



the cog-nitive courier

tacoma wheelmen's bicycle club newsletter

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TWBC, originally established in 1888 & reinvigorated in 1974, is a general purpose bicycling club in Pierce County that welcomes cyclists of all skill levels for social riding. The COG is issued monthly.

Casual Observations About Winter Riding

By Jim Ahrens

"There are too many factors you have to take into account that you have no control over ... The most important factor you can keep in your own hands is yourself. I always placed the greatest emphasis on that."

Eddy Merckx, Belgian, who won Tour de France five times.

What a month January has been: rain, ice, rain, flooding, rain, did I mention rain?

And thanks to everyone that managed to put fenders with extensions on their bikes. There are two important benefits: 1) your feet don't get as wet and, 2) you don't get those annoying road grime stripes up the back of your new Christmas jackets or jerseys.

Now, there is a topic for serious discussion: sand and grime on our roads. I understand you are probably thinking, yeah so what else is new? The county will sweep off the shoulders in May. So what's the problem? Road grime seems to find its way into every moving part on a bike, clothes, eyes and hair.

Any other time of year I wash and lube my bikes about once a week. However, during this year's monsoons, I'm washing down my bike after every ride.

It seems everyone has their own method and concoction for washing their bike. It's not rocket science, but keeping your bike clean is bicycle savvy. I purchased a scrub brush with lots of bristles and a handle off the shelf from a hardware store. I mix a couple ounce of Simple Green with cold water from an outside faucet into a five-gallon bucket.

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Before starting to wash a bike, take off the usual stuff that can get in the way: water bottles, seat bag, frame pump, computer and lights.

Just like with your car, start at the top and work down. So, start with the handlebars and saddle, repeatedly load the brush with sudsy water. Use the brush to loosen the dirt and grime and the sudsy water will run down and easily rinse off the road grime.

Use the same method for cleaning the fenders; top, seat, and down tubes; front fork; and seat and chain stays.

It's a little tricky keeping the bike upright while washing road grime off the wheels but here is one method that can certainly help: hold onto the handle bars while washing the front wheel; and hold onto the seat post while washing the rear wheel.

When washing the drive train the derailleur is usually in the third or fourth gear: rotate the pedals backwards while using the sudsy water and brush; clean the chain, rear derailleur and cassette. Do the same to the chain rings and crank. And watch out as you turn the crank that the pedals don't rotate around and hit your hand. Ouch!!

So there might seem like there is a lot of water on the bike when you are done. Sure there is. That's a good reason to pick the bike off the ground about two inches and bounce the tires off the pavement. This helps shake off most of the excess water. After you've done that a couple times let the bike air-dry. Or alternately, you can towel dry. The following day, you can lube the chain, and wipe off any excess from the chain.

Now that the bike is clean, it's time to take a look at the tires. If you have a flat tire, but aren't sure what the problem is, you need to take a closer look. It could be a remnant from a tire cable chain wire has penetrated the tire. They're about the size of one of your head hairs. I keep pulling these from my flat tires: it's a very thin wire and hard to find but it lets the air out just like the bigger roofing nails.

So here's a fun exercise you can to practice in your garage or someplace warm and dry: practice what to do to change a flat tire now instead of finding out on the road you don't know what you're doing. That's right, let the air out of the tube; shift the rear derailleur all the way to the right; open the rear brake release; release the wheel quick release and take out the wheel. Take the tire off the rim, and remove the tube.

Now add air to the tire, reassemble and put the wheel back onto the bike. Remember to shift the rear derailleur all the way to the left (makes taking off from a stop so much easier). Okay time for a reality check – do you carry spare tubes on your bike? Does your tire pump work? Can you change a flat by yourself? If you answered no to any one of these questions, you need more practice. If you answered yes to all three, you are prepared to go ride.

So the night before you planned to ride the weather changed and that morning it was snowy, icy and 24 degrees outside. Fine...Now what? Get on your indoor trainer! They're an easy alternative to riding outdoors, and less hazardous (well, unless you are riding on rollers for the first time). Spinner bikes are a lot fun too, as are spinner classes (check your local gym).

An indoor bike trainer is a wonderful tool and there are several workout strategies to choose from and use with an indoor trainer. Try this workout: ride for one hour to an hour and a half and work up to riding at 75% max heart rate. And just to keep from getting too distracted while riding: turn the volume up on your work out tape, or alternate pedal cadence.

Casual ..., cont. on page 3

Casual ... cont. from page 2

When there is a break in the weather (in January or February???) you will be better prepared to get out and ride.

Okay, since last month I took my own advice and signed up for this year's Seattle to Portland (STP) and booking a bike tour in French Alps. To help prepare for these events I have been riding Saturdays from Spoke and Sprocket. The riders meet at 0900 and decide where to ride. Come join the pace, meet other riders, sip coffee afterwards and have fun!

A new year is off to a great beginning – Ride Safe and see you next time! ☺



By Bob Myrick, Director of
Community and Government Affairs

Actions affecting you and your community...

Our committee met again on Tuesday, January 5 at the Taqueria Guadalajara in the Stadium District at First and Tacoma Avenue. We plan to meet there again on Tuesday, February 2 at about 6pm. In March, there will probably be no meeting, as I will be trekking in New Zealand.

We talked about the **City of Tacoma draft Mobility Plan**. On January 6, it was **presented** to the Planning Commission. On January 11, it was **reviewed again** by the Advisory Committee. On February 10, it will be **presented** to Tacoma's Utilities and Public Works Committee in Room 248 at City Hall at 4:30 pm. **The public is welcome** to attend these City Council sub-committee meetings.

On January 19, Carla conducted a Club Meeting to talk about **building our Membership base**. A larger Membership is thought to be important to demonstrate the importance of bicycling in our communities for health, recreation and transportation. We also want to find ways to get more Members and guests cycling on weekends.

Steve Brown is continuing to explore the **proposed work at Point Ruston**. He wants to make sure the road, sidewalk and trail improvements properly accommodate bike travel especially into Point Defiance and up into Ruston.

Transportation Advocacy Day is scheduled for January 28 in Olympia to lobby the Legislature on important matters affecting cyclists, walkers, bus riders and others. **Our agenda** can be found on the Bicycle Alliance of Washington website.

The Pierce County Trails Advisory Group will be asked to meet again to consider setting priorities for the trail plan recently adopted by the County Council. **There are over 300 miles of possible trail and very little money to actually build any trail**. Right now, **the focus** is on completing the Foothills Trail to Buckley and extending the Cushman Trail to Borgen Boulevard in Gig Harbor. Along these lines, **Pierce County Councilman Terry Lee** has one year left to serve. He was at the recent Cushman Trail extension celebration and he told me **his goal is to finish the trail to Borgen Boulevard and beyond towards Purdy**.

Mike Galizio is the Pierce County Transportation Planner who has been very involved in non-motorized planning. He also caused the latest Pierce County Bike map to be created and updated. Because of declining transportation revenues, he recently **had to transfer to the Utilities division** to continue work in planning. So, **we have a void at Pierce County Transportation with respect to having a specific individual to monitor non-motorized matters**. Carla indicated she was willing to contact the County Executive and others to express our concern that we need a specific person

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Gov Affairs, continued from page 3

assigned to non-motorized matters and a specific person who could be contacted to work on citizen concerns.

The Bicycle Alliance of Washington will be hosting a **Community Bicycle Fair** with TWBC on February 24 at 7 pm at **the HUB** in downtown Tacoma. There should be free food and a no host bar available in the meeting room next to the HUB. The **purpose** of the fair is to **hear from cyclists** regarding their concerns and to **present information** on our efforts to build a better bike system and a bigger membership base.

I have asked the **Pierce County Parks Department** to meet with key players in the trail community to **give us a status report** on the **efforts to get the trail completed** from South Prairie to Buckley. We also asked for a **report on the efforts to save the right of way** thru Gale Creek canyon towards Wilkeson. Another concern was **getting a single-track trail established** on the Elbe to Ashford portion of the Trail to the Mountain.

The **ForeverGreen trail** planning group is continuing their efforts to work more closely with the **Foothills Coalition** to **move forward** trails throughout Pierce County. Our own **Tim Payne**, a former TWBC President, is the former President of ForeverGreen and he shares my concern that **both groups are essential to moving forward the Pierce County trails agenda**.

Only two more months of bad weather before April and the Daffodil Bike ride. Presently, I wait for clear rain free days and hope I have the day free for riding. In the meantime, I am out walking or running on dirt trails and spending time in the gym or at the Wine bar. I hope to see you at the Annual Banquet on January 30 so we can talk about ways to cope with this weather.

Footnote: Following the preparation of the report, I have been in contact with **Shawn Phelps**, sphelps@co.pierce.wa.us, and **Jesse Hamashima**, jhamash@co.pierce.wa.us, who both work together in **transportation planning for Pierce County Public Works**. Both Shawn and Jesse **assured me their department will continue to work on all aspects of the non-motorized program**. This work includes making sure projects **incorporate** non-motorized improvements when called for in the Comprehensive Plan. They also **track** non-motorized improvements to make sure they are completed. They will continue to **update** the Pierce County Bike Map and make sure non-motorized improvements are **included** in future Comprehensive Plan amendments. **Shawn will be the primary contact**. Jesse is Shawn's supervisor and will be the secondary contact.

I have known Shawn for many years thru our previous work on County Transportation Plans. He rides some, but is primarily an avid walker. Likewise, I have known Jesse for many years thru our work with Pierce County. Jesse actually was a TWBC Member and is thinking of getting back into regular biking. I have complete confidence in both of these people. ☺

Report from the Ride Captain



Ride Leader Training

By Cynthia Hammer

On Monday, March 1 at 7 p.m. Cynthia Hammer will conduct a Ride Leader Training. This training will be for those interested in leading rides in the Century Training Program as well as for others who want to become Ride Leaders or become more knowledgeable about the process for leading rides. Place still to be determined. Please send cynthiahammer@nventure.com an email if you are planning to attend this training so she knows how many to plan for. ☺



Free and Open to All

By Cynthia Hammer



TWBC has created a 16-week series of training rides—getting people ready to safely ride centuries or double centuries. Now I just need a few more volunteers to be the ride leaders for these rides—the more leaders the fewer rides each of you will need to lead. There will be a ride leader training on Monday, March 1—place still to be determined. If you are interested in being a ride leader for these training rides, please email cynthiahammer@nventure.com, Ride Coordinator.

Links to the routes, elevation profiles and cue sheets for each of these training rides will be at our Website by early March. For now, here is the available information:

Training Ride Start Locations

Sumner rides start and end at the Sumner Library, 1116 Fryar Avenue, Sumner.

Sprinker rides start and end at Sprinker Recreation Center, 14824 C Street South, Tacoma.

Skyline rides start at the Skyline Park and Ride, 7100 6th Avenue, Tacoma.

Celebration rides start and end at Celebration Park, 11th Place South and 324th Street, Federal Way.

Level Specifics

Level I training to ride 100 miles two days in a row; 11 hours each day.

Level II training to ride 100 miles two days in a row; 9 hours each day.

Level III training to ride 200 miles in one day in 14 hours.

Ground Rules for Training Rides

Carry adequate food and TWO water bottles. There will be brief rest stops but no long lunch hour.

Be prepared to deal with your own flat tires and mechanical problems.

Have a personal plan for getting home in case of a minor accident or mechanical problem.

Carry cash, spare tubes, tools, pump, ID, and useful phone numbers. A cell phone is also useful.

Come prepared to deal with inclement weather, especially early in the season; we don't want anyone becoming hypothermic.

Never ride with earphones or earbud(s). Pull off and stop when using a cell phone.

Be on your bike ready to roll at the designated start time.

Please Note (*refer to schedule, next page*):

*Rides start at 9 a.m. although as rides get longer, groups may decide on earlier start times.

**Speeds for each level are for riding on the flats with no headwind.

***Get maps, elevation profiles and cue sheets for these rides after March 1 at
“Century Training Program” at www.twbc.org.

(See Complete Training Schedule on page 6)



Tacoma Wheelmen's Century Training Program Schedule



(please keep for future reference)

	Century	Training	Program	Level I, 12-14 mp **	Level II, 15-17 mph**	Level III, 18-21 mph**
Week	Date	Day/ Time*	Start Location	Distance/ Elevation***	Distance/ Elevation***	Distance/Elevation***
Wk 1	18-Mar	Sat, 9 a.m.	Sumner	29 miles/931'	29 miles/931'	43 miles/1329'
Wk 2	27-Mar	Sat, 9 a.m.	Sprinker	38 miles/744'	38 miles/744'	49 miles/1700'
Wk 3	3-Apr	Sat, 9 a.m.	Skyline	24 miles/1934'	24 miles/1934'	41 miles/2815'
Wk 4	10-Apr	Sat, 9 a.m.	Celebration	36 miles/2440'	36 miles/2440'	65 miles/3478'
Wk 5	17-Apr	Sat, 9 a.m.	Sumner	43 miles/1329'	43 miles/1329'	75 miles/3934'
Wk 6	24-Apr	Sat, 9 a.m.	Sprinker	49 miles/1817'	49 miles/1817'	81 miles/2707'
Wk 7	1-May	Sat, 9 a.m.	Skyline	41 miles/2505'	41 miles/2505'	73 miles/4697'
Wk 8	8-May	Sat, 9 a.m.	Celebration	56 miles/3650'	56 miles/3650'	82 miles/3239'
Wk 9	15-May	Sat, 9 a.m.	Sumner	71 miles/2414'	71 miles/2414'	102 miles/7412'
Wk 10	22-May	Sat, 9 a.m.	Sprinker	63 miles/2214'	63 miles/2214'	105 miles/2263'
Wk 11	29-May	Sat, 9 a.m.	Skyline	54 miles/5145'	54 miles/5145'	111 miles/5986'
Wk 12	5-Jun	Sat, 9 a.m.	Celebration	63 miles/3001'	63 miles/3001'	118 miles/4790'
Wk 13	12-Jun	Sat, 9 a.m.	Sumner	74 miles/3934'	74 miles/3934'	126 miles/7869'
Wk 14	19-Jun	Sat, 9 a.m.	Sprinker	81 miles/2702'	81 miles/2702'	135 or 146 miles/ 2650' or 2726'
Wk 15	26-Jun	Sat, 9 a.m.	Skyline	73 miles/4699'	73 miles/4699'	156 miles/8654'
Wk 16	3-Jul	Sat, 9 a.m.	Celebration	82 miles/3239'	82 miles/3239'	118 or 168 miles/ 5070' or 8684'

TWBC Memorial Weekend Trip

May 29 – May 31, 2010

By Carla Gramlich

(Specifics)



Saturday May 29: Meet at 11:00 am at the Yakima Fred Meyer to explore the Yakima Greenway (paved) trail. Lunch at Miner's. (25 miles) Longer option is available.

Lodging in Sunnyside: You will need to reserve and leave your credit card number to secure a room for the weekend. Most folks will check in on May 29 and head back on May 31. Country Inn and Suites Sunnyside, 408 Yakima Valley Hwy, Sunnyside WA 98944, 509 – 837 – 7878. There are other options if this fills up.

Sunday May 30: Short route to Prosser on the trail and back. (30 miles). Little longer to Prosser (45 miles). Long route up to Bickleton (75 Miles)

Monday May 31: Scenic Ride to Granger (25 Miles).

Let Carla know you are going; she can include you in the emails. ca_gramlich@yahoo.com cell # 253 - 592 – 9156. ☺

Club Trips Planned for 2010

Submitted by various Members.



Spring Break: March 27-April 4.

California Central Coast. Big Sur, then back up through inland valleys. Indoor accommodations; SAG most likely. Men welcomed this year. Call or e-mail Carol, 253 – 460 – 5622, wildsidewine@comcast.net.



Long Spring Tour: ~March 28 -???.

Tacoma – San Diego – Florida. Will be following the Adventure Cycling Southern Tier route. Self contained trip with a mix of camping and motels. For more information call Steve and/or Phyllis at 253 – 759 – 1816.



Memorial Weekend Trip: May 29 – 31.

Yakima Valley. Will base out of Sunnyside and each day will have a couple options, from easy to difficult. There will also be time for exploring and visiting some of the wineries. Call or e-mail Carla, 253 – 592 – 9156, ca_gramlich@yahoo.com.



Summer Trip #1: July 10 – 25.

Kootenay-Kananaski, SE BC-SW Alberta. Combination of camping and indoor accommodations; SAG most likely. Call or e-mail Carol, 253 – 460 - 5622, wildsidewine@comcast.net.



Summer Trip #2: August 6 – 17.

Gulf Island Tour. Tacoma to Port Angeles then over to Victoria and tour of the Gulf Islands. Self-supported (you carry everything) and camping. Tour will be shorter if you want to drive up to Port Angeles. Call or e-mail Carla, 253 – 592 - 9156, ca_gramlich@yahoo.com. ☺

Calling All Code 3 Riders

By Cynthia Hammer

It would be a boon to the Club if we offered at least one Code 3 ride each weekend. That will happen once the Century Training Series starts on March 16th, but until then, we need volunteers to lead Code 3 rides on Saturdays or Sundays.

We want rides that are 40 miles long or longer and rides that rarely stop for breaks and certainly don't stop for lunch although riders will snack to keep up their strength.

If this is the kind of ride you wished the Club provided, step up and lead it. Gene Smith is doing it with his Barely Stopping rides each month. Who else will commit to leading one Code 3 ride in February and again in March? Email the details to cynthiahammer@nventure.com.



Renewing Members (Thank You!):

Frits Akker, Lafe & Barbara Altier, Sue Batali & Fred Knox, Kevin & Anita Beninger, Rod Briggs, Joyce Clifford & David Barton, Karen Comer & Charlie Wolf, Jack Daniel, Robert Deehan, Dorene DeMars, Peggy & Ray Fjetland, Steven & Susan Garrett, Carla Gramlich, Rich Hahn, Janet Higbee, Dianne Koch, Bob & Donna Levin, Jim Martin, Scott McElhiney, Ken & Mary Neukom, Bill Newman, Thomas Reardon, Marguerite Richmond & Tam Jackson, Teresa Seim, Joe Small, Paul Stoddard, Tony Thomas, Greg Torfin, and Robin Sarner & Lisa Watson.

New Members (Welcome!):

Steve Albers & Family, Steve Blann, Michael Brazell, Patrick Byers, Peter Choe, Cynthia Doran, Tracey Irving, Geoffrey Jackson, Jane Kenyon, Mary Anne Lappier, Matt Newport, Douglas Schwab, Rick & Jennifer Slaughter, Jerry White, Gordon Wiggerhaus, Jean Wigle, Schandra Wiltse, and Michael Wood.

A gossip is someone with a great sense of rumor.

When everything's coming your way, you're in the wrong lane.

Editor's Notes:

This Feb. issue of the COG contains all articles that were submitted by the published deadline in the Jan. issue.

The Ride Calendar was developed from those rides posted to the Club Website by early am on 01/20/10.

The February '10 COG was passed along for publication on the Club Website by 01/29/10.



Bike Ride Around Puget Sound, RAPSody, Aug. 28-29

By Kristen Kinnamon



The Ride Around Puget Sound (RAPSody) has always been a unique cycling event. Five bike clubs work together to organize the ride in support of the Bicycle Alliance of Washington. As a ride by cyclists for cyclists, the route is challenging and the food is exceptional. The event lives up to its name by offering live music along the way and scenery that reminds you why we live in the great Northwest.

The 170-mile route starts and ends at Tacoma Community College, where free overnight parking is available. At the halfway point, there's free indoor and outdoor camping and a live band at Shelton High School, where for an extra fee you can enjoy root beer floats, massage and on-site meals supporting a local youth center.

Registration also includes souvenir socks, mechanical and ride support, luggage transport, showers and ice cream bars to celebrate the finish on Sunday Riders can complete the ride in one or two days.

RAPSody is a fundraiser for the Bicycle Alliance of Washington's statewide bike advocacy and education efforts. The event is organized by West Sound Cycling Club, Tacoma Wheelmen's Bicycle Club, Cyclists of Greater Seattle, Capital Bicycling Club and B.I.K.E.S. Club of Snohomish County. Organizers hope to raise \$25,000 to help the Bicycle Alliance support bicycle-friendly legislation, facilities and policies around the state.

The cost for RAPSody is \$80 through July 27. Save money by signing up early and joining the Bicycle Alliance. Registration closes on Aug. 20.

For more information, visit www.rapsodybikeride.com or call Betty at (253) 857-5658. You can register online at www.active.com.

RAPSody Training Rides: these rides also support the Bicycle Alliance of Washington and will help you prepare for your ride on RAPSody:

March 20 - McClinchy Mile, Arlington, www.bikesclub.org.

April 18 - Daffodil Classic, Orting, www.twbc.org.

May 2 - May Day Metric, Federal Way, www.teamtailwind.com.

June 6 - Peninsula Metric Century, Gig Harbor, www.twbc.org.

June 27 - Two County Double Metric Century, Millersylvania, www.capitalbicycleclub.org.

July 25 - Tour De Kitsap, Silverdale, www.westsoundcycling.com.





Aug. 14 - TRYBR, Tenino, www.capitalbicycleclub.org.





twbc monthly event schedule









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

Day/-Day	Time	Ride Code	Distance	Leader/Contact @ (253)	Ride or Activity
02/01 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. 
02/02 Tues	9:30 AM	2 B	30 - 50	Ron Nowicki, Louis Boitano 661 - 2664	Tuesday Ride. Start: Freighthouse Square, 430 E. 25th St, Tacoma.
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.
02/03 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. 
02/04 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, 13900-80thStE,Puyallup. 
02/05 Fri	New	Frontier	Facts	Out of this World Friday	Apollo 14. The third US manned moon expedition. Astronauts Shepard & Mitchell walked the moon, 1971.
02/06 Sat	Say	Simply	Nice	Things	National Pay A Compliment Day.
02/07 Sun	10 AM	2 A	about 50	Carol & Roz Davis 460 - 5622	Ride to the Ride. Will join Carla's ride on the Foothills Trail. Rain Cancels. Start: Forza Coffee Shop, S. 40th & S. Orchard.
02/07 Sun	1 PM	2 A	30	Carla Gramlich 592 - 9156	Super Bowl Sunday Ride. An annual tradition for TWBC. Something to do besides watching football. Start: East Puyallup Trailhead, 13900-80thStE,Puyallup.
02/08 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 02/01 for Ride Details. 
02/09 Tues	9:30 AM	2 B	30 - 50	Ron Nowicki, Louis Boitano 661 - 2664	Tuesday Ride. Start: McDonald's, 112th & Pacific Ave.
02/09 Tues	6 PM	00 Meet	00 & Eat	Carla Gramlich 592 - 9156	Board Meeting @ the Kim Ahn Restaurant across from TCC on Mildred. Guests & Club Members welcomed.



twbc monthly event schedule

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Day/- Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
02/10 Weds	9:30 AM	3 B	36	Lou & Karel Vance 921 - 4847	Ride to Dupont for coffee. See Ride Notes for Ride Details. Rain, snow, ice Cancels. Start: Skyline P & Ride, 7100 6th Ave (& Skyline Dr.) 
02/11 Thurs	9:30 AM	2 A	30 Trail	Lonna Cain 475 - 8853	Silk Road Smoooothly. Rain Cancels. See 02/04 for Ride Details. 
02/12 Fri	Fun	Facts	Small	Packages	First Barbie dolls sold in stores, 1959.
02/13 Sat	9 AM, Sharp!	3 C	50	Gene Smith 272 - 6747	Barely Stopping. See Ride Notes for Ride Details. Start: Auburn Fred Meyer, 801 Auburn Way N, Auburn. 
02/14 Sun	All	Day	Love	and Romance	Valentine's Day. Cards, Chocolates, Flowers, Meals, etc!
02/15 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 02/01 for Ride Details. 
02/16 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.
02/16 Tues	6 PM; 6:30 PM	Meet & 0 Meet &	Eat; 00 Greet	TWBC 759 - 2800	Feb. Club Meeting. M/A Wild West VFW Post #91, 2000 S. Union Ave., Tacoma.
02/17 Weds	9:30 AM	3 B	43 or 44 Trail	Lou & Karel Vance 921 - 4847	Chehalis Western Trail Ride. Rain, snow, ice Cancels. See 02/03 & Ride Notes for Ride Details. 
02/18 Thurs	9:30 AM	2 A	30 Trail	Lonna Cain 475 - 8853	Silk Road Smoooothly. Rain Cancels. See 02/04 for Ride Details. 
02/19 Fri	All	Day	Many	Memories	Japanese-American International Day of Remembrance. Anniversary of Executive Order 9066. Remembered for the pain caused, the lessons hopefully learned, & the hope that it will never be repeated.
02/20 Sat	Mail	Stamps	Letter	Written Words	The Postal Service Act was signed by President Washington; it established the US Post Office Dept, 1792.
02/21 Sun	10 AM	2 B	35 - 45	Sue Coley 539 - 0676	Sue's Splendid Adventure. There will be a stop for lunch. Rain Cancels. Start: McDonald's, 112th & Pacific Ave. 
02/22 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 02/01 for Ride Details. 



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Day/-Day	Time	Ride Code	Distance	Leader/Contact @ (253)	Ride or Activity
02/23 Tues	9:30 AM	2 B	30 - 50	Ron Nowicki, Louis Boitano 661 - 2664	Tuesday Ride. Start: Sumner Library, 1116 Fryer Ave, Sumner.
02/24 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 02/10 & Ride Notes for Ride Details.
02/24 Weds	7 PM	00 Meet	00 & Eat	Carla Gramlich 592 - 9156	Community Bicycle Fair, held at the Event Space of the Hub. See article this COG for complete details. Start: The Harmon Hub, 203 Tacoma Ave S.
02/25 Thurs	9:30 AM	2 A	30 Trail	Lonna Cain 475 - 8853	Silk Road Smooothly. Rain Cancels. See 02/04 for Ride Details.
02/26 Fri	Horror	Explode	Hurry	Loss	The World Trade Center was bombed , 1993.
02/27 Sat	8 AM	2 A	20	Carla Gramlich 592 - 9156	Seattle Bike Swap. See Ride Notes for Ride Details. Start: Gas Works Park, 2101 N Northlake Way, Seattle.
02/27 Sat	9 AM, 9:30 AM	3 C	55	Gene Smith 272 - 6747	Barely Stopping. See Ride Notes for Ride Details. Start#1: Skyline P & Ride, 7100 6th Ave (& Skyline Dr.) Start#2: GigHarbor P&R, 6808 Kimball Dr.W, GigHarbor.
02/28 Sun	Noon	1 A	10	Carla Gramlich 592 - 9156	Laugh at the Weather Bicycle Ride. See Ride Notes Start: Tacoma Bike, 309 Puyallup Ave, Tacoma.

February Ride Notes:



02/13, 02/17 Chehalis Western Trail.

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

02/10, 02/24 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 (one mile longer). 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.



02/13, 02/27 Barely Stopping. Come at 8:45 am to you are ready to roll out at 9 am. '13, Ride to Ravensdale and return through Black Diamond. Park in lot at corner of 10th & "A" Streets. '27, Two starts, no dawdling; both ride to Port Orchard and back.



02/24 Community Bike Fair. An open house event that will feature info on bike clubs, bike advocacy, community cycling interests, Safe Routes to School, cyclist & motorist education & more. Learn the latest about Tacoma's Mobility Plan, which includes proposed facilities for biking. Please sign up or register on this website:

<http://events.constantcontact.com/register/event?oeidka07e20b9yhcb37fd10a>



02/27 Seattle Bike Swap. Ride the Burke Gillman Trail to the Swap. If it is raining, we will still meet up & drive over to the Swap. Bring panniers to carry your finds. Ride afterwards on the trail to find lunch.



02/28 Laugh at the Weather. Come around to the back of Tacoma Bike to start the ride. Light snack before/after the ride. Option to ride to the Hub, no host. Please sign up or register on this website:

<http://events.constantcontact.com/register/event?oeidka07e2082754c13131a4>.

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.



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

March Ride Calendar Deadline:
Tues, February 16, 2010

March COG Article Deadline:
Weds, February 17, 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

Mike Madden, 564 - 2718

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:

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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. ☺



**February
2010**

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



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

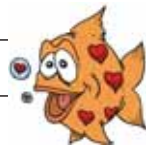
Please Note: *COG* delivery is now electronically via E-mail, unless you indicate here for the more costly, less 'Green' delivery method through the US Postal Service.

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!**



Community Bicycle Fair

February 24, 2010

Starts at 7:00 PM

City of Tacoma Mobility Plan Presentation at 7:30 PM

Are you a bicyclist?

Check out the growing cycling culture and bike movement in Tacoma and Pierce County!

The Community Bicycle Fair is an open house event that will feature information on bike clubs, bike advocacy, community cycling interests, Safe Routes to School, cyclist and motorist education, and more. Learn the latest about Tacoma's Mobility Plan, which includes proposed facilities for biking. Pick up regional bike maps.

Snacks provided. No Host Bar available.

Hosted by: **Bicycle Alliance of Washington**
and
Tacoma Wheelmen's Bicycle Club.

The Community Bicycle Fair
will be held at the Hub's Event Space.



More information and to register:

<http://events.constantcontact.com/register/event?oeidk=a07e2ob9yhcb37fd10a>

Submitted by Carla Gramlich

Laugh at the Weather Bicycle Ride



Sunday, February 28th, 2010

Ride Starts at Noon at Tacoma Bike.

(309 Puyallup Ave, Tacoma)

Refreshment provided before and after the ride.

Free !!!

On Sunday, February 28th, you are invited to get your bicycle out of the garage and take a little social ride with the Tacoma Wheelmen's Bicycle Club.

Before the ride, there will be some pastries, coffee and tea.
After the ride, some hot soup and a roll.

Be ready to ride, no matter the weather around Noon.

The ride will be around 10 miles and fairly flat.
Helmets and clothing for the type of weather is a must.

Have fun with it!



Tacoma Wheelmen's Bicycle Club . . .
Cycling for fun, fitness and livable communities.

Submitted by Carla Gramlich



2010
The B.I.K.E.S.
Mile Ride
ARLINGTON, WASHINGTON

SATURDAY
March 20, 2010

Presented by
B.I.K.E.S.
Club
Of
Snohomish
County

B.I.K.E.S. Club of Snohomish County invites you to explore the peaceful river valleys, rolling hills and picturesque farms of Snohomish County. Four food stops on three loops: 20 easy miles, 34 flat and scenic miles, or a challenging 47 miles. The 20 and 27 mile loops include portions of the Centennial Trail. Come join us and ride as many of the loops as you fancy.

The McClinchy Mile begins at Haller Middle School, 600 East First St., Arlington, WA east off I-5 exit 208.
Course is open 8am-4:40pm. Registration / Start 8am-11am
Be Green: Please carpool

The event was named in honor of the late Stuart McClinchy, a founding member of the B.I.K.E.S. Club. The McClinchy Mile is a fundraiser for B.I.K.E.S. Proceeds support local recreational cycling, the Bicycle Alliance of Washington, bicycles, helmets and bicycle programs for low income residents of Snohomish County.

Visit www.bikesclub.org for more information. On-line registration at www.active.com
Cash or Check only on day of ride

HELMETS APPROVED BY CPSC, SNELL ASTM OR ANSI ARE REQUIRED FOR THIS RIDE.



NAME _____ AGE _____
Complete one application for each rider.
 ADDRESS _____ PHONE _____
 CITY/STATE/ZIP _____
 EMERGENCY CONTACT & PHONE _____
Minors under age 18 must have written parental permission or be accompanied by parent.
 EMAIL _____

Make checks payable to B.I.K.E.S.

Mail Registration Form and check to:

B.I.K.E.S.
 McClinchy Mile
 P.O. Box 5242
 Everett, WA
 98206


McCLINCHY MILE RIDE
Cost: \$25 Adult; \$10 Children 17 and under with paid adult.
 Price includes great foodstops, map, on-course support vehicles and a \$1 donation to the Bicycle Alliance.

Special McClinchy cycling grab-bag with first 300 pre-registrations.

Cycling grab bags not picked up by 4:30pm by the day of the ride become property of B.I.K.E.S.
 Additional grab bags may be available day of ride for \$10.

From TWBC The Cog-nitive Courier 

WHERE DID YOU HEAR ABOUT THE McCLINCHY MILE RIDE?
 Previous Rider _____ Friend _____ Bike Expo _____ BIKES Newsletter _____ Cascade Newsletter _____ Active.com _____ Other _____





Ride Around Puget Sound

August 28 - 29, 2010

Visit www.rapsodybikeride.com for ride details!

Register online at active.com or mail this form to RAPSody, PO Box 542, Burley, WA 98322-0542.

Make checks payable to Bicycle Alliance of Washington

Name _____

Address _____

City/State _____ Zip _____

Phone _____

E-mail _____

Rider packets will be sent by email. Be sure to print legibly.

Notify the registrar if your email changes!

Number of Days	Indicate Souvenir Sock Size
2-day rider (Sat./Sun.)	S/M (6-10)
1-day rider (Sat. only)	L-XL (9-13)
Lodging	
Outdoor Camping	Hotel/Motel
Indoor Camping	Other
Be sure to mark all applicable boxes.	

Registration Closes 8/20		
Postmarked by 7/27	\$80	
Postmarked after 7/27	\$95	
Jersey – club cut style (order by 6/30 to guarantee)	\$60	
Circle Jersey Size	XS S M L XL 2XL 3XL	
Circle Jersey type	Men's/Unisex	Women's
Join the BAW for \$25	\$25	
BAW member discount (Join now for immediate discount!)	– \$10	
Dinner at high school	\$12	
Breakfast at high school	\$8	
Meals must be pre-purchased		
Total Enclosed		\$

Ride Around Puget Sound (RAPSody) Release

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

In consideration of the acceptance of this entry & by signing this Release for myself (or for the participant if the participant is under 18) I agree to RELEASE, HOLD HARMLESS, and INDEMNIFY the Bicycle Alliance of Washington, Capital Bicycle Club, B.I.K.E.S. of Snohomish County, Cyclists of Greater Seattle, Tacoma Wheelmen's Bicycle Club, West Sound Cycling Club, other host bicycle clubs, and all support staff, sponsors, advertisers, owners & lessors of premises on which the activity takes place, their respective officers, agents & members, & any other parties connected with the bicycle event for any injury, loss or damage suffered as a result of participation in the bicycle event or any activity associated with it, including injury, loss or damage caused by the Negligence of any party.

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

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

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

SNELL OR ANSI APPROVED HELMETS ARE REQUIRED ON THIS RIDE!

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

Read & Sign This Form

From TWBC The Cog-nitve Courier

