



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.

Submit Your Ride Logs---by December 1

By Cynthia Hammer

The Club gives out awards at the Annual Banquet in January to Members who have ridden 500, 1000, 1500 or 2000 miles or more with the Club between Nov 1, 2008 and October 31, 2009. But to receive recognition and your award you must submit your Ride Logs by December 1. Mail to Cynthia Hammer, 4116 N 39th St., Tacoma WA 98407 or send to TWBC, PO Box 112078, Tacoma, WA 98411. ☺

So who is the Pink Lady?

By Dave Seago

The question intrigued Club Members who caught Cynthia Hammer's Oct. 20 club talk and slide show on the recent cycling tour she and husband Steve took in the Austrian and Italian Alps.

One of Cynthia's photos showed a pink-jerseyed team member smiling behind a bike fully loaded with four pink panniers. And we mean fully loaded. In addition to the usual gear, her bags carried pink-painted bricks, Cynthia recounted, and the woman carried her 80-lb. load on all the daunting passes of this mountainous alpine tour -- including some grades as steep as 16 to 24 percent.

As audience members shook their heads in disbelief, Club Member Scott McElhiney piped up to note that the Pink Lady has been seen doing her brick-loaded panniers thing in Northern California's infamous Death Ride. This prompted a quick Web search when I got home after the Meeting.

Pink Lady..., cont. on pg 2

Web Issue: November, 2009

Remember to set your clocks
back one hour, Nov. 1!

In this issue of the COG:

(Note: Italics are from the Editor)



Club Ride Logs Due	<i>(Get them in to two different sites)</i>	page 1
Pink Lady	<i>(Pink Jersey, Pink Panniers, Pink Bricks, Pink)</i>	page 1, 2
GAC Report	<i>(Local happenings, working with others)</i>	page 2, 3
Ride Captain	<i>(Getting ready for centuries)</i>	page 3
Fifth Annual Trails Conference	<i>(Sign up for your spot!)</i>	page 3
Club Election Results	<i>(Counting the ballots)</i>	page 4
A Bicycle Club for Tacoma	<i>(A Club Member's viewpoint)</i>	page 4, 5
Sunshine Fund	<i>(Help wanted from Club Members)</i>	page 5
Club Audit Report	<i>(Volunteers help out again)</i>	page 5
Keeping Warm in Cold Weather	<i>(Easy ways for toasty tips)</i>	page 5
Upcoming Events	<i>(Mark your calendars)</i>	page 6
People Power & Bike Issues	<i>(BAW's key legislative agenda items)</i>	page 6, 7
Riding Position & Technique	<i>(Website reprint-several things for new or old riders)</i>	page 7, 8, 9
Ride Calendar		page 10, 11, 12

..... **Pink Lady, cont. from pg 1**

Turns out the Pink Lady is Bay Area cyclist Alison Stone. She really does carry pink bricks just about everywhere, including the Alps and the Death Ride.

I found a blog account (at <http://www.teamalameda.com/FlashBlog/?p=14>) by a fellow Bay Area mountain rider who could not believe the Lady in Pink was really carrying much of anything in those pink panniers. Convinced she was carrying crumpled-up newspapers, he asked what was in her bags. Out came the pink bricks. The blogger concluded:

"It was then that I had an epiphany. There should have been a golden shaft of light beaming down from heaven upon us. She was suddenly an Apostle, and I had found her -- she waiting for me to ride up to her -- and she had chosen to impart her Wisdom to me. As I looked on her I knew I admired her more than any other cyclist I know, for she is so outside the box of accepted cycling thought as to almost be a heretic.

I knew in that moment that weight no longer matters. A few pounds here, some grams there, thousands spent on fabric and resin parts for a gossamer machine, it is all irrelevant. Weight is irrelevant. What /is/ relevant is that we can create our own cycling realities, no matter how far-out they are, and live in them and prosper. It can be whatever we want it to be, as long as we do not succumb to fashion, fads, and marketing." ☺



By Bob Myrick, Director of
Community and Government Affairs

Our committee didn't meet this past month due to my riding down the California coast from San Francisco to San Diego. We will meet again on Tuesday, November 3 at about 6 pm at the Taqueria Guadalajara, in the Stadium district at First and Tacoma Avenue. If you have a strong interest in improving conditions for non-motorized transportation, we welcome your attendance and participation.

Several things still happened in October. Carla was the force behind a **Tacoma Conference** to talk **about biking conditions** here and how to work with the government to make things better for our recreation, health and transportation needs. **Cascade Bicycle Club came down to help** us with their considerable expertise. Cascade is now working State wide on bicycle advocacy since they have plenty of money, members and a strong interest in making the whole state more bike friendly.

I was able to attend a **Puget Sound Regional Council meeting** of the BPAC (Bicycle Pedestrian Advisory Committee). We received **an update on the Transportation 2040 Draft Plan** and the important role non-motorized transportation is expected to play in future years. I also attended a planning meeting with the WSTC (**Washington State Trails Coalition**) to begin planning next year's Statewide Conference to be held in Tacoma. **Our Club will help** by providing an outdoor program where people from across the State can sample our Urban trails and the Outback. I think the theme will be **Trails, City to Back Country**.

In November, there will be **another meeting** of the committee guiding **Tacoma's Mobility Plan**. The **Pierce County Trails Conference will be held on Thursday, November 12** from 4:30 pm to 9 pm. Look in this Newsletter (*page 3*) for further information if you would like to attend the conference in Puyallup. The main keynote address will talk about **the role of non-motorized transportation in the Regional 2040 Transportation Plan**. If you are into playing in the snow, the MTTA (**Mount Tahoma Trails Association**) **Gala** will take place on Saturday, November 7 at REI in Seattle. This is the event where people sign up to use the hut system, particularly for weekend use.

Gov. Affairs cont. on pg 3

Gov Affairs cont. from pg 2

The ride from San Francisco to San Diego was great with a lot of bike trail, bike lanes and signage along the way thanks to our using the **Adventure Cycling Maps**. We saw a lot of cyclists especially near the Universities.

The rain is here, so I know a lot of us will wait for the few dry days to ride. I will be working with Cynthia Hammer and others to develop an **Event Training Rides Program** where we hope to gain more Members by offering something a little different than the past few years. **The Ride Season ends in October**, so please turn in your **Ride Logs** to Cynthia. The **TWBC Banquet** is scheduled for Saturday, January 30 and we want to see YOU there and award YOU something for your Ridership. ☺



Report from the Ride Captain

By Cynthia Hammer

Getting You Ready to Ride Centuries and Double Centuries

TWBC is planning to offer a series of training rides, starting in mid-March and going through the end of June. We plan that these training rides will be offered each weekend, for three speeds of riders—12-15 mph, 15-18 mph and 18-21 mph. All three groups will start from the same location, but will ride different speeds and distances.

We are looking for people willing to be leaders of these training rides—two leaders for each speed group. They will be expected to work out their schedule so that one of them will be leading a ride each of the 16 weekends between mid-March and the end of June. For their consistent service to the Club, these Ride Leaders will be rewarded with a jacket, jersey or vest—their choice.

The Club will develop the routes and the cue sheets for the rides in the training series with input from the Volunteer Training Ride Leaders. If you are interested in becoming a ride leader for these training rides, please contact the Touring Captain, Cynthia Hammer, at cynthiahammer@nventure.com or call her at 253 - 752 - 0801. Perhaps you know someone, not a Club Member, who might be willing to lead training rides for the Club. Have them contact Cynthia as well. ☺

Fifth Annual Trails Conference

By Dena Wessels

On November 12 the Fifth Annual Trails Conference will be held from 4:30 pm to 9 pm at the United Methodist Church of Puyallup, located at 1919 West Pioneer Ave. Registration begins at 4 pm. The conference is hosted by the ForeverGreen Council, and will feature various displays, breakout sessions about trails, regional trail plans, local trail updates and networking opportunities.

Register by Nov. 6 to confirm your seat at the conference and your (optional) seat at dinner (\$10 suggested donation). During the dinner hour, a presentation will be given on the Puget Sound Regional Council's plan for a non-motorized transportation network throughout our region.

For further information or to confirm you reservation, contact Jayme Gordon @ 253 - 845 - 2973 or jaymeg@piercesoundcd.org. ☺

Club Election Results

by Dena Wessels

The motion before the Members at the October General Meeting amounted to thus: Is the word 'Wheelmen' to be dropped from the Club Name? This action would have resulted in a change of the Club's Bylaws.

The process for this event was as follows. Anne Seago checked the current status of Members against the existing database; several people renewed their Membership or signed up online on the spot. Paper ballots were then handed out & returned to the 'ballot bag' on the arm of Dena Wessels. Two hours were given for voting, & Members could sign in to speak their piece for one minute during this time period and before the October Program. At the end of the time allotted for voting, unused ballots were ripped in two, and ballots cast by Members were counted by Sue Coley and Bob Myrick, observed by Dena Wessels, and tabulated by Anne Seago. The number of ballots counted (63) equaled the number of ballots handed out. The outcome of the motion to change the Name of the Club through a change in the Bylaws was thus: there were 27 votes for yes, to change the Name; there were 36 votes for no, to not change the Name. The motion did not carry. ☹



“Counting the Ballots”

Submitted by Steve Brown

(L-R: Bob Myrick, Sue Coley, & Anne Seago)

A BICYCLE CLUB FOR TACOMA

By Bob Warfield

Most of you reading this commentary do not know me. Admittedly, I do not know most of you, but in a collective sense, we know each other. The perennial question is whether we know each other well enough to imagine common interest. Common interest derives from shared experience and the “values” thing, and there we divide. When we are able to reunite with common purpose, understanding, vision, common ground remains possible.

I was privileged to attend a meeting of the TWBC at the VFW (my first there, awed by evident history in the corridor) where a vote was taken concerning the naming of TWBC, namely to eliminate the “W.” I voted yes, and I want to tell you why.

I was among the old farts present, now 72. I grew up in Washington, DC, a single child of a divorced mother, working – for what else – the government. I can remember when raising our rent to \$40 was a source of consternation. I can also remember, though in fleeting nascent youthful regard, the burden that my mother endured, of aforementioned circumstance, the rent being entirely secondary.

In my latter years, defying maturity as I might, I came to understand the affliction of gender-discrimination that, to this day,

A Bicycle Club ... cont. on pg 5

A Bicycle Club ... cont. from pg 4

this hour, remains the single most divisive element among all of us and everyone we know – out to the “Sixth Degree of Separation.” It walls humanity from itself in insidious ways, like nothing else – class, race, religion, homophobic hemorrhage, all take a back seat to it.

Having traveled around the world twice, with twenty years of varied military experience, nosing into both the poverty and utter horror that women endure as consequence, I am prepared to say that nothing, read NOTHING, so impoverishes the hope of humanity writ large as gender discrimination. American society, unfortunate with the rest, is no exception. I would have been surprised had the measure that Carla Gramlich heroically brought to vote turned out different. Like matters religious, the deeply-rooted gender bias that prevails throughout America – indeed the world generally – self-inoculates against reconsideration, much less transformation.

The TWBC question is but a microscopic reflection of a prevailing, and vastly underappreciated, often thwarted, and certainly “freighted” question and invitation more universal in consequence than global warming. To cut to the chase of my argument: until guys get pregnant; until Hugh Hefner’s role is utterly reversed (he being among a stable of studs sucking up to a wealthy female sex-bomb; until we get a woman in the White House; until you or someone you know and care about has confronted the dreadful, and utterly lonely cross-road of abortion, with all of its potential attendant social implication, you don’t ----- (did I spell it right?) get it.

Erudition aside, the question is not about “pissing,” but about “the wind.” To any who opposed this measure, I beg you to hope you get another chance. Most women don’t. ☺

Sunshine Committee Needs Your Input

By Peggy Fjetland

If you are aware of a current or past Member who has suffered the loss of an immediate family member, is in hospital or has had an accident or injury, or especially needs a Club “thank you”, please inform Peggy Fjetland, at 253 - 841 - 4458 or Tyson101@comcast.net. A current address would be appreciated along with explanation which does not need to be detailed nor violate patient/doctor confidentiality, just helps personalize the message. ☺

Club Audit

Editor’s Note: A written report from volunteer Club Members Jan Brame & Steve Brown made to the Board in September stated that the audit of the Club books for the years 2007 & 2008, had been done. ☺

Keeping Warm in Cold Weather

By Cynthia Hammer

Wear rubber surgical gloves under long fingered bike gloves to keep your hands warm. (If allergic to latex, try disposable plastic gloves you can buy at a paint store.)

Plastic shower caps from hotels make good helmet covers on rainy days. They can also be used to keep your saddle dry when you park your bike on rainy days.

Wear plastic bags over your socks to keep your feet warm and dry on rainy days.

Put hand warmers in your gloves and shoes. ☺

Upcoming Events: Mark Your Personal Calendars!

From Various Members

Nov. 12: Pierce County Trails Conference, Puyallup.

Dec. 5: TWBC Board Retreat, i.e., Bylaws Revision, Cynthia Hammer's House; General Members Welcomed.

2010

Jan. 28: Transportation Advocacy Day, Olympia.

Jan 30: TWBC Annual Banquet, Tacoma.

March 13 - 14: Cascade Bicycle Club Bicycle Expo, Smith Cove Cruise Terminal 91. ☺

Bringing People Power to Bike Issues

(Bicycle Alliance Announces 2010 Legislative Agenda)

Submitted by Bob Duffy

BAW Board of Directors member, Legislative Committee Chair, & member of the Capital Bicycling Club in Olympia

The Bicycle Alliance of Washington advocates for bicyclists and a bike-friendly Washington. One way we do this is to work with members of our Legislative Committee each spring to identify needed changes to the laws of our State. The Legislative Committee is composed of representatives from supporting bike clubs and communities from all around the state. Now that the upcoming 2010 bicycling legislative agenda has been developed, we are asking for your help in making the agenda succeed.

Here is the list of the key legislative agenda items we are focusing on this year:

Safe Routes to School: Protect funding and make improvements to the program to meet the demand from schools around the state to improve walking and biking conditions and education.

Complete Streets: Ensure that roads are designed for all users, tying funding and grants to projects that meet this goal.

Texting and Cell Phones: Make distracted driving a primary offense for which one can be stopped and ticketed. Previous efforts made these secondary offenses.

Vulnerable Users: Support Cascade Bicycle Club's push to hold drivers accountable for serious crashes involving cyclists and pedestrians that are caused by driver negligence.

Safe Passing: Define 3-feet as the minimum safe passing distance to improve education and enforcement. This refines existing safe passing laws approved thanks to Bicycle Alliance efforts in previous years.

Each year after the statewide legislative agenda is identified, work shifts to talking to State legislators and public agencies, as well as making contacts with other groups. These groups include bike clubs, Transportation Choices Coalition, Childhood Obesity Prevention Coalition, and Futurewise – all organizations who have supported our legislative efforts in the past.

To keep up to date on our progress in making Washington State more bike-friendly, sign up for free action alerts on the Bicycle Alliance website, www.bicyclealliance.org. We'll also have information posted here as we get bill numbers and more details on legislation that impacts bicycling – pro or con.

Your personal contact with your legislators is especially important. An essential part of making changes to our laws is public input, which simply means folks contacting their elected officials at key moments and asking them to support bike-friendly legislation. We hope bicyclists and healthy communities supporters in every one of our State's 49 legislative districts contact their legislators in support of our legislative agenda before the Legislative session begins in January, and again during the session as our legislative items are debated.

Bringing ... cont. on pg 7

Bringing ... cont. from pg 6

To find out who your legislators are, visit <http://apps.leg.wa.gov/districtfinder/>.

Also, plan now to come to Olympia in person to attend Transportation Advocacy Day on Thursday, Jan. 28, 2010! Lastly, if you'd like more information on how to be part of the Bicycle Alliance Legislative Committee, contact info@bicyclealliance.org.

Centuries Next Year

By Cynthia Hammer

As some of us think longingly of the centuries we will ride next year, it might be time to

Perfect Your Riding Position & Technique

By Ed Pavelka

of www.RoadBikeRider.com

(this is one of a series of free articles from this website)

Cycling is full of prodigious numbers—the distances ridden, the calories consumed, the tires trashed. Another statistic that can seem astounding is the number of pedal strokes made.

Let's suppose it takes you six hours to ride a century and you pedal at the rate of 90 rpm throughout. As you cross the finish line, you will be making pedal stroke number 64,800.

Whoa, that's a lot! But it barely registers on the scale of what happens during a full season. For example, during the year in which I had my biggest mileage total, I figure that I got there by pushing the pedals around approximately 13,340,000 times.

Can you say, repetitive use injury? You can see why cyclists are good candidates, especially if we aren't pedaling from a nearly perfect position.

Your body and bike must fit together and work together in near-perfect harmony for you to be efficient, comfortable, and injury-free. The more you ride, the more essential this is. If even one thing is out of whack, it's a good bet that it will cause a problem during thousands of pedal strokes.

Fortunately, it isn't difficult to arrive at an excellent riding position. But it does take time and attention. You need to be careful with your initial bike set-up, then conscientiously stay aware of your body and the need for occasional refinements. As time goes by, your position will stabilize and you'll be riding in a smooth groove.

The following guidelines come from my experience and the advice of various experts. One is Andy Pruitt, Ed.D., the director of Colorado's Boulder Center for Sports Medicine. Andy has probably solved more position problems than anyone during his years of work with elite cyclists.

As you work on your riding position, always remember Pruitt Rule No. 1: **“Adjust your bike to fit your body. Don't force your body to fit the bike.”**

Frame: Measure your inseam from crotch to floor with bare feet 6 inches apart, then multiply by 0.68. The answer is a good approximation of your road frame size, measured along the seat tube from the center of the crank axle to the center of the top tube. As a double check, this should produce 4 to 5 inches of exposed seatpost when your saddle height is correct. When the crankarms are horizontal, the top tube should be right between your knees when you squeeze them together.

Arms: Keep your elbows bent and relaxed to absorb shock and prevent veering when you hit a bump or brush another rider. Hold arms in line with your body, not splayed to the side, to be more compact and aerodynamic.

Centuries ... , cont. on pg 8

Centuries ... , cont. from pg 7

Upper Body/Shoulders: Don't be rigid, but do be fairly still. Imagine the energy wasted by rocking side to side with every pedal stroke on a 25-mile ride. Save it for pedaling. Also, beware of creeping forward on the saddle and hunching your shoulders. There's a tendency to do this when pushing for more speed. Shift to a higher gear and stand periodically to prevent stiffness in your hips and back.

Head and Neck: Resist the temptation to put your head down when you're going hard or getting tired. It takes just a second for something dangerous to pop out of nowhere. Occasionally tilt your head to one side and the other instead of holding it dead center. Change your hand location to reposition your upper body and give your neck a new angle.

Hands: Prevent finger numbness by moving your hands frequently. Grip the bar firmly enough to keep hands from bouncing off on unexpected bumps, but not so tightly that it tenses your arms. For the same safety reason, keep your thumbs wrapped around the bar instead of resting on top. Move to the drops for descents or high-speed riding, and the brake lever hoods for relaxed cruising. On long climbs, grip the top of the bar to sit upright and open your chest for easier breathing. When standing, hold the lever hoods lightly and sway the bike side to side in synch with your pedal strokes, directly driving each pedal with your body weight.

Handlebar: Bar width should equal shoulder width to open your chest for better breathing. A bit too wide is better than too narrow. Make sure the hooks are large enough for your hands. Modified "anatomic" curves may feel more comfortable to your palms. Position the bottom, flat portion of the bar horizontal or pointed slightly down toward the rear brake.

Brake Levers: Move them around the curve of the bar to give you the best compromise between holding the hoods and braking when your hands are in the hooks. Most riders do best if the lever tips touch a straightedge extended forward from under the flat, bottom portion of the bar. The levers don't have to be positioned symmetrically—remember Andy Pruitt's rule. If your reach is more comfortable with one lever closer to you than the other, put 'em that way.

Stem Height: Start with the top of the stem about one inch below the top of the saddle. This should give you comfortable access to every hand position. As time goes by, think about lowering the stem as much as another inch (not all at once) to improve your aerodynamics. If your lower back or neck starts complaining, or if you notice you've stopped using the drops, go back up. Never put the stem so high that its maximum extension line shows, or it could be snapped off by your weight on the bar.

Top-tube and Stem Lengths: Combined, these two dimensions determine "reach." Depending on your anatomy and flexibility, your reach could be longer for better aerodynamics, or it may need to be shorter for back or neck comfort. For most riders, when they're comfortably seated with their elbows slightly bent and their hands on the lever hoods, the front hub will be obscured by the handlebar.

Back: A flat back is the defining mark of a stylish rider. Notice I didn't say a great rider. Anatomy and flexibility have a lot to do with how flat you can get. Lance Armstrong, for instance, has a rounded back that's not picture perfect and yet he still manages to go down the road pretty well. The same was true for John Howard, once America's dominant road racer. I'm in their boat (back-wise, not speed-wise). Once you have the correct reach, work on flattening your back by imagining touching the top tube with your belly button. This helps your hips rotate forward. You don't want to ride this way all of the time, but it'll help you get more aero when you need to.

Saddle Height: This is the biggie. You'll find various methods for calculating this critical number. Here's the one I like best. It has become known as the **LeMond Method**, because Greg brought it to us from his Renault team in the 1980s. (Invite a friend over so you can help each other and both wind up with primo positions.)

Begin by standing on a hard surface with your shoes off and your feet about 6 inches apart. Using a metric tape, measure from the floor to your crotch, pressing with the same force that a saddle does. **Multiply this number by 0.883.** The result is your saddle height, measured from the middle of the crank axle, along the seat tube, to the top of the saddle.

Centuries ... , cont. on pg 9

Centuries ... , cont. from pg 8

Add 2 or 3 mm if you have long feet in proportion to your height. If you suffer from chondromalacia (knee pain caused by damage to the underside of the kneecap), a slightly higher saddle may feel better. However, it should never be so high that your hips must rock to help you reach the pedals. If this formula results in a big change from the height you've been using, make the adjustment by 2 or 3 mm per week, with several rides between, till you reach the new position. Changing too fast could strain something.

Saddle Tilt: The saddle should be level, which you can check by laying a yardstick along its length and comparing it to something horizontal like a tabletop or windowsill. A slight downward tilt may be more comfortable, but be careful. More than a degree or two could cause you to continually slide forward, putting pressure on your arms and hands.

Fore/Aft Saddle Position: Sit comfortably in the center of the saddle, click into the pedals, and set the crankarms horizontal. Hold a weighted string to the front of your forward kneecap. For most of us, the string should touch the end of the crankarm. This is known as the neutral position. Loosen the seatpost clamp so you can slide the saddle to get it right. Seated climbers, time trialists, and some road racers may like the line to fall a centimeter or two behind the end of the crankarm to increase pedaling leverage. On the other hand, track and criterium racers may like a more forward position that breeds leg speed. **Remember, if your reach to the handlebar is wrong, use stem length to correct it, not fore/aft saddle position.**

Butt: By sliding fore or aft on the saddle you can bring some muscles into play while resting others. This is a technique favored by Skip Hamilton, my teammate in the 1996 Race Across America. Moving forward emphasizes the quadriceps muscles on the front of the thighs, while moving back highlights the hamstrings and glutes—the powerful butt muscles.

Feet: Some of us walk like pigeons, others like Charlie Chaplin. Your footprints as you leave a swimming pool will tip you off. To make cycling easier on your knees, shoe cleats must put your feet at their natural angle. This is a snap with clipless pedal systems that allow feet to pivot freely (“float”) several degrees before release. Then all you need to do is set the cleats' fore/aft position, which is easy. Simply position them so the widest part of each foot is centered on the pedal axle. If you experience discomfort such as tingling, numbness or burning (especially on long rides), move the cleats rearward as much as a centimeter.

Crankarm Length: In general, if your inseam is less than 29 inches, use 165-mm crankarms; 29-32 inches, 170 mm; 33-34 inches, 172.5; and more than 34 inches, 175 mm. A crankarm's length is measured from the center of its fixing bolt to the center of the pedal mounting hole. The length is usually stamped on the back of the arm. If you use longer crankarms than recommended, you'll gain leverage for pushing big gears but lose some pedaling speed.

Receive a *FREE* copy of the eBook “29 Pro Cycling Secrets for Roadies” by subscribing to the RoadBikeRider Newsletter at www.RoadBikeRider.com. No cost or obligation!

Editor's Note: There were three requirements for reprinting this article in its entirety. They are as follows:

1) **The URL** for this article can be found at: <http://www.roadbikerider.com/articles.htm#How%20to%20Perfect%20Your%20Riding%20Position%20&%20Technique>.

2) **The Byline** is Ed Pavelka, President of RBR Publishing Company.









3) **The Endnote:** Receive a *FREE* copy of the eBook “29 Pro Cycling Secrets for Roadies” by subscribing to the RoadBikeRider Newsletter at www.RoadBikeRider.com. No cost or obligation!





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
11/01 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, 7100 6th Ave.
11/02 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Loop Pt. Defiance. Someone will stay with the slowest rider. Regroup at Ft. Nisqually, then onto Fircrest for espresso/ raspberry scones. You can shorten to 13 miles by cutting out Fircrest. Rain/Freezing Cancels. Start: Starbucks @ 26th & Proctor. 
11/03 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.
11/03 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.
11/04 Weds	9:30 AM	3 B	43 - 44 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, snow, ice Cancels. Start: Chambers Lake Trailhead, Lacey. 
11/05 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 unpleasanties or your money back! Smoothies or beverage of your choice in South Prairie (no host). Rain Cancels. Start: East Puyallup Trailhead, 13900-86thStE,Puyallup. 
11/06 Fri	Fall	Day	First	Gridiron	First intercollegiate football game, Princeton vs. Rutgers University, in New Brunswick, NJ, 1869. Played in street clothes, the score was 6 - 4 in favor of Rutgers.
11/07 Sat	9 AM	3 C	25 - 30	Gene Smith 272 - 6747	Barely Stopping. Two hour ride through Oakbrook, stopping for a hot drink. Rain Cancels. Start: Spoke & Sprocket, U. P.
11/08 Sun	9:30 AM	2 B	50	Carol & Roz Davis 460 - 5622	Ride around Lake Washington w/ Carol & Roz. Rain Cancels. Start: Gene Coulon Park, Renton. 
11/09 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 11/02 for Ride Details. 



twbc monthly event schedule




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

Day/- Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
11/09 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.
11/10 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.
11/11 Weds	9:30 AM	3 B	43 - 44 Trail	L & K Vance 921 - 4847	Chehalis WesternTrail Ride. Rain Cancels. See 11/04 & Ride Notes for Ride Details. 
11/12 Thurs	9:30 AM	2 A	30 Trail	Lonna Cain 475 - 8853	Silk Road Smoooothly. Rain Cancels. See 11/05 for Ride Details. 
11/14 Sat	Up	Down	Lost	Earned	The Dow Jones Average hits 1000 for the first time, 1972. It closed above 10,000 during 1999.
11/15 Sun	10 AM	2 B	30 - 40	Sue Coley 539 - 0676	Turkey Trot Ride. Sue's monthly themed bike ride includes a lunch stop. Rain Cancels. Start: McDonald's, 112th & Pacific Ave. 
11/15 Sun	12:30 PM	3 B	26	Marcia & Mike Madden 720 - 1272	Ride the Powerline Trail. Ride across the Narrows Bridge & then onto the Powerline Trail. Start: Starbucks @ 40th & Bridgeport 
11/16 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 11/02 for Ride Details. 
11/17 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.
11/17 Tues	6 PM; 6:30 PM	Meet & 0 Meet &	Eat; 00 Greet	TWBC 759 - 2800	Nov. Club Meeting. M/A Wild West VFW Post #91, 2000 S. Union Ave., Tacoma. Eat @ 6PM, Meet @ 6:30PM. Presentation by Pierce Transit.
11/18 Weds	9:30 AM	3 B	43 - 44 Trail	L & K Vance 921 - 4847	Chehalis WesternTrail Ride. Rain Cancels. See 11/04 & Ride Notes for Ride Details. 
11/19 Thurs	9:30 AM	2 A	30 Trail	Lonna Cain 475 - 8853	Silk Road Smoooothly. Rain Cancels. See 11/05 for Ride Details. 
11/20 Fri	Stop	Safely	Go	Forward	The traffic light was patented in 1923 by Garrett Morgan of Cleveland, after witnessing a collision between an automobile & a horse-drawn carriage. He also invented the gas mask & a zig-zag stitching attachment.



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
11/21 Sat	8:30 AM	3 C	50	Gene Smith 272 - 6747	Barely Stopping. Ride to Morningstar Bakery in Port Orchard & return. Rain Cancels. Start: Kimbal P & N, Gig Harbor.
11/22 Sun	10 AM	2 B	30	Louis Boitano 922 - 1168	Burger Express. Start: Freighthouse Square, 430 E. 25th St.
11/23 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 11/02 for Ride Details. 
11/24 Tues	9 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.
11/25 Weds	9:30 AM	3 B	43 - 44 Trail	L & K Vance 921 - 4847	Chehalis WesternTrail Ride. Rain Cancels. See 11/04 & Ride Notes for Ride Details. 
11/30 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 11/02 for Ride Details. 

November Ride Notes:



11/04, 11/11, 11/18, 11/25 Chehalis Western Trail. Rain, snow, or icy conditions cancels ride. 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.

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.



The COG Home

TWBC Ride Line : 253 - 759 - 2800
Updated Sunday & Thursday!

*The 'Smiling Bicycle' Logo, the Club Jersey
& a majority of Club Ride T-shirts was
designed by Member Steve Lay.*



**Next Club Meeting: 6 PM,
Tuesday, November 17, 2009**

**Dec. Ride Calendar Deadline:
Tues, November 17, 2009**

**Dec. COG Article Deadline:
Weds, November 18, 2009**

*Please keep Database Commander Anne updated as to any updates 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!)*

PRESIDENT:

president@twbc.org

Carla Gramlich, 879 - 0115

VICE - PRESIDENT:

vp@twbc.org

Vern Hase, 759 - 7246

SECRETARY:

secretary@twbc.org

Sue Coley, 539 - 0676

TREASURER:

treasurer@twbc.org

Gus Fant, 564 - 4710

RIDE CAPTAIN:

ridecaptain@twbc.org

Cynthia Hammer

DIRECTOR OF COMMUNITY & GOVERNMENT RELATIONS:

gac@twbc.org

Bob Myrick, 473 - 7455

DIRECTOR OF SPECIAL EVENTS:

events@twbc.org

Joyce Clifford, 759 - 2393

NEWSLETTER EDITOR:

newsletter@twbc.org

Dena Wessels, 857 - 5658

(All Phone #s are 253 Area Code, unless otherwise indicated.)

MEMBERSHIP DATABASE & MAILING:

database@twbc.org

Anne Seago, 761 - 0709

MEMBERSHIP:

Phyllis Lay, 759 - 1816

WEBMASTER:

webmaster@twbc.org

Currently Vacant, Apply Now!

TWBC SAFETY & EDUCATION

Jim Ahrens, 566 - 3347

TWBC EQUIPMENT :

equipment@twbc.org

Steve Brown, 752 - 4038

Assistant Jim Davis

TWBC PUBLICITY:

publicity@twbc.org

Anita Beninger

CLUB JERSEY SALES:

jerseys@twbc.org

Peggy Fjetland, 841 - 4458

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

RAPSody Contact:

(2009): Aug. 22 & 23

hapsody2005@earthlink.net

Ralph Wessels, 857 - 5658

ANNUAL CLUB PICNIC:

(2009): Aug. 18

lkvance@harboret.com

Lou & Karel Vance

BIKE EXPO:

bikebooth@twbc.org

Peggy Fjetland, 841 - 4458

Advertisement Requirements: TWBC Members may place ads in the COG for free that are directly related to bicycling. All ads must be accompanied with contact information (i.e., name, address, phone number, email) of the person submitting the ad.

Local bicycle shops that offer a discount of at least ten percent (10%) to TWBC Members may place ads or flyers in the COG for free. "Local" is defined as within the Puget Sound area. Each bicycle shop may place up to two ads for free in a calendar year.

Non-members, agencies, businesses and bicycle shops that do not offer discounts of at least ten percent (10%) to TWBC Members will be charged for placing ads in the COG. Payment for the ad must be received prior to inclusion into the COG. The fee shall not be less than \$10 for a 1-line text ad and will be a minimum of \$50 for quarter page ads or more. The Newsletter Editor will determine an appropriate fee based upon the size and complexity of the ad. All ads are subject to editing and space limitations as deemed appropriate or necessary by the Newsletter Editor. ☺



November 2009

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



mail to:

Empty rectangular box for mailing address



Please Note: You can become a Member at www.twbc.org. Click on 'Online' under the Join heading.

Become a Member of TWBC

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 _____

Or, 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!