



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.

Hello, Cyclists!
By David Seago

Ready to dust off the bike and work the winter rust out of your legs? We've got the motivation you need. The splendid 37th annual Daffodil Classic is coming up Sunday, April 15, followed by the spectacularly scenic Peninsula Metric Century on Sunday, June 3.

If you've done these rides before, all you need to know is that you can register for both rides for only \$30 if you go to www.twbc.org and sign up by April 10. That's a great deal!

If you're a newbie or haven't done the Daff or the PMC before, check the highlights below. These are excellent spring training rides for the Seattle-to-Portland ride and other summer cycling challenges as well as lovely outings for casual riders.

Daffodil Classic — Sunday, April 15

Y40, 60, 100-mile loops in and around the beautiful Orting Valley
Family-friendly route on the flat Foothills Trail
Free strawberry shortcake at the finish
Early registration deadline April 10

Peninsula Metric Century — Sunday, June 3

Moderate to challenging 50K (29-mile) 70K (44-mile) & 100K (62-mile) loops
For serious roadies: 100 mile killer ride (7000 feet of climbing)
Rural roads, hills and awesome views of Puget Sound
Free strawberry shortcake at the finish
Early registration deadline May 28

All proceeds support the Tacoma Wheelmen Bicycle Club and its efforts to make cycling safe and fun for everyone! 🌻

Did You Know

The Latin word aperire, meaning "to open or bud," gives us the name April. 🌻

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President's Report

Spinning Wheels



By President Tom Reardon

Riding a bike – once you learn you never forget how. That is true, but once you stop riding it is difficult to get started again. Leg muscles issue cries of protest at the slightest exertion. Lungs threaten to exit the body cavity while laboring up once easy hills. And the bike saddle doesn't conform to the biker bottom. Yes, once the riding routine is broken because of foul weather, failing body parts, or family obligations, it is difficult to get back in the routine. But spring is here and you owe to yourself to ease back on to your faithful steed. Check the Ride Calendar. There are options geared to rekindle the desire to once again make bicycling a pleasurable and rewarding experience.

Have you been to a General Meeting lately? If not, you are missing good friends, good food, and interesting presentations. Last month Mike Brown from Tacoma Bike gave a wonderful talk. He brought in examples of typical road bikes that are available today and discussed what we can expect to see in bikes and bicycle components in the future. This month Diane Wiatr will give a presentation on the history of bicycling in Tacoma. Plan to attend. Where else can you be informed, entertained and fed? 🌻

Membership Report by Dave Killen

database & mailing



Renewals: (Thank You!):

Mike Doyle, Bernadette Finklein, Drew Gazagat, Jesse Keating, Barbie Pratt, Todd Pratt, Bill Richards, Heinrich Schmidt, Irmgard Schmidt, Linda Shcraiwa, Fred Swift, and Larry Wyman.

New Members (Welcome!):

Pam Brown, Brent Carney, Gayle Erickson, Steve Fulkerson, Sharon Jaffee, Arlene Keeler, Kerry Lord, Michael McNichols, Steve Mroos, Melanie Randall, Kathy Reece, and James Shedd. 🌻



By Bob Myrick, Director of
Community and Government Affairs

*Actions affecting you
and your community*

Our committee met again on Tuesday, March 6, at the Harvester Restaurant in the Stadium District at First and Tacoma Avenues. If I get back from a Death Valley trip, our next meeting will be on Tuesday, April 3 at 6pm. Please take a personal interest in alternative transportation in your community; the planet and I will appreciate your efforts. We have over 30 governmental entities that we could be working with.

1. State Legislature. Most of our issues didn't make their way thru the process. Incorporating health considerations in transportation, funding for transit and the 20mph speed limit rule didn't make it thru. The bill to update the State's design standards to modern standards made it thru the process. Hooray! More information can be found on the Bicycle Alliance of Washington website (<http://www.bicyclealliance.org/programs/legislation.html>).

2. Flood Control Plan. Pierce County River Improvement is putting out a new 20 year plan that would cost \$300 million. Their revenue over 20 years is going to be about \$150 million. We commented on the \$104 million plan to rebuild the Puyallup

Gov. Affairs, continued on page 3

Gov Affairs, continued from page 2

River's North Levee system from Tacoma to Puyallup. We reminded the County that the 2008 Parks, Recreation and Open Space Plan called for the North Levee Trail to be built.

3. Transit Boundary Reductions. Several of us went to the meeting where the special committee voted to reduce Pierce Transit's boundary to a much smaller size. Pierce Transit hopes they can provide better service and perhaps pass another sales tax increase to restore service to proper levels.

4. Capital Transit Bicycle Program. Down in Olympia, Capital Transit must have more money. They recently hired a Bicycle Program Coordinator and are working with volunteers. Capital Transit provided heated garage space at their bus service facility along with a storage locker for bikes. They also provided solvent tanks for cleaning parts, tools and bike stands. Volunteers rehab bikes. Students earn the privilege of receiving a bike. The students receive training on proper riding, operation and maintenance of their bikes.

5. Oregon Active Transportation Conference. In mid-April, there is a two day conference in Salem that appears to have many presentations and workshops that would be applicable here in Pierce County. Jane Moore and Diane Wiatr have accepted small stipends from TWBC to attend the conference. They will be reporting on the conference at our May Club Meeting.

6. Puget Sound Regional Council Visit. The non-motorized team visited Pierce County this past month to meet with advocates and government officials to review where trails and bike lanes exist and where they are planned. The team is trying to produce a regional non-motorized map that will emphasize major routes.

7. BAW Legislative Meeting. There will be a committee meeting to review progress during the past legislative session. Ralph will be representing the Club at the meeting.

8. DuPont's Wharf Road. I finally called the Town of DuPont to inquire about the "trail" that has a chain link fence that we get to ride around on a back road into town. I found that Wharf Road is a private road which we use on a regular basis and it connects with the "trail" that we use. The Town says the "trail" is a privately owned sewer utility right of way. It sure looks like a trail. The Town also says we will see more commercial and industrial development out that way.

I will be back from Death Valley before April. I'm traveling with Nomints.com. Our OTC (Off the Couch) rides will be in full swing to get you ready to ride a Century and the Daffodil will be on April 15. I hope to see you there. 🌻



Ride Around Puget Sound

August 25-26

By Kristin Kinnamon

RAPSody Organizing Team volunteer

BIKES Club of Snohomish County member



TACOMA - Cross the Puget Sound on the Tacoma Narrows Bridge and enjoy paved bike trails, scenic back roads and Northwest water and mountain views during this 170-mile weekend bicycle event Aug. 25-26.

Ride Around Puget Sound (RAPSody) is:

- Challenging - Rolling hills add up to 9,600 feet of elevation gain
- Friendly - 400 riders; welcoming volunteers and small towns
- Tasty - Yogurt parfaits, calzones, fresh fruit

The route travels about 30 miles of paved trails and passes through the waterfront communities of Gig Harbor, Port Orchard, Olympia, Steilacoom and others. The ride starts and ends in Tacoma and uses Shelton as its overnight stop.

RAPSody, continued on page 4

RAPSody, continued from page 3

This 9th annual ride is by cyclists, for cyclists, with an event fee that covers everything you expect from a ride: souvenir socks, two food stops each day, luggage transport, overnight accommodations, showers, sag support, and parking. At the finish line, enjoy free ice cream and live music.

Want some extra amenities? Root beer floats and meals sold at Shelton High School support the Shelton youth center (www.sock.org). Sports massage is also available at the overnight stop, and photos will be for sale at the finish line. Local motels and bed & breakfasts are happy to offer private accommodations, and Shelton is home to some high-quality restaurants.

RAPSody is organized by a unique partnership of five local bike clubs: B.I.K.E.S. Club of Snohomish County, Capital Bicycling Club, Cyclists of Greater Seattle, Tacoma Wheelmen's Bicycle Club and West Sound Cycling Club.

Club volunteers donate their time so that all event proceeds support the Bicycle Alliance of Washington, a non-profit focused on statewide bike advocacy and education. Cost: \$85 early registration; \$95 after July 15.

For more information, visit www.rapsodybikeride.com or call Betty at 253 - 857 - 5658. 🌻

A Comment E-mail

To A. Clark, Pierce County

From Bob Myrick

Subject: Pierce County Rivers Flood Hazard Management Plan

Date: Sun, 11 Mar 2012

Dear Ms. Clark: I wish to comment on the subject plan as well as the draft EIS.

The plan seems to be inadequate regarding public use and recreation. The plan says that public access is desirable, but I find that lands purchased with my tax monies seem to have "no trespassing" signs posted much too often. I suspect your lands are closed to public use because your agency feels it is costly to patrol the lands and clean up after people who may misuse your properties. On the other hand, your Sewer Utility has provided a world class golf course and trail system at your Chamber's Creek properties. You should try to mitigate all your land closures by providing other amenities that are easier to patrol and maintain.

Your plan also says that logs and debris can be moved in streams where necessary to improve flows and prevent damage. On South Prairie Creek, Pierce County Parks has built a large three arch bridge where the stream is impacting the fill for the structure. The stream is not flowing properly thru the bridge opening. There are logs in the stream that could be positioned to allow proper transit of the water flow. Your plan might also mention the role of the Foothills Trail above Orting acting as a levee to protect properties from Orting to South Prairie. Your agency should be maintaining the old railroad grade as it acts as a protective levee.

My largest concern is your proposed project LP4, the North Levee Road Setback Levee. This project needs to incorporate the North Levee Trail as described in the Pierce County Park's Park, Recreation and Open Space Plan (PROS). A recreation based trail was first proposed by the Corps of Engineers in the 1960s on their properties within Tacoma on the top of the levee on the northerly side. The Pierce County Parks later developed a County wide trails plan in the late 1980s that included a trail running from Tacoma to Puyallup and on to Orting, South Prairie, Buckley and the Carbon River entrance to Mt. Rainier. Puyallup is working on their Riverwalk Walk Trail along the river and they are considering extending the trail downstream outside the City Limits to the Melroy Bridge since Pierce County Parks has made little progress in extending the trail downstream. From the Melroy Bridge, the City of Fife has annexed the land downstream to Tacoma. The PROS Plan was approved by County Ordinance 2008-38s.

A Comment E-mail, continued on page 5

A Comment E-mail, continued from page 4

Project LP4 is a proposed \$104 million expenditure that should be able to accommodate a public recreation trail running from the Melroy Bridge downstream to the Tacoma City limits where the levee is owned and controlled by the Corps of Engineers. I would suggest the trail be placed on the river side of the new levee about 8 or 10 feet below the relocated North Levee Road to shield the trail from road noise. Alternates would be right next to the relocated road or three feet above the 100 year flood level. In St. Louis, Missouri, the river trail is partly placed within the flood zone of the river. In Puyallup, the trail is subject to flooding since it is within the 100 year flood level.

Thank you for considering these comments to your plan and draft EIS. 



04/04, 04/18
04/11, 04/25

April Ride Notes:

Chehalis Western Trail.
Ride to Dupont.

Sign up with a contact number so we can notify you by phone (preferably cell,

in case you are in transit) if a ride has been cancelled. For CWT bring \$\$\$ to buy lunch in Tenino. 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. We encourage riders to car pool. 

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.

It's Spring (or so the calendar says)!

So rise earlier to get your day started.

To wake up and be bright eyed and bushy tailed,

you might consider that chewing an apple

is as effective as drinking a cup of coffee.

It is the act of chewing that works

to stimulate the central nervous system.





Elections are coming to the June Club Meeting.

Have you thought about helping TWBC

by running for an office?

No?

Think about this:

what would happen to your Club

if no Members run for any of the positions?

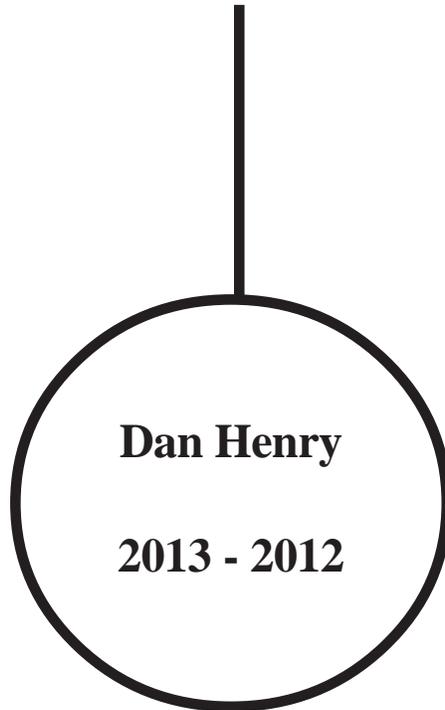
Help make your Club,

YOUR CLUB

by running for an office.

Remember, all positions are available!





Yes, there was such a man who invented such a sign.

In March of this year, Dan Henry passed away one year & a few days short of a century.

As a cyclist, his interests were varied. He cycled throughout the eastern US, Europe & in and around western California. He led and participated in organized tours. He also was an early advocate for bicycling facilities.

As a regular working man, he spent 25 years as a commercial pilot for American Airlines. He flew DC-2's, DC-3's, and Boeing 707's. Early in his career he worked as a skywriter, an aerial photographer and pulled advertising banners behind his planes.

As an inventor, a road bike he designed, built, and used for many years, had front and rear suspension, plus a 'sling' type saddle.

As a writer, he composed poetry that celebrated the benefits of cycling.

As an innovator, he conceived of the idea for the pavement markings that guide participants in the correct direction along the routes of organized bicycle rides. These markers came to be known as "Dan Henrys." Organized rides will forever be grateful for this simple, yet elegant method of informing someone where to go, in seeking new sights, sounds and adventures on their bicycles.

In 1992 he was awarded the prestigious Paul Dudley White Award by the League of American Bicyclists for his efforts on improving cycling for cyclists over a number of years. ○



twbc monthly event schedule

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

Day/ Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
04/01 Sun	10 AM	2 B 3 B	40	Rollie Herman 508 - 8020	2012 Off the Couch Training Series, Week 3. This week's route: up the Green River Gorge. Start: Auburn High School, 800 4th St NE. 
04/02 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. Start: Starbucks @ 26th & Proctor. 
04/03 Tues	9:30 AM	2 C	30 - 50	See Description	Tuesday Decide To Ride. Meet with friends & go to lunch. Ron Nowicki, 661 - 2664, or Louie Boitano. Start: Sumner Library, 1116 Fryer Ave, Sumner.
04/03 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.
04/04 Weds	9:30 AM	2 B	43 Trail	Richard Walter 651 - 4902	Chehalis Western Trail. Rain, Ice, Snow in Tacoma Cancels. See Ride Notes for Ride Details. Start: Trailhead in Lacy; past Josephine Ct SE & 14th Ave S. 
04/05 Thurs	9:30 AM	2 - 3 A	30 Trail	Richard Walter 651 - 4902	Silk Road Smoooothly. Ride to S. Prairie via Foothills Trail. Paved trail w/ very few road crossings. Beverage of your choice in S. Prairie (no host). Rain Cancels. Start: East Puyallup Trailhead, 13900 - 80th St E, Puyallup 
04/05 Thurs	9:30 AM	3 D	30 Steady	Richard Walter 651 - 4902	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. 
04/06 Fri	Motto	Faster	Higher	Stronger	Opening of the first Modern Olympic Games in Athens, 1896.
04/07 Sat	9 AM	3 D	50 - 60	Robert Deehan 272 - 9682	Sat. Spokie Cycling Ride. Average for entire ride is 17 mph w/ 20-25 mph on the flats. Route decided @ start. No lunch, but coffee & conversation @ the end. Start: Forza Coffee, 2700 Bridgeport Way, University Place 
04/08 Sun	10 AM	2 B 3 B	40	Rollie Herman 508 - 8020	2012 Off the Couch Training Series, Week 4. This week's route: around JBLM. Must have photo ID Start: DuPont P & R Lot, Exit 118. 
04/09 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. See 04/02 for Ride Details. 



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Day/ Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
04/10 Tues	9:30 AM	2 C	30 - 50	See Description	Tuesday Decide To Ride. Meet with friends & go to lunch. Ron Nowicki, 661 - 2664, or Sue Coley. Start: McDonald's, 112th & Pacific Ave.
04/10 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.
04/11 Weds	11 AM	2 B	35	Tom Reardon 759 - 2800	Ride to Dupont & stop for coffee. Rain in Tacoma Cancels. See Ride Notes for Details. Start: Skyline Park & Ride (6th & Skyline). <i>Dupont</i>
04/12 Thurs	9:30 AM	2 - 3 A	30 Trail	Richard Walter 651 - 4902	Silk Road Smooooothly. Rain Cancels. See 04/05 for Ride Details. 
04/12 Thurs	9:30 AM	3 D	30 Steady	Richard Walter 651 - 4902	Over The Hill Gang. See 04/05 for Ride Details. 
04/13 Fri	Work	Ethos	Little	Department	James Cash Penney opened his first store (known then as <i>The Golden Rule</i>) in Kemmerer, WY in 1902.
04/14 Sat	10 AM	2 B 3 B	40 - 60	Rollie Herman 508 - 8020	2012 Off the Couch Training Series, Week 5. This week's route: Daffodil Peride. Start: Orting Middle School, 111 Whitehawk Blvd NW. 
04/15 Sun	7 AM	Many	All	TWBC	 37th Daffodil Classic. \$\$\$  Ride Chair: Mike Madden, 720 - 0127. Start: Orting Middle School, 111 Whitehawk Blvd NW.
04/16 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. See 04/02 for Ride Details. 
04/17 Tues	9:30 AM	2 C	30 - 50	See Description	Tuesday Decide To Ride. Meet with friends & go to lunch. Ron Nowicki, 661 - 2664, or Louie Boitano. Start: Freighthouse Square, 430 E. 25th St, Tacoma.
04/17 Tues	6 PM; 6:30 PM	Meet & 00 Meet &	Eat; 00 Greet	Tom Reardon 759 - 2800	April Club Meeting. Food, drinks, & fellowship @ 6 PM & meeting business @ 6:30 PM. Diane Wiatr presents local history, bicycling & Tacoma. Start: Portland Ave. Community Ctr, 3513 Portland Ave. (E. 35th St. & E. Portland Ave.), Tacoma.
04/18 Weds	9:30 AM	2 B	43 Trail	Richard Walter 840 - 9450	Chehalis Western Trail. Rain, ice, snow in Tacoma Cancels. See 04/04 for Ride Details. 
04/19 Thurs	9:30 AM	2 - 3 A	30 Trail	Richard Walter 840 - 9450	Silk Road Smooooothly. Rain Cancels. See 04/05 for Ride Details. 
04/19 Thurs	9:30 AM	3 D	30 Steady	Richard Walter 840 - 9450	Over The Hill Gang. See 04/05 for Ride Details. 



twbc monthly event schedule

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Day/ Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
04/20 Fri	Rights	Dignity	And	Freedom	The Civil Rights Act of 1871 becomes law.
04/21 Sat	9 AM	3 D	50 - 60	Robert Deehan 272 - 9682	Sat. Spokie Cycling Ride. See 04/07 for Ride Details. 
04/22 Sun	10 AM	2 C 3 C	38	Rollie Herman 508 - 8020	2012 Off the Couch Training Series, Week 6. This week: Blk Diamond, Ravensdale, Kanaskat loop. Start: Celebration Park, 1095 S. 324th St, Federal Way. 
04/23 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. See 04/02 for Ride Details. 
04/24 Tues	9:30 AM	2 C	30 - 50	See Description	Tuesday Decide To Ride. Meet with friends & go to lunch. Ron Nowicki, 661 - 2664, or Louie Boitano. Start: Sumner Library, 1116 Fryer Ave, Sumner.
04/25 Weds	11 AM	2 B	35	Tom Reardon 759 - 2800	Ride to Dupont. Rain in Tacoma Cancels. See 04/11 for Ride Details. 
04/26 Thurs	9:30 AM	2 - 3 A	30 Trail	Decide to Lead	Silk Road Smooooothly. Rain Cancels. See 04/05 for Ride Details. 
04/26 Thurs	9:30 AM	3 D	30 Steady	Decide to Lead	Over The Hill Gang. See 04/05 for Ride Details. 
04/27 Fri	Pointer	Display	Small	2-Dimensional	Xerox PAC introduces the computer mouse, 1981.
04/28 Sat	9 AM	3 D	50 - 60	Robert Deehan 272 - 9682	Sat. Spokie Cycling Ride. See 04/07 for Ride Details. 
04/29 Sun	10 AM	2 C 3 C	43	Rollie Herman 508 - 8020	2012 Off the Couch Training Series, Week 7. This week: Vashon, Southworth, Gig Harbor. Start: Pt. Defiance Ferry, 5810 N. Pearl St, Pt. D. Park. 
04/30 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. See 04/02 for Ride Details. 
05/05 Sat	6:30 - 9 AM	All	18, 34, 65 & 100	Vancouver Bicycling Club vbc-usa.com	Ride Around Clark County , Vancouver, WA. \$\$\$ Four options through Clark County. Start: Clark College, 1820 Ft. Vancouver Way.
05/06 Sun	6:30 - 10 AM	All	50, 72, & 104	Phil's South Sound Cyclery 661 - 3903	May Day Metric , Federal Way, WA. \$\$\$ Start: PSSC, 2310 SW 336th St. www.maydaymetric.net
05/13 Sun	8 AM - 10 AM	All	12, 32, 45, & 62	Pt Townsend Bicycle Association	Rhody Bike Tour , Pt. Townsend, WA. \$\$\$ Start: Haines Place P & R Lot. www.ptbikes.org

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, April 17, 2012

Next Ride Calendar Deadline:

Tuesday, April 17, 2012

Next COG Article Deadline:

Wednesday, April 18, 2012

Please keep Database Commander Dave updated as to any USPS/E-mail address changes. It makes his 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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--Unfilled @ this time-- 🌸

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Assistant Jim Davis

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Anita Beninger

DAFFODIL CLASSIC

(2012): APRIL 15

daffodil@twbc.org

Mike Madden, 720 - 0127

PENINSULA METRIC

(2012): JUNE 3

pmc@twbc.org

Debbie Due, 564 - 4188

RAPSody Contact:

(2012): Aug. 25 & 26

rapsodybikeride@comcast.net

Ralph Wessels, 857 - 5658

BIKE EXPO:

(2012): March 10 & 11

bikebooth@twbc.org

Mike Madden, 720 - 0127

ANNUAL CLUB PICNIC:

(2010): Sept. 26 (?)

🌸--Unfilled @ this time--

CLUB JERSEY SALES:

jerseys@twbc.org

🌸--Unfilled @ this time--

Several Positions

are open:

🌸 **Volunteer** 🌸

for YOUR Club!!!

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. 🌸



**April
2012**

**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!**

May Day Metric

A Spring Classic

Sunday May 6, 2012

Are you ready for a ride that will challenge your strength & stamina? The May Day Metric is a challenging recreational ride that is designed for the road cycling enthusiast. This supported ride has 3 route options; a challenging 50 miles, a hard 72 mile route, and an even harder 100+ mile route. The routes will guide you through the lesser traveled back roads, byways, and bike trails of the South Sound region. Both routes begin and end at Phil's South Side Cyclery in Federal Way. A portion of each registration fee and any residual funds & foods will be donated to our benefactors; **The Bicycle Alliance of Washington & the Orting Food Bank**. The mission of the Alliance is to give cyclists a voice in the legislative, planning, and educational processes. The Alliance works with cyclists, clubs, organizations, and governments to increase the freedom and safety of bicyclists statewide. The Orting Food Bank has become a vital resource for local families that have found themselves in need in these desperate times.

50 Mile "Ho Ho-ville" Route: Travel from Federal Way to Orting and back. 1,200 feet of descending {& climbing} as you pas through, Milton, Edgewood, Auburn, Sumner, Puyallup and Orting.

72 Mile "Twinkie-Land" Route: Travel from Federal Way to Orting: once there push on to South Prairie, then Wilkeson and then back. 2,200 feet of descending {& climbing}.

100+ Mile "Ding Dong-Station: Mountain Route: Not for the faint of heart or soft in the butt. Travel from Federal Way to the Carbon River Entrance of Mount Rainier National Park and back. Instead of turning around at Orting or Wilkeson you will continue to follow {and climb} the Carbon River Valley to its source. 100+ miles and 4,000 feet of descending {and climbing} as you ride the 100K route in addition to the Carbonado loop.

- Free Cycling Socks Guaranteed to all Pre Registered Participants.
- Scrumptious **Hostess** snacks at well placed rest stops {every 20-25 miles}.
- Mechanical support and sag support for stranded {not tired} riders.
- Slice of Fresh Pie served at finish.
- Registration from 6:00 am - 9:30 am at Phil's South Side Cyclery.
- Course open from 6:30 am - 4:30 pm
- Scenic splendor and sense of accomplishment; Priceless.
- Print this form at www.MayDayMetric.com

Directions to Start: Phil's South Side Cyclery 2310 SW 336th St. Federal Way, 98023 I-5 to Exit #142B {348th St.} Go West on 348th {go East & you're on Hwy 18} Cross Hwy 161 & 99 follow signs for King Co. Weyerhaeuser Aquatic Center. Cross 1st Ave. (at WinCo Foods) street is renamed SW Campus Drive. Pass Aquatic Center on R. & continue West to Light at 21st Ave SW (street becomes 336th St). Cross 21st Ave & after 100 yards turn Right at KFC into lot (Total distance from I-5 = 2.8 Miles)

Sponsored By ...

Phil's South Side Cyclery — Trailside Cyclery
-Johnnys Famous Bar & Grill — The Mountaineers Club

Another Team Tailwind Production **WWW. TeamTailwind.com**

For Information Contact Phil: 253-661-3903 or Philthebikemechanic@Gmail.com

May Day Metric Registration

Prepare for the worst yet hope for the best. Ride your bike more & worry less!

Event Date = May 6, 2012

One form for each rider {tandem requires 2 forms, Unicyclists ride for free!}.

Mail registrations to Phil's South Side Cyclery, 2310 SW 336th St. Federal Way,
WA. 98023. Entry fee before 4-28-2012 is \$20 - After That It Is \$25

From TWBC
The Cog-nitve Courier

Helmets Required NO HELMET = NO RIDE!! = NO DICE!

Last Name: _____ First Name: _____ Age _____

Address: _____

City: _____ State: _____ Zip: _____ Phone _____

E-Mail _____ Sock Size: S _ M _ L _ XL _

Emergency Contact Name _____ And Tel. # _____

_____ \$20 Registration Fee If Postmarked by 4-28-2012 (No Refunds)

_____ \$25 After 4-28-2012 Checks Payable to Phil's South Side Cyclery

Liability Release Form Must Be Signed

I promise to have fun and a positive attitude. I promise to be courteous to the volunteers and the fellow participants. In consideration of the acceptance of this entry & by signing the release for myself {or for the participant if the participant is under age 18}; I agree to **RELEASE < HOLD HARMLESS < & INDEMNIFY** Phil's South Side Cyclery & all sponsors, advertisers, owners, & lessors of premises on which the activity takes place, their respective officers, agents, and members, & any other parties connected with the bicycle event for any injury, loss, and or damage suffered as a result of participation in the bicycle event or any activity associated with it; including injury, loss, or damage caused by the **Negligence** of any party.

I understand that there are certain risks associated with bicycle riding, including the risk of serious personal injury, or death. I expressly agree to assume responsibility for all those risks. I understand the route chosen in challenging, not necessarily the safest route, & that weather conditions may make this ride more difficult. I warrant that I am in proper physical condition to participate in this event, that I am a sufficiently competent cyclist to handle all road conditions, & that my bicycle is in safe operating condition.

I understand that wearing a helmet can minimize head injuries which may occur in a cycling accident, & that **helmets are required to be worn at all times on the May Day Metric**. I agree to wear a helmet while participating in this event, & to follow the rules of the road, & all applicable laws & safe bicycling practices.

I understand that this release is also binding on my heirs and representatives. If I am signing on behalf of a minor, I accept full responsibility for all medical expenses incurred as a result of the minor's participation. I agree to **HOLD HARMLESS & INDEMNIFY** the entities named above for any claims brought on behalf of the minor.

I understand that failure to comply with said rules gives ride directors the authority to confiscate my bib#, expel me from the ride, & deny me rider services at any point on the course.

Signature of Participant _____ Date ____ / ____ /2012

Under 18 Participants

Parent-Guardian Signature _____ Date ____ / ____ /2012

THE RHODY TOUR IS SUNDAY, MAY 13TH, 2012. Registration is from 8:00 am until 10:00 am at Haines Place Park & Ride Lot, in PORT TOWNSEND WA. The course closes at 5:30 PM. There are five routes: Rhody Tour Petite (~12 mi.), 20, 44, 64, and 100 miles. You get to pick the route when you pick up your registration materials, day - of ride. All routes are the same price. See website for full details: www.ptbikes.org/index.php?page=rhodytour

REGISTRATION FEES: Please check the appropriate box(es). **From TWBC The Cog-nitve Courier**

If you are a current member:		If you want to join now, or conveniently renew your annual membership		If you are a non-member:	
Individual Rider	\$15 <input type="checkbox"/>	Individual rider PLUS join or renew individual membership	\$25 <input type="checkbox"/>	Individual rider	\$20 <input type="checkbox"/>
Family of riders	\$30 <input type="checkbox"/>	Family of riders PLUS join or renew family membership	\$50 <input type="checkbox"/>	Family of riders	\$40 <input type="checkbox"/>
PTBA cycling hat by Waltz (circle size: M L/XL)	\$15 <input type="checkbox"/>	Total Enclosed:			

(Don't know if your membership is current? Contact Lillian at pres@ptbikes.org or 509-913-7566

Complete this release and registration form. Make checks payable to PTBA. Questions? rhodytour@ptbikes.org

MAIL TO: Port Townsend Bicycle Association P.I. Box 681 Port Townsend, WA. 98368.

**From the TWBC
Cog-nitve Courier**

Full Name: _____ E-mail: _____

Street Address: _____ City: _____ State: _____ Zip: _____

Home Phone: _____ Emergency Phone: _____

Each participant in the Rhody Tour must read and sign this Release and Agreement to Hold Harmless:

1. In consideration of my participation in the Rhody Tour and/or membership in the Port Townsend Bicycle Association (PTBA) and by signing this Release for myself (or for participant if under 18) I agree to RELEASE, HOLD HARMLESS and INDEMNIFY PTBA; the Washington State Department of Transportation; Jefferson County; the City of Port Townsend, and their officers, agents and members; and any other party or entity connected with them for any injury, or loss or damage (including injury, loss or damage caused by NEGLIGENCE) to any individual suffered as a result of participation in the Rhody Tour bicycle event or any activity associated with it or with membership in PTBA including club rides and events.

2. I understand that there are certain risks associated with bicycle riding, including the risk of serious personal injury or death, and I expressly and voluntarily agree to assume those risks. I understand the route chosen is challenging, not necessarily the safest or easiest route, and that weather conditions may make this ride more difficult. I warrant that I am in proper physical condition to participate in this event, that I am a sufficiently competent cyclist to handle the road conditions, and that my bicycle is in a safe operating condition.

3. I understand that wearing a helmet that meets the ANSI or SNELL bicycle safety standards can minimize head injuries which may occur in a cycling accident and that PTBA requires all Rhody Tour riders to wear a helmet while participating in this and all club events and to follow the rules of the road and all applicable laws and safe bicycling practices. It is my responsibility to insure that my helmet meets ANSI or SNELL standards.

4. I understand that this RELEASE is also binding on my heirs and representatives. If I am signing on behalf of a minor, I represent that I have the authority to enter into this Release and Agreement to hold harmless on behalf of and for said minor. I accept full responsibility for all medical expenses incurred as a result of the minor's participation. I agree to HOLD HARMLESS and INDEMNIFY the entities named above for any claim brought on behalf of the minor.

5. I understand that photos may be taken during the Rhody Tour or other PTBA events and I hereby give PTBA the right to publish any photographs in which I may appear.
Use one signature line per person riding. Parent/guardian must sign for all minors. If you run out of lines, continue signatures in whitespace below.

Signature of Participant	Signature of Parent/Gauardian if participant is under 18 years of age.	Date
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