



the cog-nitive courier

tacoma wheelmen's bicycle club newsletter

po box 112078 tacoma, wa 98411 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.

Bikes for Kids

By Don Cowan

“Bikes for Kids” is a program that started in 2000 with a goal to refurbish donated bikes and give them to kids that don’t have bikes. This effort continues but has expanded to include providing adult bikes through organizations in the community that are working with the homeless and adult populations needing bicycles for transportation.

The program is sponsored by the Marine View Presbyterian Church in NE Tacoma which provides an old mansion as host to the bike shop. Approximately 50 volunteers are involved at different times of the year with a steady working core of about 18, including several Tacoma Wheelmen members.

This summer, the bike shop will go mobile for the second year, fixing and tuning bikes for children in three low-income neighborhoods. The Tacoma Wheelmen have contributed to this program in the past and are currently in discussion with Bikes for Kids in a plan that would provide bike helmets to these neighborhood children.

Bikes for kids recently received the “Neighborhood Group or Community Partnership” City of Destiny award from the City of Tacoma. A video of the bike shop and award presentation can be seen using the following link: http://www.youtube.com/watch?v=x_Of0IA9g68.

Editor’s Note: A motion was made & seconded from the floor at the June General Meeting to spend up to \$700 (not budgeted) for purchasing up to 100 helmets for Bikes for Kids. The motion was passed.

2010 TWBC Election Results

Retaining their positions: Vern Hase as VP, Mike Madden as Treasurer, Bob Myrick as Director of Community & Government Relations, Dena Wessels as Newsletter Editor.

New to their position: Caroline Baker as Secretary.

Needed: President, Ride Captain, Director of Special Events, Webmaster, Daffodil Ride Chair, PMC Ride Chair, E-mail News Coordinator, Club Jersey Sales Chair, Annual Club Picnic Chair, Bike Expo Coordinator.

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Web Issue: July, 2010



Report from the Past President

By Carla Gramlich



It has been a long year. I would like to thank everyone on the current Board and Staff for all their hard work this past year. There are several positions that no one has come forward to fill. The Club needs a Webmaster and someone to help with the E-news. At the Tuesday Annual Election, we failed to fill the following Board positions: President, Special Events and Touring Captain. I now become Past President and ask the Board and Club Members to make some hard discussions on the Club's future.

Lacking volunteers for the Webmaster and E-news positions, we cannot guarantee that the Webpage will be updated and that bi-monthly E-news will be sent out to our Members (*Editor: this includes Emailing the Newsletter*). Since no one has stepped up to fill the Touring Captain slot, it is possible that the August Calendar will not be completed. No Special Events person will prevent the Club from starting to make plans for next year's events: Daffodil Classic and the Peninsula Metric. Lacking a President will present an image to the community that our organization is without leadership and direction.

I have been with the Club for about 23 years and from the start have taken an active role with the Club. I will be retiring from AT&T early next year and have planned to reduce my involvement with the Club so I could travel and pursue other hobbies. It saddens me that the hard work and promotion of this Club is at jeopardy. I am hoping that folks that are interested in the future of the Club will attend the Board Meeting on July 13 to help the Board decide what they should do with some of these key positions that are now vacant. Reducing or eliminating our Events or hiring a part time Staff are a couple of ideas that are being discussed.

I have noticed over the years that when New Members get involved, comes new idea. New ideas and change is hard for some folks to handle. Also, we need to be slow to criticize Volunteers and offer to lend a hand when a person is having trouble with a new Volunteer Position. Taking the time to thank Volunteers can go a long way to keeping someone around. Now is the time to step forward to help your Club and insure that we can continue to operate at the level you have come to expect. ☺



Bike to the Ballpark for Mary Bridge!

By Matt Newport



Join the Harmon Bike Club & the Tacoma Wheelmen's Bicycle Club for a ride to Cheney Stadium, Sunday July 11, to watch the Tacoma Rainiers take on the Fresno Grizzlies!

Tickets are just \$15 and proceeds benefit the Mary Bridge Child Abuse Intervention Department. Tickets include one reserve-level seat and a food voucher for a hotdog, soft drink and chips (a \$21 value!), and \$5 from each ticket goes straight to Mary Bridge. Contact Matt at harmonbikeclub@gmail.com or 253-209-4032 to reserve your tickets today!

A special bicycle parking area will be located inside the park fence for the event.

Bike to thecont. on page 3

Bike to thecont. from page 2

We will have Ride Leaders stationed at each end of the Scott Pierson Trail in Tacoma (6th & Skyline and S 25th & Trafton) to guide a group to the ballpark at 11 am. The game starts at 1:05 pm so we'll have plenty of time to "tailgate" and use your food voucher.

Biking to the event is not required, but certainly encouraged! If you'd like to lead a ride to the park from another area, contact us and we'll post it on our website. ☺

By Bob Myrick, Director of
Community and Government Affairs



Actions affecting you and your community...

Our committee met again on Tuesday, June 1 at the Harvester Restaurant in the Stadium District at First and Tacoma Avenues. We plan to meet there again on Tuesday, July 6 at 6 pm to carry on our work for the Club.

We talked about the Washington State Trails Conference coming to Tacoma on October 22 and 23. Brian Ziegler, Pierce County Public Works Director, will speak and participate in a panel discussion. Diane Wiatr, City of Tacoma Transportation Coordinator, will also speak and talk about our new Mobility Plan and how we hope to finance the work.

We discussed the sad situation with Pierce County Parks as most of their funding has been cut due to the recession and lack of revenues. The Puget Sound Regional Council will be accepting grant applications for \$11 million available for non-motorized projects. Pierce County governments are probably eligible for about \$2 or 3 million based on our share of the region's population. Parks needs to finish the Foothills Trail to Buckley. The Cushman Trail in Gig Harbor also needs to be finished. Unfortunately, most of these funds will be used for projects within the Urban Growth area or for projects that connect to the Urban Growth area.

Ralph asked if the Tacoma Mobility Plan included signage and route directions. I couldn't remember, but I think the City includes this topic in their plan. We also talked about financing both the Tacoma and Pierce County Plans. I indicated the County has a history of spending about 6 percent of their budget on non-motorized stuff. When the County adds even 3-foot shoulders to a 24-foot road, 20 percent of project costs are for the shoulder work. The County has been very good at following the 10+-year-old Non-Motorized Plan that shows roads we ride on and indicates improvements are needed when the road is maintained or upgraded.

I talked about our work with Orting's Public Safety Committee with regard to making the Foothills Trail thru Orting safer for bicyclists and easier for motorists to get off the highway when coming home from work. The City Administrator has suggested we use Williams Boulevard as a test intersection to try different ideas to get cyclists to slow down, turn their heads and look for cars. Williams Boulevard is the first cross street you would encounter when entering the City limits. I have also received permission from High Cedars Golf Course to provide signage that can be used on a trial basis on their private road entrance. Foothills Trail Patrol members will do a traffic survey on three intersections. We will work with the City and High Cedars to install signs and then, the Patrol will go out and assess if the signs are working.

An interesting finding with regard to trails crossing roads has been found. The State of Washington and the Orting Police Chief agree that trails crossing roads are considered to be crosswalks. Therefore, the STOP signs don't apply to trail users, but trail users are technically required to use the crosswalk signals when they are available. Therefore, you could enter an intersection since it is a crosswalk and you would have the right of way, but if you are killed by a car, you will be

Gov. Affairs, continued on page 4

Gov. Affairs, continued from page 3

Dead Right. A local ordinance could be enacted to require trail users to stop at crosswalks.

Wheelman and others have been hopeful that Pierce County will apply for project funds to provide route signage and new maps. Shortly after our monthly meeting, we found the County was considering eliminating the bike map.

I attended a Walk the Waterfront Meeting finally after many months of having conflicts. The group is trying to preserve and enhance non-motorized access near our shorelines. Improving the access and trails along Schuster Parkway is a major concern. The group wants an improved trail system leading from Freighthouse Square to Point Defiance Park.

Ralph reminded us that our Club mailing list needs work particularly with regard to those government workers who get our Newsletter.

On June 12, Ralph and I got to sit in a BAW Legislative Committee planning meeting at REI in Seattle for five hours. It was a perfect day outside, but we did accomplish a list of priorities for bringing to the next Washington State Legislative Session. The day was not totally lost as I got to attend an early morning, monthly Foothills Trail Patrol meeting at High Cedar's golf course. In the late afternoon, I really enjoyed watching Tacoma's Twilight Criterium.

Other interesting matters included my researching an 1896 Tacoma Ledger article to prove that early cyclists and the City called the Water Ditch Trail, the Water Ditch Road. A prominent City resident suggested we should be calling it the Flume Line Trail. It really was a ditch in places.

We received a nice reply from Senator Patty Murray with regard to our asking for money to extend the Cushman Trail. The Senator said there was a lot of demand for Federal money and she couldn't make any guarantees that we would receive money.

I also received notice that the Adventure Cycling Route network has grown to beyond 40,000 miles-to their knowledge, the largest bike-friendly route network anywhere in the world! Adventure Cycling just completed the 2,389-mile map for the Sierra Cascades. Skeeter and I plan to explore the route in late September on a four-week Scamp Trailer trip. Some years ago, the Club and I put on a one-week trip from Tacoma to Klamath Falls, Oregon. It covered the same route at 100+ miles a day and it was quite an adventure. I hope you have a bicycle adventure this summer. ☺

Editor's Note: A 'flume' is an open, artificial water channel, chute or trough, for carrying water. ☺

Scott Pierson Trail Closure

(Work & Detour)

Forwarded by Joe Irwin

WSDOT Communications, Olympic Region

I am emailing you and other Members of the Tacoma Wheelmen's Bicycle Club to make you aware of upcoming work to complete improvements on the Scott Pierson Trail.

I-5/SR 16 Westbound Nalley Valley Project construction requires WSDOT and crews from contractor Guy F. Atkinson Construction to close a section of the Scott Pierson Trail in Tacoma for approximately 30 days -- July 6 to Aug. 6, 2010.

During the temporary closure, a detour will reroute trail users around construction work by way of S. Cedar, S. 19th, S. Trafton and S. Steele streets. The detour ensures the safety of bicyclists and pedestrians who travel the popular trail daily.

Scott Pierson Trail Closure, continued on page 5

Scott Pierson Trail Closure, continued from page 4

Crews will excavate, grade and pave approximately 1,000 feet of the trail between S. State and S. Cedar streets, completing trail improvements associated with the reconstruction of the Sprague Avenue interchange.

WSDOT will be sending out fliers with this information to residents and groups that use the trail in the next few days (email received 06/17/10).

We apologize for any inconvenience the detour may cause, and hope you'll contact us with any questions or concerns at (360) 357-2703, (360) 507-6521, or irwinj@wsdot.wa.gov.

Editor's Note: See more SR 16 detours in this area at the website http://www.wsdot.wa.gov/Projects/PierceCountyHOV/SR16_WBNalleyValley/Detours.htm

Scott Pierson Trail Detour



Using the New Website

By Cynthia Hammer

1. To Access the “Members Only” Section:

- a. Log into the site (upper right corner) with the email address you gave twbc.org.
- b. Enter your password. The first time you log into the site, 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.
- c. Click login.

2. What’s in the “Members Only” Section?

- a. the Club and Commuter mileage tracking forms
- b. the sign-in form for Ride Leaders
- c. a list of bike shops that offer discounts for TWBC Members
- d. a form to use for requesting money from the Treasurer
- e. a Member directory
- e. access to Club material, such as Board minutes, policies, budget and bylaws.

3. Family Memberships:

- a. When creating a Family Membership, you list exactly who is included in your Family Membership. Your family is called a “bundle”.
- b. The person creating the bundle is called the “bundle administrator”.
- c. Once the Family Membership is created, the bundle administrator can go to his/her profile and add the names and contact information for all others in their Family Membership. Setting up a Family Membership this way allows all family members to have their own login and create their own password.

4. Online Member Directory in the “Members Only” Section:

- a. If you want others to know about you and your cycling interests, you must go to the Website and complete your online profile and give permission to share it in the Member Directory.
- b. Until you create your profile and agree to have it appear in the Member Directory, only your name appears in the Directory.

5. Keep Your Contact Information Current!

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!

6. Renewing your Membership:

- a. If you renew your Membership online, it is much less work for us and less cost for you (no stamp and envelope).
- b. To renew online, log into the site (see the first paragraph) and access your profile. Choose to pay with your PayPal account or with your credit card. Watch for this choice — it is there.
- c. If you still prefer to mail in your payment, please allow one month for your Membership to be updated and for you to receive your new Membership Card. ☺

Tour de Fat

Saturday, July 31, 10 am – 5 pm

Gasworks Park, Seattle

Submitted by Carla Gramlich

Dress up your bike and get your costume ready because Tour de Fat is returning to Seattle!

Organized by those bike-loving folks at New Belgium Brewing, Tour de Fat is a celebration of all things bicycle. This rolling carnival features a costumed bike parade for children and adults, music and other live performances, a car-for-bike swap, beer garden and food vendors. And all this wacky fun and goodness benefits the work of the Bicycle Alliance of Washington and Bike Works! For more information go to: <http://www.newbelgium.com/tour-de-fat>. ☺



Volunteer Opportunities at Tour de Fat

By Louise McGrody

Outreach & Communications Manager
Bicycle Alliance of Washington

Lucky you! You have the opportunity to be a Tour de Fat volunteer! Volunteer needs, shifts and assignments are listed below.

I don't need to tell you what a blast Tour de Fat is. Not only will your labor benefit the Bike Alliance, but also you'll earn a cool Tour de Fat t-shirt and a couple of beer tokens for your effort! And costumes encouraged!

Contact me by USPS at PO Box 2904, Seattle, WA 98111, or by phone at 206.224.9252 x303. Looking forward to hearing from you soon.

Friday Assignments:

Set-Up Crew: help the Tour de Fat roadies set up for the Saturday show; Noon – 2 pm.

Saturday Assignments (must be at least 21 years of age):

IDs & Wristbands: check IDs and wristband beer garden guests; 10 am – 1:30 pm or 1:30 pm – 5 pm.

Water Technicians: (stock water for guests & performers); 10:30 am – 2 pm or 2 pm – 5:30 pm.

Beer Tokens: sell beer tokens in beer garden; 10 am – 1:30 pm or 1:30 pm – 5 pm.

Beer Booth: pour & serve beer; 11:30 am – 2:30 pm or 2:30 pm – 5:30 pm.

Tear-Down Crew: post-event tear down and clean up; 5 pm – 7 pm. ☺

Summer Bike Party

By Bob Myrick

There will be a Summer Bike Party on Sunday, August 1, at 107 Lane Blvd NW in Orting just one mile north of downtown. The home has the first red door just off the trail. Parking will be available across the street.

There are three riding options. You can meet at Noon at the Meeker Trailhead in Puyallup for a 30-mile roundtrip to South Prairie during the day. Joyce Clifford will be at this location for people who wish to drop off a potluck dish. You can meet at 12:30 pm at 107 Lane Blvd NW for a 17-mile roundtrip to South Prairie. This option is primarily for people who wish to bring a potluck dish. You can meet at 1:30 pm for a 12-mile roundtrip to 107 Lane Blvd NW.

Food and refreshments will be served starting around 2 pm. If you should have any questions, call Bob Myrick at 473 - 7455. Some refreshments are courtesy of Dave Killen recently departed to Spokane, not the Earth. ☺

Volunteers Needed for Seabeck Camp

From Randall and Barb Angell
Members of: Cyclists of Greater Seattle,
Evergreen Tandem Club, Cascade Bicycle Club,
& the Bicycle Alliance of Washington

Interested in an area vacation spot in August that offers free meals and lodging? Want to experience the beauty of the Olympic Mountains while sharing the joy of cycling on mostly flat routes? The Seattle Lighthouse Blind Deaf Retreat in Seabeck, WA is again seeking bicycle volunteers this summer for their wonderful camp. SL, a nonprofit agency that helps blind and deaf-blind adults with employment, support and training, sponsors this annual camp which attracts people from the USA, Canada and Europe. The bicycle program at last summer's camp was a huge success so they are expanding the riding days from 3 to 4.

The camp is held at the Seabeck Conference Center – open this link to view more details: http://www.seattleighthouse.org/fact_sheets/seabeck.html. Free lodging and meals are available for volunteers that help with the biking. The camp looks out on the beautiful Seabeck Bay, the meals are great, the campers are terrific and very appreciative of the chance to feel the freedom of riding a bike. The riding days are scheduled for August 30 through September 2 (Monday through Thursday). We have found some safe, mostly flat riding areas to which the camp participants will be shuttled.

Tandem bicycles will be provided by Outdoors for all and you may bring your own bike to ride around. No experience riding a tandem bike? No problem. We are providing free lessons this summer and have a loaner which you can practice on. If you would like to participate in this fun outing, email Randall and Barb at angell2@teamangell.com. In your email, please indicate if you would be willing to help one day or multiple days and note your preferred day(s). Plan to arrive the evening before your ride day(s) to enjoy the setting and orientation. Reserve lodging quickly. ☺



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
07/01 Thurs	9:30 AM	3 A	30 Trail	Richard Walter 840 - 9450	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. 
07/02 Fri	10:30 AM	1 A	8 - 12	Jim Davis 759 - 5616	Mindless Meandering Miles. See Ride Notes for Details. Start: Highland Golf Club, 1369 Bel Air Road, Tacoma. MMM
07/03 Sat	8 AM, 8 AM, 7 AM	2 C, 3 C, 4 C	82, 82, 168 Train	See Description	(Double) Century Training Series 1, II & III. Please sign in at the Website so we know how many to plan for. 2 C: Cynthia Hammer, 752 - 0801, 3 C: Rollie Herman, 508 - 8020; 4 C: Mathew Jarvis., 874 - 5325. Start: Celebrations Park, 1111 S 324th St, Federal Way. 
07/04 Sun	9 AM	2 C	50	Toni Matson 279 - 2392	Celebrate Independence Day. Ride to Eatonville via Webster Rd & back the beautiful Ohop valley. Start: Sprinker Recreation Ctr, 14824 C St. S., Tacoma. 
07/05 Mon	9 AM	2 A	60	Louie Boitano 922 - 1168	Ride to the Alkai Bakery in Seattle. It won't be raining in July, will it? Rain Cancels. Start: Sumner Library, 1116 Fryer Ave, Sumner. 
07/05 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 Cancels. Start: Starbucks @ 26th & Proctor. 
07/06 Tues	9:30 AM	2 B	30 - 50	Ron Nowicki, Louis Boitano 661 - 2664	Tuesday Ride. Start: Freighthouse Square, 430 E. 25th St, Tacoma.
07/06 Tues	6 PM	00 Meet	00 & Eat	Bob Myrick 473 - 7455	Government Affairs Meeting @ the Harvester Resturant in the Stadium H.S. area @ 1st & Tacoma Ave. Work on bicycle problems around Pierce County. All are invited to participate.
07/07 Weds	9:30 AM	2 D	30 +	Lou & Karel Vance 921 - 4847	Explore the Peninsula. Bring \$\$\$ for a lunch stop. Start: Skyline Park & Ride (6th & Skyline). 
07/08 Thurs	9:30 AM	3 A	30 Trail	Richard Walter 840 - 9450	Silk Road Smoooothly. Rain Cancels. See 07/01 for Ride Details. 
07/09 Fri	10:30 AM	1 A	8 - 12	Jim Davis 759 - 5616	Mindless Meandering Miles. See 07/02 for Ride Details. MMM
07/10 Sat	9 AM	2 A	70	Carla Gramlich 592 - 9156	Ride to Zoopa for Lunch (near Southcenter). Start: Freighthouse Square, 430 E. 25th St, Tacoma. 



twbc monthly event schedule





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Day/ Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
07/11 Sun	9 AM	2 C	84	Toni Matson 279 - 2392	Elbe Loop. See Ride Notes for complete details. Start: Park near the trains in Elbe, & the little white church. 
07/11 Sun	11 AM	1 A	varied	Carla Gramlich 592 - 9156	Ride to the Ballgame for Mary Bridge. See Ride Notes for complete details. 
07/12 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 07/05 for Ride Details. 
07/13 Tues	9:30 AM	2 B	30 - 50	Ron Nowicki, Louis Boitano 661 - 2664	Tuesday Ride. Start: McDonald's, 112th & Pacific Ave.
07/13 Tues	6 PM	00 Meet	00 & Eat	Call a Board Member.	Board Meeting @ the Kim Ahn Restaurant across from TCC on Mildred. Discussion on Club's future. Guests & Club Members welcomed.
07/14 Weds	9:30 AM	3 C	30 - 36	Lou & Karel Vance 921 - 4847	Ride to Dupont & stop for coffee. Rain Cancels. See Ride Notes for Ride Details. Start: Skyline Park & Ride (6th & Skyline). 
07/15 Thurs	9:30 AM	3 A	30 Trail	Richard Walter 840 - 9450	Silk Road Smooothly. Rain Cancels. See 07/01 for Ride Details. 
07/16 Fri	10:30 AM	1 A	8 - 12	Jim Davis 759 - 5616	Mindless Meandering Miles. MMM See 07/02 for Ride Details.
07/17 Sat	11 AM	1 A	~ 20	Decide to Ride 759 - 2800	T.Town Throwdown. Attend a trick mt. bike event on Ruston Way between 11 am & 5 pm. Ride your bike to the event or from start. Start: Freighthouse Square, 430 E. 25th St, Tacoma.
07/18 Sun	1 PM	1 A	20 - 30	Decide to Ride 759 - 2800	Sunday Blues. Easy ride on the Scott Pierson Trail & over the Narrows Bridge, returning in time for the 5 pm Blues Event: Little Bill & the Blue Notes. Start: Immanuel Presbyterian Church, 909 N. "J" St. 
07/19 - 07/20 Mon - Tues	8 AM	2 B	Mon: 100; Tues: 65	Carla Gramlich 592 - 9156	Portland to Tacoma. Mon: Portland to Centralia; Tues: Centralia to Tacoma. Will credit camp; need to carry your own stuff. Call Carla for Start location in Portland, OR.
07/19 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 07/05 for Ride Details. 
07/20 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.
07/21 Weds	9:30 AM	2 D	30 +	Lou & Karel Vance 921 - 4847	Explore the Peninsula. Rain Cancels. See 07/07 & Ride Notes for Ride Details. 



twbc monthly event schedule

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Day/- Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
07/22 Thurs	9:30 AM	2 A	30 Trail	Lonna Cain 475 - 8853	Silk Road Smoooothly. Rain Cancels. See 07/01 for Ride Details. 
07/23 Fri	10:30 AM	1 A	8 - 12	Jim Davis 759 - 5616	Mindless Meandering Miles. MMM See 07/02 for Ride Details.
07/25 Sun	7 - 10:30 AM	All	15, 30, 65 & 100	West Sound Cycling Club 206-842-4552	Tour de Kitsap , Silverdale. \$\$\$ Start: Bremerton Ferry Terminal, (30, 65, 100) or @ Silverdale Beach Hotel, 3073 NW Bucklin Hill Rd www.westsoundcycling.com
07/26 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 07/05 for Ride Details. 
07/27 Tues	9:30 AM	2 C	30 - 50	Ron Nowicki, Louis Boitano 661 - 2664	Tuesday Ride. Start: Sumner Library, 1116 Fryer Ave, Sumner.
07/28 Weds	9:30 AM	3 C	30 - 36	Lou & Karel Vance 921 - 4847	Ride to Dupont & stop for coffee. Rain Cancels. See 07/14& Ride Notes for Ride Details. <i>Dupont</i>
07/29 Thurs	9:30 AM	3 A	30 Trail	Richard Walter 840 - 9450	Silk Road Smoooothly. Rain Cancels. See 07/01 for Ride Details. 
07/30 Fri	10:30 AM	1 A	8 - 12	Jim Davis 759 - 5616	Mindless Meandering Miles. MMM See 07/02 for Ride Details.
08/01 Sun	Noon	1 A	varied	Bob Myrick 473 - 7455	Summer Bike Party. See Ride Notes for Ride Details. 

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.

July Ride Notes:

07/02, 07/09, 07/16, 07/23, 07/30 Mindless Meandering Miles. 1) no fast riders; 2) hills kept to a **MMM** minimum; 3) stop for coffee; 4) bring snacks; 5) wait for flats & help change tires; 6) wait for the slowest riders; 7) maybe join the Monday riders.



07/07, 07/21 Explore the Peninsula.

Rain or icy conditions cancels ride.

Dupont

07/14, 07/28 Ride to Dupont.

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 Exploring the Peninsula, bring \$\$\$ for a lunch stop. 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.



07/11 Elbe Loop.

We will ride from Elbe to Ashford, Skate Creek back to Morton and over Mineral Pass back to Elbe. Code 2 C for those who are getting ready for the summer trip or Courage Classic. Carpooling is a good idea.



07/11 Ride to the Ballgame for Mary Bridge.

A perfect afternoon for the whole family. Bring \$15 for tickets that will include bike parking, reserve seat & hot dog/beverage. Start #1: S. 25th & S. Trafton St.; Start #2: 6th Ave. & Skyline.



08/01 Summer Bike Party.

Party at 107 Lane Blvd NW in Orting, starts @ 2 pm. **Start #1:** Meet at Noon at the Meeker Trailhead in Puyallup for 30-mile roundtrip ride to South Prairie; Joyce Clifford will convey potluck dishes. **Start #2:** At 12:30 pm from party location for a 17-mile roundtrip ride. **Start #3:** At 1:30 pm from party location for a 12-mile roundtrip ride. See article, this COG.

Editor's Note: The Gadson Flag used on the page 14 of the July 2010 COG came from the website www.gadsden.info/

If you click on 'History of the Gadsden Flag' you'll find interesting information on this flag, used prior to our own Stars and Stripes.

July Conundrum

Until I am measured, I am not known. Yet how you miss me, when I have flown.

What am I?

Will you give a little of yours for the Club?
Time.

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 Ride Calendar Deadline:
Tues, July 20, 2010

Next COG Article Deadline:
Weds, July 21, 2010

Next Club Meeting: 6(?) PM
Tuesday, Sept. 21, 2010

*Please keep the Database Commander Bev 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

--Unfilled @ this time--

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vp@twbc.org

Vern Hase, 759 - 7246

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Dena Wessels, 857 - 5658

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

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Assistant Jim Davis

TWBC PUBLICITY:

publicity@twbc.org

Anita Beninger

CLUB JERSEY SALES:

jerseys@twbc.org

--Unfilled @ this time--

DAFFODIL CLASSIC (2010): APRIL 18

daffodil@twbc.org

--Unfilled @ this time--

PENINSULA METRIC (2010): JUNE 6

pmc@twbc.org

--Unfilled @ this time--

HEADWATERS (?)

(2009): 3rd Sun., Sept

--Unfilled @ this time--

RAPSody Contact:

(2010): Aug. 28 & 29

rapsody2005@earthlink.net

Ralph Wessels, 857 - 5658

ANNUAL CLUB PICNIC:

(2010): SEPT. 26 (?)

--Unfilled @ this time--

president@twbc.org

Currently Vacant, Apply Now!

BIKE EXPO:

(2010): March 13 & 14

bikebooth@twbc.org

--Unfilled @ this time--

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. ☺



**July
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!***