

RIDE SCHEDULE - January 2010

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



Fri 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. *

Fri 1 * Annual 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.

Sat 2 * Leader's Choice * 10:00 AM / ~35 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.

Sun 3 * Three Friends to Uwajimaya * 10:00 AM / 40 miles * Kent, Three Friends Fishing Hole * Uwajimaya * Minor 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 4* Gas Works to Edmonds * 10:00 AM / ~32 miles * Gas Works Park * Plan Edmonds 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 5* Gasworks to Lake Forest Park via Interurban Trail * 10:00 AM / 28 miles * Gas Works Park * Plan lunch stop at Third Place Books * 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 6 * Pub Ride * 10:00 AM / ~25 miles * Seattle, Gas Works Park * Pub lunch * 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.

Thu 7 * Woodinville to Univ. Village * 10:00 AM / 25 miles * Woodinville, Wilmot Gateway Park * Flat * 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**

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

Sat 9 * Three Friends to Sumner * 10:00 AM / 35 miles * Kent, Three Friends Fishing Hole * Café * 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. *

Sun 10 * Around Lake Sammamish * 10:00 AM / ~25 miles * Issaquah, Lake Sammamish State Park * Plan lunch * Few hills * Moderate * I-90 exit 15, follow signs to the park. Use first unpaved parking area on the LEFT. *

Mon 11* Gasworks around North Lake Washington * 10:00 AM / ~45 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 12 * I-405 Exit 9 to Alki * 10:00 AM / 40 miles * Bellevue, I-405 Exit 9 * Café * Couple of 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. *

* **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 - January 2010

Wed 13 * Issaquah to Renton * 10:00 AM / 34 miles *
Issaquah, City Hall / Police Station * Renton * A little hilly *
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. Meet
at Police Station, 130 E Sunset Way. *

Thu 14 * Monroe to Snohomish * 10:00 AM / 35 * Monroe,
Riverside Park * Snohomish * Hilly * Social * US-2 to Monroe,
south on SR-203 (Lewis St), left into the park just before
reaching the bridge. * **No Leader**

Sat 16 * Bicentennial Park to Alki * 10:00 AM / 33 miles *
Tukwila, Bicentennial Park * Café * 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.) *

Sun 17 * Logboom to Maltby * 10:00 AM / 30 miles *
Kenmore, Logboom Park (Tracy Owen Station) * Maltby *
Quite HILLY * 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 18* Group's Choice (with Pub Lunch) * 10:00 AM / 20-
40 miles * Gas Works Park * Plan pub lunch stop (in fact route
will rest on this decision-hopefully Jolly Roger will be
reopened) * 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 19 * 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 20 * 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 21 * Tukwila to SuperMall * 10:00 AM / 24 miles *
Tukwila, Bicentennial Park * 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. (Note posted time limit.)
* **No Leader**

Sat 23 * Banquet Ride along Cedar River Trail * 10:00 AM /
19/24 miles *

Sun 24 * Leader's Choice * 10:00 AM / ~35 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. *

Mon 25* Group's Choice * 10:00 AM / 20-40 miles * Gas
Works Park * Plan pub lunch stop(in fact route will rest on this
decision) * 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 26 * Russell Road Park to Brown's Point * 10:00 AM /
35 miles * Kent, Russell Road Park * Café * Significant hills *
Moderate * I-5 exit 149/149A, SR-516 east, left on Meeker St,
left on Russell Road, 1 block to the park. *

Wed 27 * Ruby Chow to IKEA * 10:00 AM / 25 miles *
Seattle, Ruby Chow Park (north end Boeing Field) * Lunch at
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 street. *

Thu 28 * Kent to Sumner * 10:00 AM / 28 miles * Kent,
Foster Park Trail Access * Sumner * Flat * Social * I-5 exit
149/149A, SR-516 east (becomes Willis St. in Kent), right on
74th Ave S, left on 259th St, one block to the park on the right.
Trail head parking for Interurban & Green River trails. * **No
Leader**

Sat 30 * Cedar River Park to Issaquah * 10:00 AM / 34
miles * Renton, Cedar River Park * Gillman Village * 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. *

Sun 31 * Jack Block to Tukwila * 10:00 AM / 28 miles *
West Seattle, Jack Block Public Access (Alki) * Panera Bread *
Flat one way, one hill on Macadam the other * 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. *

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