



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.

Pierce County Special Election February 8th

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

Transportation Issue affecting all of Pierce County:
Pierce Transit - Proposition No. 1 - Sales and Use Tax Increase.

Cast your Vote! Make your Voice heard in Pierce County. ☺

Transportation Advocacy Day by Bicycle Alliance of Washington

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

PLEASE JOIN US FOR TRANSPORTATION ADVOCACY DAY!

Transportation Advocacy Day is fast approaching! And the Bicycle Alliance is once again co-sponsoring it and has several bills under consideration.

TAD is a fun, exciting opportunity to meet and hear about the issues facing transportation advocates and support legislation to advance our cause.

The morning of TAD will be dedicated to informing you about the most pressing issues in Olympia and in the afternoon you'll have the opportunity to lobby your Representatives and Senators to support more transportation choices. Come for all or part of the day. Lunch provided.

Please join us on **February 10th** in Olympia from 9:00 am - 5:00 pm at United Churches, 110 11th Avenue SE, Olympia. Sign up at: http://org2.democracynaction.org/o/5153/p/salsa/web/common/public/signup?_page_KEY=2894. Check the Bicycle Alliance web site for updates on our legislation. Questions? Contact Dave Janis at davej@bicyclealliance.org. ☺

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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: February, 2011

President's Report

Spinning Wheels



By President Tom Reardon

The darkest days of the winter are behind us, and it is time to turn our attention to signature events on the Club Calendar.

Rollie Herman has been reviewing routes for our Training Series, and he looking to build on last year's success by using the best routes, modifying some routes, adding new destinations. We intend to offer ride at all levels from beginner to serious cyclist, but in order to offer rides to the widest possible range of cycling interests, we need Volunteers to serve as Ride Leaders. Organizational meetings will be held this month and Training Rides will begin in March. A few Members have already volunteered to lead rides, but we are looking more Leaders especially for rides at a steady pace. If you like to ride at a 12 - 14 mph pace on the flats, we need your help leading rides. Contact Rich Walter at ridecaptain@TWBC.org. We will give you all the information you need to make it an easy and enjoyable experience.

Additionally, if you know any non-members looking to get in shape for the riding season, invite them to join TWBC. Our training series is free to Members while the big club to the north is charging its members \$75 this year.

The Daffodil Classic is scheduled for April 10 this year. In addition to his duties as Treasurer, Mike Madden is serving as this year's Chairman, but he needs your help. Volunteer opportunities are available on our homepage. Sign up now before your favorite position is filled. We can't have a successful event without your help, and you can't ride free without helping.

Get involved; it makes for a stronger Club and a better experience for you. ☺



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

Our committee met again on Tuesday, January 4 at the Harvester Restaurant in the Stadium District at First and Tacoma Avenues. We plan to meet there again on Tuesday, February 1 at 6pm to carry on our advocacy work. Please feel free to join us with your ideas and concerns.

1. **JEB Thruway.** I finally went out on a cold, icy day and cleared 1250 feet of trail between Shaw Road and 134th Avenue East. We are working with Foothills Trail Coalition to create an off road trail route between these points for people who are uncomfortable riding on the road. We are asking the City of Puyallup to develop a trail spur just south of the railroad and to install fog line shoulders on Pioneer.

2. **Tacoma Bicycle Coalition.** This month we had a second meeting with citizens and various government workers to discuss forming a coalition. I am still advocating that such a group should be housed under the wing of the Forevergreen Council since both TWBC and Foothills supports the Forevergreen Council. After some discussion, we agreed that it would be good to include pedestrians and call this group the Coalition for Active Transportation. We will be having further meetings to work on creating a coalition. It was also suggested we should have a method to share information between various bike and pedestrian interests. Perhaps the Meet Up groups on the internet could be used as a way to communicate.

GAC, continued on page 3

3. **Transportation Advocacy Day.** As mentioned last month, on Thursday, February 10, we would like to invite you to 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 legislative year for this important event. You can look at last month's newsletter to review our BAW legislation. Also, visit www.bicyclealliance.org to stay up to date on legislative matters.

Additional Note: "The Mutual Responsibilities Act" (3 foot rule, etc.) was withdrawn from the BAW legislative agenda on Tuesday, January 18 due to great concern expressed by cyclists thruout the State. The 3 foot idea is still good, but many cyclists fear the other requirements of the proposed bill would diminish cyclist's rights to the road, especially in the future.

4. **Sounder Meetings.** I attended a meeting on Tuesday, January 18 to discuss improvements that could be made on our existing and new Sounder stations. Sound Transit is trying to identify improvements that would encourage more people to walk and bike to the Sounder stations. We are concentrating our efforts on the South Tacoma station.

5. **Pierce Transit.** I also have been watching the proposal to increase the sales tax to keep our transit service at an adequate level. I attended the informational meeting on January 26 in Puyallup. Please consider voting this month on the proposal. Pierce Transit has been a great partner with us for over 20 years now.

6. **Swan Creek Park.** Steve Brown and I will be attending meetings with Metro Parks to survey and development improvements in close by Swan Creek Park. The last bond issue provided about \$1 million to improve the park. We are hopeful that the trail improvements can include the use of mountain bikes. Back in the day, I used to ride my bike thru the Swan Creek canyon on a regular basis.

It is still winter this month, so watch the weather and get out and ride on the nice days. The not so nice days are good times to walk, run, ski or snowshoe. Remember to make an effort to stay active. It is good for you and me. ☺

Ride Report for Wednesday, December 15, 2010

By Ride Captain Rich Walter

Today's ride was attended by a limited number of daring individuals (namely, me). "Table for one please".

Although the weather was quite cool, the sun was out and making an attempt to warm things into the low 40's.

Trail conditions were excellent, and had been recently swept clean, at least for the first nine miles.

Then I discovered the reason as I rode up behind a County road sweeper and crew of workers busily cutting downed trees that had fallen across the trail. Thinking this would make a great photo, I pulled out my trusty camera and was about to take shots when the police officer guarding this operation politely told me "no photos please", so instead of the great shots showing trail work, I've included a simulation for your enjoyment.

After passing the work crew, it was a great scenic ride along the Cypsus River and the flood plain leading into Tenino.

P.S. No frogs or fish were harmed in the course of the ride. ☺



Ride Report for Friday, December 31, 2010

- Wildside Shop Ride -

By Ride Captain Rich Walter

It was a chilly 17 degrees at my house this morning, but had warmed up to a balmy 33 in Tacoma by 1pm.

After arriving at the Wine Shop, Dave Olsen rode up with a flat tire and began the process of replacing it, after watching him struggle for over 30 minutes (in the rear view mirror, hey it was cold out there) I thought I should give him a hand (not the clapping kind) as Bob Myrick walked up to announce that it was too slippery for riding. So the two of us began unwrapping Dave's tire and new tube that had at least 10 holes punched in it from the improper use of a tire tool.

Since Mr. Olsen didn't have a patch kit with him, we located the hole in his old tube and got him patched and up and riding again.

While all of this was going on, Dave Parker strolled by on a walking tour and Steve Brown rode up on his way to somewhere and began taking photos of this unfolding event. So by the time it was all said and done, I was the only one prepared to go on the ride (but didn't).

It was a lovely drive though. ☺



Add A Little Variety To Spice Up Your Bicycling.

By Jim Arens, TWBC Safety & Education

No, not everyone wants to:

ride in a group on Saturday morning, or
wear Lycia cycling shorts with padding, or
race their bike or,
lose weight, or
ride in a pace line, or
shave their legs, or
set goals, or
ride in the rain, or
ride using clipless pedals, or
feel better, or
ride up hills, or
meet new people, or
ride any faster or further, or,
buy any new bicycling clothes, or,
upgrade their bike components, or
test ride a carbon framed bike, or,
...the list goes on.

But in the offhand chance you're looking to do something a little different that can spice up your cycling enjoyment, let me

Variety ..., continued on page 5

Variety, continued from page 4

suggest add variety to your training and visit your favorite weight room, gym or fitness center.

Here is a suggested routine, make adjustment to fit the equipment and time constraints you have.

Treadmill 40+ minutes:

Set a pace around 3.4 mph 0 percent incline for 20 minutes. About minute 21 increase the incline to 1 percent, for one minute, then two percent for one minute, and then three percent for a minute and so on up to 8 percent. After a minute at 8 percent drop the incline back to zero but keep the pace.

Remember there could be a couple climbs out there where the incline ramps up to over 10 percent. With that in mind and few minutes left on the timer increase the treadmill to 10 percent and in the final seconds see if you can jog a little while visualizing the 10 percent+ climbs. Of course the treadmill program allows you to cool down before heading into the weight room.

Weights/Exercise:

Seated pull down, leg adduction & abduction, incline press, seated shoulder press (or military press) seated flies, seated row, leg extension, leg curl and incline leg press.

Repetitions can vary from 8 to 41 depending on weight and exercise. Try three sets on each exercise and attempt to alternate between leg and shoulder exercises.

Out of the weight room and onto riding a stationary bike:

Set the timer for 37 minutes, level the set at 6 and start spinning. When the cadence creeps over 115 slow things down into the 30's (rpm) and on a set time practice accelerating back to the 115 cadence and hold for 60 seconds, then back to the 30 - 40 revolutions per minute cadence; repeat three to four more times.

Don't worry too much about sweating you'll be drinking water along the way. And some stationary bikes have a cool down phase build into their programs. Your legs (and the rest of you) will be tired after the work out but you'll have added some variety in your winter riding. Have fun! ☺

Job Opening: Project Manager

From Bicycle Alliance of Washington

The Bicycle Alliance seeks a full-time Project Manager to implement a new grant-funded program, *Active Communities: Go by Bike*, between 1/1/11 and 12/31/12. Supported by Transportation Enhancement funding and administered through the Puget Sound Regional Council, this program will implement a whole-family approach to bicycling, facilitate adult bicycle education, and increase the number of trips made by bicycle.

Posting open until filled, so please get your application to us as soon as possible.

For more information please see a detailed job description at http://www.bicyclealliance.org/data/TE_PSRC101215JobDescription.pdf. ☺



Mark Your Calendars!
McClinchy Mile Bike Ride
March 19, 2011, Arlington, WA
by B.I.K.E.S. of Snohomish County





and Bev Simpson,
database & mailing

Renewing Members (Thank You!):

Walter Babbs and family, Louis W Boitano, Charles E Burpee II and family, Robert Deehan, Don Izenman and Michele Regan, Steve and Phyllis Lay, Doug and Jean Munday, Ed and Ryan Orcutt, & Carolyn Overmeyer-Downey.

New Members (Welcome!):

Jody and Gerry Gilbert, Deborah Hammond, Chris Paddison, Steve Pilcher, Andrew Reynolds, Steve Sadenwasser, & Kelsey Wardlow and family. ☺

Worst Day of the Year Ride

By Carla Gramlich

On February 12th, some TWBC Members are driving south to Portland. We plan to do some riding around Portland on Sat. and then do the “Worst Day of the Year Ride” on Sunday, February 13th. There is a fun 18 mile option that includes five rest stops and a 40 mile route. More information and to register is found on this website: <http://www.worstdayride.com/>

Contact Carla if you would like to dress up as a penguin and be part of a waddle for the costume contest. Carla 253 - 592 - 9156 or email: ca_gramlich@yahoo.com.

Carla’ Retirement Party : Feb 19, 6 PM - 10:30 PM, VFW Wildwest Post #91

Carla is inviting all to attend to celebrate 30 years working for at&t and her retirement. Donations are requested to send Carla off on Courage Classic. Please RSVP if you plan to attend so there will be enough refreshments. ☺

Upcoming TWBC Trips

Spring Trip

April 16 – April 23

San Luis Obispo – Santa Barbara

Memorial Day Weekend Plus

May 28 – May 30

Forest Grove, Oregon

Ride from Tacoma to Eugene, OR

July 2 – July 9

For the Oregon Country Fair

Fall Trip (Sometime, somewhere)

For information on any of the above trips, email Carla, ca_gramlich@yahoo.com or see the January COG. ☺

Mark Your Calendars!

15th Seattle Bike Swap, Sunday, February 13, 2011

Seattle Center Exhibition Hall, 225 Mercer St., Seattle, WA 98109

Up to 100 Venders in one area. Cash or checks only. Admission: 9am - 1pm: \$5; 1pm - 2 pm: Free.

Editor’s Note: The Ride 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!



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
02/01 Tues	9:30 AM	2 C	30 - 50	Louie Boitano 922 - 1168	Tuesday Decide To Ride. Meet with friends & go to lunch. Start: McDonalds, 112th & Pacific Ave.
01/01 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.
02/02 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>
02/02 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? FF40 Start: Starbucks @ 26th & Proctor.
02/03 Thurs	9:30 AM	3 A	30 Trail	Richard Walter 840 - 9450	Silk Road Smoooothly. Ride to S. Prairie via Foothills Trail. See Ride Notes 4 Ride Details. Start: East Puyallup Trailhead, 13900 - 80thStE, Puyallup. 
02/03 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 - 80thStE, Puyallup.
02/04 Fri	Noon	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: Wildside Wine Shop, 608A S. Oxford, Tacoma. 
02/05 Sat	<i>All</i>	<i>Day</i>	<i>Fact</i>	<i>Morsel</i>	First US livestock branding law passed by Ct, 1644.
02/06 Sun	<i>All</i>	<i>Day</i>	<i>Fact</i>	<i>Morsel</i>	NJ issues first US railroad charter (John Stevens), 1815.
02/07 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.
02/08 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.
02/08 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.

Support your local bike shops!



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
02/09 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 & 14thAveS. 
02/09 Weds	9:30 AM	3 C	40 Train	Steve Garrett 272 - 0775	Fairly Fast 40. See 02/02 for Ride Details. FF40
02/10 Thurs	9:30 AM	3 A	30 Trail	Richard Walter 840 - 9450	Silk Road Smoooothly. Rain Cancels. See 02/03 for Ride Details. 
02/10 Thurs	9:30 AM	3 D	30 Steady	Joe Small 228 - 9554	Over The Hill Gang. See 02/03 for Ride Details. 
02/11 Fri	1 PM	1 C	20	Bob Myrick 473 - 7455	Wildside Shop Ride. See 02/04 for Ride Details. 
02/12 Sat	All	Day	Fact	Morsel	Congress abolishes bimentalism & authorizes \$1 & \$3 gold coins, 1873.
02/13 Sun	All	Day	Fact	Morsel	Oldest US public institution, Boston Latin School, founded, 1635.
02/14 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 02/07 for Ride Details. 
02/15 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.
02/16 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>
02/16 Weds	9:30 AM	3 C	40 Train	Steve Garrett 272 - 0775	Fairly Fast 40. See 02/02 for Ride Details. FF40
02/17 Thurs	9:30 AM	3 A	30 Trail	Richard Walter 840 - 9450	Silk Road Smoooothly. Rain Cancels. See 02/03 for Ride Details. 
02/17 Thurs	9:30 AM	3 D	30 Steady	Joe Small 228 - 9554	Over The Hill Gang. See 02/03 for Ride Details. 
02/18 Fri	1 PM	1 C	20	Bob Myrick 473 - 7455	Wildside Shop Ride. See 02/04 for Ride Details. 
02/19 Sat	All	Day	Fact	Morsel	First prize inserted into a Cracker Jack box, 1913.
02/20 Sun	All	Day	Fact	Morsel	First cantilever bridge in US completed, Harrodsburg, KY, 1877.



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
02/21 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 02/07 for Ride Details. 
02/22 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.
02/23 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. 
02/23 Weds	9:30 AM	3 C	40 Train	Steve Garrett 272 - 0775	Fairly Fast 40. See 02/02 for Ride Details. FF40
02/24 Thurs	9:30 AM	3 A	30 Trail	Richard Walter 840 - 9450	Silk Road Smoothly. Rain Cancels. See 02/03 for Ride Details. 
02/24 Thurs	9:30 AM	3 D	30 Steady	Joe Small 228 - 9554	Over The Hill Gang. See 02/03 for Ride Details. 
02/25 Fri	1 PM	1 C	20	Bob Myrick 473 - 7455	Wildside Shop Ride. See 02/04 for Ride Details. 
02/26 Sat	All	Day	Fact	Morsel	Congress forms Grand Canyon National Park in AZ, 1919.
02/27 Sun	All	Day	Fact	Morsel	First federal vaccination legislation enacted, 1813.
02/28 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Rain Cancels. See 02/07 for Ride Details. 

February Ride Notes:

Dupont

02/02, 02/16 Ride to Dupont. Rain, snow or icy conditions cancels ride. Sign up with a contact



02/09, 02/23 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 cancelations are decided by 8:15am; Dupont cancelations are decided by 9 - 9:10am. We encourage riders to car pool.



02/03, 02/10, 02/17, 02/24 Silk Road Smoothly. Join us for the TWBC Classic to South Prairie along the Foothills Trail. You'll need your helmet & enough \$\$\$ to buy refreshments. The ride is canceled if it is raining, snowing, freezing, or otherwise seriously unpleasant. Please sign-up to let others know your plans. A perfect mix of bike-friendly trail (paved), riverside scenery, & good company has made this one of the Club's most popular weekly rides. ☺

⊙ 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.



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!)

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

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

Sue Coley

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.

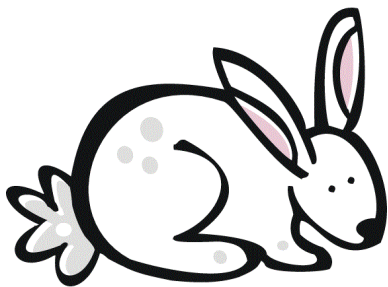
Local bicycle shops that offer a discount of at least ten percent (10%) to TWBC Members may place ads or flyers in the COG for free. "Local" is defined as within the Puget Sound area. Each bicycle shop may place up to two ads for free in a calendar year.

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. ☺

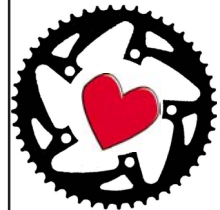


**February
2011**

**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

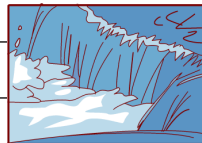
Please Note: *COG* delivery is now electronically via E-mail, unless you indicate here for the more costly, less 'Green' delivery method through the US Postal Service.

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!**