

RIDE SCHEDULE - APRIL 2011

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



Sat 2 * Soos Creek Trail to Lake Sawyer * 10:00 AM / 35 miles * Renton, Soos Creek trailhead parking * Cafe * Some hills * Moderate * I-405, east on SR-169 (Maple Valley Hwy) for 2.2 miles. Right (south) on 140th Way SE. Cross Petrovitsky Rd. Turn right (west) SE 192nd St. Left on 124th Ave SE and left into trailhead parking. *

Sun 3 * Woodinville to Lake Forest Park * 10:00 AM / 25 miles * Woodinville, Wilmot Gateway Park * Third Place Books * A few hills * Social * I-405 exit 23, east on SR-522, exit south onto SR-202, continue straight onto 131st Ave NE (as SR-202 turns right) then turn right into parking lot. Additional parking available across NE 171st - however east end is a signed base ball hazard area. *

Mon 4 * Group's Choice * 10:00 AM / ~30 miles * Tukwila, Community Center * Plan lunch * Flat * Social * I-5 (Southbound) Exit 156, right on Interurban Ave (for 0.6 mile). [I-5 (Northbound), Exit 156 (keep right to stay on ramp to first exit), left on Interurban Ave.] Turn right on 42nd Ave S over Duwamish. Turn right on 124th and park in NE section of parking lot. * Social * lunch stop *

Wed 6 * Cedar River Park to Volunteer Park * 10:00 AM / 34 miles * Renton, Cedar River Park * Lunch in area of Volunteer Park * 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. *

Thu 7 * Ron Regis to Landsburg * 10:00 AM / 24 miles * Renton, Ron Regis Sports Park * Bring lunch * River grade * Slow * I-405 exit 4 (southbound) or 4A (northbound), east on Maple Valley Hwy past the Maplewood Golf Course. Turn left on 149th Ave SE, entrance immediately on left. * **No Leader**

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

Sat 9 * Ruby Chow to IKEA * 10:00 AM / 25 miles * Seattle, Ruby Chow Park (north end of Boeing Field) * IKEA * Flat * Social * I-5 exit 161 (Southbound: Albro exit. Northbound: Swift Ave. north, left on Albro.) South on 13th Av S to Hardy.

Park on the north side of Hardy. *

Sun 10 * 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. *

Mon 11 * Group's Choice * 10:00 AM / ~30 miles * Juanita Beach Park, Kirkland * Lunch stop * Some hills * Social * I-405 exit 20A northbound (20B southbound), turn west on NE 116th St for 1.7 miles, left into Juanita Beach Park lot. *

Tue 12 * Log Boom to Snohomish * 10:00 AM / 40 miles * Kenmore, Log Boom Park (Tracy Owen Station) * Snohomish * Some hills * Moderate * SR-522 (Bothell Way NE) to 61 Ave NE, south on 61st, left on 175th St. Park on 175th St. east of park entrance. *

Wed 13 * Third Place Books * 10:00 AM / 30 miles * Redmond, Marymoor Park east lot * Lake Forest Park Food Court * Flat * Social * SR-520 Lake Sammamish Way exit, follow signs to the park. Park in the lot just west of the eastern entrance to the park. Car parking is free. *

Thu 14 * Foothills Trail to South Prairie * 10:00 AM / 32 miles * Puyallup, East Puyallup/Meeker Trailhead * Bring Lunch * River grade * Slow * 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 16 * Seward Park to Alki * 10:00 AM / 30 miles * Seattle, Seward Park picnic shelter * Alki * A few hills * Social * Seward Park is at Lake Washington Blvd S and South Juneau Street in Seattle. The picnic shelter is southeast of the entrance. *

Sun 17 * 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 \$5.50 includes ham, eggs, beverage and unlimited pancakes. Planned return is via May Valley. *

Mon 18 * 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: Parking spaces now have a 4-hour time limit. If you need more time, park to the east of park on Northlake Wy. *

* **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

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)**

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Tue 19 * Black Diamond and Green River Gorge * 10:00 AM / 45 miles * Kent, Russell Road Park * Black Diamond * Several hills * Moderate * I-5 exit 149/149A, SR-516 east, left on Meeker St, left on Russell Road, 1 block to the park. *

Wed 20 * Seward Park to NOAA * 10:00 AM / ~28 miles * Seattle, Seward Park picnic shelter * NOAA cafeteria * Couple of 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 21 * Fall City to North Bend (via trail) * 9:30 AM / 27 miles * Fall City, Park & Ride lot * North Bend * Railroad grade * Slow * I-90 exit 22, Preston-Fall City Road north to Fall City, cross Snoqualmie River bridge, left on SR-203, left into the parking lot. * **No Leader**

Fri-Sun 22-24 * 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. * 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 the ride leader one week before the ride. *

Sat 23 * Coffee Run * 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.) *

Mon 25 * Group's Choice * 10:00 AM / ~30 miles * Tukwila, Community Center * Plan lunch * Flat * Social * I-5 (Southbound) Exit 156, right on Interurban Ave (for 0.6 mile). [I-5 (Northbound), Exit 156 (keep right to stay on ramp to first exit), left on Interurban Ave.] Turn right on 42nd Ave S over Duwamish. Turn right on 124th and park in NE section of parking lot. *

Tue 26 * Leader's Choice * 10:00 AM / ~40 miles * Bellevue, I-405 Exit 9 * Café * Fairly hilly * Moderate * I-405 exit 9, park any cars in the Park & Ride east of I-405. Meet at Lake Washington Blvd on west side of freeway. *

Wed 27 * Cedar River Park to Issaquah * 10:00 AM / 34 miles * Renton, Cedar River Park * Issaquah * 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. *

Thu 28 * Brannan Park to Flaming Geyser SP * 10:00 AM / 30 miles * Auburn, Brannan Park * Bring lunch * Slight grade * 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 30 * Cedar River Park to Issaquah * 10:00 AM / 34 miles * Renton, Cedar River Park * Factoria * 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. *



Dates	Tour Name	Leaders
May 14-15	Salem, OR rides	Burlingame & Chace
May 28-31	Memorial Day Ride	John Neller
Aug 12-15	Eugene?	John Neller
Sept 13-15	Coeur d'Alenes Trail	Bruce & Gerry McLaren

Notes

Salem Oregon: The primary motel is the Travelodge Salem Capitol, 1555 State St., Salem. (Phone 503-581-2466). Early reservations recommended. If they fill, there are several motels closer to I-5 and you could drive to the meet points. Planned rides are 40-45 miles on Sat & Sun with a shorter ride on Monday.

Lewis County Historical Ride on May 7th

cyclelewiscounty.org

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