

the cog-nitive courier

tacoma wheelmen's bicycle club newsletter

po box 112078 tacoma, wa 98411 www.twbc.org 253-759-2800

since 1888

April 2009 Web COG

JOIN US - 34TH ANNUAL DAFFODIL CLASSIC SUNDAY, APRIL 19, 2009

By Joyce Clifford



The Daffodil Classic Bicycle Ride offers a fun experience for everyone! Whether you are an experienced rider or a family with toddlers, there's something for everyone. If you've never "done the daffodil", this is the year to start!

The ride starts at the NEW Orting Middle School, which offers more parking, a lot more space for registration, and a big breakfast to raise funds for the school. Enjoy strawberry shortcake at the end, and there will even be a massage therapy team available if you care to indulge.



Daffodil Classic Registration, 2008
(Photo by Carla Gramlich)



Seasoned cyclists can choose from a 40-mile, 62-mile or 100-mile route. Cue sheets and maps are provided, and the course is well marked with "Dan Henrys".

On a Daffodil Route, 2008
(Photo by Carla Gramlich)



Young families and riders who like to stay off the road will want to choose the Foothills Trail ride, which follows an abandoned railroad track along the Puyallup River. The route is fairly flat, with a slight incline, and offers views of scenic farmland. If you're lucky you may see buffalo and emus just outside Orting. You can ride one mile or thirty – you decide when to turn around on the trail!



A big thank you to Franciscan Health System, who is joining us in sponsoring this Ride. 🌻

The COG Home Page

May Ride Calendar Deadline:
Tuesday, April 21, 2009

May COG Article Deadline:
Wednesday, April 22, 2009

Next Club Meeting: 6 PM,
Tuesday, April 21, 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!)

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(Saturday, Sept. 13, 2008):

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Anita Beninger



PMC





February Draft Lines

By President Carol Davis



Throughout my term as president, I have touted the many benefits of joining the Tacoma Wheelmen. Most of us think of the most important benefits as making new friends to ride with, learning new bike routes, and promoting bicycle infrastructure. Most of you have probably not given much thought to the benefits that the Club insurance provides us, but to receive those benefits, you must have your Membership dues paid and up to date, just as to receive any benefits from insurance policies, you must pay your premiums on time.

Our Club insurance offers secondary coverage for you if you are injured on a Club Ride. I quote a recent article about our insurance coverage from the League of American Bicyclists, “The program offers participant accident insurance for club members if they are injured while participating in regularly scheduled club rides and events. This is essentially secondary medical insurance — so if the club member mentioned above is injured and they have no primary medical insurance they may file a claim to cover the medical costs of the injury up to a \$10,000 limit (claims are reported to American Specialty, the League’s insurance administrator). A person who has primary medical insurance can also file a claim, but the League’s coverage will apply only to bills that are not covered by primary insurance (such as a co-pay).”

“A non-member is given participant accident coverage for one ride only (the first ride in which they participate as a non-member).”

A non-member is covered only for ONE RIDE! This is the insurance policy. So think about the Club Membership as extremely affordable bicycle accident insurance. A really great reason to keep your Membership up to date and to participate in our Club Rides.

We are hoping that our volunteer Ride Leaders will let participants know about this in a positive and inviting way. Volunteers who lead rides regularly should keep a few Membership brochures on hand to pass out to new people, letting them know about this great benefit. We will be ad-

justing the sign-in sheets to reflect this and emphasize the importance of being a Member of our great Club.

So come ride with us, and have one less thing to worry about! 🌼

Volunteer for Our Signature Event!

By Joyce Clifford



It takes a great team of many volunteers to put on the Daffodil Classic. If you have never volunteered before, we offer plenty of support. The Daffodil Classic is a success because many volunteers take responsibility for a small piece of the Ride.

If you have volunteered before, you know how important you are! We need your help again to make this ride a great experience for everyone. If you haven’t volunteered before, give it a try – you’ll be glad you did! Volunteers ride at no charge, receive a free souvenir t-shirt, and enjoy a pizza party after the event.

To volunteer, go to the TWBC Website and click on “Volunteer” under the Daffodil Ride Announcement. 🌼

Volunteer Potluck

By Joyce Clifford

Friday, April 17th is the Annual Volunteer Potluck. If you have volunteered in the past, are volunteering now, or just want to know what volunteering for a ride is all about, join us for the volunteer potluck! The potluck starts at 6:00 pm at the Wild West Post #91, Tacoma. 🌼





Government Affairs Report

By Bob Myrick, Director of Community and Government Affairs

Actions affecting you and your community...

Our Committee met again on Tuesday, March 3 at the Taqueria Guadalajara in the Stadium District at First and Tacoma Avenues. We plan to meet there again on Tuesday, April 7 at 7pm to carry on our agenda for 2009. It was nice to see Carla, Ralph, Steve, John Berry, Dave Seago and Jim Couch from Spoke and Sprocket.

In the afternoon, I had met with Tacoma staff (Diane Wiatr and Dana Brown), County staff (Grant Griffin) and three engineer/planners from Parametrix to review their report on preliminary routes for the five or six trails converging on the Freighthouse Square District. These trails include the City Water Ditch, the Prairie Line Trail, the Cross County Commuter Connector Trail, the Trail to the Mountain, the Puyallup to Tacoma Trail, the Thea Foss Esplanade and the Scott Pierson Trail. And, don't forget the need for the BPA Trail to come down the hill to Tacoma. Dana Brown reported that local homeowners are already driving over the Water Ditch Trail where they aren't supposed to. Dana and Steve Davis are going to Olympia to inspect the Woodland? trail.

Dave Seago spent all day Monday listening to proposals from four non-motorized consultants in order to select a consultant to create the new Mobility Plan for Tacoma. By next month, the consultant should have been selected and hired. The work is expected to take a year and will result in a revised non-motorized plan for Tacoma which will emphasize construction needed and ways to encourage many more people to use transit, walking and bicycling as a way to get around. Maybe, we will finally get our bus going around Tacoma via Ruston Way and Point Defiance. How about our bus around the Mountain? It starts in Tacoma so it should be included in the planning effort. Dave said the best presentations seemed to be from Alta and Toole although the other presenters were also very well qualified.

Dave also brought in the new commuter bike maps he has been working on with the City staff. The maps are to be available during Bike to Work Month so beginning commuters can have a more detailed map to use for planning their routes.

On March 12, I will be attending a meeting with the Cascade Land Conservancy to discuss the creation of a Community Stewards Program for our Green Tacoma. I imagine our long time work on developing trails and working on cleanups will be our part of this effort. There will also be a selected guest meeting on March 24 to discuss similar matters with John Ladenburg and Rose Lincoln from the Greater Tacoma Community Foundation.

Grant Griffin reported to me this day that some progress in happening on the Dixie Spur (aka Jeb's Thruway). The County is working with the short line railroad to obtain the right of way to connect the Foothills Trail end in East Puyallup to the sidewalk at the corner of Shaw Road and Pioneer.

Jim Couch has a scholarship to attend the National Bike Summit in Washington DC next week and he will be carrying our message to our legislators. Dixie Gatchel and Mayor Pat Johnson of Buckley will also be in DC that week with the National Rails to Trails promoting Active Transportation. All three people will be carrying Dixie's Case Statement for Active Transportation in Pierce County. Dixie's report lists 28 important projects that could be funded thru three different Federal sources.

I will be attending the Puget Sound Regional Council's Bike/Ped Committee meeting on March 18 where I am sure we will get an update on the Transportation Enhancements provided by the new Bail Out funds from the Obama Administration. Three Percent of funds are reported to be available for enhancements.

Have a great month, volunteer for the Daffodil, volunteer to work on our Family Bike Rides, volunteer for the PMC & don't forget to Always Ride More and Worry Less. 🌼

membership report by Phyllis Lay

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 DeYoung.

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. 🌼



the vice prez sez

Fitness Tips for Your Bike

By Vern Hase, TWBC VP

We all brainstormed some getting-ready-for-Spring (or for any time of year) bicycle maintenance tips at the recent March Meeting. I've collected them here for your consideration and benefit

Clean and lube the chain, and check for wear. Replace chain every 500 miles or six months. Clean and lube derailleur pulleys. (I check my chain for wear and replace accordingly. Wintertime can be especially tough on the drive train. If you ride with a worn chain then it will take your cassette and chain-ring along with it.)

Never use WD-40 or motor oil on your bike. Use something like TriFlow, T-9, or Phillwood.

Check the rims for wear, and clean them. Check the tires for wear and damage. Check the tire pressure. (If you've been riding during the winter, it seems unavoidable that your rims are going to get a little chewed-up, and your tires will at least be sliced-up, if you haven't already had a flat or two. This is often the time that I get a fresh set of tires for the Spring and Summer.)

Squeeze the spokes to be sure they don't move.

Spin the wheel: if severe vibrations are felt through the frame, and the sound is loud, replace the wheel or overhaul the hub. This shows signs of pitting and cracked cups in the hub.

Brake pads: remove any debris and clean up. Check and adjust brake caliper tension. Tune-up (and check brakes) every six months. (They're likely to get pretty dirty from the messy wintertime roads.)

Replace all batteries.

Read through your bike's maintenance book.

Check the tightness of all nuts and bolts, according to specs.

(Be careful not to over-tighten, something I tend to do.)

Shower caps from hotels make great seat covers during rain. (Nice tip. I've used plastic grocery bags, but I can picture the shower cap being a perfect fit.)

Store your bike in a dry place to avoid rusted cables and chain.

I hope some of the tips are helpful for you. Keep your bike fit, and it will be a pleasure to ride, and safe too. 🌸



Ride Captain Report

By Carla Gramlich



This spring has been hard on riding. I have resorted to Spin Class, once or twice a week at the Y. It is a good work out, but I much prefer being outside.

I subscribe to the even out principle. If we have several months of unusual cold weather, we will have several months of warmer weather to even out for the year. Ok, maybe I am just being optimistic, but it maybe true.

In April, Bob Myrick is starting a list of rides geared to the new, returning and younger rider. On April 12, Bob and I will lead a ride on the Foothills Trails. Since it is Easter, it will include an Easter Egg Hunt. I actually have done this ride for a couple of years but this year we hope for a couple of children. Since, I have had adults; I just put the eggs out on the table. If we have anyone younger the 40, I will actually hide them.

Then in May and June there will several rides that should appeal to someone that hasn't ridden many miles or doesn't desire to ride long rides. Maybe you have a friend that would like to try us out or know a family with young kids that would like to go on a ride. We are hoping these rides will attract such folks. Spread the word!!!

By the time you are reading this, I hope to be in warmer weather on the Spring Trip, Napa Valley. That is why, I have been doing the Spin Classes, because this trip was coming up and I was not getting the riding in due to snow, ice and hail. Here hoping for some sun. 🌸

Seattle Bicycle Expo "Weathers" Another Year

By Peggy Fjetland

Seattle Bicycle Expo 2009 was one for the books. Returning to a smaller hangar in Warren G. Magnuson Park in Seattle meant that for the first time some exhibitors found themselves in "tents". They, and our Club Volunteers, braved Summer, Winter, Spring and Fall ... all in the span of two days. Braving the cold and the wet, visitors scooped up bargains on everything from the rubber that hits the road to helmets that may one day save their lives and everything in between that a cyclist could possibly need. Riders dashed from booth to booth getting information on rides coming up locally, regionally, nationally and internationally.

A very special thanks goes out to Club Members Carla Gramlich, Jim Ahrens, Donna Benjamin, Steve Lay, Phyllis Lay, Kevin Beninger, Anita Beninger, Caroline Baker, Sue Coley, Corkey Smith, and Mary Smith all of whom enthusiastically promoted TWBC and its great rides! 🌸

Save the Date for CYCLEFEST

Saturday, April 4 from 11:00 AM to 2 PM

This is the 3rd Annual Cyclefest at the Tacoma REI, located at 3825 S. Steele St. As a fun and informational event, there will be something for everyone, from novice ("newbee") to the advanced bicyclist. There will be a free STP clinic at 11 AM, you can enter a sweepstakes to win cycling prizes, even a Novara Buzz Flyby Folding Bike. TWBC as well as BAW will be there, with information, flyers & newsletters. So, come on down! 🌸

🕒 Share the Road License Plate 🕒

Taken from the Bicycle Alliance of Washington Website, http://www.bicyclealliance.org/shareplate/share_plate.html

Upgrade your plate TODAY! As of February 2009, over 3300 plates have been sold! Share the Road license plates help the BAW advocate for cyclists throughout our state, and is a tax-deductible donation for you.

Personalize your Share the Road Plate! Do you already have a Share the Road license plate? Now you can personalize your plate instead of just being a number. To find out what you can put on your plate and how to get it, check out the Department of Licensing FAQ page at www.dol.wa.gov/vehicleregistration/sppersonalized.html. Some of the personalized license plates already out there are "CYCLESU," "BIKELAW," and "TAILWNS." What can you come up with?

Tacoma Streets

By Vern Hase, TWBC VP

At our February Meeting I hope you were able to meet Elliott Barnett, an Urban Planner for the City of Tacoma. The guidelines he discussed are intended to make Tacoma streets better and safer for pedestrians and bicycles. He needs our help to consider the following question.

Are things on target?

Elliott says - "Whether yes, no or in between, it would be very productive to have comments from individual Wheelmen or the group as a whole, and earlier is always better than later. The draft Mixed-use Center Guidelines are online at www.cityoftacoma.org/planning. We'll be developing additional guidelines over the coming months. Ultimately, I know the City Council will value the Wheelmen's view of the guidelines." Also note that website will be updated by about the first week of April.

You can contact Elliott by the Email address of: elliott.barnett@cityoftacoma.org or by phone at (253) 591-5389. 🌸

Safety Fair, Sat. May 2, 11 AM – 2 PM

By Carla Gramlich, Ride Captain

Volunteers are needed to help Mary Bridge during the Annual Children's Safety Fair to fit helmets. This is a great opportunity to help provide a reasonable priced helmet, \$7.00 and \$10.00, with a custom fit. I will provide the training DVD, to anyone that hasn't done this before and we will work with you on the day of the event. Give me a call at 253-879-0115 if you are interested in helping Mary Bridge. 🌸



**Memorial Day
Weekend Trip
May 23 – May 25**
By Carla Gramlich

Last year, we had a large group, that headed 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 Saturday 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. Contact me at (253) 879-0115, or ca_gramlich@yahoo.com. 🌸

To Centralia
By Peggy Fjetland



Do you ride a Bike Friday? Have you ridden the Adventure Cycling Route from Seattle to San Diego? Then save June 6, 2009 (the day before PMC) to dust off that little bike (or any bike for that matter), review that route (or not) and ride from Tacoma to Centralia with Peggy Fjetland and her dear friend, Murray Fishel. Along the way, compare the features of your bike and impart your wisdom and suggestions to Murray who will fly out from Ohio to ride to California. The plan is to meet at the transit center in Parkland early that morning and escort Murray to the Olympic Hotel in Centralia showcasing our rail trails at every opportunity. Feel free to turn back at any time or continue to Centralia, there to have dinner, see a movie, spend the night, or be picked up by friends or transported home via the train. Sunday morning Murray will continue on his way while those having spent the night return to Tacoma in time to report for our PMC Volunteer duties. Be sure to reserve your room at the Olympic if you wish to stay over and arrange for your transport home. More details to follow. If you are interested in going, call Peggy Fjetland at (253) 841-4458 or e-mail Tyson101@comcast.net. 🌸

Editor's Note: Check with Amtrak to make sure you do not have to make advanced reservation to take your bike. More info can be found on the Amtrak's website, "Bring Your Bicycle On Board" at www.amtrak.com/servlet/ContentServer?pagename=Amtrak/am2Copy/Title_Image_Copy_Page&c=am2Copy&cid=1080080554487.

🕒 **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.

Great Promotion Starts From Within

By Anita Beninger, TWBC Publicity Coordinator

Soon many of us will be starting to train for our favorite bike rides and many are already riding, despite the bizarre weather. We love the sport and all of the health and wellness cycling provides but do we share that with our friends, neighbors and co-workers?

Great promotion starts from within.

The Tacoma Wheelmen's Bicycle Club supports the community in so many ways. Some include sponsoring guided cycling events, bike advocacy efforts, partnering with city and state government and supporting other groups such as Bicycle Alliance of Washington. Do we share the Club's efforts at our schools, churches and social gatherings?

Did you know that many non-profit organizations are launching social-networking sites not only to raise awareness but to promote the organization to their friends, network and to raise money?

The Tacoma Wheelmen's Bicycle Club now has a Facebook; thanks to TWBC Webmaster Kris Symer. This is another opportunity to tell others about your passion and add new Members to our Club. Check it out! www.facebook.com.

Great promotion starts from within. 🌸

The Tacoma Wheelmen's Bike Club Partners with Franciscan Health System.

By Anita Beninger, TWBC Publicity Coordinator

2009 begins a partnership with Franciscan Health System and the Tacoma Wheelmen's Bicycle Club.

Part of the mission of Franciscan Health System is the creation of healthier communities, and partnerships are essential in supporting the good work that is being done in the community. Cycling provides many health benefits; including increased mobility of hip and knee joints, building back and leg strength and improving mental well-being.

"It is very exciting to partner with an organization that provides cycling opportunities to the larger community; exercise is a very important part of good health" said Debi Williams RN, ONC who manages the Orthopedic Service Line for FHS.

This years bike rides will be held in the communities of Orting (Daffodil), Gig Harbor (PMC) and Enumclaw (Headwaters). Each event features a well-marked course with cue sheet and map, support vehicles and fully stocked rest stops. The ride is FREE for children 6 and under and admission ranges from \$8 for youth 7-17 and \$16 for adults or \$37 for a family.

Registration is available on-line at www.twbc.org. For additional information on Franciscan Health System visit fhshealth.org. 🌸

April Amusements

You know you are over-the-hill when you're just too tired to climb one!


Why is the time of day with the slowest traffic called rush hour? (*George Carlin*)


Whoever said that truth never hurts never had to fill out a Form 1040.

Isn't it appropriate that the month when the taxes are due

begins with April Fool's Day and ends with cries of "May Day!"?

April Ride Notes:

 **04/01, 15, 29; Chehalis Western Trail; 04/08, 22, Foothills Trail:** Sign up with a contact number so we can notify you by phone (preferably cell, in case you are in transit) if a ride has been canceled. If it is raining in Tacoma at the time we need to leave for the scheduled ride, the ride will be canceled. We encourage riders to car pool.

 **04/26, Blue Vespers:** This ride is perfect for new Members or someone that is dusting off their bicycle from the winter storage. Blue Vespers will follow at 5 PM. This ride will include an afternoon lunch/snack stop. Adults may make another stop at the Park Ave. Tavern. This month, Kim Field & the Mighty Titans of Tone.



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  
04/01 Weds	9:30 AM	1 A	45	Lou & Karel Vance 921 - 4847	Chehalis Western Trail Ride. Bring lunch, snacks or plan to buy lunch in Tenino. See Ride Notes for more info. Rain, ice/snow Cancels. Start: Chambers Lake Trailhead, Lacey. 
04/02 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. 
04/04 Sat	9 AM	2 C	25	Gene Smith 272 - 6747	Mystery Ride w/ Gene. Involves hills (?). Start: Skyline Park & Ride. 
04/04 Sat	11 AM to 2 PM	00 Meet &	00 Lots!	Frank Wilson 851 - 9061	R.E.I. Cyclefest. Info on bikes, groups, fun & safety. STP clinic @ 11 am. Sweepstakes for great cycling prizes. Start: 3825 S. Steele St., Tacoma.
04/05 Sun	2 PM	1 A	10 -15	Mary Dahl- Smith 473 - 7174	Casual Sunday Afternoon Ride. Dust off your bikes & ride w/ Mary. Haven't ridden for awhile? Get out today! Start: Starbucks @ 56th & S. Tacoma Way.
04/06 Mon	Yellow	Sponge	Food?	Marvelous Monday	The Hostess Twinkie sold for the first time in the U.S. in 1931.
04/06 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/Freezing Cancels. Start: Starbucks @ 26th & Proctor. 
04/07 Tues	9:30 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Decide to Ride. Details on Ride Line or Club Website. Start: Sumner Library.
04/07 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.
04/08 Weds	9:30 AM	2 A	30	Lou & Karel Vance 921 - 4847	Foothills Trail Ride, w/ Lou & Karel. See Ride Notes for more info. Rain, ice/snow Cancels. Start: East Puyallup Trailhead. 
04/08 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. 
04/09 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smoooothly. Rain Cancels. See 04/02 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    
04/10 Fri	Arf  Meow 	Save		Fabulous Friday	The ASCPA was founded in 1866 by Henry Bergh w/ the mission of alleviating pain, fear & suffering in animals.
04/11 Sat	9 AM	2 C	60	Gene Smith 272 - 6747	Daff Pre-Ride. Bring \$\$\$ for lunch in Eatonville. Perfect for those volunteers that will be busy the day of the Ride. Start: Orting Bell Tower.   
04/12 Sun	9:30 AM	2 B	35	Ralph Wessels 857 - 5658 549 - 6952 Cell	Joint Ride w/ West Sound Cycling Club across the Narrows Bridge & loop around Tacoma w/ coffee & conversation.   Start: Gig Harbor YMCA (NW corner of parking lot).
04/12 Sun	1 PM; 2 PM	2 A; 1 A	30; 15	Carla Gramlich 879 - 0115	Ride the Foothills Trail & Easter Egg Hunt to South Prarie. No host coffee stop. Two Start Times/Locations:   30 Miles: East Puyallup Trailhead. 15 Miles: Orting Bell Tower.
04/13 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain/Freezing Cancels. See 04/06 for Ride Details. 
04/14 Tues	9:30 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Decide to Ride. Details on Ride Line or Club Website Start: Celebration Park, Federal Way.
04/14 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.
04/15 Weds	The	Start of	it All	Weird Wednesday	The first McDonalds opens in Des Plaines, IL by Ray Kroc in 1955.
04/15 Weds	9:30 AM	2 B	45	L & K Vance 921 - 4847	Chehalis Western Trail Ride. Rain, ice/snow Cancels. See 04/01 & Ride Notes for Ride Details. 
04/16 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smooothly. Rain Cancels. See 04/02 for Ride Details. 
04/17 Fri	1:30 PM	2 A	30	Carla Gramlich 879 - 0115	Daff Pre-Ride. Check out & refresh marks on the trail. Start: East Puyallup Trailhead.   
04/18 Sat	9 AM	2 C	40	Gene Smith 272 - 6747	Daff Pre-Ride. Perfect for those volunteers that will be busy the day of the Ride. Start: East Puyallup Trailhead.  
04/ 19 Sun	7 AM	Many	All	TWBC	 34th Daffodil Classic. \$\$\$ Ride Chair: Frank Wilson, 851 - 9061. Start: Orting Middle School. 
04/20 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain/Freezing Cancels. See 04/06 for Ride Details. 
04/21 Tues	9:30 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Decide to Ride. Details on Ride Line or Club Website Start: Freighthouse Square.



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 
04/21 Tues	6 PM; 6:30 PM	Meet & 0 Meet &	Eat; 00 Greet	TWBC 759 - 2800	April Club Meeting. M/A Wild West VFW Post #91, 2000 S. Union Ave.,Tacoma. Eat @ 6PM, Meet @ 6:30PM.
04/22 Weds	9:30 AM	2 B	30	L & K Vance 921 - 4847	Foothills Trail Ride. Rain, ice/snow Cancels.  See 04/08 & Ride Notes for Ride Details.
04/22 Weds	5:30 PM	2 B	20 - 25	Knightriders 475 - 3625	Knightriders. Evening destination is a surprise! See 04/08 for Ride Details. 
04/23 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smooothly. Rain Cancels. See 04/02 for Ride Details. 
04/26 Sun	8 - 10 AM	All	11,32, 45, 55, & 62	Port Townsend Bicycle Assoc.	Rhody Tour , Pt. Townsend, WA. \$\$\$ Start: Haines Place P & R. www.ptbikes.org
04/26 Sun	All	Twisted	Salt	Spiral Sunday	National Pretzel Day, 1983. Recognizes invaluable contributions of numerous (PA) bakeries & their impact on the nation's economy. 
04/26 Sun	1 PM	1 B	20	 Bob Myrick 473 - 7455	Family Blue Vespers Pre-Ride. See Ride Notes.. Start: Immanuel Presbyterian Church, 901 N "J" St.
04/27 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. 
04/28 Tues	9:30 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Decide to Ride. Details on Ride Line or Club Website Start: McDonalds @ 112th & Pacific.
04/29 Weds	9:30 AM	2 B	45	L & K Vance 921 - 4847	Chehalis WesternTrail Ride. Rain, ice/snow Cancels. See 04/01 & Ride Notes for Ride Details. 
04/30 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smooothly. Rain Cancels. See 03/05 for Ride Details. 
05/02 Sat	10 AM	00 Meet &	00 Help	Bob Myrick 473 - 7455	Annual Children's Safety Fair & Family Bike Ride , 10AM - ????. Start: Foss High School Gym & Parking Lot, 2112 S. Tyler, behind Cheney Stadium; tour the Scott Pierson Trail. 
05/03 Sun	6 AM - 10:30 AM	All	50, 70, & 100+	Phil's South Sound Cyclery 661 - 3903	May Day Metric , Federal Way, WA. \$\$\$ Start: PSSC, 2310 SW 336th St. www.maydaymetric.net

Don't forget!

 **The Pierce County Bike Map** 

is available online at:

<http://www.co.pierce.wa.us/PC/abtus/ourorg/pwu/tpp/nonmotor/bicycle.htm>

Tacoma Wheelmen's Bicycle Club Community Rides



Ride and Easter Egg Hunt

April 12, Sunday

1 PM (30 miles) Code: 2A

Start: East Puyallup Trail Head.

2 PM (15 miles) Code: 1A

Start: Orting Bell Tower.

Ride Leaders: Carla Gramlich, 253-879-0115
and Bob Myrick, 253-473-7455.

- Ride to South Prairie on The Foothills Trail. (Paved trail.)
- No Host Coffee Stop, with Easter Egg Hunt in South Prairie.

Annual Daffodil Ride

April 19, Sunday

Registration Time: 8 AM – 10 AM

Start: New Orting Middle School,
111 White Hawk Blvd NW
(School is on the Foothills Trail).

Mileage: up to 30 miles on paved trail.

Family rates, and discount
if you sign up by 4/6/09.

Ride Chair: Frank Wilson, 253-815-9061.

- To register for this ride:
<http://www.twbc.org/events/daffodil/>
- Rest-stop in South Prairie and strawberry shortcake following the ride.

Children's Safety Fair and Family Bicycle Ride

May 2, Saturday – Time: 11 AM

Start: Thea Foss High School – same
entrance as the Safety Fair.

Mileage: 5 miles on paved trail.

Ride Leader: Bob Myrick, 253-473-7455.

- Purchase Custom Fitted Helmets at the Safety Fair, for \$7.00.
- Fair opens at 10 AM and then enjoy a tour of the Scott Pierson Trail.

University Place Family Bike Ride

May 9, Saturday – Time: 9 AM – 11 AM

Start: Environmental Services Building's
parking lot, 9850 64th St. West.

Mileage: 2 + miles and 10 miles.

Contacts: Debbie Klosowski 253-565-8466
and Bob Myrick – 253-473- 7455.

- Bike Rodeo for kids from 9 AM – 11 AM. Following participation in the rodeo, kids and parents can ride on 2 miles of paved trail.
- At 10:15 AM, ride on the street with County Councilperson Terry Lee and Tacoma Wheelmen's Members.
- Custom Fit Helmets are available for \$7.00. (Must have helmet to do rodeo and/or ride.)

Big Wheel Bicycle Ride

May 16, Saturday – Time: 11 AM

Start: Gig Harbor – Kimball Park and Ride.

Mileage: 4 miles to 16 miles.

Ride Leader: Bob Myrick, 253-473-7455.

Start: Tacoma, Skyline Park and Ride.

Mileage: 12 miles.

Ride leader: Carla Gramlich, 253-879-0115.

- Second Annual Big Wheel Ride with elected officials and government employees.
- The Cushman Power Trail in Gig Harbor is 4 miles of paved trail. (With a couple of blocks on streets.)
- The Scott Pierson Trail in Tacoma is 12 miles, including the path on the Tacoma Narrows Bridge.

Puyallup Riverwalk Family Ride

May 23, Saturday – Time: 10 AM

Start: Skateboard Park,
4th St. NW, North of River Rd.

Mileage: 2 up to 6 miles.

Contact: Foothills Trail Courtesy Patrol
Explore the Riverwalk Trail
with the Foothills Courtesy Patrol.

Family Ride with City Council

May 30, Saturday – Time: 10 AM

Start: Tacoma Bike Shop, 309 Puyallup Ave,
street parking and parking
available behind the shop.

Mileage: 6 miles on streets.

Ride Leader: Bob Myrick, 253-473-7455.

PMC Family Ride

June 7, Sunday – Time: 10 AM and 1:30 PM

Start: Kimball Park & Ride.

Mileage: 4 miles of paved trails.

Ride Leader: 10 AM: Bob Myrick, 253-473-7455,
1:30 PM: Ron Nowicki.

- Ride the Cushman Power Trail
with TWBC members.
Return to Kimball Drive for a snack.

Milton Trail Family Ride

June 13, Saturday – Time: 10 AM

Start: Milton Ball Park on Porter Way.

Mileage: 5 miles of paved trail.

Ride Leader: Bob Myrick, 253-473-7455.

East Puyallup to McMillin Family Ride

June 20, Saturday – Time: 10 AM

Start: East Puyallup Trailhead.

Mileage: 8 – 30 miles of paved trail.

Ride Leader: Bob Myrick, 253 473 7455.

Tour de Pierce Pre-Ride

June 25, Thursday – Time: 7 PM

Start: Puyallup Fairgrounds Gold Parking Lot.

Mileage: 12 miles of local streets.

Contact: Carla Gramlich, 253-879-0115.

- Evening ride exploring the short course
of the Tour de Pierce.

This ride is on local streets.

Tour de Pierce Family Ride

June 28, Sunday

Registration Time: 7:30 AM – Noon

Start: Puyallup Fairgrounds Gold Parking Lot.

Mileage: 12, 30 or 50 miles on streets.

- *The Tour de Pierce course
is on local roads where traffic
will be encountered. No tricycles
or training wheels are allowed.
It is a parental decision
to determine if a child is prepared
to ride the Tour de Pierce.*

<http://www.co.pierce.wa.us/pc/services/recreate/tourdprc.htm>

- **Anyone can attend these rides.**
- **If you are under 18, you must have a parent or guardian present to sign release forms.**
- **Parent or guardian must ride with child.**
- **No tricycles or training wheels are permitted on any rides that occur on local streets.**
- **Must have a helmet to do these rides; also, it is the law in Pierce County.**



Website:

twbc.org

for more information on any of these rides.



E-mail Delivery

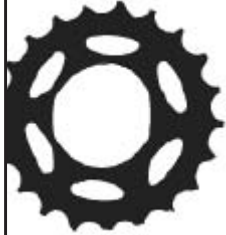
Tacoma Wheelmen's Bicycle Club
PO Box 112078
Tacoma, WA 98411

April
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!)

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!



PO Box 681, Port Townsend, WA 98368
www.ptbikes.org

Port Townsend Bicycle Association is dedicated to promoting bicycling through educational, recreational and sporting events. Proceeds from the Rhody Tour support the Bicycle Alliance of Washington (www.bicycleealliance.org). The Village Bicycle Project (www.villagebicycleproject.org), City of Port Townsend's bicycle safety programs, helmet give-aways and PT ReCyclery's free bike repair sessions at the Boiler Room and the Port Townsend Food Coop.

OVERNIGHTERS (Make reservations well in advance.)
Port Townsend Chamber of Commerce 360-385-2722
Hosteling International

Port Townsend
Fort Worden State Park 360-385-0655
Marrowstone Island
Fort Flagler State Park 360-385-1288

Washington State Parks
Fort Worden 360-344-4400
Fort Flagler 360-385-1259
Old Fort Townsend 360-385-3595


Port Townsend Information: www.ptguide.com





At the Start and Finish the Cape Cleare Salmon wagon will be offering breakfast and post ride lunch for purchase. 8am to 2pm. Bring your family and friends!

Java Gypsy Mobile Coffeehouse will be onsite. Check www.ptbikes.org for the latest info.

Welcome to the RHODY TOUR

 **THE RIDE IS SUNDAY, APRIL 26th, 2009.** Registration is from 8:00 am until 10:00 am at the Haines Place Park & Ride Lot, in Port Townsend. The course closes at 4:00 PM. You may pre-register with the form on the other side.

 **THE START AND FINISH** will be at the Haines Place Park & Ride Lot. There are four route choices: 32, 45, 55, and 62 miles. The ride route follows the varied terrain of east Jefferson County's rural roads. The few hills on the Half Metric Century make for a pleasantly challenging ride for those getting a late start in their season or for the new long distance rider. The full Metric Century is a great ride for those training for STP or other long distance rides.

 The ride is supported by PTBA and there are food stops, restrooms, grocery stores and SAG along the route.

DIRECTIONS When entering Port Townsend from the west on State Highway 20, the first traffic light is at the city limits. Turn left at the second traffic light (Safeway will be on your left) onto Haines Place (McDonald's will be on your right). Go straight ahead one block to the Park & Ride Lot.

From the Keystone/Port Townsend ferry, turn left at the ferry terminal light. Go straight through the next traffic light, and turn right at the traffic light before Safeway, onto Haines Place (McDonald's is on your right). Go straight ahead one block to the Park & Ride Lot

NEW THIS YEAR
FAMILY RIDE
Features 11 miles on the newly expanded Larry Scott Memorial Trail. It has its own rest stop and is suitable for cyclists of all ages.




Rhody Bike Tour



PORT TOWNSEND BICYCLE ASSOCIATION
presents the 17th Annual

Rhody Tour

Four Route Choices
(32,45,55,62 miles)

PLUS
New Family Ride
(11 miles)
&
Cape Cleare Salmon Feed

Sunday,
April 26th, 2009

Port Townsend,
Washington



Rhody Tour

Port Townsend, Washington

THE RIDE IS SUNDAY, APRIL 26th, 2009.

Registration is from 8:00 am until 10:00 am at the Haines Place Park & Ride Lot, in Port Townsend. The course closes at 4:00 PM.

EARLY REGISTRATION Before April 20th	Individual	Family
Member	\$15	\$30
Non-member	\$20	\$40

DAY of RIDE REGISTRATION		
Member	\$20	\$35
Non-member	\$25	\$45

PTBA MEMBERSHIP	\$15	\$25
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FAMILY RIDE ONLY	\$5	\$10
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TOTAL		
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Help us plan by telling how many will attend the salmon feed.		
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NEW this year FAMILY RIDE features 11 miles on the newly expanded Larry Scott Memorial Trail. It has its own rest stop and is suitable for cyclists of all ages.

At the Start and Finish the Cape Cleare Salmon wagon will be offering breakfast and post ride lunch for purchase. 8am to 2pm. Bring your family and friends! Java Gypsy Mobile Coffeehouse will be onsite.

Check www.ptbikes.org for the latest updates!

Complete this release and registration form. Make checks payable to PTBA.
MAIL TO: Port Townsend Bicycle Association P.O. Box 681 Port Townsend, WA. 98368. PH. 360-821-1802

From TWBC The Cog-nite Courier

Last Name (print) _____ First Name _____

Street Address _____ City _____ State _____ Zip _____

Home Phone () _____ Emergency Phone () _____ E-mail _____

Release of Liability and Agreement to Hold Harmless

Each participant in the Rhody Tour must read and sign this Release and Agreement to Hold Harmless.

- In consideration of my participation in the Rhody Tour and/or membership in the Port Townsend Bicycle Association ("PTBA") and by signing this Release for myself (or for participant if under 18) I agree to RELEASE, HOLD HARMLESS and INDEMNIFY PTBA ; the Washington State Department of Transportation; Jefferson County; the City of Port Townsend, and their officers, agents and members; and any other party or entity connected with them for any injury, or loss or damage (including injury, loss or damage caused by NEGLIGENCE) to any individual suffered as a result of participation in the Rhody Tour bicycle event or any activity associated with it or with membership in PTBA including club rides and events.
- I understand that there are certain risks associated with bicycle riding, including the risk of serious personal injury or death, and I expressly and voluntarily agree to assume those risks. I understand the route chosen is challenging, not necessarily the safest or easiest route, and 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, and that my bicycle is in a safe operating condition.
- I understand that wearing a helmet that meets the ANSI or SNELL bicycle safety standards can minimize head injuries which may occur in a cycling accident and that PTBA requires all Rhody Tour riders to wear a helmet while participating in this and all club events and to follow the rules of the road and all applicable laws and safe bicycling practices. It is my responsibility to insure that my helmet meets ANSI or SNELL standards.
- I understand that this RELEASE is also binding on my heirs and representatives. If I am signing on behalf of a minor, I represent that I have the authority to enter into this Release and Agreement to hold harmless on behalf of and for said minor. I accept full responsibility for all medical expenses incurred as a result of the minor's participation. I agree to HOLD HARMLESS and INDEMNIFY the entities named above for any claim brought on behalf of the minor.
- I understand that photos may be taken during the Rhody Tour or other PTBA events and I hereby give PTBA the right to publish any photographs in which I may appear.

_____ Date _____ Date _____
Signature of Participant Signature of Parent/Guardian if participant is under 18 year of age.

May Day Metric

A Spring Classic
Sunday May 3rd, 2009

Are you ready for a ride that will challenge your strength & stamina? The May Day Metric is a challenging recreational ride that is designed for the road cycling enthusiast. This supported ride has 3 route options; a challenging 50 miles, a hard 72 mile route, and an even harder 100+ mile route. The routes will guide you through the lesser traveled back roads, byways, and bike trails of the South Sound region. Both routes begin and end at Phil's South Side Cyclery in Federal Way. A portion of each registration fee and any residual funds & foods will be donated to our benefactors; **The Bicycle Alliance of Washington & The Orting Food Bank**. The mission of the Alliance is to give cyclists a voice in the legislative, planning, and educational processes. The Alliance works with cyclists, clubs, organizations, and governments to increase the freedom and safety of bicyclists statewide. The Orting Food Bank has become a vital resource for local families that have found themselves in need in these desperate times.

50 Mile "Ho Ho-ville" Route: Travel from Federal Way to Orting & back. 1,200 feet of descending {& climbing} as you pas through, Milton, Edgewood, Auburn, Sumner, Puyallup, and Orting.

72 Mile "Twinkie-Land" Route: Travel from Federal Way to Orting; once there push on to South Prairie, then Wilkeson and then back. 2,200 feet of descending {& climbing}.

100+ Mile "Ding Dong- Station" Mountain Route: Not for the faint of heart or soft in the butt. Travel from Federal Way to the Carbon River Entrance of Mount Rainier National Park and back. Instead of turning around at Orting or Wilkeson you will continue to follow {& climb} the Carbon River Valley to its source. 100+ miles and 4,000 feet of descending {and climbing} as you ride the 100K route in addition to the Carbonado loop.

- Free Custom Cycling Socks Guaranteed For all Pre Registered Participants.
- Scrumptious **Hostess** snacks at well placed rest stops {every 20-25 miles}.
- Mechanical support and sag support for stranded {not tired} riders.
- Slice of Fresh Pie served at finish.
- Registration from 6:00 – 10:30 at Phil's South Side Cyclery.
- Course open from 6:30 – 4:30
- Official photographer Taunja Foulk will be taking photos at various stages of the ride.
- Look on www.TacomaNative.PhotoReflect.com following the ride to view & purchase photos.
- Scenic splendor and sense of accomplishment; Priceless.
- Print this form at www.MayDayMetric.com

Directions To Start: Phil's South Side Cyclery, 2310 SW 336th St. Federal Way, 98023. I-5 to Exit #142B {348th St.}. Go West on 348th {go East & you're on Hwy 18}. Cross Hwy 161 & 99, follow signs for King Co. Weyerhaeuser Aquatic Center. Cross 1st Ave. (at WinCo Foods), street is renamed SW Campus Drive. Pass Aquatic Center on R. & continue West to Light at 21st Ave SW (street becomes 336th St). Cross 21st Ave & after 100 yards turn Right at KFC into lot. (Total distance from I-5 = 2.8 Miles.)

Sponsored By...

Phil's South Side Cyclery – TrailSide Cyclery
–Johnnys Famous Bar & Grill The Mountaineers Club
TacomaNative.PhotoReflect.com

ANOTHER TEAM TAILWIND PRODUCTION **WWW.TeamTailwind.com**

For Information Contact Phil: 253-661-3903 or Philthebikemechanic@Gmail.com

May Day Metric

Registration

Prepare for the worst yet hope for the best. Ride your bike more & worry less!

Event Date = May 3rd 2009

One form for each rider {Tandem requires 2 forms, Unicyclists ride for free!}.

Mail registrations to Phil's South Side Cyclery, 2310 SW 336th St. Federal Way, WA. 98023.
Entry fee before 4-25 is \$20 – After That It Is \$25

Helmets Required! NO HELMET = NO RIDE!! = NO DICE!!

Last Name: _____ First Name: _____ Age _____

Address: _____

City: _____ State: _____ Zip: _____ Phone: _____

E-Mail _____ Sock Size: S _____ M _____ L _____ XL _____

Emergency Contact Name _____ And Tel. # _____

_____ \$20 Registration Fee If Postmarked by 4-24-09 (No Refunds)

_____ \$25 After That Checks Payable to Phil's South Side Cyclery



From the TWBC
Cog-nitve Courier

-----Liability Release Form Must Be Signed-----

I promise to have fun and a positive attitude. I promise to be courteous to the volunteers and the fellow participants. In consideration of the acceptance of this entry & by signing the release for myself {or for the participant if the participant is under age 18}; I agree to **RELEASE, HOLD HARMLESS, & INDEMNIFY** Phil's South Side Cyclery & all sponsors, advertisers, owners, & lessors of premises on which the activity takes place, their respective officers, agents, and members, & any other parties connected with the bicycle event for any injury, loss, and 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 there are certain risks associated with bicycle riding, including the risk of serious personal injury, or death. I expressly agree to assume responsibility for all 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 all 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 **helmets are required to be worn at all times on the May Day Metric**. 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 and 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.

I understand that failure to comply with said rules gives ride directors the authority to confiscate my bib#, expel me from the ride, & deny me rider services at any point on the course.

Signature of Participant _____ Date _____ / _____ /09

Under 18 Participants

Parent-Guardian Signature _____ Date _____ / _____ /09

Important!!

HELMETS REQUIRED!! Participants must wear APPROVED helmets during the entire ride. Headphones are not allowed on the ride.

RACC SCHEDULE: Saturday, May 2nd
 6:30 a.m. to 8:30 a.m. — Day of Ride Registration and Pre-Registration Packet Pick-up. Packet includes detailed course map, t-shirt if ordered, and goodies.
 6:30 a.m. Course opens.
 5:00 p.m. Course closes.

All riders must be on the road by 9 a.m. **NO EXCEPTIONS!**

Packets not picked up or claimed by 5 p.m. the day of the ride become the property of the VBC.



26th ANNUAL RIDE AROUND CLARK COUNTY

SATURDAY MAY 2nd, 2009

Vancouver Bicycle Club



through Clark County, Washington

Four Beautiful & Challenging Rides

Vancouver Bicycle Club
 Ride Around Clark County
 PO Box 1456
 Vancouver, WA 98668-1456

www.vbc-usa.com
 Phone: 360-798-2812

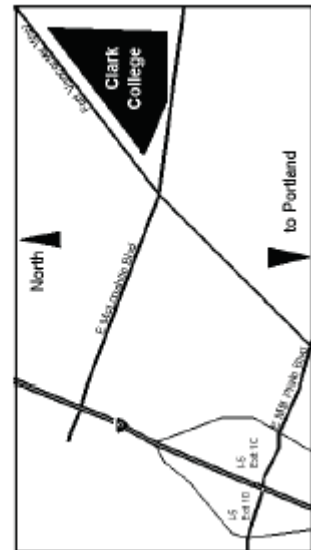


We thank these gracious sponsors:



RACC 2009 Choices:
 18, 34,
 65 or 100 Miles

From each paid registration, a minimum of \$1.00 is donated to each of the following: The Bicycle Transportation Alliance, Bicycle Safety Coalition, and The Bicycle Alliance of Washington.



Register online at:

www.signmeup.com/
64266

OFFICIAL ENTRY FORM
26th ANNUAL RIDE AROUND CLARK COUNTY
Saturday, May 2, 2009

Make Checks Payable To: VANCOUVER BICYCLE CLUB
Send Checks or Money Orders to:
RACC, PO Box 1436, Vancouver, WA 98668-1436
No Refunds

Please complete one entry form per entrant. Tandem entries must complete two entry forms. No confirmations of entry will be sent. Entry form must be completed in its entirety for each applicant & volunteer.

First

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Last

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Name

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Address

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City

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State

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Zip

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Phone

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Email

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From the TWBC Cog-nitive Courier

T-shirt - Please indicate sizes & quantities

S	M	L	XL	XXL

PRE-REGISTRATION: (Postmarked by Monday, April 20, 2009)
Your check must accompany this form.

- VBC Member (34, 65 or 100 mile)... \$15.00 18-mile ... \$10.00
- Non-Member (34, 65 or 100 mile)... \$20.00 18-mile ... \$15.00
- T-Shirt ... \$12.00

Not a Vancouver Bicycle Club member?

JOIN when you register and be eligible for VBC member ride price.

- Individual Membership ... \$15.00 1 yr \$26.00 2 yrs
- Family Membership ... \$20.00 1 yr \$36.00 2 yrs

DAY OF RIDE REGISTRATION

- VBC Member (34, 65, 100 milers)... \$20.00 18-mile ... \$15.00
- Non-Member (34, 65, 100 milers)... \$25.00 18-mile ... \$20.00
- Ask about availability of RACC t-shirts, \$15.00

All Participants Must Read And Sign Waiver Below.

If Participant Is Under 18 Years Of Age, Parent Or Legal Guardian Must Sign.

I acknowledge that this athletic event is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of athletes, equipment, vehicular traffic, actions of other people including, but not limited to, participants, volunteers, spectators, event officials, and/or producers of the event, and the lack of hydration. These risks are not only inherent to athletes, but are also present for volunteers. I hereby assume all of the risks of participating and/or volunteering in this event. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment, or property owned, maintained or controlled by them or because of their possible liability without fault.

PRINT NAME

AGE

SIGNATURE of participant or if under 18 guardian must sign

DATE

4 GREAT LOOPS TO CHOOSE FROM

All routes start and finish at Clark College Hanna Hall, 1820 Fort Vancouver Way, Vancouver, Washington.

18-MILE LOOP, follow pink Dan Henrys, Start/Finish Line support only (Clark College open 6:30am-5pm). Travels east through Cascade Park and back.

34-MILE LOOP, follow blue Dan Henrys, 1 Rest Stop at Lacamas Lake open 7-11am. Travels east around Lacamas Lake and back to Clark College. (1,000' elevation gain)

65-MILE LOOP, follow yellow Dan Henrys, 2 Rest

Stops: Lacamas Lake & Daybreak Park (open 9-3pm). Travels east, around Lacamas Lake, then north through the hills of Hockinson, through Battle Ground, to Daybreak Park, west toward Ridgefield, then south through Felida and back to the finish at Clark College. (3,000' elevation gain)

100-MILE LOOP, follow white Dan Henrys, 3 Rest

Stops: Lacamas Lake, Moulton Falls (open 9-1pm) & Daybreak Park. Travels east, around Lacamas Lake, then north through the Hockinson hills to Battle Ground, continuing north to Yaocolt & Amboy. Riders then head west on a new route through the scenic Cedar Creek / Lewis River area, and south through La Center (revised route for safety) to Daybreak Park. Riders proceed west toward Ridgefield, then south through Felida and back to the finish at Clark College. (4,800' elevation gain)

AID/FOOD STATIONS

Rest rooms, beverages & food are located at all rest stops and at the start/finish. Our famous Trail Putty will again be provided as well as energy drinks, fresh fruit, bagels, potatoes, cookies and other goodies. Stores en route for emergencies: Lacamas Lake, Hockinson, Heison, Yaocolt, Amboy, La Center. Massage therapists will be working at the Clark College finish line on a fee basis.

RIDE SUPPORT

Although there will be sag support, riders and their bikes should be in good shape. Trained mechanics will be available at rest stops.

WHAT TO BRING & WEAR

We recommend you carry identification, a spare tube, patch kit, tire irons, pump, water bottles and extra money at the very least. **Warm Clothing & Rain Gear are Highly Recommended.**