

RIDE SCHEDULE - August 2009

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



Sat 1 * Blue Angel Ride/Gas Works to Seward Park * 10:00 AM / 32 miles * Gas Works Park * Bring lunch for stop to view Blue Angels. * Some hills (we'll get to Seward Park via Capitol and Beacon 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. Park to the east on Northlake Wy. *

Sun 2 * North Bend to Olallie S. P. via Rattlesnake Lake * 10:00 AM / 30 miles * North Bend, Si View Park * Bring lunch to eat at Olallie State Park * One hill (railroad grade, hard pack dirt) * Social * I-90 exit 31, NE on Bendigo (a.k.a North Bend Blvd), cross South Fork Snoqualmie River, right on Park St, right on Healy Ave to the park. *

Mon 3 * 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. *

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

Wed 5 * South Lake WA * 10:15 AM / 25 miles * Seattle, Seward Park picnic shelter * Coulon Park * 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 6 * Lake Sam to Red Hook * 10:00 AM / 28 miles * Issaquah, Lake Sammamish State Park * Red Hook * Flat * Social * I-90 exit 15, follow signs to the park. Use first unpaved parking area on the LEFT. * No Leader

Sat 8 * Ravensdale to Enumclaw * 10:00 AM / 41 miles * Ravensdale Park * Enumclaw * Some hills * Moderate * I-405 northbound exit 4A, (southbound exit 4 then south on Sunset Blvd), east on SR-169 (Maple Valley Rd), left on Kent-Kangley Rd, right on 272nd Ave SE. Meet by the rest rooms. *

Sun 9 * Leader's Choice * 10:00 AM / ~30 miles * Redmond, Marymoor Park (trailhead) * Plan lunch stop * To be determined * 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 10 * 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. *

Wed 12 * Fall City to Snoqualmie * 10:00 AM / ~30 miles * Fall City, Park & Ride lot * Snoqualmie * Some climbing * Social * I-90 exit 22, Preston-Fall City Road north to Fall City, cross bridge, left on SR-203, left into the parking lot. * NOTE: Intend to take the trail up. *

Thu 13 * Bothell to Ballard Locks * 10:00 AM / 30 miles * Bothell, Sammamish River Trail access parking lot (unpaved) * Ballard * Flat * Social * I-405 exit 23, SR-522 west, right on Kaysner Way, left at stop onto Main St, left on 102nd St, cross bridge and right into gravel parking lot. * No Leader

Sat 15 * South Lake WA * 10:00 AM / 25 miles * Renton, Cedar River Park * Bring light lunch * Few 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. *

Sun 16 * Lake Sammamish SP to Whole Foods * 10:00 AM / 22 miles * Issaquah, Lake Sammamish State Park * Whole Foods in Redmond * Flat * Social * I-90 exit 15, follow signs to the park. Use first parking area on the RIGHT. * NOTE: Trail north and road south. *

Tue 18 * Full Lake WA * 9:30 AM / 54 Miles * Tukwila Trailside parking * Café * Some 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 south of the 6 hour limit area if needed. Meet at the north end of Christensen Ave. *

Wed 19 * Elfriede's Salad Party * 9:30 AM / ~25 miles *

Thu 20 * Gas Works Park to Noon music * 10:00 AM / 20 miles * Gas Works Park * City Hall * mostly flat * Low 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. See music at <http://www.seattle.gov/arts/events/calendar.asp?d=0&m=7&y=2009> and click on calendar day *

* 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)

RIDE SCHEDULE - August 2009

Sat 22 * Ride to the Picnic * 10:00 AM / 25 miles * NOTE:
RSVP for picnic

Sun 23 * Lowell Loop * 10:00 AM / 35 miles * Everett,
Lowell Park * Late Sunday brunch at Anthony's HomePort
restaurant in Everett * Half flat, half moderate hills * Social * I-
5 exit 192, east briefly on 41st St. SE, south on S 3rd Ave for .5
mile, Lowell Park on left. *

Mon 24 * 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 25 * Renton to Seattle * 10:00 AM / 40 miles * Renton,
Cedar River Park * Café * Hilly * 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 26 * South Lake WA * 10:00 AM / 28 miles * Renton,
Cedar River Park * Bring lunch for Luther Burbank * 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 27 * Mercer Island to Noon Music * 10:00 AM / 20
**miles * Mercer Island, Lid Park top lot * Music Downtown *
Three small hills * Low Social * Eastbound: I-90 exit 6, left on
Mercer Way, then right onto 72nd Av (by Roanoke Inn), turn
right into parking lot before bridge. Westbound: I-90 exit 7,
follow Mercer Way, left onto 72nd Av (by Roanoke Inn), turn
right into parking lot before bridge. ***

Sat-Sun 29-30 * Montesano to Tokeland * 9:00 AM / 50
miles each day * stay at the historic Tokeland Hotel *

Sat 29 * Three Friends to Uwajimaya * 10:00 AM / 40 miles
* Kent, Three Friends Fishing Hole * Uwajimaya * Minor 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. *

Mon 31 * 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. *



<u>Dates</u>	<u>Tour Name</u>	<u>Leaders</u>
Sep 5-7	Yakima Valley	K. Evey & L. Kooyers
Sep 14-17	Trail of Coeur d'Alenes+	P & H Maas
Oct 17-19	Champoeg Rides	Chace & Burlingame
TBD	Harrison Hot Springs?	Hal & Julie Redd?

*** 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)**

RIDE SCHEDULE - August 2009

Notes

Yakima Winery Rides: Leaders plan to stay at the Country Inn & Suites, 405 Yakima Valley Highway, Sunnyside, WA. 509 837-7878. Check the website to see if there are late details on the trip.

Kellogg Idaho: Rides are Sept 14 (Hiawatha Trail) and Sept 15-17 (Trail of the Coeur d'Alenes). Lodging is Baymont Inn 208-785-1234.

Cell Phone Coordination: Since many riders now carry cell phones, Dick Shahinian had the suggestion that on rides you turn the phone *on* especially if someone gets separated from the group. Many of the regular riders have already informally exchanged cell numbers but you might want to make sure you can contact other riders on yours.

Map of regional trails in King County: This is different from the county Bicycling Guidemap that we frequently use. It is more up to date but the focus is on trails. http://www.metrokc.gov/ftp/gis/Web/VMC/recreation/RegionalTrailsMap_2008_mapside.pdf

Lake Washington Trail: John Neller reports retaining wall construction and planned repaving on the trail section between Coal Creek and Newcastle Beach Park.

Share the Road: Bicycle Alliance of WA (BAW) calls our attention to an article. *John Duggan, avid cyclist and attorney, wrote an article on why we need to educate and increase "share the road" awareness among the driving public. You can read his [article](#) on the BAW website.*

Other Northwest Cycling Tours

<u>Dates</u>	<u>Tour Name</u>	<u>Leaders</u>
Aug 8	3 rd Annual Retro Ride La Conner, WA	Ken Rasmussen, kayakfit@fidalgo.net
Aug 9	Thurston County, WA Rally (various lengths)	Capitol Bicycle Club Olympia www.capitalbicycleclub.org
Aug 22- 23	RAPSody	rapsodybikeride.com

* **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)