



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.



TWBC Members, "Uncle Mike" Needs You!

By Mike Madden, Daffodil Event Coordinator

Fellow Members, we are well on our way to having another very successful Daffodil Classic, this year dubbed "They Rally in the Valley".

The Date is set: Sunday, April 10, 2011. The multiple route options will be the same as last year.

Without the Daffodil Classic some 1500 riders wouldn't experience a beautiful spring ride over some of the nicest roads around, our Club dues would need to go up (the ride funds some of our Club benefits), and we would not be able to financially support nonprofits in our region which are making Pierce County and surrounding regions safer and more fun places to ride our bikes.

Some Club Members have already stepped up to lead the many different tasks involved in putting on an event of this magnitude. But we will need many more of you to help out. Joe Small has set up an easy to use electronic volunteer sign-up sheet which lists all of the volunteer positions and which ones are still "vacant". Please consider Volunteering today. The online volunteer sign-up will be available as of January 1, 2011. Visit <http://www.twbc.org> and follow the link to "Volunteer for the Daffodil" or just click here [Volunteer for Daffodil](#) to offer your services. Many of the positions are on the day of the ride but some start right now. And if you Volunteer you will get a free Daffodil T-shirt or free full breakfast and some free pizza. If you are more comfortable using the phone, call me at 720 - 0127.

Do you belong to a health club or are you a part of a spin class? Please help by selling the ride to your fellow club members and handing out some applications. If folks pre-register they save money and we can better plan for

... Uncle Mike ... cont. on pg 2

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Remember to 'hang up' after you call the TWBC Ride Line -- people are forgetting about it & it's costing the Club four minutes per call!

Web Issue: January, 2011



... Uncle Mike ..., cont. from page 1

food, support, etc. Make sure you ask them to register early. So, even if you can't officially volunteer you can help by selling this event to your friends, family, fellow cyclists and fitness enthusiasts and neighbors!

Thanks for your interest and help. Mike Madden, Daffodil 2011 Event Coordinator. Rally on! ☺

President's Report
Spinning Wheels



By President Tom Reardon

Here is a wonderful opportunity Bob Myrick discovered in St. Louis which attracts new riders. It is Pedal in our Park Family Bicycle Rides, a series of 5 mile bike rides in local parks that attract novice riders and introduce them to bicycle safety, including mechanical assistance and low cost helmet fittings.

We could easily incorporate this idea. With the help of a few Members, we could use Point Defiance, Foothills Trail, Cushman Trail, University Place trails and DuPont as venues for such a program. Attracting and supporting beginning riders was listed as a top priority on our Member survey. If you would like to help get this program off the ground, contact me at President@TWBC.org.

As we begin 2011, consider the following:

1. Ride this winter - it's the starting that's hard.
 2. Buy that one piece of personal equipment that will allow you to ride in the cold or wet of winter.
 3. Cross train. Stay in shape by enjoying other fitness endeavors.
 4. Use good lights and reflective clothing during these short, gray days.
 5. Become involved. Volunteering makes your experience with TWBC more meaningful as it strengthens the Club.
 6. Talk to a Member you don't know well.
 7. Invite a friend, co-worker, or just a casual acquaintance to join TWBC.
 8. Set a personal biking goal for 2011.
 9. Lose a few pounds off your body and stop worrying about the next hill.
 10. Come to the Annual Banquet. Celebrate 2010 with other Members. ☺
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**Bicycle Alliance Legislation Focuses
on Safety, Education**

*By Kristin Kinnamon,
Bicycle Alliance of Washington board member*

Kristin Kinnamon is a member of BIKES Club of Snohomish County and lives in Marysville, WA.

The Bicycle Alliance of Washington works year-round to identify, research and prioritize key issues for cycling that need to be addressed at the state level. The Bicycle Alliance of Washington works with a professional lobbyist in Olympia to forward that agenda - he is our eyes and ears, but bicyclists are our voice. Help support our agenda by attending Transpor-

BAW Legislation, cont. on pg 3

BAW Legislation, cont. from pg 2

tation Advocacy Day on Feb.10 in Olympia and by contacting your legislators in support of selected bills.

The Bicycle Alliance Legislative and Statewide Issues Committee, made up of representatives of bike clubs and communities from across the state, has been working on our 2011 legislative agenda since last spring.

Priority legislation includes bills that would address:

Traffic safety education: require that the driving schools attended by motorists who have received a traffic ticket teach curriculum for safe driving around cyclists and pedestrians. Thanks to previous legislation and work by the Bicycle Alliance, the Department of Licensing already requires the curriculum in all regular driver’s education courses. The materials are funded by proceeds from Share the Road license plate sales.

Mutual courtesy and safe passing: clarify the laws that define safe and courteous behavior for cyclists and motorists, including legislation governing how much space motorists should give cyclists when passing alongside them.

Complete streets: create a grant program that gives incentives for communities that adopt a “complete streets” policy to ensure that their streets are designed and built to safely accommodate all users (pedestrians, bicyclists, people with disabilities, drivers).

Lower speed limits: Give communities broader authority to lower speed limits to 20 miles an hour in neighborhoods with high pedestrian and bicycle traffic. Lower speed limits sharply reduce injuries and death.

Liability: Impose reasonable limits on the liability of communities that mark bicycle routes with signage or produce bike maps. Currently, some communities don’t mark or map routes at all because they fear they will be found liable for injuries suffered by cyclists who use the routes.

Several of these bills are on year two – we introduced them last year but get a second chance this time around. We also will be on the lookout to ensure that Safe Routes to Schools projects for districts around the state remain funded and that any transportation bills provide adequate funding for bicycling and walking.

In addition to its main priorities, the Bicycle Alliance will support legislation sponsored by the Cascade Bicycle Club to better protect vulnerable road users such as cyclists and pedestrians, and other bills that support bicycling and safety.

Keep abreast of how our agenda is faring and how you can help by visiting our website, www.bicyclealliance.org.

Is It A Cold Or The Flu?

Distinguish your discomfort.

SYMPTOM	COLD	FLU	SYMPTOM	COLD	FLU
Headache	Sometimes	Always	Sore Throat	Usually	Rarely
Fever	Sometimes	Always	Cough	Sometimes	Usually
Runny Nose	Usually	Sometimes	Aches, Fatigue	Usually	Always



By Bob Myrick, Director of
Community and Government Affairs
*Actions affecting you
and your community...*

Our committee met again on Tuesday, December 7 at the Harvester Restaurant in the Stadium District at First and Tacoma Avenues. We plan to meet there again on Tuesday, January 4 at 6pm to carry on our advocacy work.

1. **Foothills Trail Condemnation.** On December 7, the Pierce County Council authorized the Prosecuting Attorney and the Parks Department to begin condemnation proceedings on Dwight Partin's Happy Trails RV Park in South Prairie. This action will encourage both Parks and Partin to work out their concerns before the condemnation petition is heard in County court. It may take up to two years to reach the court hearing stage. Pierce County also needs to acquire the next upstream property, the Paint Ball park, and several other properties between South Prairie, Buckley and Wilkeson/Carbonado. There were over 20 Foothills Trail Patrol members in the audience on December 7.

2. **Pacific Avenue Charette.** On December 9, Tom Reardon and I attended this event at Tacoma's Art Museum. Over 100 people took time off to attend this event to consider an overhaul of Pacific Avenue from South 17th at the Art Museum to the northerly end of Pacific where it joins the Schuster Parkway. The City is considering bike lanes on both sides of Pacific Avenue or a cycle track (trail) on the west side of the street. This is a very important project as the future Prairie Line Trail crosses the street at South 17th on it's way to the Esplanade Trail on the Thea Foss Waterway. Going north on Pacific Avenue, one can take the existing sidewalk to Schuster Parkway, Ruston Way and Point Defiance Park.

3. **Tacoma Bicycle Coalition Meeting.** On December 14, about ten interested parties met at the HUB over lunch to discuss whether or not to form a coalition to help promote biking and improvements in Tacoma and vicinity. Steven Garrett led the meeting and City representatives kept notes. It was decided to meet again to discuss the formation of a coalition. We also thought it would be good for this group to meet a few times a year just to discuss bike and pedestrian matters. It was our view that a coalition could work under the wing of the Forevergreen Council since both Foothills Coalition and TWBC already support the Forevergreen Council.

4. **Mutual Responsibilities Act.** On December 16, Ralph, Dave Janis from BAW, and I met with State Senator Jim Kastama to ask him to consider sponsoring the Mutual Responsibilities Act. This act suggests that cyclists should pull over to the right when cars are present. Of course, cyclists would only pull over as far as it is safe to do so. The act also asks motorists to leave between 3 and 5 feet of space when passing cyclists.

5. **New Pierce County Bike Map.** I talked with Shawn Phelps regarding the information coming into his County office from the other cities and towns in the County. Shawn said he is reviewing the information and will contact those agencies he hasn't heard from. He will probably call on us to review the suggested routes in January or February.

6. **Forevergreen, Foothills, TWBC Position Paper.** Our three groups have prepared a position paper for programs and legislation that may occur in the near future. It covers the possible formation of a County Park District and the possibility of a modest sales tax proposal for trails. This paper also lists our 10 Most Wanted Trails.

7. **National Rails to Trails Coalition, Adventure Cycling and LAB.** During our recent budget preparation, we agreed that TWBC should support these three national groups that promote cycling on a national level. We already belong to Adventure Cycling and the League of American Bicyclists.

Gov. Affairs, cont. on pg 5

Gov Affairs cont. from pg 4

8. **Narrows Bridge Trail.** Ralph brought us up to date on the idea to create a trail spur under the westerly end of the Narrows Bridge. Such a trail would be much safer for families as it would avoid travel on 24th Street NW and lead more directly to 14th Avenue/Reid Road on the way to the Cushman Trailhead. Ralph is working with retired State Representative Pat Lantz and new Peninsula Parks Director, Terry Lee, on this idea. Both Pat and Terry are cyclists.

9. **Transportation Advocacy Day.** On Thursday, February 10, you can go down to Olympia to lobby your State Senators and Representatives. The event happens at the United Churches building at 110 - 11th Avenue SE. Transportation Choices, BAW, Cascade Bicycle Club and many other advocates gather every year for this important event.

10. **Steilacoom Railroad Tracks.** Ralph reminded us the old paper mill was being taken apart and removed. He will speak with several local residents to petition the City of Steilacoom and the landowner to remove or cover the track crossing to prevent more cyclist accidents at the dangerous crossing. We also talked about the idea of reducing traffic speeds thru this zone. There already is some 25mph posted speeds on curves near the railroad crossing.

11. **Shawn Bunney and Terry Lee.** I took the time to write both Shawn and Terry to thank them for their help on developing trails and bike improvements during their time on the County Council. Term limits prevented them from running again. As noted above, Terry is the new Director of Peninsula Parks (Cushman Trail) and he is also an active member of our Forevergreen Council. I suggested to Shawn that he could really be of great help in getting a Flume Line trail from Buckley to Bonney Lake, in getting the Fennel Creek trail completed in Bonney Lake and in getting the Foothills trail connected between South Prairie and Buckley. Shawn is an Eagle Scout, Attorney and resident of Bonney Lake. Both Terry and Shawn received a Big Wheels award from TWBC for their important work on the County Council.

Don't forget to sign up for our Banquet. I have been very fortunate to find some sunny days to ride this past month. You could also head up to Ashford to visit Louie and me at the Copper Creek hut on the MTTA cross country trail system. Wherever you are, take the time to walk, ski, snowshoe, or bike. You will worry less. ☺

☺ 2010 Word of the Year

Merriam-Webster's editors announced 'Austerity' as the 2010 Word of the Year, due to more than 250,000 searches on the dictionary's free online tool.

2010 Most Irritating Word ☺

For the second consecutive year a Marist poll revealed 'whatever' as the 2010 most irritating word due to the responses of nearly 39 percent of 1,020 Americans questioned. Following 'whatever' came 'like' (28 percent) & the phrase 'you know what I mean' (15 percent).



and Bev Simpson,
database & mailing

Renewing Members (Thank You!):

Keith Bates, Michael Brazell, Jim DeYoung, Laurie Ducatt, Jim Martin, John and Susann Pfaffe, Caroline Warnock, Frank Wilson and family, & Michael Wood.

New Members (Welcome!):

John Blind, Gwen Demarest, Yolanda and Marissa Jaquith, Steve Lantry, Johnny McCoy, & Sally Sprenger. ☺

Bike Tour

By Jim Ahrens

TWBC Safety & Education

I went on a two week bike tour thru the West Jura Mountains in Switzerland this past August with Erickson Bike Tours. It was very enjoyable having the day to ride from one point to another with like minded people, my bags and a room awaiting upon arrival arriving and someone planning the evening and breakfast meals.

But aside from this, it might surprise you that riding in the Washington rain builds character.

02 August 2010. Today was pretty rough: raining thru 99.9% of the ride. Left Le Pont headed for the climb at St Croix. The roads towards were thru Vaulion, Croy, Bofflens and Agieuz, and Orbe and we continued to Montcherand, Sergey, Baulmes with a steep, yet short, climb thru Vuiteboeuf. Out of Vuiteboeuf we began our 2000ft ascent to St Croix. It was a good steady climb, rain pounding on our faces and backs, but little did that matter our pace up the road kept us warm and focused.

When we arrived on top we decided to wait for the others. What happened next is that the rains did not let up, in fact came a little harder. And of course a breeze came along, the temperatures dropped enough that four of the nine of us hopped in the van. Needless to say, rain was in the forecast for the next few days ... and it was time to come up with better strategy if I wanted to ride more.

When we arrived in Saanen I arranged for sports massage to help prepare to ride the next day. It had been raining all night and did not seem to be letting up but it finally did for about two hours. So with fresh legs: on went the rain jacket, a cycling cap, full fingered gloves, leg warmers and shoe covers. It rained most all day on the road to Chatel, and most of route had us climbing which helped keep the blood flowing and body warm. However, there were very fast descents with rain causing low visibility along with spray from vehicles passing. Some of my ride mates had not dressed for the constant rain: they were getting mild hypothermia. When the van caught up with me it was still pouring rain and that van was full of other riders. Too bad also, the temperatures were above 10 degrees Celsius which made for a warm & wet ride.

Riding in the rain is not as good as riding on a dry and warm day but there are some things that can help your rain day ride a little better.

1. Check the forecast for local weather conditions.
2. Ride a rain bike (having fenders) when possible; keeps the riders behind you a little dryer and you too!
3. Carry (or wear) a light rain jacket – easy to take off and stuff into jersey pocket.
4. Layer clothing (e.g., short sleeved jersey with arm warmers, shorts with knee or leg warms – take off the warmers when you feel like it & help regulate body temperature).
5. Shoe covers.
6. Full fingered gloves.
7. Bike cap, helmet, eye protection.
8. In your jersey pockets carry picture ID (or passport); currency, cell phone; food.
9. When it's raining you might not think much about rehydrating yourself, but take along one maybe two full water bottles and of course two good inner tubes or one spare tire if riding on tubulars). ☺

☺ “Auld” as in “Auld Lang Syne” literally means “old long ago” or, simply, “the good old days.” ☺

Carla's Trips

By Carla Gramlich

Spring Trip

April 16 – April 23

San Luis Obispo – Santa Barbara

Not more than 50 miles each day. Individuals will have to carry your own stuff and plan on no support vehicle. The tour will be motels/hotels.

This trip will be planned around Amtrak's schedule. If you do not take Amtrak, you will have a couple of days that you will be on your own to return to your vehicle. The plan will be leaving San Luis Obispo on Monday, April 18 and spend a couple days riding down to Santa Barbara. If you are taking the train, there will be some day trips out of Santa Barbara.

Memorial Day Weekend Plus

May 28 – May 30

Forest Grove, Oregon

We are returning this year to Forest Grove, OR. Opportunity to take a trail from Banks to Vernonia and other options for road riding. I will extend the weekend, taking Amtrak to Portland on May 26 returning via train on Tuesday May 31. If you do the extended weekend, the plan is to stay at three other McMenemy's Hotels.

Ride from Tacoma to Eugene, OR

July 2 – July 9

For the Oregon Country Fair

Mileage is about 50 miles a day, staying at motel/hotels. You will have to carry your own gear. Will return via Amtrak.

Fall Trip

??? - ???

???

Looking at a week or two on a trail. Options are Idaho or St Louis, MO for a week. Or two weeks back east to ride from Pittsburgh to Washington DC.

For information on any of the above trips, email Carla, ca_gramlich@yahoo.com.

SAVE the Date – All are invited!

Carla's Retirement Party

Sat. Feb. 19, 2011 6PM - ??

Wild West Post VFW Hall

NO gifts but I will suggest a donation of (at least) \$5.00 to The Courage Classic (hoping I will raise all the funds at this Party, so please give). Look for rides this Spring/Summer to prepare for The Courage Classic. ☺

January Ride Notes:



Dupont

01/05, 01/19

Ride to Dupont.

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

01/12, 01/26

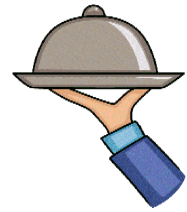
Chehalis Western Trail.

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

case you are in transit) if a ride has been cancelled. For CWT bring \$\$\$ to buy lunch at the Sandstone Cafe. 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 will contact you by your sign up cell phone number &/or email address. CWT cancellations are decided by 8:15 a.m.; Dupont cancellations are decided by 9 - 9:10 a.m. We encourage riders to car pool. ☺



TWBC ANNUAL BANQUET RESERVATION FORM



**Saturday, January 22, 2011
Allenmore Golf Bar and Grill Restaurant
2125 South Cedar St.
Tacoma, WA**

**(Attendance limited
to the first eighty-eight people to sign up!)**

**Please list the names in your party for name tags
so you and others will know who you are...
(please print clearly!)**

Name: _____

Name: _____

Name: _____

Name: _____

Name: _____



Number of adults _____ **X \$20 each = \$** _____

Number of children _____ **X \$15 each = \$** _____



Total Enclosed = \$ _____

Send this form and a check made out to TWBC for the total \$ amount to:





TWBC Banquet, PO Box 112078, Tacoma, WA 98411





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
01/01 Sat	All	Day	Fact	Morsel	President Nixon signed a bill requiring states to limit highway speeds to a maximum of 55 mph as a measure to conserve energy during the Middle East oil embargo, this day, 1974.
01/02 Sun	All	Day	Fact	Morsel	Introduction of the euro, for use as the common currency of members of the European Union, in 1999.
01/03 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. 
01/04 Tues	9:30 AM	2 C	30 - 50	Louie Boitano 922 - 1168	Tuesday Decide To Ride. Meet with friends & go to lunch. Start: Sumner Library, 1116 Fryer Ave, Sumner.
01/04 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.
01/05 Weds	9:30 AM	2 B	43	Lou & Karel Vance 921 - 4847	Ride to Dupont & stop for coffee. Rain, Snow, or Icy Conditions in Tacoma Cancels. See Ride Notes for Details. Start: Skyline Park & Ride (6th & Skyline). <i>Dupont</i>
01/05 Weds	9:30 AM	3 C	40 Train	Steve Garrett 272 - 0775	Fairly Fast 40. Training ride happening every Weds. morning going over 16 mph. Can you dig it? Start: Starbucks @ 26th & Proctor. FF40
01/06 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 unpleasantries or your money back! Smoothies or beverage of your choice in South Prairie (no host). Rain Cancels. 
01/06 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. Start: East Puyallup Trailhead, 13900 - 80th St E, Puyallup. 
01/07 Fri	1 PM	1 C	20	Bob Myrick 473 - 7455	Wildside Shop Ride. Different routes throughout the month. Retire to the shop to warm up & socialize. Rain Cancels. Start: Skyline Park & Ride (6th & Skyline). 
01/08 Sat	All	Day	Fact	Morsel	Physicist Jean Foucault demonstrated that the Earth rotates on it's axis in 1851 using a Foucault's Pendulum.
01/09 Sun	New	Frontier	Facts	Out of this World Sunday	U.S. spacecraft <i>Surveyor VII</i> made a successful landing on the moon, 1968.



twbc monthly event schedule








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Date/Day	Time	Ride Code	Distance	Leader/Contact @ (253)	Ride or Activity
01/10 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 01/03 for Ride Details. 
01/11 Tues	9:30 AM	2 C	30 - 50	Louie Boitano 922 - 1168	Tuesday Decide To Ride. Meet with friends & go to lunch. Start: McDonald's, 112th & Pacific Ave.
01/11 Tues	6 PM	00 Meet	00 & Eat	Tom Reardon 759 - 2800	Board Meeting @ the Kim Ahn Restaurant across from TCC on Mildred. Guests & Club Members welcomed.
01/12 Weds	9:30 AM	2 B	43 Trail	Lou & Karel Vance 921 - 4847	Chehalis Western Trail. Rain, Snow, or Icy Conditions in Tacoma Cancels. See Ride Notes for Ride Details. Start: Trail Head in Lacy; past Josephine CtSE & 14th Ave S. 
01/12 Weds	9:30 AM	3 C	40 Train	Steve Garrett 272 - 0775	Fairly Fast 40. See 01/05 for Ride Details. FF40
01/13 Thurs	9:30 AM	3 A	30 Trail	Richard Walter 840 - 9450	Silk Road Smooooothly. Rain Cancels. See 01/06 for Ride Details. 
01/13 Thurs	9:30 AM	3 D	30 Steady	Joe Small 228 - 9554	Over The Hill Gang. See 01/06 for Ride Details. 
01/14 Fri	1 PM	1 C	20	Bob Myrick 473 - 7455	Wildside Shop Ride. See 01/07 for Ride Details. 
01/15 Sat	All	Day	Fact	Morsel	James Naismith published the rules of basketball in 1892.
01/16 Sun	All	Day	Fact	Morsel	Ernest Shackleton's expedition finds the magnetic South Pole in 1909.
01/17 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 01/03 for Ride Details. 
01/18 Tues	9:30 AM	2 C	30 - 50	Louie Boitano 922 - 1168	Tuesday Decide To Ride. Meet with friends & go to lunch. Start: Freighthouse Square, 430 E. 25th St., Tacoma.
01/19 Weds	9:30 AM	2 B	43	Lou & Karel Vance 921 - 4847	Ride to Dupont & stop for coffee. Rain, Snow, or Icy Conditions in Tacoma Cancels. See Ride Notes for Details. Start: Skyline Park & Ride (6th & Skyline). <i>Dupont</i>
01/19 Weds	9:30 AM	3 C	40 Train	Steve Garrett 272 - 0775	Fairly Fast 40. See 01/05 for Ride Details. FF40
01/20 Thurs	9:30 AM	3 A	30 Trail	Richard Walter 840 - 9450	Silk Road Smooooothly. Rain Cancels. See 01/06 for Ride Details. 
01/20 Thurs	9:30 AM	3 D	30 Steady	Joe Small 228 - 9554	Over The Hill Gang. See 01/06 for Ride Details. 



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
01/21 Fri	1 PM	1 C	20	Bob Myrick 473 - 7455	Wildside Shop Ride. See 01/07 for Ride Details. 
01/22 Sat	6 PM, 7 PM	Meet, Meet	Greet; & Eat	Bob Myrick 473 - 7455	TWBC Annual Banquet. See article Dec '10 COG. Allenmore Golf Bar & Grill, 2125 S. Cedar St., Tacoma. Please reserve your space now.
01/23 Sun	All	Day	Fact	Morsel	The Royal Exchange opens in London in 1571.
01/24 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 01/03 for Ride Details. 
01/25 Tues	9:30 AM	2 C	30 - 50	Louie Boitano 922 - 1168	Tuesday Decide To Ride. Meet with friends & go to lunch. Start: Sumner Library, 1116 Fryer Ave, Sumner.
01/26 Weds	9:30 AM	2 B	43 Trail	Lou & Karel Vance 921 - 4847	Chehalis Western Trail. Rain, Snow, or Icy Conditions in Tacoma Cancels. See Ride Notes for Ride Details. Start: Trail Head in Lacy; past Josephine CtSE & 14th Ave S. 
01/26 Weds	9:30 AM	3 C	40 Train	Steve Garrett 272 - 0775	Fairly Fast 40. See 01/05 for Ride Details. FF40
01/27 Thurs	9:30 AM	3 A	30 Trail	Richard Walter 840 - 9450	Silk Road Smooooothly. Rain Cancels. See 01/06 for Ride Details. 
01/27 Thurs	9:30 AM	3 D	30 Steady	Joe Small 228 - 9554	Over The Hill Gang. See 01/06 for Ride Details. 
01/28 Fri	1 PM	1 C	20	Bob Myrick 473 - 7455	Wildside Shop Ride. See 01/07 for Ride Details. 
01/29 Sat	All	Day	Fact	Morsel	"The Raven" is first published in the <i>New York Evening Mirror</i> by Edgan Allan Poe; he received \$15 for the poem.
01/30 Sun	All	Day	Fact	Morsel	The first boat to specilize as a life boat is tested on the river Tyne, England, in 1790.
01/31 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 01/03 for Ride Details. 

Editor's Note: This Calendar was accurate when received from the Ride Captain, Rich Walter. Please help have the Print Calendar match the Web Calendar by planning your rides in advance, & getting the information to Rich by the third Tuesday of the present month, for the upcoming month! This is what stands as a record of the weekly rides that Club Members put on, as archived in the Tacoma Public Library since 1974! ☺

⊙ 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.



Mission



*The Tacoma Wheelmen's Bicycle Club
welcomes bicycle riders of all skill levels, from beginners to advanced.
Founded in 1888, TWBC serves "to promote and develop safe bicycling
for recreation, health and alternate transportation."*

⊙ Benefits of Membership with The Tacoma Wheelmen Bicycle Club:

- * Rides: Attendance on guided rides throughout the year.
 - * Bicycle boxes (2): Suitable for carrying bicycles in reserve in advance. Contact equipment@twbc.org
 - * Bicycle trailers (2): single-wheeled bob trailer
Contact equipment@twbc.org
 - * Camping fees: For club rides (check for stipulations).
 - * Picnic: All you can eat catered picnic at the middle or end of summer.
 - * Banquet: Subsidized annual awards and social event.
 - * Newsletter: Monthly PDF publication with updates on rides and information about bicycling in Tacoma and Pierce County.
 - * Discounts At Participating Local Bike Shops ⊙
-
-

⊙ Report Aggressive Driving ⊙

An online, fill in the blanks form: <http://www.wsp.wa.gov/traveler/aggressive.php>

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, February 15, 2011

Next Ride Calendar Deadline:
Tues, January 18, 2011

Next COG Article Deadline:
Weds, January 19, 2011

*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

Tom Reardon, 952 - 5964

VICE - PRESIDENT:

vp@twbc.org

Vern Hase, 759 - 7246

SECRETARY:

secretary@twbc.org

Caroline Warnock

TREASURER:

treasurer@twbc.org

Mike Madden, 564 - 2718

RIDE CAPTAIN:

ridecaptain@twbc.org

Rich Walter, 840 - 9450

DIRECTOR OF COMMUNITY & GOVERNMENT RELATIONS:

gac@twbc.org

Bob Myrick, 473 - 7455

DIRECTOR OF SPECIAL EVENTS:

events@twbc.org

--Unfilled @ this time--

NEWSLETTER EDITOR:

newsletter@twbc.org

Dena Wessels, 857 - 5658

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

DATABASE & MAILING:

database@twbc.org

Bev Simpson, 858 - 8746

MEMBERSHIP:

Phyllis Lay, 759 - 1816

WEBMASTER:

webmaster@twbc.org

Rich Walter, 840 - 9450

TWBC SAFETY & EDUCATION

Jim Ahrens, 566 - 3347

TWBC EQUIPMENT :

equipment@twbc.org

Steve Brown, 752 - 4038

TWBC PUBLICITY:

publicity@twbc.org

Anita Beninger

CLUB JERSEY SALES:

jerseys@twbc.org

--Unfilled @ this time--

DAFFODIL CLASSIC (2011): APRIL 10

daffodil@twbc.org

Mike Madden, 720 - 0127

PENINSULA METRIC (2010): JUNE 6

pmc@twbc.org

--Unfilled @ this time--

HEADWATERS (?)

(2009): 3rd Sun., Sept

--Unfilled @ this time--

RAPSody Contact:

(2011): Aug. 27 & 28

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:

(2011): March 12 & 13

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. ☺

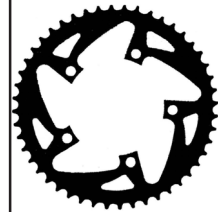


**January
2011**

**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!**