

# RIDE SCHEDULE - MAY 2010

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



**Sat-Mon 1-3 \* Victoria BC Rides \* 7:15 AM / 25-40 miles per day \***

**Tue 4 \* 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 5 \* Fall City to Snoqualmie Pub \* 10:00 AM / ~30 miles \*** Fall City Park & Ride \* Snoqualmie Pub \* 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 \*

**Thu 6 \* Ron Regis to Landsburg \* 10:00 AM / 26 miles \*** Renton, Ron Regis Sports Park \* Bring lunch \* River grade \* Social \* I-405 exit 4 (southbound) or 4A (northbound), east on Maple Valley Hwy past the Maplewood Golf Course. Turn left on 149th Ave SE, entrance immediately on left. \* **No Leader**

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

**Sat 8 \* Jack Block to IKEA \* 10:00 AM / ~28 miles \*** West Seattle, Jack Block Public Access (Alki) \* IKEA lunch \* Mostly 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 9 \* 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 10 \* Group's Choice (with Pub Lunch) \* 10:00 AM / 20-40 miles \*** Gas Works Park \* Plan pub lunch stop at the Jolly Roger \* 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 11 \* Gig Harbor \* 9:10 AM / 35 miles \*** West Seattle, Lincoln Park North Lot \* Café \* Several 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 \*

**Wed 12 \* Lincoln Park/Southworth to Port Orchard \* 9:10 AM / 28 miles \*** West Seattle, Lincoln Park North Lot \* Meet leaders at Southworth ferry dock. \* Port Orchard \* A few 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 the **9:25 AM ferry** to Southworth. \*

**Thu 13 \* 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. \*

**Sat 15 \* Gasworks to Edmonds \* 10:00 AM / ~ 35 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. \*

**Sun 16 \* Russell Road Park to Sumner \* 10:00 AM / 37 miles \*** Kent, Russell Road Park \* Sumner \* Flat \* Moderate \* I-5 exit 149/149A, SR-516 east, left on Meeker St, left on Russell Road, 1 block to the park. \*

**Mon 17 \* Group's Choice or North Lake\* 10:00 AM / ~45 miles \*** Gas Works Park \* 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 18 \* Three Friends to Ballard \* 10:00 AM / 45 miles \*** Kent, Three Friends Fishing Hole \* Café \* Few 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 19 \* Logboom to Maltby \* 10:00 AM / 30 miles \*** Kenmore, Logboom Park (Tracy Owen Station) \* Maltby

\* **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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\* Moderately 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. \*

**Thu 20 \* Snoqualmie Railroad Park to North Bend \* 10:00 AM / 25 miles** \* Snoqualmie Railroad Park \* North Bend \* Almost flat \* Social \* I-90 exit 25, left onto Snoqualmie Parkway, at T turn right on Railroad Ave in Snoqualmie for ~2 blocks, turn right on Fir St, then right again into parking lot. \* NOTE: Turn around is at Ken's Truck Town (East end of North Bend Way). Eat back in town. \* **No Leader**

**Sat 22 \* Ride Leader Social Ride & BEBC Meeting \* 10:00AM / 35 or 25 or 12 or 0 miles** \*

**Sun 23 \* Tukwila to Alki \* 10:00 AM / ~30 miles** \* Tukwila, Bicentennial Park \* Alki \* Flat with one hill \* Macadam out and trail back (30 miles) 1 hill (Macadam (up & down) \* Social \* Café lunch stop \* 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.)

**Mon 24 \* 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 25 \* Leader's Choice \* 10:00 AM / ~40 miles** \* Auburn, Brannan Park \* Cafe \* 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 26 \* Cedar River Park to Landsburg \* 10:00 AM / ~33 miles** \* Renton, Cedar River Park \* Bring lunch to eat at park \* Some 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: 10 miles of hard packed trail \* **Chris & Lila Rayl 206-772-0251**

**Thu 27 \* Oxbow to IKEA \* 10:00 AM / 24 miles** \* Seattle, Boeing Oxbow Lot \* IKEA \* Flat \* Social \* I-5 exit 158, west on Boeing Access Rd, north on Marginal Way 0.3 mile, left at traffic signal on S 102nd St over the Oxbow bridge, turn left at end of bridge to park at south end of lot near Recreation Bldg. \* **No Leader**

**Sat-Tue 29- June 1 \* Nanaimo Bar Tour by the Sea \* 7:30 AM / 200 miles**

**Sat 29 \* Ravensdale to Enumclaw \* 10:00 AM / 41 miles** \* Ravensdale Park \* Enumclaw \* Some hills \* Moderate\* lunch at the park in Enumclaw. \* 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. \*



Dates	Tour Name	Leaders
May 29 - Jun 1	Nanaimo Bar Tour by the Sea	John Neller
Jun 26-27	Grant County	Buff & Diane Chace
Sept 14-16	Trail of the Coeur d'Alenes	B & Gerry McLaren
Oct 9-10	Wishkah-Wynoochee	Burlingame & Chace

## Notes

**An important reminder: Our rides normally start on time. This works if riders are ready to ride at the scheduled time and leaders resist the temptation to leave early when all expected riders are there. Second, if riders leave the group before the end of the ride they should check out with the leader. Thus, if a rider drops off the back of the ride, it might indicate a mechanical problem and the group would return to investigate or wait. Perhaps the key to making this all work is open communications between members of the ride. Please, be kind to the ride leaders as there are no scheduled rides without them. Choose rides that suit your capabilities; pace is always listed on the ride description.**

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Terrain Difficulty: Flat, Easy Hills, Moderate Hills, Hilly, Strenuous Hills

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## Other Northwest Cycling Tours

Dates	Tour Name	Leaders
May 2	May Day Metric	<a href="http://teamtailwind.com">teamtailwind.com</a>
May 8	Lewis County Historical Ride	<a href="http://cyclelewiscounty.org/lchr/">http://cyclelewiscounty.org/lchr/</a>
May 15	Reach The Beach	<a href="http://ReachTheBeach.org">ReachTheBeach.org</a> Oregon
May 22	Tour de Cure	<a href="http://AmDiabetesAssn">Am Diabetes Assn</a>
June 26	Rides (35 & 100 miles)	<a href="http://www.centuryride.com/">http://www.centuryride.com/</a> by Chelan Rotary
June 12	Flying Wheels	Cascade Bicycle Club
July 17-18	STP	Cascade Bicycle Club

**Victoria BC rides:** If you stay the Friday night in Anacortes, the leaders will be staying at the Anaco Inn, 905 20<sup>th</sup> St., Anacortes, WA 98221 (Phone 360-293-8833 or toll-free 888-293-8833). In Victoria, the leaders plan to arrive Saturday (5/1) and depart Monday (5/3) at Paul's Motor Inn. They honor AAA and senior (65+) discounts. Reservations can be made at (<http://www.paulsmotorinn.com/index.htm>). You have the option of other lodging but the rides will start from these motels so pick something close enough. If you plan to go, make your reservations immediately. A note: bikers have to carry their own luggage through all customs even though the rest of the trip has SAG.

**From BAW:**

**Apr 18 : 35th Annual Daffodil Classic - Orting**

Starts in Puyallup Valley, winds through Orting valley and surrounding hills. Choose from 40-, 60- and 100-mile loops or 1- to 30-mile paved trail options. Includes map, sag, fully-stocked rest stops & strawberry shortcake at finish line. Tacoma Wheelmen's Bicycle Club

[www.twbc.org](http://www.twbc.org)

**Apr 25 : Lilac Century & Family Ride - Spokane**

Choice of 15, 25, 50, 66 or 100 mile loop through rural Riverside State Park. 15 & 25 designed for less experienced riders mostly on the Centennial Trail. Start 7:30am, 9am or 10am at Spokane Falls Community College. Fully supported, potato feed & live music at finish. Optional 5km run for triathletes in training.

Spokane's Aurora Northwest Rotary Club

[www.northdivision.com](http://www.northdivision.com)

**May 1 : RACC - Ride Around Clark County - Vancouver**

Four beautiful and challenging ride options (18-, 34-, 65- & 100-mile) through scenic Clark County. Four rest stops. Vancouver Bicycle Club

[www.vancouverbicycleclub.com](http://www.vancouverbicycleclub.com)

**May 2 : Rhody Bike Tour - Port Townsend**

32-, 45- or 62- and 12-mile family routes. Longest routes on East Jefferson County's rural roads. Nice hills on half-metric course, challenging ones on full century. 12-mile course on

Larry Scott Trail. Full support. Benefits various non-profits. Port Townsend Bicycle Association  
[www.ptbikes.org](http://www.ptbikes.org)

**May 2 : May Day Metric - Federal Way**

3 challenging routes (50, 72 or 104 miles) on back roads of South Sound. Start 6:30-10am at Phil's South Side Cyclery. Portion of each entry fee and all residuals donated to BAW & Orting Food Bank. Supported rest stops every 25 miles. Phil's South Side Cyclery / Tailwind  
[www.maydaymetric.net](http://www.maydaymetric.net)

**May 8 : Group Health Inland Empire Century - Richland**

Century ride with 25-, 50-, and 75- mile route options. Century goes east through Benton City, up a reworked Webber Canyon Road, west to Prosser, and back to Richland. Kiwanis of Columbia and Tri-Cities Industry  
[www.inlandempirecentury.org](http://www.inlandempirecentury.org)

**May 8 : Skagit Spring Classic - Burlington**

20th annual. 25-, 40-, 65- and 100-mile routes through scenic northern Skagit and southern Whatcom Counties. Family 10-mile trail route. Food stops, post-ride meal. T-shirt if preregistered. Start 7am from Bayview Elementary School. Skagit Bicycle Club.

**BEBC ride leaders Don, Jan, and Bill also lead rides for Cascade. Check the CBC web site <http://www.cascade.org> and go to daily rides if you are looking for a ride on a day no Boeing rides are scheduled.**

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