



# 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.**



### TWBC Club Picnic

By Bob Myrick



Join your fellow TWBC members for our Annual Picnic on Sunday, September 19 at Ravensdale Park. This event is also available for people who wish to become Members by signing up on the day of the ride. It is also meant to preserve the idea of having a September ride along the Green and Cedar Rivers.

Members have asked us to preserve our potluck tradition, so you can bring a dish to the ride start or if you have to drive, you can bring a dish to the King County Ravensdale Park. The simplest way to drive to the park is to take SR18 to the Covington Exit and turn right continuing to Ravensdale. TWBC will furnish other food, drink and eating utensils. Alcoholic beverages are strictly forbidden at the park.

The ride start will be at the Auburn/Black Diamond Park and Ride lot located just off SR18 near the Green Valley Road. For you randoneer types, the start is about 20 miles from Tacoma. The Official ride will start at 10 a.m. after the potluck items have been gathered up. There will also be a ride extension from the park north towards the Cedar River and Maple Valley. The picnic volunteers will stay at the park to provide a return rest stop for the longer ride.

### News Alert!

*General Meeting*

*New Location!*

The September General Meeting will be held  
at the Harmon Hub, 203 Tacoma Avenue South, near Stadium High School.  
Food, drinks & fellowship at 6 PM, with the business meeting starting at 6:30 PM.  
Vote on the new Club Officers, & make your voice heard  
as to where the October General Meeting should be held!

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**Web Issue: September, 2010**

By Acting President  
Tom Reardon

## **September's Acting President's Report**



Like you, I did not spend time and money campaigning for this position. Also like you, I have come to rely on the Club as source of interesting rides, interesting people, and motivation. I am neither the most experienced rider nor the most active Member, but I do recognize that our Club exists only through the active participation of our Members. When nobody more qualified stepped forward to fill the position, I raised my hand. Having recently retired from decades of teaching, I have time to dedicate to the Club. I look to each of you to help me build on our solid foundation and insure that we cast an even wider net as the place that riders from Renton to Rainier turn to for “cycling fun, fitness, and building livable communities”.

While you were out “STPing”, “RAMRODing”, “RAWing”, of just riding in search of the next great bakery destination, your new Board has met. It was agreed that the Club belongs to the Members, and it is the Members who must determine our priorities. The key is open and frequent communication. This is possible only if your voice is heard. First, we are forming a Communication Taskforce to find ways to connect Members. They will make recommendations at the November General Meeting. If you have an interest in adding your input, contact me at [president@twbc.org](mailto:president@twbc.org). Second, we are developing a survey in order to determine member priorities. When you receive the survey, please take the time to add your voice.

Finally, I want to acknowledge Joyce Clifford, Louis Boitano, the Vances, Lonna Cain, and Rich Walters for leading rides, Monday through Thursday, throughout the year. I also want to encourage you to post a ride. Next time you consider going on your favorite route, post it. Even if only one of two others join in, you are helping the Club (and just maybe meeting a new riding buddy). ☺



By Bob Myrick, Director of  
Community and Government Affairs

*Actions affecting you and your community...*

Our small committee met again on Tuesday, August 3 at the Harvester Restaurant in the Stadium District at First and Tacoma Avenues. We plan to meet there again on Tuesday, September 7 at 6 p.m. All TWBC members are invited to join in the conversation.

1. **Death of the Bike Map.** This past month we learned that **over 10,000 copies** of the popular Pierce County Bike Map **were destroyed by County personnel** as a result of a recent damage claim against the County and it's Public Works Department. On a positive note, the staff has been **directed to seek funds** from the Puget Sound Regional Council **to create a new and improved bike map.** We all know that almost every road is a bike road and the map is created in order to direct cyclists to roads that may be safer and quieter. **The map helps keep cyclists off busy arterials** where motorists rule and where cyclists don't want to contribute to road rage. For your background, apparently a local attorney claimed the bike map led a cyclist to a local road where there was a non-standard storm sewer grate. The cyclist claimed she was severely injured when she hit the raised asphalt curb that had been installed to direct storm water into the grate. The raised curb appeared to be located far away from the white, painted fog line where we would normally

**Gov. Affairs, cont. on page 3**

## **Gov. Affairs, cont. from page 2**

ride on the shoulder. This is a very unfortunate situation in that the County risk managers are trying to limit the liability from claims. At the same time, we all know this action will result in cyclists being on busy arterials with no proper bike amenity like a wide shared lane, a fog line shoulder or a bike lane. **TWBC is now working with Bicycle Alliance of Washington for new State law to waive tort liability for bike maps and signage.**

**2. Pierce County Trails.** You may have read about the **crisis at the Sprinker Center** and the need to save the ice rink. The County Council is studying the **creation of a new Park District** where about \$50 million might be raised thru a bond issue to do a \$ 6 million fix on the ice rink. Unfortunately, only about \$ 2 million would be scheduled for completing the Foothills Trail to Buckley. We have been working with the Foothills Coalition and Forevergreen Council **to get a more proper allotment for County trails.** We think \$ 10 to 12 million should be programmed for trails if a bond issue comes about. Elsewhere in this newsletter, you might find an article on **the top ten trails for Pierce County** and our thinking on how \$10 to 12 million could be provided for the County's portion. You will also note that most of the trails are scheduled to be built by local communities. **We identified trails that help link together a system in our Urban growth area and trails that have already had feasibility studies completed** like the Eatonville system and the Ashford-Elbe trail (*see Bob's "Top Ten Trail Needs for Pierce County" on page 7*).

**3. Prairie Line Trail.** Tacoma will have completed a trail design workshop by the time you read this news. The trail goes thru the University of Washington Tacoma campus and comes up from the Esplanade to eventually connect somehow to the Scott Pierson and Waterditch trails. The workshop will have focused on needs thru the campus area. The City is applying for funds for phase 1.

**4. Letter to County Council.** Ralph had previously suggested sending a letter to our County Council addressing our needs and concerns for trails, signage, maps and accommodation for bikes. He will adjust his writings to include the recent developments outlined above.

### **Other News.**

**TWBC sponsored a Green Drinks event** at Wildside Wine shop on August 5. We had a great event thanks to Carol Davis and only lost a little money. Food was purchased from Daniah's Deli just a few blocks down the street. Green Drinks is a **mostly monthly event sponsored by various environmental groups** thruout the County and it is mostly for networking and conversation.

TWBC has been **asked to contribute about \$200** to the **special reception** to be held on October 22 at the Washington State History Museum during the **Washington State Trails Coalition Conference "From Backyard to Backcountry and the Trail Between"**. See [www.washingtonstatetrailscoalition.org](http://www.washingtonstatetrailscoalition.org) for more information and to sign up.

Chris Rule from **Cascade Bike Club** asked that we think about **endorsing a particular candidate** for the 27th District. **We declined** even though we think Jake Fey and Lauri Jenkins are both outstanding candidates and would serve the bike community well.

I hope to see you at a Club Meeting or committee meeting or on the road before the rains start up. Ride more and worry less! ☺

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The longest one-syllable word is "screched".

The only 15 letter word tha can be spelled without repeating a letter is "uncopyrightable."



## A First Aid Refresher

By John Selby

On August 4 Dottie and I led a TWBC ride from the Tacoma side of the Narrows Bridge to our log cabin near Minter Bay for lunch and back, 33 miles round trip. It was a great ride on a beautiful day, but it was marred by a very bad accident. Joyce Clifford hit some gravel at the side of the Cushman Trail near its western end while going very fast and did a complete endo. She sustained a 3-stitch cut over her left eye and other scrapes and bruises. After we gave her first aid, Lou and Karel Vance drove her to St. Anthony's Hospital in Gig Harbor. A CT scan of her head was concerning enough for them to transfer her to St. Joe's and observe her overnight before she was released the next day.

I watched it happen from behind her. We had just descended a steep section of the trail and were fast ascending the next hill going into a curve to the right. Joyce moved to the left side of the trail to miss some pedestrians and got off into the gravel. Joyce is a very experienced rider, but once you are in loose gravel all bets are off. The next thing I knew she went over the handlebars and her bike flew into the air. It was the most spectacular wreck I have ever seen. Her track in the gravel is 9 yards long followed by a 4 yard gap where she flew through the air, then a long scrape where she landed in a cloud of dust and flying gravel.

Thank goodness, she is fast recovering. It could have been much worse. As one of the first aid givers, I have been plagued with sleepless nights, reliving the experience and analyzing what I did and did not do right. Now I know what PTSD must feel like. My brain would not let me think about other things; it just kept mulling over and over and over my behavior, trying to understand what can be learned from this incident. So what can be learned? A lot.

I have taken first aid courses about every three years my entire career and recently as a volunteer ranger (Meadow Rover) at Mt. Rainier. I knew what to do, but in spite of all my training I didn't always do it. That is what most surprises me as I look back at what happened. I guess it is one thing to practice first aid scenarios on a manikin or someone you don't know, but it's different on a friend. The patient is not the only one in shock and thinking poorly. So here's what I learned, written in the hope that it will help you avoid making the mistakes I made. It could save the life of a friend.

### **Think first, don't just start treating.**

Ask yourself, what is the most threatening injury? Don't be distracted by the blood from the cut over the eye. A spinal injury would be life-threatening, not the little cut. In violent trauma like a somersault on a bicycle, a spinal injury should be assumed. I did, but did not treat it properly.

### **Call 911 and hold C-spine.**

Don't try to feel for a cervical spine injury like I did. Joyce said she had no pain in her neck or spine, and I couldn't produce any by palpating, so I concluded that she was OK. The patient won't always feel pain. A broken neck can only be determined by a CT scan. Keep the patient immobile until professional help arrives. Don't call a friend just because you know they are available to help that day.

### **Treat for concussion (the second worst threat).**

Joyce had received a solid blow to the forehead above her left eye to cause the cut. She was also very confused, though her eyes stayed normally dilated. Fortunately, we had some ice in a bag (to keep potato salad cold) which we applied to her wound.

### **Treat for shock (the third worst threat).**

We allowed Joyce to sit up as soon as she was comfortable to do so. First, she should not have been allowed to move because of the potential spinal injury. Second, she might have been going into shock, and prone is the best way for the

**Refresher, cont. on page 5**



**Refresher, cont. from page 4**

body to deal with shock. Fortunately, Joyce did not go into shock.

**Have everyone's cell phone number.**

Most of us have each other's cell phone numbers in our phones, and they are on the sign-up sheet as well. But the sign-up list can get separated from the group in dealing with the emergency, and essential phone numbers many not be in your phone after all. Make sure they are before you start the ride. They are listed on the ride attendance sheet from the internet registration. The Ride Leader should print it off and give everyone a copy.

**Carry a first aid kit.**

Luckily, we did have one. The Ride Leader and several others should be carrying one. We carry tools and parts to repair our bicycles; what about injuries to our bodies? I always have rubber gloves in my handlebar bag in case I need to deal with someone's blood, but it didn't even occur to me to put them on, I was so intent on checking and treating Joyce's injuries. Use them; they protect both parties.

That's it - six rules for dealing with serious trauma – my lessons from Joyce's accident. I hope you never have to use them, but if you do and you're well prepared won't spend sleepless nights worrying about if you did the right thing. ☺

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**Washington State  
Trail Conference**

By Bob Myrick



The Washington State Trails Conference is open to everyone with a zeal for trails and opportunities they afford. Make an investment in the future and spend a couple of days in the company of trail dreamers, advocates, planners, funders, builders, recreationists, and volunteers at the biennial Washington State Trails Conference.

The October 22-23 event will be held here in Tacoma at the La Quinta Inn. See more information at [www.washingtonstaetrailscoalition.org](http://www.washingtonstaetrailscoalition.org). TWBC, Foothills Rails to Trails and the Forevergreen Council are heavily involved in putting on the conference.

TWBC will lead field trips on Thursday and Saturday. TWBC member, Tim Payne, will give the keynote address at the conference luncheon on Saturday. On Thursday night, Diane Wiatr and others will be program presenters at the Washington State History Museum. They will talk about early transportation in Tacoma including bikes and how these early modes might affect our future transportation choices. ☺



**Renewing Members (Thank You):**

Doug Ballor, Jack Daniel, Steven Garrett and family, Roy Harris and family, Mark Jacobson, Stephen and Mary Kubiszewski, Marguerite Richmond and family, & Bob Vogel.

**New Members (Welcome):**

Daniel Kauffman and family, Audrey Long, Rhiannon Loos, Maldonado family, Jim Merkle and family, & John Selby and family. ☺



## 2010 RAPSody Wrap-Up

by Ralph Wessels



More than 400 riders registered for the 2010 RAPSody and came from British Columbia, California, Colorado, Idaho, Illinois, Indiana, Oregon, Texas, Virginia, and of course, Washington. The weather was perfect for the 2-day, 170-mile ride with mostly sunny skies and temperature in upper 60s and low 70s. The only precipitation was a 20-minute shower (*in the early a.m.*) and that occurred due to the sprinklers at the Shelton High School not being turned off (despite proactive efforts to ensure they would). The unexpected dampening of the tents did not dampen the spirits of the riders who once again provided glowing comments about RAPSody. The volunteers, supporting organizations and bike shops, great route, and some of the best scenery in the Puget Sound area make this event a spectacular ride.

Spectacular volunteers for the TWBC positions included: John Ernest Berry III, Lonna Cain, King Cushman, Roz Davis, Jim DeYoung, Bob Duffy, Russ Hale, Vern Hase, Dan & Carol Higbee, Mark Jacobsen, Roger Laybourne and his wonderful fellow Clover Park Kiwanis, Steve & Phylis Lay, Toni Matson, Bob Myrick, James Neil, Kate Oliver, Tim Payne, Tom & Noranne Skaanland, Gene Smith, John, Ben, & Emmy Summerour, Christine Turner, Crystal Vaarvik, John Vaanack, John Wadley, and Ralph & Dena Wessels.

Great appreciation goes to the following: Kelly Pidone managed the RAPSody website; Silverdale Cyclery was provided mechanical support at the Manchester rest stop; Dmitri Keating from Old Town provided a mechanic for the Allyn rest stop; Mark Pentony of Mark's Bikes Works in Shelton provided mechanical support there. A very big Thank You! goes out to The Bike Stand, Joy Rides Cycle, the Kitsap Ham Radio Club, Tacoma Community College and their wonderful Security staff that responded to emergent issues, Shelton School District, Port of Allyn, Port of Manchester, Century Massage, Save Our County Kids, and others supporters.

The musical group, *Mostly Water*, provided great bluegrass music at the finish line, courtesy of a donation to the BAW auction. Professional photographer Miles John took photos of the riders along the way. Our fellow 5-Sister Clubs, BIKES of Snohomish County, Capital Bicycle Club, Cy-clists of Greater Seattle, and West Sound Cycling Club worked incredibly hard in making the 2010 RAPSody a success!

All proceeds from RAPSody will be contributed to the Bicycle Alliance of Washington and be used to support bicycle programs and advocacy in Washington; YOU benefit from all of this tireless work and effort. BAW's Legislative and Statewide Issues Committee is already working on bills for the 2011 session that will make bicycling in Washington better and safer for us all. Again, many thanks to all of you who support the cause by volunteering or registering for the ride.

(See photos on pages 19 -20). ☺



It's back to school time!  
Allow for that pedestrian leaning curve  
along the streets & sidewalks!  
Slow down in school zones,  
as 20 mph applies to bicycles too!



# Top Ten Trails Needs for Pierce County

By Bob Myrick

1. Get the Foothills Trail to Buckley and towards Enumclaw.  
Make it soft surface to Mt. Rainier entrance (Pierce County).
2. Get the Prairie Line Trail to connect up to Scott Piersor. Trail, Esplanade and Waterditch.  
Get the Esplanade to connect up with Ruston Way (City of Tacoma).
3. Get Sumner fully connected to the Foothills and Puyallup Riverwalk (Sumner).
4. Get the Interurban Trail connected at Pacific (Milton, Edgewood and Pacific).
5. Get the Puyallup Riverwalk Trail built downstream towards Tacoma (Pierce County to Melroy Bridge and Fife towards Tacoma).  
This work includes efforts with the Puyallup Tribe.
6. Get the Fennel Creek Trail built along with the Puget Sound Energy Flume Trail from Buckley to Bonney Lake (Bonney Lake, Buckley and Pierce County work).
7. Get the Pipeline Trail (Quad C Trail) built thru South Hill with the connection towards Orting (Pierce County Parks and Public Works).

## Outside Urban Area:

8. Get the Ashford to Elbe Trail underway (Pierce County).
9. Get the Eatonville Trails underway (Eatonville and Pierce County).
10. Get the Cushman Trail extended towards Purdy (Gig Harbor, local Parks District and Pierce County). ☺



## TWBC Picnic Route

By Bob Myrick



The ride is 33 miles more or less. The route is well marked.

1. Start: Right turn out of Park and Ride Lot on Auburn-Black Diamond Road near SR18.
2. Right. Kent-Black Diamond Road.
3. Left. 328th Street @ 5.7 miles.
4. Left. 194th Avenue SE  
(Walheim Estates) @ 5.9 miles.
5. Right. 320th.
6. Left. 194th.
7. Right. Lake Morton Drive.
8. Right. 308th Street SE @ 8 miles.
9. Right. SE Covington/Sawyer Road @ 11 miles.
10. Left. 218th Avenue SE.
11. Left. 288th Street.
12. Right. 216th Avenue SE.
13. Right. SE 276th Street.
14. Right. SE 272th Street (516).
15. Pass. Four Corners @ 15 miles.
16. Right. 272nd Avenue SE into Ravensdale Park @ 17 miles.
17. Right. Out of Park.
18. Right. SE Ravensdale Way.
19. Cross. SR169 @ 20.6 miles and short left to Roberts.
20. Right. Roberts.
21. Left. 218th Avenue SE @ 23.4 miles and down steep hill.
22. Right. SE Green Valley Road @ 24.8 miles.
23. Left. Auburn-Black Diamond Road.
24. Left. Into Park and Ride Lot @ 32.6 miles.





## September Ride Notes:



Dupont



**09/01, 09/22 Explore the Peninsula.**

Rain or icy conditions cancels ride.

**09/08, 09/29 Ride to Dupont.**

Sign up with a contact number so we can notify you

**09/15 Chehalis Western Trail.**

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.

**09/03, 09/10, 09/17, 09/24 Mindless Meandering Miles.**

1) no fast riders; 2) hills

MMM

kept to a 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 after Pt. Hope that some riders that have been off the bike for awhile will join me. It will be an enjoyable experience.



**09/05 Bremerton Blackberry Festival.**

I'll watch bicycles @ the festival for those that want to walk around, so maybe bring flipflops & \$\$\$ for lunch. Expect the total time from Skyline to be 5 to 7 hours. [wwyman@comcast.net](mailto:wwyman@comcast.net). The festival website is <http://www.blackberryfestival.org/>

**09/12 Causal Gig Harbor Ride.**

The ride will be a causal ride towards Gig Harbor. It is an easy ride. We should be back about 4 PM or so. You can go to the Blues Vespers @ 5 PM starring Vicci Martinez at the Immanuel Presbyterian Church, the start location.

**09/12 Golden Valley Bike Ride.**

I am heading down on Fri. & will camp @ Maryhill State Park. Will do the ride on Sat. & then head home around noon on Sun. Registration is @ the Goldendale Grange Hall, 228 E. Darland, Goldendale, WA 98620, \$40 by 08/31, \$50 afterwards. [ca\\_gramlich@yahoo.com](mailto:ca_gramlich@yahoo.com). <http://www.goldenvalleybikeride.com/>



**09/19 Club Picnic.**

Join your fellow TWBC Members for our annual picnic at Ravensdale Park. This event is also available for people who wish to become Members by signing up on the day of the ride. It is also meant to preserve the idea of having a September ride along the Green & Cedar Rivers. Members have asked us to preserve our potluck tradition, so you can bring a dish to the ride start or if you have to drive, you can bring a dish to the Ravensdale Park. The simplest way to drive to the park is to take SR18 to the Covington Exit & turn right, continuing to Ravensdale. TWBC will furnish other food, drink & eating utensils. Alcoholic beverages are strictly forbidden @ the park. The ride start will be @ the Auburn/Black Diamond Park & Ride lot located just off SR18 near the Green Valley Road. For you randoneer types, the start is about 20 miles from Tacoma. The Official Ride will start after the potluck items have been gathered up. ☺

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### ☺ September & School Times ☺

Sept. 25 - Oct. 2 is the American Library Association's annual Banned Books Week.

Following is a partial list of books banned by American schools & libraries; are you old enough to read them?

*The Autobiography of Benjamin Franklin*, Benjamin Franklin, 1791.

*Uncle Tom's Cabin*, by Harriet Beecher Stowe, 1852.

*A Farewell to Arms*, Ernest Hemingway, 1929.

*Brave New World*, Aldous Huxley, 1932.

*Of Mice & Men*, John Steinbeck, 1937.

*The Lord of the Rings trilogy*, J.R.R. Tolkien, 1954.

*Jaws*, Peter Benchley, 1974.

*Harry Potter series*, J.K. Rowling, 1997-2007.



# twbc monthly event schedule

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

Date/Day	Time	Ride Code	Distance	Leader/Contact @ (253)	Ride or Activity
09/01 Weds	9:30 AM	2 D	30 +	Lou & Karel Vance 921 - 4847	Explore the Peninsula. Rain Cancels.  Bring \$\$ for a lunch stop. See Ride Notes For Details. Start: Skyline Park & Ride (6th & Skyline).
09/02 Thurs	8:30 AM	4 C	40 Train	Steve Garrett 272 - 0775	Fairly Fast 40. Training ride happening every Thurs. morning going over 16 mph. Can you dig it? <b>FF40</b> Start: Starbucks @ 26th & Proctor.
09/02 Thurs	9:30 AM	3 A	30 Trail	Rich Walter 840 - 9450	Silk Road Smooooothly. 100% paved trail w/ very few road crossings. No hills, no unpleasanties or your money back! Smoothies or beverage of your choice in South Prairie (no host). Rain Cancels.  Start: East Puyallup Trailhead,13900-80thStE, Puyallup.
09/02 Thurs	9:30 AM	3 D	30 Steady	Joe Small 228 - 9554	Over The Hill Gang. For those of you looking for more of a challenge, you may want to try the Victor Falls, Lower Burnet version of the SRS ride. Please arrive early & be ready to ride @ the published time. Start: East Puyallup Trailhead,13900-80thStE, Puyallup.
09/03 Fri	10:30 AM	1 A	8 - 12	Jim Davis 759 - 5616	Mindless Meandering Miles. See Ride Notes for Details. <b>MM</b> Start: Highland Golf Club, 1369 Bel Air Road, Tacoma.
09/04 Sat	All	Day	Fact	Morsel	The first roll-film camera was patented in 1888.
09/05 Sun	9 AM	3 C	60	Larry Wyman 312 - 7588	Bremerton Blackberry Festival. See Ride Notes.  Start: Skyline Park & Ride (6th & Skyline).
09/06 Mon	8 AM	All	56, 80	COGS	The Sixth Annual Perimeter Ride of Seattle (PROS). A circuit ride around the City of Seattle. Start: Discovery Park N. Parking Lot, Magnolia, Seattle.
09/06 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.
09/06 Mon	1 PM	2 A	30	Carla Gramlich 592 - 9156	Labor Day Afternoon Ride. Rode the trail w/ coffee in South Prairie. Rain will cancel.  Start: East Puyallup Trailhead,13900-80thStE, Puyallup.
09/07 Tues	9:30 AM	2 B	30 - 50	Ron Nowicki, Louis Boitano 661 - 2664	Tuesday Ride. Louie will ride somewhere w/ food. Start: McDonald's, 112th & Pacific Ave.
09/08 Weds	9:30 AM	2 B	43	Lou & Karel Vance 921 - 4847	Ride to Dupont for coffee. See Ride Notes for Ride Details. Rain Cancels.  Start: Skyline Park & Ride (6th & Skyline).



# twbc monthly event schedule






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Date/ Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
09/09 Thurs	8:30 AM	4 C	40 Train	Steve Garrett 272 - 0775	Fairly Fast 40. <b>FF40</b> See 09/02 for Ride Details.
09/09 Thurs	9:30 AM	2 A	30 Trail	Rich Walter 840 - 9450	Silk Road Smoooothly. Rain Cancels.  See 09/02 for Ride Details.
09/09 Thurs	9:30 AM	3 D	30 Steady	Joe Small 228 - 9554	Over The Hill Gang. See 09/02 for Ride Details.
09/10 Fri	10:30 AM	1 A	8 - 12	Jim Davis 759 - 5616	Mindless Meandering Miles. <b>MMM</b> See 09/03 for Ride Details.
09/11 Sat	All	Day	Fact	Morsel	Stephen Foster's, <i>Oh! Susanna</i> , is first performed @ a saloon in Pittsburgh, Pennsylvania, in 1847.
09/12 Sun	8 AM	2 B	65	Carla Gramlich 592 - 9156	Golden Valley Bike Ride. \$\$\$ See Ride Notes for Ride Details.
09/12 Sun	<b>1 PM</b>	1 A	20 - 35	Bob Myrick 473 - 7455	Casual Gig Harbor Ride. See Ride Notes for Ride Details. Start: 909 North "J" St.
09/13 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels.  See 09/06 for Ride Details.
09/14 Tues	9:30 AM	2 B	20	Jim Steel 272 - 4243	North Tacoma Ride. Ride to U.P., Titlow, Pt. Defiance 5-mile & back to Proctor. Cyclists can change route as desired. Espresso is mandatory. Start: Starbucks @ 26th & Proctor.
09/14 Tues	9:30 AM	2 B	30 - 50	Looking for a Ride Leader 759 - 2800	Tuesday Ride. Decide to ride somewhere w/ friends. Start: Skyline Park & Ride (6th & Skyline).
09/014 Tues	<b>6 PM</b>	00 Meet	00 & Eat	Tom Readon 759 - 2800	<b>Board Meeting</b> @ the Kim Ahn Restaurant across from TCC on Mildred. Guests & Club Members welcomed.
09/15 Weds	9:30 AM	2 B	43 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 Cancels.  Start: Chambers Lake Trailhead, Lacey.
09/16 Thurs	8:30 AM	4 C	40 Train	Steve Garrett 272 - 0775	Fairly Fast 40. <b>FF40</b> See 09/02 for Ride Details.
09/16 Thurs	9:30 AM	2 A	30 Trail	Rich Walter 840 - 9450	Silk Road Smoooothly. Rain Cancels.  See 09/02 for Ride Details.
09/16 Thurs	9:30 AM	3 D	30 Steady	Joe Small 228 - 9554	Over The Hill Gang. See 09/02 for Ride Details.
09/17 Fri	10:30 AM	1 A	8 - 12	Jim Davis 759 - 5616	Mindless Meandering Miles. <b>MMM</b> See 09/036for Ride Details.



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Date/ Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
<b>09/19 Sun</b>	10 AM	2 B	varies	Bob Myrick 473 - 7455	<b>TWBC Club Picnic.</b> See Ride Notes & Article. Start: Ravensdale Park, 272nd Ave S, King County. 
09/20 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 09/06 for Ride Details. 
09/21 Tues	9:30 AM	2 C	30 - 50	Ron Nowicki, Louis Boitano 661 - 2664	Tuesday Ride. Louie will ride somewhere w/ food. Start: Sumner Library, 1116 Fryer Ave, Sumner.
09/21 Tues	<b>6 PM; 6:30 PM</b>	Meet & 0 Meet &	Eat; 00 Greet	Tom Reardon 952 - 5964	<b>Sept. Club Meeting.</b> @ New Location, The Harmon Hub. Vote on new Club Officers. Oct & Nov General Meetings will occur in different places this autumn season- vote for your choice & make your thoughts heard! The Hub, 203 Tacoma Ave. S., in the Stadium District.
09/22 Weds	9:30 AM	2 D	30 +	Lou & Karel Vance 921 - 4847	Explore the Peninsula. Rain Cancels.  Bring \$\$ for a lunch stop. See Ride Notes For Details. Start: Skyline Park & Ride (6th & Skyline).
09/23 Thurs	8:30 AM	4 C	40 Train	Steve Garrett 272 - 0775	Fairly Fast 40. <b>FF40</b> See 09/02 for Ride Details.
09/23 Thurs	9:30 AM	3 A	30 Trail	Rich Walter 840 - 9450	Silk Road Smoooothly. Rain Cancels. See 09/02 for Ride Details. 
09/23 Thurs	9:30 AM	3 D	30 Steady	Joe Small 228 - 9554	Over The Hill Gang. See 09/02 for Ride Details.
09/24 Fri	10:30 AM	1 A	8 - 12	Jim Davis 759 - 5616	Mindless Meandering Miles. <b>MMM</b> See 09/03 for Ride Details.
09/26 Sun	9 AM	2 B	65	Janet Higbee 973 - 2306	Ride to McKenna. Stop @ fruit stands or Stewart Meats & picnic on the river or eat in the bar. Call me ahead if you want to meet futher south @ a later hour. Start: Skyline Park & Ride (6th & Skyline).
09/26 Sun	10 AM	2 B	20	Louis Boitano 922 - 1168	Ride to Firwood Alpaca Farm. in Fife. 2nd Annual Alpaca Farm Day @ the farm w/ new Alpaca store opening. Pet & fed these South American camelids. Lunch in Puyallup afterward. Start: Freighthouse Square, 430 E. 25th St, Tacoma. 
09/27 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 09/06 for Ride Details. 
09/28 Tues	9:30 AM	2 C	30 - 50	Ron Nowicki, Louis Boitano 661 - 2664	Tuesday Ride. Start: Freighthouse Square, 430 E. 25th St, Tacoma.





# twbc monthly event schedule

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

Date/Day	Time	Ride Code	Distance	Leader/Contact @ (253)	Ride or Activity
09/29 Weds	9:30 AM	2 D	30 +	Lou & Karel Vance 921 - 4847	Ride to Dupont for coffee. See Ride Notes for Ride Details. Rain Cancels. Start: Skyline Park & Ride (6th & Skyline). <i>Dupont</i>
09/30 Thurs	8:30 AM	4 C	40 Train	Steve Garrett 272 - 0775	Fairly Fast 40. <b>FF40</b> See 09/02 for Ride Details.
09/30 Thurs	9:30 AM	3 A	30 Trail	Rich Walter 840 - 9450	Silk Road Smooooothly. Rain Cancels. See 09/02 for Ride Details. 
09/30 Thurs	9:30 AM	3 D	30 Steady	Joe Small 228 - 9554	Over The Hill Gang. See 09/02 for Ride Details.
10/01 Fri	10:30 AM	1 A	8 - 12	Jim Davis 759 - 5616	Mindless Meandering Miles. <b>MMM</b> See 09/03 for Ride Details.
10/04 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 09/06 for Ride Details.
10/05 Tues	9:30 AM	2 B	20	Jim Steel 272 - 4243	North Tacoma Ride. Ride to U.P., Titlow, Pt. Defiance 5-mile & back to Proctor. Cyclists can change route as desired. Espresso is mandatory. Start: Starbucks @ 26th & Proctor. 

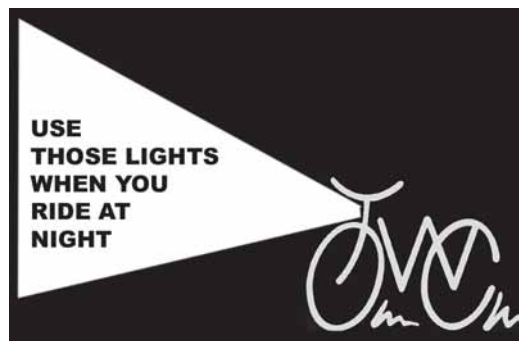
## For TWBC Monthly Ride/Event Calendar

### 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.





# 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, Oct. 19, 2010**

**Next Ride Calendar Deadline:**  
**Tues, September 21, 2010**

**Next COG Article Deadline:**  
**Weds, September 22, 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!)*

## **PRESIDENT:**

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

**--Unfilled @ this time--**

## **VICE - PRESIDENT:**

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

Vern Hase, 759 - 7246

## **SECRETARY:**

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

Caroline Warnock

## **TREASURER:**

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

Mike Madden, 564 - 2718

## **RIDE CAPTAIN:**

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

**--Unfilled @ this time--**

## **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)

**--Unfilled @ this time--**

## **NEWSLETTER EDITOR:**

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

Dena Wessels, 857 - 5658

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

## **DATABASE & MAILING:**

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

Bev Simpson, 858 - 8746

## **MEMBERSHIP:**

Phyllis Lay, 759 - 1816

## **WEBMASTER:**

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

**--Unfilled @ this time--**

## **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)

**--Unfilled @ this time--**

## **DAFFODIL CLASSIC (2010): APRIL 18**

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

**--Unfilled @ this time--**

## **PENINSULA METRIC (2010): JUNE 6**

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

**--Unfilled @ this time--**

## **HEADWATERS (?)**

**(2009): 3rd Sun., Sept**

**--Unfilled @ this time--**

## **RAPSody Contact:**

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

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

Ralph Wessels, 857 - 5658

## **ANNUAL CLUB PICNIC:**

**(2010): Sept. 26 (?)**

**--Unfilled @ this time--**

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

**Currently Vacant, Apply Now!**

## **BIKE EXPO:**

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

[bikebooth@twbc.org](mailto: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. ☺



**September  
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.

***Become a Member of TWBC***

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!***

# **The Sixth Annual Perimeter Ride of Seattle (PROS).**

## **Monday, September 6th**

**Start: Discovery Park North Parking Lot, Magnolia, Seattle**

**Time: 8:00 for 8:30 start**

**Distance: About 80 miles for the full PROS, 56 for PROS Lite.**

**Pace: Moderate to brisk.**

**Leader: Several ride leaders and paces to be organized.**

**Cue Sheet: To be provided at the start and on line here.**

COGS and the Bicycle Alliance presents the 2010 version of PROS, a circuit ride around the City of Seattle. This year there will be a snack stop in Tukwila at about the 25-mile point.

After five years PROS has become a classic that is a "must" for Northwest cyclists. Started by Gary Strauss and Dan Wakefield in 2005, and modeled after other perimeter rides such as El Tour de Tucson, PROS circumscribes the city, following a clockwise route from the start at Discovery Park. Seattle's hilly and ravine divided landscape makes for a challenging but very rewarding ride. You will see Seattle from all sides, including spectacular city, mountain and lake views.

As in previous years, instead of using "Dan Henry" route markers there will be a cue sheet and ride leaders for multiple groups at several paces. A "PROS Light" route of 56 miles will also be available. Other than the Tukwila snack stop, the ride is not supported, and there will be no SAG, so you will need to be self-sufficient. Bring two tubes, a patch kit, pump and basic tools. Groups typically stop for a casual restaurant lunch at Leschi on Lake Washington.

There is a map and cue sheet on Bikely but it is for the original route. A new sheet will be posted before the ride, so check back at <http://cyclistsofgreaterseattle.org/COGSContentPages/FrameUpcomingRides.shtml>.

Directions to Start: From either Ballard or downtown Seattle, take 15th West, Exit to West Emerson onto Gilman Way, which becomes Government Way. Continue to the Discovery Park Entrance and go through the park past the Visitor Center. Take a right following signs to get to North Parking Lot. Also see signs to Daybreak Star.

Donations accepted for the Bicycle Alliance's work to make Washington State a safe place to ride.



# MT BAKER BICYCLE CLUB

Presents

## The Chuckanut Century

Benefiting

Whatcom Hospice Foundation

Sunday, September 19, 2010



Choose from  
25, 50, 62, 100, or  
124 mile routes  
(Circle desired distance)

www.mtbakerbikeclub.org

T-SHIRT Size (S) \_\_\_ (M) \_\_\_ (L) \_\_\_ (XL) \_\_\_

T-shirts guaranteed with early registration

### REGISTRATION APPLICATION

(Use a separate form for each rider. Please print, fill out, and mail. All fields must be filled out. Please print legibly)

Name \_\_\_\_\_ AGE \_\_\_\_\_ DATE \_\_\_\_\_  
(First) (M.I.) (Last)

Mailing Address \_\_\_\_\_

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

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

Emergency Contact Name \_\_\_\_\_ Emergency Contact Phone \_\_\_\_\_

**Entry Fee - \$45** postmarked by 09/0□/10  
**\$50** after 09/0□/10

**Special Rate for Tandem Riders**  
Only **\$10** for stoker  
(Please fill out separate form and attach)

**\$5 Discount for MEMBERS**  
**JOIN today**

**MAIL TO:** Mount Baker Bicycle Club  
PO Box 2702  
Bellingham, WA 98227

Sorry, all payments are nonrefundable.

Entry Fee (45/50)	_____
Tandem (10)	_____
Club Membership (NEW/RENEW 15/25)	_____
NEW/RENEW Discount (-5)	_____
<b>TOTAL AMOUNT ENCLOSED</b>	_____
Make checks payable to <b>Mount Baker Bicycle Club</b>	

I have signed the release on the back of this application.

**Mt Baker Bicycle Club Membership**  NEW  RENEW

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ email: \_\_\_\_\_

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

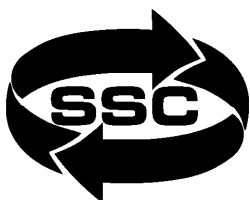
Membership Type:  Individual (\$15)  Family/Associate (\$25) (There will be a \$20.00 fee for all returned checks)

Family/Associate Member Name: \_\_\_\_\_

(An associate member can be any person living at the same address as the individual member)

What are your cycling interests? \_\_\_\_\_

**THANKS TO OUR  
SPONSORS**



**Sanitary  
Service  
Company**



**GroupHealth**

WEB

# Mt Baker Bicycle Club Chuckanut Century 2010 RELEASE AGREEMENT

1. In consideration of the acceptance of this entry and by signing this Release for myself (or for the participant if the participant is under 18) I agree to RELEASE, HOLD HARMLESS, and INDEMNIFY Mt Baker Bicycle Club and all its sponsors, their respective officers, agents, members, employees and volunteers and any and all Countries, States, Departments of Transportation, State Patrols, Counties, Townships and Cities through which this Event may pass, and any other parties connected with this bicycle event including but not limited to elected and appointed officials and their employees for any injury, loss or damage suffered as a result of participation in this 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, and I expressly agree to assume these risks. I understand the route chosen may be challenging, not necessarily the safest or easiest route, and that weather, road or traffic 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, and that my bicycle is in safe operating condition.
3. I understand that wearing a helmet that meets the CPSC, SNELL, ASTM or ANSI bicycle safety standards can minimize head injuries which may occur in a cycling accident, and that Mt Baker Bicycle Club requires all riders to wear helmets. I agree to wear a helmet while participating in this event and to follow the rules of the road and all applicable laws and safe bicycling practices. It is my sole responsibility to insure that my helmet meets CPSC, SNELL, ASTM or ANSI standards and to wear my helmet while participating in this event.
4. If I resell or transfer my Registration or Ride Number, I agree to HOLD HARMLESS AND INDEMNIFY Mt Baker Bicycle Club for any injury, loss or damage suffered as a result of the participation of the individual using my Registration or Ride Number unless that individual also signs this Release Agreement.
5. I give permission to Mt Baker Bicycle Club to use my image in any future Club materials should it appear in photos taken during this Event.
6. 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 and INDEMNIFY the entities named above for any claims brought on behalf of the minor.
7. By registering, I agree to read and familiarize myself with the information in the registration materials and follow the procedures and rules. I will include check or money order (US Funds) payable to Mt Baker Bicycle Club.
8. Any legal action that may arise from my participation in this event will be handled in the state of Washington according to Washington State law.
9. Mt Baker Bicycle Club reserves the right to remove any participating rider from this event if said rider is deemed by an authorized Club agent to be endangering him/herself or other participants, or is riding illegally as defined by Washington State traffic law. Notwithstanding this clause, Mt Baker Bicycle Club is not responsible for cyclists not removed from the event for these or any other reason(s) and this clause shall in no way supersede, exempt participants from or otherwise nullify any other clause in this release agreement.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_  
 If you are under 18 see below

-----  
 If you are under 18 you must fill out the form below and it must be carried with you on the ride on  
 September 19, 2010

**DO NOT REMOVE THIS PORTION OF THE FORM**  
 It will be given to you at check in to be carried on the ride.

Cyclist (minor) name \_\_\_\_\_  
 (first) (last)

I, the parent/guardian of the above named minor, do hereby authorize and consent to medical treatment deemed necessary and proper in the event that a delay in obtaining my consent at the time of treatment maybe detrimental to the well-being of said minor.

Printed Name of Parent/Guardian \_\_\_\_\_ Parent/Guardian Signature \_\_\_\_\_ Phone \_\_\_\_\_



Boundary Bay  
Brewery  
& Bistro





# the Picture Page



## RAPSody Photos (August 28 - 29, 2010).

Look at more RAPSody photos  
by professional, Natural Light photographer,  
Miles John  
at his website,

<http://www.milesjohnphotos.ifp3.com/#/page/home/>  
under "Gallery" & "RAPSody 2010".  
(He also took photos of the NWTR 2010  
that some TWBC Members attended). ☺

Linda Higgins enjoys the scenic view of Puget Sound  
(Photograph by Miles John). ☺

Susan Coley (left)  
& Caroline Warnock (right)  
enjoy drafting along the  
country road  
(Photograph  
by Miles John).



# *the Picture Page*

RAPSody Photos, August 28 - 29, 2010

(All photographs by Miles John).



From water views  
to country vroads,  
over the rolling hills,  
cyclists  
Ride Around Puget Sound  
on  
RAPSody!

