



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.



Tacoma To Boston

By Dave Seago

The highs and lows of biking self-supported from Tacoma to Boston will be the subject of Anne and Dave Seago's presentation at the March 16 TWBC General Meeting.

The pair made the memorable 4,500-mile journey last summer, crossing the Rockies through Idaho and Wyoming, cutting across South Dakota to Iowa to do RAGBRAI, then heading toward Cleveland and up along Lake Erie to Buffalo. From Buffalo, they headed east along the Erie Canal to Albany, across southern Vermont and New Hampshire and finally down the coast to Boston.

The story is not the route but the wonderful people they met along the way and some of the most glorious scenery America has to offer. And there will be a reading of one or two of the popular email columns Dave emailed home to friends along the way. ☺

Do You Have What It Takes To Be An Outstanding Ride Leader?

By Cynthia Hammer

Have you thought about dipping your foot (or should I say "wheel") into these waters, but have hesitated, unsure what is expected? Don't let shyness hold you back! Come to the Ride Leader Training on Monday, March 1, 7 pm at Java Fusion, 6820 6th Ave. in Tacoma. Do you have rides you dream of doing with Club Members? Come to this training. Start leading rides. Make your dreams come true. We'll be in their meeting room waiting for YOU. ☺

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Web Issue: March, 2010



By Bob Myrick, Director of
Community and Government Affairs

Actions affecting you and your community...

Our committee met again on Tuesday, February 2 at the Taqueria Guadalajara in the Stadium District at First and Tacoma Avenues. We plan to skip having a meeting in March since I will be trekking in New Zealand, but maybe, President Carla may call a meeting if the need arises. We plan to meet again on Tuesday, April 6 at 6 pm somewhere. I heard a rumor that the restaurant is relocating to the Sixth Avenue Business District, so we are taking suggestions as to where to have our meetings.

I announced that **retiring City Councilwoman, Connie Ladenburg**, would be receiving recognition for her work on **promoting the City Water Ditch Trail**. Also, Tacoma **staff member Diane Wiatr**, has received **recognition for her work on Tacoma's New Mobility Plan**. Each year, we try to find two politicians or bureaucrats who have contributed to making bicycling better in our Club service area. Past recognition has gone to Calvin Goings, Terry Lee, Shawn Bunney, and Rick Talbert.

Carla ran into a **local attorney, Richard Levansdowski**. Richard used to be in the triathlon scene before his knees gave out. Richard said he would really like to work on **getting the Steilacoom Railroad Tracks fixed** as he has also had a serious fall at the dangerous tracks. Ralph is continuing to be the lead contact for working with Steilacoom and is following the **possible sale** of the former paper mill.

Tacoma's **Mobility Plan** has been presented to the Planning Commission for their review, but **the process of improving the draft plan is still continuing** with the advisory committee and with presentations to the general public. The plan still needs considerable work to please TWBC. The plan is prepared for **three phases of work**. We want the **initial phase** to get a lot of **signage** on shared roads and on bike routes like getting to University Place, the National Parks, Puyallup, Lakewood, SeaTac, etc. We also **want the missing arterial sidewalks completed** so we have better connections to the Scott Pierson Trail. Hopefully, enough work can be completed to **encourage new bike commuters** to use the system.

The **electric cart/golf cart issue** is down in Olympia with two different draft legislative bills. Ernie Bay recently wrote a great letter to the editor detailing his fears that carts shouldn't be allowed on trails, sidewalks or even bike lanes ("Traffic: Keep golf carts off sidewalks and trails," Feb. 2, 2010, The News Tribune). Carts are just under 48 inches wide, so they can fit thru bollards guarding trail intersections. I'm most concerned with carts on sidewalks. I could handle carts on bike lanes and trails, but I know I'm in the minority. Presently, you can have a cart in Orting, but you can't ride on the Foothills Trail or the State Highway.

The **Washington State Trails Conference is coming to Tacoma on October 22 and 23**. Steve Brown and I are serving on the local planning committee. We have offered to lead **walking and biking tours**. The La Quinta Hotel will be the conference headquarters. Stay tuned for further information regarding the conference and our participation.

Several Club Members were down in Olympia for **Transportation Lobby Day**. We enjoyed being down there for the day and **presenting our issues to our local elected Officials**. You can go to the Bicycle Alliance of Washington website to see how we are doing down there.

Recently, I have been on several Club Rides where we travel **roads with two yellow lines**. I think a vehicle is **not Gov. Affairs, cont. on page 3**

Gov. Affairs, cont. from page 2

supposed to cross the two yellow lines even for a brief time to pass cyclists. Motorists routinely cross the two yellow lines **to allow safe passing distances for us cyclists**. I have written the News Tribune to see if they will address this issue in their traffic questions and answers column. I have had several very close encounters with motorists who chose not to cross the yellow lines, but **came uncomfortably close to me while passing**. I know the **correct procedure is to block the cars from passing by being further out in the road**, but most of us are trying to accommodate the cars by riding close to the edge of the road. What do you think?

Finally, I hope you enjoyed our Banquet this past month. Several people have suggested we might have a Special Needs table or admission for people on special diets or who just wish to attend the awards and program. **I'm looking for input**. Should a person who drinks our beverages, enjoys our snacks and eats the cake, pay a fee? Should everyone be required to pay the banquet fee? When should people be allowed in the hall to just enjoy the program? Please contact me with your thoughts. ☺



Report from the Ride Coordinator

By Cynthia Hammer



Century and Double Century Training Rides Start Saturday, March 20

Get in on the ground floor and then show up each Saturday for the following 15 Saturdays. Surprise yourself as you steadily get in shape for an awesome cycling season.

We rotate start locations among Sumner Library, Sprinker Recreation Center, Skyline Park n Ride and Celebration Park in Federal Way. The routes are varied, interesting and challenging. There will be 3 paces to choose from---Level I (12-14 mph), Level II (15-17 mph), and Level III (18-21 mph). This is the speed you ride at on level ground with no headwind—and it is a speed you can maintain. These are training, not social, rides.

Be warned—if there is a large group, they won't be able to wait if you need to change a flat. They will ride on after making sure you are alright and know your way back or they will give you a cue sheet in case you want to catch up.

Read the Ground Rules below:

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.

We look forward to having you and your friends join us on these Training Rides.

Information on the series with links to the route maps, cues sheets and elevation profiles will be available by March 1 at twbc.org. Click the menu item "Rides", then click "Training Rides." ☺

Looking for a Few Good Men (and Women) to Lead the Training Rides

By Cynthia Hammer

Some blank spots for Ride Leaders still exist on the Training Ride Schedule. If you are interested in helping with this new program and are available some Saturdays this spring to lead rides, please contact cynthiahammer@nventure.com. Or let me know if you can serve as a back-up Ride Leader. We would like to have more than two leaders each weekend for each speed category.

By helping with the training rides, you will be providing a wonderful service to the Club and the cycling community. ☺

Group Rides – What About Them?

By Jim Ahrens

Riding in group can be a lot of fun or not.

Knowing something about how pace lines (hereafter called echelons) work and things you can try will make group riding more fun.

Let me touch on safety for a moment – each cyclist is responsible for riding in a manner that they are not injured and they are not the root cause of another rider's injury. So before going on group ride check that your bike is ready to go. Check that there are bar end in plugs in both ends of the handlebars, the tires are in good condition - a few glass cuts but nothing severe - and the brakes work. Reminder: you are responsible for doing a safety check before a ride.

Now that you are done checking your bike, let's look at some other basics. Assume that the group ride you are going on (say a Saturday) will not be the first time you have ridden a bike (or done something else aerobic) since the previous Saturday. And, you are riding a well-maintained bike and your fitness level is at least equal to the other riders you will be riding with.

You show up on time at the designated location thinking that the other riders will have gone thru the same preparation as you. That is until you look around. You might notice one rider without a fanny pack or spare tube and pump; someone else just now airing up their tires; someone else forgot their helmet; someone else left their rain jacket at home; still another forgot their water bottles. And there is the rider that has not oiled their bike chain in weeks. Who did the safety check on their bikes?

There are five riders (more or less) heading out for the Saturday group ride and they chat while everyone warms up and find their legs. Something else to think about during warm up is how many riders start and something unique about each – jersey color is something to remember about each rider. And then practice riding beside someone and get comfortable.

At some point one rider will be pedaling along the other riders will start falling in behind that rider in a single file echelon. This seems to happen as the pace starts to pick up. It really does not matter who you get behind just remember too that you are in front of someone and behind someone.

One of the things you ought to do when riding behind someone (and it doesn't have to be raining out either) is stagger off slightly to one side of their rear wheel. That way instead of staring at that rider's rear wheel or back you can see the road up ahead. On wet days you can avoid some wheel spray.

Group Rides, cont. on page 5

Group Rides, cont. from page 4

If by some chance you ride up along the side of the rider in front of you (the skewer on your front wheel aligns with the skewer on their rear wheel) you are doing what's called "half wheeling". We've all done it but we should not to keep doing it. Two reasons not to half-wheel; (1) if the front rider makes a quick movement to the side you are half wheeling you've blocked him in and, (2) if you wanted to go around the rider you have blocked yourself and there is a good chance you'll rub wheels and "splat" down you go. Remember, try not to half wheel.

You might have noticed while riding in an echelon there are there are two lines: the off line and the on line. The on line is always the line closest to the fog line (right side) where riders advance up to the front. The off line is usually to the left the on line and riders coming off the front of the on line soft-pedal and drift back and around to the back of the on line. Do you have a picture of that?

What are some things to do when it's your turn on the front of the on line? Keep the same pace as the rider that just finished their turn on the front. Stay on the front as long as you feel comfortable. But that will depend on the pace. I sometimes just count the number of pedal revolutions (say 30) and then pull off to the left. Point out road obstructions; signal when slowing for traffic and remember there are riders all around you.

A few things to NOT DO when on the front; don't accelerate because you feel fresh; don't sit up and rest, keep your hands on the bars or hoods; avoid drinking or eating; don't pull off when you are just starting up a hill (take a shorter turn up front well before the hill).

Some things to remember when pulling off when your turn on the front is about over: be nice and look to the left and check for traffic (vehicles and bikes) then gradually drift over and back.

The book has a lot of good information.

If you want to work on your bike handling skills there is a group of riders leaving Saturday morning at 0900 from Spoke and Sprocket. Rides last from 3 to 5 hours, we decide where to ride by who shows up, there are no ride cue sheets, no food (meal) stops, pace is 28-32kph with the pace ramping up to 39-41kph on the flats. Everyone is welcome and encouraged to take their turn up front. ☺

☺ **echelon** (*esh-un-lon*): 1790 - 1800, from French, *echelon*, from Old French, *eschelon*, rung of a ladder, from *eschiele*, ladder. Used during WW1, defining a formation of troops, ships, airplanes, etc., in parallel lines, with each row projecting further than the one in front, forming an oblique or steplike ladder. There are several used copies on Amazon of the 2005 publication by Vitesse Press of "Bicycle Road Racing: The Complete Program for Training & Competetion" by Eddy Borsewski. ☺



Renewing Members (Thank You!):

Steve Albers, Robert & Nina Archer, Louie Boitano, Jim De Young, Laurie Ducatt, Linda Higgins, Bill Horn, Don Izenman & Michelle Regan, Louis Jones, Keith Meers & family, Ed & Ryan Orcutt, Carolyn Overmyer-Downey & family, John Pfaffe, Stan & Joan Sanders, Heinrich & Irmgard Schmidt, Leonard Throop & family, Max Welker & family, and Peg Winczewski.

New Members (Welcome!):

Rick Boatman, Derek Carlson, Virginia Clark, Michael Friel, Curt Goings, Gary Hawkinson, Gary McCune, Matt Newport, Janet Pool & family, Michael Rutkosky, Nancy Sorman, Jared Squires, Kathryn Stein, and Sherrie Trecker. ☺

2010 Legislative Mid-Session Status

By Ralph Wessels

As the time this article is being written, the Legislature is still in session. The 2010 session will be remembered as one where state finances were front and center due to economy. Accordingly, any bills that may be perceived as having a cost are not likely to survive. As we all know, there never seems to be a good time to make progress in Olympia, whether the economy is in boom or bust mode. It is necessary is for our collective voices be heard and that we elect people that have the ability and drive to better our world. That is one of the reasons that more than 120 people attended Transportation Advocacy Day. The Tacoma Wheelmen were represented by John Earnest Berry III, Bob Myrick, Steve Brown, and Ralph Wessels. Representatives from other bicycle clubs and advocacy organizations across the state were also there.

The Bicycle Alliance of Washington and their Legislative and Statewide Issues Group prepared several bills that were considered this session. They and others have been advocating for and monitoring a number of other bills that are of interest or of concern to bicyclists.

Bill that are still alive at this time that fall into this category include:

S3001 Addressing bicycle and pedestrian safety education in traffic schools. (BAW drafted). Passed by the House 97-0, 1 excused, and in Senate Transportation. Another step in educating new drivers about non-motorized roadway users. Now if we could just educate the current drivers.

S6345 Addressing the use of wireless communications devices while driving. First substitute bill passed by Senate 33-15, 1 excused, and in House Transportation. The focus is misguided and not comprehensive in addressing the driving-while-distracted issue. Albert Einstein once said, "Any man who thinks he can drive safely while kissing a pretty girl is not giving the young lady the attention she deserves." Most cell phones now have a multitude of features to keep us distracted. Research shows that our mental capacity is quickly overwhelmed by such devices while driving. Research also shows that even for pedestrians, talking on the phone is the highest factor that correlates in whether the pedestrian will be involved in a collision. If we can't walk and talk at the same time, should we be driving while using the phone? Continue to watch out for distracted drivers, as they will still be on the road after this bill becomes law.

S6207 Allowing local governments to create golf cart zones. First substitute bill passed by Senate 45-0, 1 absent, and in House Transportation. I can hear bicyclists communicating with, "On your left", "Car Back", and "Fore!"

2511 Addressing motorcycle profiling. Passed House 96-2. In Senate Judiciary. Hey, that just leaves us bicyclists to be profiled!

6374 Directing the Department of Ecology to adopt rules requiring entities to report the emissions of greenhouse gases. Passed Senate 45-1, 3 excused. Currently with Ecology and Parks. The herds will be protesting.

Bills that were not successful include:

2855 Providing financing options for the operations and capital needs of transit agencies. Died in House Rules. A lot of supportive testimony for this as lack of passage will have a severe impact on transit. Passage would not have added cost but it would have allowed the voters to decide if they could temporarily increase the local sales tax to fund transit. The State is targeting this revenue source to balance their books and likely did not want any competition.

S2911 Creating a Complete Streets grant program. Died in House Rules. Federal legislation may mandate this

2010 Legislative ... cont. on page 7

approach for states to receive federal transportation funds. Non=passage this year just means we have more work to do.

S5838 Concerning traffic infractions where the conduct is a proximate cause of death, great bodily harm, or substantial bodily injury. (Cascade Bicycle Club drafted) Never left the Senate but bounced between Rules and Judiciary. This is the 2nd year that it failed to pass. Similar to the law passed in Oregon. Pro and con testimony caused confusion translating to inaction. If you plan to be in a collision in the next year, do so in Oregon.

S2412 Addressing fully contained communities authorized under the growth management act. Died in House Rules.

2588 Regulating local electric carts. – Not much support and died an early death in House Transportation.

2644 Providing incentives for the collection and recycling of beverage bottles. Died an early death in Ecology and Parks. Be sure to contact your legislator after changing your next glass-flat during a cold rain. ☹

The Annual Banquet

By Cynthia Hammer

Our annual Club Banquet was held at the Veteran's Hall on Saturday, January 30th with 65 members in attendance. Bob Myrick did a great job organizing this event while Peggy Fjetland created a festive ambiance by putting empty blue wine bottles containing white flowers on each table.

The Board Members each received a beautiful, crystal paperweight with their name and title along with a picture of a cyclist engraved on each. Awards were then given to Ride Leaders, Commuters and those riding various amounts of Club Miles during the year. Ride Leaders received hats embroidered with "Tacoma Wheelmen" on the front and "Ride Leader" on the back. Commuters received bright yellow canvas bags with the new club logo embroidered on one side.

Those who cycled mileage milestones received notecards with a bicycle motif while those riding over 2000 miles received white T-shirts or sweatshirts with the new logo on the front and the names and mileages of those receiving this award on the back (see photos, pages 16 - 18).

Here is a list of those we honored at the Banquet.

Ride Leaders Who Led

1-4 Rides: Keith Bates, Sue Coley, Jim DeYoung, Noel Hagens, Janet Higbee, Debbie Hushagen, Dave Killen, Marcia Madden, Mike Madden, Ralph Wessels, Frank Wilson and Larry Wyman.

5-20 Rides: Karen Comer, Roz Davis, Peggy Fjetland, Diane Koch, Phyllis Lay, Steve Lay, Tom Reardon, Marguerite Richmond, Joe Small, Corky Smith, Mary Smith, Kris Symer, and Peg Winchezski.

Over 20 Rides: Louis Boitano, Lonna Cain, Joyce Clifford, Carol Davis, Carla Gramlich, Bob Myrick, Ron Nowicki, Gene Smith, Karel Vance and Lou Vance.

We are very appreciative of the time and energy you give to the Club. We hope your example inspires others to step up and lead some rides this year.

Annual Banquet, cont. on page 8

Annual Banquet, cont. from page 8

**Riders Who Achieved Mileage Milestones (miles ridden on Club Rides
or on rides listed in the NW Bicycle Paper Calendar)**

250-500 miles: Helen Burgess and Linda Walter.

500-1000 miles: Steve Brown, Gus Fant, Janet Higbee, Jim Martin, Christy Strand and Mike Treadwell.

1000-1500 miles: Jan Brame, Noel Hagens, Shelly Harris, Mike Madden and Fred Swift.

2000 and more miles: Louis Boitano, Phil Burgess, Lonna Cain, Sue Coley, Peggy Fjetland, Roy Harris, Debbie Hushagen, Dave Killen, Karel Vance and Lou Vance.

And those who rode over 3000 miles: Rich Walter (3173 miles), Joyce Clifford (3201), Phyllis Lay (3231), Steve Lay (3253), Peg Winchezski (3314), Bob Myrick (3800), and Keith Bates (4751).

Also, an acknowledge of Anne and Dave Seago who rode, self-supported, **4500 miles across the country.**

You all are an inspiration to us with your commitment to cycling.

Riders Who Commute on Their Bikes:

John Berry, Louis Boitano, Jan Brame, Steve Brown, Lonna Cain, Joyce Clifford, Toni Matson, Mike Madden, Mikeal Treadwell, Caroline Warnock, Peg Winchezski, Karen Vance, Lou Vance and Bob Vogel.

Those Who Rode over 2000 Miles Commuting:

Shelly Harris (2221), Bob Myrick (2680), Janet Higbee (2821), Phyllis Lay (2825), Steve Lay (2825), Roy Harris (3591), and Gene Smith (4857).

Keep pedaling. We applaud your efforts in creating more livable communities. ☺

Editor's Note: It's not too late to start YOUR ride year.

Start keeping track of those miles you ride & you too can see your name & accomplishments here next year!

What are the Limits of Bicyclists' Rights'?

By Ralph Wessels

Bicyclists are granted all of the rights and shall be subject to all of the duties applicable to the drive of a vehicle by state statute. There are some limitations on where bicycle can travel. For example, segments of I-5 are closed to bicycles. Are there other limits to where a motor vehicle can go and a bicycle cannot? An example of the right of others to discriminate against bicyclists that are using a route open to motor vehicles is demonstrated in the following article taken from the Kitsap Sun (11/28/08).

Bicyclist "Rights", cont. on page 9

Bicyclist Denied Chicken Strips Takes a Stand in Drive-Through
(Kitsap Sun Staff)

A bicyclist who blocked traffic in a Jack-in-the-Box drive-through on the 10000 block of Silverdale Way on Thursday was arrested on suspicion of trespassing.

The 24-year-old East Bremerton man told a Kitsap County Sheriff's deputy that he was unable to drive and had ridden his mountain bike into the drive-through to order some chicken strips.

The deputy, responding to a call from an employee, found the bicyclist by the window speaking into a hand-held video camera. When the deputy questioned him, the suspect said, apparently speaking into the camera, "The police are here."

The employee told the deputy that the man had ridden up around 3 p.m. and placed an order. The lobby of the restaurant had closed at 2 p.m. for Thanksgiving, and a sign was posted in the window to that effect.

The employee said her manager had told her not to serve people on bicycles, because of the safety hazard. She explained the policy to the bicyclist, but he refused to leave and told her, "Go ahead and call the police. I'm making a stand."

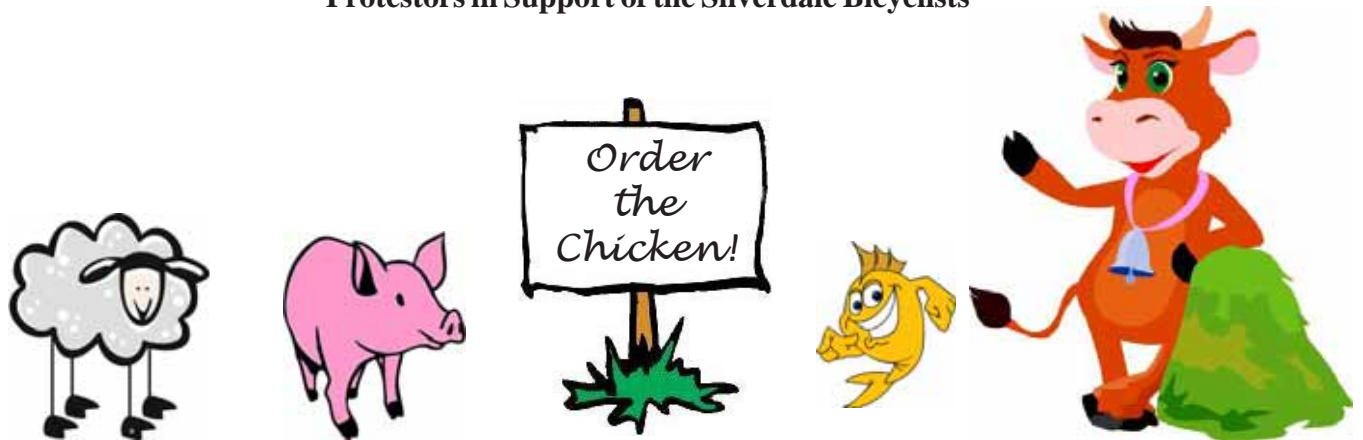
The deputy explained to the bicyclist that his behavior constituted trespassing, but he refused to move on.

After the bicyclist had been placed under arrest, he told the deputy he felt he had "a right to chicken strips."

The bicyclist was booked into to Kitsap County jail, but was later released on personal recognizance.

As you can see from the above, private properties and businesses do have the right to make decisions that may preclude the use of bicycles in areas where motor vehicles are allowed. Although the restaurant's decision to not serve the cyclists was allegedly based on safety, they do not really have to state a reason. In the above case, the reasonableness of the bicyclist is certainly questionable given that the video documentary was in progress when the police arrived and he felt he had a "right to chicken strips". It probably would have been better PR to sell the bicyclist a meal and certainly smart for the bicyclist to leave meales. So next time you want to go through a drive-through window on your bike, be aware that you may not be served. ☹

Protestors in Support of the Silverdale Bicyclists





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
03/01 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. 
03/02 Tues	9:30 AM	2 B	30 - 50	Ron Nowicki, Louis Boitano 661 - 2664	Tuesday Ride. Start: Freighthouse Square, 430 E. 25th St, Tacoma.
03/03 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. 
03/04 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 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. 
03/05 Fri	9:30 AM	2 C, 3 C	27 Train	Cynthia Hammer 752 - 0801	Hills Are Our Friends. Steve leads the 3 C & Cynthia, the 2 C. Each week the number of hills or the length of the ride will increase. Brief breaks. Rain Cancels. Start: Skyline P & Ride (6th & Skyline). 
03/06 Sat	9:30 AM	3 B	26 Train	Joe Small 228 - 9554	Cycle Circle Fitnes Ride. Hills ensure a workout but we'll move at a relaxed, pre-season pace. See Ride Notes. Start: Maristas Expresso, 1301 S320th St, Federal Way. 
03/08 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 03/01 for Ride Details. 
03/09 Tues	9:30 AM	2 B	30 - 50	Ron Nowicki, Louis Boitano 661 - 2664	Tuesday Ride. Start: McDonald's, 112th & Pacific Ave.
03/09 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.
03/10 Weds	9:30 AM	3 C	36	Lou & Karel Vance 921 - 4847	Ride to Dupont for coffee. See Ride Notes for Ride Details. Rain, snow, ice Cancels. Start: Skyline Park & Ride, 7100 6th Ave (& Skyline Dr.) 
03/11 Thurs	9:30 AM	2 A	30 Trail	Lonna Cain 475 - 8853	Silk Road Smoooothly. Rain Cancels. See 03/04 for Ride Details. 
03/12 Fri	9:30 AM	2 C, 3 C	30 - 40 Train	Cynthia Hammer 752 - 0801	Hills Are Our Friends. Rain Cancels. See 03/05 for Ride Details. 



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Day/ Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
03/13 - 03/14	Sat & Sun	00 Meet	00 & See	Cascade Bicycle Club	Seattle Bicycle Expo presented by Raleigh. Smith Cove Cruise Terminal 91; \$\$\$ Sat hours: 9 AM to 6 PM; Sun hours: 10 AM to 4 PM.
03/13 Sat	6 PM, WA State	Spring Forward Really	Early On Sun.	Matches 03/14, Sun @ 2 AM UTC	Daylight Saving Time. Set Clocks forward one hour @ 2 AM on Sun. First suggested by B. Franklin, 1784. First used during WWI, 1916. Observed mostly in the Northern Hemisphere. Today only has '23' hrs.
03/15 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 03/01 for Ride Details. 
03/16 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.
03/16 Tues	6 PM; 6:30 PM	Meet & 0 Meet &	Eat; 00 Greet	TWBC 759 - 2800	March Club Meeting. Tacoma To Boston.  M/A Wild West VFW Post #91, 2000 S. Union Ave., Tacoma.
03/17 Weds	9:30 AM	3 B	43 or 44 Trail	Lou & Karel Vance 921 - 4847	Chehalis Western Trail Ride. Rain, snow, ice Cancels. See 03/03 & Ride Notes for Ride Details. 
03/18 Thurs	9:30 AM	2 A	30 Trail	Lonna Cain 475 - 8853	Silk Road Smooooothly. Rain Cancels. See 03/04 for Ride Details. 
03/19 Fri	9:30 AM	2 C, 3 C	30 - 40 Train	Cynthia Hammer 752 - 0801	Hills Are Our Friends. Rain Cancels. See 03/05 for Ride Details. 
03/20 Sat	8 AM Start	All	20, 34, 47	B.I.K.E.S. Club of Snohomish	McClinchy Mile Ride. \$\$\$ Easy 20 miles & Challenging 47 miles (on portions of the Centennial Trail) or Flat 34 miles, through Snohomish County. Start: Haller Middle School, 600 E 1st St, Arlington, Exit 208 E off I - 5. 
03/20 Sat	9 AM	3 A, 3 A, 4 B	30, 30, 40 Train	Cynthia Hammer 752 - 0801	Century Training Series 1, II & III. See article, this & Feb. COG. Please sign in at the Website so we know how many to plan for. Start: Sumner Library. 
03/21 Sun	9:30 AM	2 A	45 - 50	Louis Boitano 922 - 1168	IKEA or Bust. Gloomy weather? Check w/ Ride Leader to see if he is still going. Start: Sumner Library, 1116 Fryer Ave., Sumner. 
03/21 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. 



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
03/22 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 03/01 for Ride Details. 
03/23 Tues	9:30 AM	2 B	30 - 50	Ron Nowicki, Louis Boitano 661 - 2664	Tuesday Ride. Start: Sumner Library, 1116 Fryer Ave, Sumner.
03/24 Weds	9:30 AM	3 C	30 - 36	Lou & Karel Vance 921 - 4847	Ride to Dupont & stop for coffee. Rain, snow, ice Cancels. See 03/10 & Ride Notes for Ride Details. 
03/25 Thurs	9:30 AM	2 A	30 Trail	Lonna Cain 475 - 8853	Silk Road Smoooothly. Rain Cancels. See 03/04 for Ride Details. 
03/26 Fri	9:30 AM	2 C, 3 C	25 Train	Cynthia Hammer 752 - 0801	Hills Are Our Friends. Rain Cancels. See 03/05 for Ride Details. 
03/27 - 04/04 Sat - Sun	Early	All	Varies	Carol Davis 460 - 5622	California Central Coast. Big Sur, then back up through inland valleys. Indoor accomodations; SAG most likely. Men welcomed this year. Start: Call Carol. 
03/27 Sat	9 AM	2 A, 3 A, 4 B	38, 38, 49 Train	Cynthia Hammer 752 - 0801	Century Training Series 1, II & III. See article, this & Feb. COG. Please sign in at the Website so we know how many to plan for. Start: Sprinker Rec Ctr, 14824 "C" St, S. Tacoma. 
03/28 - ??? Sun - ???	Early	All	Varies	Steve & Phyllis Lay 759 - 1816	Tacoma to San Diego to Florida, following the Adventure Cycling Southern Tier route. Self contained trip w/ a mix of camping & motels. Start: Call Steve & Phyllis. 
03/29 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 03/01 for Ride Details. 
03/30 Tues	9:30 AM	2 B	30 - 50	Ron Nowicki, Louis Boitano 661 - 2664	Tuesday Ride. Start: Skyline Park & Ride, 7100 6th Ave (& Skyline Dr.)
03/31 Weds	9:30 AM	3 B	43 or 44 Trail	Lou & Karel Vance 921 - 4847	Chehalis Western Trail Ride. Rain, snow, ice Cancels. See 03/03 & Ride Notes for Ride Details. 

☉ It would not be at all strange if history came to the conclusion
that the perfection of the bicycle
was the greatest incident of the nineteenth century. ~Author Unknown ☉

“Do Over”

By Dena Wessels

In the ancient Roman calendar, the year began in March, rather than in January. So if all those New Year’s Resolutions that you made on January 1 of this year have ground to a halt, then you have the opportunity to make them again (while trying to keep them THIS TIME). On March 1, go ‘Roman’ & start your year over! ☺



March Ride Notes:

Dupont

03/03, 03/17, 03/31 Chehalis Western Trail.

03/10, 03/24 Ride to Dupont.

(preferably cell, in case you are in transit) if a ride has been cancelled. 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 cancelled. We encourage riders to car pool.

Rain, snow, or icy conditions cancels ride. Sign up with a contact number so we can notify you by phone



03/06 Cycle Circle Fitness Ride. We’ll do the BPA Trail, down McMurrey Hill, Browns Point, Dash Point, Redondo & back (up) to Maristas. (Maybe we’ll do it backwards.) Faster riders who know the route can go ahead. Post-ride no host refreshments for those who want to linger a while after the ride. ☺

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.
-
-

Editor’s Notes:

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

The Ride Calendar was developed from those rides posted to the Club Website by early am on 02/16/10. The March ‘10 COG was passed along the line for publication on the new Club Website early on 02/26/10, after the old Club Website went down on 02/24/10. ☺

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, March 16, 2010

March Ride Calendar Deadline:
Tues, March 16, 2010

March COG Article Deadline:
Weds, March 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!)*

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president@twbc.org

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VICE - PRESIDENT:

vp@twbc.org

Vern Hase, 759 - 7246

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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. ☺



**March
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!**

2010 Annual Banquet Pictures



Left: The 2010 Annual Banquet Cake, showcasing the new Club Logo designed by Club Member Steve Lay. (Photo submitted by Cynthia Hammer)



Right:
The "Three Cheers of our Volunteers" Cake.
(Photo submitted by Carla Gramlich)

2010 Annual Banquet Pictures

(Photos submitted this page by Cynthia Hammer)



Left: Front of the 2010 Shirt or Sweatshirt awarded to those Members who rode over 2000 miles.

Right: Back of the 2010 Shirt or Sweatshirt awarded to those Members who rode over 2000 miles; their individual mileage is recorded for posterity (or bragging rights!).



2010 Annual Banquet Pictures

Right: Club Commuters received bright yellow canvas bags.
(Photo submitted by Cynthia Hammer)



Left: Ride Leaders received hats embroidered with "Tacoma Wheelmen" on the front, & "Ride Leader" on the back.
(Photo submitted by Cynthia Hammer)

Right: Festive ambiance created by Peggy Fjetland.
(Photo submitted by Carla Gramlich)



Club Riding Partners



Left: Group Ride.
(Photo Submitted by Jim Ahrens)

Right: With whom do you ride?

Any special equipment or arrangements to be made,
particular meeting places, certain times of day,
specific days of the week, that says
RIDE THE BIKE WITH YOUR BUDS?

Send pics of your riding buddies to the Editor.
(Photo Submitted by Dena Wessels) ☺

