



# the cog-nitive courier

tacoma wheelmen's bicycle club newsletter

po box 112078 tacoma, wa 98411 [www.twbc.org](http://www.twbc.org) 253-759-2800

**TWBC, the oldest general-purpose bicycling club in Washington State, issues the COG monthly, and welcomes cyclists of all skill levels, for social riding in and around Pierce County.**

## Subject: Bike Tour Update, June 16

*Dispatch: from David Seago, as he and Anne travel from Tacoma to Boston.*

Hello, friends and family,

Today we accidentally rode 103 miles from Craters of the Moon National Monument to Rexburg, Idaho. Fully loaded, as cyclotourists say, with 35 lbs. of gear apiece.

We had intended to do only 80 miles (our usual daily goal is around 60), but when we reached our intended stopping place we found nothing but a state patrol weighing station. A thunderstorm was on our tail. We had already taken refuge once under a flatbed trailer by the side of the road. We considered camping out behind the weigh station, but we could see the Promised Land, Rexburg, in the distance, like Shangri-La in a sunlit green valley below. So, to put it mildly, we hauled ass for Rexburg. Nothing like dark clouds and lightning behind you to make you push the pedals with alacrity, fully loaded or not.

We made it to town and grabbed the first motel we came to. Cooked a dinner of noodles in our room. We be frugal.

The day's highlight, besides setting a PB for daily mileage, was finding a talking dog in a friendly bar (one of two) in the town of Mud Lake, which, not surprisingly, is located near an actual Mud Lake. This dog, a big, reddish-brown Newfoundland type, throws his head back and barks, "I love you" -- or so the patrons told us -- when promised a Kibble. With the benefit of better hearing, Anne said the dog's utterance does sound a bit like whatever his mistress asks it to repeat. I can't vouch for that, since I haven't learned to read dog lips yet.

We no longer feel self-conscious walking into small-town watering holes wearing bike helmets, loud Spandex jerseys and indecently tight Spandex shorts. We glance at the tractor ball caps and worn cowboy hats the regulars usually wear and I say loudly, "Why is everybody in here wearing funny hats?"

If nobody laughs, we leave quickly.

But today the ice-breaker paid off. After the usual banter about why in the world anybody would want to bicycle from Tacoma to Boston, one of the barstool regulars decided we deserved to witness her dog's talent. Another astounding discovery: this bar actually had Fat Tire Ale on tap. Served in frosted mugs. In the Land of Bud Light!

There is hope for America!

Faithfully yours,  
Dave Seago ☺



Web Issue: July, 2009

# The COG Home Page

**August Ride Calendar Deadline:**  
**Tuesday, July 21, 2009**

**August COG Article Deadline:**  
**Note Day : Tuesday, July 21, 2009**

**Next Club Meeting: 6 PM,**  
**Tuesday, September 15, 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:**

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Reporters: Various members

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Anne Seago, 253 - 761 - 0709

**MEMBERSHIP:**

Phyllis Lay, 253 - 759 - 1816

**WEBMASTER:**

[webmaster@twbc.org](mailto:webmaster@twbc.org)

**Currently Vacant, Apply Now!**

**DAFFODIL CLASSIC (2009): APRIL 19**

[daffodil@twbc.org](mailto:daffodil@twbc.org)

Frank Wilson

**PENINSULA METRIC (2009): JUNE 7**

[pmc@twbc.org](mailto:pmc@twbc.org)

Ron Nowicki

**HEADWATERS CENTURY (2009): SEPT. 27**

[headwaters@twbc.org](mailto:headwaters@twbc.org)

Sue Coley

**TWBC RAPSody Contact:**

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Peggy Fjetland, 253 - 841 - 4458

**BIKE EXPO:**

[bikebooth@twbc.org](mailto:bikebooth@twbc.org)

Peggy Fjetland, 253 - 841 - 4458

**ANNUAL CLUB PICNIC: Aug. 18**

[lkvance@harboret.com](mailto:lkvance@harboret.com)

Lou & Karel Vance

**TWBC Publicity :**

[publicity@twbc.org](mailto:publicity@twbc.org)

Anita Beninger



**PMC**





## July Draft Lines



By Past-President Carol Davis

As my second term as President comes to an end, I look forward to the new energy of a new Board. Even though most of the Board Members have been serving on the Board, a few new positions and people changes the group dynamics and creates new energy.

I've said many times how appreciative I am of the people on the Board I have been privileged to work with. Each of them has been dedicated to the work that they do and the mission of the Tacoma Wheelmen's Bicycle Club. I want to again thank all of you for your support and the many dedicated hours you have donated to keep our Club Events and activities going. We all believe that in making the world better for cyclists, we are making the world a better place for all.

As a new term begins, we should all be thinking about what kind of presence we would like our Club to have in the 21st Century. During my tenure as President, great momentum has been building in our community to make "Complete Streets" a reality and to create laws that protect cyclists. I have been fortunate to ride that wave!

How can we best work with this momentum? How can we best unite the many cyclists in the South Puget Sound to help press forward for safe streets? How can we help educate cyclists, motorists and pedestrians about bicycle safety and sharing the roads?

Please think about these questions and give input to the new Board. We are all in this together, and that is where our strength lies! ☺



## Report from the Former Ride Captain



By Carla Gramlich



We get request for rides that are friendlier for beginning cyclists. Mary and family are leading rides on Thursday Night that are shorter and on local trails. Perfect for families, younger cyclists and folks that are new to cycling or haven't been on their bikes for a while. Thanks to Mary, Corkey and Chris for leading these rides and check it out.

I have noticed more bicyclists on the road. This started before the price of gas started creeping back up (I didn't have to fill my tank for several weeks, because I was using my bike instead, and got sticker shock, when I finally had to fill it up).

The City of Tacoma recently sent me the latest figures for Bike to Work week. During Bike to Work week, 186 people, that registered, rode their bikes.

"Together these cyclists rode 8,454 miles between May 11th and May 15th. Last year cyclists logged 4,575 miles, so this is a huge increase!" reported by Katrina Bloemsmma, City of Tacoma intern.

Some of these folks have continued to ride, after Bike to Work week. I have noticed more cyclists on the road. Hope you are one of them!

After three years as Ride Captain, I have been relieved of my command. I wish it is to retire, but I got roped into being the President of the Club. I am glad to serve and looking forward to the challenge.

Happy cycling,  
Carla ☺

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## 2009 TWBC Election Results

### Retaining their positions:

- Vice - President Vern Hase;
- Treasurer Gus Fant;
- Newsletter Editor Dena Wessels;
- Director of Special Events Joyce Clifford;
- Director of Community & Government Relations Bob Myrick.

### New to their positions:

- Secretary Sue Coley;
- Ride Captain: Cynthia Hammer.

### Needed:

- Webmaster position is open  
& ready for a volunteer! ☺



## Government Affairs Report

By Bob Myrick, Director of  
Community and Government Affairs

Our committee met again on Tuesday, June 2 at the Taqueria Guadalajara in the Stadium District at First and Tacoma Avenue. Our next meeting will be there on Tuesday, July 7 starting about 6 PM. We hope to have the new WSDOT Bike/Ped Coordinator as well as the State Ped/Bike Manager at this meeting or one in the near future.

Even though it is now officially bike-riding season, May and June have been quite busy with governmental activities and interfering with our enjoyment of all our great facilities. On May 20, the **Puget Sound Regional Council** held their monthly Bike/Ped meeting in Seattle. Later, we learned our Bike/Ped Coordinator, Kirste Johnson, was being laid off along with about 5 other employees. Her boss, Robin Mayhew, will continue to call Bike/Ped meetings as they are key to getting more people riding and walking.

On May 28, TWBC co-sponsored the **Cascade Land Conservancy's Community Stewards Kickoff Meeting** at the HUB. Steve, Carla and I were in attendance. Their number one priority is Complete Streets followed by proper construction of the Sounder Train extension up South Tacoma Way and preserving existing green spaces like unused electric substations.

On May 29, **Mr. Walkable Community's, Dan Burden**, led a workshop in Tacoma. He had been in Puyallup the day before. Dan started the Adventure Cycling Association back in the day so he is kind of world famous having helped transform University Place into a world-class bikeable community. Dan was sponsored by the **Tacoma-Pierce County Health Department** as part of their healthy living program. Their **number one priority** is Complete Streets followed by healthy eating and exercise.

Some of you may recall, that **WSDOT promised** over \$430,000 to Pierce County, Gig Harbor and Tacoma as a result of Ralph Wessels, Tim Payne and TWBC helping WSDOT avoid building a bicycle tunnel as part of the Scott Pierson Trail near the west end of the bridge. Ralph discovered that Gig Harbor and Tacoma are trying to spend their share of these monies before they may be taken back

at the end of the year. Ralph is trying to **get Pierce County to accelerate their spending on design of bike shoulders** near the bridge so the funds won't be lost. We have also heard recently that something like a million dollars may be in a Senate budget bill to help build the bike shoulders.

On June 1, I sent in comments on the **PSRC's Draft EIS for Transportation 2040**. I suggested an alternative scenario based on Sustainability because it appears we should plan for very expensive fuel or no adequate fuel supplies in the near future. Also, it doesn't appear like we can build our way out of congestion.

On June 4, several TWBC members attended the kickoff party for Jake Fey's City Council run. Jake is very well thought of in Tacoma's Environmental Community. On June 8, Carla and I were present for the **Sounder Train extension meeting**. We made serious comments regarding integrating the project with our bike plans near Freighthouse Square and with providing a framework for future housing development in the district.

On June 10, Dixie Gatchell and I were at the **Active Living conference** at NorPoint Center in Northeast Tacoma. Of course, Complete Streets was high on their agenda as a way of providing for physical activity right out of your door. Also, on June 10, I attended the **Orting City Council meeting** where the **possible use of Electric Golf Carts for neighborhood transportation was discussed**. Apparently, Liberty Lake, WA, has allowed golf cart use by Ordinance for a number of years and Orting is thinking about using their Ordinance to experiment with golf cart use. Many of you will be happy to know that Orting doesn't think it would be appropriate to allow golf carts on the Foothills Trail at this time.

On June 12, I received information that **Tacoma** would get a **Federal Stimulus grant for reducing green house gases** in the amount of about \$2 million. The staff is recommending that \$500,000 should be used for bicycle and pedestrian infrastructure following the completion of their new Mobility Plan. We suggested that money should be spent this summer for repainting and adding to our bike lanes as well as completing some missing arterial sidewalks like Pine Street and Union Avenue.

On June 13, Ralph and I attended a half-day **Bicycle Alliance**  
**GAC continued on page 5, column 1**

ance of Washington Legislative planning meeting in Seattle at REI. We took the bus. It is a great way to travel to Seattle. The day was spent reviewing last year and looking forward to **our needs and concerns** for the future legislative sessions.

In other news, Steve Brown went down to **Shuster Parkway** and spent half the day **cleaning** the debris, gravel and blackberries off the sidewalk. I was inspired and cleaned up the area near the Interstate 5 Bike/Ped Bridge. We also **asked the City to clean up the Stadium Way sidewalk** and to **consider more frequent sweeping of bike lane streets** to eliminate glass and debris so people can actually use the lanes.

There is also continuing activity on creating the **new Pierce County Trail plan** and the new Transportation Plan for the County. I think Lakewood just came out with their revised non-motorized plan.

We hope the meetings slow down in July, August and September because we want to go out and ride. We really do want to cycle more and worry less. I want to go climb mountains and explore new territory with my dog Skeeter.

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### **Gas prices for the third week in June 2009**

from the Triple A Website:

Regular: \$2.89; Premium: \$3.14; Diesel: \$2.80.

Last year: Regular: \$4.08; Premium: \$4.49; Diesel: \$4.76.

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## **Mark your calendars! Annual Club Picnic August 18**

By Karol Vance

The annual club picnic will be Tuesday, August 18 at the home of Lou and Karel Vance. Papa Edie's Corner Cafe and BBQ will be catering the affair beginning at 6:00 p.m., the usual start time for TWBC Meetings. The pool and hot tub will be available for those wishing to "get wet" so come prepared with suits and towels. Check the August ride calendar for rides ending at the picnic. If you need directions you may e-mail Lou and Karel at [lkvance@harboret.com](mailto:lkvance@harboret.com). There will be another reminder in the August Newsletter at which time you will be asked to RSVP so we will know how much food to order.

## **Tour de Revs: 100 Days for Hunger and Wellness**

By Debbie Hushagen

From May 13 – August 20, 2009 three ELCA pastors (reverends, or "Revs") from the West Virginia and West Maryland area will put foot to pedal/ seat to saddle to travel over 13,000 miles on a custom made bamboo 'triple' ... a bicycle built for three. The "Revs" will stop at all 65 ELCA locales.

Their focus is to raise awareness of domestic and world hunger and to provide education on hunger and wellness issues. They are riding to raise funds for the ELCA World Hunger Appeal. All bicyclists in our area are invited to join the Revs as they travel through Tacoma.

They will be in our area on Monday, July 6, in Gig Harbor at the Agnus Dei Lutheran Church, located at 10511 Peacock Hill Ave. NW. A presentation by the Revs will follow desert and coffee starting at 7 PM.

On Tuesday, July 7 at 1 PM, a TWBC Code 1 A 'Ride with the Revs' of approximately 30 miles will start at the Sumner Library and pedal forth on the Foothills Trail to South Prairie.

On Wednesday, July 8 at 10 AM, another TWBC Code 1 A ride will Escort the Revs south out of town. Ride as many miles as you would like with the Revs on the STP route through Yelm and end up in Olympia. The start for this ride will be at the Trinity Lutheran Church, located at 420 – 121st S., across from PLU.

For more information visit:

[www.tourderevs.org](http://www.tourderevs.org) &/or [www.elca.org/hunger](http://www.elca.org/hunger).



# Depression Strategies

By Bob Myrick

Bicyclists know already it is time to cycle more and worry less.

We are also mostly kind of a thrifty bunch anyway so we can get on the Internet and find out how to make our own Powerbars and Gatorade. We can also emulate Steve Lay and patch our tubes up to fourteen times before finding another use for them. Louie Boitano can show us how to properly install a "boot" instead of throwing a halfway good tire away before it's time is up. The depression tire is done when the cord or casing is exposed. We all should learn to measure a chain so we don't have to throw it away at just 1000 miles of use.

Steve can also show us how to eat "Spaghetti-Os" right out of the can. Fast Granny also can eat a can of garbanzo beans for lunch, much cheaper than dining out. Fast Granny also used to put on forty mile rides from her home after forcing us to eat four buttermilk pancakes. Everybody knows one pancake is good for ten miles of bike travel. You can leave the car at home and ride to the start of a club ride or try the bus.

The TNT recently had good ideas like how to save \$5000

real fast. You should study your insurance and press your agent on rate savings. Raising your deductibles can save several hundred dollars per year. If you give all your business to one company and raise your deductibles, you could save maybe \$400 per year.

Next, look at your recurring expenses.

You could cut the cable TV and go out and ride. Try websites like hulu.com and a cheap Netflix account. You could save \$80 per month, nearly \$1000 per year. Try replacing your cell phone with a cheaper prepaid phone. You might save \$600 per year.

Stay away from restaurants. This single guy could stay away just one day a week and save about \$600 per year. If you choose to work, buy a \$15 thermos. It can save you almost \$1500 per year. Clip those coupons. If you cut your \$5000 annual food bill by just 5%, you save \$250. Sell five things on Ebay. You might make \$300.

The grand total of all this thrifty activity is almost \$5000 a year. Then, you could shut your house down and ride for 100 days straight or buy a plane ticket and go to Europe. As Phil says, cycle more and worry less. It is good for you and your pocket book. ☺



## New Members: (Welcome!):

Paul Borth & Family, Shaaron Droke, Sharon Fedder, Richard Long & Family, Rachael Petersen, Luis Sanchez, Steve Smith & Lois Meyer, Gregory Van Dyke & Family, and Peter Van Wagenen & Family.

## Renewing Members: (Thank You!):

Jim Ahrens & Family, Mary Andersen, Jeanne & Rick Appfel, Bob & Lois Baxter, John E. Barry III, Phillip, Helen & Gary Burgess, Sue Coley, Ernst & Kieran Coumou, Christine Diedrich, Dolores Fitch & Family, George Kelley, Bill Kriese, Scott McCall, Ron McDonald & Family, Bob Myrick, Ron & Bonnie Nowicki, Sally Swanson, Edward Wakeley, Marlaina Wall, and Calista Wiebusch. ☺

## ☺ 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.

## July Ride Notes:



**07/01, 07/08, 07/15, 07/22, 07/29 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. 07/15 will extend the trail ride to Tenino via Johnson-Creek Rd SE, adding approximately 10 more miles to the ride.

**07/12, Venue Familiarization - Senior Games.** This is the venue for the Puget Sound Senior Games copetion on July 26 (pugetSoundGames.com). We will ride the 5K Time Trial route, & the less-than-one-minute Criterium course. We'll have plenty of time to dink around, w/ some folks wanting to time themselves & others content to cruise around. Use the services @ Exit 111 interchange as there are none available @ the Jubilee Center - bathroom facilities are non existent.



**07/12, Causal Country Ride.** Mixed group ride in the vicinity of Tolmie State Park & Henderson Inlet. There may be no services along the route (?) but we'll stop once or twice if we find an expresso stand or public restroom. Causal pace; there are hills. Regrouping will occur during the ride in order to more or less stay together. Park @ the Jubilee Center, but please be courteous to residents by parking away from the buildings. See the Who's Going page for possible carpool connections.



**07/19, Family Blue Vespers Pre Ride.** This ride is perfect for new Members or someone that is dusting off their bicycle from the winter storage. This ride includes an anternoon lunch/snack stop 20 to 30 miles probably across the bridge. Blue Vespers will follow @ 5 PM, with Little Bill & the Blue Notes w/ Hornes. There will be a benefit BBQ after the music.



**07/25, Ride to Eatonville Winery & Lavendar Farm.** A trip to the Stringtown Cellars. This route will follow parts of the historic 1890 bicycle route to Mt. Rainier. Ride might go to Eatonville for late lunch depending on the needs of the group. Parking @ the start is nearby @ a Pierce Transit lot.



**07/25, Bicycle Discovery Trail.** I will be staying over Friday night @ Sequim Bay State Park. On Saturday, ride the Discovery Trail to Port Angeles for lunch & return. Then I will stay over Saturday & explore Dungeness Spit on Sunday morning. ☺












Jim De Young (left) & Russ Hale (right) enjoy the Tour de Pierce Rest Stop on the 50 mile route on June 28.

(Photo submitted by Ralph Wessels) ☺



# 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
07/01 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. 
07/01 Weds	9:30 AM	2 B	43 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. 
07/02 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. 
07/02 Thurs	7 PM	1 B	10 Trail	Mary, Chris, & Corkey Smith 473 - 7174	Thursday Night Family Ride, exploring the Scott Pierson Trail. Start: PetSmart, 3326 S 23rd near Target off Union Ave. 
07/03 Fri	9 AM	2 B	75	Carla Gramlich 879 - 0115	Ride to Southcenter for lunch. Easy ride, preparing for STP. Start: Freighthouse Square. 
07/03 - 07/05 Fri - Sun	All Day	Many	Your Choice	Steve & Phyllis Lay 759 - 1816	NW Tandem Rally. This year's NW Tandem Rally is held in Victoria BC. All are welcomed. Started in 1986; first held in Corvallis, OR. <a href="http://www.nwtr.org/2009/">www.nwtr.org/2009/</a> 
07/04 Sat	8 AM	2 B	near 100	Carla Gramlich 879 - 0115	Easy 100 Miles. Just putting in the seat time preparing for STP. Ride to Bucoda, lunch somewhere along the way. Start: Starbucks @ 26th & Proctor.
07/05 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. 
07/06 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Loop Pt. Defiance. Someone will stay with the slowest rider. Regroup at Ft. Nisqually, then onto Fircrest for espresso/ raspberry scones. You can shorten to 13 miles by cutting out Fircrest. Rain Cancels. Start: Starbucks @ 26th & Proctor. 
07/06 - 07/09 Mon - Thurs	All Day	Many	Lots	Steve & Phyllis Lay 759 - 1816	Helen's Tour of Victoria BC. Spend time in Victoria, exploring trails and other sites. See article, June COG, page 1. Start: Vicoria, BC. 





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Day/ Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
07/07 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.
07/07 Tues	1 PM	1 A	30 or so	Debbie Hushagen 922 - 5801	Ride with the Revs to South Prarie on the Foothills Trail. See article, this COG. Start: Sumner Library. 
07/07 Tues	6 PM	00 Meet	00 & Eat	Bob Myrick 473 - 7455 	<b>Government Affairs Meeting @ Guadalajara Taqueria in the Stadium H.S. area @ 1st &amp; Tacoma Ave.</b> Special Meeting w/ T.J. Nedrow, Olympic Region Bicycle & Pedestrian Coordinator & Ian Macek, State Pedestrian /Bicycle Manager. Plan to attend & find out what is happening w/ bicycles @ the state level. All are invited to participate. Make your voice heard here.
07/08 Weds	6 AM	3 B	13	Karen Comer 988 - 0279	Summer Sunrise Series.  See 07/01 for Ride Details.
07/08 Weds	9:30 AM	3 B	43 Trail	Jim De Young 686 - 8995	Chehalis Western Trail Ride. Rain Cancels. See 07/01 & Ride Notes for complete details. 
07/08 Weds	10 AM	1 A	Your Choice	Debbie Hushagen 922 - 5801	Escort the Revs out of town. See article, this COG. Start: Trinity Lutheran Church, 420 121st St. S. 
07/08 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; will try to return before dark. Start: Starbucks @ 26th & Proctor. 
07/09 Thurs	9:30 AM	2 A	30 Trail	Lonna Cain 475 - 8853	Silk Road Smoooothly. Rain Cancels. See 07/02 for Ride Details. 
07/09 Thurs	7 PM	1 B	10 Trail	Mary, Chris, & Corkey Smith 473 - 7174	Thursday Night Family Ride. See 07/02 for Ride Details.  
07/11 Sat	9 AM	2 D	25	Gene Smith 272 - 6747	Training w/ Gene. Hilly ride to Steilacoom, Oakbrook & back. Coffee after the ride. Start: Spoke & Sprocket, U.P. 
07/11 Sat	9 AM	2 C	55	Ron Nowicki 661 - 2664	Courage Classic Training Ride. Everyone is invited. To Black Diamond Bakery for lunch. Start: Celebration Park, Federal Way. 
07/11 Sun	9:30 AM	2 A	5 K	Joe Small 228 - 9554	Venue Familiarization - Senior Games. Please See Ride Notes for Complete Details. Start: Jubilee Community Center, Thurston County.
07/11 Sun	10:30 AM	2 B	15 - 30	Joe Small 228 - 9554	Causal Country Ride. Please See Ride Notes for Complete Details. Start: Jubilee Community Center, Thurston County. 



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Day/ Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
07/13 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 07/06 for Ride Details. 
07/13 Mon	6 PM	00 Meet	00 & Eat	Carla Gramlich 879 - 0115	<b>Board Meeting</b> @ the Kim Ahn Restaurant across from TCC on Mildred. Guests & Club Members welcomed.
07/14 - 07/18 Tues - Sat	All Day	Many	Lots	Carla Gramlich 879 - 0115	Bicycle Trip of the San Juan Islands. Self supported camping trip. Carpools encouraged. See article, June COG, page 1. Start: Anacortes. 
07/14 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.
07/15 Weds	6 AM	3 B	13	Karen Comer 988 - 0279	Summer Sunrise Series. See 07/01 for Ride Details. 
07/15 Weds	9:30 AM	2 B	53	Jim De Young 686 - 8995	Chehalis Western Trail Ride: Tenino/ Johnson Ck Rd SE. See 07/01 & Ride Notes for complete details. 
07/16 Thurs	9:30 AM	2 A	30 Trail	Lonna Cain 475 - 8853	Silk Road Smooothly. Rain Cancels. See 07/02 for Ride Details. 
07/16 Thurs	7 PM	1 B	10 Trail	Mary, Chris, & Corkey Smith 473 - 7174	Thursday Night Family Ride. See 07/02 for Ride Details. 
07/18 Sat	9 AM	2 D	25	Gene Smith 272 - 6747	Training w/ Gene. Hilly ride to Steilacoom, Oakbrook & back. Coffee after the ride. Start: Spoke & Sprocket, U.P. 
07/18 Sat	9 AM	2 C	50	Ron Nowicki 661 - 2664	Courage Classic Training Ride. Everyone is invited. Will ride to Carbonado. Start: East Puyallup Trailhead. 
07/19 Sun	1 PM	1 B	20 - 30 	Bob Myrick 473 - 7455	Family Blue Vespers Pre-Ride. See Ride Notes. Start: Immanuel Presbyterian Church, 901 N "J" St.
07/20 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 07/06 for Ride Details. 
07/21 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.
07/22 Weds	6 AM	3 B	13	Karen Comer 988 - 0279	Summer Sunrise Series. See 07/01 for Ride Details. 
07/22 Weds	9:30 AM	3 B	53	L & K Vance 921 - 4847	Chehalis Western Trail Ride: Tenino/ Johnson Ck Rd SE. See 07/01 & Ride Notes for Ride Details. 
07/22 Weds	5:30 PM	2 B	20 - 25	Knightriders 475 - 3625	Knightriders. Evening destination is a surprise! See 07/08 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
07/23 Thurs	9:30 AM	2 A	30 Trail	Lonna Cain 475 - 8853	Silk Road Smooothly. Rain Cancels. See 07/02 for Ride Details. 
07/23 Thurs	7 PM	1 B	10 Trail	Mary, Chris, & Corkey Smith 473 - 7174	Thursday Night Family Ride. See 07/02 for Ride Details. 
07/25 Sat	9 AM	2 C	77	Ron Nowicki 661 - 2664	Courage Classic Training. Everyone is invited. Will ride to Wilkeson. Start: Celebration Park, Federal Way. 
07/25 Sat	10 AM	2 B	40	Bob Myrick 473 - 7455	Ride to Eatonville Winery & Lavendar Farm. See Ride Notes for complete details. Start: The Coffee Shop, S. "C" St. & Garfield. 
07/25 Sat	10 AM	2 B	40	Carla Gramlich 879 - 0115	Bicycle Discovery Trail. See Ride Notes for complete details. Start: Carrie Black Park, Sequim. 
07/26 Sun	7 - 10:30 AM	All	15, 30, 65 & 100	West Sound Cycling Club 206-842-4552	<b>Tour de Kitsap</b> , Silverdale. \$\$\$ Start: Bremerton Ferry Terminal, (30, 65, 100) or @ Silverdale Beach Hotel, 3073 NW Bucklin Hill Rd www.westsoundcycling.com 
07/27 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 07/06 for Ride Details. 
07/28 Tues	9 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Decide to Ride. Details on Ride Line or Club Website .
07/29 Weds	6 AM	3 B	13	Karen Comer 988 - 0279	Summer Sunrise Series. See 07/01 for Ride Details. 
07/29 Weds	9:30 AM	2 B	45 Trail	Jim De Young 686 - 8995	Chehalis Western Trail Ride. Rain Cancels. See 07/01 & Ride Notes for complete details. 
07/30 Thurs	9:30 AM	2 A	30 Trail	Lonna Cain 475 - 8853	Silk Road Smooothly. Rain Cancels. See 07/02 for Ride Details. 
07/30 Thurs	7 PM	1 B	10 Trail	Mary, Chris, & Corkey Smith 473 - 7174	Thursday Night Family Ride. See 07/02 for Ride Details. 
07/31 Fri	Sudsy	Bubbles	Bar or Liquid	Squeaky Clean	First US patent was registered, 1790, to Samuel Hopkins for an improvement "in the making Pot ash and Pearl ash by a new Apparatus and Process..... " or soapmaking.
08/01 - 08/03 Sat - Mon	Early	Mostly C & D	174 Total	Ron Nowicki 661 - 2664 Team TWBC	<b>Courage Classic</b> , Snoqualmie, Blewett & Stevens passes. \$\$\$ Pre-registration required. Benefits Mary Bridge Children's Hospital, Child Abuse Intervention Dept. www.courageclassic.org 



E-mail Delivery

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

July  
2009



**E-mailed to:**  
  
Your computer or electronic device!

Please Note: You can become a Member at [www.twbc.org](http://www.twbc.org). Click on 'Online' under the Join heading.

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

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Work Phone (optional): \_\_\_\_\_

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

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



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

**TWBC Membership**  
PO Box 112078  
Tacoma, WA 98411

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

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

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

Please Check Those That Apply:

- New Member
- Renew
- Addr Chg

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

Individual Person Membership Fee..... \$15 \_\_\_\_\_

Family Membership Fee..... \$20 \_\_\_\_\_

One-time Initiation Fee .....\$5 \_\_\_\_\_

Total Membership Fee(s) .....\$ \_\_\_\_\_

Thanks for becoming a Member of TWBC!

# West Sound Cycling Club Joins With Whaling Days

## Sixteenth Annual

# Tour de Kitsap

## Sunday JULY 26, 2009

**The Ride:** Scenic courses of 15, 30, 65 and 100 miles visit Seabeck, Port Gamble, Poulsbo, Keyport, Illahee, and Manette. The 15-mile Family route investigates picturesque Erlands Point and NAD Park. Course maps are provided, and routes are well marked with "Dan Henrys."

**Silverdale Registration:** Register at Silverdale Beach Hotel, 3073 NW Bucklin Hill Rd, from 7:00 AM to 10:30 AM on Sunday, July 26 (see map on the back). The course closes at 4:00 PM. We suggest an early start.

**Advance Registration:** Pre-register by mail until July 22 by signing & mailing a check with the attached form and waiver. Pre-register online at [www.active.com](http://www.active.com) until July 25. By registering early, you get two raffle tickets free!

**Ferry Registration:** Take the Seattle to Bremerton Ferry and start and finish the 30, 65 or 100-mile route from the Bremerton terminal. A Tour de Kitsap registrar will meet the boats that leave Seattle at 6:00, 7:35 and 8:45 AM.

**Services:** Refreshment stops provide drinks, water, fruit and food free on each route. A SAG wagon patrols each route. Silverdale Beach Hotel is offering discounted room rates for TDK riders.

**Entry Fee:** One dollar of each entry fee is donated to the Bike Alliance of Washington. You will also be entered into a raffle for several awesome prizes.

**T Shirt:** A Tour de Kitsap-Whaling Days Tee shirt is available for sale at \$15. Pre-pay with the Registration form to assure availability. A limited number of shirts will be available for sale at the ride.

**Legal Stuff:** Our insurance requires that each rider **sign the liability release on the back of this form**. Registration will not be completed without it. A parent or guardian must sign the release for a minor and accompany them on the ride. Additional forms will be available at Registration. Each rider is required to wear an ANSI or SNELL approved helmet.

**Web page:** [westsoundcycling.com](http://westsoundcycling.com)

**E-mail:** [president@westsoundcycling.com](mailto:president@westsoundcycling.com)

**TDK Chairman:** Jim Llewellyn

**Phone:** (206) 842-4552

## Official RAPSody training ride

Sixteenth Annual <b>Tour de Kitsap</b> Sunday, JULY 26, 2007		Mail one form per rider with entry fee to: <b>West Sound Cycling Club</b> P.O. Box 1579 Silverdale, WA 98383 Or register online: <a href="http://www.active.com">www.active.com</a>	
Name: _____	Pre-Reg. \$17 adults • \$12 under 18 • WSCC Members \$15		
Address: _____	Make checks payable to WSCC (Non-Refundable)		
City: _____	\$20 Day of Ride • (\$12 under 18) • WSCC \$15 \$ _____		
State/Zip: _____	West Sound Cycling Club Dues (\$20 S-\$30 F) \$ _____		
Phone: (_____) _____	T-Shirt (\$15): S ___ M ___ L ___ XL ___ XXL ___ \$ _____		
e-mail _____	Total Enclosed ..... \$ _____		
I am riding the 15 ___ 30 ___ 65 ___ 100 ___ Miles			

From TWBC The Cog-nitive Courier





**Tour de Kitsap Release**

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

In consideration of the acceptance of this entry & by signing this Release for myself (or for the participant if the participant is under 18) I agree to RELEASE, HOLD HARMLESS, and INDEMNIFY the West Sound Cycling Club, Bicycle Alliance of Washington, Silverdale Whaling Days, and all sponsors, advertisers, owners & lessors of premises on which the activity takes place, their respective officers, agents & members, & any other parties connected with the bicycle event for any injury, loss or damage suffered as a result of participation in the bicycle event or any activity associated with it, including injury, loss or damage caused by the Negligence of any party.

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

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

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

**SNELL OR ANSI APPROVED HELMETS ARE REQUIRED ON THIS RIDE!**

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