

# RIDE SCHEDULE - MAY 2011

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



**Sun 1 \* Mercer & South Lake WA \* 10:00 AM / 34 miles \*** Mercer Island, Lid Park west parking lot \* Lunch at Gene Coulon Park \* Some hills \* Moderate \* Eastbound: I-90 exit 6, left on W Mercer Way, left into parking lot west of the tennis courts. Westbound: I-90 exit 7, follow N Mercer Way, winds to W Mercer Way, lot on right. \* NOTE: Will ride CW. \*

**Mon 2 \* Group's Choice \* 10:00 AM / ~30 miles \*** North Bend, Si View Park \* Plan lunch \* Some hills \* 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. \*

**Tue 3 \* 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 4 \* Ravensdale to Enumclaw \* 10:00 AM / 41 miles \*** Ravensdale Park \* Lunch at park in 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. \*

**Thu 5 \* Red Hook \* 10:00 AM / 28 miles \*** Issaquah, Lake Sammamish State Park \* Red Hood Brewery \* Nearly flat \* Slow \* I-90 exit 15, follow signs to the park. Use first unpaved parking area on the LEFT. \* **No Leader**

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

**Sat 7 \* Ron Regis to Lake Sawyer \* 10:00 AM / 35 miles \*** Renton, Ron Regis Sports Park \* Group Choice \* Some hills \* 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. \*

**Sun 8 \* Group's Choice \* 10:00 AM / ~30 miles \*** Mercer Island, Luther Burbank \* 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. \* **No Leader**

**Mon 9 \* Group's Choice \* 10:00 AM / ~30 miles \*** Fall City, Park & Ride lot \* Carnation \* Flat \* Social \* 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. \*

**Tue 10 \* 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 11 \* Tukwila 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.) \* NOTE: Macadam out and trail back (30 miles) \*

**Thu 12 \* Bicentennial Park to Alki \* 10:00 AM / 33 miles \*** Tukwila, Bicentennial Park \* Alki \* Flat \* Slow \* 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-Mon 14-16 \* Salem OR Rides \* 9:00 AM / Various \*** Salem, OR, Travelodge Salem Capitol, 1555 State St. \* Bring or buy lunch fixings \* Fairly flat \* Social \* I-5 Oregon exit 256, right (west) on Market St NE for 1.1 mi, left (south) on 17th St for 1.0 mi, right on State St to 1555 State St. \* NOTES: Sat ride to Schreiner's Iris Gardens and Cooley's Iris Gardens 41 miles, Sun ride to Independence, 45 miles, Mon a ride of about 25 miles, then drive home. \*

**Sat 14 \* Fishermen's Terminal \* 10:00 AM / ~25 miles \*** West Seattle, Jack Block Public Access (Alki) \* Fishermen's Terminal \* Nearly 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 15 \* Seward Park to West Seattle \* 10:00 AM / 30 miles \*** Seattle, Seward Park picnic shelter \* West Seattle \* A few hills \* Social \* Seward Park is at Lake Washington Blvd S and South Juneau Street in Seattle. The picnic shelter is southeast of the entrance. \*

\* **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)**

# RIDE SCHEDULE - MAY 2011

**Mon 16 \* Leader's Choice \* 10:00 AM / ~30 miles** \* West Seattle, Jack Block Public Access (Alki) \* Des Moines \* 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. \*

**Tue 17 \* Kent to Issaquah \* 10:00 AM / 55 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 18 \* Red Hook \* 10:00 AM / 32 miles** \* Issaquah, Lake Sammamish State Park \* Red Hood Brewery \* Nearly flat \* Social \* I-90 exit 15, follow signs to the park. Use first unpaved parking area on the LEFT. \*

**Thu 19 \* 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**

**Sat 21 \* Lake Morton & Meeting \* 10:00 AM / 25 or 35 miles** \* Maple Valley, Lake Wilderness Co. Park \* Cabin at Lake Morton \* Hilly \* Social \* SR-169 (Maple Valley Road) east to Witte Road (traffic light), right on Witte, left on 248 St, right on 224 Ave, left into the park. \* NOTES: This will be a club meeting. Non-riders should come at 12:30; notify leaders so there will be food for you. Pizza is planned. \*

**Sun 22 \* 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. \*

**Mon 23 \* 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 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 25 \* Snohomish to Arlington \* 10:00 AM / 35 miles** \* Snohomish, Centennial Trail \* Arlington \* Flat \* 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. \*

**Thu 26 \* 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-Tue 28-31 \* Nanaimo Bar Tour by Sea \* 7:45 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 8:30 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. Call ride leader a **week** ahead re: lodging before making any reservations. Recommend staying in Mt. Vernon, Burlington, or Anacortes Friday night in case traffic is bad. \*

**Sat 28 \* Cedar River Park to Issaquah \* 10:00 AM / 34 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 29 \* Panera \* 10:00 AM / 33 miles** \* West Seattle, Jack Block Public Access (Alki) \* Panera \* 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. \*

**Mon 30 \* Memorial Day** (No local ride)

**Tue 31 \* Group's Choice \* 10:00 AM / ~30-40 miles** \* Auburn, Brannan Park \* Black Diamond \* 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. \* **No Leader**



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

\* **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)**

# RIDE SCHEDULE - MAY 2011

---

## Notes

**George Aasal Memorial:** The event will take place on Saturday May 7, 2011 -- from Pier 55 aboard the Goodtime III -- Boarding at 10:30 AM and sailing at 11AM for about 1 hour, Return time noon. After the ash scattering you are invited to celebrate George's life with his family and friends at the family home.

The **Climate Prediction** for the next month shows us cool and wet (So what's new?) For the period through June we are cooler than normal but no longer wetter than normal. Check it out at: [www.cpc.ncep.noaa.gov/](http://www.cpc.ncep.noaa.gov/). Hang in there; better cycling weather is on the way (at last). The cause behind this is that La Niña, which is still driving our weather (though it is weakening and projected to end in late June).

## Other Northwest Cycling Tours

Dates	Tour Name	Leaders
May 7	Lewis County Historical	<a href="http://cyclelewiscounty.org">cyclelewiscounty.org</a>
June 25	Chelan Century	<a href="http://chelancenturychallenge.com">chelancenturychallenge.com</a>
July 1-4	NW Tandem Rally	<a href="http://nwtr.org/2011/">nwtr.org/2011/</a>
Jul 9-10	STP	Cascade B C
Aug 5-6	RSVP	Cascade B C

---

\* **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)