

# RIDE SCHEDULE - JULY 2010

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



**Thu 1 \* 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 3 \* Luther Burbank to Medina \* 10:00 AM / 20 miles \* Mercer Island, Luther Burbank Park \* Medina store or bring \* 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. \***

**Sun 4 \* Independence Day – plan your own celebration.**

**Tue 6 \* Logboom to Snohomish \* 10:00 AM / 39 miles \* Kenmore, Logboom Park (Tracy Owen Station) \* Café \* 1800' gain \* Moderate \* SR-522 (Bothell Way NE) to 61 Ave NE, south on 61st, left on 175th St. Park on 175th St. east of park entrance. \***

**Wed 7 \* Cedar River Park to Landsburg \* 10:00 AM / ~33 miles \* Renton, Cedar River Park \* Bring lunch to eat at park \* 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. \* Note: 10 miles of hard packed trail \***

**Thu 8 \* Oxbow 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. \***

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

**Sat 10 \* Renton – Lake Wilderness \* 10:00 AM / 25 miles \* Lake Wilderness \* Some hills \* Social \***

**Sun 11 \* West Seattle Tour \* 10:00 AM / 20 miles \* West Seattle, Jack Block Public Access (Alki) \* Husky Deli \* 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 12 \* Tukwila to Auburn \* 10:00 AM / ~30 miles \* Tukwila, Community Center \* Auburn \* 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. \***

**Tue 13 \* Olympia Ride \* 9:30 AM / 50 miles \* Olympia, Chehalis-Western Trailhead \* McMenemy's \* 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 will 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. \***

**Wed 14 \* Ravensdale to Enumclaw \* 10:00 AM / 41 miles \* Ravensdale Park \* Lunch at park in 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. \***

**Thu 15 \* Red Hook \* 10:00 AM / 32 miles \* Issaquah, Lake Sammamish State Park \* Red Hood Brewery \* Nearly flat \* Social \* I-90 exit 15, follow signs to the park. Use first unpaved parking area on the LEFT. \* No Leader**

**Fri 16 \* Tukwila to Tacoma \* 12:00 PM / 35 miles \* Tukwila, Amtrak/Sounder Station (north lot) \* Possible snack at end \* Easy hills \* Social \* From I-405 Exit1, 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: Bike to Tacoma and return on Sounder (\$4 fare, no tandems or recumbents allowed). \***

\* **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)

July 2010

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**Sat 17 \* Three Friends to Uwajimaya \* 10:00 AM / ~30 miles** \* Kent, Three Friends Fishing Hole \* Uwajimaya \* 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. \*

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**Sun 18 \* Tukwila to Madison Park \* 10:00 AM / ~25 miles** \* Tukwila, Bicentennial Park \* Madison Park \* Few Hills \* 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.) \* NOTE: Expect to make use of Bicycle Sunday along Lake WA. \* **No Leader**

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**Mon 19 \* 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. \*

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**Tue 20 \* Russell Road to Landsburg \* 10:00 AM / ~50 miles** \* Kent, Russell Road Park \* Subway \* Few 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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**Wed 21 \* Seward Park to Golden Gardens \* 10:00 AM / 30 miles** \* Seattle, Seward Park picnic shelter \* Golden Gardens \* Some hills \* Social \* Seward Park is at Lake Washington Blvd S and South Juneau Street in Seattle. The picnic shelter is southeast of the entrance. \*

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**Thu 22 \* Foothills Trail to South Prairie \* 10:00 AM / 32 miles** \* Puyallup, East Puyallup/Meeker Trailhead \* Bring Lunch \* River grade \* Social \* From southbound SR-167, which flows into SR-512, exit to Pioneer St in Puyallup. Turn east on Pioneer for 1.6 miles to where it bends right. Turn left, cross tracks, turn right on 80th St E and drive east 0.6 miles to East Puyallup/Meeker Trailhead \* **No Leader**

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**Sat 24 \* Seattle to Bloedel Gardens & Bainbridge Island \* 9:10 AM / ~30 miles** \* Seattle, Colman Ferry Dock (Take 9:35 ferry to Winslow) \* Bring lunch for after garden \* Rolling hills \* Social \* Ferry terminal (Pier 52) is at 801 Alaskan Way in Seattle. Meet by fountain at entrance. \* NOTE: Cost for gardens \$8 for seniors, \$12 for others. \*

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**Sun 25 \* South Whidbey #1 \* 9:40 AM / 35 miles** \* Mukilteo, Ferry terminal \* Freeland \* Hilly \* Moderate \* I-5 exit 189, SR-526 west, follow signs to the ferry. Park on side street east of ferry landing \* NOTE: Take 10:00 AM ferry to Clinton \*

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**Tue 27 \* Plateau Ride \* 10:00 AM / ~40 miles** \* Bellevue, I-405 Exit 9 \* Café \* Fairly hilly \* 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. \*

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**Wed 28 \* 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. \*

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**Thu 29 \* Ron Regis to Landsburg \* 10:00 AM / 24 miles** \* Renton, Ron Regis Sports Park \* Bring lunch \* River grade \* 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. \*

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**Sat 31 \* 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. \*

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

### Notes

**GPS theft:** These are hot items on the resale market. Hal put his in his bike bag at the ferry terminal on May 11. It was the end of the ride and we had several minutes to wait for the ferry. When we got off the ferry at Fauntleroy, the GPS was missing. Unattended items are at risk.

**Elfriede Porter Memorial Salad ride:** Elfriede hosted a ride from her home for a number of years. Last year we held it at the Lake Sammamish State Park. This year Bruce & Gerry are planning it on Wednesday August 4<sup>th</sup>. The ride will start at 9:30 AM; bring a salad to share afterward.

**Summer Rides:** The Monday ride leaders (and by extrapolation other ride leaders, too) may have other summer obligations and be unable to lead a scheduled ride. If the planned ride leader fails to show, the obvious choice is to make it a Group's Choice ride and ride to the destination that the riders select.

**Sound to Mountain Bike Festival:** This is a fund raising ride for the arts. STMB 2010 (below)

**Chuckanut Century:** This is a fund raising ride for The Leukemia & Lymphoma Society.

**Bike to School:** One school held a bike to school day to coincide with Bike to Work Day. The school was in Oklahoma (<http://www.newsok.com/article/3463088>)

### Other Northwest Cycling Tours

| Dates      | Tour Name         | Leaders   |
|------------|-------------------|---|
| July 17-18 | STP               | Cascade   |
| Aug 8      | STMB 2010         | <a href="http://www.theleveebreaking.com/">http://www.theleveebreaking.com/</a> |
| Aug 28     | Summer Challenge  | <a href="http://www.bikiwanis.org/">http://www.bikiwanis.org/</a>               |
| Sep 19     | Chuckanut Century | <a href="#">Chuckanut Century</a>   |

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