

June 2009 Web COG

TWBC's 2009 Summer Trips Galore!!

Victoria, BC, July 6 - July 9

San Juan Islands, July 14 - July 18

ABC Tour, BC, Month of July

San Jose to Tacoma, August 2 - August 16 +?

Four-day adventure in Victoria, BC; July 6 – July 9; Steve & Phyllis Lay

This is a leisurely ride. July 6 - 9, a 2B (no big hills) ride will leave Port Angeles by ferry to Victoria, B.C. This ride will cover 4 days 3 nights, staying in a motel in Victoria. We'll be doing day ride from the motel with the longest being a 40 mile ride to Sydney. There has been discussion about a night trip, by bus, to Buchart Gardens, for those interested, to see the fireworks program and the gardens at night. Each person will be responsible for getting their gear to the motel, there is not going to be a sag wagon to carry your gear. You can join us for one or all days of the trip. Information call Steve or Phyllis Lay at 253 - 759 - 1816.

Bicycle Trip of the San Juan Islands; July 14 – July 18; Carla Gramlich

After STP, I will take the week off and do a midweek trip to the San Juan Island. Going up midweek, should avoid some of the crowds. Also the weather should be sunny, because it is always sunny after STP. Here is the schedule. This will be a self-supported camping trip. There will be a couple of hills, because there is always a hill coming off a ferry, but mileage, with gear will be minimal. Also, there will be time to relax.

Drive up to Anacortes on July 14 (Tuesday), take ferry over to Lopez Island, and stay at <http://www.lopezfarmcottages.com/>, which is "gourmet" camping for two nights (\$20.00 each) (Only place on the island that has showers, plus they serve coffee in the morning).

There will be plenty of time to explore Lopez Island and to take another ferry over to Shaw Island.

On July 16, (Thursday morning), take ferry up to Friday Harbor and stay at Lakedale Resort. <http://www.lakedale.com/> (Depending on site and number of people, plan \$20.00 each, but probably less.) We will stay two nights on San Juan, exploring that Island. Then we will get up on July 18, (Saturday), take the ferry over to Orcas, explore and have lunch. Return to Anacortes to drive home on Saturday afternoon.

If you are interested, contact Carla Gramlich, email: ca_gramlich@yahoo.com. I will reserve one camping site; will need a deposit of \$25.00 to reserve another site

ABC Tour: Adventures in BC, The Month of July; Roz and Carol Davis

Roz and Carol are planning a big bicycle adventure in British Columbia! You are invited to join us for any or all of the trip!

Summer Trips, cont. on page 3, column 2

The COG Home Page

July Ride Calendar Deadline:
Tuesday, June 23, 2009

July COG Article Deadline:

Note Day : Tuesday, June 23, 2009

Next Club Meeting: 6 PM,
Tuesday, June 16, 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

Carol Davis, 253 - 460 - 5622

VICE - PRESIDENT:

vp@twbc.org

Vern Hase, 253 - 759 - 7246

SECRETARY:

secretary@twbc.org

Marguerite Richmond, 253 - 272 - 1204

TREASURER:

treasurer@twbc.org

Gus Fant, 253 - 564 - 4710

RIDE CAPTAIN:

ridecaptain@twbc.org

Carla Gramlich, 253 - 879 - 0115

NEWSLETTER EDITOR:

newsletter@twbc.org

Dena Wessels, 253 - 857 - 5658

Reporters: Various members

DIRECTOR OF SPECIAL EVENTS:

events@twbc.org

Joyce Clifford, 253 - 759 - 2393

DIRECTOR OF COMMUNITY & GOVERNMENT RELATIONS:

gac@twbc.org

Bob Myrick, 253 - 473 - 7455

TWBC SAFETY & EDUCATION

Jim Ahrens, 253 - 566 - 3347

TWBC EQUIPMENT :

equipment@twbc.org

Steve Brown, 253 - 752 - 4038

Assistant Jim Davis



MEMBERSHIP DATABASE & MAILING:

database@twbc.org

Anne Seago, 253 - 761 - 0709

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:

ripsody2005@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: Aug. 18

jan.brame@gmail.com

Jan Brame

TWBC Publicity :

publicity@twbc.org

Anita Beninger



PMC





May Draft Lines

By President Carol Davis



Whew! What a fabulous month for cycling May has been! Thanks to the efforts of many people including our own Bob M. and Carla G., and Diane Waitr of the City, the numerous events that were staged have served to inspire many more cyclists to come out on the roads and pathways. Articles and letters have appeared in our papers and Internet; segments about cycling have been aired on TV.

Along with all the positive attention, comes negative attention. A flurry of negative comments has been expressed, especially on the Internet. These should serve to remind us that unfriendly motorists, ('though, I believe the minority) are out there, and we must constantly ride defensively, assuming that motorists do not see us, follow the rules of the road, and show respect to motorists, other cyclists and pedestrians. We are all a diverse group. There are motorists who inspire road rage among other motorists, there are rude pedestrians who mosey across a street or parking lot without regard to motorists who are waiting, and there are cyclists who behave in embarrassing ways that I hope we all won't be judged on!! I hope that Tacoma Wheelmen are always looked upon as a group that not only promotes safe cycling, but works with government departments to promote infrastructure that will benefit everyone.

I hope that all of this attention will motivate many of you to get more involved in promoting safe cycling and infrastructure. The Tacoma Wheelmen's Bicycle Club is very well respected among community leaders. I hope that more of you will be willing to increase your involvement to continue the great work that our leaders have begun. You can have an impact on the direction of our Club and our city streets!

As our "elections" approach, think about taking a position on the Board. Our Board is a supportive group that works together for the common good! You can have an influence on the place of cycling in the 21st Century. Think about it, and don't be shy! You can have an influence on the direction our Club will take. ☺

What: A self supported bicycle trip, half & half camping and motels. A small group may be driving to Prince George, and we may have as SAG from that point.

When: the month of July.

Where: Leave from home or Seattle riding north to Prince George, looping around north of Prince George to Dawson Creek, come back along the Eastern slope of the Rockies, ending in Jasper where we will catch the train home.

How: The trip is in 3 stages. It is possible to join for any or all of them, as we will be going through train stops.

Stage 1: Leaving on July 3: Seattle-Kamloops, about 400 miles. July 3- 12 Via Rail goes to Kamloops.

Stage 2: July 12-18: Kamloops-Prince George, about 425 miles which includes a side trip and rest day in Barkerville. You could drive to Prince George to meet us (or Barkerville and then Prince George), and take the train back from Jasper to Prince George where your car would be parked (about 500 miles drive to Prince George).

Stage 3: July 19-31: Prince George - Jasper via Hudson's Hope and Dawson Creek, about 660 miles, with 2 rest days. Take train back to Seattle from Jasper or back to Prince George (two different train trips).

I still have some details to tweek out. If you are interested in any part of this, let me know as soon as possible and I will include you in the tweeking! We will not be carrying cooking equipment, although you could if you want to. We will eat out or eat cold food (I will be drinking cold instant Starbuck's coffee when necessary). So call 253 - 460 - 5622 or e-mail: president@twbc.org if you are interested!!

Do You Know the Way From San Jose?

First two weeks in August;

Steve and Phyllis Lay

We'll be leading a bike tour from San Jose to Tacoma in August, leaving on August 2nd or 3rd. We'll be using the Adventure Cycling route with a mixture of camping and motels. This will be a self-contained tour. This should take about 2 weeks or so. For more information, contact: Steve or Phyllis Lay at 253 - 759 - 1816. ☺

☺ *Did you know?* No word in the English language rhymes with "month". ☺



Government Affairs Report

By Bob Myrick, Director of Community and Government Affairs

Actions affecting you and your community

Our committee met once again on Tuesday, May 5 at the Taqueria Guadalajara in the Stadium District at First and Tacoma Avenue. Our next meeting will be there on Tuesday, June 2 at 6 pm. There were five of us in attendance and the Cinco de Mayo celebration was just getting started.

We talked about the **new Pierce County Transportation Plan** that is being developed this year. The County Council spent parts of two days reviewing the basic concepts with the staff people. There are several alternatives being considered and the staff and Council seem to recognize it is **important to connect our cities** so that people can live in the urban centers. The Council seems to recognize that building more houses is a money loser for County government in that the County can't even fund an adequate law enforcement system, much less fund an adequate social service and parks system. The Council recognizes **the need for Complete Streets** that will allow people to recreate, pursue their health needs and transport themselves using something other than the car.

The **Family Community Bike Rides** being put on in May and June were discussed. For most of May, the rides have been poorly attended, but Carla says, "even Jesus only had 12 disciples." We will have to think about whether or not the TWBC should try this program again. Please see the Ride Calendar and our Website for the rides in June.

The Cascade Land Conservancy has created a "**Community Stewards**" program. We will be meeting at the HUB on Thursday, May 28 from 6:30 to 8:30 pm to discuss matters to study. One important item will be the **Souder Train extension** from Freighthouse Square to Lakewood. We want to insure the development properly allows for future attractive housing near Freighthouse Square and allows for public spaces that will accommodate the six future trails converging on neighborhood.

The **Tacoma Complete Streets Program** staff had a workshop this month and did a walkabout of the area being improved near St. Helens and Broadway in downtown

Tacoma. Since the improvements were designed and approved before Complete Streets got off the ground, many of the improvements would be different if designed now.

Steven Garrett talked about the idea of having a **trolley loop** in downtown Tacoma that would also serve to get cyclists and pedestrians up our steep hills. This system could be on rails or on wheels depending on available funding.

The **Critical Mass** bike rides in Tacoma were discussed. I think we agreed it is a controversial subject and we don't want to be actively involved.

John Berry attended a conference where he met Donald Lachman who works for the Washington State Department of Veteran Affairs. I spoke with Mr. Lachman and he told me about an **Outdoors for All program** at the Orting Soldiers Home. Mr. Lachman is looking for funding for the cycling program that allows veterans to go for a ride. We are in discussions with Mr. Lachman. It appears the program needs about \$400 to keep rolling.

There was some discussion about how one gets on the **TWBC.google.com group** and how one can pursue cycling related news on the Tacoma Exit 133 website.

Other news you can use includes the **County Parks** people moving forward on their **Trail Master Plan**. The County has identified 288 miles of potential trail, but has no adequate funding sources to build trail, so it is obvious the trail plan will have to be pared down to something that can actually be accomplished. The County staff will have presented their draft plan to the **PSRC Bike/Ped meeting** on May 20 and I will have been there. On May 29 and 30, the famous Dan Burden will present a seminar and walkabout centered at Evergreen State College on Sixth Avenue. The May 30 seminar is available to the general public. On Wednesday, June 10, an all day **Active Living conference** will be held at the NorPoint Center in Northeast Tacoma from 8:30 am to 3 pm. All of you are invited to attend.

Better weather is finally here, so please, please cycle more and worry less. It is past time to plan your summer cycling vacation. ☺

☺ "If space is a vacuum, who changes the bags?"
by George Carlin ☺



Ride Captain Report

By Carla Gramlich



It is official: May was a very rainy month, at least the first half. This cut into the attendance for Bike Month and the Community Family Rides. But, we did have some sunny spots. The Bike Swap was very well attended for its first year and very sunny. I would have loved to have more TWBC members involved in this event. I sold a bike and some gear. Maybe next year more folks will dig out some gear to sell. It is kinda of nice to help provide some bikes and/or gear to folks you are getting started bicycling. Win/win situations, you clean out your garage, make a little change and a person starting to bicycle get some gear at a bargain. We are hoping the city does the Bike Swap again and TWBC makes a larger presence at what could be the major bicycle event, in Tacoma.

Special thanks to Bob Myrick for taking the time to plan and lead the Community Family Ride. We still have a few more and are hoping more folks will turn out for them. If you are new or haven't been cycling for awhile, these rides are for you. Or maybe you have a neighbor with some young kids that would like to do a family ride. Here is an option. Also, Mary Dahl Smith and family have volunteered to lead some easy rides on some Thursday evenings in June. They will explore the new Waterditch Trail. I haven't been on the whole trail, yet, so I am planning on being on one of the rides.

Tom Reardon, is leading some rides after work on Wednesday. Check out the Web Calendar for these additions. Tom is offering a steady pace option with some hills. Thanks, Tom, for being a ride leader.

I first thought we might not offer a week long vacation. Now we have several options. I will offer a partial week up in the San Juan Islands in July. Carol and Roz are heading north to BC for a couple of weeks. Steve and Phyllis will have some days in Victoria before they head south in August to San Jose, CA.

I was a little surprised that this year's Ride of Silence didn't have as big a turn out like it had in previous years. Mary, Corkey and Chris Smith, had a route that allowed us to be

seen by the public plus some calmer roads. Also, we had some of Lakewood's Finest escort us, bike patrol for the whole ride and patrol car in Lakewood. I thought at first Lakewood's traffic lights are synced nicely for bicycles and then I realized the patrol car was changing the lights to green. So, we only had to stop for a couple of stoplights in Tacoma. I believe the low turn out was because of American Idol finals happening the same night. Hope, next year to have a larger crowd. You can record the show, you know. Thanks to Mary, Corkey and Chris for all their hard work for this ride.

I didn't use my car during Bike to Work week. A couple days, it felt like winter, with rain and wind. I was able to continue not using my car for another four days following Bike to Work week and then I had to use it for a meeting. The days, following Bike to Work week were sunny and it was easier to use the bicycle for work and errands. Hoping you rode your bicycle to work/errands one day during Bike to Work. Here's hoping you can make it a habit to leave the car at home and use two wheels for transportation.

Annual Children's Safety Fair

Special thanks to Bob Myrick, Sonja Fjetland, Peggy Fjetland, Dave Parker and John E. Berry III for helping fit helmets at the Annual Safety Fair. We sold about 150 helmets that day and had many smiling faces in their new helmets. Next year, we may look at doing helmets at the Bike Swap. Since Mary Bridge did helmets the week before the Bike Swap they didn't have the volunteers to do it at the Bike Swap. The Bike Swap seemed to be a different audience, more college students, and might be a place to offer helmets to increase usage. If we do that event, we will need more volunteers. ☺



Klein Stage 57 cm Aluminum, triple 52-42-30, 7 cog rear 11-28, Shimano RSX, Xero wheels, \$500.

Cannondale R500 43 cm Aluminum, triple 52, 46, 32, 7cog rear 12-32, Shimano 105, \$500. Great bike for small female, sport/touring.

Contact Rick at 253-330-4315. ☺

*See pictures of these bikes at the top of page 8;
More stuff for sale also on page 6.*

Saturday, August 1, 2009: 11th Annual "8 Lakes Leg Aches Bike Ride"

By Christie McKee

Join over 600 riders for one of the best cycling events in Eastern Washington, touring scenic landscapes between Spokane, Medical Lake and Cheney. Riders of all abilities have three routes to choose from - a leisurely 30-mile ride or challenging 45-mile or 75-mile treks!

The Group Health Corporate Office, at the top of Sunset Hill, is our start/finish location. Snacks and beverages will be provided at rest stops along the route. Enjoy food and entertainment at the end of the trail with David's Pizza serving up hot, fresh pizza from 11 am to 2 pm and Ben & Jerry's Ice Cream.

There are great prizes for individuals raising pledges; every rider who raises \$175 or more in pledges receives a limited edition 8-Lakes VOLER Jersey!

The ride is only \$30; the ride & T-shirt is \$40. For the registration form go to:

www.lcsnw.org/events/8Lakes2009.pdf.

For more information go to:

<http://www.lcsnw.org/events.html>.

For further information, please contact Christie McKee at 509-343-5020 or email cmckee@lcsnw.org.

About the Ann Ride

page 3 of the Ride Calendar, 06/20

From the ride website:

Ann Weatherill was a local middle school teacher and cyclist who was struck and killed by a motorist while riding with friends on Mother's Day 2004. In 2005, the Ann Law was passed in Washington State, making it illegal for motorists to pass while an oncoming cyclist is approaching. Funds from this event go towards the installation and maintenance of the yellow "Share the Road" signs throughout the county that were installed on popular bicycle routes to raise awareness in Ann's honor and other bicycle safety programs sponsored by Wheatland Wheelers.

Bike For Sale : Recumbent

Counterpoint Presto recumbent bicycle, \$1500. Short wheelbase. Full, high, mesh slung seat, rear suspension, exceptional comfort. Easy to ride at slow and high speeds. Can be used for recreation, commuting or touring. Phone 383 - 8704 daytime, 503 - 7380 evening, or Email: havels@juno.com for more info.

Bike for Sale: Titanium at its best!

TI Cycle 56 cm, top tube is 54 cm. Stand-over is 30-1/2 inches. I purchased a custom made bike; it is a little big for me, so I am now selling. Set up for sports/touring. I replaced the stem, with a shorter one, but will throw in the custom TI stem, if it works for the person purchasing this bike.

The components are 105 shifters, crank (triple) and brakes. XT rear 8 speed derailleur and XTR front derailleur. Carbon Fork. Wheels are new, last season, 105 hubs and Swiss DT rims.

This is a great bike at a good price if it fits you. Rack, SPD pedals, cages included. \$1500 or best offer. Email to: ca_gramlich@yahoo.com for more information or to set up a time/place to see the bike.



⊙ *Taillight (or Flashlight): A case for holding dead batteries.* ⊙



**Celebrate the 30th Anniversary
of the flight of the
Gossamer Albatross,
June 6-14 at the Museum of Flight**

From Carol Davis



Louie Boitano will be leading a ride to this event on June 6. Our group will receive a special discount.

**Films: “The Flight of the Gossamer Condor”
and “Search for Adventure – Gossamer Albatross.”**

Daily at 2 pm; additional 11 am showings on June 6, 7, 13 and 14, William M. Allen Theater.

Two award-winning movies tell the story of human-powered flight. “The Flight of the Gossamer Condor” is an Academy Award winning short documentary of the first flight. “Search for Adventure: Gossamer Albatross” is narrated by Hal Holbrook and won an Emmy.

Gossamer Albatross Tip-to-Tail Tours
(Subjects vary; please check in at the Docent Desk
for the day’s schedule)

Saturday, June 6 and Sunday, June 7, 11 am and 1 pm.

Thursday, June 11 – Sunday, June 14, 11 am and 1 pm.

“A Twist of the Wrist,” a dramatic presentation.

Saturday, Sunday, Monday, Wednesday and Friday, at 1 pm at The Northwest Aeroclub Room in the Red Barn. The Museum’s Amazing Skies Live Theater program will present a 20-minute dramatic presentation called a “Twist of the Wrist.” Meet Charlie Taylor, the Wright Brothers’ mechanic, as he tells the story of the invention of the airplane and how Wilbur Wright discovered the concept of wing warping. ☺



Mission



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

“Willie Weir Witticisms” from the May General Meeting

As recorded by Dena Wessels

“What the (*heck*) are you doing here?” “There’s a lot of stuff on Google - both good & bad; *choose what you follow.*” “Enrique sent me.” “Sidewalks in Bogota use to be car parking.” “Sometimes you just ride the ruts in the road.” “This hill is only good for mules.” “Take time to see my country. People are excited to show it off.” “People who sell bikes are honest.” Sixty-eight kilometers downhill is nice, but the uphill?” “The shop has 1,100 flavors of ice cream, recorded in Guinness World Records; included were tuna, sardine, tomato & avocado.” *And last, but not least,* “The world is still a beautiful place when seen from the seat of a bicycle.”



TWBC Board Members Needed For June Elections

Your Club needs You!! Serve your fellow Members by submitting your name for a TWBC Board position!

Requires your attendance to Board Meetings once a month (second Tuesday @ 6 PM), attendance to eight Club Meetings ability to manage, organize, and participate in various discourses over dinner. Some activity outside this time period is required, but a lot of fun.

Your rewards include fulfilling bicycling destiny in Pierce County, a vision started in 1888; participating in lively discussions; serving your fellow Members; and partaking of excellent food @ a local restaurant. ☺

membership report by Phyllis Lay

Renewing Members (Thank You!):

Kent Achtyes, Herb & Sherry Brooks, Dennis Bunt, Jeff Grider & Dianne Bechtold, Charles Burpee II, Ruth Daugherty, Jim Davis, Herman Diers, Mei Zhu and Ray Finch, Judy Fisher, Hank & Hazel Giddings. Jim Graham, Russell Hale, Thomas Harrison, Toni Matson, John Peranzi, John Petersen, Barbie & Todd Pratt, Mat & Connie Reitzug, Gretchen Roosevelt, John & Dottie Selby, Fred & Margaret Swift, Mikeal Treadwell, Dave Tullis, Crystal Vaarvik, and Larry & Carolyn Wyman.

New Members (Welcome!):

Jim Arland, Shirl Cantu & Mark Newport, Charles Coleman, Dean & Valorie Hunter, Joseph Izenman, Hal Keniston, Casey Knopik, Mary Kronau & Family, Scott Kuehn & Family, Christian Larson, Alice Nguyen, David Norcross, Liz & Joe Owens, Tom Shimko, Christy Strand & Mike Smith, and Leilani Toledo.

Bikes for Sale:

See description on page 5, column 2.

The Klein



The Cannondale



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.



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
06/01 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Loop Pt. Defiance. Someone will stay with the slowest rider. Regroup at Ft. Nisqually, then onto Fircrest for espresso/ raspberry scones. You can shorten to 13 miles by cutting out Fircrest. Rain Cancels. Start: Starbucks @ 26th & Proctor. 
06/02 Tues	9 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Decide to Ride. Details on Ride Line or Club Website.
06/02 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. Monthly meeting to work on bicycle problems around Pierce County. All are invited to participate.
06/03 Weds	9:30 AM	2 B	45 Trail	Lou & Karel Vance 921 - 4847	Chehalis Western Trail Ride. Bring lunch, snacks or plan to buy lunch in Tenino or Yelm. See Ride Notes for complete details. Rain Cancels. Start: Chambers Lake Trailhead, Lacey. 
06/04 Thurs	9:30 AM	2 A	30 Trail	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. 
06/04 Thurs	7 PM	1 A	5 Trail	Mary, Chris, & Corkey Smith 473 - 7174	Explore the Waterditch Trail. Family, social ride on the new Trail! Start: Arlington Elementary School, 3002 S/ 72nd St. 
06/05 Fri	6 PM	2 B	13	Karen Comer 988 - 0279	Apple Century Warm-up. Ride the River Loop trail. Start: Applewood Grill, 29 N. Columbia St, Wenatchee.
06/06 Sat	9 AM	2 B	45	Gene Smith 272 - 6747	PMC Pre-Ride. Enjoy checking out the PMC route. Start: Purdy P & R.
06/06 Sat	9:30 AM	2 B	55	Peggy Fjetland 841 - 4758	Bike Fridays Ride to Centraila. Any type of bike to ride w/ Peggy & friend to Centraila. See Ride Notes. Start: Parkland Transit Center. 
06/06 Sat	9 AM	2 A	15	Louis Boitano 922 - 1168	Ride to the Flight Museum. \$\$\$ Celebrate the Flight of the Gossamer Condor. Discount for TWBC Members. See Ride Notes. Start: Tukwila P & R. 
06/07 Sun	7 AM	30 M, 40 M, 60 M, 100M	All	TWBC (see the COG Home Page)	Peninsula Metric Century. \$\$\$ Start: Southworth Ferry Terminal or New Gig Harbor Start, Kimball Dr, Gig Harbor. 



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
06/08 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 06/01 for Ride Details. 
06/09 Tues	9 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Decide to Ride. Details on Ride Line or Club Website
06/09 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.
06/10 Weds	6 AM	3 B	13	Karen Comer 988 - 0279	Summer Sunrise Series. One hour of riding, before anything else you have to do that day. Start: Forza Coffee Shop, 4828 Bridgeport Way W. 
06/10 Weds	9:30 AM	2 B	45 Trail	L & K Vance 921 - 4847	Chehalis Western Trail Ride. Rain Cancels. See 06/03 & Ride Notes for complete details. 
06/10 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; will try to return before dark. Start: Starbucks @ 26th & Proctor. 
06/11 Thurs	9:30 AM	2 A	30 Trail	Lonna Cain 475 - 8853	Silk Road Smooothly. Rain Cancels. See 06/04 for Ride Details. 
06/11 Thurs	7 PM	1 A	5 Trail	Mary, Chris, & Corkey Smith 473 - 7174	Explore the Waterditch Trail. See 06/04 for Ride Details. 
06/12 Fri	Heh,	Batter	Batter	Batter, Swing!	The Baseball was invented in 1839. 
06/13 Sat	9 AM	2 B	40	Ron Nowicki 661 - 2664	Courage Classic Training Ride. Everyone is invited. Will ride to Summer. Start: Celebration Park, Federal Way. 
06/14 Sun	1 PM	2 B  	21 (13) Part Trail 	Carla Gramlich 879 - 0115  	New (& Old) Member's Sunday Afternoon Ride. Tour the Scott Pierson Trail, & meander through town. Add more miles over the Narrows Bridge; the Cushman Power Trail, & stopping in Gig Harbor for coffee. Start: Skyline Park & Ride.
06/15 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 06/01 for Ride Details. 
06/16 Tues	9 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Decide to Ride. Details on Ride Line or Club Website
06/16 Tues	6 & 6:30 PM	Eat & 00 Meet &	Meet; 00 Greet	TWBC 759 - 2800	June Club Meeting. M/A Wild West VFW Post #91, 2000 S. Union Ave., Tacoma. Eat @ 6 PM, Meet @ 6:30 PM



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
06/17 Weds	9:30 AM	2 B	45 Trail	L & K Vance 921 - 4847	Chehalis Western Trail Ride. Rain Cancels. See 06/03 & Ride Notes for complete details. 
06/18 Thurs	9:30 AM	2 A	30 Trail	Lonna Cain 475 - 8853	Silk Road Smooooothly. Rain Cancels. See 06/04 for Ride Details. 
06/18 Thurs	7 PM	1 A	5 Trail	Mary, Chris, & Corkey Smith 473 - 7174	Explore the Waterditch Trail. See 06/04 for Ride Details. 
06/19 Fri	Free	At Last,	Free	At Last!!!	"Juneteeth" - the oldest known celebration of the end of slavery (U.S.). Commemorates African American freedom & emphasizes education & achievement.
06/20 Sat	early	all	30, 66, 100	Wheatland Wheelers CC 509-337 - 8668	Ann Weatherhill Cycling Classic \$\$\$ See Article, ^{page 6.} Start: 41 Lowden School Rd, Walla Walla. http://www.annweatherhillcyclingclassic.blogspot.com/
06/20 Sat	9 AM	3 D	40	Karen Comer 988 - 0279	Crystal Mt. Challenge up Crystal Mt. Road. Lunch provided afterwards. Start: 16523 Alpine Rd E, Greenwater , 98022 (call for specific directions if it is not clear from Mapquest).
06/20 Sat	9 AM	2 B	40	Ron Nowicki 661 - 2664	Courage Classic Training Ride. Everyone is invited. Will ride the Daffodil Loop.  Start: East Puyallup Trailhead.
06/20 PDT/// 06/21 UT	10:45 PM PDT	05:45 AM UT	Long	Summer Solstice	Latin: sol (sun), sistit (stands). Longest day of the year north of the equator (~ 23.5 degree arc). About 15 hrs of daylight today (UT-7 = PDT).
06/22 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 06/01 for Ride Details. 
06/23 Tues	9 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Decide to Ride. Details on Ride Line or Club Website
06/23 Tues	4 PM	2 B	25	Carla Gramlich 879 - 0115	Tour de Pierce Pre-Ride (Course Marking). Helping to mark the course, gains a free TdP Ride. Riding along (no marking), gains a cue sheet. TdP Start: East Puyallup Trailhead.
06/24 Weds	6 AM	3 B	13	Karen Comer 988 - 0279	Summer Sunrise Series. One hour of riding, before anything else you have to do that day. Start: Forza Coffee Shop, 4828 Bridgeport Way W. 
06/24 Weds	9:30 AM	2 B	45 Trail	L & K Vance 921 - 4847	Chehalis Western Trail Ride. Rain Cancels. See 06/03 & Ride Notes 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
06/24 Weds	2 PM	2 B	30	Carla Gramlich 879 - 0115	Tour de Pierce Pre-Ride (Course Marking). Helping to mark the course, gains a free TdP Ride. Riding along (no marking), gains a cue sheet. Start: Gold Parking Lot, Puyallup Fairgrounds. TdP
06/24 Weds	5:30 PM	2 B	20 - 25	Knightriders 475 - 3625	Knightriders. Evening destination is a surprise! See 06/10 for Ride Details. 
06/25 Thurs	9:30 AM	2 A	30 Trail	Lonna Cain 475 - 8853	Silk Road Smooothly. Rain Cancels. See 06/04 for Ride Details. 
06/25 Thurs	7 PM	2 A	12	Carla Gramlich 879 - 0115	Tour de Pierce Pre-Ride. Marking the course. on the 12 mile loop. Start: Gold Parking Lot, Puyallup Fairgrounds. TdP
06/26 Fri	4:30 PM	2 C	26	Carla Gramlich 879 - 0115	Carla's Meander on the Tacoma Marathon course. Will return for some liquid refreshments around 6:30 PM. If you can't make the ride, come on over to socialize. Start: The Hub, 203 Tac. Ave. S.
06/27 Sat	9 AM	2 B	50	Carla Gramlich 879 - 0115	Tour de Pierce Pre-Ride. Will be checking course marks. Start: Gold Parking Lot, Puyallup Fairgrounds. TdP
06/27 Sat	9 AM	2 B	40	Ron Nowicki 661 - 2664	Courage Classic Training Everyone is invited. Will ride to Orting. Start: Celebration Park, Federal Way. 
06/28 Sun	7:30 AM	All	12, 30 & 50	Carla Gramlich 879 - 0115	Tour de Pierce. \$\$\$ Start: Gold Parking Lot @ the Puyallup Fairgrounds. www.piercecountywa.gov/pc/services/recreate/tourdprc.htm 
06/28 Sun	7 AM	All	20,35,- 70,85,- 126	Capital Bicycling Club 360-292 - 8925	Two County Double Metric Century. \$\$\$ Start: Millersylvania State Park, Olympia. www.capitalbicycleclub.org 
06/29 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 06/01 for Ride Details. 
06/30 Tues	9 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Decide to Ride. Details on Ride Line or Club Website

June Ride Notes:

 **06/03, 06/10, 06/17, 06/24, Chehalis Western Trail.** Sign up w/ 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.

 **06/06, Bike Fridays.** You don't have to ride a Bike Friday, but would love to have Bike Friday owners ride with Peggy Fjetland and her friend Murray Fishel as he starts his tour down to CA. Ride all or part of the way down to Centrailia, spend the night or take AMTRAK back in time to volunteer on Sunday for the PMC.

 **06/06, Museum of Flight.** Bring \$ for entry fee and plan on 5 to 6 hours at the Museum. See Article, page 7. ☺



E-mail Delivery

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

June
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!



Tour de Pierce is a summer bicycle ride through central and eastern Pierce County for fitness and fun, promoting bicycle awareness and safety.

Sunday, June 28, 2009

7:30 am - 2:30 pm

12, 30, and 50 mile routes

New routes for the 30 mile and 50 mile!

The 19th annual Tour de Pierce offers enjoyable cycling from 7:30 AM - 2:30 PM on Sunday, June 28, 2009.

The ride winds through Puyallup, Sumner, Orting, South Prairie and adjacent farm lands. A new rest stop at McAlder Elementary School, south of Sumner, will offer entertainment, light refreshments, and restrooms for riders.

The 12-mile route provides a flat, easy ride suitable for families and novice riders. A longer 30-mile loop extends the ride past farms, flower fields and more scenic views of waterways and Mount Rainier. The 50-mile course travels through parts of Puyallup, Sumner, Bonney Lake, South Prairie and Orting.

Tour de Pierce starts at the Gold parking lot of the Western Washington Fairgrounds on South Meridian and 9th Avenue SE, in downtown Puyallup. The Gold parking lot is diagonally across the Puyallup Fair's corner entrance on Meridian Street.

The course opens at 7:30 a.m. and closes at 2:30 p.m. Registration will remain open until 11:30 a.m.

Riders may start between 7:30 a.m. - 11:30 a.m.

The staging area will close at 2:30 p.m.



All riders must wear CPSC helmets.

Registration

- Pre-register by June 15th for \$12 per person or \$35 per family of 4
- Pre-register your group of 12 or more for \$8.00 per person
- Register the day of the event on June 28th for \$17 per person or \$45 per family of 4
- Register online for a small fee at www.active.com

253-798-4176

Pierce County Parks & Recreation

www.piercecountywa.org

2009 Tour de Pierce Registration Form

Name _____

Address _____

City/State/Zip _____

Phone _____ E-mail _____

Enclose check or money order payable to:

Pierce County Parks & Recreation
 Tour de Pierce
 9112 Lakewood Dr. SW
 Lakewood, WA 98499-3998



Confirmation will not be sent. Pre-registered riders will check in at the start of the ride.

Pre-registration Fees: (Postmarked by June 15)

Individual	\$12	
Family of 4	\$35	
T-Shirt	\$8 ea	

Day of Ride Fees:

Individual	\$17	
Family of 4	\$45	
T-Shirt	\$15 ea	

Total Number of Family Members _____

Amount Enclosed \$

Indicate T-Shirt size(s) and quantity:

YL___ AS___ AM___ AL___ AXL___ AXXL___

From TWBC The Cog-nitive Courier

TWO COUNTY DOUBLE METRIC CENTURY



5 routes: 20 / 35 / 70 / 85 / 126 miles (126 miles = 200 kilometers)

Beautiful riding on five different routes, from a family friendly 20-miles to a grueling 200 K that will challenge experienced cyclists. Low traffic routes through Rochester, Adna, Vader, Boistfort, Curtis and Littlerock. Planned by cyclists for cyclists: You won't believe the food at the rest stops or the swimming, hiking and picnic opportunities at Millersylvania State Park.

Sunday June 28 2009

Start/finish: Millersylvania State Park, 12245 Tilley Rd., Olympia
 Registration open from 7:00 a.m. to 1:00 PM
 (126 mile riders must register by 8:00 a.m.)
 Pre-registration forms must be received by June 21, 2009

Riders enjoy a well-marked course with cue sheet and map, support vehicles, rest stops on every loop, finish line welcome until 6:00 p.m., \$1.00 per rider supports the Bicycle Alliance of Washington (BAW).



Entry Fee Schedule	Quantity	Preregistered by June 21st	Day of Ride	Line Total
Individual riders		\$23.00	\$25.00	
Tandem teams		\$30.00	\$35.00	
Families of 3 or more		\$35.00	\$40.00	
Capital Cycling Club Members		(\$2.00)	(\$2.00)	
Students with ID or Seniors (65+)		10.00	10.00	

Mail completed form and checks to:

Capital Cycling Club - P.O. Box 642 - Olympia WA98507

Register on-line http://www.active.com/event_detail.cfm?event_id=1691858
www.capitalbicycleclub.org — CBC Hotline (360) 922.8925

total enclosed

APPROVED HELMETS ARE REQUIRED ON THIS RIDE

Name(s) (please print) _____

Address _____

City _____ State _____ Zip _____ Phone _____

E-mail address _____

In consideration of the Capital Cycling Club (CBC) accepting my registration, I hereby for myself (or parent/guardian, if entrant is under 18) waive and release any and all rights and claims for damages against CBC, its officials and any other sponsors prior to, during, or after participation in this June 28, 2009, bicycle ride, caused by sickness, accident or any other cause that may occur. I also agree to accept all rules, regulations and policies set forth by the CBC. I realize I will be on the roadways of Lewis and Thurston counties during this event, and I must obey all traffic laws. I also realize that an approved bicycle helmet decreases the chance of injury; I agree to wear a helmet during this event.

Signature(s)/Date _____

Guardian (if rider is under 18) _____

rider number assigned



From TWBC The Cog-nitve Courier



the Picture Page



Left: Willie Weir
signing his latest book
at the TWBC May General Meeting
(photo submitted by Carla Gramlich).

Right: 2009 TWBC Ride of Silence,
with rear escort
by Lakewood's Finest
(photo submitted by Carla Gramlich).



the Picture Page



Left: Little ones demonstrating the easy way to travel during Bike Month (photo submitted by Carla Gramlich).

Right: Reptilian road hazards in Florida.
Road sign reads:
HIKERS and BIKERS
Move to the side of the road when a vehicle approaches.
I'm not sure what I'd rather take on, a vehicle or an alligator!
(photo submitted courtesy of Steve Brown).

