



# 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.

### Annual Banquet Ride Mile Awards

Information supplied by Ride Captain Rich Walter

TWBC Members rode a total of 47, 107 miles and commuted 16, 973 miles in 2012.

#### Club Miles:

Bob Myrick: 6,002; Phillip Burgess: 4,587; Steve & Phylis Lay: 3,543; Dan Russo: 3,308; Louie Boitano: 3,247; Rich Walter: 3,058; Sue Coley: 2,996; Tom Reardon: 2,895; Fred Swift: 2,855; Peggy Fjetland: 2,136; Joyce Clifford: 2,012; Caroline Warnock: 1,400; Christy Strand: 1,328; Lonna Cain: 1,235; Linda Walter: 1,043; Ann Smith: 861; Janet Higbee: 422; John Ernest Berry III: 351; Dixie Callahan: 263; and Bob Vogel: 22.

#### Commute Miles:

Phylis Lay: 2,946;	Steve Lay: 2,716;	Ann Smith: 2,701;
Janet Higbee: 2,389;	Louie Boitano: 1,185;	Dixie Callahan: 1,400;
Bob Myrick: 1,120;	Bob Vogel: 1,384;	Lonna Cain: 432

#### Rides Led:

Rich Walter: 56; Joyce Clifford: 34; Louie Boitano: 28; Ron Nowicki: 18; Rollie Herman: 17; Bob Myrick: 17; Steve & Phylis Lay: 16; Phillip Burgess: 13; Tom Ripley: 9; Heinrich Schmidt: 8; Sue Coley: 7; Steve Lantry: 3; Mike Madden: 2; Lonna Cain: 1; Joela Graves: 1; Janet Higbee: 1; and Fred Swift: 1. ☺

☺ **Save the date for Transportation Advocacy Day 2013!** ☺

Join bicyclists in Olympia on February 12, 2013 for Transportation Advocacy Day! See this issue, page 3.

#### In this issue of the COG:

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Web Issue: February, 2013

## President's Report The Rusty Crank



By President Tom Reardon

For most of us bicyclists January was a challenge to say the least. With the cold weather, the foggy weather, the rainy weather, riding outdoors was unpleasant at best. Our Annual Banquet seemed to raise the curtain on the new year of riding. This week many Members were seen on the road riding while others were across the state riding fat tire bikes through the snow. It is a pleasure leaving the spin bikes in the gym and ride outdoors once more.

Daniel Jones is asking for your help in running this year's Daffodil Classic. There are more tasks that need our attention from the very small to the very large. Please take the time to contact Daniel or one of the other Members of the Board to see what you can do to help out.

Pump up your tires and get riding. ☺

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### Membership Report by Dave Killen database & mailing



*Our Members are what  
makes our Club!*

#### Renewing Members (Thank You!):

Robert Archer, Kent Achtyes, Frits Akker, Doug Ballor, John E. Berry III, Louie Boitano, Marie Boitano, Robert Deehan, Jeff Everhart, Lenny Hwang, Phyllis Lay, Steve Lay, Bill Lower, Bob Myrick, Bill Thorness, Mikeal Treadwell, and Larry Welch.

#### New Members (Welcome!):

Deb Boulton, Myung Hong, Wayne Purves, John Shields, and Dan Streiffert. ☺

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By Bob Myrick, Director of  
Community and Government Affairs

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

Our committee met again on Wednesday, January 2, 2013, at the Harvester Restaurant in the Stadium District at First and Tacoma Avenues. The next meeting will be on Tuesday, February 5 at 6pm. As you know, we have over 30 governmental entities that we could be working with. Please take a personal interest in alternative transportation in your community. The planet, you and I will be better for your efforts.

1. **Environmental Health.** I have attended a planning meeting with the local Health Department's Environmental Health specialist. Planning is going on for a short conference on air, water and land use and the effect on our environment. Of course, biking helps reduce our impact on the environment. Part of the conference may cover Happiness, similar to Bhutan's measurement of National Happiness.

2. **Forevergreen Trails Council.** The Council had a half day meeting to revise it's mission statement and make plans for the coming year.

GAC, continued on page 3

3. **Health Planning.** I attended a January 15 meeting regarding how to improve personal health in Pierce County.
4. **Foothills Annual Meeting.** John Ernest Berry III, I and many others will have attended the annual meeting in Orting at the High Cedars Golf Course.
5. **University Place Trails.** Some of you are planning to attend the January 29 meeting at 6:30pm at the Environmental Services Building at the end of Grandview. Officials will be presenting their plans for the Chamber's Creek/Leach Creek soft surface trail.
6. **Transportation Advocacy Day.** Plan to come to Olympia on February 12 for Advocacy Day. We will meet and lobby with our State Legislators regarding non-motorized transportation. More information can be found on the Transportation Choices website. The bicycle community will be advocating for the Neighborhood Safe Streets Bill where we want speeds reduced to enhance safety. You can also attend Environmental Lobby Day on February 19.
7. **Bike Expo.** Save the dates of February 23 - 24 if you plan to attend the Seattle Bicycle Expo. TWBC will again be having a booth and we could use more volunteers to occupy the booth.

It has been more cold than wet this past month with lots of ice on our roads. Hopefully, you can join us for some easy rides when the sun comes out again. Please think about our event rides, the Daffodil and the PMC. This year the RAPSody celebrates it's tenth year and we hope to have 500 riders. As you may know, RAPSody is sponsored by five clubs including TWBC and the purpose is to have fun and raise money for the Bicycle Alliance of Washington. ☺

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December 21, 2012 ☺  
The Tacoma Wheelmen  
PO Box 112078  
Tacoma, WA 98411


RE: Bicycle Helmets Donation

We sincerely appreciate your recent donation of many HELMETS to the Bikes for Kids Program at Marine View Presbyterian Church. The timing of your donation was perfect as it coincided with our annual work with the Christmas House project in Federal Way.

Our refurbished bikes and your helmets are bringing smiles and happiness to many deserving children living in challenging circumstances. We are thrilled to have the support of the Tacoma Wheelmen and appreciate our partnership.

Thanks again, Tacoma Wheelmen for supporting our program and bicycle safety and making the holiday season shine a little brighter for many.

Sincerely,  
Dave Noll  
Communications Coordinator  
MVPC Bikes for Kids Program  
[www.mvpcbikesforkids.webs.com](http://www.mvpcbikesforkids.webs.com) ☺

Catholic Community Services   
of Western Washington  
1323 Yakima Ave.  
Tacoma, WA 98405 - 4457  
www.ccsww.org

Providing Hospitality, Housing & Hope  
Hospitality Kitchen  
Nativity House  
Tacoma Avenue Shelter

December 17, 2012

Tacoma Wheelmen's Club  
PO Box 112078  
Tacoma, WA 98411 - 2078


Dear Friends of CCS,

On behalf of the hundreds of individuals and families who rely on our Hospitality Kitchen for nutritious hot meals in a safe and respectful environment, than you for your gift of \$500.00. We truly appreciate your generosity and support. Thank you!

We ar reaching out on a daily basis to meet the very basic needs of individuals and families who need food and shelter, in addition to other human service necessities. The number of people served by our Hospitality Kitchen has certainly increased. Tomorrow and as lon a needed, we will serve approximately 1,200 meals per day, five days a week.



Thank you for continuing to support our important work in the community.

Sincerely,  
Jim Anderson, Co-Director  
Homeless Adult Services

Nick Leider, Co-Director  
Homeless Adult Services  
Thank You So Much! 

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 Your article could have been here   
for Members to read!

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## For TWBC Monthly Ride/Event Calendar

### RIDE CODE CHART, TERRAIN

- 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)

### RIDE CODE CHART, PACE

Pace Code Examples: Average mph on flat surface:

- 1 - Easy pace, frequent stops to catch up and regroup, 9-12 mph on flats.
- 2 - Moderate pace, ocssional stops to catch up and regroup, 12-15 mph.
- 3 - Steady pace, limited stops, cue sheets or maps provided, 13-16mph.
- 4 - Fast pace, very limited stops, cue sheets or maps provided, 16+ mph.



## **twbc monthly event schedule**

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

### ***Saturday Rides***

Feb. 2, 9, 16, & 23: @ 8:30 AM, 3 D, 50 - 60 miles, **Spokie Cycling Club Ride**. Average for entire ride is 17 mph w/ 20-25 mph on the flats. Route decided at start. No lunch, but coffee & conversation @ the end. Note: This is not a TWBC Ride, but a Spokie Cycling Club Ride. **Start:** Forza Coffee, 2700 Bridgeport Way, University Place.  
: @ 9 AM, 3 B - C, 60 - 100 miles, **Tacoma Bike Shop Ride**. Fun but challenging road ride to destinations from Gig Harbor to Bonney Lake & Dupont. Note: This is not a TWBC Ride, but a Tacoma Bike Shop Ride. **Start:** Tacoma Bike, 309 Puyallup Ave., Tacoma.

### ***Sunday Rides***

Feb. 3, 10, 17, & 24: @ 11 AM, 2 B, 25 - 35 miles, **Sunny Sunday Ride**. A chance to ride somewhere fun, provided there is a chance of sunshine and not too much rain. **Start:** Starbucks @ 26th & Proctor.

### ***Monday Rides***

Feb. 4, 11, 18, & 25: @ 9:30 AM, 1 C, **Hail, Hardy & Ready for Coffee**. Loop Pt. Defiance. Someone will stay w/ the slowest rider. Regroup @ Ft. Nisqually., then onto Fircrest for espresso/raspberry scones. You can shorten to 13 miles by cutting out Fircrest. **Start:** Starbucks @ 26th & Proctor.

### ***Tuesday Rides***

Feb. 5, 12, 19, & 26: @ 9:30 Am, 2 C, **Tuesday Decide to Ride**. Meet w/ friends & go to lunch. **Start:** to be announced. Call the Ride Line, 253 - 759 - 2800.

### ***More Tuesday Happenings:***

Feb. 5: @ 6 PM, **Government Affairs Meeting** @ the Harvester Restaurant in the Stadium H.S. area @ 1st & Tacoma Ave. Work on bicycle problems around Pierce County. All are invited to participate.

Feb. 12: @ 6 PM, **Board Meeting** @ the Kim Ahn Restaurant across from TCC on Mildred. Guests & Club Members welcomed.

Feb. 19: @ 6 PM, **General Club Meeting** featuring Winter Riding. **Start:** Portland Ave. Community Center, 3513 Portland Ave. (E. 35th & E. Portland Ave.), Tacoma.

### ***Wednesday Rides***

Feb. 6 & 20: @ 9 AM, 3 C, **Ride the Chehalis Western Trial**. Rain in Tacoma Cancels. Ride from Chambers Creek Trailhead to Tenino to stop & buy lunch. **Start:** Trailhead in Lacy, past Josephine Ct SE & 14th Ave S.

Feb. 13 & 27: @ 9:30 AM, 2 B, **Ride to Dupont** for coffee via Steilacoom for a nice workout. **Start:** Skyline Park & Ride (6th & Skyline).

### ***Thursday Rides***

Feb. 7, 14, 21, & 28: @ 9:30 AM, 2 - 3 A or 2 - 3 D, **Silk Road Smoooothly/Over The Hill Gang**. Ride to S. Prairie via Foothills Trail. Paved trail w/ very few road crossings. Beverage of your choice in S. Prairie (no host). Or, for a challenging 1000 ft of climbing, go over Victor Falls. **Start:** East Puyallup Trailhead, 13900 - 80th St E, Puyallup.

# 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, Feb. 19, 2013**

**March Ride Calendar Deadline:**  
**Tuesday, Feb. 19, 2013**

**March COG Article Deadline:**  
**Wednesday, Feb. 20, 2013**

*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**

**(2013): APRIL 14**

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

Daniel Jones & friends

## **PENINSULA METRIC**

**(2013): JUNE 2**

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

Daniel Jones & friends

## **RAPSody Contact:**

**(2013): Aug. 24 & 25**

[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. ☺



February  
2013

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

mail to:

Please Note: The COG is now available electronically via the Club Website only, as there is not an elected Editor to produce a USPS issue.



<p>Please Note: You can become a Member at <a href="http://www.twbc.org">www.twbc.org</a>. Click on 'Membership' on the left side.</p> <p><b><i>B e c o m e   a   M e m b e r   o f   T W B C</i></b></p>	
<p>Name: _____</p> <p>Address: _____</p> <p>City, State: _____</p> <p>Home Phone: _____</p> <p>Work Phone (optional): _____</p> <p>E-mail: _____ @ _____ (all info. is for Club use only; please print clearly!)</p> <p>Please Check Those That Apply:  <input type="checkbox"/> New Member      <input type="checkbox"/> Renew      <input type="checkbox"/> Addr Chg</p> <p>Please Note: <i>COG</i> delivery is now electronically via E-mail, as there is not an elected Editor to produce a USPS issue.</p> <p>Individual Person Membership Fee ..... \$15 _____</p> <p>Or, Family Membership Fee ..... \$20 _____</p> <p>One-time Initiation Fee ..... \$5 _____</p> <p>Total Membership Fee(s) ..... \$ _____</p>	<p>Send this form and a check for the total \$ amount to:</p> <p><b>TWBC <u>Membership</u></b>  <b>PO Box 112078</b>  <b>Tacoma, WA 98411</b></p> <p>Check the following boxes if you are interested in volunteering for:</p> <p><input type="checkbox"/> Leading Bike Rides  <input type="checkbox"/> Events                    (Daffodil, PMC)  <input type="checkbox"/> Newsletter  <input type="checkbox"/> Club Meeting Programs  <input type="checkbox"/> Becoming a Club Officer</p> <p>Thanks for becoming a Member of TWBC!</p>