

RIDE SCHEDULE - MAY 2009

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



Sat 2 * Carnation to Duvall * 10:00 AM / 25 miles *
Carnation, MacDonald Park * Duvall * Hilly * Low-moderate * I-90 exit 22, Preston-Fall City Road north to Fall City, cross bridge, left on SR-203 to Carnation, cross Tolt River, left into park. *

Sun 3 * Russell Road to Flaming Geyser SP * 10:00 AM / 45 miles *
Kent, Russell Road Park * Bring lunch to eat at state park * Minor grades * Moderate * I-5 exit 149/149A, SR-516 east, left on Meeker St, left on Russell Road, 1 block to the park.

Mon 4 * 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 5 * Southworth to Gig Harbor (Woods SW #94) * 9:10 AM / 38 miles *
West Seattle, Lincoln Park North Lot * Café * Fairly hilly * 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. * NOTES: Take 9:25 ferry to Southworth. *

Wed 6 * Preston to Carnation * 10:00 AM / 28 miles *
Preston, Lake Alice Trailhead * Carnation * Some hills * Social * I-90 exit 22, 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 7 * Bicentennial Park to Alki * 10:00 AM / 33 miles *
Tukwila, Bicentennial Park * Alki * Flat route * 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**

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

Sat 9 * No ride scheduled. Suggest the Lewis County Historical Ride, Stan Hedwall Park, Chehalis, WA. Choose from 20, 46, 72 or 100 mile routes. (Several club members usually ride the 46 mile route.) See: [Cycle Lewis County](#)

Sun 10 * Kingston to Poulsbo * 9:40 AM / 36 miles *
Edmonds, Ferry Terminal * Late lunch in Poulsbo (1:00 PM) * Some hills * Social * I-5 exit 177, follow signs to the Edmonds ferry terminal. Park on 3rd or 4th Avenue outside the restricted parking zone area. * NOTE: Take 10:10 AM ferry from Edmonds to arrive Kingston about 10:50 AM. *

Mon 11 * Lincoln Park to Vashon * 10:00 AM / ~30 miles *
West Seattle, Lincoln Park North Lot * Café * Hilly * 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 10:20 ferry to Vashon.

Tue 12 * Lincoln Park to Vashon * 9:10 AM / ~40 miles *
West Seattle, Lincoln Park North Lot * Café * Hilly * 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. * NOTES: Take 9:25 ferry to Vashon. *

Wed 13 * Bill's Ramble * 10:00 AM / 25-30 miles *
Gas Works Park * Probable pub 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. * NOTES: All parking spaces now have a 4-hour time limit. If you need more time, park to the east on Northlake Wy. Leader plans to ride on Beacon Hill. *

Thu 14 * Lake Sam to Red Hook * 10:00 AM / 28 miles *
Issaquah, Lake Sammamish State Park * Red Hook * Flat * Social * I-90 exit 15, follow signs to the park. Use first unpaved parking area on the LEFT. * **No Leader**

Sat 16 * Mercer Island to Medina * 10:00 AM / 30 miles *
Mercer Island, Luther Burbank Park * Bring or buy lunch to eat at Medina Park * 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. * NOTE: Will loop Mercer before going to Medina *

Sun 17 * Ride to the Meeting * 11:00 am / 30 miles *
Renton, Cedar River Park * Mercer Island * A few 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: BEBC meeting at the Mercer Island Library, 4400 88th Ave SE, Mercer Island *

* **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 Name (Tour #) * Start Time / Distance * Start point * Lunch stop * Terrain * Pace * Driving directions to start point

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

RIDE SCHEDULE - MAY 2009

Mon 18 * See May 4th. *

Tue 19 * Gold Coast Ride * 10:00 AM / ~40 miles * Bellevue, Newcastle Beach Park * Café * Some hills * Moderate * I-405 exit 9 turn west, right at T, follow signs to the park. *

Wed 20 * 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. * NOTE: Take 9:25 AM ferry to Southworth *

Thu 21 * Redmond to NOAA * 10:00 AM / 31 miles * Redmond, Sammamish Trail & 116th NE * NOAA * Flat * Social * I-405, exit at NE 124th (exit 20). Go east about 1.3 miles, right at bottom of hill on Willows Road, left at 116th about 1/4 mile, cross bridge, parking lot on right. * NOTE: Bring ID for NOAA entry. * No Leader

Sat-Mon 23-26 * Nanaimo Bar Tour by Sea * 7:00 AM / 200 miles * Anacortes Ferry Dock * Cafes * Moderate hills * Moderate * I-5 exit 226 (Mt. Vernon), SR-536 west, SR-20 west to Anacortes, follow signs to the ferry dock. Car parking: go to ferry tollbooth & west to lot. * NOTES: Take the 7:45 AM Washington State Ferry to Sidney, B.C.; ride to Chemainus first night, Surrey, B.C. second night, and Bellingham third night; then back to Anacortes. Daily mileage varies 40 to 60 miles. Four ferry crossings on ride. Passport or birth cert. + photo ID required for entering Canada. Recommend staying in Mt. Vernon, Burlington, or Anacortes Friday night in case traffic is bad. **This could be the last year the ferry to Sidney operates! ***

Sat 23 * Madison Park to Seward Park * 10:00 AM / 15 miles * Seattle, Madison Park * Bring a snack if desired. * Few hills * Social or Slow * Location is where Madison St crosses 43rd Ave E by the shore of Lake WA. Park in the area and ride to meet in front of the park restrooms. * No Leader

Sun 24 * Three Friends to Alki * 10:00 AM / ~35 miles * Kent, Three Friends Fishing Hole * Alki * Some 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. *

Tue 26 * Sammamish Plateau * 10:00 AM / 40+ miles * Bellevue, Newcastle Beach Park * Café * Some hills * Moderate * I-405 exit 9 turn west, right at T, follow signs to the park.

Wed 27 * Tukwila Community Center to Alki * 10:00 AM / 25 miles * Tukwila, Community Center * Alki * Flat * Social * I-5 (Southbound) Exit 156, right on Interurban Ave (for 0.6 mile), right on 42nd Ave S over Duwamish. Turn right on 124th and park in NE section of parking lot. I-5 (northbound), Exit 156 (keep right to stay on ramp to first exit), left on Interurban Ave. Then follow directions above. *

Thu 28 * Snohomish to Arlington * 10:00 AM / 32 miles * Snohomish, Centennial Trail * Arlington end of trail * 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. * No Leader

Sat 30 * 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 31 * Fall City to North Bend * 10:00 AM / 27 miles * Fall City, Park & Ride lot * North Bend * Some hills * Social * I-90 exit 22, Preston-Fall City Road north to Fall City, cross bridge, left on SR-203, left into the parking lot. *



<u>Dates</u>	<u>Tour Name</u>
Jun 6-8	Albany Covered Bridges
Sep ~5-7	Yakima Valley
Sep 15-17	Kellogg Idaho Rides

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RIDE SCHEDULE - MAY 2009

Notes

Slow & Easy: There are currently no regular Slow & Easy riders who are able to ride. Thus the effort to schedule these rides is being dropped. A suggestion for social contact is to try meeting the regular ride at lunch stop or start point. Calling the leader is a way to see if that might work for a specific ride. If you feel like you would like to ride Slow and Easy rides get involved in scheduling them to meet your needs. We could restart them anytime there is support for them.

Covered Bridge Rides from Albany, OR:

The lengths of the three rides are about 62, 48, and 33 miles. The riding is mostly rural with good scenery. Riders could modify the routes if desired. The second day has several interesting covered bridges. The last day is short to get us on the road at a reasonable time.

"Riders are not ducks, so they shouldn't drink plain water." -- Eddie B (Borysewicz), former U.S. national cycling team coach. Buff managed to run low on electrolytes in Death Valley by drinking plain water which led to an extra slow finish of a ride. With warmer weather coming, one of the electrolyte replacement drinks might be appropriate for you too.

Bike Friday: Several BEBC riders have Bike Friday machines for travel or commuting. There is a new local dealer for these the Montlake Bike Shop, 2223 24th Ave E, Seattle.

Bike to Work Day: This year Friday May 15th is designated as Starbucks Bike to Work Day in the Seattle area. Some BEBC members volunteer to man counting stations for Cascade Bicycle Club. There are free items to pass out and riders to count. It is a good chance to get involved in promoting commuting by bike rather than in cars. Information on the planned events is available.

http://www.cbcef.org/btw/btw_day.html

Other Northwest Cycling Tours

Dates	Tour Name	Leaders
May 3	May Day Metric Federal Way	www.maydaymetric.net
May 9	Lewis County Historical	Chehalis-Centralia Optimists Club
Jun 6	Blast from the Past, Sedro- Woolley	blastfromthepastcentury.org
Jun 7	Peninsula Metric Southworth Gig Harbor	www.twbc.org Tacoma Wheelmen's BV
Jun 20	Wheels to Meals Puyallup	www.wheelstomeals.org
Jun 20	Chelan Century Challenge	Chelan Rotary
Jun 28	Two-County Dbl Metric (various lengths avail)	Capitol Bicycle Club Olympia
Aug 9	Thurston County, WA Rally (various lengths)	Capitol Bicycle Club Olympia
Aug 22- 23	RAPSody	rapsodybikeride.com

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