

RIDE SCHEDULE - MARCH 2009

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



Sun 1 * Day Two (Return from Port Townsend to Edmonds)
* See Feb 28 schedule *

Sun 1 * North Sound Tour * 9:15 AM / 50 miles * Seattle, Colman Ferry Terminal * Somewhere * 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 Bainbridge. Ride to Poulsbo, Kingston (ferry), Lynnwood, & Greenlake. *

Mon 2 * 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 spaces now have a 4-hour time limit. *

Tue 3 * 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. *

Wed Slow & Easy 4 * Three Friends to Kent * 10:00 AM / ~25 miles * Kent, Three Friends Fishing Hole * Kent Senior Center * Flat * Slow * 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. * **No Leader**

Wed 4 * Luther Burbank to Kirkland * 10:00 AM / 27 miles * Mercer Island, Luther Burbank Park * Kirkland * 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. *

Thu 5 * Tukwila to Alki * 10:00 AM / 33 miles * Tukwila, trailside parking * Alki * 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. Park on the right south of the 6 hour limit area

if needed. Meet at the north end of Christensen Ave. * **No Leader**

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

Sat Slow & Easy 7 * Oxbow to IKEA * 10:00 AM / ~20 miles * Seattle, Boeing Oxbow Lot * IKEA * Flat * Slow * I-5 exit 158, west on Boeing Access Rd., north on Marginal Way 0.4 mile, left at traffic signal over the Oxbow bridge, left to park at south end of lot near Recreation Bldg. * **No Leader**

Sat 7 * Jack Block to Tukwila * 10:00 AM / 28 miles * West Seattle, Jack Block Public Access (Alki) * Panera Bakery (Minkler off Southcenter Parkway) * Flat * 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. *

Sun 8 * Fall City to North Bend * 10:00 AM / 27 miles * Fall City, Park & Ride lot * North Bend * Hilly * Social * I-90 exit 22, Preston-Fall City Road north to Fall City, cross bridge, left on SR-203, left into the parking lot.

Tue 10 * 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 Slow & Easy 11 * Three Friends to Tukwila * 10:00 AM / ~25miles * Kent, Three Friends Fishing Hole * Tukwila, Senior Center * Flat * Slow * 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. * **No Leader**

Wed 11 * Cedar River Park to Issaquah * 10:00 AM / 34 miles * Renton, Cedar River Park * Issaquah (restaurant) * A little hilly * 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. *

Thu 12 * 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**

Fri-Sun 13-15 * San Juan Island * 7:10 AM / 25 to 35 miles / day * Anacortes, ferry terminal * Plan lunch * Hilly * Social * I-5 exit 230, SR-20 west to Anacortes, follow signs to the ferry. * NOTES: Take 7:45 AM ferry to Friday Harbor. Stay at Friday Harbor Inn 1-800-752-5752. Games & socializing in evenings.

* **No Leader Tours** - Someone must record names of the tour participants and submit the list to Gordon Hesse 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 Slow & Easy 14 * Snoqualmie to North Bend * 10:00 AM / 25 miles * Snoqualmie, Off-street parking lot * Plan lunch stop * Nearly flat * Slow * I-90 exit 25 (SR-18). Turn left (north) on SE Snoqualmie Parkway for 4.1 miles to light. Turn right on Railroad Ave and go 0.5 miles. Turn right on Fir St (1 block short of Rail Station); park in off street lot on right. * **No Leader**

Sat 14 * South Lake WA * 10:00 AM / 25 miles * Renton, Gene Coulon Park * Bring light lunch * Few hills * Social * I-405 exit 5, west on Park Ave, north on Lake WA Blvd, left into 1st park entrance. Park in south lot area. *

Sun 15 * North End Ride * 10:00 AM / 30 Miles? * Kenmore, Logboom Park (Tracy Owen Station) * Group's Choice * Probably flat * 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. * **No Leader**

Tue 17 * 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 Slow & Easy 18 * Russell Road Park to Pacific * 10:00 AM / ~25 miles * Kent, Russell Road Park * Senior Center * Flat * Slow * I-5 exit 149/149A, SR-516 east, left on Meeker St, left on Russell Road, 1 block to the park. * **No Leader**

Wed 18 * 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. * **No Leader**

Thu 19 * Bothell to Ballard Locks * 10:00 AM / 30 miles * Bothell, Sammamish River Trail access parking lot (unpaved) * Locks * 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 Slow & Easy 21 * Russell Road Park to Supermall * 10:00 AM / ~25 miles * Kent, Russell Road Park * Supermall * Flat * Slow * I-5 exit 149/149A, SR-516 east, left on Meeker St, left on Russell Road, 1 block to the park. * **No Leader**

Sat 21 * Southworth to Port Orchard * 9:00 AM / 30 miles * West Seattle, Lincoln Park North Lot * Port Orchard * 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. * NOTES: Take 9:25 AM ferry to Southworth. If weather is bad, ride from Lincoln Park perhaps to Seattle waterfront. *

Sun 22 * 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. *

Tue 24 * 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 Slow & Easy 25 * Redmond to Bothell * 10:00 AM / 20 miles * Redmond, Town Center * Bothell Senior Center * Flat * Slow * SR-520 E. to West Lake Sammamish Parkway Exit, stay in right hand lane and turn left on Redmond Way toward Redmond Town Center; pick up right turn lane to turn right at intersection onto Leary Way, cross Bridge and turn right again at second light onto Bear Creek Parkway, follow Parkway for about 1/4 mile to World Market Blvd. on your right and into parking lot next to Trail * **No Leader**

Wed 25 * Gas Works North End Ramble * 10:00 AM / 25-30 miles * Gas Works Park * plan 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. Possible waypoints: Matthews Beach, Thornton Creek watershed, Interurban Trail *

Thu 26 * Wandering Around Woodinville * 10:00 AM / 24 miles * Kenmore, Logboom Park (Tracy Owen Station) * Café * Almost flat * 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. * **Jan Johnson (h) 425-672-0617**

Sat Slow & Easy 28 * Fall City to Carnation * 10:00 AM / 20 miles * Fall City, Olive Taylor Quigley Park * Carnation Senior Center * Flat * Slow * I-90 exit 22, Preston-Fall City Road north to Fall City, left into Fall City at the stop sign to the park along the river. Park along the street. * **No Leader**

Sat 28 * Cedar River Park to Issaquah * 10:00 AM / 33 miles * Renton, Cedar River Park * Issaquah * Couple of 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 29 * Gas Works Park to Edmonds * 10:00 AM / 35 miles * Seattle, Gas Works Park * Edmonds * 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

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parking spaces now have a 4-hour time limit. Leader plans to, park to the east on Northlake Wy. *

Tue 31 * Angle Lake Park to Brown's Point * 9:30 AM / 55 miles * SeaTac, Angle Lake Park * Café * Last half hilly * Moderate * I-5 exit 151 (northbound left on Military to 200th), west on S 200th St, right on International Blvd for 0.3 miles, right at spotlight into park. * NOTE: Plan to ride this one clockwise.



Dates	Tour Name	Leaders
Mar 13-15	San Juan Island	Kay Evey
Apr 3-5	Orcas Island	Dick Shahinian
May 23-26	Vancouver Island	John Neller
Jun 6-8	Albany Covered Bridges	Chace & Burlingame

Notes

Schedule Reminder: In case of conflict the ride schedule takes priority over the calendar for rides. Buff and Diane try to eliminate mismatches but they do happen.

Driving: U. S. Transportation Secretary Mary Peters reported that Americans drove 3.5% less in Oct 2008 than in Oct 2007. This is the sharpest decline since 1971. This along with improving gasoline mileage will reduce the size of the Highway Trust Fund which might mean more potholes and dying bridges.

Burley: The Design Coop is long gone and they are now manufacturing overseas. They recently unloaded a batch of overstock trailers through COSTCO. See <http://www.bicycleretailer.com/news/newsDetail/2221.html>

Tandem: The Arai drum brakes widely used as drag brakes on tandems are no longer in production and the wholesale supplies have been bought up by current tandem builders. Part of this is due to market shifts to disk brakes but they are not designed to work as drag brakes on long downhills found in the west.

Northwest Tandem Bicycle Racing: A new website carries scheduling information in case you would like to go watch one. <http://nwtandemracing.com/> Note this covers both road and off-road events. There is quite a bit going on.

New Yorker Bicycle Cartoons: While browsing for something to fill this space, I encountered a website with many years of bicycle cartoons from New Yorker magazine. They have fees for use so I can't just paste a favorite in but looking is free. Go to <http://www.cartoonbank.com/> and enter bicycle in the search window. They will even sell you the cartoon you like on a T-shirt.

Alternative rearview mirror: follow the link and bring \$300. <http://www.cerevellum.com:80>.

Other Northwest Cycling Tours

Dates	Tour Name	Leaders
Mar 14-15	Bike Expo	Cascade
Apr 19	Daffodil Classic	Tacoma Wheelmen
May 9	Inland Empire Century	Group Health
Jun 7	Peninsula Metric Cent.	Tacoma Wheelmen
Jun 13	Flying Wheels Century	Cascade
Jul 3-5	Northwest Tandem Rally – Vancouver BC	NWTR & sponsors
Jul 11-12	Seattle to Portland	Cascade
Sep 26	Tour de Whidbey	Whidbey Gen Hosp

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