



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.



Black Cat 5-Mile Run/Walk
 By Janet Bissell, Tacoma Parks

Thank you for allowing me to crash your (*General*) Meeting last night (09/21/10)! I would ask that you put the following information out as you ask Members to participate. I want to be clear of what I need from the Wheelman's Club:

Time: 5:30 PM – 7 PM Saturday, October 23rd at Pt. Defiance Park. We will be closing the park to cars at 4 PM on that day. (*Riders are needed by 5 PM; the course closes at 7 PM.*)

Riders with lights (*are*) to ride slowly around the course, so that riders are staggered, and will supply a feel of security to runners and walkers on the course as it gets dark and as the back of the pack becomes more dispersed from the group. This will be a time commitment of about one and one half hours for five-mile drive loops.

I attached a map of the course (*see notes below*), we measured it at 4.9, and the plan is to move the start back 0.1 of a mile to make up for the difference. The map also has where support will be etc. We will probably have 1 water station at the 2.5-mile marker at the tip of the point. Giveaway will be black fleece gloves with the black cat logo. Racers will also get 2 glow bracelets/anklets whatever they choose to use them on. The lighting will mainly be the last half of the course. Pylons of glow sticks and votives will always be visible from one to another (about every 15 feet). There will also be light towers at the 2.5-mile mark and the Fort Nisqually downhill due to how steep it is.

Editor's Notes: More information about the Run/Walk, including a map of the course, can be found at <http://www.metroparkstacoma.org/page.php?id=1198>.

Contact TWBC Member Gene Smith, 272 – 6747 or iamgenesmith@gmail.com, to coordinate.

Web Issue: October, 2010

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October's President's Report



Spinning Wheels

By President Tom
Reardon

With the summer riding season at an end, we gathered for our September General Meeting at Allenmore Golf Club. Joe Small walked Members through the process of creating a personal ride profile on the Ride Calendar, and he emphasized the advantages of utilizing the profile to preregister for upcoming rides. Thanks, Joe! The new venue received high marks from all Members in attendance. The food choices were many, the room can be sized to match the attendance, and there was no competing noise; we will return.

As I settle into my new role, I am confronted with the reality that our Club exists only through the efforts of its Members. We do not have any paid Staff and must rely on each other to complete the many necessary functions of the Club. One critical role that is currently vacant is Daffodil Coordinator. The Daffodil Classic is our signature Event and our critical fundraising Event. Frank Wilson, who did a wonderful job for the past two years, has created a flow chart of tasks so now the position is essentially "paint by the numbers". Please step forward and help. You may even share the task with another Member, and we will find the many others needed to fill the myriad small roles. Contact me at president@TWBC.org.

There are still many great fall days of riding ahead – see you on the road. ☺



By Bob Myrick, Director of
Community and Government Affairs

*Actions affecting you
and your community....*

Our small committee met again on Tuesday, September 7 at the Harvester Restaurant in the Stadium District at First and Tacoma Avenues. As far as I know, we will not meet in October, but will resume meeting on Tuesday, November 2 at 6 pm at the Harvester. Here are some of the things we talked about and other happenings:

We discussed whether or not to endorse candidates who supported bicycling. We decided to not endorse because we didn't want candidates to be mad at us and we didn't want TWBC Members mad at us if we supported the wrong candidate.

1. You have read about the **10,000+ bicycle maps being destroyed and the map being taken off Pierce County's website**. We have contacted Councilman Bunney and Lee via email and haven't received a response. Kirk Kirkland said he would meet with them in their office. Ralph has offered to address the issue in a letter.

2. We are sending **our 10 most wanted trails** letter to County and City elected Officials.

3. Bicycle Alliance of Washington Auction. You will read about the auction on our Website and in this Newsletter. **I hope you consider attending**. It is a great and worthwhile event.

4. **The Washington State Trails Conference** will be here in Tacoma on October 22 and 23. Check it out at

GAC, continued on page 3

GAC, continued from page 2

www.washingtonstatetrailscoalition.org. TWBC is participating and is a co-sponsor of the event.

5. Donations/Budget. We talked about asking the Board to **make our annual donations** and possibly **provide support to the Forevergreen Council next year**. Our past President, Tim Payne, is the head of the Council. The Council is made up of electeds, people like us, government workers and others. The Council is trying to **help us get the trail system built** in Pierce County and its Cities and towns.

6. Bike Education. Our group talked about the Bicycle Alliance of Washington having received a **large grant to provide bicycle education in the schools**. Perhaps TWBC can assist the program in our area.

7. Ride Leader Education. We talked about having a **seminar for new and old ride leaders**, particularly since we had a recent accident.

8. **South Prairie Trail Construction**. I attended a Council meeting on Monday, September 20 to urge the Council to go ahead with their condemnation action at the trailer park. The County apparently doesn't have ownership of the upstream right of way at the "Paint Ball" property and several other parcels. We are kind of tired of the County's not obtaining the right of way in a business like manner.

9. Tacoma. I will be meeting with Diane Wiatr and the City Council to discuss small projects in the City. **The Council will be invited to ride the Water Ditch Trail**.

That is all for now, September may be the wettest one on record. I may head out for dryer weather someplace. Still, put on your rain gear and ride more, worry less. We already have a pretty good backbone trail system here in our County.



BAW Auction "Sowing the Seeds of Bicycle Advocacy Statewide"

By Dena Wessels

The 18th Annual Bicycle Alliance of Washington Annual Auction and Banquet will be on Saturday, October 23, 2010 at the Fisher Pavilion at the Seattle Center (Thomas St & 2nd Ave. N.). This year TWBC is once again subsidizing Club Member's attendance at half the ticket price of \$75.

The Silent Auction begin is from 5:30 pm to 6:45 pm, the Dinner begins at 7 pm, with the Live Auction starting at 7:30 pm. The entire evening is always a good time and a great celebration of cycling in Washington. Not to mention that the proceeds go directly toward supporting bicycle advocacy, safety, and education. This year's auctioneer is Eric Mamroth, and the emcee is Dave Ross.

Please come join the fun. To ensure your seat, send your check (made out to TWBC) by Oct. 15 to :TWBC, BAW Auction, Attn: Mike Madden, TWBC Treasurer, PO Box 112078, Tacoma, WA 98411. Then contact Dena Wessels at 253 - 857 - 5658 or denawessels@earthlink.net to ensure that your nametag & other auction goodies are set-aside for you. Tickets are available at the door, but remember, TWBC does not give out our Membership Roster to others, so to get half price, send your check in early.

B.A.W. helps introduce kids and adults to the joy and freedom of bicycling, and ensures that future generations have great places to ride in bicycle friendly communities across Washington. Hope to see you at the Auction. ☺

**Volunteers needed October 5-7th
for the City of Tacoma's
Annual Bike and Pedestrian Count**

By Liz Kaster

City of Tacoma Commute Trip Reduction Coordinator

Help Tacoma track bicyclists and pedestrians in locations throughout the City by volunteering as an official bicycle and pedestrian counter October 5-7th. Volunteers will be stationed at a trail or intersection during peak commute hours (7 am-9 am and 4 pm-6 pm) and asked to tally bicycles and pedestrians as they cross your path. Whether you can count during the morning and evening commute all three days, or are only available for one shift, we need your help! Choose one shift or volunteer for them all!

The bicycle and pedestrian count is part of an annual statewide effort, coordinated by the Washington State Department of Transportation and the Cascade Bicycle Club. It is also part of a nationwide effort to begin obtaining data about the nation's pedestrian and bicycle travel. These counts are particularly important to the City of Tacoma as we begin to implement our Mobility Master Plan. This is the third year that the City of Tacoma has participated.

Register as a volunteer and choose your shift times and locations at: <http://www.wa-bike-ped-count.org/index.php>. Cascade Bicycle Club will follow-up with you to confirm your shift location and time, and to ensure you have all the materials you need to perform the counts.

In the meantime, feel free to read more about the documentation in the advocacy section of the Cascade Bike Club at http://www.cascade.org/Advocacy/bicycle_counts.cfm, and download volunteer instructions and count forms from the WSDOT site at http://www.wsdot.wa.gov/NR/rdonlyres/28F7B723-4060-4A0B-81D7-75C38CDDDB7AE/0/BicycleandPedestrianVolunteerInstructions_2010.pdf and http://www.wsdot.wa.gov/NR/rdonlyres/AE5DA0B8-C600-49F1-80C3-844032306FB9/0/BackgroundDataSheetandInstructions_2010.pdf. If you have any questions or registration issues, contact Tessa at the Cascade Bike Club at tessa.greegor@cascadebicycleclub.org or 206-204-0913.

Not in the City of Tacoma? Sign up anyway...there are locations throughout Pierce County and the state!

We will need all the volunteer support we can get. Please pass this message along to friends, local news outlets, and community groups that might be interested in volunteering.

For more information contact Liz Kaster, Commute Trip Reduction Coordinator, City of Tacoma, 747 Market St, Room 1036, phone: 253-573-2317 fax: 253-591-2002, ekaster@cityoftacoma.org. ☺

Donate your used Bike Shoes

By Steve Brown

A program called Outdoor for All in Seattle provides bicycle, tricycle, ski and other outdoor opportunities for the disabled. They are looking for donations of cleats, pedals and bike shoes. Currently, they often resort to using a Velcro system to keep feet from slipping off the pedals.

If you have any pedals and/or shoes to donate contact Steve Brown 253-752-4038 or tacomabike@yahoo.com. ☺



Renewing Members (Thank You!):

Sue Batali and Fred Knox, Karen Comer, Carol and Roz Davis, Kristy Everitt and family, Clif and Wendy Graves, David and Patricia Killen, Leon Leonard, Bob and Donna Levin, Costi Mahshi, Thomas Reardon, Michael Springer, Kris Symer, Karel and Lou Vance, Charles & Caitlin Wolf, and John Woods.

New Members (Welcome!):

Debra Cooper, Daniel Erickson, Buzz Grant and family, Ed and Ulla McConkey, Geoffrey Meredyth, Susan Sullivan, Richard Tomko, and Matthew Zavel. ☺

Upcoming Events To Watch For

Annual Budget
for Members to pass in November

Holiday Party
in December (want to Host?)

Annual Banquet in January
The 2011 Ride Year!



A Halloween Recipe, If You Dare!

Corpse Toes

Recipe Ingredients:

Cocktail wieners
Ketchup or mustard

6-inch tortillas
Toothpicks



Directions:

1. Heat oven to 350 degrees.
2. Make a toenail into the end of each cocktail wiener by cutting a wedge.
3. Cut the tortillas into strips about 4 inches long and 3/4 inch wide. Save the ends.
4. Soften the strips in the microwave between damp paper towels for 10 to 30 seconds (approximate).
5. Roll each wiener in a tortilla strip and secure with a toothpick to hold in place.
6. Place toes onto the remaining tortilla wedges for presentation. Place toes on cookie sheet.
7. Bake for 7 to 8 minutes.
8. Remove them from the oven, and then fill the toenail with ketchup or mustard.
9. Remove the toothpicks before serving. ☺

Another Halloween Recipe, If You So Dare! Kitty Litter Cake

Recipe Ingredients:

2 boxes of cake mix
(1 white and 1 chocolate or spice)
1-package vanilla sandwich cookies
1 box vanilla pudding
tootsie rolls
green food color
clean/new kitty litter pan
clean/new cat litter scoop



Directions:

Bake the white cake according to directions in a 9" x 13" cake pan. Bake second cake mix according to directions also in a 9" x 13" cake pan. Crumble cooled cakes into the kitty litter pan. Mix vanilla pudding according to package directions, let set up.

Grind cookies (whole package) up in food processor or blender, or crush by hand. Save about 3/4 cup of crushed cookie crumbs, set aside. Mix just enough of set up pudding into the crumbled cakes and the rest of the crushed cookies, to make it sort of clump together like cat litter. Mix green food color into remaining cookie crumbs and sprinkle on top to give it a kitty litter look.

Soften tootsie rolls on a plate in the microwave just for a few seconds just long enough to make them soft and pliable and shape them into cat "poop". Place them in and around the cat litter. Serve with brand new, unused cat litter scoop. It looks really gross, but actually tastes really good! *(Last seen at a TWBC Halloween Party!)* ☹

TWBC Membership Benefits

Rides: Attendance on guided rides throughout the year.

Bicycle boxes: Suitable for carrying bicycles in reserve in advance. Contact equipment@twbc.org.

Bicycle trailer: single-wheeled BOB trailer. Contact equipment@twbc.org.

Camping fees: For Club Rides (check for stipulations).

Club Picnic: All you can eat catered picnic at the middle or end of summer or beginning of fall.

Club Banquet: Subsidized annual awards and social event in January.

Newsletter: Monthly printed or web based PDF publication with updates on rides and information about bicycling in Tacoma and Pierce County.

Bike Shop Discounts: See at the Club Website:

<http://www.twbc.org/resources/Documents/bike%20shops%20with%20discount.pdf>

**Great Weekly Rides,
Learning & Leadership Opportunities,
& friendly ride partners!** ☹



October Ride Notes:



10/06, 10/20 Explore the Peninsula.

Rain or icy conditions cancels ride. Sign up with a contact

10/13, 10/27 Ride to Dupont.

number so we can notify you by phone (preferably cell, in case

Dupont

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.

10/09 Sisters Club Ride

The clubs of RAPSody will get together for a joint ride.

Meet at 8:30 am at Freighthouse Square to carpool. Meet at 10 am in Snohomish, WA, near the public restrooms on 1st St. Choose between 25 or 35 miles. Please sign up online and note if you would like to carpool & if you can drive or would like to be a passenger.



10/17 Blue Vespers.

Rain will cancel ride. This easy 20 mile ride will go over the

Narrows Bridge to Gig Harbor for coffee. For those interested, the Blues Vespers starts @ 5 pm with Adam Levy, Bill Sims Jr., & the Mint Imperials.



10/23 Black Cat 5-mile Fun Run Support.

Need riders with lights to circle the

Pt. Defiance Park and help support the Metro Parks Black Cat 5-mile Fun Run/Walk. Meet at the park entrance & ride with the runners/walkers. The run starts @ 5:30 pm. Please contact Gene Smith ahead of time so we know how many will be supporting this event. ☺



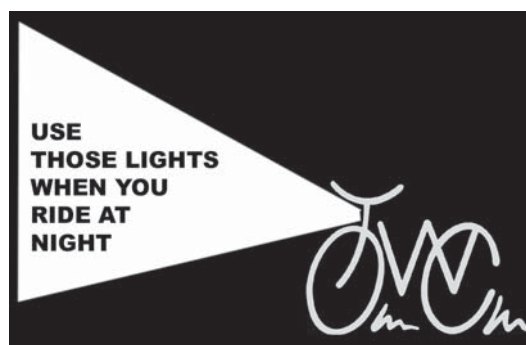
For TWBC Monthly Ride/Event Calendar

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.



*This October Newsletter
was brought to you late
courtesy of the failing of
a seven year old hard drive.*



twbc monthly event schedule







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

Date/ Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
10/02 - 10/03 Sat - Sun	9:30 AM	2 B	50	Carla Gramlich 592 - 9156	(Weekend Trip to Centralia. Make your own reservations @ the Olympic Club Hotel to confirm this trip (866) 736 - 5164 (other places in Centralia if Olympic is full). I will cancel on Weds (29) if the weather looks really nasty for the trip. Start: North Pacific Coffee Co., 401 Garfield St. S.
10/02 Sat	9:30 AM	2 B	30	Lou & Karel Vance 921 - 4847	Steilacoom Apple Squeeze. Press apples into cider the old-fashioned way w/ hand operated presses. Enjoy music all day. Quality hand crafts make this street fair exciting. Rain Cancels. Start: Skyline Park & Ride (6th & Skyline). 
10/03 Sun	10 AM	2 B	20	Louis Boitano 922 - 1168	Greek Festival. Ride around Tacoma before enjoying the Greek Festival. Start: Freighthouse Square, 430 E. 25th St, Tacoma.
10/04 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. 
10/05 Tues	9:30 AM	2 B	20	Jim Steel 272 - 4243	North Tacoma Ride to University Place, Titlow, Pt. Defiance 5-mile drive & back. Route can be changed as desired; espresso is mandatory. Start: Starbucks @ 26th & Proctor.
10/05 Tues	9:30 AM	2 B	30 - 50	Louis Boitano 922 - 1168	Tuesday Ride. Louie will ride somewhere w/ food. Start: Freighthouse Square, 430 E. 25th St, Tacoma.
10/06 Weds	9:30 AM	2 D	30 +	Lou & Karel Vance 921 - 4847	Explore the Peninsula. Rain in Tacoma Cancels. See Ride Notes for Ride Details. Start: Skyline Park & Ride (6th & Skyline). 
10/07 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? FF40 Start: Starbucks @ 26th & Proctor.
10/07 Thurs	9:30 AM	2 A	30 Trail	Richard Walter 840 - 9450	Silk Road Smooooothly. 100% paved trail w/ very few road crossings. Smoothies or beverage of your choice in South Prairie (no host). Rain Cancels. Start: East Puyallup Trailhead, 13900-80thStE, Puyallup. 
10/07 Thurs	9:30 AM	3 D	30 Steady	Joe Small 840 - 9450	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. Start: East Puyallup Trailhead, 13900-80thStE, Puyallup.



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
10/09 Sat	8:30 AM	1 A	varied	Carla Gramlich 592 - 9156	Sister Clubs Ride. The clubs of RAPSody get together for a joint ride in Snohomish. See Ride Notes for Details. Start: Freighthouse Square, 430 E. 25th St, Tacoma. 
10/10 Sun	9:30 AM	2 A	40 - 50	Louis Boitano 922 - 1168	Ride to IKEA or Zopas for lunch. Start: Sumner Library, 1116 Fryer Ave, Sumner. 
10/10 Sun	1 PM	2 B	20	Janet Higbee 973 - 2306	Cushman Trail. Ride to the end of the new trail. If folks want to stop for a beverage, we can do so. Start: Skyline Park & Ride (6th & Skyline).
10/11 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 10/04 for Ride Details. 
10/12 Tues	9:30 AM	2 B	30 - 50	Louis Boitano 922 - 1168	Tuesday Ride. Louie will ride somewhere w/ food. Start: McDonald's, 112th & Pacific Ave.
10/12 Tues	6 PM	00 Meet	00 & Eat	Call a Board Member	Board Meeting @ the Kim Ahn Restaurant across from TCC on Mildred. Guests & Club Members welcomed.
10/13 Weds	9:30 AM	2 B	43	Lou & Karel Vance 921 - 4847	Ride to Dupont & stop for coffee. Rain in Tacoma Cancels. See Ride Notes for Ride Details. Start: Skyline Park & Ride (6th & Skyline). <i>Dupont</i>
10/14 Thurs	8:30 AM	4 C	40 Train	Steve Garrett 272 - 0775	Fairly Fast 40. FF40 See 10/07 for Ride Details.
10/14 Thurs	9:30 AM	2 A	30 Trail	Richard Walter 840 - 9450	Silk Road Smooooothly. Rain Cancels. See 10/07 for Ride Details. 
10/14 Thurs	9:30 AM	3 D	30 Steady	Joe Small 228 - 9554	Over The Hill Gang. See 10/07 for Ride Details.
10/15 Fri	All	Day	Fact	Morsel	White Cane Safety Day, passed by Congress (Public Law 88-628), to eliminate barriers for every disabled American, especially the blind & visually impaired, 1964.
10/16 Sat	Visit Make	A A	Local Food	Food Bank & Donation	World Food Day - a worldwide event designated to increase awareness & action to alleviate hunger.
10/17 Sun	1 PM	1 B	20	Bob Myrick 473 - 7455	Blue Vespers. See Ride Notes for Ride Details. Start: Immanuel Presbyterian Church, 909 N. "J" St. 
10/18 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 10/04 for Ride Details. 
10/19 Tues	9:30 AM	2 B	30 - 50	Louis Boitano 922 - 1168	Tuesday Ride. Louie will ride somewhere w/ food. Start: Sumner Library, 1116 Fryer Ave, Sumner.
10/19 Tues	6 PM; 6:30 PM	Meet & 0 Meet &	Eat; 00 Greet	Tom Reardon 952 - 5964	October Club Meeting. Food, drinks, & fellowship @ 6 PM & meeting business @ 6:30 PM. Start: Allenmore Bar & Grill, 2125 S. Cedar 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
10/20 Weds	9:30 AM	2 D	30 +	Lou & Karel Vance 921 - 4847	Explore the Peninsula. Rain in Tacoma Cancels. See Ride Notes for Ride Details. See 10/06 & Ride Notes for Ride Details. 
10/21 Thurs	8:30 AM	4 C	40 Train	Steve Garrett 272 - 0775	Fairly Fast 40. FF40 See 10/07 for Ride Details.
10/21 Thurs	9:30 AM	2 A	30 Trail	Richard Walter 840 - 9450	Silk Road Smoooothly. Rain Cancels. See 10/07 for Ride Details. 
10/21 Thurs	9:30 AM	3 D	30 Steady	Joe Small 228 - 9554	Over The Hill Gang. See 10/07 for Ride Details.
10/22 - 10/23 Fri - Sat	Varied	Check	Web- site	Bob Myrick 473 - 7455	Washington State Trail Conference. Make an investment in the future. La Quinta Inn, Tacoma. http://washingtonstatetrailscoalition.org/ 
10/23 Sat	5 PM	1 A	15	Gene Smith 272 - 6747	Black Cat 5-mile Fun Run Support. Help Metro Parks by riding your bike on this run/walk. See Ride Notes for Details. Bring lights! Start: Pt. Defiance Entrance. 
10/24 Sun	9:30 AM	2 B	40	Louis Boitano 922 - 1168	Orting for Lunch w/ Louie. Start: Freighthouse Square, 430 E. 25th St, Tacoma.
10/25 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 10/04 for Ride Details. 
10/26 Tues	9:30 AM	2 B	30 - 50	Louis Boitano 922 - 1168	Tuesday Ride. Louie will ride somewhere w/ food. Start: Freighthouse Square, 430 E. 25th St, Tacoma.
10/27 Weds	9:30 AM	2 B	43	Lou & Karel Vance 921 - 4847	Ride to Dupont & stop for coffee. Rain in Tacoma Cancels. See 10/13 & Ride Notes for Ride Details. Start: Skyline Park & Ride (6th & Skyline). <i>Dupont</i>
10/28 Thurs	8:30 AM	4 C	40 Train	Steve Garrett 272 - 0775	Fairly Fast 40. FF40 See 10/07 for Ride Details.
10/28 Thurs	9:30 AM	2 A	30 Trail	Richard Walter 840 - 9450	Silk Road Smoooothly. Rain Cancels. See 10/07 for Ride Details. 
10/28 Thurs	9:30 AM	3 D	30 Steady	Joe Small 228 - 9554	Over The Hill Gang. See 10/07 for Ride Details.
10/30 Sat	Yellow	Orange	White	Each Piece, 3.57 Calories	National Candy Corn Day. Made since the 1880's; over 20 million pounds sold @ Halloween. 
10/31 Sun	9:30 AM	3 C	25	Larry Wyman 921 - 4847	Cyclocross Watching. Ride to Ft. Steilacoom & watch the Cyclocross event. Costumes may be in order for those willing to humilate themselves. Start: Skyline Park & Ride (6th & Skyline).

Spoke & Sprocket

Spoke & Sprocket

Fall 2010

It's Class Time at Spoke & Sprocket!

It's class time for 2010/2011!

It's time for Spoke & Sprocket's popular maintenance and repair classes! We have been teaching the Park Tool School classes since Park started offering a class text. Our wheel building class has been training amateur wheel builders for well over 17 years! The women's class we started 4 years ago has met with rave reviews. Check out our classes, one of them is sure to be right for you! Be sure to sign up soon as classes fill up fast!

All classes are held at Spoke & Sprocket. Each class emphasize hands on learning, is limited to 4-6 students per instructor and fill up very fast. We provide stands and tools during class. You bring your bike to work on. Enrollment is on a first come first serve basis. Your place in a class can be reserved only through payment of the registration fee. You may mail or deliver your registration to the shop or register online at: www.spokeandsprocket.com. Sign up today, classes are filling fast!

If you need further information fell free to call 253 - 564 - 1422 or e-mail us at class@spokeandsprocket.com

Courses offered:

Women's Cycle Basics

Four 2 hour sessions

7-9pm \$135.00

Text included.

Women's only class! Learn how to take care of your bike and be more self sufficient! Topics: Flat repair, bike cleaning, and maintance.

No prior mechanical experience required.

Park Tool Basic

Four 2 hour sessions

7-9pm \$135.00

Text included.

An intermediate class that covers the aspects of basic bike adjustment. Topics: Lubrication, brake and gear adjustments, drivetrain maintenance.

Basic mechanical experience helpful but not required.

Park Tool School

Six 2 hour sessions

7-9pm \$200.00

Text included.

Advanced class covering bike tune-up. Topics: drivetrain maintenance, bearing adjustments, brake & gear adjustments, cable, chain, & cassette replacement.

Moderate mechanical experience required.

Wheelbuilding

Four 2 hour sessions

7-9pm \$135.00

Text included.

Covers wheelbuilding from lacing to final tensioning and truing. Topics include wheel theory, lacing patterns, materials & tools.

Good mechanical skill required.

Spoke & Sprocket Class Registration 2010/2011 sessions

Women's Cycle Basics	\$135.00	7-9pm	Thursdays:	Oct 21~ Nov 11 2010	[]
			Thursdays:	Jan 13~Feb 3 2011	[]
Park Tool Basic	\$135.00	7-9pm	Fridays:	Oct 22~Nov 12 2010	[]
			Wednesdays:	Jan 12~Feb 2 2011	[]
Park Tool Full	\$200.00	7-9pm	Wednesdays:	Oct 13~Nov 17 2010	[]
			Tuesdays:	Jan 11~Feb 15 2011	[]
Wheelbuilding	\$135.00	7-9pm	Tuesdays:	Nov 23~Dec14 2010	[]

Name: _____ Phone: (____) _____

Street: _____

City: _____ State: _____ Zip _____

Please enclose full tuition amount with registration. Mail or bring to:

Spoke & Sprocket, 2621 70th Ave W. Suite D Tacoma, WA 98466

Or register online at www.spokeandsprocket.com



Washington State Trails Conference October 22-23, 2010

Our 2010 conference theme is *"From Backyard to Backcountry and the Trail Between"*. As you can see from our conference events (see below), we have retained some of the most popular offerings from past years, while adding some very timely topics and dynamic keynote speakers.

Additionally, Bob Myrick and other members of the host committee have set up some scenic walking and biking field trips (see below) before, during, and after the conference that we think will appeal to many of you.

Should you have specific questions, Pete Beaupain, assisted by Greg Lovelady, is serving as the Conference Program Committee Chair; Ernie Bay, with support from Jayme Gordon, is serving as the Conference Host Committee Chair; John Keates is serving as the Conference Exhibit/Vendor Chair; Rick Hood and Cec Vogt are serving as the Outreach Committee Co-Chair; Rick Hood and Michael Linde are serving as the Scholarship Co-Chairs; Bob Myrick, assisted by Ernie Bay, is serving as the Field Trip Chair and Reed Waite is serving as the Registration Chair.

To sign up for conference email updates, please go to the Washington State Recreation and Conservation Office website, then select "Trails Conference" under the "Other" section, towards the bottom of the page, and finally enter your information, or go to <https://www.signmeup.com/site/reg/register.aspx?fid=K92VZJ7>.

The 2010 event will be held in Tacoma at the La Quinta Inn. More information can be found at www.washingtonstatetrailscoalition.org. TWBC, Foothills Rails to Trails and the Forevergreen Council are heavily involved in putting on this conference.

Friday, October 22nd Events

Agency Leadership Panel: Providing a Future for Trails, 9:30 a.m. - 10:45 a.m.

Legislative Branch Panel: Building Trails to the Capitol, 11:00 a.m. - 12:00 p.m.

Keynote Speaker: Rick Potts, National Park Service, 12:00 - 1:30 p.m.

Idea Marketplace: 1:30 p.m. - 2:45 p.m.

Breakout Sessions:

3:00 p.m. - 4:15 p.m.

The President's "America's Great Outdoors Initiative"

Trail Funds at Risk: Saving NOVA and RTP

Making the Case for Active Transportation

Trails and Health

Listening to Young People: What Brings Them Outdoors & Onto Trails?

Walking Tour & Mixer/Reception at Washington State History Museum, 5:00 p.m. - 8:00 p.m.

**Washington State Trails Conference
October 22-23, 2010,
continued**

Saturday, October 23rd Events

Breakout Sessions:

9:15 a.m. - 10:30 a.m.

Outdoor Ethics Programs for the Backcountry
Trail Construction Techniques for Sustainable Surfaces
“Partnering for Power”
Building Relationships in Recreation: Connecting to Where People Are
Interconnecting Trails in Rural and Backcountry Settings.

11:00 a.m. - 12:30 p.m.

Lessons from Reiter Forest
The Minimum Tool Analysis Workshop
Finding the Funding for Trails
Connecting Local And Regional Trails; Urban/Suburban settings.
International Trails We Have Loved and What We Can Learn from Them

Keynote Speaker: Tim Payne, Nelson|Nygaard Consulting, 12:30 p.m. - 1:30 p.m.

Field Trips:

Thursday: October 21st: Foothills Bicycle Trail, 1:00 p.m. - 4:30 p.m.

Friday, October 22nd: Tacoma Waterfront Walk, 5:00 p.m. – 6:00 p.m.

Saturday, October 23rd: Scott Pierson and Cushman Trails Bicycle Tour, 2 p.m. – 6 p.m.

Saturday, October 23rd: Narrows Bridge Walking Tour, 2 p.m. – 6 p.m.

Saturday, October 23rd: Chambers Bay Golf Course Walking Tour, 2 p.m.– 6 p.m.

Washington State Trails Coalition

Founded in 1999, the Washington State Trails Coalition works to promote and enhance a statewide system of trails.

Our efforts encompass both motorized and non-motorized outdoor recreation and transportation trails. We work through voluntary and public involvement in cooperation with landowners and managers. WSTC’s primary focus is an organization of bi-annual state trails conference. ☺



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, October 19, 2010

Next COG Article Deadline:
Weds, October 20, 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

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treasurer@twbc.org

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events@twbc.org

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

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Steve Brown, 752 - 4038

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

hapsody2005@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.

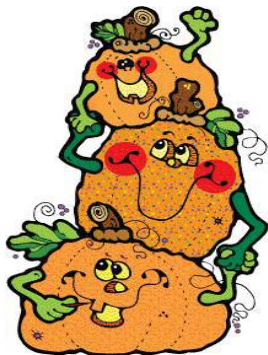
Local bicycle shops that offer a discount of at least ten percent (10%) to TWBC Members may place ads or flyers in the COG for free. "Local" is defined as within the Puget Sound area. Each bicycle shop may place up to two ads for free in a calendar year.

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. ☺



**October
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.

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!**