

RIDE SCHEDULE - OCTOBER 2011

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



Sat 1 * 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. *

Sun 2 * Lake Sammamish Trail and Road from Pickering Barn * 10:00 AM / ~25 miles * Issaquah/Pickering Barn * Lunch at Whole Foods * Few hills * I-90 exit 15, turn north on SR-900, becomes 17th Ave NW then bends east to become NW Sammamish Rd (SE 56th St). After 0.4 mile, turn right on 10th Ave NW. Take first left into Pickering Barn. Parking areas are to the left, straight and to the right. *

Mon 3 * Leader's Choice * 10:00 AM / ~35 miles * Mercer Island, Luther Burbank Park * Plan lunch * 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. *

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 * West Seattle Tour * 10:00 AM / 20-30 miles * West Seattle, Jack Block Public Access (Alki) * Plan a stop * 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. *

Thu 6 * 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**

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

Sat 8 * Bremerton to Seattle * 9:45 AM / ~40 miles * Seattle, Colman Ferry Terminal * Lunch in Poulsbo at café * Somewhat hilly * Social * Ferry terminal (Pier 52) is at 801 Alaskan Way in Seattle. Meet by Fountain * **NOTE: Take 10:00 AM ferry to Bremerton and return by Bainbridge Ferry.** Leader will ride from home and meet riders parking at Myrtle Edwards Park at **9:25 AM**, a good place to park on a Saturday * **To get to the Park going south on I-5.** Take Exit #167 towards Mercer Street and Seattle Center. Right on Fairview Ave N. Left on Valley Street. Valley becomes Broad Street. Right on Denny Way. Right on Western Ave W and continue as Elliott Ave W. Take right on W. Galer Street (Magnolia Bridge Exit) and **STAY LEFT** to circle left over Elliott Avenue and train tracks (do not go over Magnolia bridge). Turn right at stop sign and follow signs to free parking lot at north end of Myrtle Edwards Park. **Going north on I-5.** Take Exit #165 (Seneca Street). Merge onto Seneca Street. Right on 1st Ave. Left on Denny Way. Right on Western Ave W and continue as Elliott Ave W. Take right on W. Galer Street (Magnolia Bridge Exit) and **STAY LEFT** to circle left over Elliott Avenue and train tracks (do not go over Magnolia bridge). Turn right at stop sign and follow signs to free parking lot at north end of Myrtle Edwards Park. *

Sun 9 * South Lake Washington * 10:00 AM / ~25 miles * Mercer Island, Luther Burbank Park * Café lunch * 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. *

Mon 10 * Kirkland Art ride * 10:00 AM / ~25 miles * Kirkland Juanita Beach Park * Café lunch * Some hills * Social * Many stops to view sculptures and public art * I-405 exit 20A northbound (20B southbound), turn west on NE 116th St for 1.7 miles, left into Juanita Beach Park lot. *

Tue 11 * 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 12 * Ravensdale to Enumclaw * 10:00 AM / 41 miles * Ravensdale Park * Enumclaw * Some hills * Social * I-405 northbound exit 4A, (southbound exit 4 then south on Sunset Blvd), east on SR-169 (Maple Valley Rd), left on Kent-Kanglely Rd, right on 272nd Ave SE. Meet by the rest rooms. *

Thu 13 * Ron Regis to Landsburg * 10:00 AM / 24 miles * Renton, Ron Regis Sports Park * Bring lunch * River grade * Slow * 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 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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Sat 15 * Lake Ballinger to Everett*10:00AM/28miles
* Ballfields by Ballinger Lake Golf Course, 23000 Lakeview Drive, Mountlake Terrace * Lunch at Everett Mall food court* Social * I-5 take exit 177 ("Hwy 104/Ballinger Way"); go west (as if to Edmonds); turn north on 76th at the light and then east on 228th which curves and the parking is on the right. (Note: there are many ways to get here; choose yours from the Internet if you wish.) Park in the parking lot at the ballfields adjoining the Ballinger Lake Golf Course, 23000 Lakeview Drive, Mountlake Terrace, or along the street if there is a ball game going on. *

Sun 16 * 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. *

Mon 17 * Luther Burbank Park to Lake WA Votek * 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. *

Tue 18 * Leader's Choice * 10:00 AM / 45 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 19 * Lowell-Snohomish Loop Plus * 10:00 AM / ~30 miles * Everett Lowell Park * Snohomish * Lunch in Snohomish * Some Hills * Social * I-5 exit 192, east briefly on 41st St. SE, south on S 3rd Ave for .5 mile, Lowell Park on left. *

Thu 20 * 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**

Fri 21 * Sounder Ride * 12:00 PM / 35 miles * Tukwila, Sounder/Amtrak Station (north lot) * Restaurant * Flat * Social * From I-405 Exit1, go to Grady Way and proceed east for 0.6 miles to intersection of Oakesdale Ave and Grady Way, go south on Oakesdale Ave under (I-405) 0.1 mile, turn right on SW 16th St, go west 0.4 mile, turn left on Longacres Way (no street sign), then immediately right to follow Longacres Way and follow road for 0.2 mile. Park north of fence. There is a gap at the east end of the fence for cyclists and pedestrians. * NOTE: Ride the highways and byways and trails in the Green River and Puyallup River valleys. We'll ride to Puyallup and return via the Sounder to Tukwila. Unfortunately it won't be possible to take tandems or recumbents on the Sounder. Return fare is about \$4. *

Sat 22 * Bicentennial Park to Fremont * 10:00 AM / 43 miles * Tukwila, Bicentennial Park * Café * Few hills * Moderate * 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.) *

Sun 23 * 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 24 * Leader's Choice * 10:00 AM / ~ 30 miles * Tukwila, Community Center * 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. *

Tue 25 * Cedar River Park to Issaquah+ * 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. * NOTE: Includes South Lake WA *

Wed 26 * 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. *

* **No Leader Tours** - Someone must record names of the tour participants and submit the list for mileage credit.

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

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Thu 27 * Foothills Trail to South Prairie * 10:00 AM / 32 miles * Puyallup, East Puyallup/Meeker Trailhead * River grade (up going) * Social * From southbound SR-167, which flows into SR-512, exit to Pioneer St in Puyallup. Turn east on Pioneer for 1.6 miles to where it bends right. Do NOT go right, instead, turn left, cross tracks, turn right on 80Th St E and drive east 0.6 miles to East Puyallup/Meeker Trailhead. * **No Leader**

Sat 29 * Cedar River Park to Issaquah+ * 10:00 AM / ~34 miles * Renton, Cedar River Park * Lunch at 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 30 * Cedar River Park to Landsburg * 10:00 AM / 33 miles * Renton, Cedar River Park * We'll stop to see Salmon along the way * Must bring lunch for Landsburg * River grade * 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 dirt & return via Summit Road.

Mon 31 * Organ Concert * 10:00 AM / 20-40 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. *



Dates	Tour Name	Leaders
Spring 2012	Victoria BC	Bill and Jody Lemke
October 13, 2011	Membership Meeting	BECB

Other Northwest Cycling Tours

Dates	Tour Name	Leaders
September 25, 2011	Kitsap Color Classic	Cascade Bicycle Club
September 27, 2011	Bike Pac Trivia Night and Party	Cascade Bicycle Club
October 1, 2011	Ellensburg Manastash Metric	Ellensburg Parks and Recreation

Notes

The parking barriers on the Green River Trail near BECU have been removed, thanks to the efforts of John Neller and others!. John suggests you email Jamie Reavis, Jaimie.Reavis@TukwilaWA.gov | to thank her for helping to get this done.

Big developments in Queen Anne and Magnolia

The final segment of the Ship Canal Trail connecting Queen Anne to Magnolia Fishermen's Terminal is underway and will be open by the end of 2011. This has been 15 or more years in coming and will connect the trail to virtually all of Seattle and beyond.

Also construction has started on an overpass bike and walkway from Myrtle Edwards Park to Lower Queen Anne.

Repaving Dexter Avenue has included a wider painted separation between the bike lane and cars with some separation barriers at bus stops. We should have gotten more. Portland and New York and most of Europe seem to have no problem completing separated lanes which are much Safer. Buff forwarded an article from the Economist specifically discussing bicycle deaths in Seattle which might have been prevented by separated lanes and street Films, <http://www.streetfilms.org> has a great video on this issue.

Bill is still waiting to see sharrows or lanes on 10th Ave. West or any streets on Queen Anne west of Queen Anne Avenue and on the Crown of the Hill. Some route signs have appeared directing cyclists up a steep grade on Third West and over the Hill to get to Ballard. East of Queen Anne Ave, there is now a bike lane on Taylor and Boston.

Thoughts adapted from Portland Wheelmen on counting mileage:

1) Random Drug Tests to determine if mileage is earned naturally or with supplements. How else do older people ride so far and often?

2) Rides of over 50 miles will require affidavits, and independent witnesses. Has any one but the Tuesday and other moderate riders actually tried to ride those rides in four hours?

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