

# RIDE SCHEDULE - JUNE 2009

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



**Mon 1 \* Bainbridge \* 9:20 AM / ~35 miles \* Seattle, Colman Ferry Terminal \* Bring lunch \* Frequent hills \* Social \* Ferry terminal (Pier 52) is at 801 Alaskan Way in Seattle. Meet by fountain at entrance. \* NOTE: Take 9:35 ferry to Winslow. \***

**Tue 2 \* Three Friends to Issaquah \* 10:00 AM / 40 miles \* Kent, Three Friends Fishing Hole \* Cafe \* Some hills \* 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.**

**Wed 3 \* Brannan Park to Flaming Geyser \* 10:00 AM / 25 miles \* Auburn, Brannan Park \* Bring lunch \* Fairly flat \* Social \* SR-167 south to 15th St NW exit, east on 15th, left on Auburn Way, right on 28th St NE to the park. \***

**Thu 4 \* 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****

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

**Sat-Mon 6-8 \* (Covered Bridge Country) Albany OR Rides \* 9:00 AM / 35-60 miles \* Econo Lodge, 1212 Price Rd. SE, Albany, \* Plan lunch stops \* Predominantly flat (some optional hills) \* Social \* I-5 south to exit 233, right (east) on SR-20 Santiam Hwy for 0.3 mi, left on Price Rd SE to motel. \* NOTES: A fixed-base tour in Albany, OR., using routes from about 35 to 60 miles in Linn County from the guidebook Bicycling the Backroads of Northwest Oregon 2<sup>nd</sup> Edition. The plan is to do shorter rides on the first and third days. Shorter routes and short cuts available. Co-leaders welcome. **Synopsis:** **Saturday, Jun 6**, Ride 33 from "Bicycling the backroads of Northwest Oregon" 52 miles, some hills, start at 9 AM from the motel. No bridges today. Bring lunch. **Sunday, May 22**, Ride 31, Covered Bridges, at least 5 and maybe 7. The ride is modified to drive to and start at SCIO. 42 miles, start from Scio at 9 AM. Must bring lunch to eat at Larwood Bridge Park. **Monday, May 23**, the short loop of Ride 32, about 30 miles to Lebanon. Start from the Motel at 8:30 and finish by noon to**

drive home.

**Sat 6 \* Tukwila to Museum of Flight \* 10:00 AM / 15 miles \* Tukwila, Bicentennial Park \* Museum 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.) \* NOTES: This is a **special ride** to attend the Museum's celebration of the first human powered flight over the English Channel. There will be time to see the exhibit, backup copy of the airplane powered by a bicycle racer. Admission will be about \$11.**

**Tue 9 \* 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 10 \* Doing the Puyallup \* 10:00 AM / ~35 miles \* Kent, Green & Interurban trails \* Buy lunch \* Flat \* Social \* From intersection of SR-167 (Valley Freeway) and SR-516 (S Kent-DesMoines Rd) go east past exit ramp and turn right at stoplight on 74th Ave. In 0.6 miles name becomes S 259th St. In 0.1 miles the trailhead parking is on your right next to the Interurban trail. \* NOTE: Ride in Green and Puyallup River Valleys \***

**Thu 11 \* Auburn to Flaming Geyser \* 10:00 AM / 30 miles \* Auburn, Brannan Park \* Bring lunch for Flaming Geyser \* Nearly flat \* Social \* SR-167 south to 15th St NW exit, east on 15th, left on Auburn Way, right on 28th St NE to the park. \* **No Leader****

**Sat 13 \* Group's Choice \* 10:00 AM / ~30? \* 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. \* **No Leader****

**Sun 14 \* Tukwila to Madison Park \* 10:00 AM / 32 miles \* Tukwila, Trailside parking \* Madison Park area \* Almost 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. Meet at the north end of Christensen Ave. \* NOTE: Passing through Bicycle Sunday route going north. \***

**Mon 15 \* 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 parking spaces now have a 4-hour time limit. If you need more time, park to the**

\* **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

Listing Sequence: Date \* Tour # \* Start Time / Distance \* Start point \* Lunch stop \* Terrain \* Pace \* Driving directions to start point

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

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east on Northlake Wy. \*

**Tue 16 \* Russell Road Park to Tacoma to Vashon \* 9:00 AM / 70 miles** \* Kent, Russell Road Park \* Bring to eat on Tahlequah ferry \* Flat with some hilly \* Moderate \* I-5 exit 149/149A, SR-516 east, left on Meeker St, left on Russell Road, 1 block to the park. \*

**Wed 17 \* Lincoln Park to Bremerton \* 8:20 AM / 37 miles** \* West Seattle, Lincoln Park North Lot \* Bremerton \* Pretty flat \* Social \* I-5 exit 163/163A, west on West Seattle Freeway, continue on Fautleroy Way SW as Freeway ends. Parking lot is in the 8200 block of Fautleroy Way. \* NOTE: Take 8:45 AM Fautleroy ferry to Southworth. \*

**Thu 18 \* Bothell to Ballard Locks \* 10:00 AM / 30 miles** \* Bothell, Sammamish River Trail access parking lot (unpaved) \* Ballard \* 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 20 \* Brannan Park to Black Diamond \* 10:00 AM / 30 miles** \* Auburn, Brannan Park \* Black Diamond \* Some hills \* Social \* SR-167 south to 15th St NW exit, east on 15th, left on Auburn Way, right on 28th St NE to the park. \*

**Sun 21 \* Sammamish SP to Redmond \* 10:00 AM / ~35 miles** \* Issaquah, Lake Sammamish State Park \* Redmond \* Hilly \* Social \* I-90 exit 15, follow signs to the park. Use first unpaved parking area on the LEFT. \* NOTE: Likely route on plateau. \*

**Mon 22 \* 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 parking spaces now have a 4-hour time limit. If you need more time, park to the east on Northlake Wy. \*

**Tue 23 \* Leader's Choice \* 10:00 AM / ~40 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 \* Marymoor to NOAA \* 9:30 AM / 32 miles** \* Redmond, Marymoor Park (trailhead) \* NOAA Cafeteria \* Flat \* Social \* SR-520 Lake Sammamish Way exit, follow signs to the park. Park in first area on the left. Car parking fee is \$1. \*

**Thu 25 \* Tukwila 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 \* Logboom to Redmond & Kirkland \* 10:00 AM / 35 miles** \* Kenmore, Logboom Park (Tracy Owen Station) \* Cafe in Kirkland \* Somewhat 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 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: All parking spaces now have a 4-hour time limit. If you need more time, park to the east on Northlake Wy. \*

**Tue 30 \* Marymoor to Carnation \* 10:00 AM / 45 miles** \* Redmond, Marymoor Park (trailhead) \* Café \* Some hills \* Moderate \* SR-520 Lake Sammamish Way exit, follow signs to the park. Park in first area on the left. Car parking fee is \$1. \*



Dates	Tour Name	Leaders
Sep ~5-7	Yakima Valley	Evey & Kooyers
Sep 15-17	Trail of Coeur d'Alenes	B & G McLaren

## Notes

**San Francisco Bay:** Over the next several years approximately 500 miles of trails will be completed around San Francisco and San Pablo Bays in California. Some sections have been completed. You can see the current status from the maps: <http://www.abag.ca.gov/bayarea/baytrail/maps/maps.html>

**Bicycle Sundays for 2009:** Seattle put out the schedule and Lake WA Blvd between Mount Baker Beach and Seward Park's entrance will be closed to motorized traffic from 10 AM to 6 PM on May 3, 10, 17, 24, 31; June 7, 14, 21, 28; July 12 & 19; Aug 9, 16, 23, 27; and Sep 6; 13, 20 & 27. Look for chances to work this stretch into your riding plans.

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**I-90 Bridge Bike Path Detour:** During the period July 5 – 28 WSDOT will be replacing expansion joints at the ends of the floating bridge. There will be a short bicycle detour at each end of the floating bridge where you will take a plywood-on-scaffolding bridge over the water. Signs direct dismounting for the approximately 80' detour. For more details see

[www.wsdot.wa.gov/Projects/I90/HomerHadleyBridgeRepair/Bicycle.htm](http://www.wsdot.wa.gov/Projects/I90/HomerHadleyBridgeRepair/Bicycle.htm)

**Bicycles on Link Light Rail:** Will not transport tandem bicycles but they will transport up to 4 single bicycles per car. Two will fit on hooks and two more may be held by standing riders so that they do not block exits or train operator's compartment. You may use stairs or elevators to access the train but may not use escalators. Some lockers may be rented in stations and there will be bicycle racks. This information is summarized from: [www.soundtransit.org/x10053.xml](http://www.soundtransit.org/x10053.xml) .

**Cannondale Ends American-Made Era:** Cannondale will stop making bicycles at its Bedford, PA plant by 2010. They have been building bikes there since 1983. Dorel Industries owns the Cannondale brand these days and they point out that it takes 45 hours to manufacture a carbon fiber frame. That labor costs \$1/hour in China and \$35/hour in the US. Dorel also owns GT, Mongoose & Schwinn brands. (Info from Bicycle Retailer & Industry News 4/15/09.)

**Seattle Bicycle Supply:** This wholesale supplier to bicycle shops is located in Kent, WA. They build custom wheel sets there. Retail is not their thing but interesting to know what is going on locally.

**Polarized Glasses:** Have you worn polarized dark glasses (to reduce glare) and then found it difficult to read an LCD display on your cyclometer, GPS or even the gasoline pump? In the bicycle world, the Rudy Project, is known for their research on bicycle eyewear that the racers use. They found that reducing the strength of the polarized filter still cuts glare and lets the wearer read LCD displays. Perhaps we will see this carried to lower priced glasses.

**Skill:** If you have not seen it, be sure to watch <http://www.youtube.com:80/watch?v=Z19zFlPah-o>

### Other Northwest Cycling Tours

Dates	Tour Name	Leaders
Jun 6	Blast from the Past, Sedro-Woolley	<a href="http://blastfromthepastcentury.org">blastfromthepastcentury.org</a>
Jun 7	Peninsula Metric Southworth Gig Harbor	<a href="http://www.twbc.org">www.twbc.org</a> Tacoma Wheelmen's BC
Jun 20	Wheels to Meals Puyallup	<a href="http://www.wheelstomeals.org">www.wheelstomeals.org</a>
Jun 20	Ann Weatherill Cycling Classic	Wheatland Wheelers Walla Walla <a href="http://www.annweatherillcyclingclassic.blogspot.com">www.annweatherillcyclingclassic.blogspot.com</a>
Jun 20	Chelan Century Challenge	Chelan Rotary
Jun 28	Two-County Dbl Metric (various lengths avail)	Capitol Bicycle Club Olympia <a href="http://www.capitalbicycleclub.org">www.capitalbicycleclub.org</a>

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