

# RIDE SCHEDULE - AUGUST 2010

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



**Sun 1 \* Marymoor to Woodinville \* 10:00 AM / 32 miles \*** Redmond, Marymoor Park (trailhead) \* Molbak's \* Hilly (1020' elev gain) \* Social \* SR-520 Lake Sammamish Way exit, follow signs to the park. Park in first area on the left. Car parking fee is \$1. \* NOTE: Leaders will take time to browse Molbak's nursery before returning on trail. \*

**Mon 2 \* No Ride Planned**

**Tue 3 \* Tukwila to Redmond \* 10:00 AM / 45 miles \*** Tukwila, Trailside parking \* Whole Foods \* 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 4 \* The Elfriede Porter Memorial Salad Ride \* 9:30 AM / 24 miles \*** Issaquah, Lake Sammamish State Park \* Bring potluck salad to share after ride. \* Some hills (B&D around Lake Sammamish, B&G east side up & back) \* Social \* I-90 exit 15, follow signs to the park. Use first unpaved parking area on the LEFT. Park close to the beach end where we will eat after the ride. \*

**Thu 5 \* Snoqualmie Railroad Park to North Bend \* 10:00 AM / 25 miles \*** Snoqualmie Railroad Park \* North Bend \* Slight grade \* Social \* I-90 exit 25, left onto Snoqualmie Parkway, at T turn right on Railroad Ave in Snoqualmie for ~2 blocks, turn right on Fir St, then right again into parking lot. \* NOTE: Turn around is at Ken's Truck Town (East end of North Bend Way). Eat back in town. \*

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

**Sat 7 \* Tukwila to Alki \* 10:00 AM / ~30 miles \*** Tukwila, Bicentennial Park \* Alki \* Flat with one hill \* Social \* Café lunch stop \* 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.) \* NOTE: Macadam out and trail back (30 miles) 1 hill Macadam (up & down)

**Sun 8 \* Gas Works to Lynnwood \* 10:00 AM / ~30 miles \*** Seattle, Gas Works Park \* Lynnwood \* Some rolling 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.

**Mon 9 \* 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 10 \* No Ride Planned**

**Wed 11 \* Fall City to Snoqualmie Pub \* 10:00 AM / ~30 miles \*** Fall City Park & Ride \* Snoqualmie Pub \* 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 \*

**Thu 12 \* Brannan Park to Flaming Geyser SP \* 10:00 AM / 30 miles \*** Auburn, Brannan Park \* Bring lunch \* Slight grade \* Social \* 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 14 \* Gas Works to Sculpture Park via Golden Gardens \* 10:00 AM / 25 miles \*** Seattle, Gas Works Park \* Lunch at Sculpture Park or nearby \* Minor 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. \*

**Sun 15 \* Auburn to Nolte State Park \* 10:00 AM / ~ 35 miles \*** Auburn, SR-18 park and ride \* Bring lunch \* Some hills \* Moderate \* SR-167 Auburn, SR-18 east to the Auburn - Black Diamond Road exit, left at stop sign to the gravel park and ride lot. \*

\* **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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**Mon 16 \* 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 17 \* North Creek \* 10:00 AM / 42 miles \* Bellevue, I-405 Exit 9 \* Barn at North Creek \* Some hills \* 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 18 \* Preston to Carnation \* 10:00 AM / 30 miles \* Preston, Lake Alice Trailhead \* Carnation \* One hill \* Social \* I-90 exit 22, left (east) on SE 82nd St, right on Preston Fall City Road for 1 mile, left on SE 87th Pl to the parking area on the right. \* Barry Chernick (h) 425-746-4669**

**Thu 19 \* 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 21 \* Ride to the Club Picnic \* 10:00 AM / 25 miles \***

**Sun 22 \* West Seattle Tour \* 10:00 AM / 20 miles \* West Seattle, Jack Block Public Access (Alki) \* Plan a stop \* 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. \***

**Mon 23 \* 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. \* Bob Campbell (h) 206-579-6560 or Bill Lemke (h) 206-284-2843**

**Tue 24 \* Snohomish - Arlington - Granite Falls \* 10:00 AM / 59 miles \* Snohomish, Centennial Trailhead \* Café \* Some hills (1920' elev gain) \* Moderate \* US-2/SR-9 to Snohomish, east on 2nd Ave, left on Maple, 4 blocks to trail. Park on Maple near intersection with Pine. \***

**Wed 25 \* 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 26 \* 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. \***

**Sat 28 \* 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 29 \* North End Ride \* 10:00 AM / 25-30 miles \* Kenmore, Logboom Park (Tracy Owen Station) \* Plan lunch Redmond or Kirkland \* 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 30 \* 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 31 \* Mud Mountain \* 9:00 AM / 70 miles \* Kent, Russell Road Park \* Bring lunch for Mud Mountain \* Some hills \* Moderate \* I-5 exit 149/149A, SR-516 east, left on Meeker St, left on Russell Road, 1 block to the park. \***

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Cyclists have lots of wheel-power.



Dates	Tour Name
Sep 4-6	Yakima Valley Rides
Sept 14-16	Trail of the Coeur d'Alenes
Oct 2-3	Wishkah-Wynoochee

*Yesterday I rode my bike twice, I guess that makes me a recycler.*

## 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

**U. S. National Bike Route System:** Sec of Transportation has supportive comments on the national system. See: [Bicycle route system begins-connecting-america.html](http://www.bicycleroute.com/news/bicycle-route-system-begins-connecting-america.html) in his Blog (Fast Lane).

**Harrison Hot Springs:** There has been some interest in doing this ride again. A 3-day version was done in September 2007. However, this year we seem to have a full slate of overnight rides at the time of year it is normally done so probably we can schedule it next year.

*A bicycle can't stand on its own because it is two tired.*

## Other Northwest Cycling Tours

Dates	Tour Name	Leaders
Aug 8	STMB 2010	<a href="http://www.theleveebreaking.com/">http://www.theleveebreaking.com/</a>
Aug 14	Tour de Poker (Am Heart Assn fund raiser)	<a href="http://www.bicyclepokerrun.com/">http://www.bicyclepokerrun.com/</a> Starts in Everett, WA
Aug 28	Summer Challenge	<a href="http://www.bikiwanis.org/">http://www.bikiwanis.org/</a>
Sep 19	Chuckanut Century	<a href="http://www.chuckanutcentury.com/">Chuckanut Century</a>
Sep 25	Tour de Whidbey	<a href="http://www.whidbeygen.org/whidbeygeneralhospitalfoundation/tourdewhidbey">http://www.whidbeygen.org/whidbeygeneralhospitalfoundation/tourdewhidbey</a>

*What is the difference between a nicely dressed man on a tricycle and a poorly dressed man on a bicycle? A tire.*

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