



the cog-nitive courier

tacoma wheelmen's bicycle club newsletter

po box 112078 tacoma, wa 98411 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.



Annual Club Picnic Tuesday, August 18

By Karel Vance



The annual TWBC Picnic will be at Lou and Karel Vance's home on Tuesday, August 18, starting at 6:00 PM. Since this is a catered Event it is MANDATORY to RSVP no later than Thursday, August 13 so we can order the correct number of dinners.

Please let us know if you are coming by either a) filling in the "intend to participate" portion of the Ride Calendar for the Aug. 18 Picnic or b) e-mail Lou and Karel at lkvance@harbornet.com. If you do not have a computer, please c) phone Karel at 253 - 921 - 4846. RSVP's must be received no later than Thursday, August 13. The Picnic will be indoors should rain replace sunshine on the 18th so do not wait to see what the weather is before indicating whether or not you are coming!

Papa Eddie's on the Corner Café and BBQ will cater the dinner. It will consist of ribs and chicken, corn bread, vegetarian rice and beans, pasta salad, and cole slaw. Soft drinks will be provided. BYOB if you wish to have other beverages.

If you are interested in getting in the swimming pool and/or hot tub, remember to bring towel and bathing suits. **THINK SUN!** ☺

Web Issue: August, 2009

In this issue of the COG:

(Note: Italics are from the Editor)

- Will the Club's Name change? *(Pierce County Pedal Pushers, or South Sound Chapter of Cascade Bicycle Club?)* page 5,6
- We need a Webmaster!!! *(Should the Webmaster be our ((only)) paid position?)* page 3
- Impending Death of the Rideline? *(Is this an unnecessary cost or a Member benefit)* page 3
- You too can lead a Club Ride *(See "How To" on our Web Page)* page 7
- Big doings with government officials *(City, County & State wide bicycle issues)* page 4
- Ride Leaders this year so far *(See who has stepped forward so far this year)* page 7
- TRYBR Flyer *(August Ride by one of the five Sister Clubs, Capital B. C.)* page 13
- Headwaters Flyer *(TWBC's Sept. Ride; drop or keep this ride -- contact the Editor to voice your views on this subject spoken about in July by the Board)* page 14
- No more Club mileage shirts after 2010? *(Contact the Touring Captain to voice your views on this subject discussed in July by the Board)*
- The COG only available on the Web? *(Contact the Newsletter Editor to voice your views on this subject discussed in July by the Board)*

The COG Home Page

**Sept. Ride Calendar Deadline:
Note Day : Sunday, Aug. 23, 2009**

**Sept. COG Article Deadline:
Note Day : Monday, Aug. 24, 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! (If you don't receive your newsletter, contact the Editor!)*

TWBC Members are encouraged to submit articles, information, letters and photographs to the Newsletter Editor. All submissions may be edited. Views are not necessarily those of the Tacoma Wheelmen's Bicycle Club or its Members.

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!**

PRESIDENT:

president@twbc.org

Carla Gramlich, 253 - 879 - 0115

VICE - PRESIDENT:

vp@twbc.org

Vern Hase, 253 - 759 - 7246

SECRETARY:

secretary@twbc.org

Sue Coley, 253 - 539 - 0676

TREASURER:

treasurer@twbc.org

Gus Fant, 253 - 564 - 4710

RIDE CAPTAIN:

ridecaptain@twbc.org

Cynthia Hammer

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

Currently Vacant, Apply Now!

DAFFODIL CLASSIC (2009): APRIL 19

daffodil@twbc.org

Frank Wilson

PENINSULA METRIC (2009): JUNE 7

pmc@twbc.org

Ron Nowicki

HEADWATERS CENTURY (2009): SEPT. 27

headwaters@twbc.org

Sue Coley

TWBC RAPSody Contact:

rapsody2005@earthlink.net

Ralph Wessels, 253 - 857 - 5658

CLUB JERSEY SALES:

jerseys@twbc.org

Peggy Fjetland, 253 - 841 - 4458

BIKE EXPO:

bikebooth@twbc.org

Peggy Fjetland, 253 - 841 - 4458

ANNUAL CLUB PICNIC: Aug. 18

lkvance@harboret.com

Lou & Karel Vance

TWBC Publicity :

publicity@twbc.org

Anita Beninger



PMC





August President's Report



By President Carla Gramlich

Some how I am back as President. A number of years ago, I held this position and I thought one term was enough. I would like to extend a big Thank You to the Board Members that are returning for another year. Also, special thanks to Cynthia Hammer and Sue Coley for stepping up and becoming Board Members this year. I hope that we have fun and accomplish a lot over the next year.

Besides being our new Secretary, Sue is also in charge of coordinating the Headwater Century. Please take the time and check out the Volunteer List. Our Rides are successful because of all the hard work done by the Volunteers.

The Club would also like to recognize Kris Symer for all her hard work over the years in maintaining the Web. I have heard from many folks on how nice our Web Page looks. In addition to the Website, we need to thank Joe Small for all the hard work with development and maintaining the Web Calendar. The Web is becoming the place to find out what is happening with the Club.

We would love to find someone to help with the Website since Kris recently stepped down from being the Webmaster to concentrate on her job and cycling. The Club is looking at the next generation of the Website. A group is going to meet to discuss the Club's needs and it would be nice to find the next Webmaster to help with that discussion. Let me know if you might be interested in this position.

There is lot of exciting things happening in the Club and around Tacoma concerning bicycling. I am honored to be in the position to help with our mission. Hope to see you on a bicycle ride or commuting around town. ☺

membership report by Phyllis Lay

Renewing Members (Thank You!): Gregg Bergstrom, Jan Brame, Steve Brown, Debbie Due, Valerie Furness, Roy Harris & Family, Fletch Kistler, Mike & Marcia Madden, James Sherls, Jr., and Bob Vogel.

New Members (Welcome!): Paik ("Pik" or PK) Cheah, Bev Simpson, and Sylvia & Robert Summers. ☺

Report from the Ride Captain

By Cynthia Hammer



Touring Captain's Cogitations

Carol Davis has winning ways - she persuaded me being Touring Captain for the TWBC was not a hard job and didn't take much time. While she is probably right on both counts, it hasn't proved true for me! Past Touring Captains agree that updating the Rideline is an onerous part of the job. Perhaps there is a better way.

Imagine hitting the sack on Sunday night, only to suddenly rise up, remembering that the Rideline needs to be updated! You get out of bed with the heavy thought that you volunteered to do this every Sunday and Thursday night! You gather together the information on the rides, make the recording, but forget to press the # button on the phone at the right moment so the recording is not saved. Blearily, and with a croaking voice, you make the recording again---but this time - you mis-state the start time for one of the rides, so need to make the 3 minute recording again. The next time you speak too slowly so get cut off in mid sentence! Another redo! Finally, the Rideline is properly recorded and saved, and you return to bed.

I recently learned that the Rideline averages less than 180 calls a month (about 6 a day) during the summer and fewer than 50 per month during the winter and that most of these calls are from Members. I wonder if my efforts are worth it. Who calls the Rideline? Would they continue calling it if they knew the anxious and sleep deprived nights Rideline updates cause me? Would they continue to call if they knew hosting the Rideline costs the Club 50 cents per call? Can I persuade them that they will get better and more complete information about rides, start locations, etc., at the online Ride Calendar at www.twbc.org?

This is what I am cogitating about - changing the Rideline into a general message line about TWBC and telling callers to learn more about our Club and rides at twbc.org. If they want to leave a message for anyone in the Club, they still could do that. Let me know if you vote Yeah or Nay on eliminating the Rideline and your reasons why by emailing me at cynthiahammer@nventure.com. ☺

*"Ring ring, ... ring ring
Can you hear me now?"*





Government Affairs Report

By Bob Myrick, Director of Community and Government Affairs

Our committee met again on Tuesday, July 7 at the Taqueria Guadalajara in the Stadium District at First and Tacoma Avenue. We plan to meet there again on Tuesday, August 4 at 6 PM to continue our progress. Our meeting was very well attended with 11 people to hear Ian Macek and T. J. Nedrow from the Washington Department of Transportation discuss several matters thanks to Ralph's efforts.

We first discussed several other things. **The Puget Sound Regional Council's 2040 plan** is out and available for comment as there are at least five alternative future transportation scenarios. The **draft Pierce County Trail Plan** is out on the website and the **Countywide Transportation Plan** is being developed thru the rest of the year. The first meeting for **Tacoma's Mobility Plan** has taken place and there will be 11 more monthly meetings to help guide plan development. Marguerite, Carla and I have been asked to provide input as committee members. Dianne Wiatr was present from the City to discuss the plan.

T. J. and Ian discussed the status of the **24th Street On-Ramp funds**. Our Club saved at least \$500,000 by avoiding construction of a tunnel on the Scott Pierson Trail near 24th Street near Gig Harbor, so \$512,000 was provided for other amenities near 24th Street. **Pierce County originally received** \$306,000 to help design and build bike shoulders in the area. The grant was reduced to \$123,000 down in Olympia and **needs to be spent by November**. **Gig Harbor received** \$175,000 to provide amenities for cyclists. **Tacoma received** \$15,000 to fund a small connection from Skyline to Jackson on the north side of SR 16.

Ian talked about the **Statewide Pedestrian and Bike Plan** and indicated that **staff training** is taking place relating to bike/ped design expectations and standards. This training will be widely distributed to Regional Transportation Planning Organizations. Ian said a few things about **Complete Streets** on the State Highway System. Near Tacoma, SR 99, Pearl Street and SR 167 will receive complete streets treatment. There is a process for including pedestrians and bikes on the highway system. We asked about **improving**

the State's Bike Map. Ian said there is no money available to even print more maps. We indicated the State of Missouri has a six-map sheet system where even local roads are shown as routes. North Carolina has a similar multi-map system. T. J. talked about efforts to **improve construction zone signing for peds and bikes**.

There wasn't time enough to discuss the following items: 1) designation of SR 2 and SR 101 as Federally recognized bike interstate routes; 2) the proposed new crossing of the Columbia River between Portland and Vancouver; 3) education and enforcement efforts for our WSDOT District 10 and other districts.

There were several other local items of interest. We are continuing to follow the **Sounder Train "D" to "M" Street extension** across Pacific Avenue. I will attend a special meeting to further discuss the berm versus elevated structure alternatives. **The Puyallup Riverwalk connection to the Foothills Trail** is still not made and the matter needs our attention. Dixie Gatchell and I attended Advocacy Training in Puyallup. It was presented by the Tacoma Pierce County Health Department to promote healthy living. Dixie, a few others and I will be attending a **two-day workshop** put on by Puyallup and the Health Department to study **improving the non-motorized environment in South Hill Puyallup**. Dianne announced that **seven bike racks** would be coming to the **Tacoma Dome** thanks to Steve Brown's relentless efforts. **The Mixed Use Centers Ordinance** will be before the Tacoma City Council in early August. The City hopes to accommodate its required population growth in these centers and a complete streets proposal is contained within the Ordinance. This complete streets proposal will be incorporated into Tacoma's Mobility Plan.

It is time to ride. Last week, I went out and looked at the progress on the **extension of the Cushman Trail in Gig Harbor**. The trail should be finished late this year. We can still ride in August, September and October in dry conditions. I hope to see you on the road. Remember, ride more and worry less. ☺



Editor's Note: The question of changing the Club name came up most recently in the July Board Meeting. Below are articles both Pro & Con. Make your views on this subject known by contacting TWBC Board Members. You could also submit a letter to the Editor for publication in the September COG to make your views known to the entire Membership.

What's in a Name?

By Current President Carla Gramlich

I have been a Member of the Tacoma Wheelmen's Bicycle Club for over 20 years. During that time, I have noticed that bicycling has become more and more popular. The Cascade Bicycle Club has doubled their membership from 5,000 members to over 10,000. But TWBC Membership has remained stagnant at around 300 members.

I don't think we will ever be as big as Cascade, but their growth shows that people are bicycling and getting involved with clubs. Our all-volunteer organization has a lot going for it. We offer a lot of rides; we are a friendly group, so why has our growth been limited?

I believe that one reason for our limited Membership may be our Club name. If you do a Google search on "Wheelmen", the first hit you get is a group that rides High Wheelers, those cycles with the huge front wheels. When I first got involved in this Club, people asked me if that's what our Club did. We did add "Bicycle" to our name at that point, but "Wheelmen" is an antiquated term that most people don't understand.

I have a lot of respect for the rich history of the term "Wheelmen" and our Club in Tacoma. The League of American Wheelmen was the national group that helped promote cycling and improve roads. Locally, we can trace our roots back to 1888, and many of us (including me) have photos from the early Club in our homes.

When I meet with representatives and government officials, I always have to spend some time explaining our name. "No, we aren't just men." "No, we don't ride high wheelers." Usually I only have a short time to present my case on improving laws or spending money to improve facilities for bicyclists. A name that more accurately reflected the nature of our Club would save time and effort.

Another reason to change our name is that Tacoma

What's in ..., continued on page 6, column 1

Welcome to the Pierce County Pedalers!

by Former TWBC President Ralph Wessels

A proposal to change the name of the Tacoma Wheelmen's Bicycle Club is being voiced once again by a few of our Members who have speculated that the number of Members is somehow dependent upon the TWBC name. Just as the wheels turn on our bikes, the name issue comes around about every eight years or so. It is the third time that a name change has been proposed since I joined TWBC. The last time was in 2000.

At that time, quite a bit of the Club's energy went into debating a potential name change. Well-written pro and con articles were published in the Newsletter. Those supporting a name change primarily based their view on TWBC being antiquated, politically incorrect, and sexist. Those in favor of retaining the name cited the historical significance of the Tacoma Wheelmen's Club ("Bicycle" was added later for clarity), the widespread recognition of TWBC and importance in name branding, and scoffed at the idea that "Wheelmen" reflects a sexist organization. There were several interesting responses on the latter. One person noted that her female friends would never think of changing the Ironman event to Ironperson. A self-described feminist relayed that "only a genuine stretch of paranoia could a case be made that the name of this club need be embroiled in sexual politics." A survey was conducted over a several month period with a response by 44 members. Two-thirds of the respondents voted that the name should not change.

So why would the name change proposal surface again? The TWBC name is not a barrier for those who enjoy cycling. Again citing a past response, "the club . . . is an organization dedicated to bicycling for both fun and pain for all." Well, hopefully we are more fun than pain. Another citation noted, "Keep in mind, branding is a very critical element, especially in lobbying, and a name change means starting all over again in gaining name familiarity – it is not something to do at all unless there is a major reason to do so." Who would know what the Pierce County Pedalers,

Welcome to ..., continued on page 6, column 2

What's in ..., continued from page 5, column 1

Wheelmen's Bicycle Club limits us to a location. I believe we are the Club for Pierce County as well as South King and North Thurston County. I lived in Auburn when I first got involved in bicycling and decided that it would be easier to join a Tacoma group. I think others feel the same way, and would be more likely to join a group with a less specific geographical name.

I believe it is our responsibility as a bicycling club to respond to and represent the needs of our Club Members. If we change our name to something that does not reflect a specific type of cycle, a specific gender, and a specific location, I believe we could attract more people from a greater geographical area.

I have been an active Member in the group and would love to see more people supporting bicycling in Pierce County. A larger group can help improve bicycling for everyone. Let's change our name to move ahead. Let's choose a name that will reach out to everyone in South Puget Sound. ☺

From the Editor:

From page 4 of the Club's By-Laws,
<http://www.twbc.org/policies/TWBCBylaws.pdf>

ARTICLE IX AMENDMENTS TO THE BY-LAWS

A. Submission:

1. A written copy of a proposed amendment to the By-Laws shall be submitted to a presiding Board Member at any Club Meeting.
2. The proposed amendment shall be read for the first time at that meeting.
3. Notice of the proposed amendment shall be given to the Members in the next regular Club Newsletter.

B. Second Reading: At the next regular or Special Club Meeting, the proposed amendment shall be read for a second time and shall be open for discussion.

C. Voting: A vote upon the proposed amendment shall be held after the second reading. The amendment shall be adopted upon the affirmative vote of a simple majority of those members present and voting. ☺

Welcome to ..., continued from page 5, column 2

aka PCP, (my tongue-in-cheek suggestion in 2000) was about? Among the many other suggestions were the Tacoma Bicycle Club, the Mt. Tahoma Bicycle Club, the Cascade Bicycle Club South, and a weird one that resulted in an acronym of SLURPS. When Bob Myrick or his legions of advocates talk with local elected or agency officials, they recognize TWBC's past and current advocacy efforts.

Would a simple name change increase TWBC's Membership? The Membership level of TWBC has been somewhat static for a number of years. Athletic organizations like TWBC typically have a Membership core of long-time Members but also a number of Members that join for short periods. Not to discount the valued volunteer efforts of our Members but in my opinion, TWBC as an organization has lacked a sustained marketing effort over the years. For example, while dropping off flyers at the various bike shops this year, I found that a number of them did not have our Membership brochures and many of the shops did not prominently display flyers or brochures about the Club and our Rides. Cascade Bicycle Club has successfully increased their membership substantially over the past several years by adopting a strategic plan that included the decision to focus on growth. They hired a development director as a result. TWBC could similarly improve its efforts through strategic coordination in recruiting and retaining Members and in targeting the right audience. The use of technology, prominent notices about TWBC, promoting our Club at the right forums, and presenting positive reasons for becoming and remaining a Member are key elements in marketing TWBC. A name change will not affect that.

A name change also has a financial and administrative cost. It would involve changes to our organization with the state, replacement of all promotional items and pre-printed material with our name and letterhead, TWBC jerseys would become obsolete (or collector items), and there would be confusion to many regarding our bike Club. The loss of the historic Tacoma Wheelmen's Bicycle Club name would be a shame. I would rather see our Membership and Board focus on measures that will promote and improve bicycling in our community and not needlessly expend energy in a misguided direction. ☺

*A complete copy of the Club's By-Laws,
as well as policies adopted can be found under
the "About" tab on the Club Website, www.twbc.org*

We Appreciate Our Ride Leaders

By Cynthia Hammer

Remember to thank them when you see them for their commitment and the contribution of their time and energy to TWBC.

Note: The list below was created from the Ride Calendar so I apologize in advance if there are unintentional errors. The Decide to Rides were often led by Louie Boitano, Ron Nowicki, Peggy Fjetland or Dave Killen so their numbers would be higher than stated. For the Knightriders I believe credit should be shared by Peg Wincheski and Margaret Richmond.

Ride Leader Number of Rides Led
Since November 1, 2008

Decide to Ride*	53
Joyce Clifford	45
Carla Gramlich	39
Lorna Cain	32
Lou and Carol Vance	32
Carol Davis	29
Bob Myrick	26
Gene Smith	22
Ron Nowicki	18
Steve and Phyllis Lay	15
Knightriders*	14
Joe Small	13
Mary and Corkey Smith	11
Karen Comer	10
Tom Reardon	10
Roz Davis	9
Peggy Fjetland	6
Debbie Hushagen	3
Jim DeYoung	3
Louie Boitano	3
Larry Wyman	2
DaVe Killen	1
Janet Higbee	1
Frank Wilson	1
Keith Bates	1
Kris Symer	1
Mike and Marcia Madden	1
Noel Hagens	1
Ralph Wessels	1
Sue Coley	1

This list was created by Cynthia Hammer, Touring Captain. cynthiahammer@nventure.com, 253-752-08801. Please let me know if you would like to step up and lead a ride or two. Duties of a ride leader are described at the website - http://www.twbc.org/resources/ride_leaders.php. I would be happy to help you with this and I can even provide you with maps and cue sheets. ☺

Important Information from Your Touring Captain

By Cynthia Hammer

In confessing my ignorance, perhaps I am joined by a number of you. I didn't realize, until tonight, how much information is available at the online Ride Calendar on each upcoming ride. Find the online Ride Calendar by going to the lower right corner of the home page-- www.twbc.org --and under "Find a Ride" click on the link for "Online Ride Calendar."

By clicking on the name of the ride you want to do:

1) You get to see a photo of the Ride Leader along with their phone number and e-mail address in case you want to contact them for specifics about the upcoming ride.

2) You can click on "Show Start Location Map" and obtain a map showing you how to get to the start of the ride.

3) By clicking on "Who's Going" you can find out who else is doing this ride, and you can let others know you are coming by clicking on the green box above and to the right labeled "Intend to Participate."

4) If you choose to create a profile and upload a photo, when you note that you will be participating in the ride, your information, your photo and your comments about the upcoming ride are posted for the Ride Leader and others planning to do the ride to view.




Learn how to use and benefit from the online Ride Calendar. It will help you learn more about your fellow cyclists and enable you to easily see how to get to the start of the ride if unfamiliar to you. ☺

Yesterday is history. Tomorrow is mystery. Today is a gift.



twbc monthly event schedule

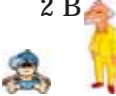

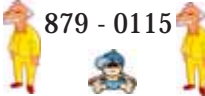






call the ride line for the latest additions and corrections...253-759-2800

Day/ Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
08/01 - 08/03 Sat - Mon	Early	Mostly C & D	174 Total	Ron Nowicki 661 - 2664 Team TWBC	Courage Classic , Snoqualmie, Blewett & Stevens passes. \$\$\$ Pre-registration required. Benefits Mary Bridge Children's Hospital, Child Abuse Intervention Dept. www.courageclassic.org 
08/02 - 08/16 Sun - Sun	All Day	Many	Set Miles	Steve & Phyllis Lay 759 - 1816	Do you know the way To San Jose? Steve and Phyllis will lead a two week trip down to San Jose. They will use the Adventure Cycling route and it will be a mix of camping/motels. Self-supported
08/03 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Loop Pt. Defiance. Someone will stay with the slowest rider. Regroup at Ft. Nisqually, then onto Fircrest for espresso/ raspberry scones. You can shorten to 13 miles by cutting out Fircrest. Rain Cancels. Start: Starbucks @ 26th & Proctor. 
08/04 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.
08/04 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.
08/05 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. 
08/05 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. 
08/06 Thurs	9:30 AM	2 A	30 Trail	Lonna Cain 475 - 8853	Silk Road Smooooothly. 100% paved trail w/ very few road crossings;. No hills, no unpleasantries or your money back! Smoothies or beverage of your choice in South Prairie (no host). Rain Cancels. Start: East Puyallup Trailhead. 
08/07 Fri	some	sacrifice	all	reverence	The Purple Heart Medal was established in 1782.
08/08 Sat	11AM- 6 PM	All	Varied	BAW; New Belgium Brewing Co.	Tour de Fat , Seattle. Philanthropic Cycling Circus. Bike Parade, decorated bikes & riders; beer garden. Benefits BAW. Start: Gasworks Park, Seattle. http://www.bicyclealliance.org/rides/index.html #tourdefat2009 or see http://www.newbelgium.com/tour-de-fat



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
08/08 Sat	9:30 AM	2 B	50 +	Bob Myrick 473 - 7455	Tour de Ft. Lewis. Lunch in Yelm. Parking available nearby in Pierce Transit Lot. Start: North Pacific Coffee Shop, Garfield & South "C" Street, Parkland.
08/09 Sun	7 AM	All	20, 30, 50, 80, & 100	Capital Bicycling Club 360- 480 - 7356	TRYBR , \$\$\$, Tenino-Rainier-Yelm-Bucoda Rally. Through south Thurston & north Lewis Counties. Start: Parkside Elementary, 301 Central Ave. www.capitalbicyclingclub.org
08/09 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.
08/10 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels.  See 08/03 for Ride Details.
08/10 Mon	6 PM	00 Meet	00 & Eat	Carla Gramlich 879 - 0115	Board Meeting @ the Kim Ahn Restaurant across from TCC on Mildred. Guests & Club Members welcomed.
08/11 Tues	8:25 AM ferry	2 D	30 - 50	Joyce Clifford 759 - 2393	Java Jump/Birthday Ride. All day affair, lots of variety, no racing up hills. Take the 8:25 ferry to Vashon 4 coffee in Vashon City, ferry to Fauntleroy 4 lunch @ Alki Pt, ferry to Vashon, visit some wineries, ferry to Pt. D. Start: Pt. Defiance Ferry Dock. 
08/12 Weds	6 AM	3 B	13	Karen Comer 988 - 0279	Summer Sunrise Series.  See 08/05 for Ride Details.
08/12 Weds	9:30 AM	2 B	45	Lou & Karel Vance 921 - 4847	Chehalis Western Trail Ride. Rain Cancels. See 08/05 & Ride Notes for complete details. 
08/12 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. 
08/13 Thurs	9:30 AM	2 A	30 Trail	Lonna Cain 475 - 8853	Silk Road Smooooothly. Rain Cancels. See 08/06 for Ride Details. 
08/14 Fri	Fun	Facts	Fly	Frolic	A patent was issued for the whiffle ball in 1953.





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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
08/15 Sat	9:30 AM	2 B	30	Carla Gramlich 879 - 0115	Market (Proctor's) to Market (Puyallup's) Bicycle Ride. Bring panniers 4 fresh produce purchased. Start: Proctor Farmer's Market (N 27th & Proctor). 
08/16 Sun	1 PM	2 B	25	Bob Myrick 473 - 7455	Lazy Sunday Ride. Event @ church @ 5 PM entitled "Songwriters Circle" w/ Leanne Trevalyan aka Junkyard Jane, Mark Riley & Billy Stoops. Start: Immanuel Presbyterian Church, 901 N "J" St.
08/17 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 08/03 for Ride Details. 
08/18 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.
08/18 Tues	5 PM	2 B	20	Cynthia Hammer 752 - 0801	Ride to Picnic via Pt. Defiance. Bring lights for your bike in case we return after dusk. Start: Starbucks @ 26th & Proctor.   
08/18 Tues	5 PM	1 B	12	Carla Gramlich 879 - 0115	Ride to Picnic via Scott Pierson Trail. Add miles by riding to the start; street parking also available. Start: South State Street & South 25th Street.  
08/18 Tues	6 PM	00 Meet	00 & Eat	Lou & Karel Vance 921 - 4847	Annual Club Picnic. Please RSVP to this catered event. See Ride Notes for Details. 
08/19 Weds	6 AM	3 B	13	Karen Comer 988 - 0279	Summer Sunrise Series. See 08/05 for Ride Details. 
08/19 Weds	9:30 AM	2 B	45	L & K Vance 921 - 4847	Chehalis Western Trail Ride. Rain Cancels. See 08/05 & Ride Notes for Ride Details. 
08/20 Thurs	9:30 AM	2 A	30 Trail	Lonna Cain 475 - 8853	Silk Road Smooothly. Rain Cancels. See 08/06 for Ride Details. 
08/21 Fri	ice	sweet	cold	yummy	National Spumoni Ice Cream Day. 
08/22 - 08/23 Sat - Sun	6 - 9 AM	 All 	170 total	Five Sisters; Ralph Wessels 857 - 5658	RAPSody, \$\$\$, pre-registration required. Start: TCC. Call for information or check Club website for this 5 Sisters benefit for BAW. www.rapsodybikeride.com 
08/24 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 08/03 for Ride Details. 
08/25 Tues	9 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.





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
08/26 Weds	6 AM	3 B	13	Karen Comer 988 - 0279	Summer Sunrise Series. See 08/05 for Ride Details. 
08/26 Weds	9:30 AM	2 B	45 Trail	L & K Vance 921 - 4847	Chehalis Western Trail Ride. Rain Cancels. See 08/05 & Ride Notes for complete details. 
08/26 Weds	5:30 PM	2 B	20 - 25	Knightriders 475 - 3625	Knightriders. Evening destination is a surprise! See 08/12 for Ride Details. 
08/27 Thurs	9:30 AM	2 A	30 Trail	Lonna Cain 475 - 8853	Silk Road Smooothly. Rain Cancels. See 08/06 for Ride Details. 
08/28 Fri	Fun	Filled	Facts	Friday	The oldest surviving European settlement in the U.S., St. Augustine, Florida, was established in 1565.
08/29 Sat	Sun	Fun	Group	Gathering	The first Scout Camp opened in 1934.
08/31 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 08/03 for Ride Details. 

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.

August Ride Notes:



08/05, 08/12, 08/19, 08/19, 08/26 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.



08/18, Picnic Pre-Ride. Carla's Ride to the Picnic starts on South State Stree & South 25th Street, the start of the Scott Pierson Trail. The link to a map of the SP Trail can be found at http://www.wsdot.wa.gov/Projects/PierceCountyHOV/SR16_olympic_union/Trail.htm.



08/18 Annual TWBC Picnic. Lou & Karel have once agian welcomed us to their home for a TWBC Event. Don't need to bring anything except your swimsuit & towel. The Club is providing the food to celebrate another successful year of bicycling. You MUST RSVP by Aug. 13 by indicating you intend to participate on the Ride Calendar or by contacting the Vances via their phone number (see article, page 1). The Event is catered this year - we must know how many are attending. BYOB. Contact the Vances for directions to their house.



E-mail Delivery

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

August
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!

TENINO - RAINIER - YELM - BUCODA RALLY

5 routes: 20 / 30 / 50 / 80 / 100 miles

Gorgeous quiet countryside of Thurston and Lewis Counties. Enjoy views of Mt. Rainier, the Skookumchuck and Deschutes Rivers, llama farms and hawks overhead along Johnson Creek Road. All routes are well-marked, mostly along scenic, low-traffic roads. There are CBC and commercial food stops and numerous comfort facilities along all routes. Routes range from an easy 20-miler to a challenging, hilly, 100. Ice cream for every rider, a playground, and a cold quarry pool await riders at the finish.



Sunday, August 9th, 2009

Start/finish: Parkside Elementary School, 301 Central Ave, Tenino
 Registration open from 7:00 a.m. to 12:00 noon
 (100 mile riders must register by 09:00 a.m.)

Registration includes ride number, map & cue sheet, sag support, rest stops on every loop, finish line welcome until 5:00p.m. and facilities. \$1.00 per rider supports the Bicycle Alliance of Washington (BAW). \$2.00 discount for Capital Cycling Club members. Children 12 and under ride free!



Entry Fee Schedule	Quantity	Preregistered by Aug 2	Day of Ride	Line Total
Individual riders		\$23.00	\$25.00	
Tandem teams		\$30.00	\$35.00	
Families of 3 or more		\$35.00	\$0.00	
Capital Cycling Club Members		(\$2.00)	(\$2.00)	
Students with ID or Seniors (65+)		10.00	10.00	

From the
 TWBC
 Cog-nitve
 Courier



Mail completed form and checks to:

Capital Cycling Club - P.O. Box 602 - Olympia, WA 98507

Register on-line http://www.active.com/event_detail.cfm?event_id=1692386

www.capitalbicycleclub.org — CBC Hotline (360) 292.8925

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 August 9, 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

September 27, 2009

Tacoma Wheelmen's Bicycle Club

presents

Headwaters Century

starting location: Enumclaw High School, Enumclaw Washington

Mail registrations to:

Headwaters Century c/o TWBC

PO Box 112078

Tacoma, WA 98411

mail in registration closes September 14th

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

Pre-registrtrion fees:
 Age 7 to 17 \$ 8 _____
 Age 18 or Older \$17 _____
 Family \$37 _____
 (kids under 18 same household)
 Children 0 to 6 Free

Must be **postmarked by September 14th**
 Please print clearly
 complete one application per rider - additional forms at: twbc.org

Day of ride fees:
 Age 7 to 17 \$ 10
 Age 18 or Older \$20
 Family \$45
 (kids under 18 same household)
 Children 0 to 6 Free

Total Enclosed \$ _____

Name: _____
 Address: _____
 City: _____
 State: _____ Zip: _____
 Phone: _____
 email: _____

Make all checks payable to : TWBC

SORRY THERE ARE NO REFUNDS

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

Tacoma Wheelmen's Bicycle Club (TWBC) Headwaters Century Release

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

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

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

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

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

Helmets approved by CPSC, Snell, ASTM or ANSI are required for this event.

Signature of Participant: _____ Date: _____

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

YOU MUST SIGN AFTER READING FOR REGISTRATION TO BE COMPLETE!