

RIDE SCHEDULE - JUNE 2011

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



Wed 1 * Brannan Park to Flaming Geyser SP * 10:00 AM / 30 miles * Auburn, Brannan Park * Bring lunch * Slight grade * Slow * SR-167 south to 15th St NW exit, east on 15th, left on Auburn Way, right on 28th St NE to the park. *

Thu 2 * Foster Park to Sumner * 10:00 AM / 30 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 4 * Garden Ride * 10:00 AM / ~30 miles * Gas Works Park * Either Kubota or Kruckeberg Gardens for 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. *

Sun 5 * Tukwila to Fremont * 10:00 AM / 43 miles * Tukwila, Trailside parking * Café * Few hills * Moderate * 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. Meet at the north end of Christensen Ave. *

Mon 6 * 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 7 * North Lake WA * 10:00 AM / 44 miles * Bellevue, I-405 Exit 9 * Café * Few 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. *

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

Wed 8 * Southworth to Bremerton * 8:45 AM / 30 miles * West Seattle, Lincoln Park north lot * Bremerton * Some hills * 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: Take 9:05 ferry to Southworth, probably 1:45 ferry from Bremerton after lunch. *

Thu 9 * Brannan Park to Flaming Geyser SP * 10:00 AM / 25 miles * Auburn, Brannan Park * Bring lunch * Slight grade * Slow * 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 11 * Fall City to North Bend * 10:00 AM / 33 miles * Fall City, Park & Ride lot * North Bend * One hill * Moderate * I-90 exit 22, Preston-Fall City Road north to Fall City, cross Snoqualmie River bridge, left on SR-203, left into the parking lot. *

Sun 12 * Benson & South Lake WA * 10:00 AM / 30 miles * Renton, Cedar River Trailhead * Noah's Bagels, Mercer Is. * Moderate hills * Social * I-405 southbound: exit 4, south on Sunset Blvd, right on (SW) Bronson Way {I-405 northbound: exit 4B, keep left on ramp, west on SR-169 (Maple Valley Hwy) which becomes Bronson Way} BOTH: left on Mill St, continue through traffic light, cross RR and keep left (Don't veer right up the hill.) to pass under I-405 to the parking area. * NOTE: Plan to check out new bike lanes on Benson. *

Mon 13 * 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 14 * Leader's Choice * 10:00 AM / ~40 miles * Bellevue, I-405 Exit 9 * Café * 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 15 * Lowell-Snohomish Loop Plus * 10:00 AM / ~30 miles * Everett Lowell Park * Snohomish * Some Hills * Social * I-5 exit 192, east briefly on 41st St. SE, south on S 3rd Ave for .5 mile, Lowell Park on left. *

Thu 16 * Marymoor to Lake Forest Park * 10:00 AM / 25 miles * Redmond, Marymoor Park (trailhead) * Third Place Books * Flat * Slow * SR-520 Lake Sammamish Way exit, follow signs to the park. Park in first area on the left. Car parking fee is \$1. * **No Leader**

Sat 18 * Cedar River Park to Issaquah * 10:00 AM / 34

* **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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miles * Renton, Cedar River Park * Factoria * 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 19 * Ravensdale to Enumclaw * 10:00 AM / 41 miles * Ravensdale Park * Bring lunch for park * 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. *

Mon 20 * Group's Choice * 10:00 AM / 20-40 miles * Mercer Island, Luther Burbank Park * Plan lunch stop * 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.

Tue 21 * Russell Road Park to Tacoma to Vashon * 9:00 AM / 65 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 22 * West Seattle Tour * 10:00 AM / 20 miles * West Seattle, Jack Block Public Access (Alki) * Plan a stop * 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. *

Thu 23 * Bicentennial Park to Alki * 10:00 AM / ~30 miles * Tukwila, Bicentennial Park * Alki * Flat with one hill * 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 25 * Flaming Geyser to Black Diamond (Woods #7) * 10:00 AM / 34 miles * Green River Valley, Flaming Geyser SP (Model Airplane lot) * Bakery * Hilly * Moderate * SR-18 exit to SE Auburn Black Diamond Rd, right from ramp then right on SE Green Valley Rd for 8 miles, right on SE Flaming Geyser Rd (Turn left at "T" and park at end). *

Sun 26 * Marymoor to 3rd Place Books * 10:00 AM / 33 miles * Redmond, Marymoor Park (trailhead) * 3rd Place Books food court * Pretty 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. *

Mon 27 * Kirkland to Woodinville * 10:00 AM / ~25 miles * Kirkland, Houghton Park & Ride * Plan lunch stop * Some hills

* Social * I-405 northbound: exit 17, use right lane, right on 116th, left into park and ride lot. I-405 southbound: exit 17, use right lane, right turn and then up and over I-405, right on 116th, 2 blocks south, then left into park and ride lot. *

Tue 28 * Brannan Park to Buckley * 10:00 AM / 60 miles * Auburn, Brannan Park * Café * Several 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 29 * Cedar River Park to Landsburg * 10:00 AM / 33 miles * Renton, Cedar River Park * Must bring lunch for Landsburg * River grade * 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 dirt & return via Summit Road. *

Thu 30 * Centennial Trail * 10:00 AM / 25 miles * Snohomish, Centennial Trail * Bring Lunch for Lake Cassidy * Railroad grade * Slow * US-2/SR-9 to Snohomish, east on 2nd Ave, left on Maple, 4 blocks to trail. Park on Maple near intersection with Pine. * **No Leader**



Dates	Tour Name	Leaders
Aug 12-15	Eugene?	John Neller
Sept 13-15	Coeur d'Alenes Trail	Bruce & Gerry McLaren

Notes

Marymoor Starts: Often we list the "trailhead" start point where there is a \$1 charge to park a car. You have the option of parking in the free lot at the eastern entrance of the park and using your bicycle to meet the group at the trailhead start.

Other Northwest Cycling Tours

Dates	Tour Name	Leaders
June 5	Peninsula Metric	Tacoma Wheelmen
June 11	Flying Wheels	Cascade B C
June 18	Walla Walla	weatherill-cycling-classic-2011
June 25	Chelan Century	chelancenturychallenge.com
July 1-4	NW Tandem Rally	nwtr.org/2011/
Jul 9-10	STP	Cascade B C
Aug 5-6	RSVP	Cascade B C

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