

RIDE SCHEDULE - January 2009

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



Thu 1 * Annual Round the Lake * 9:00 AM / 52 miles * Renton, Near Coulon Park * Café * Few hills * Relaxed Moderate * I-405 exit 5, west on Park Dr, north on Lake WA Blvd, take first right under Park on Houser Way N. Park northbound across from the cement plant. Used for the New Year's ride because park is locked. *

Thu 1 * South Lake Washington * 11:00 AM / 25 miles * Renton, Near Coulon Park * Café * Few hills * Social * I-405 exit 5, west on Park Dr, north on Lake WA Blvd, take first right under Park on Houser Way N. Park northbound across from the cement plant. Used for the New Year's ride because park is locked.

Sat Slow & Easy 3 * Russell Road Park to Pacific / Algona * 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 3 * Gas Works to and around Mercer Island * 10:00 AM / ~30 miles * Seattle, 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. *

Sun 4 * Ron Regis to Kent * 10:00 AM / 31 miles * Renton, Ron Regis Sports Park * Café * Flat * 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. *

Mon 5 * 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 6 * 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 7 * 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 7 * 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 8 * Tukwila to Alki * 10:00 AM / 33 miles * Tukwila, trailside parking * Alki * Flat * Social * 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. * **No Leader**

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

Sat Slow & Easy 10 * Jack Block to Lincoln Park * 10:00 AM / 15 miles * West Seattle, Jack Block Public Access (Alki) * Plan lunch stop * Flat * Slow * 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. * NOTE: Out and back route offers turn around options or stops at Duwamish Head, Alki Point & Lowman Beach Park. * **No Leader**

Sat 10 * Tukwila to Alki * 10:00 AM / 33 miles * Tukwila, trailside parking * Alki * Flat * Social * 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. *

Sun 11 * Three Friends to Mercer Island * 10:00 AM / 35 miles * Kent, Three Friends Fishing Hole * Mercer Island * Few hills * Social * 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 12 * See Monday 5th.

* **No Leader Tours** - Someone must record names of the tour participants and submit the list to Jake Grob 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

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* NOTES: (if any) * **Leader & Phone (cell/home/work)**

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Tue 13 * 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 14 * 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 14 * Ride a Winter Ride * 10:30 AM / 22 miles * Kenmore, Logboom Park (Tracy Owen Station) * Snack stop inside * Rolling hills * Social * SR-522 (Bothell Way NE) to 61 Ave NE, south on 61st, right into the park. *

Thu 15 * Russell Road Park to Sumner * 10:00 AM / 37 miles * Kent, Russell Road Park * Sumner * Flat * Social * I-5 exit 149/149A, SR-516 east, left on Meeker St, left on Russell Road, 1 block to the park. * **No Leader**

Sat Slow & Easy 17 * Three Friends to Banquet * 11:00 AM / 6 miles * Kent, Three Friends Fishing Hole * Banquet (need reservation) at Barnaby's, on corner of Strander and West Valley (just across the bridge from Bicentennial Park) * 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. * NOTE: Extend the ride with a loop north to Fort Dent. * **No Leader**

Sat 17 * Banquet Ride 2009 * 10:45 AM / 25 miles * West Seattle, Herring's House Park * Banquet (must have reservation) * Flat * Social * Proceed to 4460 West Marginal Way SW, the park is south of the big Gray Line bus parking lot and north of the T-107 Park with the boat skeleton. * NOTE: Banquet reservation form in newsletter *

Sun 18 * North End Ride * 10:00 AM / 30 miles * Kenmore, Logboom Park (Tracy Owen Station) * Café * Some hills * Social * SR-522 (Bothell Way NE) to 61 Ave NE, south on 61st, right on 175th St into park. *

Mon 19 * See Monday 5th.

Tue 20 * 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. *

Wed Slow & Easy 21 * Redmond to Bothell * 10:00 AM / 20 miles * Redmond, Town Center * Bothell * 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 21 * * Luther Burbank to Renton Tech College * 10:00 AM / 30 miles * Mercer Island, Luther Burbank Park * Lunch at college * 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. *

Thu 22 * Bothell to Ballard Locks * 10:00 AM / 30 miles * Bothell, Sammamish River Trail access parking lot (unpaved) * Locks * 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 Slow & Easy 24 * Russell Road Park South * 10:00 AM / 20 miles * Kent, Russell Road Park * Plan lunch * 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 24 * Cedar River Park to Issaquah * 10:00 AM / 33 miles * Renton, Cedar River Park * Issaquah * Couple of 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. *

Sun 25 * Russell Road Park to Black Diamond * 10:00 AM / 45 miles * Kent, Russell Road Park * Black Diamond Bakery * Several hills (~1400' gain) * Moderate * I-5 exit 149/149A, SR-516 east, left on Meeker St, left on Russell Road, 1 block to the park. *

Mon 26 * See Monday 5th.

Tue 27 * Russell Road Park to Alki * 10:00 AM / 46 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. *

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

Wed 28 * Seward Park to IKEA * 10:00 AM / 23 miles * Seattle, Seward Park picnic shelter * IKEA * Few hills, twists and turns * Social * Seward Park is at Lake Washington Blvd S and South Juneau Street in Seattle. The picnic shelter is southeast of the entrance. *

Thu 29 * 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

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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 Slow & Easy 31 * Tukwila Trailside South * 10:00 AM / 25 miles * Tukwila, Trailside parking * Bring lunch * Flat * Slow * 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. * **No Leader**

Sat 31 * 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. *



<u>Dates</u>	<u>Tour Name</u>	<u>Leaders</u>
Feb 28-Mar 1, 2009	Port Townsend	Mack Van Wyk
TBD, 2009	San Juan Island	Dick Shahinian
Apr 3-5, 2009	Orcas Island	Kay Evey
May 2-4, 2009	Albany Covered Bridges	Chace & Burlingame
May 23-26, 2009	Vancouver Island	John Neller

Notes

SR-520 rebuild: A 14-foot-wide bicycle/pedestrian path will be built along the north side of SR 520 through Montlake and the Evergreen Point Bridge and along the south side of SR 520 through the Eastside to 96th Avenue NE (from DOT info).

Weather: For January – March 2009 the advanced forecast from the National Weather Service Climate Prediction Center predicts our region should be below normal in temperature and normal in precipitation. Remember to call the leader if the ride conditions look questionable for a ride. This should include temperatures near freezing. Buff's experience is that falling on icy roads usually leads to a month of soreness.

Signal Detection Loops: Tom Vanderbilt in the book Traffic (Why We Drive the Way We Do) reports that of the twenty-eight thousand loops in the state of California you can expect 65% to 75% to be working on any given day. This means that a quarter to a third of them is inoperative. If maintenance is similar in Washington you might consider that next time a loop fails to detect your bicycle.

Other Northwest Cycling Tours

<u>Dates</u>	<u>Tour Name</u>	<u>Leaders</u>
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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