



# 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.

### RAPSody Celebrates its 10<sup>th</sup> Year!

The 10<sup>th</sup> RAPSody was a great success due in large part to the wonderful Volunteers from the five host bicycle clubs. The weather cooperated by cooling down slightly into the 70s with some moisture in the air but no rain. The course was 92 miles on the first day followed by 80 miles on the second. The ride showcase the Puget Sound with grand finale views from above the Chambers Creek Golf Course from the East Slope and Grandview Trails. We had glowing comments from the riders, which are always appreciated and will share one that reflects a common sentiment about the ride.

“To the Clubs and their volunteers that made the event so great for the riders: A heartfelt thanks from a Canadian who thoroughly enjoyed her ride through Puget Sound. The registration and route were well organized, the rest stops and food were lovely and met some very friendly riders over the two days. What a wonderful experience! Thanks again.”

Volunteers included Mike Adams, John Cain, Dave Carmichael, Darrell Eslinger, Ray and Peggy Fjetland, Joella Graves, Janet Higbee, Richard Huie, Daniel Jones, Jim Kling, Steve Lay, Bob Myrick, Kate Oliver, Tim Payne, Andrew Polaski, Linda Russo, Nicholas Shelden, Hailey Storaasli, Fred & Margaret Swift, Rich Walter, Ralph & Dena Wessels. The Clover Park Kiwanis, thanks to Roger Laybourne, again provided staff at the finish line to greet the returning riders and the Kiwanis volunteers extended their hours for greatly appreciated assistance. Thanks to Dmitri Keating and the Old Town Bicycle crew that opened up their Gig Harbor shop early to provide mechanical support.

RAPSody, continued on page 2

### General Club Meeting

*Remember General Club Meetings begin again this month and go through November.  
See the Ride Calendar for information. ☺*

*Countdown commencing for the last (for now) Web issues of the Cog-nitive Courier!  
Any Newsletter Editor that would like to crank into place, I'll grease the gears for you.  
Countdown begins in five, four, ..... ☺*

### In this issue of the COG:

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Web Issue: September, 2013

**RAPSody, continued from page 1**

Old Town Bicycle, Silverdale Cyclery, The Bike Stand, and Joy Rides Cycle all provided mechanical support along the way. Be sure to support these business as they support you! “Uncle Phil” provided entertaining music at the finish line. Great appreciation also goes to BIKES of Snohomish County, Capital Bicycle Club, Cyclists of Greater Seattle, West Sound Cycling Club, Kitsap Ham Radio Club, North Mason County Ham Radio Club, Tacoma Community College and their great Security staff, Shelton School District, Port of Allyn, Port of Manchester, Century Massage, Save Our County Kids, , Miles John (the photographer), Chambers Creek Boat Owners, and others supporters. A very big **THANK YOU** to all of you for making RAPSody a success!

The proceeds from RAPSody will again go to the Bicycle Alliance of Washington and be used to support bicycle programs and advocacy in Washington. The next RAPSody will be on August 23-24, 2014. Be sure to put it on your calendar and set your goal to participate. ☺



By Bob Myrick, Director of  
Community and Government Affairs

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

Our committee met again on Monday, August 5 at the Harvester Restaurant in the Stadium District at First and Tacoma Avenues. The next meeting will also be on a Monday, Labor Day, September 2 at 6 pm. In October, we may resume our normal first Tuesday of the month meetings. Our attendance was small due to illness and vacations, but we discussed a few items. I keep saying there are over 30 government entities that we could be working with. So, it is important for all of us to take a personal interest in our communities with regard to alternative transportation. The planet will be grateful for your efforts.

The Bicycle Alliance of Washington(BAW) is trying to have a bike ride meeting with Puyallup’s State Senator Bruce Dammeier in order to discuss the State not passing a Transportation Bill this past session. John Berry went by the joint office of Senator Dammeier and Representative Hans Zeiger and staff indicated they might be available for a meeting this summer. Such a meeting is important to us because Metro Parks just received a State grant of \$3 million to help build the permanent new trail into Point Defiance Park. Pierce County Parks will be looking for grant funding to complete the Foothills Trail from South Prairie to Buckley if they should ever get the right of way under their ownership.

When we prepare our TWBC budget, I will be asking for \$2500 to be provided to Forevergreen Trail Coalition. I am also asking key Board members of the Foothills Rails to Trails Coalition to advocate for a \$2500 payment to Forevergreen. As you know Foothills seems to be very concentrated on getting trail completed in the Puyallup Valley and doesn’t have staff available to work the 30 government entities we could be involved with. Many of the government entities actually attend the monthly Forevergreen meetings and have staff on the Forevergreen Board.

I have called Metro Parks staff regarding the proposed City of Tacoma Cycle Track near Wright Park and haven’t had a response. Many of us think the Cycle Track would be better located within the park especially since about a dozen parking spaces would be lost to the short Cycle Track. The park is also a more attractive venue for bicycle travel. The Stadium Business District also would like to see the bicycle facility within the park. At this point in time, we are just trying to figure out the history of the decision making and the thinking of the City and Park staff.

**GAC, continued on page 3**

GAC, continued from page 2

Parking Day will be on September 20 in Tacoma where parking spots are converted to public parks for the day. It is a fun activity to imagine less cars and more parks. It is on a Friday.

Celebrating Tacoma's pathways will be on Sunday September 22. A travel lane of Shuster Parkway and Ruston Way will be shut down until Noon. We will celebrate the new temporary trail into Point Defiance Park. The City and Metro Parks will be advertising this half day event. Look on our rideline for details.

Please enjoy your summer and your blessings each day. I will be traveling to South Dakota in September to ride parts of the Mickelson Trail for a week. I hope you get to see and ride some interesting places these next few months. ☺

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## Membership Report by Dave Killen



*Our Members are what  
makes our Club!*

### Renewing Members (Thank You!):

Andrew Austin, Douglas Dorr, Patty Ecklebe, Clif Graves, Donna Levin, Jim Merkle, JD Miller, Tom Reardon, Bob Ruger, John Selby, James Shedd, and Michael Springer.

### New Members (Welcome!):

Diane Henke, Thomas Merron, and Diane Wiatr. ☺

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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, 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.



### *Sunday Rides*

Sept. 1: @ 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.

Sept. 22: @ 8AM, 2 B, 25 or 45 miles. **Downtown to Defiance**. Both distance rides will travel from the Tacoma Dome along a closed lane on Dock Street to Schuster Parkway, along the Point Ruston Waterwalk and through the new temporary trail connecting Ruston Way to Point Defiance, along the park's Five Mile Drive to the Narrows Bridge and to the Kitsap County Line. Return will be on the Cushman Trail in Gig Harbor, Narrows Bridge and the Scott Pierson Trail back to downtown Tacoma. The TWBC Short Ride (about 25 miles) will skip the Narrows Bridge and follow the Scott Pierson Trail back to downtown Tacoma. **Start:** Tacoma Dome.

### *Monday Rides*

Sept. 2, 9, 16, 23, 30: @ 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.

### *More Monday Happenings:*

Sept. 2: @ 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.

### *Tuesday Rides*

Sept. 3, 10, 17, 24: @ 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:*

Sept. 10: @ 6 PM, **Board Meeting** @ the Kim Ahn Restaurant across from TCC on Mildred. Guests & Club Members welcomed.

Sept. 17: @ 6 PM, **General Club Meeting**. **Start:** Portland Ave. Community Center, 3513 Portland Ave. (E. 35th & E. Portland Ave.), Tacoma.

### *Wednesday Rides*

Sept. 4, 18: @ 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.

Sept. 11, 25: @ 9 AM, 2 B, **Ride to Dupont** for coffee via Steilacoom for a nice workout. **Start:** Skyline Park & Ride (6th & Skyline).

### *Thursday Rides*

Sept. 5, 12, 19, 26: @ 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*

Sept. 7, 14, 21, 28: @ 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.

# 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, Sept. 17, 2013**

**Oct. Ride Calendar Deadline:**  
**Tuesday, Sept. 24, 2013**

**Oct. COG Article Deadline:**  
**Wednesday, Sept. 25, 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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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. ☺



September  
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!