

REMEMBER TO VOTE NOV. 4th! **November 2008**

Commuting to Work by Bike
By Jim Ahrens, Safety & Education

EXERCISE YOUR RIGHT TO CHOOSE!

Even though it's getting colder, darker, & wetter I continue to commute to work by bike 2-3 times per week. Right now I cut back my mileage to about 100 miles per week before the weekends. I started wearing long sleeved jerseys again and layering clothes. Another difference is my rain bike has fenders, rear strobe light and HID head light. And even with the lights and reflective clothes, vehicle operators still have trouble seeing bicyclists. Be alert and be seen!



Things you'll need: Bike; Helmet (!!!); Warm and rainproof clothes; Bike light; Lock (optional?).



Step 1:

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



Step 2:

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



Step 3:

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



Step 4:

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



Step 5:

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

Commuting to Work ..., cont. on page 6

The COG Home Page

Next Club Meeting:
Tuesday, November 18, 2008

Dec. Ride Calendar Deadline:
Tuesday, Nov 18, 2008

Dec. COG Article Deadline:
Wednesday, Nov 19, 2008

Please keep Database Commander Anne updated as to any USPS/E-mail address changes. It makes her job a lot easier!

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!

(If you don't receive your newsletter, whatever the delivery method, contact the editor!)

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APRIL 12, 2009

PENINSULA METRIC (2009):

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JUNE 7, 2009

HEADWATERS CENTURY (2009):

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September 27, 2009

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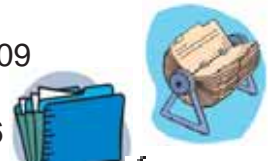
ANNUAL CLUB PICNIC:

(Saturday, Sept. 13, 2008):

Caroline Baker

We Need a Publicity Person

Your Name could be here!



PMC





November Draft Lines

By President Carol Davis

In these uncertain and tumultuous times, bicycles are receiving great attention on many fronts. Others are starting to see in bicycles what we have known for a long time: bicycles are a clean, green, lean machine! They are good for the environment, communities and individual's health. Using them saves money and makes you healthier! Of course there are still drivers that zoom past and honk, but it seems there are more and more motorists who wait and give us the thumbs up!

Bicycles have been in the news both nationally and locally. As part of the financial bailout, the Bicycle Commuter Tax Provision was attached to the bill. My understanding is that bicycle commuters are entitled to a \$20 a month reimbursement from employers who participate in the program. At least it is as a form of respect! Congress is also working on the National Bike Bill and Complete Streets legislation.

On the local front, recently Members of Tacoma Wheelmen were asked to participate in a ride and discussion with our city council and other community leaders to determine needs of cyclists in Tacoma. Many of you probably read the article in the October 25, 2008 News Tribune (*see article at: <http://www.thenewstribune.com/news/local/tacoma/story/511849.html>*).

The October 15, 2008 The Peninsula Gateway featured an article recently, titled "Bicycles offer alternative travel. Infrastructure must be updated to make biking a more feasible option" (*see article at: <http://www.gateline.com/104/story/2596.html>*).

We have Bob Myrick and the Government Affairs Committee to thank for their commitment and involvement in all these local issues. Bob's years of experience, knowledge, and connections have played a vital role in many improvements throughout Tacoma and Pierce County. Perhaps you would like to join the Government Affairs Committee at this exciting time. ☺



RIDE CAPTAIN REPORT



By Captain Carla Gramlich

The TWBC Calendar year has ended and now is the time to get in your Ride Logs. Awards are given out to everyone that submits a Ride Log. Please provide a log of your Club and Organized Rides plus another total for your Commute Mileage. (These totals are not added together for awards) So, it is possible to be recognized for your recreation mileage and commute mileage if you have been keeping track.

If you didn't do it last year, now is the time to get you logs out and keep track for the New Year. Think of it as a couple month jump to your New Year resolution. Starting now, can help avoid the year end rush to get your Club Miles (*Ride Logs can be downloaded from: <http://www.twbc.org/resources/ridelog.htm>, & Commute Ride Logs can be downloaded from: <http://www.twbc.org/resources/commutelog.htm>*).

Also, if you haven't done it already, please get in the Sign Up Sheets for any rides that you have led last year. Awards are given for leading rides but I can only count the rides you have led by how many sign up sheets that are submitted. Remember, if you show up to lead a ride and for some reason the turn out is low, or none, that ride still counts if you give me the ride sheet (it the thought that counts).

My Club Miles are lower this year but my Commute Miles are higher. Since I live fairly close to things, it means I did lots of little trips. Tacoma needs to improve things for cyclists but you can get along with using you car less if you try. Hoping more people will park the car and use their bikes for more errands or commuting to work. You get a little exercise and impact less on our environment. We all win when you bicycle more.

This month I am going to start a monthly ride for new (and old) members. In November, I will lead this ride on Sunday Afternoon and give a tour of the Scott Pierson and Cushman Powerline Trail. If 20 plus miles seems to a little much, it can be shortening by dropping off the part that crosses the bridge, making it about 12 miles. If you like the

Ride Captain, cont. on page 5, column 2



Government Affairs Report

By Bob Myrick, Director of Community and Government Affairs

Actions affecting you and your community...

Our committee met on Monday, October 6, at 6:30 pm, so there was some confusion since it wasn't the normal Tuesday. We carried on anyway with a micro group. We plan to meet again on Tuesday, November 4 at 6:15 pm at the Taqueria Guadalajara in the Stadium District at First and Tacoma Avenues. Yes, I know it is election night.

Several things are going on in the community as follows:

1. **Cushman Trail.** Construction has started on the extension of the trail towards Borgen Boulevard, but I understand it may not go all the way at this time. County Councilman Terry Lee and retiring State Representative Pat Lantz were quoted in a Gateway news article regarding their strong views for improving the nonmotorized network (*see the 10/15/08 article at: <http://www.gateline.com/104/story/2596.html>*).

2. **City Water Ditch Trail.** Construction continues on the trail in South Tacoma after TWBC attended the ground breaking last month.

3. **Complete Streets in Tacoma.** Scott attended Complete Streets meetings mostly regarding improvements in the neighborhood business districts.

4. **Downtown Tacoma Nonmotorized Transport.** TWBC had a booth at a well-attended noon gathering in downtown Tacoma where workers were encouraged to try alternative modes of travel.

5. **Washington State Trails Conference.** The Foothills group will be the prime sponsor of the 2010 State Trails Conference to be held in Tacoma. TWBC will assist in planning and putting on this event.

6. **City Council Bike Ride.** This October City Council members were invited to ride into downtown from three locations in the City. TWBC Members helped along with City staff and downtown workers. A meeting was then held to discuss the experience and talk about how to get

more people commuting without their cars (*see the 10/25/08 article at: <http://www.thenewstribune.com/news/local/tacoma/story/511849.html>*).

7. **County Bike Lanes.** The first ever bike lanes have been installed thanks to the work of Councilman Calvin Goings. Three miles of bike lanes have been installed on the Canyon Road project from 112th Street East to 160th Street East. Even though this is in a bad location, let's hope people use the lanes, as this is a pilot program that Calvin worked hard to get installed. The lanes just need to be connected to somewhere.

8. **Tyler Street Bike Lane Improvements.** Tacoma City staff asked TWBC to comment on their plans to install bike lanes and sidewalks along the remaining stretches of South Tyler Street. At the end of next summer, we should have a Complete Street running from about Center Street to South 74th Street. The City staff is removing a travel lane in places in order to accommodate the bike lanes. A couple turning lanes are being removed as well. This is great news and we are continuing to work with City Staff as the project moves forward.

9. **Tacoma City Manager and Trails.** Eric Andersen has requested a meeting to discuss the future of trails in Tacoma. I hope to meet with him and others in November.

10. **Fifty Million Dollar Grant for Nonmotorized Transport.** Dixie Gatchel is fired up about promoting nonmotorized transport (Burn Calories, Not Carbon). The next round of Federal monies for this stuff is thought to include several Fifty Million Dollar grants to a few lucky communities. I have agreed to work with Dixie in crafting a spending program for such a grant. I think the chances of success would be greatest if funds flowed to mostly the urban centers of the County. I will be proposing that Tacoma get a share at least equal to it's proportional population and then, the County would administrate the funding outside Tacoma and it would include the other Cities and towns in Pierce County. Such a grant would presently build 50 miles of trails so this really is a big deal. Just having a spending plan for Fifty Million Dollars will allow us to lobby other sources for funding and perhaps create our own funding mechanism to achieve Dixie's goal.

Remember if it is not raining, cycle more and worry less. It

Gov. Affairs, cont. on page 5, column 1

Gov. Affairs, cont. from page 4, column 2

looks like the TWBC Banquet will be on Saturday, January 31 this coming year. There should be a major article on the Banquet in the December newsletter. I hope to see you there and I am sure you are sending your Club Miles into Carla right now. On Saturday February 14, I will be putting on the Taste of Tahoma for about \$50 at Copper Creek hut on the MTTA ski and snowshoe trail system. If you want to go, you should attend the MTTA Gala on November 15 at REI in Seattle. The event starts at 2 pm and costs \$10 to get in the door. More information should be at www.skimtta.org. This year we are planning on having Greek Dinner along with afternoon snacks and breakfast the next morning. ☺



Safe Psychling

A tip from Michael Bluejay's Website, Bicyclesafe.com submitted by Carol Davis



Collision Type #2: The Door Prize: A driver opens his door right in front of you. You run right into it if you can't stop in time.

If you're lucky, the motorist will exit the car before you hit the door, so you'll at least have the pleasure of smashing them too when you crash, and their soft flesh will cushion your impact. This kind of crash is more common than you might think, and in fact cyclists crashing into parked cars is the #1 kind of car-bike collision in Santa Barbara.



How to avoid this collision:

Ride to the left. Ride far enough to the left that you won't run into any door that's opened unexpectedly. You may be wary about riding so far into the lane that cars can't pass you easily, but you're more likely to get doored by a parked car if you ride too close to it than you are to get hit from behind by a car which can clearly see you. ☺



Ride Captain, cont. from page 3, column 2

idea of a New Member ride but the time or mileage doesn't work for you, contact me and I will try to change the ride next month.

Remember, it is becoming colder. For New and Old members going out on rides, it is best to dress in layers. Avoid cotton, and wear wool or Synthetic fibers that keep you warm even when they get wet. If the roads are icy, the ride will probably canceled or start later. Check with the Ride Leader for the latest information on any ride.



Photos Wanted

I will start to put together the "slide show" for the Banquet. Several years ago we went digital. If you have any photos of past bicycle functions, consider submitting for the Club to enjoy. Once I get copies on my computer, I sit down and compile a show. I would love to see more photos of our Members helping or riding during our events. Photos of people are the ones that people appreciate. If you email or provide me a CD/thumb drive of your photo by Jan. 1, I will burn a copy of the show for you to enjoy. I try to use photos that are submitted but sometimes I have similar photos or have to edit the show. Contact Carla Gramlich, 253 879 0115 or email ca_gramlich@yahoo.com. ☺

TWBC Members' To Do List

More complete information will be in the December COG.
by Dena Wessels, Editor

Until that time, I would like Members to have the following on hand, or easily accessible during December.

Suggested Items:

1. Your Memory.
2. Your bicycle(s).
3. A recent daily newspaper.
4. Time of 5 or 15 minutes (per bike).
5. Friends helpful -- perhaps after a Club ride.
6. A camera.
7. Your patience.

More to come

Commuting to Work...., cont. from page 1



Step 6:

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



Step 7:

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



Step 8:

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



Step 9:

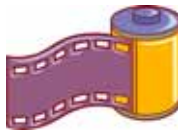
Enjoy commuting right from your front door to the door of your office. Most of the time the weather is nice enough to ride and you could probably use the exercise. ☺

Editor's Notes: Remember, you might need to refit your helmet if you are wearing a warm cap under it. Some riders have a 'summer' helmet & a 'winter' helmet, already sized to the individual season. ☺



NW Photo Show

Nov 6, 2008 – 5pm-8pm
Wildside Wine
608A Oxford, Tacoma
Submitted by Carol Davis



Jan Wieser and Carla Gramlich have been Members of TWBC for a long time. Recently, they have been spending time off the bike taking photos. Jan has won several awards for her outstanding photos. A show of their works is being held at Wildside Wine on Nov. 6 from 5 pm – 8 pm. All are invited to check out their photos and enjoy some wine and snacks. Carla will have a couple photos of bicycles. Framed/matted photos, calendars and note cards will be available to purchase.

To preview their photos:

Jan Wieser website: www.janwieserphotography.com

Carla Gramlich website: www.flickr.com/photos/cgramlich/



membership report by Phyllis Lay

Renewing Members (Thank You!):

Frits Akker, Lonna Cain, James Cox, Carla Gramlich, Roy Harris & Family, David & Patricia Killen, Glenn & Mimi Kray, Don & Robin Partington, Wally Platt, Marguerite Richmond & Family, Scott Ruffner, Carrie Singleton, Corky & Mary Smith & Family, Gene Smith, Mike Springer, Lou & Karel Vance, and Bob Vogel.

New Members (Welcome!):






Wayne Flood, David Olson, Catherine Pasell, Richard Rocks, John Sikora, and Frank Wilson.





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 
11/01 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.
11/02 Sun	Day- light	Saving Time	Ends;	Daylight Standard Time Resumes	'Fall Back' & Reset all manual clocks back one hour @ 2 AM on Sunday (or prior to sleeping on Sat. pm). 
11/03 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/Freening Cancels. Start: Starbucks @ 26th & Proctor. 
11/04 Tues	9:30 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Note later winter start time. Start: Call Ride Line or check Club Website for details.
11/04 Tues	6:15 PM	00 Meet	00 & Eat	Bob Myrick 473 - 7455	Government Affairs Meeting @ Guadalajara Taqueria in the Stadium H.S. area @ 1st & Tacoma Ave. Work on bicycle problems around Pierce County. All are invited to participate.
11/05 Weds	9:30 AM	2 A	30	Lou & Karel Vance 921 - 4847	Foothills Trail Ride. Ride the paved trail w/ the Vance's. Start: East Puyallup Trailhead. 
11/05 Weds	5:30 PM	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. 
11/06 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smooooothly. 100% paved trail w/ very few road crossings;. No hills, no unpleasantries or your money back! Smoothies or beverage of your choice in South Prairie (no host). Rain Cancels. Start: East Puyallup Trailhead. 
11/08 Sat	Dumb <i>(try</i>	Dull <i>saying</i>	Dolt <i>that</i>	"Dunce Day" <i>3 times fast!</i>	Observed on the death day, in 1308, of Duns Scotus; medieval scholar responsible for introducing the word "dunce" into the English language. 
11/09 Sun	8 AM	3 C	40 + --	Larry Wyman 312 - 7588	Destination Bremerton Cyclecross. The proposed route is to ride to Pt. Orchard, take the foot ferry to Bremerton, then ride to the event. See Ride Notes. Start: determined based on comments to Website.
11/09 Sun	1 PM	1 B	25	Carla Gramlich 879 - 0115	Sunday New (& Old) Member's Afternoon Ride. Tour the Scott Pierson Trail, the Narrows Bridge & the Cushman Power Trail. Stop in Gig Harbor 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 
11/10 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 11/03 for Ride Details.
11/11 Tues	9:30 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Note later winter start time. Start: Call Ride Line or check Club Website for details.
11/11 Tues	6 PM	00 Meet	00 & Eat	Carol Davis 380 - 8819	Board Meeting @ the Kim Ahn Restaurant across from TCC on Mildred. Guests & Club Members welcomed.
11/12 Weds	9:30 AM	2 A	30	Lou & Karel Vance 921 - 4847	Foothills Trail Ride. Ride the paved trail w/ the Vance's. Start: East Puyallup Trailhead. 
11/13 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smoooothly. Rain Cancels. See 11/06 for Ride Details. 
11/14 Fri	Tick	Tick	Tick	Tick Tick Tick	Dow Jones Average hits 1000 for the 1st time, 1972. 
11/15 Sat	9 AM	2 C	30	Gene Smith 272 - 6747	Gene's Steady Ride. Freighthouse to Auburn, w/ hills. Start: Freighthouse Square.
11/16 Sun	12:30 PM	2 A	30	Ron Nowicki 661 - 2664	Sunday Afternoon Ride on the Foothills Trail to South Prarie, on 100% paved trail. Start: East Puyallup Trailhead.
11/17 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 11/03 for Ride Details.
11/18 Tues	9:30 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Note later winter start time. Start: Call Ride Line or check Club Website for details.
11/18 Tues	NEW TIME: 6 PM	Meet &  Greet		TWBC 759 - 2800	Nov. Club Meeting. M/A Wild West VFW Post #91, 2000 S. Union Ave., Tacoma. What is a 'Bon Ton Roulet'? Also, the Club Budget for 2009 will be voted on. Note earlier start time: enjoy food & fellowship prior to the General Meeting.
11/19 Weds	9:30 AM	2 A	30	Joe Small 228 - 9554	Foothills Trail Ride. Ride the paved trail Joe. Start: East Puyallup Trailhead. 
11/19 Weds	5:30 PM	2 B	20 - 25	Knightriders - Peg & Marguerite 475 - 3625	Knight Riders. See 11/05 for Ride Details. Remember, it is getting darker earlier; please have lights & reflective gear. Start: Starbucks @ 26th & Proctor. 
11/20 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smoooothly. Rain Cancels. See 11/06 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
11/21 Fri	Meet &		Greet	"World Hello Day"	Participate simply by greeting 10 people & demonstrate the importance of personal communication for preserving peace; begun in response to the Egypt/ Israel conflict, 1973. Since then, this day has been observed by people in 180 countries.
11/22 Sat	9:30 AM	1 B	18 - 20	Gene Smith 272 - 6747	Gene's Casual Ride. See 11/01 for Ride Details.
11/23 Sun	9:30 AM	1 A	10	Mary, Chris & Corkey Smith 473 - 7174	Sunday Afternoon Ride. Start: S. 56th & S. Tacoma Way.
11/24 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 11/03 for Ride Details. 
11/25 Tues	9:30 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Note late winter start time. Start: Call Ride Line or check Club Website for details.
11/26 Weds	9:30 AM	2 A	30	Lou & Karel Vance 921 - 4847	Foothills Trail Ride. Ride the paved trail w/ the Vance's. Start: East Puyallup Trailhead. 
11/27 Thurs	Gob-	ble			 Gobble Gobble Gobble Gobble Gobble!!!! 
11/28 Fri	All	Day	Fact	"Sinkie Day"	Observed every year the day after Thanksgiving (as is Black Friday). Celebrating casual dining styles such as dining over the kitchen sink. 
11/29 Sat	9:30 AM; 11 AM	2 B; 2 A	50; 30	Carla Gramlich 879 - 0115	Ride to Orting for Lunch: first time, 1st code, 1st distance, 1st start; second time, 2nd code, 2nd distance, 2nd start. Start: #1, Freighthouse Square; #2, E. Puyallup Trailhead.
11/30 Sun	All	Day	Fact	Computer Security Day	Started in 1988 to help raise awareness of computer related security issues; held around the world. 

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.).

M/A Wild West Auxiliary VFW #91 Holiday Bazaar

Post Phone Number
253-759-6995



2000 S Union Ave
Tacoma, WA 98405

November 2, 2008
10:00 a.m. to 4:00 p.m.

Lunch/Dinner

Noon to 4:00 p.m.

Price: \$9.00 per person \$5.00 for children under 10 years of age



Menu

Meatloaf

or

Oven-fried chicken

Mashed potatoes

Gravy

Vegetable

Dinner roll

Salad

Apple Crisp

Coffee, tea or milk



AVON

Bazaar Items

Plants

White Elephants

Crafts

Baked Goods

or

Rent a table for \$10



Candles

and More!



Mary Kay



Ride Notes: 11/09/08, Sunday: Destination Bremerton Cyclocross. Proposed ride to watch the Cyclocross event in Bremerton. If you are interested in doing this, please register your intentions. Start by going to the Club Calendar on the Website & clicking "Who's Going?" Add your comments while registering. The link for info about the event is <http://www.seattlecyclocross.com/schedule.html>. The proposed route is to bike-ride to Port Orchard, take the foot ferry to Bremerton, then ride to the event. The start time, place and details will be determined based on registrant's comments and this listing will be updated accordingly.

Cycling can be a brain tease

By Dorian Smith,

A Previous TWBC Newsletter Editor & TWBC Webmaster

When they're not boasting about their 23 pounds of exotic metal, cyclists like to rave about the medical benefits of pedaling.

Few sports have transformed so many sluggish bodies to lean sinew.

Many Wheelmen are recovering couch potatoes who spent evenings barely able to twitch fingertips over a remote control. Now they brag about losing 25 pounds in a single year (as I did during my first active year with the Wheelmen); or leading the pack up alpine highways.

And cycling provides these benefits without sacrificing joints or tendons. Club Member 80-year-old Phil Blenkush took up cycling at age 72 when his knees could no longer handle moderate walking and hiking.

But surely cycling brings mental benefits. Cerebral activity must be stimulated as a quickened pulse pumps nutrition and oxygen to the brain.

Just watch a group of cyclists when they stop for lunch. The conversation is animated and eager. The topics are creative and outrageous. That's because their brains are engorged with blood and their synapses are popping like mosquitoes on an electric patio bug killer.

I call it the "steep hill inspiration" and first experienced it while climbing Tubb's Hill during my first Daffodil Classic. Before I started up, I had been trying to remember the names of the three well-known guitarists who had performed with the '60s British rock band, The Yard Birds. I recalled Eric Clapton and Jimmy Page. But the third name escaped me.

As I climbed the hill, I wasn't aware of anything — only the pavement, Granny gear and aching lungs. When I hit the top, my physical exertion relaxed and my leg muscles didn't need the blood. So my still heavily pumping heart redirected the red corpuscles to my head. And suddenly my mind was invigorated with visions and ideas.

Jeff Beck! Yes, Jeff Beck was the third guitarist! For the next quarter mile I hummed "I'm a Man," grinning like an idiot. Pretty soon, though, my thoughts went back to their moderate tempo.

Curious, I paid attention as I climbed the next hill. My head began to numb as blood was diverted to my straining quadriceps. But I tried to focus on a minor web page coding problem: how to create a banner headline with reverse type. With sweat dripping off my chin, I hit the top and it happened again. Yes, of course! The answer was so simple: Set the font color to white in a table cell with black background!

It has become a favorite game of mine. Every time I come to a hill I ponder a problem. The answer appears — only briefly — while blood flow to the brain is at a peak. Now I know why Ralph Wessels attests his love of hills. It's like a psychedelic rush.

Once on a trip to Vashon Island — which is all hills — a revolutionary design for an electrical generator appeared in my

Cycling can be cont. on page 12

Cycling can be cont. from page 11

mind's eye. (But I forgot it on the ferry ride back.) Another time after climbing McCarver Street to I Street, Einstein's theory of relativity became clear. He was wrong on one critical point but I forgot the reason by the time I reached the 24th Street pedestrian bridge.

But the most perplexing experience of all was last summer during an Oregon trip. I was alone on the highway up to Mount Bachelor. With no one to talk to, I pondered over the age-old question: what is the meaning of life? The highway was cold and foggy most of the way up, snow was piled up on the sides of the road. But when I approached the peak, the clouds parted and the sun blazed against blue sky — the perfect setting for an epiphany.

As I hit the top and my muscles relaxed I could feel an inspiration brewing in my head. But instead of a vision or a spark of universal truth, I was urged to look down at my bike. I gazed at the top tube, the handlebars and the brake levers.

For the next 23 miles as I coasted to Bend, I studied the simple yet elegant lines of my front forks and the curve of the downturn bars. They never looked lovelier. I listened to the gentle harmonic hum of the tires and marveled over the perfect geometric structure of the wheels. I was enraptured by the shifters, the derailleurs and how the chain always perfectly meshed with the cogs for hundreds and thousands of miles.

And then I realized the answer to the meaning of life. It didn't appear on a cosmic billboard, but in the form of my trusty road-soiled bicycle.

4th Annual Pierce County Trails Conference

The ForeverGreen Council officially announces the 4th Annual Pierce County Trails Conference on Thursday, December 4, 2008. Join us to help celebrate and support trail work in Pierce County, as we continue towards a coordinated regional trail system.

This evening conference will be held at the United Methodist Church in Puyallup. This event will feature updates on local trail projects, trail related topics, keynote speakers & dinner. Registration begins at 4:00 p.m. and the conference will last until 7: p.m.

Note that the registration deadline is November 26, 2008. In your registration, please confirm if you intend to stay for the dinner portion of the evening so appropriate arrangements can be made. The Conference will accommodate as many people as possible, but cannot guarantee a meal for those who register after the deadline.

Contact Information: Jayme Gordon Pleasants, 253 – 845 – 2973, or jaymeg@piercecouny.org ☺



Map Listings

Some maps to bookmark, or review/print for recreation or commuting to work (yes, the Pierce County one does start with 'yakima' in the address!)

Pierce County Bike Map

http://yakima.co.pierce.wa.us/bikeatlasonweb/index_grid.pdf

Kitsap County Bike Map

<http://www.source-map.com/attractionmaps/kcbm.html>

King County Virtual Map Counter

<http://www.metrokc.gov/gis/vmc/Recreation.htm#RT>

King County Regional Trails Map

<http://www.metrokc.gov/gis/vmc/Recreation.htm#RT>

King County Bicycling Guidemap

<http://www.metrokc.gov/kcdot/roads/bike/map.cfm>

Interurban Regional Trail

<http://www.metrokc.gov/kcdot/roads/bike/maps/12.pdf>

Green River Regional Trail

<http://www.metrokc.gov/kcdot/roads/bike/maps/12.pdf>

Burke Gilman Trail

<http://www.metrokc.gov/kcdot/roads/bike/maps/1.pdf>

Snohomish County Bike Map

<http://www.commtrans.org/FAQs/BikeMaps.cfm> ☺



Turkey Info for November

This beautiful bird is the only native poultry breed of the Western Hemisphere. It actually belongs to the pheasant family.

The mighty turkey has great hearing skills, but alas, does not have any 'ears'. Can you see 270 degrees? The turkey can; they also see colors & have excellent sight.

Fifty-five miles per hour is the top flight-speed over short distances. If you were to run a foot race with a turkey, s/he would beat you--their ground speed averages twenty-five miles per hour.

Unfortunately, the turkey's sense of smell is poor; that deficit is balanced by having a great sense of taste.

Turkeys are really sensitive--they can drown by looking up while it is raining & sudden shocks can induce heart attacks.

When deciding upon our National Bird, Benjamin Franklin wanted the noble turkey--he thought the bald eagle as cowardly.



Coming Attractions:

..... at the November General Meeting:

- What is a Bon Ton Roulet?
- Why are there Five Finger Lakes in NY?
- How will the Club spend funds in 2009?
- Come vote on the 2009 Budget on 11/18/08!

..... in the December COG:
Annual Banquet Info & Registration Form.
What is the USBRS?

..... in January:
The TWBC Annual Banquet.

Sock Parade from the Halloween Ride & Party @ the Vance's-- thanks so much for the hosting!

Can you guess who wore which socks?



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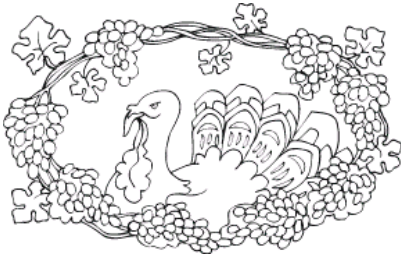




Tacoma Wheelmen's Bicycle Club
PO Box 112078
Tacoma, WA 98411

E-mail Delivery

November
2008



E-mailed to:

Your computer or electronic device!



Please Note: You can become a member at www.twbc.org. Click on 'Online' under the Join heading.

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

Name: _____

Address: _____

City, State: _____

Home Phone: _____

Work Phone (optional): _____

E-mail: _____ @ _____

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

Please Check Those That Apply:

New Member Renew Addr Chg

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

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

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

One-time Initiation Fee\$5 _____

Total Membership Fee(s)\$ _____



Send this form and a check for the total \$ amount to:

TWBC Membership
PO Box 112078
Tacoma, WA 98411

Check box if you do not want your USPS address, phone # or email address in the yearly membership listings.

Also...Check boxes if you are interested in volunteering for:

- Leading Bike Rides
- Events (Daffodil, PMC, Headwaters)
- Newsletter
- Club Meeting Programs
- Becoming a Club Officer

Thanks for becoming a Member of TWBC!

More of the Sock Parade, & from the Halloween Party!



Left: The
BOO!
Twins.



Right:
Skulls & Bones!



Left:
That clanking sound
is either my chain
or somewhere
near my bones...



Right:
Choices,
choices,
too many choices!

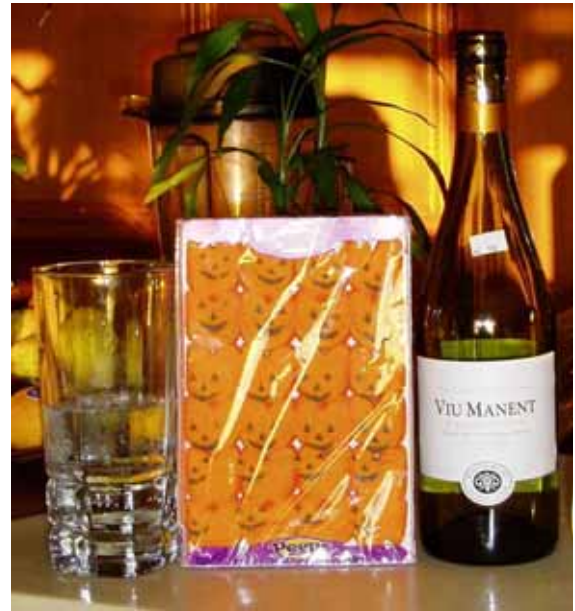
Below: Freshly made doughnuts, ready for the HEAT!



More from the Halloween Party!



Some Invited Guests



Prized Pumpkin Peeps!



Karl flours & rolls
the guts of the doughnuts,
but not an eye of newt in sight!



Roz, watch out for that
hand-made orange 'vortex' behind you!
It'll suck you right in,
straight down It's gullet!