

RIDE SCHEDULE - JUNE 2010

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



Tue 1 * 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 2 * Brannan Park to Flaming Geyser SP * 10:00 AM / 30 miles * Auburn, Brannan Park * Bring lunch * Slight grade * 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 3 * 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 5 * 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. *

Sun 6 * 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 7 * 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. *

Tue 8 * North Sound Tour * 9:15 AM / 50 miles * Seattle, Colman Ferry Terminal * Café * Moderate hills * Moderate * Ferry terminal (Pier 52) is at 801 Alaskan Way in Seattle. Meet

by fountain at entrance. * NOTES: take 9:35 ferry to Winslow. Bike to Poulsbo, Kingston, ferry to Edmonds, and bike back. *

Wed 9 * Preston to Carnation * 10:00 AM / 30 miles * Preston, Lake Alice Trailhead * Carnation * One hill * Social * I-90 exit 22, left (east) on SE 82nd St, right on Preston Fall City Road for 1 mile, left on SE 87th Pl to the parking area on the right. *

Thu 10 * 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. *

Sat 12 * Soos Creek Trail to Lake Sawyer * 10:00 AM / 35 miles * Renton, Soos Creek trailhead parking * Cafe * Some hills * Moderate * I-405, east on SR-169 (Maple Valley Hwy) for 2.2 miles. Right (south) on 140th Way SE. Cross Petrovitsky Rd. Turn right (west) SE 192nd St. Left on 124th Ave SE and left into trailhead parking. *

Sun 13 * Group's Choice * 10:00 AM / 20-40 miles * 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

Mon 14 * 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. *

Tue 15 * North Creek * 10:00 AM / 42 miles * Bellevue, I-405 Exit 9 * Barn at North Creek * Some 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. *

Wed 16 * North End Ride * 10:00 AM / 25-30 miles * Kenmore, Logboom Park (Tracy Owen Station) * Plan lunch Redmond or Kirkland * Some hills * 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. *

Thu 17 * 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

* **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)**

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Sat 19 * South Lake WA * 10:00 AM / 27 miles * Renton, Cedar River Park * Plan lunch * 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 20 * North End Ride * 10:00 AM / 25-30 miles * Kenmore, Logboom Park (Tracy Owen Station) * Plan lunch Redmond or Kirkland * Some hills * 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 21 * 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.

Tue 22 * Lincoln Park to Bremerton Loop * 9:10 AM / 37 miles * West Seattle, Lincoln Park north lot * Bremerton * Few hills * Moderate * 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: Take 9:25 ferry to Southworth, probably 12:35 ferry from Bremerton. Leader will meet the ride at Southworth about 10:05 *

Wed 23 * North Bend to Rattlesnake Lake * 10:00 AM / ~25 miles * North Bend, Si View Park * Bring lunch * Flat * Social * I-90 exit 31, NE on Bendigo (a.k.a. North Bend Blvd), cross South Fork Snoqualmie River, right on Park St, right on Healy Ave to the park. *

Thu 24 * Bicentennial Park 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-Sun 26-27 * Grant County Overnight * 8:30 AM / 54 miles daily

Sat 26 * 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 27 * Logboom Park to Silver Lake * 10:00 AM / 32 miles * Kenmore, Logboom Park (Tracy Owen Station) * French bakery * Half 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 28 * 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. *

Tue 29 * Full Lake WA * 10:00 AM / 50 miles * Renton, Cedar River Park * Café * Few 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 30 * Lake Sammamish * 10:00 AM / 25+ miles * Issaquah, Lake Sammamish State Park * Snack at Whole Foods * Few hills * Social * I-90 exit 15, follow signs to the park. Use first unpaved parking area on the LEFT. * NOTE: If weather great extend to Redhook.

* **No Leader Tours** - Someone must record names of the tour participants and submit the list for mileage credit.

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Dates	Tour Name
Sept 14-16	Trail of the Coeur d' Alenes
Oct 2-3	Wishkah-Wynoochee

Notes

Carjacked: by Catherine Lutz & Anne Lutz Fernandez, 2010 is an examination of how our heavy dependence and subsidizing of the automobile for transportation affects many areas of our lives. It has only limited coverage of the role of the bicycle in making our lives better but it is an interesting look at the advantages and disadvantages of the current balance. It is available from the King County Library System.

Other Northwest Cycling Tours

Dates	Tour Name	Leaders
June 12	Flying Wheels Century	Cascade
June 26	Rides (35 & 100 miles)	http://www.centuryride.com/ by Chelan Rotary
July 17-18	STP	Cascade
Aug 28	Summer Challenge	http://www.bikiwanis.org/

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