

RIDE SCHEDULE - February 2009

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



Sun Slow & Easy 1 * Swedish Crepe Ride * 9:30 AM / ~15 miles * Seattle, Gas Works Park * Swedish Club breakfast * One hill * Slow * 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: See notes below. Bike directly to breakfast then ride more as desired * **No Leader**

Sun 1 * Swedish Crepe Ride * 9:30 AM / ~25 miles * Seattle, Gas Works Park * Swedish Club breakfast * 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. Breakfast costs ~\$8. Bike directly to breakfast then ride to work it off. Weather may determine the length. *

Mon 2 * Organ Concert * 10:00 AM / ~25 miles * Gas Works Park * Lunch stop & concert * 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 3 * Tukwila to Volunteer Park * 10:00 AM / 40 miles * Tukwila, Trailside parking * Café * Couple of 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 Slow & Easy 4 * Three Friends Fishing Hole to Kent Senior Center * 10:00 AM / 20 miles * Kent, Three Friends Fishing Hole * Senior Center * Flat * Slow * 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. * **No Leader**

Wed 4 * Around Lake Sammamish * 10:00 AM / ~25 miles * Issaquah, Lake Sammamish State Park * Snack at Redmond Whole Foods (i.e. soup & coffee) * Few hills * Social * I-90

exit 15, follow signs to the park. Use first unpaved parking area on the LEFT. *

Thu 5 * Lake Sammamish SP to Red Hook * 10:00 AM / 32 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**

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

Sat Slow & Easy 7 * Russell Road Park to Supermall * 10:00 AM / ~25 miles * Kent, Russell Road Park * Supermall * Flat * Slow * I-5 exit 149/149A, SR-516 east, left on Meeker St, left on Russell Road, 1 block to the park. * **No Leader**

Sat 7 * Bicentennial Park to SuperMall * 10:00 AM / ~25 miles * Tukwila, Bicentennial Park * Food Court at Auburn 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. *

Sun 8 * Around Lake Sammamish * 10:00 AM / 27 miles * Issaquah, City Hall * Blazing Bagels, Redmond * Some hills * Social * I-90 exit 17, south on Front Street, left on Sunset, first right onto 1st Ave. S. Use public parking near the city hall. *

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 spaces now have a 4-hour time limit. *

Tue 10 * Leader's Choice * 10:00 AM / ~40 miles * Bellevue, Newcastle Beach Park * Café * Some hills * Moderate * I-405 exit 9 turn west, right at T, follow signs to the park. *

Wed Slow & Easy 11 * Three Friends to Tukwila * 10:00 AM / ~25 miles * Kent, Three Friends Fishing Hole * Tukwila, Senior Center * Flat * Slow * 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. * **No Leader**

Wed 11 * Jolly Roger * 10:00 AM / ~30 miles * Gas Works Park * Jolly Roger taproom at Pacific Maritime Brewery * 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 spaces now have a 4-hour time limit. *

Thu 12 * Luther Burbank to Seward Park & Madison Park * 10:00 AM / 25 * Mercer Island, Luther Burbank Park * Madison Park * Some hills * Social * I-90 eastbound: exit 7A,

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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

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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**

Sat Slow & Easy 14 * Oxbow Lot to IKEA * 10:00 AM / 24 miles * Seattle, Boeing Oxbow Lot * IKEA * Flat * 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. * **No Leader**

Sat 14 * South Lake WA * 10:00 AM / 25 miles * Renton, Gene Coulon Park * Bring light lunch * Few hills * Social * I-405 exit 5, west on Park Ave, north on Lake WA Blvd, left into 1st park entrance. Park in south lot area. *

Sun 15 Slow & Easy * Cedar River Trail to Maple Valley Grange * 10:00 AM / 20 miles * Renton, Cedar River Park * Pancake Brunch * Trail grade * Slow * 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: See next ride description * **No Leader**

Sun 15 * 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 \$5.00 includes ham, eggs, beverage and unlimited pancakes. Planned return is via May Valley. *

Mon 16 * See Monday 9th.

Tue 17 * 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. * **Dan Nydegger (c) 253-205-5100**

Wed Slow & Easy 18 * Coulon Park to IKEA * 10:00 AM / 15 miles * Renton, Gene Coulon Park * IKEA * Flat * Slow * I-405 exit 5, west on Park Ave, north on Lake WA Blvd, left into 1st park entrance. Park in south lot area. * **No Leader**

Wed 18 * Luther Burbank Park to Lake WA Votek * 10:00 AM / 30 miles * Mercer Island, Luther Burbank Park * Bring or buy College food service * Moderate 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. *

Thu 19 * University Village * 10:00 AM / 27 miles * Woodinville, Wilmot Gateway Park * U. Village * Flat trail * 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. * **No Leader**

Sat Slow & Easy 21 * Russell Road Park to Pacific / Algonia * 10:00 AM / ~25 miles * Kent, Russell Road Park * Senior Center * Flat * Slow * I-5 exit 149/149A, SR-516 east, left on Meeker St, left on Russell Road, 1 block to the park. * **No Leader**

Sat 21 * Russell Road Park to Sumner * 10:00 AM / 37 miles * Kent, Russell Road Park * Sumner * Flat * Moderate * I-5 exit 149/149A, SR-516 east, left on Meeker St, left on Russell Road, 1 block to the park. *

Sun 22 * Ride to Ray's * 10:00 AM / 27 miles * West Seattle, Jack Block Public Access (Alki) * Ray's Boathouse in Ballard * Easy 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 * See Monday 9th.

Tue 24 * 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 Slow & Easy 25 * Redmond to Bothell * 10:00 AM / 20 miles * Redmond, Town Center * Bothell Senior Center * Flat * Slow * SR-520 E. to West Lake Sammamish Parkway Exit, stay in right hand lane and turn left on Redmond Way toward Redmond Town Center; pick up right turn lane to turn right at intersection onto Leary Way, cross Bridge and turn right again at second light onto Bear Creek Parkway, follow Parkway for about 1/4 mile to World Market Blvd. on your right and into parking lot next to Trail * **No Leader**

Wed 25 * 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 26 * Centennial Trail * 10:00 AM / 25 miles * Snohomish, Centennial Trail * Lake Stevens or beyond * Mostly RR 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**

Sat Slow & Easy 28 * Fall City to Carnation * 10:00 AM / 20 miles * Fall City, Olive Taylor Quigley Park * Carnation Senior

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Center * Flat * Slow * I-90 exit 22, Preston-Fall City Road north to Fall City, left into Fall City at the stop sign to the park along the river. Park along the street. * **No Leader**

Sat 28 * South Lake WA * 10:00 AM / 25 miles * Renton, Gene Coulon Park * Option for lunch after ride * A few hills * Moderate * I-405 exit 5, west on Park Ave, north on Lake WA Blvd, left into 1st park entrance. Park in south lot area. *

Sat-Sun 28-1 * Edmonds to Port Townsend * 8:00 AM / 90 miles * Shopping Center next to the Edmonds Ferry Terminal to load gear into the sag wagon. Take the 8:40 AM ferry. * All meals at restaurants * Hilly, with several strenuous hills * Moderate * I-5 exit 177, follow signs to the Edmonds ferry terminal, left on James St, right into the shopping center. After loading gear, park on 3rd or 4th Avenue outside the restricted parking zone area. * NOTES: 1. -- Notify the ride leader if you plan to use the sagwagon. 2. -- Make reservations at the Port Townsend Inn (800-216-4985), RATES: **Lower floor: Small room, queen \$69; large room, king or queen \$79. **Upper floor:** King or queen \$89. Rates do not include 10.4% tax. 48 hour cancellation policy. 3. Bring swimsuit for indoor pool and spa. 4. Secure area for overnight bicycle parking. 5. Ride goes rain or shine. ***



Dates	Tour Name	Leaders
Feb 28-Mar 1	Port Townsend	
Mar 13-15	San Juan Island	
Apr 3-5	Orcas Island	
May 23-26	Vancouver Island	
Jun 6-8	Albany Covered Bridges	

Notes

Albany ride: Note the date change moving this ride to early June. Also of interest, there is no current plan to have a Victoria BC ride this year.

Winter Riding: Many of the club rides have not taken place in the last couple of months due to adverse weather conditions. There are still nice days and the number increases as the season progresses. When the day is good it is important to have a ride opportunity so **thanks are due to our many ride leaders** who continue to schedule in hopes of favorable weather.

Promoting Bicycles in Africa: There are several organizations working on increasing bicycle use in Africa. Elfriede Porter provided contact with Bev and Hugh Jennings who want our club to know about World Bicycle Relief (<http://worldbicyclerelief.org/>). They send bicycles and provide training in locations such as Zambia.

International Bicycle Foundation (<http://www.ibike.org/>) has also done quite a bit of work in several countries of Africa by training people to build and repair bicycles and bike trailers.

Craig Calfee, builder of high end carbon fiber bikes, has an interesting program working toward building bamboo bicycles in Ghana. <http://www.calfeedesign.com/BambooOverview.htm> Bamboo is a light strong locally available material.

Bicycle Laundry: If you want to know how to bicycle your laundry clean, see <http://www.cyclean.biz/mainmenu.html>. It is not in production but site overviews the building process.

Other Northwest Cycling Tours

Dates	Tour Name	Leaders
Feb 22, 2009	Chilly Hilly	Cascade Bicycle C.
Mar 14-15, 2009	Bike Expo	Cascade
Apr 19, 2009	Daffodil Classic	Tacoma Wheelmen
Jun 7, 2009	Peninsula Metric Cent.	Tacoma Wheelmen
Jun 13, 2009	Flying Wheels Century	Cascade
Jul 3-5	Northwest Tandem Rally - Vancouver BC	NWTR & sponsors
Jul 11-12	Seattle to Portland	Cascade
Jul 26-31	Washington Bicycle Ride	Sandy Green OBR/WBR
Aug 9-15	Oregon Bicycle Ride	OBR/WBR
Sep 27, 2009	Headwaters Century	Tacoma Wheelmen

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