

RIDE SCHEDULE - APRIL 2017

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



Sat 1 * Group's Choice * 10:00 AM / ~30 miles * Mercer Island, Luther Burbank Park * Café * One significant hill * 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**

Sun 2 * Leader's Choice * 10:00 AM / ~30 miles * Renton, Cedar River Park * Café * 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. *

Mon 3 * Neighborhood Gardens * 10:00 AM / 20-25 miles * Seattle, Gas Works Park * Café * 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 have a 4-hour time limit. If you need more time, park to the east on Northlake Wy. *

Tue 4 * Leader's Choice * 10:00 AM / ~40 miles * Kent, Hogan Park (former Russell Road Park) * Café * Possible hills * Moderate * I-5 exit 149/149A, SR-516 east, left on Meeker St, left on Russell Road, 1 block to the park. *

Wed 5 * Skagit Valley Tulips * 10:00 AM / ~32 miles * Mount Vernon, Edgewater Park * La Conner * Mostly flat * Slow * I-5 exit 226, SR-536 west through Mt Vernon, cross Skagit River bridge, then left on either Ball or Baker Streets to the park. * NOTE: Plan to tour Roozengaarde first, bring money for that and lunch in La Conner. *

Thu 6 * Foothills Trail to South Prairie * 10:00 AM / 32 miles * Puyallup, East Puyallup/Meeker Trailhead * **Bring lunch** * River grade * Social * From southbound SR-167, exit to SR-410 E, 2nd ramp to right for SR-162 (south toward Orting) for 0.5 miles, After crossing Puyallup River and take next right on 80th St E and drive west 0.6 miles to East Puyallup/Meeker Trailhead on left. * **No Leader**

LUNCH: Food may be purchased at the planned lunch

stop unless the ride leader specifies to bring lunch.

Sat 8 * Madison Park * 10:00 AM / ~35 miles * Kent, Three Friends Fishing Hole * Probably Starbucks * Several hills * Social to 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. *

Sun 9 * Bicentennial to Auburn * 10:00 AM / 31 miles * Tukwila, Bicentennial Park * Café * Flat * 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. *

Mon 10 * Golden Gardens * 10:00 AM / 25-30 miles * West Seattle, Jack Block Public Access (Alki) * Near Golden Gardens * 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. *

Tue 11 * 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 12 * Auburn * 10:00 AM / ~35 miles * Tukwila, Community Center * Auburn * Nearly 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 13 * Fall City to North Bend (via trail) * 9:30 AM / 27 miles * Fall City, Park & Ride lot * North Bend * Railroad grade * 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. * **No Leader**

Sat 15 * Fall City to North Bend * 10:00 AM / 25 miles * Fall City, Park & Ride lot * Café * Some hills * 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. *

Sun 16 * Cedar River Trail to Maple Valley Grange * 10:00 AM or 9:45 AM / ~30 miles or 20 miles * Renton, Cedar River Park * Pancake Brunch * Some hills * Moderate or 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 \$6.00 includes ham, eggs, beverage and

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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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unlimited pancakes. Social pace start at 9:45 and return on trail. Leader may take Moderate riders on a longer return route. *

Mon 17 * Snowman Loop * 10:00 AM / ~25 miles * Issaquah, Lake Sammamish State Park * Redmond * Few hills * Social * I-90 exit 15, follow signs to the park. Use first unpaved parking area on the LEFT. (If you don't have a state park pass, you might want to park elsewhere and bike to the meet point.) * **Bob Campbell (c) 206-579-6560**

Tue 18 * Lincoln Park to Bremerton Loop * 9:15 AM / 36 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 9:30 ferry to Southworth, 12:20 or 1:45 ferry from Bremerton. *

Wed 19 * Spring Garden Ride * 10:00 AM / ~30 miles * Seattle, Gas Works Park * Café * Few 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 have a 4-hour time limit. If you need more time, park to the east on Northlake Wy. *

Thu 20 * 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. * **No Leader**

Sat 22 * Redmond * 10:00 AM / ~36 miles * Bellevue, I-405 Exit 9 * Whole Foods or Bagels * Some hills * Social 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. *

Sun 23 * Four Corners * 10:00 AM / ~35 miles * Renton, Ron Regis Sports Park * Café * Few 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. *

Mon 24 * Leader's Choice * 10:00 AM / 30 miles * West Seattle, Jack Block Public Access (Alki) * Café * 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 25 * Leader's Choice * 10:00 AM / ~35 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 26 * Leader's Choice * 10:00 AM / ~30 miles * Redmond, Marymoor Park (trailhead) * Café * Possible hills * Social * SR-520 Lake Sammamish Way exit, follow signs to the park. Park in first area on the left. Car parking fee is \$1. *

Thu 27 * City Hall to Red Hook * 10:00 AM / 34 miles * Issaquah, City Hall * Red Hook * Nearly flat * Social * I-90 exit 17, south on Front Street, left on Sunset, first right onto 1st Ave. S. Use public parking near the city hall / police station. * **No Leader**

Sat 29 * SR-520 Bridge Status * 10:00 AM / ~30 miles * Kirkland, Houghton Park & Ride * Café * One significant hill * Social * I-405 northbound: exit 17, use right lane, right on 116th, left into park and ride lot. I-405 southbound: exit 17, use right lane, right turn and then up and over I-405, right on 116th, 2 blocks south, then left into park and ride lot. *

Sun 30 * Bicentennial to Alki * 10:00 AM / ~30 miles * Tukwila, Bicentennial Park * Probably Sunfish lunch * Few hills * 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. *

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April 2017

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Dates	Tour Name	Leaders
28-30 May	Portland Oregon Rides	John Neller 253-939-6548
10-11 Jun	Grant County Ride	Diane & Buff Chace 206-824-3369
21-22 Aug	Total Solar Eclipse & Covered Bridges Albany	Kay Evey 206-763-0435 Chaces 206-824-3369
29-31 Aug	Trail of the Coeur d'Alenes	Bruce & Gerry McLaren

Notes

Portland, OR 3-Day Ride May 28-30: Start at 10:00 from Motel-6, 9225 SE Stark St, Portland each day. John Neller (253-939-6548) plans 3 days of loops (~35 miles per day). Plan to buy lunches. Terrain will have moderate hills and a social pace. Make your reservations at the motel online or at 503-255-0808 (AARP Senior Discount). You can keep bikes in room. Please call leader two to three days in advance. John provides the following directions on how to get there: By car: take I-205 to Exit 20 (SE Stark St), turn west on SE Stark St one block; motel is on right.

By train: (for single bikes) take Amtrak to Portland Union Station, catch MAX Green Line train at Sixth St. Exit at SE Main St, cross over expressway on footbridge and ride north on I-205 Trail to Stark St; turn left (west) to motel one block on right. Reservations needed for Amtrak. Ride leader will take the train.

Grant County 2-Day Tour June 10-11: Moses Lake {Arrive 10th and depart AM 11th} (Oasis Motel @ 800-456-0708, Super 8 @ 800-800-8000, and Motel 6 @ 800-466-8356) are common motel choices. They are close together and early reservations are recommended. The ride is led at a social pace, you may ride faster or slower. Cars are left at the Park & Ride in George, WA. Sunday. We will skip the seep lakes and take a paved road route. We are looking for a volunteer to be a sag driver; if interested please contact Buff or Diane Chace. If we do not find a sag driver be prepared to carry your own toothbrush.

Trail of the Coeur d'Alenes (Ride Aug 29-31): Bruce negotiated a rate of \$89.00 for a single or double room (King or 2Q) at the Fairbridge Inn & Suites (formerly Guest House Inn) in Kellogg for the upcoming ride in August (motel nights 28, 29, & 30). Phone 208-783-1234. This is significantly cheaper than the posted rate. A block of 10 rooms is set-aside for BEBC. Reservations need to be made no later than 21 days ahead of 28 Aug to get this rate. The ride dates are 29, 30 & 31 = Tue. - Thur. More info later. Bruce McLaren. The last day's ride is shorter to give time for the drive home. Buff

Other Northwest Cycling Tours

Dates	Tour Name	Leaders
9 April	Daffodil Classic Orting	Tacoma Wheelmen Bicycle Club
30 April	McClinchy Mile Arlington	B. I. K. E. S. of Snohomish County

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