



# the cog-nitive courier

## tacoma wheelmen's bicycle club newsletter

po box 112078 tacoma, wa 98411 [www.twbc.org](http://www.twbc.org) 253-759-2800

**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.**

### Call for Daffodil Volunteers

By Joyce Clifford

Needed!

In 2009,  
97 volunteers,  
filled 102 positions,  
to support 1500 riders,  
in the Daffodil Classic.

Wanted!

We need you to help make 2010 a success.

Sunday April 18 we host the 35th Annual Daffodil Classic. Sign up to help by going to [TWBC.org](http://TWBC.org) and clicking on "Volunteers". Ask a friend or family member to sign up with you. As a volunteer you may ride the event for free, you receive a souvenir t-shirt, you can join us for an after ride pizza celebration and you will be helping the northwest cycling community enjoy another great event. See you on April 18. 🌼



### Daffodil 2009

By Joyce Clifford



Last year's Daffodil Classic was a big success with 1500 riders showing up to enjoy that beautiful day where the high temperature might have reached 70 degrees!

But it wasn't just the weather. Last year we had 500 people pre-register for the Daffodil before that day's weather became apparent. A pre-registration record! Steve Lay and Kris Symer designed a beautiful bright blue Daffodil poster that graced the windows of 200 bike shops from Portland, OR to Vancouver, BC. Bright yellow flyers were sent along with the posters to both bike shops and 15 bike clubs throughout the region. The ride sponsor – Franciscan Health Systems – all arranged by Anita Beninger, printed all these materials. And last year, for the first time, all pre-registrants were entered into a drawing to win a \$200 Bike Shop Gift Certificate (winner's choice of bike shop).

**2009, cont. on page 2**

#### In this issue of the COG:

Daffodil Volunteers	page 1		
2009 Daffodil	page 1, 2	April Events	page 6
President's Report	page 2	Road ID	page 6
Tacoma Mobility Plan	page 2, 3	Ride Calendar	page 7 - 10
Attention Ride Leaders	page 3	Ride Notes	page 10
Using the Website	page 3, 4	Daffodil Flyer	page 13, 14
Goggle Maps	page 4, 5	RACC Flyer	page 15, 16
Last Minute Rides	page 5	Rhody Flyer	page 17
Membership	page 5	May Day Metric Flyer	page 18, 19

**Web Issue: April, 2010**

## **2009, cont. from page 1**

All this is done in order to 1) let as many people as possible know about the ride and 2) maximize the number of pre-registrants. We are on the same track again this year. By now you should see bright green Daffodil posters in bike shop windows and we have upped the ante by deciding to give away a \$300 bike shop gift certificate to this year's lucking pre-registrant. In a special effort this year, we caught Carla Gramlich and Peggy Fjetland handing out Daffodil and Three Ride flyers to people standing in line waiting to get into the Bike Swap in February. Now that's hustle!

As you can see, it takes a lot of volunteers to promote a ride. But it takes even more volunteers for day of ride activities. Slots are still available for helping with registration, sag driving and helping at rest stops. All volunteers get a free Daffodil T-shirt. This year they are available in short sleeve or long sleeve (volunteer's choice) and you can find pictures of this year's design at TWBC.org – where you can also sign up to volunteer. Please volunteer today and help make this year's Daffodil another great ride. 🌼

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### **April President's Report**

By President Carla Gramlich



Recently, Bob Myrick and I have been corresponding with the Mayor of Orting, members of the City Council and residents of Orting concerning safety on the Foothills Trails. I would encourage our Members to obey the rules of the trail when visiting Orting. On April 13, I am going to meet in Orting representing our Club to encourage brainstorming ideas on how to make the trail safer for pedestrians, bicyclist and other trail users; plus ideas on how trails users can get along better with motorists and local residents. I would like to thank Members who have given me their stories and ideas for the above concerns. But please remember, when you are on the Foothills Trail, that you are guests to that community. Happy Cycling. 🌼

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### **Tacoma Mobility Plan**

By Carla Gramlich

I wanted to pass along the new US Department of Transportation Policy Statement concerning walking and biking. The Secretary posted a blog about it today.

Here is a link to the Secretary's blog:

<http://fastlane.dot.gov/2010/03/my-view-from-atop-the-table-at-the-national-bike-summit.html#more>

And here is a link to the new policy statement:

[http://www.fhwa.dot.gov/environment/bikeped/policy\\_accom.htm](http://www.fhwa.dot.gov/environment/bikeped/policy_accom.htm)

Here's the gist of Sec. La Hood's announcement:

Today, I want to announce a sea change. People across America who value bicycling should have a voice when it comes to transportation planning. This is the end of favoring motorized transportation at the expense of non-motorized.

We are integrating the needs of bicyclists in federally-funded road projects. We are discouraging transportation investments that negatively affect cyclists and pedestrians. And we are encouraging investments that go beyond the minimum requirements and provide facilities for bicyclists and pedestrians of all ages and abilities.

**Mobility Plan, cont. on page 3**

## **Mobility Plan, cont. from page 2**

To set this approach in motion, we have formulated key recommendations for state DOTs and communities:

Treat walking and bicycling as equals with other transportation modes.

Ensure convenient access for people of all ages and abilities.

Go beyond minimum design standards.

Collect data on walking and biking trips.

Set a mode share target for walking and bicycling.

Protect sidewalks and shared-use paths the same way roadways are protected (for example, snow removal).

Improve nonmotorized facilities during maintenance projects. 🌟



## **Report from the Ride Coordinator**

By Cynthia Hammer

### **Attention Ride Leaders**

We are using a modified form for sign-ins when you lead a ride. When you have a non-member join you on a ride, have them sign the back of the sign-in sheet with their name and email address—and then email that information to [ridecaptain@twbc.org](mailto:ridecaptain@twbc.org) so she can add them to our Database and they will receive our bi-monthly free e-news.

Important information for all riders:

It is very important that when signing in on Club rides that you no longer put 911 as your emergency contact—we need to have a phone number, even if it is someone in Russia, who can make medical decisions in case you are ever seriously injured.

The Club's Ride Calendar includes a link where you can easily sign up for a ride. This let the Ride Leader and others know to expect you. This is a courtesy to the Ride Leader and can generate more enthusiasm for the ride as people see who else will be there. It can also be an aid to you—as the Ride Leader can easily send you an email telling you a ride is cancelled if this might be in question. Also, by signing up, the Ride Leader can print out the sign in sheet with your name already on it! 🌟

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## **Using the New Website**

By Cynthia Hammer

To view and access the Members Only section of the Website, you must log-in (upper right corner) with your email address and then enter your password. The first time you log-in, you must create a password by clicking on the words in white “forgot password.” You will receive an email with a link that lets you create your password. In the Members Only section are the Club and Commuter mileage tracking forms, the sign-in form for Ride Leaders, a list of bike shops that offer discounts for TWBC Members, a form to use for requesting money from the Treasurer, plus Club material, such as board minutes, policies, budget and bylaws.

For Family Memberships you are able to list exactly who is included in your Family Membership and we will email your Membership Cards for each person in your group (which the website calls a bundle.) The person we currently have an email address for with a Family Membership is called the Bundle Administrator. He/she can go to their profile on line and add the names and contact information for the others in their Family Membership (i.e. their bundle). Setting up a Family

**Website, cont. on page 4**

### **Website, cont. from page 3**

Membership this way allows all family members to have their own login and create their own password.

There is an online Member Directory in the Members Only section of the Website—but it isn't of much use until each of you goes to your online profile and tells us what information about you (will be) shared with other Club Members. Right now all that is listed is each Club Member's name, as the Board was concerned about sharing your information without your permission. So if you want other Club Members to know your phone number, your email address, your cycling interests and/or your photo, visit your online profile NOW and decide what information you want shared.

Final reminder—if you change any of your contact information, especially your email address, go to your profile and update your information there—otherwise we might lose track of you! 🌸

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## **Goggle Maps**

By David Seago

I recently took Google Maps' new bicycle route-finding tool out for a test drive on Tacoma's streets last month. The quickie verdict: Pretty darn good for a beta effort, although it still needs work.

And you can help make it better.

The Silicon Valley giant that turned "google" into a verb created a buzz in the cycling community last month by unveiling a new bicycle route-mapping tool.

Previously, Google Maps users could create maps and get directions only for trips by car, transit or walking. Only after 50,000 cyclists petitioned did Google get around to developing a feature that would also recommend bike routes in 150 American cities.

Tacoma, fortunately, is one of them.

When my wife, Anne, heard about the new tool on NPR, I hustled to the computer to see how Google would tell me to ride from our North End home to a meeting I had that morning at Tacoma Community College. The result wasn't the route that I or most experienced Wheelmen riders I would have chosen, but it was decent.

Oddly, the route ignored a long stretch of bike lane available on North Stevens Street, instead steering me most of the way south on Cheyenne and Huson streets. This was OK because they are safe, low-traffic streets and suitable for cautious or inexperienced riders. But when it came time to turn west, there was a stretch along busy, four-lane South 12th Street from Baltimore to Pearl Street that even experienced riders usually prefer to avoid.

Another trial map, from home to Sprinker Recreation Center in Spanaway, again ignored the bike lanes on Stevens, led me safely on side streets to the vicinity of the County-City Building, then south all the way to I-5 on Court F Street, instead of the Tacoma Avenue route I would have taken. But after that the map showed the good route out to PLU and Sprinker on South Park Avenue that is familiar to most Wheelpersons.

Although welcomed by most of the cycling community, the new Google tool has taken a pounding from some critics. New York Post reporters, for example, complained of "potentially fatal flaws" that would direct riders the wrong way on some one-way streets and sometimes to busy, dangerous streets that could easily be avoided.

One thing you have to remember about this mapping tool is that it is based on an algorithm -- in other words a formula the

**Goggle, cont. on page 5**

## **Goggle, cont. from page 4**

software uses with available information to decide which routes are best. Google developers devised the algorithm to choose low-traffic streets, avoid steep climbs and make use of bike lanes and bike trails. Google's information is, understandably, incomplete; it's no substitute for local knowledge based on experience. It is, however, a good tool for less-experienced riders, and that's Google's goal: to encourage more people to try riding bikes in urban environments.

The tool includes a "report problems" feature that riders can use to report mistakes or suggest better routes. With good participation from cycling users, over time the route-mapping tool will get much better.

I did make one disturbing finding: although Seattle and King County bike lanes and trails show up in healthy green lines, none at all show for cycling routes in Tacoma. Tacoma's Scott Pierson Trail doesn't exist, as far as Google bike mapping is concerned.

That's bad. I don't know if that's because the city hasn't included bike lanes and trails on the public geographical databases available to Google, or whether Google just messed up. But I'll "report a problem" to Google, and hopefully we'll see this fixed in the future.

*Update:* I alerted Diane Wiatr, (Tacoma) city mobility planner, about the missing details. She said city staff was working to correct the omission, and that it should soon be fixed. 🌸

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## **Want to Learn About Last Minute Rides? Want to Post a Last Minute Ride?**

By Cynthia Hammer

Become a Member of the Tacoma Wheelmen Google Group. Go to <http://groups.google.com/group/twbc?lnk=srg> and ask to receive daily emails. If you want to post a ride put "Last Minute Ride" in the heading and then write a message that includes all the details of your ride. This message will go out to all those in the Google Group which is currently 70 TWBC Members. As Ride Leader, remember to print out and bring with you the sign-in form that you can find in the Volunteer Section or the Members Only section of the Website. 🌸



Remember: this sign means come to a complete stop. That means your wheels stop turning and your (a) feet (foot) come(s) to rest on the ground. If an officer chose to ticket you for not stopping at a stop sign, it is considered as a moving violation. Your bicycle is considered a vehicle under state law. 🌸



### **Renewing Members (Thank You!):**

Jim Davis, Dianne Bechtold & Jeff Grider, Russell Hale, Mike & Nancy Henderson, Debbie & Jim Hushagen, Joseph & Susan Krezelak, Jerry Larson, Doug Munday, Barvie & Todd Pratt, Henry Retaillian, Linda & Richard Walter, and Larry & Carolyn Wyman.

### **New Members (Welcome!):**

Mark, Callene, Casey & Dana Abemathy, Marty Babare, Alissa Cooks, Mary & John Douglas, Dwayne Farmer, Jared Fraychineaud, Miles Gala, Shandy Hanke, Matthew Jarvis, Debra Kaplan, Jesse Keating, Yong-Min Kim, Janae Kim, Jeremy Kim, Justin Kim, Krissy Kim, Phyllis Mansfield, Peggy Matson, Jim McConville, Tina Moebius, Todd Pratt, Bill Richards, Maribel Rios, Jenny Rugg, Machell Treadwell, Craig Warnock, and Cris Wendt. 🌸

## Upcoming Events for April

By Carla Gramlich

### Ride for the Polar Bears - April 17, 10 am.

Ride from the Metro Parks HQ, 4702 S. 19 to the Pt Defiance Zoo. If you ride your bike you save 3 dollars on the admission to the zoo plus you are helping to save the polar bears. Maps/cue sheet will be provided for the return trip. Contact Bob Myrick for more information, 253 473 7455, or email: bobmyrick@msn.com.

### REI Cyclefest - April 17, 11 am - 2 pm, <http://www.rei.com/event/3181/session/3827>.

Need a couple volunteers to promote the Club and our events. Also there are classes (~20 minutes long) in changing a flat, commuting and preparing for STP. Go to the above link to register for the schedule and to register for the classes.

### Helmet Fitting - May 1 - South Hill Mall, 10 am - 4 pm.

Need volunteers to fit helmets. Never done this before, I can provide a DVD to view and help train you on the day of the event. New location, could mean more customers.

Please take the time to help provide a helmet at cost. It could prevent a serious injury. Contact Carla, 253 592 9156, or email [ca\\_gramlich@yahoo.com](mailto:ca_gramlich@yahoo.com).

### Second Annual Bicycle Swap Meet – May 8, 10 am – 3 pm, at UPS, outdoors in the Thompson Hall Parking Lot.

TWBC will have a booth at the Swap Meet. We need volunteers to promote the Club and sell/fit helmets. Also, there will be room for any Member that has a few items to sell. Will need to volunteer if you want to sell items. If you have lots of items, consider getting your own booth (information from the city on how to get your booth @ [bikeswap@cityoftacoma.org](mailto:bikeswap@cityoftacoma.org)). Contact Carla, 253 592 9156, or email [ca\\_gramlich@yahoo.com](mailto:ca_gramlich@yahoo.com).

*Editor's Note: Lots of going-ons! There will be a bike maintenance clinic, mechanics on hand, helmet fittings (visit & learn to make sure yours fits!), & food available! If you want to get a booth (no fee) & sell lots of items (no helmets!), register no later than Friday, April 23 & you will be emailed a confirmation & more information.* 🌸

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This year, stay safe! Order your personalized **Road ID** at [www.roadid.com](http://www.roadid.com). Available in the Original Version, w/ seven lines of laser engraved text, or the Interactive Version on which you build a fully updateable secure emergency profile, available to first responders via telephone & the internet. Two 3M reflective stripes adorn most models. Available in the Wrist ID Sport, the Wrist ID Elite (rubberized band), the Fixx ID (similar to military dog tag w laser engraved fronts in 231 images), the Ankle ID (w/ a neoprene band), the Shoe ID & the Shoe Pocket ID. Replacement tabs (\$16.99) available. \$19.99-\$24.99 w /\$1.49 shipping. Don't be a "John Doe" or a "Jane Doe" in an ER. Gift certificates available. 🌸

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## 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.



# 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
04/01 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 unpleasantries or your money back! Smoothies or beverage of your choice in South Prairie (no host). Rain Cancels. Start: East Puyallup Trailhead, 13900-80thStE,Puyallup. 
04/02 Fri	9:30 AM	2 C, 3 C?	25 Train	Cynthia Hammer 752 - 0801	Hills Are Our Friends. Leading the 2C: Cynthia; the 3C: a guest (?). Each week the # of hills or the length of the ride will increase. Brief breaks. Rain Cancels. Start: Skyline Park & Ride, 7100 6th Ave (& Skyline Dr). 
04/03 Sat	9 AM	2 C, 3 C, 4 C	24, 24, 41 Train	Cynthia Hammer 752 - 0801	Century Training Series 1, II & III. Please sign in at the Website so we know how many to plan for. Start: Skyline Park & Ride, 7100 6th Ave (& Skyline Dr). 
04/04 Sun	9 AM	2 A 	50	Toni Matson 851 - 4640	Easter Bunny Hop. Ride through Ft. Lewis to Yelm. We will stop @ Starbucks in Yelm for libation & Easter Eggs. Start: McDonald's, 112th & Pacific Ave.
04/05 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. 
04/05 Mon	<b>5:30 PM</b>	2 C	15 - 20	Toni Matson 851 - 4640	Calling Gig Harbor Riders. Length of ride to depend on darkness. These are rides to iron-out from the weekend, not fast, but w/ some friendly hills. Start: Kimball P & R (6808 Kimball Dr NW), Gig Harbor. 
04/06 Tues	9:30 AM	2 B	30 - 50	Ron Nowicki, Louis Boitano 661 - 2664	Tuesday Ride. Start: Freighthouse Square, 430 E. 25th St, Tacoma.
04/06 Tues	<b>6 PM</b>	00 Meet	00 & Eat	Bob Myrick 473 - 7455	<b>Government Affairs Meeting</b> @ Guadalajara Taqueria in the Stadium H.S. area @ 1st & Tacoma Ave. Work on bicycle problems around Pierce County. All are invited to participate.
04/07 Weds	9:30 AM	2 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.) 
04/08 Thurs	9:30 AM	2 A	30 Trail	Lonna Cain 475 - 8853	Silk Road Smooooothly. Rain Cancels. See 04/01 for Ride Details. 
04/09 Fri	9:30 AM	2 C, 3 C	25 Train	Step Up & Be A Leader!	Hills Are Our Friends. No Ride Leader. Rain Cancels. See 04/02 for Ride Details. 



# twbc monthly event schedule

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












Day/- Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
04/10 Sat	9 AM	2 C, 3 C, 4 C	36, 36, 65 Train	Cynthia Hammer 752 - 0801	Century Training Series 1, II & III. Please sign in at the Website so we know how many to plan for. Start: Celebrations Park, 1111 S 324th St, Federal Way. 
04/10 Sat	9:30 AM	2 B	50	Carla Gramlich 592 - 9156	Carla's Birthday Ride, to Orting for Lunch. Start: Freighthouse Square, 430 E. 25th St, Tacoma. 
04/12 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 04/05 for Ride Details. 
04/12 Mon	<b>5:30 PM</b>	2 C	15 - 20	Toni Matson 851 - 4640	Calling Gig Harbor Riders. See 04/05 for Ride Details. 
04/13 Tues	9:30 AM	2 B	30 - 50	Ron Nowicki, Louis Boitano 661 - 2664	Tuesday Ride. Start: McDonald's, 112th & Pacific Ave.
04/13 Tues	<b>6 PM</b>	00 Meet	00 & Eat	Carla Gramlich 592 - 9156	<b>Board Meeting</b> @ the Kim Ahn Restaurant across from TCC on Mildred. Guests & Club Members welcomed.
04/14 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. 
04/15 Thurs	9:30 AM	2 A	30 Trail	Lonna Cain 475 - 8853	Silk Road Smoooothly. Rain Cancels. See 04/01 for Ride Details. 
04/16 Fri	9:30 AM	2 C, 3 C (?)	30 - 40 Train	Cynthia Hammer 752 - 0801	Hills Are Our Friends. Rain Cancels. See 04/02 for Ride Details. 
04/17 - 04/24 Sat - Sat	7 AM	2 B	varied	Toni Matson 851 - 4640	California Dreaming. Join group going to Sonoma County. Space for 3-4 people driving down w/ Toni. Variety of rides each day. World class cycling, plenty of good climbs, beautiful scenery & of course, wine. Give Toni a call. 
04/17 Sat	9 AM	2 A, 3 C, 4 C	43, 43, 75 Train	Cynthia Hammer 752 - 0801	Century Training Series 1, II & III. Please sign in at the Website so we know how many to plan for. Start: Sumner Library, 1116 Fryer Ave, Sumner. 
04/17 Sat	10 AM	1 B 	10	Bob Myrick 473 - 7455	Ride for the Polar Bears to Pt. Defiance Zoo. Ride your bike & save \$3 on zoo admission, + save the polar bears. Start: Metro Parks HQ, 4702 S. 19th St.
04/17 Sat	11 AM to <b>2 PM</b>	00 Meet &	00 Lots!	Carla Gramlich 592 - 9156	R.E.I. Cyclefest. Info on bikes, groups, fun & safety. See Ride Notes for more details. Start: 3825 S. Steele St., Tacoma.





# 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
<b>04/18 Sun</b>	7 AM	Many	All	<b>TWBC</b>	 <b>34th Daffodil Classic.</b> \$\$\$ Ride Chair: Frank Wilson, 851 - 9061. Start: Orting Middle School, 111 Whitehawk Blvd NW. 
04/19 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 04/05 for Ride Details. 
04/20 Tues	<b>6 PM; 6:30 PM</b>	Meet & 0 Meet &	Eat; 00 Greet	TWBC 759 - 2800	<b>April Club Meeting.</b> M/A Wild West VFW Post #91, 2000 S. Union Ave., Tacoma.
04/21 Weds	9:30 AM	2 C	26	Lou & Karel Vance 921 - 4847	Ride to Dupont & stop for coffee. Rain, snow, ice Cancels. See 04/07 & Ride Notes for Ride Details. 
04/22 Thurs	9:30 AM	2 A	30 Trail	Lonna Cain 475 - 8853	Silk Road Smoooothly. Rain Cancels. See 04/01 for Ride Details. 
04/23 Fri	9:30 AM	2 C, 3 C (?)	25 Train	Cynthia Hammer 752 - 0801	Hills Are Our Friends. Rain Cancels. See 04/02 for Ride Details. 
04/24 Sat	9 AM Sharp!	3 B	25	Gene Smith 272 - 6747	Barely Stopping. Start: Spoke & Sprocket, 2621 70th Ave, Suite D, U.P.
04/24 Sat	9 AM	2 A, 3 A, 4 B	49, 49, 81 Train	Cynthia Hammer 752 - 0801	Century Training Series 1, II & III. Please sign in at the Website so we know how many to plan for. Start: Sprinker Rec Ctr, 14824 "C" St, S. Tacoma. 
04/24 Sat	9:30 AM	2 A	50/ day	Carla Gramlich 592 - 9156	Ride to Centrailia Weekend. Ride from Parkland to Centrailia, stay @ McMenamins Olympic Hotel. Call for room reservations (866-736-5164). Ride back on Sunday. Must carry your own gear. Start: Parkland Transit Center, S 121st & Pacific Ave.
04/24 Sat	10 AM	Meet &	Fit	Peggy Fjetland 841 - 4458	Eatonville is hosting a Bike Rodeo. Come volunteer. Contact Peggy for more info. 
04/25 Sun	10 AM	2 B	50	Carol & Roz Davis 460 - 5622	Ride Around Lake Washington. Will include a lunch stop. Rain Cancels. Start: Gene Coulon Park, Renton. 
04/26 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 04/05 for Ride Details. 
04/26 Mon	<b>5:30 PM</b>	2 C	15 - 20	Toni Matson 851 - 4640	Calling Gig Harbor Riders. See 04/05 for Ride Details. 



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Day/ Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
04/27 Tues	9:30 AM	2 B	30 - 50	Ron Nowicki, Louis Boitano 661 - 2664	Tuesday Ride. Start: Sumner Library, 1116 Fryer Ave, Sumner.
04/28 Weds	9:30 AM	3 B	43 or 44 Trail	Lou & Karel Vance 921 - 4847	Chehalis Western Trail Ride. Rain, snow, ice Cancels. See 04/14 & Ride Notes for Ride Details. 
04/29 Thurs	9:30 AM	2 A	30 Trail	Lonna Cain 475 - 8853	Silk Road Smoooothly. Rain Cancels. See 04/01 for Ride Details. 
04/30 Fri	9:30 AM	2 C, 3 C (?)	25 Train	Cynthia Hammer 752 - 0801	Hills Are Our Friends. Rain Cancels. See 04/02 for Ride Details. 
05/01 Sat	9 AM	2 C, 3 C, 4 C	41, 41, 73 Train	Cynthia Hammer 752 - 0801	Century Training Series 1, II & III. Please sign in at the Website so we know how many to plan for.  Start: Skyline Park & Ride, 7100 6th Ave (& Skyline Dr.)
<b>05/01 Sat</b>	6:30 - 8:30 AM	All	18, 34, 65, & 100	Vancouver Bicycle Club	<b>Ride Around Clark County</b> , Vancouver, WA. \$\$\$ <a href="http://www.vancouverbicycleclub.com">www.vancouverbicycleclub.com</a>
05/01 Sat	More	Info	To	Come!	Children's Safety Fair. South Hill Mall, Puyallup. More info to come!
<b>05/02 Sun</b>	8 - 10 AM	All	12,32, 45, & 62	Port Townsend Bicycle Assoc.	<b>Rhody Tour</b> , Pt. Townsend, WA. \$\$\$ Start: Haines Place P & R. <a href="http://www.ptbikes.org">www.ptbikes.org</a>
<b>05/03 Sun</b>	6 AM - 10:30 AM	All	50, 70, & 100+	Phil's South Sound Cyclery 661 - 3903	<b>May Day Metric</b> , Federal Way, WA. \$\$\$ Start: PSSC, 2310 SW 336th St. <a href="http://www.maydaymetric.net">www.maydaymetric.net</a>

## April Ride Notes:

Dupont



**04/07, 04/21 Ride to Dupont.**

**04/14, 04/28 Chehalis Western Trail.**

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

**04/17 REI Cyclefest.** This 4th annual event is free. Come to the Tacoma REI. Classes include 11:15 am, How to change a flat; 11:45 am, Where to Go Mountain Biking; 12:12 pm, STP Information; 1:15 pm, Riding Your First Century. Tons of prizes & freebies available. 🍀

# 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, April 20, 2010**

**March Ride Calendar Deadline:**  
**Tues, April 20, 2010**

**March COG Article Deadline:**  
**Weds, April 21, 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](mailto:president@twbc.org)

Carla Gramlich, 592 - 9156

## **VICE - PRESIDENT:**

[vp@twbc.org](mailto:vp@twbc.org)

Vern Hase, 759 - 7246

## **SECRETARY:**

[secretary@twbc.org](mailto:secretary@twbc.org)

Sue Coley, 539 - 0676

## **TREASURER:**

[treasurer@twbc.org](mailto:treasurer@twbc.org)

Mike Madden, 564 - 2718

## **RIDE CAPTAIN:**

[ridecaptain@twbc.org](mailto:ridecaptain@twbc.org)

Cynthia Hammer

## **DIRECTOR OF COMMUNITY & GOVERNMENT RELATIONS:**

[gac@twbc.org](mailto:gac@twbc.org)

Bob Myrick, 473 - 7455

## **DIRECTOR OF SPECIAL EVENTS:**

[events@twbc.org](mailto:events@twbc.org)

Joyce Clifford, 759 - 2393

## **NEWSLETTER EDITOR:**

[newsletter@twbc.org](mailto:newsletter@twbc.org)

Dena Wessels, 857 - 5658

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

## **MEMBERSHIP DATABASE & MAILING:**

[database@twbc.org](mailto:database@twbc.org)

Anne Seago, 761 - 0709

## **MEMBERSHIP:**

Phyllis Lay, 759 - 1816

## **WEBMASTER:**

[webmaster@twbc.org](mailto:webmaster@twbc.org)

## **TWBC SAFETY & EDUCATION**

Jim Ahrens, 566 - 3347

## **TWBC EQUIPMENT :**

[equipment@twbc.org](mailto:equipment@twbc.org)

Steve Brown, 752 - 4038

Assistant Jim Davis

## **TWBC PUBLICITY:**

[publicity@twbc.org](mailto:publicity@twbc.org)

Anita Beninger

## **CLUB JERSEY SALES:**

[jerseys@twbc.org](mailto:jerseys@twbc.org)

Peggy Fjetland, 841 - 4458

## **DAFFODIL CLASSIC**

**(2009): APRIL 19**

[daffodil@twbc.org](mailto:daffodil@twbc.org)

Frank Wilson

## **PENINSULA METRIC**

**(2009): JUNE 7**

[pmc@twbc.org](mailto:pmc@twbc.org)

Ron Nowicki

## **RAPSody Contact:**

**(2010): Aug. 28 & 29**

[hapsody2005@earthlink.net](mailto:hapsody2005@earthlink.net)

Ralph Wessels, 857 - 5658

## **ANNUAL CLUB PICNIC:**

**(2010): Aug. 17 ????**

[president@twbc.org](mailto:president@twbc.org)

**Currently Vacant, Apply Now!**

## **BIKE EXPO:**

**(2010): March 13 & 14**

[bikebooth@twbc.org](mailto:bikebooth@twbc.org)

Peggy Fjetland, 841 - 4458

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**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. 🌸



**April  
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](http://www.twbc.org). Click on 'Online' under the Join heading.

***B e c o m e   a   M e m b e r   o f   T W B C***

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

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

City, State: \_\_\_\_\_

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

Work Phone (optional): \_\_\_\_\_

E-mail: \_\_\_\_\_ @ \_\_\_\_\_

(all info. is for Club use only; please print clearly!)

Please Check Those That Apply:

New Member       Renew       Addr Chg

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

Individual Person Membership Fee ..... \$15 \_\_\_\_\_

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!***

Tacoma Wheelmen's Bicycle Club Proudly Presents the 35th Daffodil Classic

**Sunday**

**April 18, 2010**





"Please respect the Orting community with your vehicle parking choice."

**Day of ride registration**  
at the new Orting Middle School from 7am to noon.  
Cash and checks only!

**Mail registrations to:**  
Daffodil Classic c/o TWBC  
PO Box 112078  
Tacoma, WA 98411  
mail in registration closes April 5th.

**Early registrants** will be entered in a drawing to win a \$300 bike shop gift certificate.  
Winner will be announced the day of ride.

**Routes to choose from:**

-  1- to 30-mile route: A flat ride on the Foothills Rail Trail
-  40-mile Buckley loop
-  60-mile Kapowsin/Eatonville loop
-  100-mile route: combination of both loops

TWBC partnering with:  
CATHOLIC HEALTH INITIATIVES  
**Franciscan Health System**  
St. Joseph Medical Center  
St. Francis Hospital · St. Clare Hospital  
Enumclaw Regional Hospital  
St. Anthony Hospital



**Online registration:**  
active.com search by: "daffodil", closes April 15th, early registration and t-shirt sales close April 5th.

**BREAKFAST** will be served from 6 to 10 am in the cafeteria at the Orting Middle School, \$7 for everyone. Proceeds to benefit the *Weller Foundation*.

**Free FINISH LINE DESSERT**  
Noon to 5pm Orting Middle School

**Course information:** Open from 7am - 5pm. Map/cue sheet supplied. Roads are well marked. Rest stops supplied with food, drinks and sani-cans. Sag wagons will drive the route for mechanically stranded riders. Please carry ID, water, first aid kit and tire repair equipment with you.

**Family Rate** Allows 2 adults and children under 18 to ride at a discounted rate.

**"Helmets approved by CPSC, SNELL, ASTM or ANSI are required for this event."**  
Wearing a helmet could **SAVE YOUR LIFE**.



**Early-registration fees:**

Age 7 to 17 \$ 8 \_\_\_\_\_  
Age 18 or Older \$17 \_\_\_\_\_  
Family ( kids under 18 same household ) \$37 \_\_\_\_\_  
Children 0 to 6 Free

Must be **postmarked by April 6**

Please print clearly  
complete one application per participant - additional forms at: [twbc.org](http://twbc.org)

**Day of ride fees:**

Age 7 to 17 \$10  
Age 18 or Older \$20  
Family ( kids under 18 same household ) \$45  
Children 0 to 6 Free  
SS Shirts \$15  
LS Shirts Limited quantities available \$20

Shirts: SS Qty LS Qty  
S \_\_\_\_\_ S \_\_\_\_\_  
M \_\_\_\_\_ M \_\_\_\_\_  
L \_\_\_\_\_ L \_\_\_\_\_  
XL \_\_\_\_\_ XL \_\_\_\_\_  
2XL \_\_\_\_\_ 2XL \_\_\_\_\_

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

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

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

email: \_\_\_\_\_

Make all checks payable to: TWBC

SS Shirt qty \_\_\_\_\_x\$12 \_\_\_\_\_  
shirts are men's short sleeve

LS Shirt qty \_\_\_\_\_x\$17 \_\_\_\_\_  
shirts are men's long sleeve

**Total Enclosed \$** \_\_\_\_\_

**YOU MUST SIGN ON BACK AFTER READING FOR REGISTRATION TO BE COMPLETE!**  
Unclaimed shirts and souvenirs become property of TWBC at noon on day of ride. **SORRY THERE ARE NO REFUNDS**



TWBC partnering with:

CATHOLIC HEALTH INITIATIVES

**Franciscan Health System**

This ride helps support:

- Bicycle Alliance of Washington
- Helmets on Wheels
- bicycling safety & education programs
- local bicycle improvements
- Surplus food is donated to local food bank.

**For more information:**

Visit the [twbc.org](http://twbc.org) website.  
 Send email to [daffodil@twbc.org](mailto:daffodil@twbc.org)  
 Phone: Frank Wilson 253-815-9061

The start location is at the new:

**Orting Middle School**  
**111 Whitehawk Blvd NW, Orting, WA 98360**  
 (located .3 miles before Orting High School)

From Seattle:

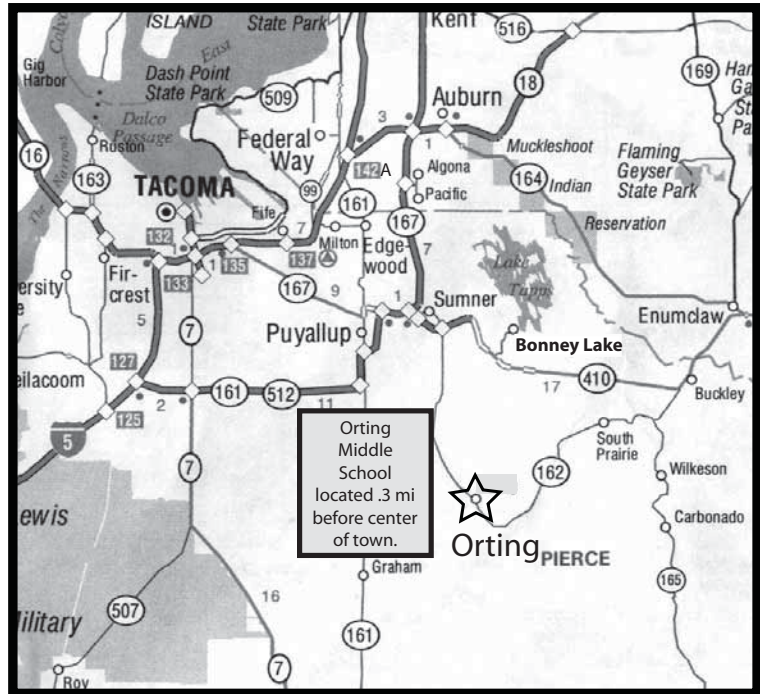
Go southbound on I-5 to SR 18 exit (milepost 142A)  
 Go east on SR 18 to SR 167 exit in Auburn (5 miles)  
 Go southeast on SR 167 to Sumner  
 Take the SR 410 exit towards Mt. Rainier  
 Take the SR 162 exit and go right on SR 162 to Orting.  
 Registration is located .3 mile before center of town.

From Tacoma:

Take I-5 to Puyallup-River Road (SR 167) exit.  
 Follow River Road (167) through Puyallup to SR 167  
 Follow SR 167 east and exit onto SR 410 at Sumner  
 Take the SR 162 exit and go right on SR 162 to Orting.  
 Registration is located .3 mile before center of town..

From Olympia

Go north on I-5 and take the SR 512 exit (milepost 127)  
 Take the 512 and follow through Puyallup.  
 Go east at SR 167  
 Take the SR 410 exit which goes to Mt. Rainier  
 Take the SR 162 exit and go right on SR 162 to Orting.  
 Registration is located .3 mile before center of town.



**HELMETS APPROVED BY CPSC, SNELL, ASTM OR ANSI REQUIRED FOR THIS EVENT**



**Tacoma Wheelmen's Bicycle Club (TWBC) Daffodil Classic 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 TWBC & all 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 TWBC 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.

**Helmets approved by CPSC, SNELL, ASTM or ANSI are required for this event.**

Signature of Participant: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent/Guardian if participant is under 18: \_\_\_\_\_ Birth Date: \_\_\_\_\_

**YOU MUST SIGN AFTER READING FOR REGISTRATION TO BE COMPLETE!**

# Important!!

**HELMETS REQUIRED!!** Participants must wear APPROVED helmets during the entire ride. Headphones are not allowed on the ride.

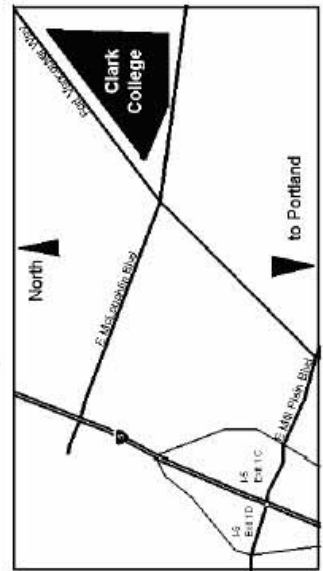
**RACC SCHEDULE:** Saturday, May 1, 2010  
 6:30 a.m. to 8:30 a.m. — Day of Ride Registration and Pre-Registration Packet Pick-up. Packet includes detailed course map, t-shirt if ordered, and goodies.  
 6:30 a.m. Course opens.  
 5:00 p.m. Course closes.

All rides must be on the road by 9 a.m. NO EXCEPTIONS!

Packets not picked up or claimed by 5 p.m. the day of the ride become the property of the VBC.



From each paid registration, a minimum of \$1.00 is donated to each of the following: The Bicycle Transportation Alliance, Bicycle Safety Coalition, and The Bicycle Alliance of Washington.



Vancouver Bicycle Club  
 Ride Around Clark County  
 PO Box 1456  
 Vancouver, WA 98668-1456

RACC 2010 Choices: 18, 34, 65 or 100 miles



# 27th ANNUAL RIDE AROUND CLARK COUNTY SATURDAY MAY 1, 2010

Four Beautiful & Challenging Rides



through Clark County, Washington

www.vbc-usa.com  
 Phone: 360-798-2812



We thank these gracious sponsors:



**OFFICIAL ENTRY FORM**  
**27th ANNUAL RIDE AROUND CLARK COUNTY**  
**Saturday, May 1, 2010**

Register online at:  
**www.signmeup.com/68859**

Please complete one entry form per entrant. Tandem entries must complete two entry forms. No confirmations of entry will be sent. Entry form must be completed in its entirety for each applicant & volunteer.

**Make Checks Payable To: VANCOUVER BICYCLE CLUB**  
 Send Checks or Money Orders to:  
 RACC, PO Box 1456, Vancouver, WA 98668-1456  
 No Refunds

**Name** \_\_\_\_\_ **Last** \_\_\_\_\_

**Address** \_\_\_\_\_

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

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

**PRE-REGISTRATION:** (Postmarked by Monday, April 19, 2010)  
*Your check must accompany this form.*

VBC Member (34, 65 or 100 mile)... \$15.00  18-mile ... \$10.00  
 Non-Member (34, 65 or 100 mile)... \$20.00  18-mile ... \$15.00  
 T-Shirt ... \$12.00

**Not a Vancouver Bicycle Club member?**  
**JOIN when you register and be eligible for VBC member ride price.**

Individual Membership ... \$15.00 1 yr  \$26.00 2 yrs  
 Family Membership ... \$20.00 1 yr  \$36.00 2 yrs

**DAY OF RIDE REGISTRATION**

VBC Member (34, 65, 100 milers)... \$20.00  18-mile ... \$15.00  
 Non-Member (34, 65, 100 milers)... \$25.00  18-mile ... \$20.00  
 Ask about availability of RACC t-shirts. \$15.00



**From the TWBC Cog-nitive Courier**  
 T-shirt - Please indicate sizes & quantities

S	M	L	XL	XXL

**Please check one box to receive the correct route map!**

18-Mile Ride  
 34-Mile Ride  
 65-Mile Ride  
 100-Mile Ride

**All Participants Must Read And Sign Waiver Below.**

**If Participant Is Under 18 Years Of Age, Parent Or Legal Guardian Must Sign.**  
 I acknowledge that this athletic event is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of athletes, equipment, vehicular traffic, actions of other people including, but not limited to, participants, volunteers, spectators, event officials, and/or producers of the event, and the lack of hydration. These risks are not only inherent to athletes, but are also present for volunteers. I hereby assume all of the risks of participating and/or volunteering in this event. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment, or property owned, maintained or controlled by them or because of their possible liability without fault.

PRINT NAME \_\_\_\_\_ AGE \_\_\_\_\_ SIGNATURE of participant or if under 18 guardian must sign \_\_\_\_\_ DATE \_\_\_\_\_

**4 GREAT LOOPS TO CHOOSE FROM**

- All routes start and finish at Clark College Hanna Hall, 1820 Fort Vancouver Way, Vancouver, Washington.
- 18-MILE LOOP, follow pink Dan Henrys, Start/Finish Line support only (Clark College open 6:30am-5pm).** Travels east through Cascade Park and back.
- 34-MILE LOOP, follow blue Dan Henrys, 1 Rest Stop at Lacamas Lake open 7-11am.** Travels east around Lacamas Lake and back to Clark College. (1,000' elevation gain)
- 65-MILE LOOP, follow yellow Dan Henrys, 2 Rest Stops: Lacamas Lake & Daybreak Park (open 9-3pm).** Travels east, around Lacamas Lake, then north through the hills of Hockinson, through Battle Ground, to Daybreak Park, west toward Ridgefield, then south through Felida and back to the finish at Clark College. (3,000' elevation gain)
- 100-MILE LOOP, follow white Dan Henrys, 3 Rest Stops: Lacamas Lake, Moulton Falls (open 9-1pm) & Daybreak Park.** Travels east, around Lacamas Lake, then north through the Hockinson hills to Battle Ground, continuing north to Yacolt & Amboy. Riders then head west on a new route through the scenic Cedar Creek / Lewis River area, and south through La Center (revised route for safety) to Daybreak Park. Riders proceed west toward Ridgefield, then south through Felida and back to the finish at Clark College. (4,800' elevation gain)

**AID/FOOD STATIONS**

Rest rooms, beverages & food are located at all rest stops and at the start/finish. Our famous Trail Putty will again be provided as well as energy drinks, fresh fruit, bagels, potatoes, cookies and other goodies. Stores en route for emergencies: Lacamas Lake, Hockinson, Heison, Yacolt, Amboy, La Center. Massage therapists will be working at the Clark College finish line on a fee basis.

**RIDE SUPPORT**

Although there will be sag support, riders and their bikes should be in good shape. Trained mechanics will be available at rest stops.

**WHAT TO BRING & WEAR**

We recommend you carry identification, a spare tube, patch kit, tire irons, pump, water bottles and extra money at the very least. **Warm Clothing & Rain Gear are Highly Recommended.**





# Rhody Tour

## Port Townsend, Washington

**THE RIDE IS SUNDAY, May 2nd, 2010.**  
**Registration** is from 8:00 am until 10:00 am at the Haines Place Park & Ride Lot, in Port Townsend. The course closes at 4:00 PM.

The **FAMILY RIDE** features 11 miles on the newly expanded Larry Scott Memorial Trail. It has its own rest stop and is suitable for cyclists of all ages.

At the Start and Finish the Cape Cleare Salmon wagon will be offering breakfast and post ride lunch for purchase. 8am to 2pm. Bring your family and friends! Java Gypsy Mobile Coffeehouse will be onsite.

Check [www.ptbikes.org](http://www.ptbikes.org) for the latest updates!

EARLY REGISTRATION Before April 26th	Individual	Family
Member	\$15	\$30
Non-member	\$20	\$40

DAY of RIDE REGISTRATION		
Member	\$20	\$35
Non-member	\$25	\$45

PTBA MEMBERSHIP	\$15	\$25
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FAMILY RIDE ONLY	\$5	\$10
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<b>TOTAL</b>	
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Help us plan by telling how many will attend the salmon feed.	
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Complete this release and registration form. Make checks payable to PTBA.  
**MAIL TO:** Port Townsend Bicycle Association P.O. Box 681 Port Townsend, WA. 98368. PH. 360-821-1802

\_\_\_\_\_  
 Last Name (print) First Name

\_\_\_\_\_  
 Street Address City State Zip

\_\_\_\_\_  
 Home Phone ( ) Emergency Phone ( ) E-mail

### Release of Liability and Agreement to Hold Harmless

Each participant in the Rhody Tour must read and sign this Release and Agreement to Hold Harmless.

- In consideration of my participation in the Rhody Tour and/or membership in the Port Townsend Bicycle Association ("PTBA") and by signing this Release for myself (or for participant if under 18) I agree to RELEASE, HOLD HARMLESS and INDEMNIFY PTBA ; the Washington State Department of Transportation; Jefferson County; the City of Port Townsend, and their officers, agents and members; and any other party or entity connected with them for any injury, or loss or damage (including injury, loss or damage caused by NEGLIGENCE ) to any individual suffered as a result of participation in the Rhody Tour bicycle event or any activity associated with it or with membership in PTBA including club rides and events.
- I understand that there are certain risks associated with bicycle riding, including the risk of serious personal injury or death, and I expressly and voluntarily agree to assume those risks. I understand the route chosen is challenging, not necessarily the safest or easiest route, and that weather conditions may make this ride more difficult. I warrant that I am in proper physical condition to participant in this event, that I am a sufficiently competent cyclist to handle the road conditions, and that my bicycle is in a safe operating condition.
- I understand that wearing a helmet that meets the ANSI or SNELL bicycle safety standards can minimize head injuries which may occur in a cycling accident and that PTBA requires all Rhody Tour riders to wear a helmet while participating in this and all club events and to follow the rules of the road and all applicable laws and safe bicycling practices. It is my responsibility to insure that my helmet meets ANSI or SNELL standards.
- I understand that this RELEASE is also binding on my heirs and representatives. If I am signing on behalf of a minor, I represent that I have the authority to enter into this Release and Agreement to hold harmless on behalf of and for said minor. I accept full responsibility for all medical expenses incurred as a result of the minor's participation. I agree to HOLD HARMLESS and INDEMNIFY the entities named above for any claim brought on behalf of the minor.
- I understand that photos may be taken during the Rhody Tour or other PTBA events and I hereby give PTBA the right to publish any photographs in which I may appear.

\_\_\_\_\_  
 Signature of Participant Date

\_\_\_\_\_  
 Signature of Parent/Guardian if participant is under 18 year of age. Date

From TWBC The Cog-nitve Courier

# May Day Metric

## A Spring Classic

Sunday May 2, 2010

Are you ready for a ride that will challenge your strength & stamina? The May Day Metric is a challenging recreational ride that is designed for the road cycling enthusiast. This supported ride has 3 route options; a challenging 50 miles, a hard 72 mile route, and an even harder 100+ mile route. The routes will guide you through the lesser traveled back roads, byways, and bike trails of the South Sound region. Both routes begin and end at Phil's South Side Cyclery in Federal Way. A portion of each registration fee and any residual funds & foods will be donated to our benefactors; **The Bicycle Alliance of Washington & The Orting Food Bank**. The mission of the Alliance is to give cyclists a voice in the legislative, planning, and educational processes. The Alliance works with cyclists, clubs, organizations, and governments to increase the freedom and safety of bicyclists statewide. The Orting Food Bank has become a vital resource for local families that have found themselves in need in these desperate times.

**50 Mile "Ho Ho-ville" Route:** Travel from Federal Way to Orting & back. 1,200 feet of descending {& climbing} as you pas through, Milton, Edgewood, Auburn, Sumner, Puyallup, and Orting.

**72 Mile "Twinkie-Land" Route:** Travel from Federal Way to Orting; once there push on to South Prairie, then Wilkeson and then back. 2,200 feet of descending {& climbing}.

**100+ Mile "Ding Dong- Station" Mountain Route:** Not for the faint of heart or soft in the butt. Travel from Federal Way to the Carbon River Entrance of Mount Rainier National Park and back.. Instead of turning around at Orting or Wilkeson you will continue to follow {& climb} the Carbon River Valley to its source. 100+ miles and 4,000 feet of descending {and climbing} as you ride the 100K route in addition to the Carbonado loop.

- Free Custom Cycling Socks Guaranteed to all Pre Registered Participants.
- Scrumptious **Hostess** snacks at well placed rest stops {every 20-25 miles}.
- Mechanical support and sag support for stranded {not tired} riders.
- Slice of Fresh Pie served at finish.
- Registration from 6:00 am – 9:30 am at Phil's South Side Cyclery.
- Course open from 6:30 am – 4:30 pm
- Scenic splendor and sense of accomplishment; Priceless.
- Print this form at [www.MayDayMetric.com](http://www.MayDayMetric.com)

**Directions To Start:** Phil's South Side Cyclery 2310 SW 336<sup>th</sup> St. Federal Way, 98023 I-5 to Exit #142B {348<sup>th</sup> St.} Go West on 348<sup>th</sup>. {go East & you're on Hwy 18} Cross Hwy 161 & 99 follow signs for King Co. Weyerhaeuser Aquatic Center. Cross 1<sup>st</sup> Ave. (at WinCo Foods) street is renamed SW Campus Drive. Pass Aquatic Center on R. & continue West to Light at 21<sup>st</sup> Ave SW (street becomes 336<sup>th</sup> St). Cross 21<sup>st</sup> Ave & after 100 yards turn Right at KFC into lot (Total distance from I-5 = 2.8 Miles)

### Sponsored By...

Phil's South Side Cyclery – TrailSide Cyclery  
–Johnnys Famous Bar & Grill – The Mountaineers Club

ANOTHER TEAM TAILWIND PRODUCTION **[WWW.TeamTailwind.com](http://WWW.TeamTailwind.com)**

For Information Contact Phil: 253-661-3903 or [Philthebikemechanic@Gmail.com](mailto:Philthebikemechanic@Gmail.com)

# May Day Metric

Registration

**Prepare for the worst yet hope for the best. Ride your bike more & worry less!**

*Event Date = May 2, 2010*

**One form for each rider** { Tandem requires 2 forms, Unicyclists ride for free! }

Mail registrations to Phil's South Side Cyclery, 2310 SW 336th St. Federal Way,

WA. 98023. Entry fee before 4-24-2010 is \$20 -- After That It Is \$25

**Helmets Required! NO HELMET = NO RIDE!! = NO DICE!!**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Age: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_ Sock Size: S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ And Tel. # \_\_\_\_\_

\_\_\_\_\_ \$20 Registration Fee If Postmarked by 4-24-2010 (No Refunds)

\_\_\_\_\_ \$25 After 4-24-2010      Checks Payable To Phil's South Side Cyclery

## Liability Release Form Must Be Signed

I promise to have fun and a positive attitude. I promise to be courteous to the volunteers and the fellow participants. In consideration of the acceptance of this entry & by signing the release for myself {or for the participant if the participant is under age 18}; I agree to **RELEASE, HOLD HARMLESS & INDEMNIFY** Phil's South Side Cyclery & all sponsors, advertisers, owners, & lessors of premises on which the activity takes place, their respective officers, agents and members, & any other parties connected with the bicycle event for any injury, loss, and 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 there are certain risks associated with bicycle riding, including the risk of serious personal injury or death. I expressly agree to assume responsibility for all 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 all 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 **helmets are required to be worn at all times on the May Day Metric**. I agree to wear a helmet while participating in the 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 and representatives. If I am signing on behalf of a minor, I accept full responsibility for all medical expenses incurred as a result of the minor's participation. I agree to **HOLD HARMLESS & INDEMNIFY** the entities named above for any claims brought on behalf of the minor. I understand that failure to comply with said rules gives ride directors the authority to confiscate my bib#, expel me from the ride, & deny me rider services at any point on the course.

Signature of Participant \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/10

Under 18 Participants

Parent -Guardian signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/10