



# the cognitive courier

tacoma wheelmen's bicycle club newsletter

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**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.**

## TWBC's upcoming Headwaters Century

By Sue Coley, Ride Chair

It's about that time of year again, when school resumes, the days get a little cooler and daylight hours shorten. It's also time to gear up for an absolute gem of a ride called the Headwater Century. It's the last of our three organized Rides but certainly not least.

The Headwaters starts in Enumclaw and winds its way through the rural countryside. If you've not had the chance to do this Ride here is your opportunity. The Club is putting on a Pre-Ride the day before the Ride itself, free for those who come out and volunteer.

The Pre-Ride will be Saturday the 26th, and The Headwaters Century takes place Sept 27th. On the Pre-Ride, food, fluids and a sag support will be provided. Ride Leaders will take riders on their choice of routes, 20,45,65 or, for you hammers out there, the 100 mile.

There are only a few Volunteer spots left so don't wait. Check the website, Headwater Century Volunteer List and sign up now. Free ride, free socks and a free pizza party on Sunday after the big Ride. What more could a cyclist want? More info will be included on the online Rideline.

Remember, just as it takes a village to raise a child, so it takes a whole bicycle Club to put on a successful Ride.

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# The COG Home Page

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.

**Oct. Ride Calendar Deadline:  
Weds, Sept. 16, 2009**

**Oct. COG Article Deadline:  
Thurs, Sept. 17, 2009**

**Next Club Meeting: 6 PM,  
Tuesday, September 15, 2009**

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!**

*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!)*

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**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

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Lou & Karel Vance

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**PMC**





## The President's Report

By President Carla Gramlich



### Help Decide the Future of Your Club!

In the August Newsletter there were two articles, one describing the pros and the other the cons, of a name change for the Tacoma Wheelmen's Bicycle Club. At the August Board Meeting, the Board voted on presenting a By-Laws change regarding a name change to the Membership. The vote was a tie, (3-3) with the President breaking the tie in favor of the motion. The Board then decided to ask for Membership input on proposed new names before presenting the By-Laws amendment to the Membership for a vote in October.

As required, at the September Meeting and in the October Newsletter, the Board will present the proposed By-Law change. Then at the October Meeting that proposal, including the proposed new name, will be read and the Members will vote.

If you would like a name change, help the Board with suggestions; email me your ideas. Then be sure to attend the October Meeting to vote. If you don't want a name change, make sure your point of view is well represented at the October Meeting when the vote will happen.

This is an emotional issue for many. No matter which side of this issue you take, please recognize that each of us has, as our primary concern, what is best for the Club. So, let's insure that we maintain a friendly debate on the pros and cons of a name change and its impact on the future of our organization.

I know I will support, wholeheartedly, the outcome of the vote, no matter what that may be.

Happy Cycling. ☺



## Dir., Community & Gov. Affairs

By Bob Myrick

Our committee met again on Tuesday, August 4 at the Taqueria Guadalajara in the Stadium District at First and Tacoma Avenue. Our next meeting will be there on Tuesday, September 1 at 6 pm.

We talked about the **City of Tacoma's Mobility Study**. The second meeting happened in late August. Some of you know that we hoped the City would continue painting bike lanes and making other improvements during the course of the new study. The City is out **painting existing bike lanes** and **trying to calm traffic** by installing bike lanes in at least four locations. The North 21st Street bike lanes stirred up considerable debate among cyclists, drivers and homeowners. It appears the City is trying to calm traffic in these areas and the **homeowners have voiced their support** for the bike lanes. Some of you know there are 18 to 20 reasons why bike lanes are good and only one reason is for cyclists.

John and Scott expressed their interest in having **Sharrows** on bicycle streets in our area. They also indicated they approved of "**Share the Road**" signs seen in **Lakewood**. They went on to talk about the need for proper engineering, education, enforcement, encouragement and evaluation of projects. They thought **Safe Routes to School** was important. They indicated the police should be more involved in education and enforcement in an ideal world. Finally, we realized the City of Tacoma would be addressing all of these needs in their Mobility Study.

I talked about our recent work for **South Hill Puyallup redevelopment** and our participation in the **Health Impact Assessment study** sponsored by the local Health Department. It became apparent the Health Department should be leading the way for healthy living and preserving the health of the environment in a long term sustainable way.

We discussed the **state of mountain biking in the City of Tacoma** and how we have lost several important areas thru the past years. It is hoped the Mobility study will mention the need for mountain bike areas to be re-established

**Gov. Affairs, cont. on page 4, column 1**

## Gov. Affairs, cont. from page 3, column 2

although **this issue sounds like a Parks challenge**. We indicated the **need for operation and maintenance of mountain bike areas** as well as the need for **the City to properly maintain their bike lane system**.

Carla discussed the **ongoing need to have a designated non-motorized coordinator** in the City of Tacoma, Pierce County and the other subdivisions of government.

The **missing link between the Puyallup Riverwalk and the Foothills Trail** was discussed. Ralph thought the Transportation Improvement Board might be able to help since they have worked with Burlington Northern Railroad on other matters. **Getting a permit from the Railroad is holding up work** on the missing link. We also mentioned the **Prairie Line Trail in Tacoma** could use some advocacy with the Railroad since progress has been slow.

Carla and I will be **meeting with Cascade Bicycle Club** in late August. Many of you know Cascade has decided to work on a statewide basis to improve conditions for cycling. Apparently, the Bicycle Alliance of Washington has spurned two advances by Cascade to merge with BAW. Cascade is so big that the BAW would become extinct and local clubs that are the reason for BAW's existence would play a much smaller diminished role in matters of statewide importance.

Please Cycle More and Worry Less before the rains come. I hope some of you followed the **"Low Car Diet"** activities sponsored by Zip Car in Seattle. To participate, you had to try and do without your personal car for a whole month. I am presently reading **"\$20 per Gallon"** and it looks like a lot of us will be giving up our cars in the near future when gas goes to \$6 and up. I should also tell you that Mike Wood and I saw a **big tricycle with Google stickers all over it on the Narrows Bridge and Scott Pierson Trail**. You should be able to travel the trail on your computer in the near future. ☺

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With September here, make time to check the condition of your tires & brakes, the batteries in your lights, and haul out your wet weather/winter gear. Make sure to adjust your helmet for a proper fit if you wear a warm hat under your helmet. ☺



## Report from the Ride Captain

By Cynthia Hammer



### Steady Eddies? Persistent Pedalers? Week-end Warriors? Rising Stars?

What am I talking about? With time these titles may become part of the TWBC lexicon as we develop different categories of Ride Leaders with appropriate awards for those achieving each category. We love our Ride Leaders—the Club couldn't exist without them---and we want more of them!

Which category of ride leader do you aspire to?

The Steady Eddies—these are the Ride Leaders we can always count on. They lead over 24 rides a year. We currently have seven Members in this category and wish we had more.

The Persistent Pedalers—this is a new category created for Ride Leaders who lead at least one ride a month, year round.

The Week-End Warriors—another new category of Ride Leaders who lead rides on a weekend day or a holiday at least eight times during the year.

And finally—our Rising Stars—those who lead a minimum of four rides in a year.

Which category would you like to be in? Are you challenged to be eligible for more than one category? The new year for Club cycling starts November 1, but you can get warmed up by offering one or more rides now, in September and October. Some of you may be able to achieve a category between now and the end of October and be recognized at the annual banquet in January! (See the list of Ride Leaders and the number of rides they led in August's COG.) You don't need to know lots of routes to be a Ride Leader—one good route that you offer again and again is more than acceptable.

For those of you seeking routes you could offer, check out [www.mapmyroute.com](http://www.mapmyroute.com) where others have posted routes  
**Steady Eddies, cont. on page 5, column 2**

## Steady Eddies, cont. from page 4, column 2

of rides they do. This is a very helpful resource. Another website for finding local routes, with the added advantage of being able to download to your GPS, is [www.bikeroutetoaster.com/](http://www.bikeroutetoaster.com/)

Call me anytime, 253 – 752 - 0801, when you feel ready to offer a ride or want training as a Ride Leader. Get started on becoming a Steady Eddie, a Persistent Pedaler, a Weekend Warrior or a Rising Star. I am waiting to hear from you. ☺



### Renewing Members (Thank You!):

Bernie Finklein, Cynthia & Steve Hammer, Lisa Lawrence, Jerry McLaughlin, Alethea Robinson & Family, Mike & Karen Servey, Thom & Noranne Skaanland, Mike Springer, and Jim Weger.

### New Members (Welcome!):

Doug Ballor, Mark Jacobson, Crystal Wallace, Sandra Willis, and John Woods. ☺

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### K2 Astral 3.0 For Sale.

A nice bike for someone who doesn't want a full-on road bike. Like new, (fits riders 5'10 to 6'2"). This bike has a compact frame (shorter top tube, more upright riding position) and is described as a "city bike" (I stopped riding it when I got my road bike). It would be a good commuter bike or bike for someone in college. \$180.00 OBO.

The Details: K2 Reflex 6061 Fitness Frame; Straight Blade Aluminum Fork with Cromo Steerer; SRAM SX-4 Trigger Shifters, 24-speed; Shimano m234 combo platform/spd pedals, can be pedaled with or without bike shoes (SPD clip on one side, platform on the other); Equipped with a Cateye Velo 5 bike computer; Serfas cutout gel (women's) seat.

Respond to: [wildcelticrose.net](http://wildcelticrose.net). ☺

## 2009 RAPSody Wrap-Up

By Ralph Wessels

This year's RAPSody had sunny skies and temperature in the 70s, which was perfect for the 2-day, 170-mile ride. We had riders from eight states and British Columbia. The 380 riders raved about the ride and the support they received with comments such as: "Couldn't be better. Great ride. Great People." The RAPSody organizing team agrees that the volunteers, supporting organizations and bike shops, great route, and some of the best scenery in the Puget Sound area make for a spectacular ride.

Volunteers for the TWBC positions included: Caroline Baker, Helen Burgess, Phil Burgess, Sue Coley, Karen Comer, King Cushman, Mary Dahl-Smith, Peggy Fjetland, Carla Gramlich, Nancy Henderson, Diane Koch, Steve & Phyllis Lay, Roger Laybourne and his wonderful fellow Clover Park Kiwanis, Toni Matson, Bob Myrick, James Neil, Ron Nowicki, Kate Oliver, Tim Payne, Tom & Noranne Skaanland, Corky Smith, John, Melanie, Ben, & Emmy Summerour, Tony Thomas, Karel Vance, and Ralph & Dena Wessels.

Kelly Pidone managed the website. Jim Couch from Spoke and Sprocket provided mechanical support at the start. Dmitri Keating from Old Town provided a mechanic for the Allyn rest stop. Mark Pentony of Mark's Bikes Works in Shelton provided mechanical support there.

Great appreciation also goes to BIKES of Snohomish County, Capital Bicycle Club, Cyclists of Greater Seattle, Tacoma Wheelmen's Bicycle Club, West Sound Cycling Club, The Bike Stand, Pedal Dynamics, Silverdale Cyclery, the Kitsap Ham Radio Club, Tacoma Community College, Shelton School District, Port of Allyn, Port of Manchester, Century Massage, and others supporters. A very big THANK YOU to all of you for making RAPSody a success!

The proceeds from RAPSody will be contributed to the Bicycle Alliance of Washington and be used to support bicycle programs and advocacy in Washington. Bills are still being paid but it appears that RAPSody will raise approximately \$20K. Again, many thanks to all of you who support the cause by volunteering or registering for the ride. ☺

## A Little Name, City, Area & Description Fun

By Dena Wessels

Can you identify where a Washington State Bicycle Club is located based upon its name? Here is a partial list of the bicycling clubs in the state/region. Try it. (Using our own Club as an example, The Tacoma Wheelmen's Bicycle Club would be C12, A5, & D7.) Match them to the City, Area & a short Description of their 'mission.' "BC" -- "Bicycle Club"; "BA" -- "Bicycle Association"; "CC" -- "Cycling Club". Can you do this in pencil or in pen?

	C	A	D		C	A	D
Baddlands CC				Redmond CC			
B.I.K.E.S.				Skagit BC			
Boeing Employees BC				Spokane BC			
Capital				Squeaky Wheels			
Cascade BC				Tri City BC			
Chinook CC				TWBC			
COGS				Vancouver BC #1			
Different Spokes				Vancouver BC #2			
Evergreen Tandem Club				West Sound CC			
Fat Tire Trail Riders				Wheatland Wheelers			
Mt. Adams CC				WHIMPs			
Mt. Baker BC				Women On Wheels			
Pt. Townsend BA				(Answers on page 10)			

	<i>City</i>		<i>Area/County</i>		<i>Description</i>
C1	Vancouver	A1	King	D1	Mt. biking club
C2	Yakima	A2	Snohomish	D2	Support all aspects of cycling in this 'region'
C3	Spokane	A3	Kitsap	D3	Promotes cycling on all levels
C4	Greater Seattle Area	A4	King	D4	Touring and road racing
C5	Bainbridge Island	A5	Pierce	D5	Family, social and healthy outings
C6	Bellingham	A6	King	D6	Promoting racing
C7	Vancouver	A7	King	D7	Promote biking for recreation, & alternate transportation
C8	Seattle/ PS Area	A8	Yakima	D8	Bicycling with a group
C9	Spokane	A9	Jefferson	D9	Cycling club for the LGST community
C10	Walla Wall	A10	Whatcom	D10	Club rides, meeting new riding friends
C11	Seattle	A11	Walla Walla	D11	Riding and touring club
C12	Tacoma	A12	Clark	D12	Encourage bicycling in 'our' county
C13	Spokane	A13	Benton	D13	Great rides, fun people, & social events in 'this area'
C14	Pt. Townsend	A14	Spokane	D14	Fun with mt. bikes
C15	Redmond	A15	Spokane	D15	Non-competitive rec. cycling, includes mt. biking
C16	Yakima	A16	Whatcom	D16	Attract adult riders of various ages & riding abilities
C17	Woodinville/PS area	A17	King	D17	Sponsors group rides throughout 'this city & county'
C18	Burlington	A18	British Colum	D18	Creating a better community through bicycling
C19	Olympia/South PS	A19	King	D19	Social club of 'this county'
C20	Everett	A20	King	D20	Promote women's cycling for all ages, levels, & abilities
C21	Richland	A21	Yakima	D21	Promotes cycling for fun & exercise
C22	Cheney	A22	Thurston	D22	Joined together for inspiration, camaraderie & enjoyment
C23	Bellingham	A23	Spokane	D23	Group of bicycle enthusiasts
C24	Silverdale	A24	Skagit	D24	Promote the joy of tandem riding
C25	Bellevue	A25	Spokane	D25	Promoting bicycle friendly "in our area"

## Do You Know the Laws About Bicycling in Washington?

By Cynthia Hammer

Here is a part of the summary listing available from the Bicycle Alliance of Washington. Some were a surprise to me. What about you? (*Editor's Note: RCW's follow the Code Description. For the full text of the RCW's listed below, go to <http://www.bicyclealliance.org/safety/rcwNew.html>, and click on the link for the specific RCWs. A summary listing of pedestrian related RCWs can also be found at <http://www.bicyclealliance.org/safety/rcwped.html>.)*

Bicycles have all the same RIGHTS and RESPONSIBILITIES as cars; 46.61.755.

Bicyclists may be ticketed for violating traffic laws; 46.61.750.

Bicycles are not required to use a bike lane or shoulder; 46.61.770.

Traffic laws apply on bicycle trails too; 46.61.750.

Bicycles must obey traffic lights and stop signs (as well as all other traffic control devices); 46.61.050.

Ride as far to the right as is safe and practical except when turning or passing; 46.61.77.

Can ride 2 abreast, not more; 46.61.770.

Bicycles can ride on the left (with the traffic flow) on one-way streets; 46.61.770.

Can legally take the lane if necessary; 46.61.770.

A bicycle is a vehicle on the road or a pedestrian on the sidewalk; 46.61.755.

A bicycle must yield to a pedestrian on a sidewalk or crosswalk; 46.61.261.

Bicycles can and should use turn lanes; 46.61.770.

Must signal turns with left hand. (right: up, left: out, stop: down); 46.61.758.

Right hand signal for right turn is an acceptable substitute; 46.61.758.

At night, bikes must have white light on front, red reflector on the back; 46.61.780.

Steady or flashing red rear light may be used in addition to the reflector; 46.61.780.

Bikes must have brakes; 46.61.780.

Only one person per bicycle seat; 46.61.760.

Must have at least one hand on the handlebars at all times; 46.61.775

Cannot ride carrying anything with both hands while riding; 46.61.775.

Clinging to vehicles is illegal; 46.61.765.

Legal to bicycle drunk, but police may impound bicycle if you are too drunk; 46.61.790.

Parents are responsible for kids obeying bike laws; 46.61.700. ☺

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## Carla Gramlich Inspired Me!

By Cynthia Hammer

At the recent TWBC Board Meeting, we decided to donate free participation in our three Organized Rides along with their various mementos to the BAW auction, held in conjunction with their annual dinner. Later Carla, told me she had donated one of her framed photographs last year to BAW which raised \$150 (good for you Carla). She suggested I donate sessions as a life coach.

Most of you probably don't know that I am a life coach and if you do, you may still have no idea what a life coach does, but more on this later. I responded to her suggestion by offering five life-coaching sessions at the BAW auction for a suggested value of \$300. I will bring a certificate for this gift, along with any information I choose to create (displays, handouts, business cards, etc.) to the auction (these could also be sent in so you don't actually need to go to the event).

So besides making, hopefully, a significant donation to BAW, I will be getting more people familiar with my services as a life coach. It was fun and satisfying to complete the BAW online form telling them about my donation and receiving their gracious thank you.

What can you donate to the auction? Imagine how good you will feel, knowing you are supporting bicycling advocacy in Washington State. What is needed to inspire you to go to their website right now-- <http://www.bicyclealliance.org/auction/procureform.php> --and make your donation? Let people know how committed Tacoma Wheelmen are in their support of bicycling.

To learn more about me and my life coaching business, visit [www.cynthiahammer.com](http://www.cynthiahammer.com). Along my coaching niche is coaching people with ADHD, my training enables me to help people who want to make a range of changes in their life or who want to achieve certain goals more quickly. ☺

## Other “Wheelmen” Bicycling Clubs in the U.S.

By Dena Wessels

Doing just a quick search of the word “Wheelmen” & “Bicycling” brought up these clubs around the U.S. The list was about 10 pages long. It appears that the word “Wheelmen” does not limit membership to men only, refer only to big wheel bicycles or restricts membership to a particular city. I took some of the objectives or descriptions of the clubs and placed them following the area stated.

Charles River Wheelmen, in the Boston, MA area;  
a social riding club, enjoying touring and recreational riding.

Sacramento Wheelmen Bicycle Club, in Sacramento, CA;  
a non-profit organization for cycling and cycling related activities.

Los Angeles Wheelmen, in Los Angeles CA;  
enjoying the pleasure of riding with friends.

Tulsa Wheelmen, in Tulsa, OK;  
promoting responsible bicycling in all its forms for men, women & juniors.

Reno Wheelmen, in Reno, NV;  
a cycling tradition since 1896.

Narragansett Bay Wheelmen Bicycling Club, in Rhode Island; also covers into other states;  
encourages recreational riding in RI, South eastern MA, and Eastern CT;  
(they have a ‘pothole patrol’ reporting site).

Kern Wheelmen Bicycling Club, in Kern County, CA;  
enjoying bicycling as recreation & sport.

San Antonio Wheelmen, in San Antonio, TX;  
promoting the sport of cycling in, but not limited to, the vicinity of San Antonio, TX.

Shasta Wheelmen, in Redding, CA;  
our membership is family oriented & welcomes riders of all ages.

Portland Wheelmen Touring Club, Portland OR;  
promotes cycling & provides a social organization for cyclists; welcomes riders of all abilities.

Wheeling Wheelmen, in Buffalo Grove, IL;  
we have organized rides, social outings, informative meetings, bicycle advocacy & a lot of friendships in the Northwest Chicago land area (founded by a female).

Out-Spokin’ Wheelmen, in the Youngtown, OH area;  
a recreational bicycle club, to meet people, improve your cycling & get in shape; in the northern OH & western PA area. ☺

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### Tour Wine Countries of the World ... in Tacoma!

Saturday, September 12, 2009, 5:00 PM — 7:00 PM  
Wildside Wine, "The Room Next Door"  
610 S Oxford, in Tacoma

The Bicycle Alliance of Washington and Wildside Wine invite you to a wine tasting in Tacoma! Sample wines from up to 9 wine regions around the world. Meet Bicycle Alliance representatives. Support bicycle advocacy and education. Wine tasting and appetizers are available for your \$35 admission.

Proceeds from this event benefit the Bicycle Alliance of Washington. Wildside Wine will donate 15% of all wine purchases that evening to the Bicycle Alliance as well. You don't have to be a cyclist to attend!! Catering by Traci, former Chef of Marzano's. Space is limited, so buy your ticket in advance!

Contact Louise at the Bicycle Alliance, 206 - 224 - 9252, x303 or [louisemc@bicyclealliance.org](mailto:louisemc@bicyclealliance.org) to secure your spot in advance.

The Wine List: "J" Vineyards Pinot Gris, from California; Wither Hills Sauvignon Blanc, from New Zealand; Mont Marcal Rose Brut Cava, from Spain; J&H Selbach Riesling Kabinett, from Germany; Trevor Jones Boots Grenache, from Australia; Colome Amalya, from Argentina; Novelty Hill Red Blend, from Washington; Chateau Lauriol Cotes de France, from France; and Valentina Multepulciano D'Abruzzo, from Italy. ☺



## On Recent Club Doings, Heard From Club Members:

### One Member's View:

Well it is August when people are on vacation, bike tours, have BBQs, do yard work, etc. This (*is*) when people do not spend time reading the Wheelmen's newsletter. Those who get one. This is a good time to propose and push unpopular changes to the club.

I realize that many do not (*know*) what many words like WHEELMEN mean. We should not change the club's name because of these uninformed people.

The main reason that our membership is low, is that because of the lack of a paper newsletter. If people do not receive a newsletter via the US postal mail they soon forget about our club. In fact the club does not send out renewal notices. I have not received a notice in years.

Another proposed change is to do away with the ride line. Removal of the ride line makes it hard to find out what rides are coming up. It is much easier and quicker to dial seven numbers on a telephone than to sit at a computer for a half hour or more to find the same information.

By eliminating a paper newsletter and ride line is a sure way to destroy our club. Louis W Boitano ☺

### Another Member's View:

I would definitely prefer receiving the Cog in paper form. I have found that I do not read it anymore since it has gone online. I think members should have the option of receiving it online or in the mail. I would even be willing to pay more for my membership if I could receive the newsletter in the mail too cover the extra costs this would involve. I have heard other members express this opinion as well. I hope they contact you. Sincerely, Peg Winczewski ☺

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## 17th Annual BAW Auction & Gala: EnAct like you mean it

The Bicycle Alliance of Washington Annual Auction and Gala will be held on Saturday, October 24, 2007 in the Seattle Center Fisher Pavilion at the Seattle Center (Thomas Street & 2nd Ave. N). BAW cares about bicycling and they know that you care about bicycling. Help BAW and TWBC be proActive for cyclists by supporting this year's auction!

Save the date for this popular fundraiser! Eric Mammoth is returning as the auctioneer and KIRO's Dave Ross will be the emcee. Once again, TWBC has purchased one table or 10 seats, and is making those seats available for half-price to TWBC Members only on a first come, first serve basis for \$35 (by Sept. 30th). That admission price includes a package of New Belgium brews, wines from Wineglass Cellars & other Washington wineries, a sit down dinner & plenty of fun watching &/or participating in the Live Auction.

The gala is a great celebration of cycling in Washington. An important fundraiser for the BAW, proceeds from the auction go directly toward supporting bicycle advocacy, and bicycle safety and education efforts in Washington State. Proceeds also provide regional assistance to advocates and jurisdictions, maintain a presence in Olympia and promote bicycling for everyday transportation. The fun usually starts at 5:30 PM with the Silent Auction, Dinner following at 7 PM, and the Live Auction starting about 7:30 PM.

Send your check (made out to TWBC) to **BAW Auction** at the Club PO Box, to ensure your seat at the TWBC table. For further information contact Dena Wessels at 253 – 857 – 5658. More details will be posted on the BAW website, [www.bicyclealliance.org](http://www.bicyclealliance.org) as the auction approaches. If you would like to contribute something to the auction, contact the BAW at [www.bicyclealliance.org/auction/procureform.php](http://www.bicyclealliance.org/auction/procureform.php). Hope to see you at the auction. ☺

## Answers to the Naming Fun:

From the information on page 6. Did you use a pen or a pencil?

<i>Club Name</i>	<i>City</i>	<i>Area</i>	<i>Descrip.</i>	<i>Club Name</i>	<i>City</i>	<i>Area</i>	<i>Descrip.</i>
Baddlands CC	C22	A14	D4	Redmond CC	C15	A4	D22
B.I.K.E.S.	C20	A2	D21	Skagit BC	C18	A24	D12
Boeing Employees BC	C25	A17	D5	Spokane BC	C3	A15	D8
Capital CC	C19	A22	D2	Squeeky Wheels	C5	A1	D25
Cascade BC	C11	A20	D18	Tri City BC	C21	A13	D16
Chinook CC	C2	A21	D3	TWBC	C12	A5	D7
COGS	C4	A6	D13	West Sound CC	C24	A3	D19
Different Spokes	C8	A7	D9	Wheatland Wheelers	C10	A11	D6
Evergreen Tandem Club	C17	A19	D24	WHIMPs	C23	A10	D1
Fat Tire Trail Riders	C13	A25	D14	Women On Wheels	C9	A23	D20
Mt. Adams CC	C16	A8	D11	Vancouver BC #1	C7	A12	D17
Mt. Baker BC	C6	A16	D23	Vancouver BC #2	C1	A18	D15
Pt. Townsend BA	C14	A9	D10				





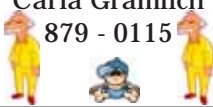


### Benefits of Membership with The Tacoma Wheelmen Bicycle Club:

- \* Rides: Attendance on guided rides throughout the year.
- \* Bicycle boxes (2): Suitable for carrying bicycles in reserve in advance. Contact [equipment@twbc.org](mailto:equipment@twbc.org).
- \* Bicycle trailers (2): single-wheeled bob trailer. Contact [equipment@twbc.org](mailto:equipment@twbc.org).
- \* Camping fees: For club rides (check for stipulations).
- \* Picnic: All you can eat catered picnic at the middle or end of summer.
- \* Banquet: Subsidized annual awards and social event.
- \* Newsletter: Monthly PDF publication  
with updates on rides and information  
about bicycling in Tacoma and Pierce County.
- \* Discounts At Participating Local Bike Shops.



# 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
09/01 Tues	9:30 AM	2 B	30 - 50	Ron Nowicki, Louis Boitano 661 - 2664	Decide to Ride. Details on Ride Line or Club Website. Start: Freighthouse Square, 430 E. 25th St.
09/01 Tues	<b>6 PM</b>	00 Meet	00 & Eat	Bob Myrick 473 - 7455	<b>Government Affairs Meeting</b> @ 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.
09/03 Thurs	9:30 AM	2 A	30 Trail	Lonna Cain 475 - 8853	Silk Road Smooothly. 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, 13900-86thStE,Puyallup.
09/04 Fri	All	Day	Fact	Morsel	Newspaper Carrier Day. Barney Flaharty became the first newsboy, 1833.
09/05 Sat	9:30 AM	2 B	~ 50 Part Trail, packed Dirt	Carla Gramlich 879 - 0115	Ride the John Wayne Trail. Bike on the valley trail up to Rattlesnake Lake & then jump on the trail; some damage exists, so we probably won't go all the way to the tunnel. Mt. Bike, hybrid or  sturdy road bike. Trail is gravel & packed dirt. Start: North Bend Starbucks, 458 SW Mt Si Blvd B-6 (the one in the mall, not by the gas station).
09/06 Sun	9 AM	2 B	50	Louis Boitano 922 - 1168	Lunch in Eatonville. Start: Roy Y P & R, Hwy 507 & Mt. Hwy, Spanaway.
09/06 Sun	<b>1 PM</b>	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, 7100 6th Ave.
09/07 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.
09/08 Tues	9:30 AM	2 B	30 - 50	Ron Nowicki, Louis Boitano 661 - 2664	Decide to Ride. Details on Ride Line or Club Website. Start: McDonald's, 112th & Pacific Ave.
09/09 Weds	<b>5:30 PM</b>	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.



# 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
09/10 Thurs	9:30 AM	2 A	30 Trail	Lonna Cain 475 - 8853	Silk Road Smooothly. Rain Cancels. See 09/03 for Ride Details. 
09/12 Sat	All	Day	Fact	Morsel	The pilot episode of "Taxi" debuted, 1978.
09/13 Sun	9:30 AM	3 C	50	Bob Myrick 473 - 7455	Tour de Ft. Lewis. Lunch in Yelm. Start: Northern Pacific Coffee House, 401 Garfield St S, Parkland.
09/14 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 09/07 for Ride Details. 
09/14 Mon	<b>6 PM</b>	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.
09/15 Tues	9:30 AM	2 B	30 - 50	Ron Nowicki, Louis Boitano 661 - 2664	Decide to Ride. Details on Ride Line or Club Website. Start: Celebrations Park, 1111 S 324th St, Federal Way.
09/15 Tues	<b>6 PM; 6:30 PM</b>	Meet & 0 Meet &	Eat; 00 Greet	TWBC 759 - 2800	<b>Sept. Club Meeting.</b> M/A Wild West VFW Post #91, 2000 S. Union Ave.,Tacoma. Eat @ 6PM, Meet @ 6:30PM. <b>First Reading For Club Name Change.</b>
09/17 Thurs	9:30 AM	2 A	30 Trail	Lonna Cain 475 - 8853	Silk Road Smooothly. Rain Cancels. See 09/03 for Ride Details. 
09/18 Fri	All	Day	Fact	Morsel	The Columbia Broadcasting System goes on the air, 1927.
09/19 Sat	9:30 AM	2 C	35	Bob Myrick 473 - 7455	Ride Around Tacoma. There will be a stop at the Northern Pacific Coffee Shop in Parkland & elsewhere. Start: The Harmon Hub, 203 Tacoma Ave. S.
09/19 Sat	10 AM	2 B	Varies	Carla Gramlich 879 - 0115	Portland Urban Tour. Train to Portland on Fri, 09/18. Do the same or meet me in Rose City on Sat AM. Tour, some trails; On Sun, around the city, & return to home. Start: Depends upon you.
09/20 Sun	10AM	2 B	30 - 35	Sue Coley 539 - 0676	Sue's Birthday Ride. Mileage on a birthday ride usually equals your age, but you can age backwards. Lunch at Fife's Warthog BBQ pit. Bring \$\$\$. Start: McDonald's, 112th & Pacific Ave. 
09/20 Sun	<b>1 PM, ride; 5 PM, music</b>	2 B	25	 Bob Myrick 473 - 7455	Family Blue Vespers Pre-Ride. New riders most welcome. Route probably to Gigh Harbor for coffee; Blues Service @ 5 PM w/ Paul Green's Harmonica Showcase. Start: Immanuel Presbyterian Church, 901 N "J" St.
09/21 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 09/07 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
09/22 Tues	9:30 AM	2 B	30 - 50	Ron Nowicki, Louis Boitano 661 - 2664	Decide to Ride. Details on Ride Line or Club Website. Start: Sumner Library, 1116 Fryer Ave, Sumner.
09/23 Weds	All	Day	Fact	Morsel	The Planet Neptune was discovered, 1846.
09/24 Thurs	9:30 AM	2 A	30 Trail	Lonna Cain 475 - 8853	Silk Road Smooothly. Rain Cancels. See 09/06 for Ride Details. 
09/26 Sat	9:30 AM	2 B	25	Louis Boitano 922 - 1168	Ride to the Firwood Alpaca Farm. Lunch in Puyallup after visiting the farm. Start: Freighthouse Square, 430 E. 25th St.
09/26 Sat	9:30 AM	2 C	45 or 65	Gene Smith 272 - 6747	Headwaters Pre-Ride. Volunteers that are riding today, will have special support. Haven't signed up as a volunteer, there is still time. Start:EnumclawHighSchool, 226 Semanski St, Enumclaw.
<b>09/27 Sun</b>	7 AM	All	45, 65, 100	<b>TWBC,</b> Sue Coley 539 - 0676  twbc.org	<b>Headwaters Century, \$\$\$.</b> Celebrate the end of summer w/ a ride in a rural area w/ little traffic. All routes are generally flat w/ some rolling hills & except for one 1.5 mile long hill near Blk Diamond. The 100-mile includes a Mud Mountain Dam climb & descent.  Start:EnumclawHighSchool, 226 Semanski St, Enumclaw.
09/28 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 09/28 for Ride Details. 
09/29 Tues	8:30 AM	2 B	30 - 50	Ron Nowicki, Louis Boitano 661 - 2664	Decide to Ride. Details on Ride Line or Club Website. Start: Freighthouse Square, 430 E. 25th St.
9/30 Weds	All	Day	Fact	Morsel	The Hoover Dam was dedicated, 1935.

## 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.



E-mail Delivery

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

September  
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!)

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!

## Different Doings at the Tour de Fat, Seattle, August 1, 2009

(Photos submitted by Carla Gramlich)



Left: Little cyclist, big cyclist  
(the wings help for stabilization!)

Right: Where the rubber hits the road (rim?)





www.mtbakerbikeclub.org

# MT Baker Bicycle Club Presents The Chuckanut Century



Choose from  
25, 50, 62, 100, or  
124 mile routes  
(Circle desired distance)

Benefiting  
Whatcom Hospice Foundation  
Sunday, September 20, 2009

### REGISTRATION APPLICATION

(Use a separate form for each rider. Please print, fill out, and mail. All fields must be filled out. Please print legibly)

T-SHIRT Size (S) \_\_\_ (M) \_\_\_ (L) \_\_\_ (XL) \_\_\_

T-shirts guaranteed with early registration

Name \_\_\_\_\_ AGE \_\_\_\_\_ DATE \_\_\_\_\_  
(First) (M.I.) (Last)

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Emergency Contact Phone \_\_\_\_\_

**Entry Fee - \$35** postmarked by 09/05/09  
**\$40** after 09/05/09

**Special Rate for Tandem Riders**  
Only **\$10** for stoker  
(Please fill out separate form and attach)

**\$5 Discount for MEMBERS**  
**JOIN today**

**MAIL TO:** Mount Baker Bicycle Club  
PO Box 2702  
Bellingham, WA 98227

Sorry, all payments are nonrefundable.

Entry Fee (35/40)	_____
Tandem (10)	_____
Club Membership (NEW/RENEW 15/25)	_____
NEW/RENEW Discount (-5)	_____
<b>TOTAL AMOUNT ENCLOSED</b>	_____
Make checks payable to <b>Mount Baker Bicycle Club</b>	

From TWBC The Cog-nitive Courier



I have signed the release on the back of this application.

**Mt Baker Bicycle Club Membership**  NEW  RENEW

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ email: \_\_\_\_\_

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

Membership Type:  Individual (\$15)  Family/Associate (\$25) (There will be a \$20.00 fee for all returned checks)

Family/Associate Member Name: \_\_\_\_\_

(An associate member can be any person living at the same address as the individual member)

What are your cycling interests? \_\_\_\_\_

**THANKS TO OUR  
SPONSORS**

WEB



**Sanitary  
Service  
Company**



**GroupHealth**



## Mt Baker Bicycle Club Chuckanut Century 2009 RELEASE AGREEMENT

1. In consideration of the acceptance of this entry and by signing this Release for myself (or for the participant if the participant is under 18) I agree to RELEASE, HOLD HARMLESS, and INDEMNIFY Mt Baker Bicycle Club and all its sponsors, their respective officers, agents, members, employees and volunteers and any and all Countries, States, Departments of Transportation, State Patrols, Counties, Townships and Cities through which this Event may pass, and any other parties connected with this bicycle event including but not limited to elected and appointed officials and their employees for any injury, loss or damage suffered as a result of participation in this bicycle event or any activity associated with it, including injury, loss or damage caused by the NEGLIGENCE of any party.
2. I understand that there are certain risks associated with bicycle riding, including the risk of serious personal injury or death, and I expressly agree to assume these risks. I understand the route chosen may be challenging, not necessarily the safest or easiest route, and that weather, road or traffic conditions may make this ride more difficult. I warrant that I am in proper physical condition to participate in this event, that I am a sufficiently competent cyclist to handle the road conditions, and that my bicycle is in safe operating condition.
3. I understand that wearing a helmet that meets the CPSC, SNELL, ASTM or ANSI bicycle safety standards can minimize head injuries which may occur in a cycling accident, and that Mt Baker Bicycle Club requires all riders to wear helmets. I agree to wear a helmet while participating in this event and to follow the rules of the road and all applicable laws and safe bicycling practices. It is my sole responsibility to insure that my helmet meets CPSC, SNELL, ASTM or ANSI standards and to wear my helmet while participating in this event.
4. If I resell or transfer my Registration or Ride Number, I agree to HOLD HARMLESS AND INDEMNIFY Mt Baker Bicycle Club for any injury, loss or damage suffered as a result of the participation of the individual using my Registration or Ride Number unless that individual also signs this Release Agreement.
5. I give permission to Mt Baker Bicycle Club to use my image in any future Club materials should it appear in photos taken during this Event.
6. I understand that this Release is also binding on my heirs and representatives. If I am signing on behalf of a minor, I accept full responsibility for all medical expenses incurred as a result of the minor's participation. I agree to HOLD HARMLESS and INDEMNIFY the entities named above for any claims brought on behalf of the minor.
7. By registering, I agree to read and familiarize myself with the information in the registration materials and follow the procedures and rules. I will include check or money order (US Funds) payable to Mt Baker Bicycle Club.
8. Any legal action that may arise from my participation in this event will be handled in the state of Washington according to Washington State law.
9. Mt Baker Bicycle Club reserves the right to remove any participating rider from this event if said rider is deemed by an authorized Club agent to be endangering him/herself or other participants, or is riding illegally as defined by Washington State traffic law. Notwithstanding this clause, Mt Baker Bicycle Club is not responsible for cyclists not removed from the event for these or any other reason(s) and this clause shall in no way supersede, exempt participants from or otherwise nullify any other clause in this release agreement.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_  
If you are under 18 see below

-----  
 If you are under 18 you must fill out the form below and it must be carried with you on the ride on  
 September 20, 2009

**DO NOT REMOVE THIS PORTION OF THE FORM**  
 It will be given to you at check in to be carried on the ride.

Cyclist (minor) name \_\_\_\_\_  
(first) (last)

I, the parent/guardian of the above named minor, do hereby authorize and consent to medical treatment deemed necessary and proper in the event that a delay in obtaining my consent at the time of treatment maybe detrimental to the well-being of said minor.

Printed Name of Parent/Guardian	Parent/Guardian Signature	Phone
---------------------------------	---------------------------	-------



Boundary Bay  
Brewery  
& Bistro

