

# RIDE SCHEDULE - AUGUST 2011

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



**Mon 1 \* Organ Concert – A Virtuoso at the Organ \* 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. \* NOTES: All parking spaces now have a 4-hour time limit. If you need more time, park to the east on Northlake Wy. \***

**Tue 2 \* Brown's Point Clockwise \* 10:00 AM / 57 miles \* SeaTac, Angle Lake Park \* Brown's Point \* Several hills \* Moderate \* I-5 exit 151, west on S 200th St, right on International Blvd for 0.3 miles, right at stoplight into park. \***

**Wed 3 \* Tukwila to Lincoln Park \* 10:00 AM / 30 miles \* Tukwila, Community Center \* Lincoln Park \* Mostly 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. \***

**Thu 4 \* Snoqualmie to North Bend \* 10:00 AM / 20 miles \* Snoqualmie, Off-street parking lot \* North Bend & Truck Town \* Mostly flat \* Social \* 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****

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

**Sat 6 \* Ron Regis to Issaquah \* 10:00 AM / 32 miles \* Renton, Ron Regis Sports Park \* Coffee stop in Issaquah \* Some hills \* Social \* 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. \***

**Sun 7 \* Three Friends to Sumner \* 10:00 AM / 40 miles \* Kent, Three Friends Fishing Hole \* Sumner \* Almost flat \* 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 8 \* Leader's Choice \* 10:00 AM / ~20-40 miles \* Kirkland, Juanita Beach Park \* Plan lunch \* Few 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 9 \* Leader's Choice \* 10:00 AM / ~40 miles \* Bellevue, I-405 Exit 9 \* Bastyr \* 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 10 \* Oxbow to Des Moines waterfront \* 10:00 AM / ~25 miles \* Tukwila, Oxbow Recreation Center \* Food Stop \* Moderate hills \* Social \* I-5 exit 158, Boeing Access Road west, right Marginal Way, left on 102nd St, cross Oxbow bridge, left to the recreation center at the south end of the parking area. \***

**Thu 11 \* Mercer to Madison via Seward Park \* 10:00 AM / 25 miles \* Mercer Island, Lid Park top lot \* Madison Park \* Some hills \* 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. \* **No Leader****

**Sat 13 \* Gas Works to Sculpture Park, via Golden Gardens \* 10:00 AM / 25 miles \* Seattle, Gas Works Park \* At or near Sculpture Park \* Few 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 have a 4-hour time limit. If you need more time, park to the east on Northlake Wy. \***

**Sun 14 \* Fall City to Carnation \* 10:00 AM / 25 miles \* Fall City Park & Ride lot \* Carnation \* One hill \* Social \* 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. \* NOTE: Some unpaved trail \***

**Mon 15 \* Leader's Choice \* 10:00 AM / ~30 miles \* Tukwila, Community Center \* Plan lunch \* Some hills \* 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. \***

**\* 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 2011**

**Tue 16 \* Orting to Ipsut Creek \* 9:00 AM / 70 miles \***

Orting, Lions Club Park \* Bring lunch for Ipsut Creek \* Some hills \* Moderate \* SR-410 Sumner, SR-162 (Valley Ave) south to Orting, right on Calistoga, left on Van Scoyoc. Park at the southern corner of the park. \*

**Wed 17 \* 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. \* NOTE: Will visit King County elections headquarters to view votes being counted. \*

**Thu 18 \* Snohomish to Lake Cassidy \* 10:00 AM / 25 miles \***

Snohomish, Centennial Trail \* Bring lunch \* 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. \* **No Leader**

**Thu 18 \* Olympia Ride \* 9:30 AM / 50 miles \***

Olympia, Chehalis-Western Trailhead \* Restaurant \* Easy hills \* Moderate \* I-5 south to Exit 109 in Lacey, right (west) on Martin Way SE for 0.1 mile, then left onto College St SE, (becomes Rainier Rd SE) for 4.2 miles, at roundabout turn right onto 67th Ave SE for 0.3 miles to trailhead at end of road. \* NOTES: Bicycle along the Chehalis-Western, Yelm-Tenino, and Olympia-Woodland Trails and back roads of Thurston County. Leader may travel by train to Olympia Amtrak Station and ride 2 miles to start point; feel free to join him. Leader may be delayed if train is late. \*

**Fri 19 \* Tukwila Amtrak to Puyallup \* 12:00 PM / 35 miles \***

Tukwila, Sounder/Amtrak Station (north lot) \* Restaurant \* Flat \* Social \* From I-405 Exit 1, go to Grady Way and proceed east for 0.6 miles to intersection of Oakesdale Ave and Grady Way, go south on Oakesdale Ave under (I-405) 0.1 mile, turn right on SW 16th St, go west 0.4 mile, turn left on Longacres Way (no street sign), then immediately right to follow Longacres Way and follow road for 0.2 mile. Park north of fence. There is a gap at the east end of the fence for cyclists and pedestrians. \* NOTE: Ride to Puyallup and take Sounder train back (~\$4) \*

**Sat 20 \* Ride to the Club Picnic \* 10:00 AM / 21 miles \***

Renton, Longacres Lot \* Chaces', 3763 So 194<sup>th</sup> St., SeaTac \* Hilly \* Social \* I-405 exit #1, go east on Grady Way to intersection of Oakesdale Ave and Grady Way, go south on Oakesdale Ave under (I-405) 0.1 mile, turn right on SW 16th St, go west 0.4 mile, turn left on Longacres Way (no street sign), then immediately right to follow Longacres Way and follow road for 0.2 mile. Park north of fence. There is a gap at the east end of the fence for cyclists and pedestrians. \* NOTE: Please RSVP to Chaces for picnic (See Notes). \*

**Sun 21 \* Kenmore Figure 8 \* 10:00 AM / 30 miles \***

Redmond, Marymoor Park (trailhead) \* 3<sup>rd</sup> Place Books \* Some 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. \* NOTE: Route will include Kirkland. \*

**Mon 22 \* Leader'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. \*

**Tue 23 \* Dan's Choice \* 10:00 AM / ~50 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 24 \* 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. \*

**Thu 25 \* Bicentennial Park 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 27 \* 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 28 \* Tukwila to SuperMall \* 10:00 AM / ~20 miles \***

Tukwila, Bicentennial Park \* SuperMall \* 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 29 \* 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. \*

**Tue 30 \* Belfair to Lake Limerick \* 10:00 AM / 55 miles \***

Belfair, QFC parking lot \* Café \* Some hills \* Moderate \* Ferry from Seattle to Bremerton then SR-3 to Belfair (or

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Tacoma Narrows SR-16 to Gorst then SR-3 to Belfair). Turn north at traffic signal by Safeway onto SR-300 (toward Belfair State Park). About 2 blocks west of SR-3 is a QFC. Park in the middle of the lot. \*

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**Wed 31 \* Vashon Island (Woods 20) \* 9:10 AM / ~ 35 miles**  
 \* West Seattle, Lincoln Park North Lot \* Vashon \* Hilly \* Moderate \* 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: Take 9:25 ferry to Vashon. \*



Dates	Tour Name	Leaders
Sept 13-15	Coeur d'Alenes Trail	Bruce & Gerry McLaren

## Notes

**Saturday 20 August Picnic/Meeting:** This will be held at Chaces', 3763 S 194th St., SeaTac. Go on the scheduled ride or direct to picnic. Lunch will be sandwich fixings, salad, beverages, and dessert. It is free if you scheduled to lead a ride in the months of January through August 2008. Others will be asked for \$2 to help cover the food cost. Food will be available from 12:00 to 1:00 PM. **Please RSVP by Thursday 18<sup>th</sup>, so we have enough food:** (206) 824-3369 (leave a message) or [chacebike@comcast.net](mailto:chacebike@comcast.net). From I-5 exit 152, go west on S 188th St for 0.7 mile, left on 37th Ave S, left on S 192nd, follow road around 2 right turns to 3763 S 194th St.

**Eugene Ride:** John Neller will be investigating Eugene by bicycle. Others are welcome but it will not be a club ride. Call him if you are interested.

**John Wayne Trail Snoqualmie Pass Tunnel:** It reopened July 5 after a two-year closure. The 2.3-mile long tunnel was one of five tunnels closed on this trail in 2009 for safety issues. The parking by the trail at Rattlesnake Lake is part of the WA State Park system so you can expect a \$10 fee or \$30 Discovery Pass requirement. The Discovery Pass is good for a year from the day you get it. You can park cars outside the state park and bike to the trailhead.

**Seattle To Portland:** On the weekend of 9-10 July this Cascade Bicycle Club event was hard to miss. It had over 10,000 riders on everything including a couple on skateboards.

About 3,000 were on tap to do the ride in one day. Alas, Paul Wantzelius was not among them.

**Ride the side streets when you can:** This is the message from a Scientific American article (July 7, 2011) on the effects of car pollution on cyclists. They also conclude that cycling is still better for your health than driving a motor vehicle. <http://www.scientificamerican.com/article.cfm?id=air-pollution-triggers-cyclists-heart-risks&offset=2>

## Other Northwest Cycling Tours

Dates	Tour Name	Leaders
Aug 5-6	RSVP	Cascade B C
Aug 14	TRYBR (Tenino)	<a href="http://capitalbicycleclub.org/">http://capitalbicycleclub.org/</a>
Aug 27-28	RAPSody (Ride Around Puget Sound)	Five bicycle clubs sponsor <a href="http://www.rapsodybikeride.com/">http://www.rapsodybikeride.com/</a>

*"All journeys have secret destinations of which the traveler is unaware."* -- Martin Buber – (Adventure Cycling Bike Bits 13/13)

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