

# RIDE SCHEDULE - OCTOBER 2009

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



**Thu 1 \* 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**

**Sat 3 \* Ruby Chow to IKEA \* 10:00 AM / 25 miles** \* Seattle, Ruby Chow Park (north end Boeing Field) \* IKEA \* Flat \* Slow \* I-5 exit 161 (Southbound: Albro exit. Northbound: Swift Ave. north, left on Albro.) South on 13th Av S to Hardy. \*

**Sun 4 \* Sedro Woolley - Concrete (Woods # 74, NW 4th ed.) \* 9:30 AM / 52 miles** \* Parking lot by Sedro Woolley High School \* Concrete (Picnic or Cafe) \* Flat \* Social \* I-5 exit 230, SR-20 east to Sedro Woolley, right on SR-9, left on West State St., right on Third St. to Nelson. Park in front of school building on Nelson. \*

**Mon 5 \* Organ Concert \* 10:00 AM / ~25 miles** \* Gas Works Park \* Plan lunch stop at concert \* 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 6 \* Cedar River Park to Black Diamond \* 10:00 AM / 45 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 7 \* Luther Burbank Park to Lake WA Votech \* 10:00 AM / 30 miles** \* Mercer Island, Luther Burbank Park \* Lunch at college. \* Moderate 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 8 \* Brannan Park to Flaming Geyser \* 10:00 AM / 30 miles** \* Auburn, Brannan Park \* Flaming Geyser \* Flat \* 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 10 \* South Lake WA \* 10:00 AM / 25 miles** \* Renton, Gene Coulon Park \* Option for lunch after ride \* A few hills \* Moderate \* I-405 exit 5, west on Park Ave, north on Lake WA Blvd, left into 1st park entrance. Park in south lot area. \*

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

**Sun 11 \* Marymoor to Carnation and Fall City \* 10:00 AM / 40 Miles** \* Redmond, Marymoor Park (trailhead) \* Carnation \* Two big hills, otherwise 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 12 \* 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 13 \* Russell Road Park to Alki \* 10:00 AM / 46 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 14 \* Tukwila Senior Center to Alki \* 10:00 AM / 30 miles** \* Tukwila, Senior Citizen Center \* Alki \* Flat \* Social \* I-5 (Southbound) Exit 156, right on Interurban Ave (for 0.6 mile). [I-5 (Northbound), Exit 156 (keep right to stay on ramp to first exit), left on Interurban Ave.] Turn right on 42nd Ave S over Duwamish. Turn right on 124th and park in NE section of parking lot. \*

**Thu 15 \* 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 17-19 \* Champoeg Rides (3 Days) \* 9:00 AM each day / 30-50 miles per day** \* See notes at end of schedule for the start points. \* Some hills \* Social \*

**Sat 17 \* Ride to Ray's \* 10:00 AM / 27 miles** \* West Seattle, Jack Block Public Access (Alki) \* Ray's Boathouse in Ballard \* Easy 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. \* NOTE: Over the locks going and Univ. Bridge on return, possible stop at original Starbucks.

\* **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 - OCTOBER 2009

-----  
**Sun 18 \* Cedar River Trail to Maple Valley Grange \* 10:00 AM / 30 miles** \* Renton, Cedar River Park \* Pancake Brunch \* 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. \* NOTES: Brunch \$5.00 includes ham, eggs, beverage and unlimited pancakes. Planned return is via May Valley. \*

-----  
**Tue 20 \* A Northern Exposure \* 10:00 AM / ~40 miles** \* Bellevue, I-405 Exit 9 \* Café \* Some hills \* Limited to 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 21 \* Luther Burbank to Renton Tech College \* 10:00 AM / 30 miles** \* Mercer Island, Luther Burbank Park \* Lunch at college \* 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. \* **Pete & Hannelore Maas (h) 425-255-4192**

-----  
**Thu 22 \* Bothell to Ballard Locks \* 10:00 AM / 30 miles** \* Bothell, Sammamish River Trail access parking lot (unpaved) \* Ballard \* 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 24 \* Cedar River Park to Issaquah \* 10:00 AM / 33 miles** \* Renton, Cedar River Park \* Issaquah \* Couple of 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: Plan to check for salmon in Cedar River. \*

-----  
**Sun 25 \* Tukwila Trailside to Alki \* 10:00 AM / 25 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. \*

-----  
**Mon 26 \* 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 27 \* Brannan Park to Tacoma \* 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 28 \* Preston to Carnation \* 10:00 AM / 28 miles** \* Preston, Lake Alice Trailhead \* Remlinger Farm \* 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 29 \* Ron Regis Park to Landsburg \* 10:00 AM / 25 miles** \* Renton, Ron Regis Sports Park \* Bring lunch for Landsburg \* 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. \*

-----  
**Sat 31 \* Kubota Gardens via Capitol and Beacon Hills and Chief Sealth Trail \* 10:00 AM / 20-40 miles** \* Gas Works Park \* Picnic lunch at Gardens \* 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. \* **Bill Lemke (h) 206-284-2843**

\* **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 - OCTOBER 2009



Dates	Tour Name	Leaders
Late Feb 2010	Port Townsend	Mack Van Wyk
<b>Time to plan for next year! Send preliminary plans to Buff.</b>		

## Notes

**Cue Clip:** Julie Redd noted a clip for holding a route sheet or map on rides. She obtained a sample from the company. See the details at <http://www.cueclip.com>.

**Champoeg Area Rides:** Leaders plan to stay at Super 8 Motel in Wilsonville, 25438 SW Parkway Av, Wilsonville, OR phone 503-682-2088. They offer a 10% discount for AAA or AARP members. You are encouraged to make your reservation as soon as you can. Other motels are available in the area. We used the Snooze Inn for years for lower price accommodations. Camping at Champoeg is still an option.

This is a nice rural area for riding with the autumn harvests in view. Now, if we can get some dry weather. We've varied the routes a bit from the last time this was done in 2005.

**Saturday** October 17: Start at 9:00 AM in Newburg, OR. This ride covers 45 miles, using the Wheatland Ferry to cross the Willamette River. **Bring lunch** to eat (after ferry) at Williamson S. P. The route is largely flat with a few hills.

**Driving directions:** I-5 OR exit 283; West on Wilsonville Rd for 12 miles; Half right on SR-219 (NE St Paul Hwy) for 1.2 mi; Follow SR-219 right (north) on Villa Rd then left on SR-99W for 0.3 miles; Left on S River St for a block, park in diagonal parking on your left.

**Sunday** October 18: Start at 9:00 AM from Molalla River SP in Canby, OR on ride #18 Molalla-Pudding from Bicycling the Backroads of Northwest Oregon 2<sup>nd</sup> Ed. The full ride is 49.4 miles with an option to cut it to 30 miles if needed. Total elevation gain for the full loop is 1390'. **Bring** at least an emergency **lunch** as availability on this route is uncertain.

**Driving directions:** I-5 southbound in OR. Exit 282A toward Canby/Hubbard for 0.7 mi, merge on to Wilsonville Hubbard Hwy No 51 for 1.1 mi, left on NE Arndt Rd for 1.8 mi, continue on S Knights Bridge Rd for 2.2 mi, left on N. Holly St for 1.9 mi to where it bends right and becomes NE 37th Av, turn left into park and drive to parking area on left.

**Monday** October 19: Start at 9:00 AM from Champoeg S. P. upper parking lot for a loop through Canby, Aurora and back. The distance is 29 miles. No lunch is planned. **Driving**

**directions:** I-5 south to exit 278; West on Ehlen for 2.3 miles; North on Case for 1.4 miles; Left on Champoeg 1 mile to park.

## Other Northwest Cycling Tours

Dates	Tour Name	Leaders
9/27	Headwaters Century fm Enumclaw	<a href="http://www.twbc.org">www.twbc.org</a>
Oct 3	Manashtash Metric fm Ellensburg	<a href="http://www.drier-ride.org/">www.drier-ride.org/</a>

\* **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 - OCTOBER 2009



**\* 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)