



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 established 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.



Report from the Ride Coordinator

By Cynthia Hammer



On Club Rides

Be ready to ride at the time listed for the ride—this means you have a bike in working order and you are on it properly dressed, including your helmet. You should also have a bicycle pump, a patch kit and a spare inner tube with you. Some money is usually helpful too.

Stay behind the Ride Leader during the ride and stay at least one bicycle length behind the bike in front of you to prevent accidents. If you ride in front of the leader, you will be on your own for knowing the route. If you leave the ride before it ends, let the leader know. Ride single file unless there is very little traffic on the road.

Call or point out hazards. Call out, “Car up” or “Truck up” when vehicles are approaching from up ahead and “Car Back” or “Truck Back” when these vehicles are approaching from behind. Let cyclists know when you are passing, by giving the warning, “On your left.” (You shouldn’t pass, except in very unusual circumstances on the right.)

Thank the Ride Leader at the end of the ride. Say goodbye to the other cyclists.

Make a Resolution To Ride More in 2010!

One easy way to ensure that you will ride more is to be a Ride Leader. Ride Leaders usually tell the Ride Coordinator by the 3rd Tuesday—the night of our Club Meeting (*or the date specified in the Newsletter*)—what rides they will lead the following month. Committing yourself in advance helps to make it happen. Another way is to wait before deciding when you will lead a ride or two in the upcoming month. This is also perfectly acceptable! Just send an email to cynthiahammer@nventure.com anytime the spirit moves you to arrange a bicycle ride with Wheelmen as your cycling companions.

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In this issue of the COG:

(Note: Italics are from the Editor)

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In your email, tell Cynthia where you will ride, the start time and location, the mileage, ride code and what, if anything, will be special about your ride. Be familiar with the route and be sure it is a safe one. Download a Ride Sheet (<http://www.twbc.org/resources/ridelist.htm>) from the Website and have participants sign in. Check that they include an actual emergency contact—not just 911. Show up 5 - 10 minutes before your start time. Welcome everyone and make introductions. Explain where you will be riding. That's it. Save your Ride Sheets to give to the Ride Coordinator at a later time.

Who wants to ride more in 2010? Email Cynthia now! ☺



By Bob Myrick, Director of
Community and Government Affairs

Actions affecting you and your community....

Our committee met again on Tuesday, December 1 at the Taqueria Guadalajara in the Stadium District at First and Tacoma Avenues. We plan to meet there again on Tuesday, January 5 at 6 pm to carry on our agenda and discuss the state of the world and Tacoma. At first we didn't think there was much to talk about, but the beer seemed to lubricate our lips.

1. **Mountaineers' Mile.** I talked about our efforts to obtain about \$500,000 from the Mountaineers Foundation. The money would be available for land purchases, wet land mitigation and/or trail construction between South Prairie and the end of trail in Buckley. The Mountaineers' Mile would be **designated as the last paved mile of trail** between Puyallup and Buckley. Some of you may remember that long time Mountaineer Stan Engle was a founding father of the Foothills Trail along with Dr. Doug Tate and Dr. Ernie Bay. Pierce County took on the project after these three people dreamt it up.

2. **Lakewood Sharrows.** Scott McElhiney was biking thru Lakewood one day when he noticed the Sharrows being put down on the roadway. Sharrows are meant to **alert motorists that cyclists are expected to be out in the lane.** The Sharrow also lets the cyclist know that it is OK to ride in the busy street. Scott noted the Sharrow markings were being placed next to the curb like a bike lane, but he knew the **Sharrow was supposed to be placed in the middle of the lane.** Scott spent considerable time and effort trying to inform Lakewood of the problem. He finally reached the proper authorities and convinced them the Sharrows were being placed improperly. Lakewood is now putting the Sharrows in the proper location thanks to Scott.

3. **Tacoma Mobility Plan.** Marguerite, Carla, Kris and I continue to serve on the committee trying to assist the City in coming up with a **good non-motorized plan that can actually be accomplished.** You may have noticed the City is out putting down bike lanes and not waiting for the new plan, a good thing. The new plan for bicycling may describe **three levels of improvements.** The first level would describe a basic system that should be built first. Then, the second and third levels would be built as funds become available. I presume the second and third levels should only be built if enough people are using the first level plan.

4. **Foothills-Forevergreen Funding.** Some of you know there are two Pierce County advocacy groups for trail building. Foothills Rails to Trails Coalition has mostly grass roots members **advocating for trails and developing trail assistance for operations.** Forevergreen is a coalition of Government Officials, Government workers, TWBC Members, Foothills members, etc. spending considerable time and effort trying to get adequate funding for trail development in Pierce County. Forevergreen has recently lost most of it's funding so many people are trying to keep Forevergreen on life support so it can continue to host the annual Pierce County Trails Conference and lobby for more trail money.

5. **TEA Ride. Tacoma Bike** recently sponsored a Sunday afternoon TEA ride in the British tradition to bring together

Gov. Affairs cont. on page 3

Gov Affairs, cont. from page 2

divergent groups of bike riders. About 12 riders went to the **Mad Hat Tea Company for tea and goodies**. Later, about 12 more riders arrived at the bike shop to go uptown and partake of drinks stronger than tea. We hope it becomes an annual event.

6. **Mountaineers' Outreach**. I have attended several events recently where the Mountaineers expressed their interest in outreaching to other like organizations. I reminded them we have always invited the Mountaineers to list our rides on their publications so that Mountaineers can **feel free to join us anytime, anywhere**.

7. **Ruston Tracks**. Steve asked if the Ruston tracks would be **removed or covered** when the new roadway is built to bypass the Ruston tunnel. Steve said he could investigate. The new road will have two roundabouts as it heads for Ruston. A trail extension will also be built to take the Ruston Way trail all the way to the existing boat basin in Point Defiance park.

8. **Puyallup River Walk, Foothills Connection**. We all are waiting for Puyallup to get the River Walk connected to the Foothills Trail **near Stortini's Restaurant**. The project has taken way too long to get done. If you live in Puyallup, feel free to complain to the City Council. Carla is tired of directing kids to ride on East Pioneer during the Tour de Pierce.

9. **SR 509 Detour**. We reminded each other that SR 509 will have a **bicycle detour for some time while a major bridge is repaired** due to a large fire under the bridge. The four-lane highway with bike lanes has been reduced to two narrow lanes at the bridge. Please stay away from SR 509 if you can.

10. **North 21st Street Bike Lanes**. You may have noticed the City is out with it's **contractors painting bike lanes** on North 21st, South 12th and several other streets around the City. The work stopped when the first rains came and the contractor had some equipment problems, but the dry weather allowed them to do some more painting before the end of the year.

11. **Access to Healthy Foods**. I was invited to attend an all day workshop put on by the County Health Department. Active Living and Healthy Eating is an effort by the Health Department to get a grip on our societal obesity problem. **Bringing good grocery stores to underserved communities** was a hot topic.

12. **Steilacoom Railroad Tracks**. Ralph continues to work on ways to convince the Steilacoom City Council and the ABITIBI company to **remove or cover the bad tracks that have caused so many serious accidents** near the old paper mill. Even though several improvements have been placed near the tracks, **errant cyclists continue to fall on the tracks**. We are very concerned there will be a fatal accident here if the tracks are not removed or covered.

13. **Best Buy**. I heard on the radio that Best Buy is going to start selling **electric bikes**. At least someone is starting to think of how we can have a **sustainable future** with regard to our food, goods and work situations when the price of gasoline goes way up.

14. **Cushman Trail**. The trail work is almost finished. A trail **dedication and opening will have occurred on Wednesday, December 16** to celebrate the extension of the trail towards Borgen Boulevard. The trail is not there yet, but only about a million dollars away according to my sources.

15. **Bike Summit (renamed "Community Bicycle Fair")**. The Bicycle Alliance of Washington is sponsoring an event in Tacoma on Wednesday, **February 24 to talk about bicycle issues**. On Sunday, February 28, Carla is planning on putting on a nasty day ride, kind of like Portland's worst day of the year ride.

Obviously, we can use a lot of help in accomplishing our advocacy work throughout Pierce County. Please feel free to join in where you live and feel comfortable. As always, **cycle more and worry less.** ☺



TWBC ANNUAL BANQUET RESERVATION



Saturday, January 30, 2010

Wild West VFW Post 91, 2000 South Union Avenue

**Please list the names in your party for nametags
so you and others will know who you are... (please print clearly!)**

Name: _____

Name: _____

Name: _____

Name: _____



Number of adults X \$20 each = \$ _____

Number of children X \$15 each = \$ _____

Total Enclosed = \$ _____

Send this form and a check made out to TWBC for the total \$ amount to



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



January Ride Notes:


Dupont

01/06, 01/20 Chehalis Western Trail.

Rain, snow, or icy conditions cancels ride. Sign up w/ a

01/13, 01/27 Ride to Dupont.

contact number so we can notify you by phone (preferably cell, in case you are in transit) if a ride has been canceled. For the CWT, bring a lunch & snacks or plan to buy lunch in Tenino or Yelm. For both rides, 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.



01/17 Family Blue Vespers Ride. This is a casual, up to 25 mile ride if we go over the Narrows Bridge for coffee & snack break in Gig Harbor. We should be back by about 4:15 PM if riders want to stop again for drinks before the Blues music starts at 5 PM. This is an easy ride for new riders and those returning to riding. Really Cold Weather or Rain will Cancel this ride. Attending the Blues music is no (nothing further was on the Web Calendar for this sentence). ☺

Editor's Notes:

The 2010 Annual Budget was passed by Members as presented at the Nov. '09 General Club Meeting. This Jan. issue of the COG contains all articles that were submitted by the published deadline in the Dec. issue. The Ride Calendar was developed from those rides posted to the Club Website by early am on 12/16/09. The January '10 COG was passed along for publication on the Club Website by 12/21/09. ☺

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


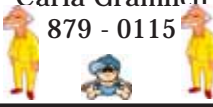






- 1 - Easy pace, frequent stops to regroup, 9-12 mph on flats.
 - 2 - Moderate pace, occasional stops to regroup, 12-15 mph.
 - 3 - Steady pace, limited stops, cue sheets/maps, 13-16mph.
 - 4 - Fast pace, very limited stops, cue sheets/maps, 16 + mph.
-
-

☺ *Good Wishes & Safe Riding to TWBC Members in 2010, the year of the Tiger!* ☺



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
01/03 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.
01/04 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. 
01/05 Tues	9:30 AM	2 B	30 - 50	Ron Nowicki, Louis Boitano 661 - 2664	Tuesday Ride. Start: Freighthouse Square, 430 E. 25th St, Tacoma
01/05 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.
01/06 Weds	9:30 AM	3 B	43 or 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 Ride Details. Rain, snow, ice Cancels. Start: Chambers Lake Trailhead, Lacey. 
01/07 Thurs	9:30 AM	2 A	30 Trail	Lonna Cain 475 - 8853	Silk Road Smoooothly. 100% paved trail w/ very few road crossings. No hills, no 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. 
01/10 Sun	10 AM	2 B	35 - 45	Sue Coley 539 - 0676	Sue's Splendid Adventure. Sue's monthly themed bike ride; includes a lunch stop. Rain Cancels. Start: McDonald's, 112th & Pacific Ave. 
01/11 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 01/04 for Ride Details. 
01/12 Tues	9:30 AM	2 B	30 - 50	Ron Nowicki, Louis Boitano 661 - 2664	Tuesday Ride. Start: McDonald's, 112th & Pacific Ave.
01/12 Tues	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.
01/13 Weds	9:30 AM	3 B	30 - 36	Lou & Karel Vance 921 - 4847	Ride to Dupont & stop for coffee. See Ride Notes for Ride Details. Rain, snow, ice Cancels. Start: Skyline P & Ride Lot, 7100 6th Ave. 



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
01/14 Thurs	9:30 AM	2 A	30 Trail	Lonna Cain 475 - 8853	Silk Road Smooothly. Rain Cancels. See 01/07 for Ride Details. 
01/17 Sun	1 PM	1 A	up to 25	Bob Myrick 473 - 7455	Family Blue Vespers Ride. Should be back by about 4:15 PM. See Ride Notes. Music starts at 5 PM. Start: Immanuel Presbyterian Church, 901 N "J" St. 
01/18 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 01/04 for Ride Details. 
01/19 Tues	9:30 AM	2 B	30 - 50	Ron Nowicki, Louis Boitano 661 - 2664	Tuesday Ride. Start: Celebrations Park, 1111 S 324th St, Federal Way.
01/20 Weds	9:30 AM	3 B	43 or 44 Trail	Lou & Karel Vance 921 - 4847	Chehalis Western Trail Ride. Rain, snow, ice Cancels. See 01/06 & Ride Notes for Ride Details. 
01/21 Thurs	9:30 AM	2 A	30 Trail	Lonna Cain 475 - 8853	Silk Road Smooothly. Rain Cancels. See 01/07 for Ride Details. 
01/24 Sun	10 AM	2 C	30 - 40	Carol & Roz Davis 460 - 5622	Lunch in Purdy. Ride to Purdy for lunch at Massimo's Italian Grill. Rain, snow, or icy conditions Cancels. Start: Skyline P & Ride Lot, 7100 6th Ave.
01/25 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 01/04 for Ride Details. 
01/26 Tues	9:30 AM	2 B	30 - 50	Ron Nowicki, Louis Boitano 661 - 2664	Tuesday Ride. Start: Sumner Library, 1116 Fryer Ave, Sumner.
01/27 Weds	9:30 AM	3 B/C	30 - 36	Lou & Karel Vance 921 - 4847	Ride to Dupont & stop for coffee. Rain, snow, ice Cancels. See 01/13 & Ride Notes for Ride Details. 
01/28 Thurs	9:30 AM	2 A	30 Trail	Lonna Cain 475 - 8853	Silk Road Smooothly. Rain Cancels. See 01/07 for Ride Details. 
01/30 Sat	6 PM, 7 PM	Meet, Meet	Greet; & Eat	Bob Myrick 473 - 7455	TWBC Annual Banquet. See article Dec COG. Wild West VFW Post 91, 2000 South Union Ave. Please reserve your space now. 
01/31 Sun	1 PM	2 A	30 Trail	Carla Gramlich 879 - 0115	Ride the Foothills Trail to South Prarie. Ice/snow Cancels. Cold/rainy Shortens. Start: East Puyallup Trailhead, 13900-86thStE,Puyallup. 
02/02 Tues	6 PM	00 Meet	00 & Eat	Bob Myrick 473 - 7455	Government Affairs Meeting @ Guadalajara Taqueria in the Stadium H.S. area @ 1st & Tacoma Ave. Monthly meeting to work on bicycle problems around Pierce County. All are invited to participate.

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 were
(are) designed by Member Steve Lay.



Feb. Ride Calendar Deadline:
Tues, January 19, 2010

Feb. COG Article Deadline:
Weds, January 20, 2010

Next Club Meeting: 6 PM
Tuesday, February 16, 2010

*Please keep Database Commander Anne updated as to 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

RAPSody Contact:

(2010): Aug. 28 & 29

hapsody2005@earthlink.net

Ralph Wessels, 857 - 5658

ANNUAL CLUB PICNIC:

(2010): Aug. 17 ????

president@twbc.org

Currently Vacant, Apply Now!

BIKE EXPO:

(2010): March 13 & 14

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. ☺



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

January
2010



mail to:



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 _____

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)
- Newsletter
- Club Meeting Programs
- Becoming a Club Officer

Thanks for becoming a Member of TWBC!