



# the cog-nitive courier

## tacoma wheelmen's bicycle club newsletter

po box 112078 tacoma, wa 98411 [www.twbc.org](http://www.twbc.org) 253-759-2800

**TWBC, originally established in 1888 & reinvigorated in 1974, is a general purpose bicycling club in Pierce County that welcomes cyclists of all skill levels for social riding. The COG is issued monthly.**

### Membership Report by Dave Killen database & mailing



*Our Members are what  
makes our Club!*

#### Renews (Thank You!):

Joseph Anderson, Steve Brown, Ernst Coumou, Jack Daniel, Carol Davis, Roz Davis, Roy Harris, Shelly Haris, Anne James, Chris James, Anthony Paulson, Alethea Robinson, Bill Robinson, Jan Weger, and Jim Weger.

#### New Members (Welcome!):

Mary Bateman, Robert Hawes, John Pontardo, and Raymond Rosario. ☺

**Web Issue: August, 2012**

### President's Report Spinning Wheels



By President Tom Reardon

Eight TWBC members fought their way across Washington from Redmond to Spokane as part of RedSpoke. We began our journey at the Redmond Marriot first eating a hearty breakfast then enjoying a VIP police escort out of town. The first day was literally a breeze as a favorable tailwind blew us up to Skykomish for our overnight encampment.

Day two began with a climb up and over Steven's Pass. Once we cleared the pass we sailed down through Tumwater Canyon and into Leavenworth for lunch in the park. Now that we were on the east side of the mountains, the heat became a factor. Temperatures and humidity soared as we worked our way up Easy Street (ironically named) and across the Columbia River to Lincoln Rock State Park.

Day three was by consensus the most difficult day. We had two significant climbs, heat, and an unusual headwind which made it necessary to pedal even downhill. No sooner had we set up our tents in Coulee City than the skies turned black and we were hit with a thunderstorm complete with gale force winds, rolling thunder, and torrential rains. It was a memorable day.

Many of us had considered taking the eighty or 100 mile options on day four, but truthfully after day three, we were content to follow a more sedate sixty mile route into Davenport. I'm sure Louie would be glad to relate how he

**Spinning Wheels, continued on page 2**

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## Spinning Wheels, continued from page 1

gained recognition for a most dubious award that evening at dinner, if you ask. On day five the entire group paraded into Spokane where the ride ended in Riverfront Park.

On other fronts, Joyce Clifford has volunteered to fill the vacant role as Vice- President. Thank you, Joyce. We look forward to experiencing your creative take on Club Meetings – it should be fun! ☺

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By Bob Myrick, Director of  
Community and Government Affairs

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

Our small committee met again on Tuesday, July 3, at the Harvester Restaurant in the Stadium District at First and Tacoma Avenues. The next meeting is scheduled for Tuesday, August 7 at 6pm, same location. Keep riding your bike this summer for your health, recreation and alternative transportation. Please consider getting involved in your local community.

1. Pierce County Trails Conference. This annual conference is sponsored by Forevergreen Coalition and unfortunately, will be held on September 18, the same day as our regular club meeting. TWBC will again be helping Forevergreen with a \$1500 donation to help their work in getting trails built thruout the County. This conference will be held at the Environmental Services Building on the end of Grandview in University Place.

2. Click It or Ticket. In Milton, the Police said they didn't have time to enforce their helmet ordinance, so their insurer recommended the town repeal their helmet ordinance. President Reardon suggested that helmet checks and enforcement could occur when a cyclist committed some other offense.

3. Ft. Lewis Letter. Ralph has prepared a draft letter to JBLM (Ft. Lewis) regarding their placing a very dangerous concrete island partly within the fog line shoulder where cyclists place their bikes while riding the Steilacoom-Dupont Road. It is located near North Gate Road and there is also a concrete curb protruding into the shoulder area.

4. Steilacoom Rail Road Tracks. The town has said again it is the responsibility of the owner of the derelict paper mill to decide to remove the very dangerous rail road tracks. We continue to be concerned about the tracks and the Rhapsody Bike Ride will be routed thru Lakewood this year to avoid the tracks.

5. BAW Executive. Ralph announced the BAW has hired Barb Chamberlain as the new Executive Director. She comes from Spokane and has very extensive experience with government and bicycling.

6. Tacoma Lay Offs. We have been warned again that Diane Wiatr's Mobility Coordinator job may be affected by the next round of lay offs in Tacoma. We continue to advocate for her job to be saved. I advocate for general salary reductions in order to save as many jobs as possible.

7. Lakewood. We have a new member on our committee, Don Hoover, and he lives in Lakewood. We noted that the City Manager, the Parks Director, the Public Works Traffic Engineer and a Finance employee all are very supportive of bicycle and pedestrian improvements.

8. Schuster Parkway. Steve indicated that about 50 feet of sidewalk is missing along Schuster Parkway and we suspect it will be repaired in conjunction with the work on rebuilding Stadium Way. We know the retaining walls are being improved and the sidewalk should be replaced following the retaining wall work.

9. Community Transformation Grant. Tacoma/Pierce County Health Department has received a nearly \$1million annual  
GAC, continued on page 3

GAC, continued from page 2

grant to improve health in our area. About 25% of the effort will be in improving conditions for walking and biking. The Health Department hopes to have all our local governments to enact Complete Streets Ordinances or Resolutions and to vastly improve conditions.

Thanks to all of you who are riding on a regular basis and please try to work in your community to improve conditions. ☺

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## **Barb Chamberlain Tapped As New ED for Bicycle Alliance of Washington**

By Louise McGrody  
Outreach & Communications Manager

The Bicycle Alliance of Washington has hired Barb Chamberlain of Spokane as their new Executive Director.

Chamberlain currently serves as the Director of Communications and Public Affairs for the Washington State University-Spokane campus, where she has built the communications staff from one person to a team of six. She is also a founding board member of the Empire Health Foundation, led a successful Spokane public school levy campaign, and served on the North Idaho College board of trustees.

With a passion for bicycling and active transportation, Chamberlain worked with the Bicycle Alliance and a host of other groups when she volunteered to spearhead Spokane's Bike to Work Week beginning in 2008. She was a member of the Spokane Bicycle Advisory Board and chaired the group in 2010-2011, and currently serves on the Transportation Advisory Committee for Spokane Regional Transportation Council. She launched the blog, [Bike Style Spokane](#), as a way to encourage more women to try biking.

Chamberlain has been a policy maker as well as a policy advocate. In 1990 she became the youngest woman ever elected to the Idaho state legislature, where she served as a state representative and senator for the Coeur d'Alene area.

An Inland Northwest native, Chamberlain welcomes the opportunity to apply her talents with a statewide organization. Her list of priorities includes increasing the Bicycle Alliance's overall visibility and position statewide.

"The Bicycle Alliance does great work that doesn't get as much recognition as it deserves. With my experience in communications, marketing and branding I hope to position it for a clear understanding of its statewide role and importance," stated Chamberlain.

"It's essential that we do that in partnership both with bike groups and with others working in this general arena, so another priority for me personally is to understand and assess all existing partnerships and look for opportunities to strengthen and to add to the overall network so it's truly statewide," she continued.

On the policy front, Chamberlain wants to grow awareness both within the community of people who ride bikes and with leaders who work on transportation policy and community and economic development of just how important bicycling is and why it deserves serious policy attention and consistent funding. She believes bike infrastructure and a fully multimodal transportation network in general will make critical contributions to improved health, to congestion mitigation, to air and water quality, and so many more problems we face.

"We have critical work to do given last week's congressional action on transportation and the Bicycle Alliance will work with partners at all levels to ensure our future transportation system reflects how America wants to travel, which is increasingly multimodal in scope," said Chamberlain.

"It's transportation for everyone, even for people who will never ride a bike because it helps them if others make that shift to cut down on traffic, parking, emissions, and wear and tear on the streets," she elaborated. "With Washington named the #1 Bike-Friendly State for the fifth year in a row by the League of American Bicyclists, and with the attention biking is getting on many fronts, we need to grow as an organization to rise to the expectations and the opportunities we have before us. We

New BAW ED, continued on page 4

can genuinely lead the nation and that's where we need to be."

Ted Inkley, president of the Bicycle Alliance board of directors, is looking forward to working with Chamberlain to grow the organization and to achieve their mission of bringing cycling into the transportation mainstream.

"Barb has a great combination of skills, a long history of activism and political involvement, and a passion for cycling advocacy. I'm confident that her background as a professional communicator will serve us well in helping a broad segment of policymakers and the public to understand that getting more people on bikes will benefit everyone," remarked Inkley. "The goals we've set for ourselves as an organization are challenging, but with Barb's leadership I know we'll create and seize every opportunity we can to achieve them."

Chamberlain will take the reins as Executive Director in August. Outgoing director Barbara Culp announced her retirement earlier this year and will assist with the transition.

#### **About the Bicycle Alliance of Washington:**

Founded in 1987, the Bicycle Alliance of Washington is Washington's statewide bicycle advocacy organization. The Alliance works to *grow bicycling statewide* and to *create complete and healthy streets* through education, developing more inclusive communities for cycling, building a coalition of organizations, and seeking to make bicycling accessible to everyone. More information about the Bicycle Alliance of Washington's can be found online at [www.bicyclealliance.org](http://www.bicyclealliance.org). ☺

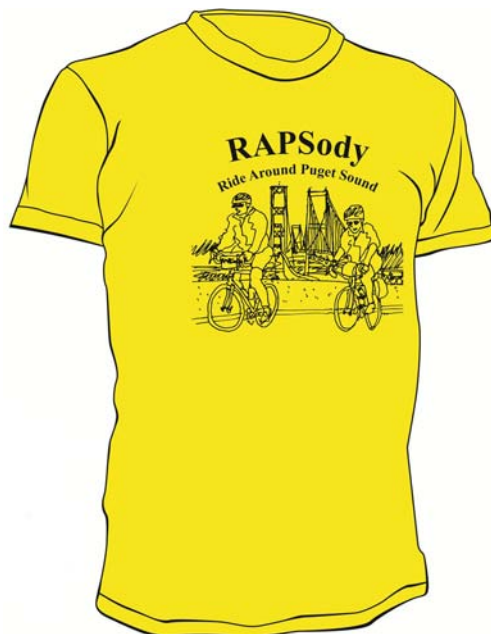
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### **RAPSody Volunteers Needed**

By Ralph Wessels

TWBC still needs a few Volunteers for the RAPSody start on Saturday, August 25. The Volunteer slots are all from 5:00 am to 8:30 am at Tacoma Community College. It is a nice way to volunteer to support bicycling and then have the rest of the day to do other items. Volunteers are also needed on Sunday, August 26 to provide sag support between the Yelm rest stop and TCC. At the time this article is being written, there are two opening from 10:00 am to 1:30 pm and one opening from 1:30 pm to 5:00 pm. We are expecting between 300 and 400 riders and want to make sure that they have the support that all of us expect when we are on rides hosted by others. Volunteers receive a cool T-shirt that has a sketch of the Tacoma Narrows Bridge drawn by Andy Goulding, architect and artist, and also socks. Quite the deal! The current openings are posted on the TWBC Website or you can call or email Ralph Wessels at 253 - 857 - 5658 or [ralphdena@earthlink.net](mailto:ralphdena@earthlink.net). ☺







# 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
08/01 Weds	9 AM	3 C	30	Tom Ripley 606 - 1720	Ride to Dupont for coffee via Steilacoom for a nice workout. Start: Skyline Park & Ride (6th & Skyline).
08/02 Thurs	9:30 AM	2 - 3 A	30 Trail	Richard Walter 651 - 4902	Silk Road Smooooothly. 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
08/02 Thurs	9:30 AM	3 D	30 Steady	Richard Walter 651 - 4902	Over The Hill Gang. For those 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.
08/04 Sat	8 AM	3 D	50 - 60	Robert Deehan 272 - 9682	Spokie Cycling Club 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.
08/04 Sat	9 AM	3 B - C	50	Jim Ahrens 988 - 2098	Tacoma Bike Shop Ride. Fun, but challenging road ride to destinations from Gig Harbor to Bonney Lake & Dupont. Start: Tacoma Bike, 309 Puyallup Ave., Tacoma.
08/04 Sat	<b>2 PM</b>	2 B	0 - 60	Bob Myrick 473 - 7455	Pot Luck Party & Ride. Ride all the way to Carbon River Mt. Rainier entrance or ride 8 miles to S. Prarie & go for a walk. Park across the street from the house w/ the red door. Start: 107 Lane Blve NW, 1 mile N of Orting just off of the trail.
08/06 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Loop Pt. Defiance. Someone will stay with the slowest rider. Regroup at Ft. Nisqually, then onto Fircrest for espresso/ raspberry scones. You can shorten to 13 miles by cutting out Fircrest. Start: Starbucks @ 26th & Proctor.
08/07 Tues	9:30 AM	2 C	30 - 50	Ride Line 759 - 2800	Tuesday Decide To Ride. Meet with friends & go to lunch. Start: To Be Announced.
08/07 Tues	<b>6 PM</b>	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.
08/08 Weds	9:30 AM	2 B	43 Trail	Richard Walter 651 - 4902	Chehalis Western Trail. Rain in Tacoma Cancels. Ride to Tenino to stop & buy lunch. Start: Trailhead in Lacy; past Josephine Ct SE & 14th Ave S.
08/09 Thurs	9:30 AM	2 - 3 A	30 Trail	Richard Walter 840 - 9450	Silk Road Smooooothly. Rain Cancels. See 08/02 for Ride Details.
08/09 Thurs	9:30 AM	3 D	30 Steady	Richard Walter 840 - 9450	Over The Hill Gang. See 08/02 for Ride Details.



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08/11 Sat	9 AM	3 B - C	50	Jim Ahrens 988 - 2098	Tacoma Bike Shop Ride. See 08/04 for Ride Details.
08/11 Sat	8 AM	3 D	50 - 60	Robert Deehan 272 - 9682	Spokie Cycling Club Ride. See 08/04 for Ride Details.
08/13 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. See 08/06 for Ride Details.
08/14 Tues	9:30 AM	2 C	30 - 50	Ride Line 759 - 2800	Tuesday Decide To Ride. Meet with friends & go to lunch. Start: To Be Announced.
08/15 Weds	9 AM	3 C	30	Tom Ripley 606 - 1720	Ride to Dupont for coffee via Steilacoom for a nice workout. Start: Skyline Park & Ride (6th & Skyline).
08/16 Thurs	9:30 AM	2 - 3 A	30 Trail	Richard Walter 840 - 9450	Silk Road Smooooothly. Rain Cancels. See 08/02 for Ride Details.
08/16 Thurs	9:30 AM	3 D	30 Steady	Richard Walter 840 - 9450	Over The Hill Gang. See 08/02 for Ride Details.
08/18 Sat	8 AM	3 D	50 - 60	Robert Deehan 272 - 9682	Spokie Cycling Club Ride. See 08/04 for Ride Details.
08/18 Sat	9 AM	3 B - C	50	Jim Ahrens 988 - 2098	Tacoma Bike Shop Ride. See 08/04 for Ride Details.
08/20 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. See 08/06 for Ride Details.
08/21 Tues	9:30 AM	2 C	30 - 50	Ride Line 759 - 2800	Tuesday Decide To Ride. Meet with friends & go to lunch. Start: To Be Announced.
08/21 Tues	<b>6 PM</b>	00 Meet	00 & Eat	Tom Reardon 759 - 2800	<b>Board Meeting</b> @ the Kim Ahn Restaurant across from TCC on Mildred. Guests & Club Members welcomed.
08/22 Weds	9:30 AM	2 B	43 Trail	Richard Walter 840 - 9450	Chehalis Western Trail. Rain in Tacoma Cancels. See 08/08 for Ride Details.
08/23 Thurs	9:30 AM	2 - 3 A	30 Trail	Richard Walter 840 - 9450	Silk Road Smooooothly. Rain Cancels. See 08/02 for Ride Details.
08/23 Thurs	9:30 AM	3 D	30 Steady	Richard Walter 840 - 9450	Over The Hill Gang. See 08/02 for Ride Details.
<b>08/25 - 08/26 Sat - Sun</b>	6 - 9 AM	All	170 Total	<b>Five Sisters;</b> Ralph Wessels 857 - 5658	<b>RAPSody.</b> \$\$\$ Pre-registration required. Start: TCC. Call for information or check Club Website for this 5 Sisters benefit for BAW. <a href="http://www.rapsodybikeride.com">www.rapsodybikeride.com</a>



# 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
08/25 Sat	8 AM	3 D	50 - 60	Robert Deehan 272 - 9682	Spokie Cycling Club Ride. See 08/04 for Ride Details.
08/25 Sat	9 AM	3 B - C	50	Jim Ahrens 988 - 2098	Tacoma Bike Shop Ride. See 08/04 for Ride Details.
08/27 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. See 08/06 for Ride Details.
08/27 Tues	9:30 AM	2 C	30 - 50	Ride Line 759 - 2800	Tuesday Decide To Ride. Meet with friends & go to lunch. Start: To Be Announced.
08/29 Weds	9:30 AM	2 B	30	Tom Ripley 606 - 1720	Ride to Dupont for coffee via Steilacoom for a nice workout. Start: Skyline Park & Ride (6th & Skyline).
08/30 Thurs	9:30 AM	2 - 3 A	30 Trail	Richard Walter 840 - 9450	Silk Road Smoooothly. Rain Cancels. See 08/02 for Ride Details.
08/30 Thurs	9:30 AM	3 D	30 Steady	Richard Walter 840 - 9450	Over The Hill Gang. See 08/02 for Ride Details.

## For TWBC Monthly Ride/Event Calendar

### TERRAIN CODE CHART

- A - Mostly Flat (Interurban Trail)
- B - Gently rolling with one or two steep hills
- C - Rolling steeper hills (Kitsap Peninsula)
- D - Difficult terrain with longer, steeper hills (Vashon Island)

### PACE CODE CHART

- 1 - Easy pace, frequent stops to regroup,  
9-12 mph on flats.
- 2 - Moderate pace, occasional stops to regroup,  
12-15 mph.
- 3 - Steady pace, limited stops, cue sheets/maps,  
13-16mph.
- 4 - Fast pace, very limited stops, cue sheets/maps,  
16 + mph.

# The COG Home

**TWBC Ride Line : 253 - 759 - 2800**  
**Updated Sunday & Thursday!**

The 'Smiling Bicycle' Logo, the Club Jersey  
& a majority of Club Ride T-shirts were  
(are) designed by Member Steve Lay.



**Sept. Ride Calendar Deadline:**  
**Tuesday, Aug. 28, 2012**

**Sept. COG Article Deadline:**  
**Wednesday, Aug 29, 2012**

**Next Club Meeting: 6 PM**  
**Tuesday, Sept. 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:**

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

Tom Reardon, 952 - 5964

**VICE - PRESIDENT:**

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

Joyce Clifford

**SECRETARY:**

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

Caroline Warnock

Assistant: Linda Higgins

**TREASURER:**

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

Fred Swift, 355 - 4365

**RIDE COORDINATOR:**

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

Rich Walter, 840 - 9450

**DIRECTOR OF COMMUNITY &  
GOVERNMENT RELATIONS:**

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

Bob Myrick, 473 - 7455

Assistant: Don Hoover

**DIRECTOR OF SPECIAL  
EVENTS:**

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

Daniel Jones

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

**ACTING NEWSLETTER  
EDITOR (Temporary):**

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

Dena Wessels, 857 - 5658

**MEMBERSHIP,  
DATABASE & MAILING:**

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

Dave Killen, 677 - 5896

**WEBMASTER:**

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

Rich Walter, 840 - 9450

**TWBC SAFETY &  
EDUCATION**

Jim Ahrens, 566 - 3347

**TWBC EQUIPMENT :**

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

Sue Coley

Assistant: Peggy Fjetland

**TWBC PUBLICITY:**

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

Anita Beninger

**DAFFODIL CLASSIC  
(2012): APRIL 15**

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

--Unfilled @ this time--

**PENINSULA METRIC  
(2012): JUNE 3**

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

--Unfilled @ this time--

**RAPSody Contact:**

**(2012): Aug. 25 & 26**

[rapsodybikeride@comcast.net](mailto:rapsodybikeride@comcast.net)

Ralph Wessels, 857 - 5658

**BIKE EXPO:**

**(2012): March 10 & 11**

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

--Unfilled @ this time--

**ANNUAL CLUB PICNIC:**

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

--Unfilled @ this time--

**CLUB JERSEY SALES:**

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

--Unfilled @ this time--

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**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. ☺

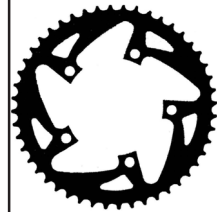




**August  
2012**

**Tacoma Wheelmen's Bicycle Club  
PO Box 112078  
Tacoma, WA 98411**

**mail to:**



Please Note: You can become a Member at [www.twbc.org](http://www.twbc.org). Click on 'Membership' on the left side.

***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, as there is not an elected Editor to produce a USPS issue.

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 the following 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!**