

RIDE SCHEDULE - APRIL 2010

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



Thu 1 * Russell Road Park to Sumner * 10:00 AM / 37 miles
* Kent, Russell Road Park * Sumner * Flat * Social * I-5 exit 149/149A, SR-516 east, left on Meeker St, left on Russell Road, 1 block to the park. * **No Leader**

Sat 3 * Jack Block to IKEA * 10:00 AM / 30 miles * West Seattle, Jack Block Public Access (Alki) * IKEA * Flat * Social * I-5 exit 163/163A, west 2.3 miles on West Seattle Freeway, Harbor Ave Exit north, in about 0.9 mile turn right through the Jack Block Access red-top arch and meet by the restroom. *

Sun 4 * South Lake WA * 10:00 AM / 25 miles * Mercer Island, Luther Burbank Park * Plan lunch * Few 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 5 * Organ Concert * 10:00 AM / ~25 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 6 * 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 7 * South Seattle Community College * 10:00 AM / ~25 miles * Seattle, Boeing Oxbow Lot * College * Some hills * Social * I-5 exit 158, west on Boeing Access Rd, north on Marginal Way 0.3 mile, left at traffic signal on S 102nd St over the Oxbow bridge, turn left at end of bridge to park at south end of lot near Recreation Bldg. *

Thu 8 * Red Hook * 10:00 AM / 32 miles * Issaquah, Lake Sammamish State Park * Red Hood Brewery * Nearly flat * Social * I-90 exit 15, follow signs to the park. Use first unpaved parking area on the LEFT. * **No Leader**

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

Fri-Sun 9-11 * Bellingham to Vancouver BC * AM / 100 miles (over 2 days) * Seattle, King Street Station * Cafés * Moderate hills * Social * (From south) I-5 exit #164B to 4th Ave, left on Jackson, left on 2nd Ave, left on King St. to station. (Possible auto parking on east side Alaskan Way between Atlantic St and Royal Brougham St.) * NOTES: Friday we board the 6:50 PM train (#516) to Bellingham. We stay at the Motel 6 there. Saturday we ride to Surrey BC and stay at the Compass Pointe Inn. Sunday we ride to downtown Vancouver and take the 5:45 PM train (#517) back to Seattle. Or you can drive to Bellingham (meet 8:00 AM at IHOP for breakfast or 9:00 AM to ride) and return from Vancouver to Bellingham by train. The trains have rack spaces for six bikes, so don't wait too long. You need a reservation for your bike also (\$5 each way). Both trains will arrive after dark. It's three miles to the Motel 6 so lights would be helpful. A passport or WA Border ID card needed at the border. Please call John N. one week before the ride. *

Sat 10 * Cedar River Park to Issaquah * 10:00 AM / 34 miles * Renton, Cedar River Park * Gillman Village * 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. *

Sun 11 * Carnation to Duvall * 10:00 AM / 25 miles * Carnation, MacDonald Park * Duvall * Hilly * Low-moderate * I-90 exit 22, Preston-Fall City Road north to Fall City, cross bridge, left on SR-203 to Carnation, cross Tolt River, left into park. *

Mon 12 * Gas Works to Edmonds * 10:00 AM / ~32 miles * Gas Works Park * Plan Edmonds 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 13 * Leader's Choice * 10:00 AM / ~40 miles * Kent, Russell Road Park * Café * Some hills * Moderate * I-5 exit 149/149A, SR-516 east, left on Meeker St, left on Russell Road, 1 block to the park. *

* **No Leader Tours** - Someone must record names of the tour participants and submit the list 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

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

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Wed 14 * Southworth to Port Orchard * 8:30 AM / 29 miles
* West Seattle, Lincoln Park North Lot * Port Orchard * Some hills (1400' elev gain) * 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. * NOTE: Catch 9:05 AM ferry. *

Thu 15 * Tukwila to Alki * 10:00 AM / 33 miles * Tukwila, Bicentennial Park * Alki * Flat * Social * I-405 exit 1, south on West Valley Hwy, right on Strander Blvd, cross river, immediate right into the park. For car parking go past shelter and small traffic circle. (Note posted time limit.) * **No Leader**

Sat 17 * Museum of Glass * 10:00 AM / 36 miles * Pacific, City Park * Woody's in Tacoma * Flat * Social * SR-167 Algonia-Pacific exit, east on Ellingson Rd, right on Pacific Ave, left on 3rd Ave SE (T intersection) to the park. *

Sun 18 * North End Ride * 10:00 AM / 30 miles * Kenmore, Logboom Park (Tracy Owen Station) * Redmond * Some hills * 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 19 * Olmsted Ride #1 * 10:00 AM / ~20 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 20 * Leader's Choice * 10:00 AM / 45 miles * Kent, Russell Road Park * Café * Some hills * Moderate * I-5 exit 149/149A, SR-516 east, left on Meeker St, left on Russell Road, 1 block to the park. *

Wed 21 * Olmsted Ride #2 * 10:00 AM / 21 miles * Seattle, Seward Park picnic shelter * Plan lunch * Some hills * Social * Seward Park is at Lake Washington Blvd S and South Juneau Street in Seattle. The picnic shelter is southeast of the entrance. *

Thu 22 * Foothills Trail * 10:00 AM / 32 miles * Puyallup, East Puyallup/Meeker 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**

Sat 24 * Olmsted Ride #3 * 10:00 AM / 20 miles * West Seattle, Jack Block Public Access (Alki) * Plan lunch * Some hills * Social * I-5 exit 163/163A, west 2.3 miles on West Seattle Freeway, Harbor Ave Exit north, in about 0.9 mile turn

right through the Jack Block Access red-top arch and meet by the restroom.

Sun 25 * Tukwila to Ballard * 10:00 AM / 43 miles * Tukwila, Bicentennial Park * Café * Mostly flat * Social * I-405 exit 1, south on West Valley Hwy, right on Strander Blvd, cross river, immediate right into the park. For car parking go past shelter and small traffic circle. (Note posted time limit.) *

Mon 26 * Group's Choice (with Pub Lunch) * 10:00 AM / 20-40 miles * Gas Works Park * Plan pub lunch stop (in fact route will rest on this decision-hopefully Jolly Roger will be reopened) * 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 27 * Kent East Hill * 10:00 AM / 35 miles * Kent, Three Friends Fishing Hole * Top Foods * 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 28 * Olmsted Ride #4 * 10:00 AM / 20 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. *

Thu 29 * Centennial Trail * 10:00 AM / 25 miles * Snohomish, Centennial Trail * Bring Lunch for Lake Cassidy * Railroad grade * 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. *

Fri 30 * Leader's Choice * 2:30 PM / 20-25 miles * Anacortes / Anaco Inn * None * Fairly flat * Social * Anaco Inn is on 20th Street and Q Avenue, one block east of Commercial Ave, 905 20th St., Anacortes * NOTE: This is an optional ride for those who choose to arrive early on Friday evening for the Saturday departure for the Victoria B.C. ride. *

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Dates

May 1-3	Victoria BC	Bill & Jody Lemke
May 29 – Jun 1	Nanaimo Bar Tour by the Sea	John Neller
Jun 26-27	Grant County	Buff & Diane Chace
Sept 14-16	Trail of the Coeur d'Alenes	B & Gerry McLaren
Oct 9-10	Wishkah-Wynoochee	Burlingame & Chace

Notes

April Olmsted Rides: There will be a series of 4 rides in April starting April 19 and ending April 28 which will attempt to include all 37 parks and playgrounds which were planned by the Olmsted brothers. The rides are short (about 20 miles) to have time to explore the parks and all rides include some hills. There will be some written information on the parks distributed by the ride leaders so we can get to know Seattle better. Hope to see you there. For a preview of the rides, see-- <http://www.seattle.gov/friendsofolmstedparks>; then click on "projects" (bike maps are near the bottom of the menu).

Victoria BC rides: This ride returns after taking a break in 2009. If you stay the Friday night in Anacortes, the leaders will be staying at the Anaco Inn, 905 20th St., Anacortes, WA 98221 (<http://www.anacoinn.com/>)(Phone 360-293-8833). In Victoria, the change is that the hotel chain we used to use has gone bankrupt. The leaders plan to arrive Saturday (5/1) and depart Monday (5/3) at Paul's Motor Inn and they honor AAA and senior (65+) discounts. Reservations can be made at (<http://www.paulsmotorinn.com/index.htm>). You have the option of other lodging but the rides will start from these motels so pick something close enough. If you plan to go, make your reservations early. A note: bikers have to carry their own luggage through all customs even though the rest of the trip has SAG.

Other Northwest Cycling Tours

Dates	Tour Name	Leaders
April 18	Daffodil Classic	http://www.twbc.org
May 2	May Day Metric	teamtailwind.com
May 8	Lewis County Historical Ride	http://cyclelewiscounty.org/lchr/
May 15	Reach The Beach	ReachTheBeach.org Oregon
May 22	Tour de Cure	Am Diabetes Assn
Sep 17-19	Seattle to Harrison	Redmond Cycling

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