



# 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.

Web Issue: April, 2013

### President's Report

#### The Rusty Crank



By President Tom Reardon

Spring has arrived. Daffodils are blooming, skies are clearing, and temperatures are rising. It is time to put some miles on the bicycle and get the legs and lungs back in shape. Like so many others, you may find the hills a little steeper and the distances a bit more challenging this time of the year; don't despair. The Calendar is filling with ride options throughout the week designed to reacquaint you with your trusty bike and make those miles once again pleasurable and not quite so painful. Additionally, if you do not find a ride that suits your needs, create one and post it on the Ride Calendar. Instructions can be found at the bottom of the (*TWBC Web*) Home Page.

I have long asserted that the ability to climb hills is a function of the three "L's" - Legs, Lungs and Lard! If you are like me, you are working on the first two, but realistically the focus needs to be on the last "L". I am determined to drop 20 pounds (no more pie for a while), and will weigh myself every Monday morning to determine my progress. If you would like to join me in this endeavor, I propose emailing weekly progress in the form of Plus or Minus "x" number of pounds every Monday as an accountably measure. My email address is [tr@nventure.com](mailto:tr@nventure.com), and I welcome your participation. Lose weight, defeat gravity!

Finally, there are still volunteer opportunities available for the Daffodil Classic. Your help is vital for our success.




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*Reminder: Club Elections are coming up on June 11, 2013. Help Your Club by running for an office. Your Club continues to function when You volunteer!* ☺

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By Bob Myrick, Director of  
Community and Government Affairs

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

Our committee met again on Tuesday, March 5, at the Harvester Restaurant in the Stadium District at First and Tacoma Avenues. The next meeting will be clear into May on the first Tuesday, the 7th. We will take a break in April as I should be in Death Valley for a week and others are traveling as well. Don't stop advocating. As you know, we have over 30 governmental entities that we could be working with. So, please take a personal interest in alternative transportation in your community. The planet, you and I will be better for your efforts.

**Kidical Mass Ride.** Matt Newport is putting on a series of Kidical Mass Rides this spring and summer. TWBC will be sponsoring the first ride on Saturday, May 4 at the Proctor Farmer's Market. TWBC is providing liability insurance for the free event. I have invited Council Members Ryan Melo, David Boe, Lauren Walker and others to consider attending.

**Eatonville Bud Blanchard Trail.** Construction should start on Bud's Trail in late spring. Major funding comes from Bud's estate, an RCO grant and TWBC is contributing \$10,000 to a project costing over One Million Dollars. The trail will run from near the school complex towards Pack Forest along the old logging railroad grade also once the Weyerhaeuser logging road. When finished local residents and visitors will be able to access Pack Forest and the Nisqually-Mashell State Park (under development). There are already bike races being staged at the State Park grounds.

**Foothills Trail near Buckley.** Pierce County and the City of Buckley are applying for special funding available from the Puget Sound Regional Council to build Phase "A" of the connection between Buckley and South Prairie. My understanding is the trail will run from end of Buckley trail to under State Highway 162 near Mundy Loss Road. If funded the trail GAP will still be not funded although Pierce County is in condemnation proceedings with the RV park in South Prairie.

**RAPSody Bike Ride.** Ralph reported the Bicycle Alliance of Washington is attempting to get Governor Inslee to ride part of RAPSody, maybe from Olympia to Tacoma?

**Neighborhood Safe Streets Bill.** There is still hope for this bill to be passed thru our State Legislature. It allows cities and towns to lower speed limits on neighborhood streets to 20mph without having to perform a laborious engineering study. Many lives and serious injuries can be prevented with passage of this bill. A similar bill to consider our environmental and personal health in State Transportation Planning is reportedly still alive, but may not make it thru the process.

**Swan Creek Mountain Bike Park.** The Evergreen Mountain Bike Alliance has a \$40,000 contract with Metro Parks and intends to have a new mountain bike park available for use by the end of May. There will a "flow" outer loop and inside the loop will be more advanced challenge trails. The trail access will be at the end of East 56th Street just off Portland Avenue. The City is also presently paving a short piece of the Pipeline Trail between 48th and 56th Street just off Portland Avenue.

**Tacoma's BPAC Fate.** The Bicycle Pedestrian Advisory Committee may be changed or eliminated due to the City's continuing money problems. The BPAC may be incorporated into the City's Sustainability Commission, may remain as is, may dissolve or may continue as an independent adhoc group. A League of American Bicyclist's Friendly City award usually requires a City to have a bike advisory committee.

**May is Bike Month.** TWBC is providing \$1,000 towards Bike Month and sponsoring two rides, Kidical Mass and a ride to Gig Harbor at the end of May. Bike Month should be the best ever and there will be a kick off bike swap at the University of Puget Sound.

The first day of Spring is windy and rainy, but we have had good weather earlier. Hopefully, the Daffodil will be well attended on April 14 and you can still sign up for a job. Please consider doing some event rides this summer. The Bicycle Alliance is supported by Member Clubs who contribute one dollar per rider and the Clubs typically make other significant contributions to their communities. ☺

# Membership Report by Dave Killen



*Our Members are what  
makes our Club!*

## Renewing Members (Thank You!):

Walter Babb, Drew Gazabat, John Loesch, Michael McNichols, Jane Moore, Barbie Pratt, David Remagen, Sharon Remagen, Heinrich Schmidt, Irmgard Schmidt, and Fred Swift.

## New Members (Welcome!):

Beatrice Crooks, Carrie Ann Hempel, Thomas Hempel, Paul Hoskins, Joe Kubistek, Stephanie Misner, Matt Newport, Dorothea Richard, Art Sanchez. and J.D. Sims. ☺

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## Swan Creek Mountain Bike Park and Pipeline Trail

By Bob Myrick

Last night, March 19, at Swan Creek Park meeting, I heard that Evergreen Mountain Bike hopes to have our mountain bike park ready for use by the end of May. Main access will be from the end of South 56th Street. There will be an easy flow track around the perimeter and more challenging trail in the middle of the great circle.

They have over 65 people signed up to help in the near future, thanks to REI and other interested parties. Evergreen Mountain Bike has a multi-year \$40,000 contract to complete the facility. I also learned the City is out there right now paving a short piece of the Pipeline Trail, maybe from South 56th Street to South 48th Street.

So, this means you can start near Tacoma Bike, ride McKinley Park, head up the hill to East 40th Street to the Pipeline Trail, to Swan Creek Mountain Bike Park, to Orange Gate properties near 84th Street East, to 104th Street, to Fruitland Avenue, to 96th Street East and Clark's Creek Park trails, thru downtown Puyallup, and back thru the sand along the Puyallup River to saltwater. This trip would take all day if one stopped at the four mountain bike areas. It would take about four hours if you stayed on the main line, about 25 miles. ☺

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## NEWSFLASH!

*The 2013 Northwest Tandem Rally, slated this year in Bellingham, WA, **HAS BEEN CANCELED.***

*As an alternative, Cheryl Spear, of the Portland Wheelmen Touring Club (PWTC), states that their club is offering to host a mini-rally Portland style under the auspices of the PTWC. They plan to offer one unsupported ride on both Saturday and Sunday (approximately 45 miles each), July 6th and 7th, along with some kind of social activity Saturday afternoon. There will be no charge for any of this. They are still working out the details, picking routes, etc., but Cheryl wanted to get the word out so people can make whatever plans may be necessary. PTWC however does need to know how many people to plan for so **attendees must RSVP** to her at [cherylaspeer@gmail.com](mailto:cherylaspeer@gmail.com) no later than **June 15th.** ☺*

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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, occasional 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

## *Monday Rides*

April 1, 8, 15, 22, & 29: @ 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*

April 2, 9, 16, 23 & 30: @ 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:*

April 9: @ 6 PM, **Board Meeting** @ the Kim Ahn Restaurant across from TCC on Mildred. Guests & Club Members welcomed.

April 16: @ 6 PM, **General Club Meeting.** **Start:** Portland Ave. Community Center, 3513 Portland Ave. (E. 35th & E. Portland Ave.), Tacoma.

## *Wednesday Rides*

April 3 & 17: @ 9:30 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.

April 10 & 24: @ 9 AM, 2 B, **Ride to Dupont** for coffee via Steilacoom for a nice workout. **Start:** Skyline Park & Ride (6th & Skyline).

## *Thursday Rides*

April 4, 11, 18, & 25: @ 9:30 AM, 2 - 3 A or 2 - 3 D, **Foothills Trail or Victor Falls.** 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.

## *Friday - Saturday Rides*

April 19 - 20: @ 9AM, 2 B, 50 miles, **Ride to Centrailia.** Mostly on STP route, no host lunch/Yelm, no host coffee stop/ Tenino, overnight @ Olympic Club, 112 N Tower Ave, Centrailia, 98531, 1-360-736-5164 (make own reservations). **Start:** Northern Pacific Coffee Co, 401 Garfield St., S, Tacoma (Parkland).

## *Saturday Rides*

April 6, 13, 20, & 27: @ 9 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.

: @ 9:30 AM, X Pace, X Dist. **Bonney Lake Bike Shop Ride.** Happens every Sat. Note: This is not a TWBC Ride, but a Bonney Lake Bike Shop Ride. **Start:** Bonney Lake Bike Shop, 1406 Main St., Sumner.

April 6: @ 9:30 AM, 2 B, 40 - 60 miles, **Daffy Pre-Ride.** Check the Dan Henrys for accuracy & clarity. **Start:** Orting Middle School, 111 Whitehawk Blvd, NW, Orting.

April 20: @ 9 AM, 2 B, 60 miles. **Distance Cycling for Beginners.** Will start out flat & progress to hills. Speed will be determined by the ability of who shows up. Anyone behind the Ride Leader will not get dropped; get before the Ride Leader, & you're own your own. Riding the Daffodil 60 mile route. **Start:** Orting Bell Tower, Orting.

## *Sunday Rides*

April 7, 21, & 28: @ 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.

**April 14: @ 7 AM. TWBC DAFFODIL CLASSIC.**

**Start:** Orting Middle School, 111 Whitehawk Blvd, NW, Orting.

# 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 16, 2013**

**May Ride Calendar Deadline:**  
**Tuesday, April 23, 2013**

**May COG Article Deadline:**  
**Wednesday, April 24, 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:**

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Sue Coley

Assistant: Peggy Fjetland

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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. ☺



April  
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.



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!