



# 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: May, 2013/BIKE MONTH

### National Bike Challenge

By Gene Smith

The National Bike Challenge is calling for 50,000 bicyclist! Or so says the League of American Bicyclists. Their goal? 50,000 riders logging 20 million miles. The link below provides more details about the challenge.

<http://blog.bikeleague.org/blog/category/national-bike-challenge/>

I participated in the challenge last year where 30,000 riders logged over 12 million miles. I noticed this year in the TEAM category that the Wheatland Wheelers Bicycle Club from Walla Walla is signed up so I added the Tacoma Wheelmen's Bicycle Club to the list. There are also categories for workplace and community and we can participate in any or all categories.

I want to encourage as many Club Members as wish to sign up for the "NBC". Follow the links to sign up and let's give the other clubs a challenge. If you want to know more about the NBC, feel free to contact Gene Smith using [TWBC@googlegroups.com](mailto:TWBC@googlegroups.com).

### Be Part of RAPSody's 10th Anniversary

By RAPSody Organizing Team

This is the 10th year your Bike Club has been one of five (*sisters*) Club sponsors of the Ride Around Puget Sound (RAPSody), a fundraiser for the Bicycle Alliance of Washington. In honor of the 10th anniversary, the organizing team is challenging each Club to sign up at least 10 riders. Last year West Sound Cycling Club had eight riders, BIKES Club of Snohomish County and Tacoma Wheelmen each had five riders and Capital Bicycle Club had only one (based on the rider survey - may have been more).

Don't let your Club Members and local riders miss out on the great food, scenic routes and excellent value of the Ride Around Puget Sound. Plan now to join us with a few of your riding friends on Aug. 24-25. Perhaps your Club might host an STP / RAPSody training series (just add hills)? Organize Members to ride as a group? Give a prize to the first Club Rider to hit Shelton on Saturday (or the last)?

Organizers also have special incentives for the 10th anniversary, including RAPSody jerseys and t-shirts with the sponsoring Club logos on them. Learn more about the event at [www.rapsodybikeride.com](http://www.rapsodybikeride.com).

*Reminder: Club Elections are coming up on June 18, 2013. Help Your Club by running for an office.*

***Your Club continues to function when You volunteer!***

#### In this issue of the COG:

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## *President's Report* *The Rusty Crank*



By President Tom Reardon

The Chico Wildflower was the destination on the last weekend of April. What was to be just an event ride in the sun proved to be much more of an eye opening occasion to Fred Swift, Dan Jones and me. Four thousand riders descended on the modest size college town from as far north as Washington and Idaho and as far south as Arizona. Hundreds of campers in tents and trailers filled the fairgrounds over the weekend. Cyclists had happily paid the 75 dollar fee to challenge the terrain on one of the seven ride options, and enjoy deluxe rest stops, a catered lunch and a complete buffet at the finish.

We were naturally impressed by the level of organization. Commercial vendors lined both the outside and inside of the registration hall. Food and support were provided by a list of sponsors longer than an octogenarian's memory. While on the road, each of the seven routes was clearly marked by a distinctive colored arrow and local citizens cheered the riders at the top of every challenging climb.

These things were not the surprise. The surprise was that the Chico bicycle club is actually very small - approximately half the members as the Tacoma Wheelmen. Their organization is run by two paid professionals hired to make the Wildflower the best one day ride in all of California.

As we drove the 600 miles back home, we had time to reflect on what we had experienced and how it may apply to our Club. While our immediate area does not have either the terrain or the facilities to compete with the Chico event, it may be time to consider whether we would be best served by following their example of hiring an Executive Director. A well chosen professional would have the time and skills necessary to maximize the impact of our signature Events.

We have scrambled yearly to fill vital functions needed to continue offering the Daffodil Classic and the Peninsula Metric Century. Sadly, a truly wonderful event, The Headwaters, was dropped because we could not adequately promote and support it with Volunteers. Washington cyclists need excellent event rides both for the joy of sharing time with other like-minded enthusiasts and to provide goals for the days and days of training. It is time to seriously consider, recruiting, and hiring an Executive Director. ☹

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### **Tent for Sale**

In time for Spring/Summer touring. Two person Vaude Sports touring tent. Huge vestibule covers tent and two bicycles for foul weather, privacy, and bike safety from theft and rain. Perfect to cook or relax out of the weather. Vestibule can also be used alone as sun or rain shelter or even to cover a different tent or just for campgrounds. Very roomy. Versatile. Brand new. I never got into bike touring as I am into too many sports already, and have too many tents. Original \$300 tent, for sale at \$150. Call Tom 253 279-4676. *(Send an email to the Newsletter Editor for a picture.)* ☹

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### **Membership Report** **by Dave Killen**



*Our Members are what  
makes our Club!*

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

Darrell Eslinger, Rich Hahn, Jeff King, Jim Kling, Donald Perry, Terry Reid, Michael Rutkosky, James Sherls, Paul Stoddard, Bjorn Wahl, and Paul Wood.

#### **New Members (Welcome!):**

Deborah Campbell, David Covey, Bob Forbes, Jeffrey Gemmell, Ramona Ionita, Jeanne Juneau, Roger Moore, Doug Nelson, Bill Porter, Carrie Singleton, Dan Stephens, and Ned Witting. ☹

## Tandems? What Tandems?

By Bob Snead, Evergreen Tandem Club

Greetings! Have Club Members who want to know more about tandems? Perhaps you have a Member who's thought about tandems as a way to get a significant other on your Club Rides, or maybe a Member is looking for a way to get more enjoyment out of that tandem hanging in the garage.

Either way, a June workshop on tandems put on by experienced tandem riders and instructors from the Evergreen Tandem Club may be the ticket. Bring your own tandem or ride the club-provided tandems that will be available. **Space is limited! Please use the 'RSVP for this Event' link on the website to reserve your space.** Further details are on the ETC website at [Tandem 101](#).

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### GiveBIG on May 15

Jack Hilovisky,  
Fund Development and Membership Manager

Dear Club Rider and Friend of Bicycling,

Bicyclists in our state have a lot of victories to celebrate with this spring's **passage of the Neighborhood Safe Streets** bill now awaiting Governor Inslee's signature, not to mention **Washington's recent #1 ranking by the League of American Bicyclists as most bicycle-friendly** state in the nation for the sixth consecutive year. Legislative wins, and building a bike-friendly environment, don't happen overnight and are achieved with your financial support and willingness to make your voice heard.

On May 15 Bicycle Alliance will again participate in GiveBIG, the largest philanthropic event in the Northwest, organized by Seattle Foundation. The whole purpose of GiveBIG is to inspire people to donate generously to non-profits that make the region a healthier, more vibrant place to live and work. We hope you'll agree Bicycle Alliance is working on your behalf to make the entire **state** better for bicycling, which is good for everyone whether or not you ride.

To learn more about GiveBIG visit our blog at <http://bicyclealliance.org/2013/04/17/givebig-rides-again-on-may-15/>.

Actions you can take:

- 1) Mark your calendar for Wed, May 15, and plan to make a donation at: <http://www.seattlefoundation.org/npos/Pages/BicycleAllianceofWashington.aspx?bv=nposearch>.
- 2) Share this information with family and friends who support our vision of a more bicycle and pedestrian-friendly state.
- 3) RSVP at <https://www.facebook.com/events/131724193685338/> and receive periodic updates about GiveBIG.

Remember—anyone, anywhere with an Internet connection and a credit card can make a donation of any amount on May 15, GiveBIG day!

Support bike safety and education and help make sure Washington bikes! Thank you for all you do to advance our cause!

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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

### Wednesday Rides

May 1, 15 & 29: @ 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.

May 8 & 22: @ 9 AM, 2 B, **Ride to Dupont** for coffee via Steilacoom for a nice workout. **Start:** Skyline Park & Ride (6th & Skyline).

### Thursday Rides

May 2, 9, 16, 23 & 30: @ 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.

### Saturday Rides

May 4, 11, 18, 25: @ 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.

May 18: @ 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 to Black Diamond. **Start:** Fred Meyer, off of River Road, Puyallup.

### Sunday Rides

May 5, 12, 19, & 26: @ 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

May 6, 13, 20 & 27: @ 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

May 7, 14, 21 & 28: @ 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:

May 7: @ 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.

May 14: @ 6 PM, **Board Meeting** @ the Kim Ahn Restaurant across from TCC on Mildred. Guests & Club Members welcomed.

May 21: @ 6 PM, **General Club Meeting.** **Start:** Portland Ave. Community Center, 3513 Portland Ave. (E. 35th & E. Portland Ave.), Tacoma.

June Rides:

**June 2: @ 7 AM. TWBC PENINSULA METRIC CENTURY and GRAND FONDO.**

**Start: 1) Gig Harbor Medical Pavilion, 6401 Kimball Dr, Gig Harbor;**

**2) Southworth Ferry Terminal, 11564 SE State Hwy 160, Southworth.**



# 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, May 21, 2013**

**June Ride Calendar Deadline:**  
**Tuesday, May 28, 2013**

**June COG Article Deadline:**  
**Wednesday, May 29, 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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Daniel Jones

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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. ☺



May  
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!