specialty shops, general sightseeing and trying out the local street stand restaurants. The flight home was a non-event, with a twelve-hour layover in Seoul where a highly recommended Asiana Airline provided a very nice hotel room for the day, then a ten-hour flight back to Seattle and some good old American food.

### **Saturday, December 29, 2007**

Two weeks later. I have recovered from a bad cold, and a week to adjust to the time difference, but still find myself thinking of all of the sights and experiences of this third world tour; particularly the people. They have a hard labor-intensive life, but appeared content with their families and had adequate income to have a home, a neat garden, were comfortably dressed, a good motor scooter, television, some cell phones. For the scenery and bicycling, it was also interesting and photos will bring back those memories; but the people, I can remember without the photos. ☺

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## **Top 10 Signs You Are Too Old to Be Trick or Treating**

10. You get winded from knocking on the door.
9. You have to have another kid chew the candy for you.
8. You ask for high fiber candy only.
7. When someone drops a candy bar in your bag, you lose your balance and fall over.
6. People say, "Great Keith Richards mask!" and you're not wearing a mask.
5. When the door opens you yell, "Trick or..." and can't remember the rest.
4. By the end of the night, you have a bag full of restraining orders.
3. You have to carefully choose a costume that won't dislodge your hairpiece.
2. You're the only Power Ranger in the neighborhood with a walker.
1. You avoid going to houses where your ex-spouses live.

**A few selections from  
the TWBC Google Group  
TWBC@googlegroups.com  
By Scott (working  
within the system) McElhiney**

**From Friday, (09/05/08):**

Wednesday I attended a pleasant 1A ride from Proctor and one of our Members unfortunately went down when a storm drain grate at South 12th and Pearl caught and destroyed his front wheel.

First, I've reported it and Linda from Stormwater at Tacoma Public Works just called me to let me know that they are sending a crew out to repair it (there was a strap on it at one time, the welds appear to have broken and it's gone). If they can't repair it on the spot they will barricade the drain off. My thanks to them for the speedy response

Second, this road is two lanes each direction, I highly recommend NOT riding anywhere near that close to the curb. I see people riding through the debris, swerving for grates, getting too close to parallel parked cars, trash cans or whatever else is on the side of the road.

I recommend taking more of the lane, especially on major roads with multiple lanes like this. Get away from the debris; give yourself room to escape if someone does get too close. If the lane is not wide enough to safely have a big truck pass next to you, take the lane...in those cases I recommend putting yourself right about where the right tire tracks are from the vehicles. There isn't any debris, the cars will route around you by changing lanes MUCH further back, and the rate of road rage decreases dramatically. Also... storm drains tend not to be out in the lane of (car) traffic.

**From Friday (09/12/08):**

Linda Stimer from Tacoma Stormwater and Sanitary just called me back again on Friday (09/12/08); wonderful lady from my viewpoint. She just got my email about a second grate and is sending the same crew back out to fix it. Also, she confirmed she is the contact person for problems with grates in the City of Tacoma. Linda Stimer's direct line is 591 – 5585. if anyone has knows of an unsafe stormwater grate that needs repair IN the City of Tacoma. She is very responsive, so treat her nicely!

If anyone knows of grates that need repair elsewhere and doesn't know who to contact, post here or let me know and I'll make it my mission to find out.

I just talked to one of my contacts at Pierce County and was told that Roads department is the place to talk to for anything like that in the right of way. Andy Greatwood appears to be "The Guy" and can be contacted at 798 - 6000.

I was informed that the bridges over I-5 at McKinley and Pacific are next on the list for reconstruction (I had no idea) as part of the safety improvements for the I-5 corridor... so that whole corridor by the Tacoma Dome is going to get redone with one of the issues being improving the safety of that intersection coming down off the bridge when heading north towards the Dome. The use of 'sharrows' is not in their toolbox at the moment because of the way the City manuals are written and the last time it was updated a lot of that was left out. So... hopefully we can help fix that. He commented that the TWBC has been a great help on those issues.

**Also From Friday 09/05/08):**

My request to all of you: find one thing you'd like to see accomplished and bring it to the next general meeting or governmental affairs meeting for YOU to tackle. Ask for help on how to get'r done and then go for it. Or if you don't have a personal gripe/want/need... ask Bob (Myrick) or one of the other members to 'assign' you one. Don't take on too much... just ONE is all I ask unless you really want to do more.

Maybe this is all it'll take for some of us to jump in and help make this a better world for cyclists.

Let's get out there and do more than complain about the conditions.

Want a bike lane somewhere? Find out who to contact, what the process is.... ☺



## News Flash!

The Pierce County Bike Map that came out in print form in May of this year is now available online!



[www.piercecountywa.org/bikemap](http://www.piercecountywa.org/bikemap)



In order to view or print out the PDF copies of the online bike map, you must use Adobe Acrobat Reader software, which can be downloaded through this web page.

Note that sections of the online bike map have been updated to include new bikeways, corrections, and other feedback. The sections of the bike map that have been updated are dated "August 2008" in their respective PDF copies. Pierce County will continue to update the online bike map on a periodic basis so be sure to check the web page regularly.

Thank you, all Pierce County employees that made this happen! ☺

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### Benefits of Membership with The Tacoma Wheelmen Bicycle Club:

- \* Rides: Attendance on guided rides throughout the year.
- \* Bicycle boxes (2): Suitable for carrying bicycles in reserve in advance. Contact [equipment@twbc.org](mailto:equipment@twbc.org)
- \* Bicycle trailers (2): single-wheeled bob trailer  
Contact [equipment@twbc.org](mailto:equipment@twbc.org)
- \* Camping fees: For club rides (check for stipulations).
- \* Picnic: All you can eat catered picnic at the middle or end of summer.
- \* Banquet: Subsidized annual awards and social event.
- \* Newsletter: Monthly PDF publication with updates on rides and information about bicycling in Tacoma and Pierce County.
- \* Discounts At Participating Local Bike Shops

### A Hot Cider Recipe

For those cold October Days  
(you could pick up some cider on  
the Annual Steilacoom Apple Squeeze Ride!)

#### Ingredients:

- 1 tsp. whole allspice
- 16 whole cloves
- 4 sticks of cinnamon
- 1/3 cup of brown sugar
- 1 gallon cider



#### Directions:

Combine cider and brown sugar in large saucepan. Put spices in cheesecloth or muslin (tie with string) and simmer in cider and brown sugar mixture.

Or...Combine ingredients in large saucepan and bring to a boil. Reduce heat, cover and simmer 20 minutes. Strain.

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### Request for Club Equipment

Please, please, please make sure to return all Club equipment this month that you may have acquired through Club volunteer efforts on the Daffodil, PMC & Headwaters Century.

Equipment Master, Steve Brown, will need to evaluate and itemize all Club equipment, to see what needs to be replaced, what needs to be purchased new & what is in need of repair, prior to the beginning of the Rides in 2009. ☺

### The Six Pillars of Character

(How do you compare?)

Trustworthiness

Respect

Responsibility

Fairness

Caring

Citizenship



# Save the Date!

December 4, 2008

## 4<sup>th</sup> Annual Pierce County Trails Conference

Mark your calendars now for the fourth annual Pierce County Trails Conference. The evening conference will feature updates on local trail projects, trail related topics, keynote speakers, and dinner. Registration will begin at 4:00 p.m.

We hope you will join the ForeverGreen Council for this celebration of trails and join us in our mission to provide all of Pierce County's communities with a coordinated trail system.



For more information, contact  
Jayme Gordon Pleasants:  
(253) 845-2973 or  
jaymeg@piercecountycd.org



The October 4, 2008

## *Manastash Metric Century*

in Ellensburg, WA,  
benefiting  
the United Way of Kittitas County,

**HAS BEEN CANCELED.**

### For TWBC Monthly Ride/Event Calendar

#### TERRAIN CODE CHART

- 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)

#### PACE CODE CHART

- 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.

# Spoke & Sprocket

**Fall 2008**  
 2621 - 70<sup>th</sup> Ave W, Suite D  
 University Place, WA 98466  
 253 - 564 - 1422  
[www.spokeandsprocket.com](http://www.spokeandsprocket.com)

<p><b>Women's Cycle Basics</b>  <i>Three 2 hour sessions</i>    <b>\$75.00</b>                      <b>7-9 pm</b>  <b>WCB-A</b>    <b>Thursdays:</b>    <b>Dec 4 - Dec 18</b>    <b>2008</b>  <b>WCB-B</b>    <b>Wednesdays:</b>    <b>Feb 11 - Feb 25</b>    <b>2009</b></p> <p><b>Women's only class!</b> Learn how to take care of your bicycle in a non-technical, comfortable class designed to help you become self sufficient. Topics include flat repair, bike cleaning, and minor repairs.</p> <p>No prior mechanical experience required.                  Required text: None</p>	<p><b>Park Tool School - Standard School</b>  <i>Four 2 hour sessions</i>                      <b>\$100.00</b>                      <b>7-9 pm</b>  <b>PTSB-A</b>    <b>Fridays:</b>                      <b>Jan 16 - Feb 6</b>    <b>2009</b>  <b>PTSB-B</b>    <b>Thursdays:</b>                      <b>Feb 5 - Feb 26</b>    <b>2009</b></p> <p>An intermediate class that covers the aspects of a Bicycle tune-up. Topics include lateral wheel truing, brake and gear adjustments, chain replacement. Bicycle lubrication.</p> <p>Basic mechanical experience helpful but not required.  <b>Required Text: Park Big Blue Book</b>                      <b>\$24.95</b></p>
<p><b>Wheelbuilding</b>  <i>Four 2 hour sessions</i>                      <b>\$100.00</b>                      <b>7-9 pm</b>  <b>CWB-A</b>    <b>Thursdays:</b>                      <b>Oct 30 - Nov 20</b>    <b>2008</b>  <b>CWB-B</b>    <b>Wednesdays:</b>                      <b>Jan 14 - Feb 4</b>    <b>2009</b></p> <p>Covers complete wheelbuilding from lacing to final tensioning and truing. Topics include wheel theory, lacing patterns, materials &amp; tools. Lacing, tensioning, wheel dish, and truing are all covered.</p> <p>Good mechanical skill required.  <b>Required text: The Bicycle Book</b>                      <b>\$24.95</b></p>	<p><b>Park Tool School - Full School</b>  <i>Seven 2 hour sessions</i>                      <b>\$175.00</b>                      <b>7-9 pm</b>  <b>PTSF-A</b>    <b>Wednesdays:</b>                      <b>Nov 5 - Dec 17</b>    <b>2008</b></p> <p>An advanced class that covers all aspects of a complete bicycle tune-up. Topics include full drivetrain maintenance, bearing adjustments, brake and gear adjustments, lateral wheel truing. Cable, chain, cassette replacement.</p> <p>Moderate mechanical experience required.  <b>Required text: Park Big Blue Book</b>                      <b>\$24.95</b></p>

**Spoke & Sprocket Class Registration 2008/2009 sessions**

<b>Women's Cycle Basics</b>	<b>\$75.00</b>	7-9pm	WCB-A	Thursdays:	Dec 4 - Dec 18	2008	[ ]
			WCB-B	Wednesdays:	Feb 4 - Feb 18	2009	[ ]
<b>Wheelbuilding</b>	<b>\$125.00</b>	7-9pm	CWB-A	Thursdays:	Oct 30 - Nov 20	2008	[ ]
			CWB-B	Wednesdays:	Jan 7 - Feb 28	2009	[ ]
Required text:			The Bicycle Wheel	\$24.95			[ ]
<b>Park Tool Schools:</b>							
<b>Standard Maintenance</b>	<b>\$100.00</b>	7-9pm	PTSB-A	Fridays:	Jan 9 - Jan 30	2009	[ ]
			PTSB-B	Thursdays:	Feb 2 - March 26	2009	[ ]
Required text:			Park Big Blue Book	\$24.95			[ ]
<b>Full Park Tool School</b>	<b>\$175.00</b>	7-9pm	PTSF-A	Wednesdays:	Nov 5 - Dec 17	2008	[ ]
Required text:			Park Big Blue Book	\$24.95			[ ]

Name: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

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

Street: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Please enclose full tuition amount with registration. Mail or bring to:  
 Spoke & Sprocket, 2621 - 70<sup>th</sup> Ave W, Suite D, Tacoma, WA 98466  
 Or register online at [www.spokeandsprocket.com](http://www.spokeandsprocket.com)

## SAVED-BY-THE-HELMET-CLUB

***Are you a Washington resident that has escaped serious injury or death  
By wearing your bicycle helmet when riding your bicycle?***

*-Out-of-state residents may apply if the incident occurred in Washington State-*

If you have, we would like to invite you to join the “Saved-by-the-helmet” Club sponsored by the Department of Health, Office of Emergency Medical Services and Trauma System of the Washington Traffic Safety Commission.

By completing this membership application and telling us of your experience in avoiding serious injury Through use of your bicycle helmet, you can become a member of this group of safety-conscious Bicyclists, and receive:

- A **no charge** membership in the “Saved-by-the-helmet” Club
- a membership certificate, suitable for framing
- a “Saved-by-the-Helmet” Club pin, and t-shirt, and
- a “Saved-by-the-Helmet” Club water bottle for use on your bike

To qualify, you must be a bicyclist who at any time has escaped death or serious injury in a bicycle crash, By wearing you helmet. It can be a crash with a motor vehicle, an object, or a “fall over”.

You can also be recommended by medical personnel, police or law enforcement officials, and any other Person familiar with the circumstanced of your crash.

### Let other people know about the Club!

#### Important facts about bicycle injuries/deaths:

- 75% of all bicycle-related deaths involve severe head injury
- For ages five to 14 years, injuries to bicyclists cause 20% of all brain injuries.
- For ages five to 14 years, bicycle injuries are a major cause of hospitalization
- Bicycle helmets reduce the risk of head injury by 85%
- Bicycle helmet use could save \$96million (1990) dollars in injury related medical costs
- The risk of being killed or seriously injured in a bicycle crash is greatly reduced with a helmet

**BY HONORING PEOPLE WHOSE LIVES HAVE BEEN “SAVED BY THE HELMET”, WE HOPE TO EDUCATE AND ENCOURAGE OTHERS TO USE THEIR BICYCLE HELMETS.**

Remember to fill-out your membership application and send it in today!

The application can be found at : <http://www.doh.wa.gov/hsqa/emstrauma/download/SBTHCApp.pdf>

Saved-by-the-Helmet Club  
PO Box 47853 Olympia, WA 98504-7853  
(360) 236 – 2857 or 1 – 800 – 458 – 5281 ext 8





YOUR NAME		AGE AT TIME OF INCIDENT	
ADDRESS			
CITY	STATE	ZIP	
HOME TELEPHONE (    )                      -		BIKE CLUB AFFILIATION?	T-shirt Size

**INCIDENT INFORMATION**

Date of incident \_\_\_\_\_ Time of Incident \_\_\_\_\_  AM  PM

Location of Incident \_\_\_\_\_

City \_\_\_\_\_ Country \_\_\_\_\_

How did your crash happen? \_\_\_\_\_

\_\_\_\_\_

What did you hit/hit you?  Motor vehicle  Gravel  Storm drain cover  Curb  Guard rail  Tree  Embankment

Animal (specify) \_\_\_\_\_  Other (specify) \_\_\_\_\_

What injuries did you have? \_\_\_\_\_

\_\_\_\_\_

Did you receive medical attention for your injuries?  Yes  No

If yes, where did you get care?  Ambulance/Fire Service  Emergency room  Clinic  Family Doctor

Other (specify) \_\_\_\_\_

Were you hospitalized?  Yes  No

If yes, for what injuries and for how long? \_\_\_\_\_

\_\_\_\_\_

Was your helmet damaged (e.g. cracked, dented, split, etc.)?  Yes  No

If yes, describe \_\_\_\_\_

What/who influenced you to wear a helmet? \_\_\_\_\_

Since your crash, have you tried to influence others to wear their helmet? If so, How? \_\_\_\_\_

\_\_\_\_\_

May we use your story for publicity, in connection with the Saved-By-The-Helmet Club?  Yes  No

Your Signature \_\_\_\_\_ Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_  
If under 18 \_\_\_\_\_

Please include any comments on additional paper and return this form to:

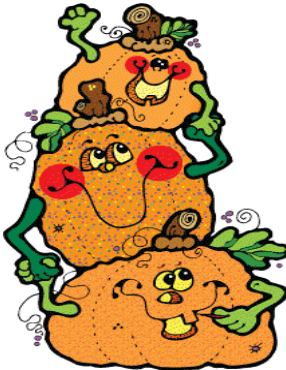
**Saved-by-the-Helmet Club**  
PO Box 47853 Olympia, WA 98504-7853  
(360) 236 – 2857 or 1 – 800 – 458 – 5281 ext 8



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

E-mail Delivery

October  
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!



Above: Victoria Gang celebrate Helen Burgess and Marguerite Richmond's Birthday.

(Photos submitted by Carla Gramlich)

Below: How many TWBC members does it take to change a flat tire?





# A Lovely 'Summer' Annual Picnic

(Photos submitted by Carla Gramlich)



Above: Phil Burges, Dave Parker & Caroline Baker

Below: One of the lovely centerpieces



Below: Hostess Caroline, Sue Coley, Bonnie & Ron Nowicki & Debbie Hushagen

