

RIDE SCHEDULE - APRIL 2009

WEATHER: If you think the weather is questionable, call the leader to see if the ride will happen.



Wed Slow & Easy 1 * Oxbow to IKEA * 10:00 AM / ~20 miles * Seattle, Boeing Oxbow Lot * IKEA * Flat * Slow * I-5 exit 158, west on Boeing Access Rd., north on Marginal Way 0.4 mile, left at traffic signal over the Oxbow bridge, left to park at south end of lot near Recreation Bldg. * **No Leader**

Wed 1 * Skagit Valley Tulips * 10:00 AM / 32 miles * Mount Vernon, Edgewater Park * La Conner * Mostly flat * Social * I-5 exit 226, SR-536 west through Mt Vernon, cross Skagit River bridge, then left on either Ball or Baker Streets to the park. *

Thu 2 * Redmond to NOAA * 10:00 AM / 31 miles * Redmond, Sammamish Trail & 116th NE * NOAA * Flat * Social * I-405, exit at NE 124th (exit 20). Go east about 1.3 miles, right at bottom of hill on Willows Road, left at 116th about 1/4 mile, cross bridge, parking lot on right. * NOTE: Bring ID for NOAA entry. * **No Leader**

LUNCH: Food may be purchased at the planned lunch stop unless the ride leader specifies to bring lunch.

Fri – Sun 3-5 * Orcas Island * 8:00 AM Friday / 25- 35 miles per day * Anacortes, ferry terminal (Catch 8:45 AM ferry) * Daily * Hilly * Social * I-5 exit 230, SR-20 west to Anacortes, follow signs to the ferry. * NOTES: Rides on 4th & 5th start 9 AM. Expect VFW breakfast 8 AM on 5th. Group socializing & games in evenings. Make your own reservations at the Landmark Inn Tel: 1-800-622-4758 or 360-376-2423 <http://www.landmarkinn.net>

Sat Slow & Easy 4 * Fall City to Carnation * 10:00 AM / 20 miles * Fall City, Park & Ride lot * Carnation Senior Center * Flat * Slow * I-90 exit 22, Preston-Fall City Road north to Fall City, cross bridge, left on SR-203, left into the parking lot. * **No Leader**

Sat 4 * Lincoln Park to Gig Harbor (Woods SW #94) * 9:30 AM / 38 miles * Seattle, Lincoln Park North Lot * Gig Harbor * Fairly hilly * Social * I-5 exit 163/163A, west on West Seattle Freeway, continue on Fauntleroy Way SW as Freeway ends. Parking lot is in the 8200 block of Fauntleroy Way. * NOTES: Take 9:45 ferry to Southworth. *

Sun 5 * Group's Choice * 10:00 AM / ~30 miles * Mercer Island, Luther Burbank Park * Plan lunch * Some hills * Social * I-90 eastbound: exit 7A, left on 77th, right on Mercer Way, left on 26th St, left on 84th Ave to the park. I-90 westbound: exit 7, right on 26th St, left on 84th Ave to the park. * **No Leader**

Mon 6 * Organ Concert * 10:00 AM / ~25 miles * Gas Works Park * Lunch stop & concert * Some hills * Social * I-5 exit 169, west on NE 45th St from I-5 northbound, (west on NE 50th St from I-5 southbound), left on Meridian Ave, right on Northlake Way, left into the park. * NOTE: All parking spaces now have a 4-hour time limit. If you need more time, park to the east on Northlake Wy. *

Tue 7 * Tukwila to Fremont * 10:00 AM / 43 miles * Tukwila, Trailside parking * Café * Few hills * Moderate * I-405 exit 1, south on West Valley Hwy, right on Strander Blvd, cross river, immediate right through Bicentennial Park continuing on Christensen Ave. Park on the right. Meet at the north end of Christensen Ave. *

Wed Slow & Easy 8 * Skagit Valley Tulips * 10:00 AM / 20 miles * Mount Vernon, Edgewater Park * Plan lunch * Mostly flat * Social * I-5 exit 226, SR-536 west through Mt Vernon, cross Skagit River bridge, then left on either Ball or Baker Streets to the park. * **No Leader**

Wed 8 * Ruby Chow to IKEA * 10:30 AM / 25 miles * Seattle, Ruby Chow Park (north end Boeing Field) * IKEA * Flat * Slow * I-5 exit 161 (Southbound: Albro exit. Northbound: Swift Ave. north, left on Albro.) South on 13th Av S to Hardy. *

Thu 9 * Brannan Park to Flaming Geysers * 10:00 AM / 30 miles * Auburn, Brannan Park * Bring lunch * Fairly flat * Slow * SR-167 south to 15th St NW exit, east on 15th, left on Auburn Way, right on 28th St NE to the park. * **No Leader**

Sat Slow & Easy 11 * Kent to Pacific * 10:00 AM / 20 miles * Kent, Green & Interurban trails * Plan lunch * Flat * Slow * From intersection of SR-167 (Valley Freeway) and SR-516 (S Kent des Moines Rd) go east past exit ramp and turn right at stoplight on 74th Ave. In 0.6 miles name becomes S 259th St. In 0.1 miles the trailhead parking is on your right next to the Interurban trail. * **No Leader**

Sat 11 * Doing the Puyallup * 10:00 AM / ~42 miles * Kent, Green & Interurban trails * Buy lunch * Flat * Social * From intersection of SR-167 (Valley Freeway) and SR-516 (S Kent des Moines Rd) go east past exit ramp and turn right at stoplight on 74th Ave. In 0.6 miles name becomes S 259th St. In 0.1 miles the trailhead parking is on your right next to the Interurban trail. * NOTE: Ride in Green and Puyallup River Valleys *

* **No Leader Tours** - Someone must record names of the tour participants and submit the list to Gordon Hesse for mileage credit.

Pace: SLOW - 10 mph & below, SOCIAL - 10 to 13 mph, MODERATE - 13 to 16 mph, FAST - 16 mph & above

Terrain Difficulty: Flat, Easy Hills, Moderate Hills, Hilly, Strenuous Hills

Listing Sequence: Date * Tour Name (Tour #) * Start Time / Distance * Start point * Lunch stop * Terrain * Pace * Driving directions to start point

* NOTES: (if any) * Leader & Phone (cell/home/work)

RIDE SCHEDULE - APRIL 2009

Sun 12 * Logboom to Redmond and Kirkland * 10:00 AM / 35 miles * Kenmore, Logboom Park (Tracy Owen Station) * Whole Foods, Redmond * Somewhat hilly * Social * SR-522 (Bothell Way NE) to 61 Ave NE, south on 61st, left on 175th St. Park on 175th St. east of park entrance. *

Mon 13 * Bremerton * 10:00 AM / 37 miles * Seattle, Colman Ferry Terminal * Café * Hilly * Social * Ferry terminal (Pier 52) is at 801 Alaskan Way in Seattle. Meet by fountain at entrance. * NOTES: Take 10:15 Seattle to Bremerton ferry. Return from Winslow. *

Tue 14 * Leader's Choice * 10:00 AM / 40 miles * Auburn, Brannan Park * Café * Some hills * Moderate * SR-167 south to 15th St NW exit, east on 15th, left on Auburn Way, right on 28th St NE to the park. *

Wed Slow & Easy 15 * Redmond to Bothell * 10:00 AM / 20 miles * Redmond, Town Center * Bothell Senior Center * Flat * Slow * SR-520 E. to West Lake Sammamish Parkway Exit, stay in right hand lane and turn left on Redmond Way toward Redmond Town Center; pick up right turn lane to turn right at intersection onto Leary Way, cross Bridge and turn right again at second light onto Bear Creek Parkway, follow Parkway for about 1/4 mile to World Market Blvd. on your right and into parking lot next to Trail * **No Leader**

Wed 15 * Gas Works North End Ramble * 10:00 AM / ~25 miles * Gas Works Park * plan lunch * some hills * Social * I-5 exit 169, west on NE 45th St from I-5 northbound, (west on NE 50th St from I-5 southbound), left on Meridian Ave, right on Northlake Way, left into the park. * NOTE: Park in spaces that don't have a 4-hour time limit. Possible waypoints: Matthews Beach, Thornton Creek watershed, Interurban Trail *

Thu 16 * Monroe to Snohomish * 10:00 AM / 35 * Monroe, Riverside Park * Snohomish * Some hills * Social * US-2 to Monroe, south on SR-203 (Lewis St), left into the park just before reaching the bridge. * **No Leader**

Sat Slow & Easy 18 * SuperMall to Game Farm/Wilderness Park * 10:00 AM / ~20 miles * Auburn, SuperMall * Sumner * Flat * Slow * I-405 exit 2, go south on SR-167 (about 13 miles), to the SuperMall & exit from SR-167. Turn left onto 15th St. SW. Pass over SR0167 then turn left onto SuperMall Dr. SuperMall is on your right, go to northeast corner of lot by the trail. * NOTE: Due to construction park near the mall and bike to the meet area. * **No Leader**

Sat 18 * Cedar River Park to Issaquah * 10:00 AM / 33 miles * Renton, Cedar River Park * Issaquah * Couple of hills * Moderate * I-405 northbound exit 4A (southbound exit 4 then south on Sunset Blvd), east on SR-169 for 0.2 mi, right into park, proceed into parking area near Carco Theater & Community Center. *

Sun 19 Slow & Easy * Cedar River Trail to Maple Valley Grange * 10:00 AM / 20 miles * Renton, Cedar River Park * Pancake Brunch * Trail grade * Slow * I-405 northbound exit 4A (southbound exit 4 then south on Sunset Blvd), east on SR-169 for 0.2 mi, right into park, proceed into parking area near Carco Theater & Community Center. * NOTES: See next ride description * **No Leader**

Sun 19 * Cedar River Trail to Maple Valley Grange * 10:00 AM / 30 miles * Renton, Cedar River Park * Pancake Brunch * Some hills * Social * I-405 northbound exit 4A (southbound exit 4 then south on Sunset Blvd), east on SR-169 for 0.2 mi, right into park, proceed into parking area near Carco Theater & Community Center. * NOTES: Brunch \$5.00 includes ham, eggs, beverage and unlimited pancakes. Planned return is via May Valley. *

Mon 20 * Group's Choice * 10:00 AM / 20-40 miles * Gas Works Park * Plan lunch stop * Some hills * Social * I-5 exit 169, west on NE 45th St from I-5 northbound, (west on NE 50th St from I-5 southbound), left on Meridian Ave, right on Northlake Way, left into the park. * NOTE: All parking spaces now have a 4-hour time limit. If you need more time, park to the east on Northlake Wy.

Tue 21 * Leader's Choice * 10:00 AM / ~40 miles * Kent, Three Friends Fishing Hole * Café * Some hills * Moderate * From West Valley Hwy, proceed west on 196th St for 0.5 mi, road swings left becoming Russell Rd, go 0.2 mile, left at traffic light (before bridge), 200 yards to parking. *

Wed Slow & Easy 22 * Oxbow to Alki Beach * 10:00 AM / ~20 miles * Seattle, Boeing Oxbow Lot * Alki * Flat * Slow * I-5 exit 158, west on Boeing Access Rd., north on Marginal Way 0.4 mile, left at traffic signal over the Oxbow bridge, left to park at south end of lot near Recreation Bldg. * **No Leader**

Wed 22 * Tukwila to Alki * 10:00 AM / 30 miles * Tukwila, Fort Dent Sports Complex * Alki * Mostly flat * Social * I-5 exit 154, I-405 east to exit 1, north on Interurban Ave, right on Fort Dent Way, left at traffic circle to the park. If they are charging for an event park elsewhere and bike there. *

Thu 23 * Foothills Trail * 10:00 AM / 32 miles * Puyallup, East Puyallup Trailhead * Bring lunch * River grade * Social * From southbound SR-167, which flows into SR-512, exit to Pioneer St in Puyallup. Turn east on Pioneer for 1.6 miles to where it bends right. Turn left, cross tracks; turn right on 80th St E and drive east 0.6 miles to East Puyallup / Meeker Trailhead * **No Leader**

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Terrain Difficulty: Flat, Easy Hills, Moderate Hills, Hilly, Strenuous Hills

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* NOTES: (if any) * **Leader & Phone (cell/home/work)**

RIDE SCHEDULE - APRIL 2009

Sat Slow & Easy 25 * Snoqualmie to North Bend * 10:00 AM / 25 miles * Snoqualmie, Off-street parking lot * Plan lunch stop * Nearly flat * Slow * I-90 exit 25 (SR-18). Turn left (north) on SE Snoqualmie Parkway for 4.1 miles to light. Turn right on Railroad Ave and go 0.5 miles. Turn right on Fir St (1 block short of Rail Station); park in off street lot on right. * **No Leader**

Sat 25 * Fall City to North Bend * 10:00 AM / 27 miles * Fall City, Park & Ride lot * North Bend * Some hills * Social * I-90 exit 22, Preston-Fall City Road north to Fall City, cross bridge, left on SR-203, left into the parking lot. *

Sun 26 * Marymoor Park to Maltby * 10:00 AM / 30 miles * Redmond, Marymoor Park (trailhead) * Maltby * A few hills * Social * SR-520 Lake Sammamish Way exit, follow signs to the park. Park in first area on the left. Car parking fee is \$1. *

Mon 27 * Group's Choice * 10:00 AM / 20-40 miles * Gas Works Park * Plan lunch stop * Some hills * Social * I-5 exit 169, west on NE 45th St from I-5 northbound, (west on NE 50th St from I-5 southbound), left on Meridian Ave, right on Northlake Way, left into the park. * NOTE: All parking spaces now have a 4-hour time limit. If you need more time, park to the east on Northlake Wy. *

Tue 28 * Leader's Choice * 10:00 AM / ~40 miles * Renton, Cedar River Park * Café * Some hills * Moderate * I-405 northbound exit 4A (southbound exit 4 then south on Sunset Blvd), east on SR-169 for 0.2 mi, right into park, proceed into parking area near Carco Theater & Community Center. *

Wed Slow & Easy 29 * Three Friends to Kent * 10:00 AM / ~25 miles * Kent, Three Friends Fishing Hole * Kent Senior Center * Flat * Slow * From West Valley Hwy, proceed west on 196th St for 0.5 mi, road swings left becoming Russell Rd, go 0.2 mile, left at traffic light (before bridge), 200 yards to parking. * **No Leader**

Wed 29 * Tukwila to Uwajimaya * 10:00 AM / ~30 miles * Tukwila, Fort Dent Sports Complex * Uwajimaya * Few hills * Social * I-5 exit 154, I-405 east to exit 1, north on Interurban Ave, right on Fort Dent Way, left at traffic circle to the park. Note: If they are charging for an event park elsewhere and bike there. *

Thu 30 * Snohomish to Granite Falls * 10:00 AM / 35 miles * Snohomish, Centennial Trail * Granite Falls * Some hills * Social * US-2/SR-9 to Snohomish, east on 2nd Ave, left on Maple, 4 blocks to trail. Park on Maple near intersection with Pine * **No Leader**



Dates	Tour Name
May 23-26	Vancouver Island
Jun 6-8	Albany Covered Bridges

Other Northwest Cycling Tours

Dates	Tour Name	Leaders
Apr 19	Daffodil Classic	Tacoma Wheelmen
May 9	Inland Empire Century	Group Health
Jun 7	Peninsula Metric Cent.	Tacoma Wheelmen
Jun 13	Flying Wheels Century	Cascade

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