

March 2009 Web COG



By Bob Myrick, Director of
Community and Government Affairs
Actions affecting you and your community

Our Committee met again on February 3 at the Taqueria Guadalajara in the Stadium District at First and Tacoma Avenue. We will meet there again on March 3 at 6 PM to continue our discussions. It was gratifying to have eight people at the meeting including Ken Peachey, Diane Wiatr, Ralph Wessels, Carla Gramlich, John Ernest Berry, Steve Brown, Bob Warfield and me.

Diane Wiatr works for the City of Tacoma as the Mobility Coordinator. She shared information regarding the Request for Proposals that is out on the streets to provide the new Mobility Plan (nonmotorized transportation) for the City to cover operations and improvements for the next six years. TWBC will be involved in helping to select the consultant on this job and will be involved in the development of the plan which will address pedestrian mobility, bicycling and the use of transit to get around the City. Diane reviewed her desire and ours to get to a point where Tacoma can be considered for Bronze level or higher status from the League of American Bicyclists. Diane also indicated that Tacoma has a new Public Works Director, Mr. McKinley, who comes from Bellingham. Most of you know that Bellingham has a great system for moving about by walking and bicycling due to the University there and the community's interest in nonmotorized transportation.

Diane went on to describe a long list of activities to be presented during the month of **May** to address **National Bike Month**, week and day. Carla and I are working with Diane to make sure all our TWBC activities are coordinated and successful. Activities will include the Children's Safety Fair and ride on Saturday, May 2, a Tacoma post marathon ride on Sunday, May 3, a Green Drinks event on Thursday, May 7, a University Place Family Bike Ride on Saturday, May 9, a Bike Swap event on Saturday, May 9, Bike to Work Week from May 11 to 15, Bike to a Better Tacoma on Wednesday, May 13, the second Big Wheels Ride on Saturday, May 16, TWBC Monthly Meeting at the HUB on Tuesday, May 19, Ride of Silence on Wednesday, May 20, Zeit Bike competition and Ride to the market on Thursday, May 21, Family Kids Ride on the Puyallup Riverwalk on Thursday, May 21, or Saturday, May 23, and a Family Bike Ride with the City Council on Saturday, May 30. Wow, this is a lot of activity in May.

We discussed the opening of the Tacoma Bike shop near the intersection of Puyallup Avenue and "D" Street down the hill from Freighthouse Square. It is a great, huge layout with fantastic views. Mike Brown is the owner and Dennis Baldwin is the chief mechanic. Dennis has worked in local shops for many years and is very competent. We wish them success and hope that you will go down and patronize their shop along with all the other shops in Pierce County. Live local and buy local, it contributes to a Sustainable Pierce County.

Bob Warfield discussed his ongoing work and concerns with trying to get Lakewood fully connected to Tacoma and getting a complete network in Lakewood. We will continue to work with Bob in getting a first class system in Lakewood. The City Manager, Andrew

The COG Home Page

April Ride Calendar Deadline:
Tuesday, March 17, 2009

April COG Article Deadline:
Wednesday, March 18, 2009

Next Club Meeting: 6 PM,
Tuesday, March 17, 2009

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

Sunday & Thursday!

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

PRESIDENT:

president@twbc.org

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VICE - PRESIDENT:

vp@twbc.org

Vern Hase, 253 - 759 - 7246

SECRETARY:

secretary@twbc.org

Marguerite Richmond, 253 - 272 - 1234

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treasurer@twbc.org

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RIDE CAPTAIN:

ridecaptain@twbc.org

Carla Gramlich, 253 - 879 - 0115

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newsletter@twbc.org

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Reporters: Various members

DIRECTOR OF SPECIAL EVENTS:

events@twbc.org

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MEMBERSHIP:

Phyllis Lay, 253 - 759 - 1816

WEBMASTER:

webmaster@twbc.org

Kris Symer, 253 - 212 - 2265

DAFFODIL CLASSIC (2009): APRIL 19

daffodil@twbc.org

Frank Wilson

PENINSULA METRIC (2009): JUNE 7

pmc@twbc.org

Ron Nowicki

HEADWATERS CENTURY (2009): SEPT. 27

headwaters@twbc.org

Sue Coley

TWBC RAPSody Contact:

rapsody2005@earthlink.net

Ralph Wessels, 253 - 857 - 5658

CLUB JERSEY SALES:

jerseys@twbc.org

Peggy Fjetland, 253 - 841 - 4458

BIKE EXPO:

bikebooth@twbc.org

Peggy Fjetland, 253 - 841 - 4458

ANNUAL CLUB PICNIC:

(Saturday, Sept. 13, 2008):

Caroline Baker

TWBC Publicity :

publicity@twbc.org

Anita Beninger



PMC





March Draft Lines

By President Carol Davis



Spring is in the air and a new cycling season is beginning. The Tacoma Wheelmen have so much to offer cyclists of all ages and abilities and interest levels. This is the time of year when we start shaking out those rusty legs, and push ourselves a bit harder and harder, trying to regain some of the fitness lost over the winter, and hopefully take it to new levels.

We are offering rides of great lengths and shorter lengths. Our Ride Codes give an idea of what to expect. If you are new to cycling, you may want to start out on a Code 1 ride, but don't be afraid to come out on a Code 2 ride. Most of the Tacoma Wheelmen rides are Code 2. Code 2 rides are social rides that adapt to whoever happens to show up. You won't be left behind on a Code 2 ride. Regrouping occurs frequently. Don't be surprised if you are faster than the Ride Leader (this often happens to me when I am leading rides), and there is usually some nice person who goes back to check on people (me) left behind. If you are faster than the Ride Leader, you could be sent on a wild goose chase, so be sure to have a map, and a plan for meeting up with the group! However, if you are really new, try some of the shorter rides first. Fifty miles can be a very long ride if you have only been doing very short distances. Increase your mileage gradually.

Great camaraderie develops when riding with people whether on short weekly rides or tours of varying lengths. Keep an eye on our Newsletters and Calendars for trips you may want to join. Volunteers lead our trips – they are totally non-profit! Some are self-supported, carrying all gear on bicycles, while others may have a SAG vehicle for support.

Don't miss our Monthly Meetings where you can stay on top of Club happenings, and stay in touch with fellow cyclists. Every Meeting has a special presentation of importance to cyclists. You will also be well fed! Come at 6:00 PM for food and fellowship. The meeting and program begin at 6:30 PM.

The Tacoma Wheelmen put on 3 major bicycling Events every year:

the Daffodil Classic,



PMC

the Peninsula Metric Century,

and the Headwaters Century.



We are one of five (*sister*) clubs that work together to put on RAPSody. Our Events have excellent reputations for routes, safety, support and food. Our Events bring out all kinds of cyclists who enjoy being part of the greater cycling community. A great energy develops at these Events, inspiring you to push harder and faster! The funds we raise go to support developing bicycling activities, infrastructure, and education. Come help us stage these Events, or come join in the festivities!

Bob Myrick and Carla Gramlich are working on bicycling events for beginners and kids. They will highlight some of the many bicycle trails that have been built. Whether you care to ride with a group of children or not, pay attention to where the rides are to learn more about our trails.

Members of the Tacoma Wheelmen have been instrumental in developing bicycle infrastructure. Come join our Government Affairs Committee to be a part of important developments. These are exciting times for bicycling as governments at all levels seek to improve our communities for bicycles and pedestrians.

Whatever your interest level or ability, there is a place for you in our cycling community. Check out our Website, twbc.org to learn more.

See you out on the road! 🚴

*Editor's Note: The five Sister Clubs consist of :
B.I.K.E.S Club of Snohomish County,
Capital Bicycling Club,
Cyclists of Greater Seattle,
Tacoma Wheelmen's Bicycle Club, &
West Sound Cycling Club.*

Help them to support us, by supporting their rides, starting with the B.I.K.E.S. McClinchy Mile on March 21! See their registration form on page 11.

Gov. Affairs, cont. from pg 1

Neiditz, is a TWBC Member, former City Manager in Sumner, and participant with his wife in our first Big Wheels Ride last year. Lakewood is making great strides with their nonmotorized system, but as we know, it takes a long time when funds are limited. In the future, we hope to connect the Water Ditch Trail to Lakewood and have the trail completed across the creek near the State Game Farm and have a footpath or trail to Kobyashi Park in University Place down on Chambers Creek.

We discussed Senate Bill 5545 and House Bill 1810 which would authorize the Pierce County Council to put a parks, trails, recreation and open space proposal on the ballot if Tacoma and Metro Parks ask for it. This excess sales tax proposal would be 0.1 percent or one penny on a ten-dollar purchase. Money for building trails and the other stuff would go to Pierce County, Metro Parks and the smaller cities and towns. In a normal economy, this tax would raise almost \$13 million a year according to ForeverGreen Council. TWBC has endorsed the proposal provided that Metro Parks sends the money to the City of Tacoma since the City is the entity providing construction of the future trails here. We are also very concerned that monies should also be used to provide bike lanes and arterial sidewalks that are near our trails to serve as connectors.

As indicated above, we hope to provide Family Kid Rides this year as a way to promote cycling for recreation, health

and transportation and to possibly grow our Membership. Starting with the Daffodil and ending just past the PMC, Carla and I are hoping to offer ten rides for families and kids. We are focusing on kids from about 0 to 10 or 12 years old. Our liability insurance allows people to participate in two Club Rides before Membership is required. We are trying to encourage families to show up for rides near their homes or to take the plunge and join the club after two rides. Our vision is to have kids show up at the various venues thruout the Summer and take their families out for some healthy activity.

Finally, Tuesday, February 24 is Bicycle Advocacy Day in Olympia and you should find information on this in our Newsletter or on the Bicycle Alliance of Washington website. BAW has three major issues this year including a three foot safe passing law, proper signage for detours thru construction sites and providing proper detection of bikes for street stop traffic control devices. TWBC has the excess sales tax issue noted above.

I hope you all have a great March waiting for the Daffodil in April and the start of the Official Spring and Summer Riding Season. You can come on my Blues Vespers Ride on Sunday, March 15 or try the McClincy Mile up north on the following Saturday.

Remember to Ride More and Worry Less. ☺



Pierce County Parks
CarLess Commute Program
June 2009



Pierce County Parks
Sprocketperson Program
June 2009

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.



Ride Captain Report

By Carla Gramlich



Memorial Day Weekend Trip May 23 – May 25

By Carla Gramlich

We have had a few days of nice weather and I start thinking of a summer trip. Carol and Roz will lead the Spring Trip but have other plans for the summer. So, if you always wanted to go on a week or two-week bicycle trip, maybe this is the year to volunteer to lead the Club's Trip. I recommend that you start advertising and building up a small group of people for a trip. It is not too early to start planning and inviting other members. Also, I think the Club is big enough for a couple of trips.

I have information for the Memorial Day Weekend trip. This weekend fills up fast so please start making your reservation if you would like to tag along. Also, if there are organized rides that you would like to go on, and would like to be the contact, let me know. I will list it in the calendar. This will help to get people organized to car pool to events. Some people have used the Google Group to help find someone to carpool.

Special thanks to Gene Smith, Carol and Roz Davis, Louie Boitano and Steve and Phyllis Lay for stepping up and leading rides on the weekend. We have a regular schedule during the week and we needed some more rides on the weekend. These volunteers can't do it all the time. So, think about leading a ride to help out. ☺



Renewing Members (Thank You!):

Steve Davis, Theresa Garl, Mona Hahn, Vern Hase, Nancy & Mike Henderson, Lynn Hennings, Dianne Koch, Lynn Kuhlman, Kate Oliver, Ed Orcutt, Joy Roelofsz, Heinrich & Irmgard, Schmidt, Bob Warfield, and Jim De Young.

New Members (Welcome!):

Patrick Burton, Carolyn Overmeyer-Downey, Mike Doyle, Lori Gard, Joy Hill, Becky Jacobson, Jerry Larson, Clyde Lulham, David Miller, Dennis Opacki, and Christopher Whiten. ☺

Last year, we had a large group, that head south over Memorial Day Weekend. We are once again going to Oregon. This year we will explore the Columbia Gorge. Really it is not too early to start thinking about Memorial Weekend. If you really want to do this, I recommend, making plans now, or it may fill up.

We will meet up on 1 pm on Sat. in Cascade Locks, to explore the Historic Cascade Hwy Trail. Additional miles will be available or spend time exploring the many wineries, shopping or hiking in the area. The group will stay at the Vagabond Inn in Hood River. Sunday and Monday will have additional rides scheduled or spend time exploring Hood River and the surrounding area.

I will have bicycle maps of the area if you want to do shorter or longer rides. Weather may dictate what people would like to do, which is fine.

If you are interested in biking (hiking, shopping) in Oregon, you will need to call the motel to reserve your room,

toll-free: 1-(877)-386-2992,

website: <http://www.vagabondlodge.com/>









Please make sure you understand their cancellation policy, you will be held responsible for the room after you place the reservation. Then send me an email and I will send you the current schedule for that weekend. Carla Gramlich @ 253 8790115, ca_gramlich@yahoo.com ☺

Don't forget to attend the **2009 Seattle International Bicycle Expo** on March 14 (from 9 AM to 6 PM) & March 15 (from 10 AM to 4 PM) at Warren G. Magnuson Park. Tickets are \$8 (kids under 15 are free). Cash only please (there is an ATM available). See all the exhibits, presentations, including the Classic Bike Show, & the Fat Tire Show. Bike Works will provide for secure bike parking (suggested \$2 donation). You could drive (ample spaces w/in a 15 – 20 minute walk, & free shuttle busses) or take the public transit! ☺



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
03/01 Sun	1 PM	1 B 	21 (12)	Carla Gramlich 879 - 0115 	Sunday New (& Old) Member's Afternoon Ride. Tour 12 miles via the Scott Pierson Trail. Add 9 more miles w/ the Narrows Bridge, the Cushman Power Trail, & stopping in Gig Harbor for coffee. Start: Skyline Park & Ride.
03/02 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Loop Pt. Defiance. Someone will stay with the slowest rider. Regroup at Ft. Nisqually, then onto Fircrest for espresso/ raspberry scones. You can shorten to 13 miles by cutting out Fircrest. Rain/Freezing Cancels. Start: Starbucks @ 26th & Proctor. 
03/03 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.
03/03 Tues	6 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.
03/04 Weds	9:30 AM	2 A	30	Lou & Karel Vance 921 - 4847	Foothills Trail Ride. Ride the paved trail w/ Lou & Karel. Rain, ice/snow Cancels. Start: East Puyallup Trailhead. 
03/05 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smoooothly. 100% paved trail w/ very few road crossings;. No hills, no unpleasanties or your money back! Smoothies or beverage of your choice in South Prairie (no host). Rain Cancels. Start: East Puyallup Trailhead. 
03/07 Sat	9:30 AM	2 B	20	Gene Smith 272 - 6747	Sat. AM ride through the Pt. Defiance Park w/ Gene; includes some hills. Coffee after the ride. Start: Skyline Park & Ride.
03/08 Sun	2 AM	Spring Forward Really	Early On Sun.		Daylight Saving Time. Set Clocks forward one hour. First suggested by B. Franklin, 1784. First used during WWI, 1916. Observed mostly in the Northern Hemisphere. Today only has '23' hours.
03/08 Sun	10 AM	2 B	50	Carol & Roz Davis 460 - 5622	Ride around Lake Washington w/ Carol & Roz. Start: Dene Coulon Park, Renton. 
03/09 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain/Freezing Cancels. See 03/02 for Ride Details. 
03/10 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.



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Day/- Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
03/10 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.
03/11 Weds	9:30 AM	2 A	30	L & K Vance 921 - 4847	Foothills Trail Ride. Rain, ice/snow Cancels. See 03/04 for Ride Details. 
03/11 Weds	5:30 PM	2 B	20 - 25	Knightriders - Peg & Marguerite 475 - 3625	Knightriders. Evening destination is a surprise! Co-leader Marguerite Richmond, 272 - 1254. Please have lights & reflective gear. Start: Starbucks @ 26th & Proctor. 
03/12 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smooothly. Rain Cancels. See 03/05 for Ride Details. 
03/014 - 03/15	Sat & Sun	00 Meet	00 & See	Group Health	Seattle International Bike Expo Warren G. Magnuson Park, Seattle. Sat hours: 9 AM to 6 PM; Sun hours: 10 AM to 4 PM.
03/14 Sat	9 AM	2 D	25	Gene Smith 272 - 6747	Training w/ Gene. Hilly ride to Steilacoom & Oakbrook & back. Coffee after the ride.. Start: Spoke & Sprocket, UP. 
03/15	1 PM	1 B	20	 Bob Myrick 473 - 7455	Family Blue Vespers Pre-Ride. Includes an afternoon lunch, snack stop & adults may also stop @ Park Ave Tavern. Blue Vespers will follow @ 5 PM. Start: Immanuel Presbyterian Church, 901 N "J" St.
03/16 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain/Freezing Cancels. See 03/02 for Ride Details. 
03/17 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.
03/17 Tues	NEW TIME: 6 PM	Meet &	Greet	TWBC 759 - 2800	March Club Meeting. M/A Wild West VFW Post #91, 2000 S. Union Ave.,Tacoma. Eat @ 6PM, Meet @ 6:30PM.
03/18 Weds	9:30 AM	2 A	30	Louie Boitano 922 - 1168	Foothills Trail Ride. Rain, ice/snow Cancels. See 03/04 for Ride Details. 
03/19 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smooothly. Rain Cancels. See 03/05 for Ride Details. 
Fri 03/20	11:44 UT, or 04:44 PDT	Facts	Notes	Fabulous Friday	Vernal ('Spring') Equinox ('equal night'). Equal number of daylight hours as nighttime hours due to the sun positioned above the equator.  



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Day/ Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
03/21 Sat	8 AM Start	All 	20, 34, 47	B.I.K.E.S. Club of Snohomish	McClinchy Mile Ride. \$\$\$ Easy 20 miles & Challenging 47 miles (on portions of the Centennial Trail) or Flat 34 miles, through Snohomish County. Start: Haller Middle School, 600 E 1st St, Arlington, Exit 208 E off I - 5. 
03/21 Sat	8 AM	2 B	30 - 40	Steve & Phyllis Lay 759 - 1816	Pancake Breakfast Ride. Bring \$4 for a lovely breakfast in Spanaway. Start: Starbucks @ 26th & Proctor. 
03/21 Sat	9:30 AM	2 B	20	Gene Smith 272 - 6747	Sat. AM ride through the Pt. Defiance Park w/ Gene; includes some hills. Includes music by Bach to celebrate his birthday (Bach's not Gene's). Coffee after the ride. Start: Skyline Park & Ride. 
03/22 Sun	9:30 AM	2 B	60 +	Carol & Roz Davis 460 - 5622	Carol's Birthday Ride to Poulsbo for lunch. Rain will cancel or shorten. Start: Skyline Park & Ride. 
03/23 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain/Freezing Cancels. See 03/02 for Ride Details. 
03/24 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.
03/15 Weds	9:30 AM	2 A	30	L & K Vance 921 - 4847	Foothills Trail Ride. Rain, ice/snow Cancels. See 03/04 for Ride Details. 
03/25 Weds	5:30 PM	2 B	20 - 25	Knightriders 475 - 3625	Knightriders. Evening destination is a surprise! See 03/11 for Ride Details. 
03/26 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smooothly. Rain Cancels. See 03/05 for Ride Details. 
03/28 - 04/04 Sat - Sat	9:30 AM	2 B	Varies	Carol & Roz Davis 460 - 5622	Spring Chicken Ride. Week long trip in Napa Valley. Contact Davis to book a room in the condos that have been reserved. Will fill quickly. Start: Call Carol & Roz.  
03/28 Sat	9:30 AM	2 D	30	Gene Smith 272 - 6747	Training w/ Gene. Ride to Federal Way through Fife Heights (yes, Hills!) & the BPA Trail for coffee @ Marista's. Return on the same route. Start: Freighthouse Square. 
03/29 Sun	9:30 AM	2 B	50	Louie Boitano 922 - 1168	Ride to IKEA for lunch. Bring \$\$\$ for lunch & shopping. Start: Sumner Library. 
03/30 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain/Freezing Cancels. See 03/02 for Ride Details. 
03/31 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.

Safe Psychling: Another Tip From Michael Bluejay's Website

By Carol Davis

Every time I go to Michael Bluejay's website, bicyclesafe.com, it is a refresher course in bicycle safety. Check it out often.

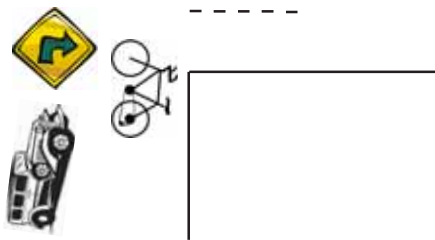
The Right Hook, Pt. 2"

(See *The Right Hook, Pt. 1*, in the June '08 COG)

The tip discussed here is also very important when riding in a group: **DO NOT PASS ON THE RIGHT!!!** Occasionally on Club Rides, someone will come up on my right. It is extremely uncomfortable and unsafe! Recently, I was actually riding pretty fast. When I slowed down at an intersection, the people behind me who were busy talking, came up on both sides of me. It was scary! We could have had a bicycle collision, or worse, run into a car at an intersection. **NEVER PASS ON THE RIGHT!!**

Situation:

You're passing a slow-moving car (or even another bike) on the right, when it unexpectedly makes a right turn right into you, trying to get to a parking lot, driveway or side street.



Michael's Tips for avoiding this particular situation.

1. **DO NOT** pass on the right. This collision is very easy to avoid. Just don't pass any vehicle on the right. If a car ahead of you is going only 10 mph, then you slow down, too, behind it. It will eventually start moving faster. If it doesn't, pass on the left when it's safe to do so.

2. When passing cyclists on the left, announce "**On Your Left**" before you start passing, so they don't suddenly move left into you. Of course, they're much less likely to suddenly move left without looking, where they could be hit by traffic, then to suddenly move right, into a destination. If they're riding too far to the left for you to pass safely on the left, then announce "on your right" before passing on the right.

If several cars are stopped at a light, then you can try passing on the right **CAUTIOUSLY**. Remember that someone can fling open the passenger door unexpectedly as they exit the car. Also remember that if you pass on the right and traffic starts moving again unexpectedly, you may suffer The Red Light of Death (*See the April '08 COG*).

Note that when you're tailing a slow-moving vehicle, ride behind it, **not in its blind spot** immediately to the right of it. Even if you're not passing a car on the right, you could still run into it if it turns right while you're right next to it. Give yourself enough room to brake if it turns.

3. Look **BEHIND YOU** before turning right. Here's your opportunity to avoid hitting cyclists who violate tip #1 above and try to pass you on the right. Look behind you before making a right-hand turn to make sure a bike isn't trying to pass you. Also remember that they could be coming up from behind you on the sidewalk while you're on the street. Even if it's the other cyclist's fault for trying to pass you on the right when you make a right turn and have them slam into you, it won't hurt any less when they hit you. ☹



Spring Trip in Windsor, California: March 28-April 4

This year's Spring Chickens will be staying in Condos in Windsor, the heart of the wine country with easy access to Napa, Sonoma, and the Coast. We will stay in Windsor the whole week, and do day rides, wineries, spas, and whatever else your heart desires. We will have some harder and easier options for rides each day.

This year we are inviting men who are willing to pump and change tires, do any other bicycle repairs, cook, clean, and anything else we can think of that they should do! And of course, they won't mind being called "Spring Chickens." We have had a few not-too-well-behaved men on a couple of other trips.

Contact Carol if you are interested: president@twbc.org, 253-460-5622. ☹



E-mail Delivery

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

March
2009



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!)



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

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)\$ _____

Thanks for becoming a Member of TWBC!

Tacoma Wheelmen's Bicycle Club Proudly Presents the 34th Daffodil Classic

Sunday

April 19, 2009

"Please respect the Orting community with your vehicle parking choice."

Online registration: active.com search by: "daffodil", closes April 6th. (t-shirt sales close April 6)

Mail registrations to:

Daffodil Classic c/o TWBC
PO Box 112078
Tacoma, WA 98411

mail in registration closes April 6th.

Early registrants will be entered in a drawing to win a \$200 bike shop gift certificate.

Winner will be announced the day of ride.

Day of ride registration at the new Orting Middle School from 7am to noon. Cash and checks only!

BREAKFAST will be served from 6 to 10 am in the cafeteria at the Orting Middle School, \$7 for adults. Proceeds to benefit the Middle School library.

Free FINISH LINE DESSERT
Noon to 5pm Orting Middle School

Course information: Open from 7am - 5pm. Map/cue sheet supplied. Roads are well marked. Rest stops supplied with food, drinks and sani-cans. Sag wagons will drive the route for mechanically stranded riders. Please carry ID, water, first aid kit and tire repair equipment with you.



Routes to choose from:

- 1- to 30-mile route: A flat ride on the Foothills Rail Trail
- New 40-mile Buckley loop
- New 60-mile Kapowsin/Eatonville loop
- 100-mile route: combination of both loops

TWBC partnering with:

Franciscan Health System
St. Joseph Medical Center
St. Francis Hospital - St. Clare Hospital
Enumclaw Regional Hospital
St. Anthony Hospital

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

"Helmets approved by CPSC, SNELL, ASTM or ANSI are required for this event."
Wearing a helmet could **SAVE YOUR LIFE.**



Pre-registration fees:

Age 7 to 17 \$ 8 _____
Age 18 or Older \$16 _____
Family (kids under 18 same household) \$37 _____
Children 0 to 6 Free

Shirts: (Indicate number of shirts by size)

S _____
M _____
L _____
XL _____
2XL _____

Shirt quantity _____ x\$12 _____

shirts are men's short sleeve

Total Enclosed \$ _____

Must be postmarked by April 6

Please print clearly
complete one application per participant - additional forms at: twbc.org

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

email: _____

Day of ride fees:

Age 7 to 17 \$10
Age 18 or Older \$20
Family (kids under 18 same household) \$45
Children 0 to 6 Free
Shirts Limited quantities available \$15

Make all checks payable to: TWBC
From the TWBC Cog-nitve Courier

YOU MUST SIGN ON BACK AFTER READING FOR REGISTRATION TO BE COMPLETE!
Unclaimed shirts and souvenirs become property of TWBC at noon on day of ride. SORRY THERE ARE NO REFUNDS



TWBC partnering with:
 CATHOLIC HEALTH INITIATIVES
Franciscan Health System

St. Joseph Medical Center
 St. Francis Hospital · St. Clare Hospital
 Enumclaw Regional Hospital
 St. Anthony Hospital

This ride helps support:
 Bicycle Alliance of Washington
 Helmets on Wheels
 bicycling safety & education programs
 local bicycle improvements
 Surplus food is donated to local food bank.

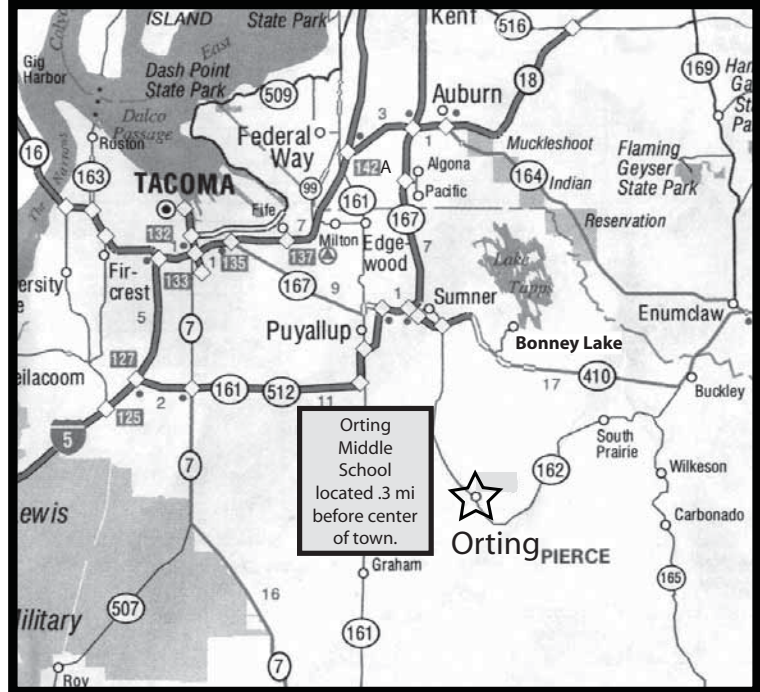
For more information:
 Visit the twbc.org website.
 Send email to daffodil@twbc.org
 Phone: Frank Wilson 253-815-9061

The start location is at the new:
Orting Middle School
111 Whitehawk Blvd NW, Orting, WA 98360
 (located .3 miles before Orting High School)

From Seattle:
 Go southbound on I-5 to SR 18 exit (milepost 142A)
 Go east on SR 18 to SR 167 exit in Auburn (5 miles)
 Go southeast on SR 167 to Sumner
 Take the SR 410 exit towards Mt. Rainier
 Take the SR 162 exit and go right on SR 162 to Orting.
 Registration is located .3 mile before center of town.

From Tacoma:
 Take I-5 to Puyallup-River Road (SR 167) exit.
 Follow River Road (167) though Puyallup to SR 167
 Follow SR 167 east and exit onto SR 410 at Sumner
 Take the SR 162 exit and go right on SR 162 to Orting.
 Registration is located .3 mile before center of town..

From Olympia
 Go north on I-5 and take the SR 512 exit (milepost 127)
 Take the 512 and follow through Puyallup.
 Go east at SR 167
 Take the SR 410 exit which goes to Mt. Rainier
 Take the SR 162 exit and go right on SR 162 to Orting.
 Registration is located .3 mile before center of town.



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



Tacoma Wheelmen's Bicycle Club (TWBC) Daffodil Classic Release

*******Note: This form must be signed for your registration to be complete.*******
 In consideration of the acceptance of this entry & by signing this Release for myself (or for the participant if the participant is under 18) I agree to RELEASE, HOLD HARMLESS, and INDEMNIFY TWBC & all sponsors, advertisers, owners & lessors of premises on which the activity takes place, their respective officers, agents & members, & any other parties connected with the bicycle event for any injury, loss or damage suffered as a result of participation in the bicycle event or any activity associated with it, including injury, loss or damage caused by the Negligence of any party.
 I understand that there are certain risks associated with bicycle riding, including the risk of serious personal injury or death, & I expressly agree to assume those risks. I understand the route chosen is challenging, not necessarily the safest route, & that weather conditions may make this ride more difficult. I warrant that I am in proper physical condition to participate in this event, that I am a sufficiently competent cyclist to handle the road conditions, & that my bicycle is in safe operating condition.
 I understand that wearing a helmet can minimize head injuries which may occur in a cycling accident & that TWBC requires all riders to wear helmets. I agree to wear a helmet while participating in this event, & to follow the rules of the road & all applicable laws & safe bicycling practices.
 I understand that this Release is also binding on my heirs & representatives. If I am signing on behalf of a minor, I accept full responsibility for all medical expenses incurred as a result of the minor's participation. I agree to HOLD HARMLESS & INDEMNIFY the entities named above for any claims brought on behalf of the minor.
Helmets approved by CPSC, SNELL, ASTM or ANSI are required for this event.

Signature of Participant: _____ Date: _____

Signature of Parent/Guardian if participant is under 18: _____ Birth Date: _____

YOU MUST SIGN AFTER READING FOR REGISTRATION TO BE COMPLETE!



2009



The



McClinchy



Mile



Ride



SATURDAY

March 21, 2009

Presented by

B.I.K.E.S.

Club

Of

Snohomish

County

B.I.K.E.S. Club of Snohomish County invites you to explore the peaceful river valleys, rolling hills and picturesque farms of Snohomish County. Four food stops on three loops: 20 easy miles, 34 flat and scenic miles, or a challenging 47 miles. The 20 and 47 mile loops include portions of the Centennial Trail. Come join us and ride as many of the loops as you fancy.

The McClinchy Mile begins at Haller Middle School, 600 East First St., Arlington, WA east off I-5 exit 208. Course is open 8am—4:30pm. Registration / Start 8am—11am
Be Green; Please carpool

The event was named in honor of the late Stuart McClinchy, a founding member of the B.I.K.E.S. Club. The McClinchy Mile is a fundraiser for B.I.K.E.S. Proceeds support local recreational cycling, the Bicycle Alliance of Washington, bicycles, helmets and bicycle programs for low income residents of Snohomish County.

Visit www.bikesclub.org for more information. On-line registration at www.active.com
Cash or Check only on day of ride

HELMETS APPROVED BY CPSC, SNELL, ASTM OR ANSI ARE REQUIRED FOR THIS RIDE.



NAME _____ AGE _____

Complete one application for each rider.

ADDRESS _____ PHONE _____

CITY/STATE/ZIP _____

EMERGENCY CONTACT & PHONE _____

Minors under age 18 must have written parental permission or be accompanied by parent.

EMAIL _____

No Refunds

Make checks payable to B.I.K.E.S.

Mail Registration Form and check to:

B.I.K.E.S.
McClinchy Mile
P.O.Box 5242
Everett, WA
98206

McCLINCHY MILE RIDE

Early Registration (postmarked by 3/14/09)

Cost: \$20 Adult

Regular Registration 3/15/09 to day of ride

Cost: \$25 Adult

Children **17** and under with paid adult.

Cost: \$10 Youth

Price includes great foodstops, map, on-course support vehicles and a \$1 donation to the Bicycle Alliance.



JerseyBin— Free to car poolers and bike to ride entries

From the TWBC Cog-nitive Courier 

WHERE DID YOU HEAR ABOUT THE McCLINCHY MILE RIDE?

Previous rider__ Friend__ Bike Expo__ BIKES Newsletter__ BIKES Website__ Cascade Newsletter__ Active.com__ Other__



Ride Around Puget Sound

August 22 - 23, 2009

Hosted by: B.I.K.E.S. of Snohomish County, Capital Bicycle Club, Cyclists of Greater Seattle, Tacoma Wheelmen's Bicycle Club, & West Sound Cycling Club

Route: For 2009, you will ride on the wide path across the new Tacoma Narrows Bridge, pass through Gig Harbor, Pt. Orchard, Olympia, Steilacoom, and enjoy scenic water and mountain views. Enjoy the quiet back roads of five Washington counties while supporting statewide bicycle advocacy and education. RAPSody starts and ends at the Tacoma Community College. The halfway point and overnight stop is Shelton. The route is 170 miles of rolling hills. Riding in two days is challenging fun. There is also a one-day Saturday option to ride the entire course.

Details: Registration includes souvenir socks (register early to guarantee), luggage transport, indoor or outdoor camping at Shelton, free showers in Shelton and at the finish line, mechanical and sag support, great food stops, and the best volunteers! Plus, live music in Shelton on Saturday night and ice cream at the finish line. Meals at the high school are available for pre-purchase, a benefit for SOCK, the local non-profit children's support and activity center.

Visit www.rapsodybikeride.com for more info and updates. Register online through www.Active.com. For registration information, contact Betty at (253) 857-5658. For event information, contact Molly at (206) 577-6999.

Registrations may be transferred provided the original purchaser contacts the Registrar in advance and a signed release for the transferee is received by the Registrar before the ride. Jerseys cannot be exchanged so check the website sizing chart before ordering. Sorry, there are no day of ride registration and no refunds.

SNELL OR ANSI APPROVED HELMETS ARE REQUIRED ON THIS RIDE.

Register online at active.com or mail this form to RAPSody c/o TWBC, PO Box 112078, Tacoma, WA 98411.
Make checks payable to Bicycle Alliance of Washington.

Name _____

Address _____

City/State _____ **Zip** _____

Phone _____

E-mail _____

Include your email for any updates! Please print legibly.

Number of Days		Indicate Souvenir Sock Size	
2-day rider (Sat./Sun.)		S/M (6-10)	
1-day rider (Sat. only)		L-XL (9-13)	
Lodging			
Outdoor Camping		Hotel/Motel	
Indoor Camping		Other	

Be sure to mark all applicable boxes.

SIGN ON BACK AFTER READING!

Registration Closes 8/16		
Postmarked by 7/19	\$80	
Postmarked after 7/19	\$90	
Jersey – club cut style (order by 6/30 to guarantee)	\$60	
Circle Jersey Size	XS S M L XL 2XL 3XL	
Circle Jersey type	Men's/Unisex Women's	
DVD Video of RAPSody	\$10	
Join the BAW for \$25	\$25	
BAW member discount (Join now for immediate discount!)	– \$10	
Dinner at high school	\$12	
Breakfast at high school	\$8	
Meals must be pre-purchased		
Total Enclosed		\$

From the TWBC Cog-nitive Courier



Bicycle Alliance of Washington
 BAW is Washington's statewide bicycle advocacy organization and advocates for bicyclists and a bicycle-friendly Washington. Become a member and help the cause of bicycling. Visit www.bicyclealliance.org to learn more about this non-profit organization and how you can help.

Ride Information

The ride starts and ends at the Tacoma Community College.

All riders start on Saturday, August 22. 1-day riders must depart between 6:00 and 7:30 AM and complete by 8:30 PM. 2-day riders must depart between 6:00 and 8:30 AM on Saturday and complete by 5:00 PM each day. Riders must ride legally.

Food stops are about 30 miles apart and are staffed by local and bike club volunteers. Area bike shops provide mechanical support.

The route is subject to change. A ride packet consisting of the route maps, directions to the start, and ride info will be emailed approximately two to three weeks before the ride. Be sure to keep your email current with the Registrar! If you do not provide an email, your packet will be mailed. Bibs numbers, socks, jerseys, and grab bags will be available at the start desk. Maps are not available in advance.

RAPSody Training Rides

March 21 - McClinchy Mile Bike Ride, Arlington, www.bikesclub.org

April 19 - Daffodil Classic, Orting, www.twbc.org

May 3 - May Day Metric, Phil's South Sound Cyclery in Federal Way, www.teamtailwind.com

June 7 - Peninsula Metric Century, Gig Harbor and Southworth Ferry Terminal, www.twbc.org

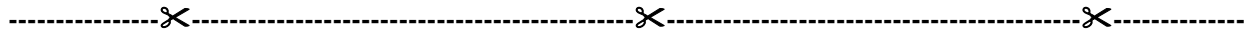
June 28 - 2-County Double Metric Century, Millersylvania S. P., www.capitalbicycleclub.org

July 26 - Tour de Kitsap, Silverdale and Bremerton Ferry Terminal, www.westsoundcycling.com

August 9- TRYBR, Tenino, www.capitalbicycleclub.org

September 27 - Headwaters Century, Enumclaw High School, www.twbc.org

All rides support the Bicycle Alliance of Washington.



Ride Around Puget Sound (RAPSody) Release

*******Note: This form must be signed for your registration to be complete.*******

In consideration of the acceptance of this entry & by signing this Release for myself (or for the participant if the participant is under 18) I agree to RELEASE, HOLD HARMLESS, and INDEMNIFY the Bicycle Alliance of Washington, Capital Bicycle Club, B.I.K.E.S. of Snohomish County, Cyclists of Greater Seattle, Tacoma Wheelmen's Bicycle Club, West Sound Cycling Club, other host bicycle clubs, and all support staff, sponsors, advertisers, owners & lessors of premises on which the activity takes place, their respective officers, agents & members, & any other parties connected with the bicycle event for any injury, loss or damage suffered as a result of participation in the bicycle event or any activity associated with it, including injury, loss or damage caused by the Negligence of any party.

I understand that there are certain risks associated with bicycle riding, including the risk of serious personal injury or death, & I expressly agree to assume those risks. I understand the route chosen is challenging, not necessarily the safest route, & that weather conditions may make this ride more difficult. I warrant that I am in proper physical condition to participate in this event, that I am a sufficiently competent cyclist to handle the road conditions, & that my bicycle is in safe operating condition.

I understand that wearing a helmet can minimize head injuries which may occur in a cycling accident & that the RAPSody Bike Ride requires all riders to wear helmets. I agree to wear a helmet while participating in this event, & to follow the rules of the road & all applicable laws & safe bicycling practices.

I understand that this Release is also binding on my heirs & representatives. If I am signing on behalf of a minor, I accept full responsibility for all medical expenses incurred as a result of the minor's participation. I agree to HOLD HARMLESS & INDEMNIFY the entities named above for any claims brought on behalf of the minor.

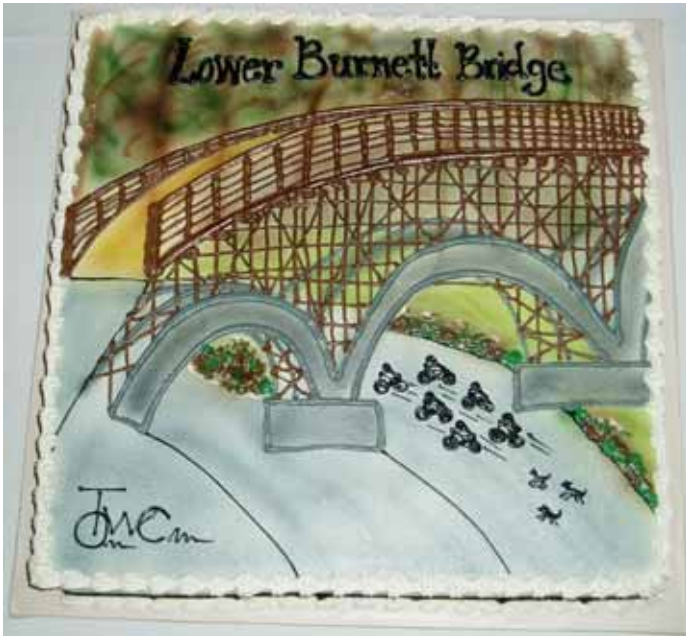
SNELL OR ANSI APPROVED HELMETS ARE REQUIRED ON THIS RIDE!

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

Read & Sign This Form

2009 Annual Banquet Pictures

(All photos submitted by Dena Wessels)



Left: Over the river & through the woods,
to eat the cake we go

Right: Lonna Cain shows off her
4,254 Club Mile sweatshirt.

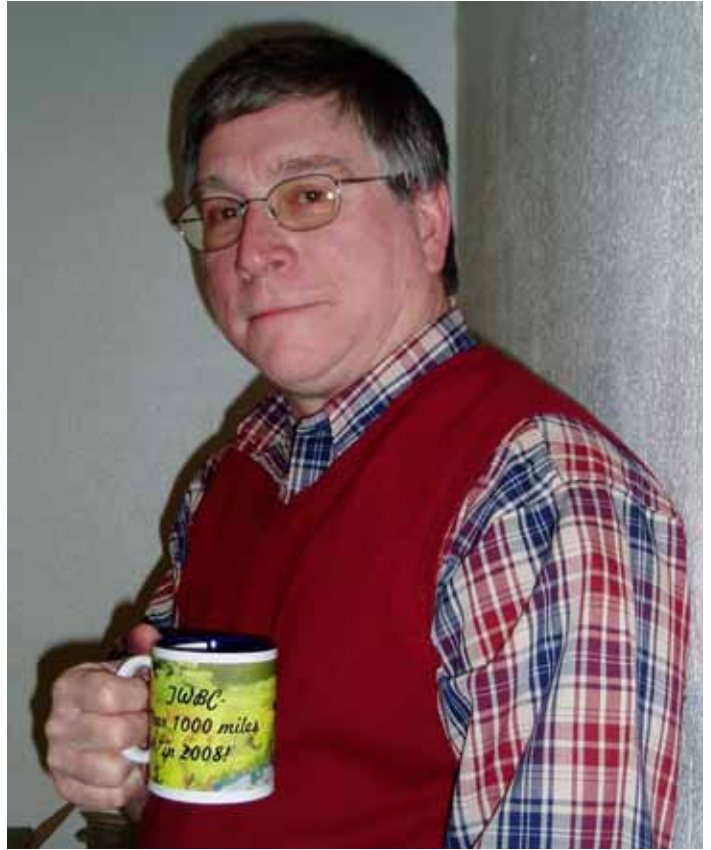


Left: Room decorations were both fixed & movable.

2009 Annual Banquet Pictures

(All photos submitted by Dena Wessels)

Right: Roz Davis shows off his 1,193 Club Mileage Coffee Cup award.



Left: Sue Coley shows off her 2,052 Club Miles T-shirt.



Right: Steve Brown shows off his award for his 569 Commute Miles.



2009 Annual Banquet Pictures

(All photos submitted by Dena Wessels)



Upper Left: Gene Smith shows off his award for his 4,922 Commute Miles.



Upper Right: Cake & a TWBC insulated water bottle, what more could a Member want?

Lower Left: It was a real crime, what was done to that cake.

Lower Right: The bottles of wine were really fine, while in their prime. ☹

