

RIDE SCHEDULE - AUGUST 2016

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



Mon 1 * Organ Concert * 10:00 AM / 20-25 miles * Seattle, Gas Works Park * Mama's Cantina * 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. * NOTES: All parking spaces have a 4-hour time limit. If you need more time, park to the east on Northlake Wy. Also, exploring under construction Westlake Cycle Track. *

Tue 2 * 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 3 * Leader's Choice * 10:00 AM / 30 miles * Mercer Island, Luther Burbank Park * Café * 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. *

Thu 4 * Snoqualmie Railroad Park to North Bend * 10:00 AM / 20 miles * Snoqualmie Railroad Park * North Bend * Mostly 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**

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

Sat 6 * Tukwila to Alki * 10:00 AM / ~30 miles * Tukwila, Bicentennial Park * Alki * 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. *

Sun 7 * Renton To Lake Wilderness * 10:00 AM / 25 miles * Renton, Ron Regis Sports Park * Bring light lunch or snack for Lake Wilderness * 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. * NOTES: Dessert and socializing offered at the end of the ride at Maas House. We will bike the trail to Lake Wilderness, come back on the trail, get our cars and go up the hill for dessert. You may also come after the ride about 1:30 PM. If longer hillier ride is desired, option to start at Maas House. *

Mon 8 * Roads and Trails * 9:00 AM / 26 miles * Kenmore, Log Boom Park (Tracy Owen Station) * Lunch inside * One easy hill * Social * SR-522 (Bothell Way NE) to 61 Ave NE, south on 61st, right into park lot. (Overflow is on street to east.) * NOTE: Early start to avoid heat. *

Tue 9 * Ravensdale to Enumclaw * 10:00 AM / 41 miles * Ravensdale Park * Café for 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. *

Wed 10 * Leader's Choice * 10:00 AM / ~30 miles * Redmond, Marymoor Park (trailhead) * Café * Some 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 11 * Madison Park via Seward Park * 10:00 AM / 25 miles * Mercer Island, Lid Park top lot * Madison Park area * Some hills * Slow * Eastbound: I-90 exit 6, left on Mercer Way, then right onto 72nd Av (by Roanoke Inn), turn right into parking lot before bridge. Westbound: I-90 exit 7, follow Mercer Way, left onto 72nd Av (by Roanoke Inn), turn right into parking lot before bridge. * **No Leader**

Sat 13 * Black Diamond * 10:00 AM / ~45 miles * Renton, Cedar River Park * Black Diamond Bakery * 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 14 * Log Boom to Kirkland and Redmond * 10:00 AM / 25-30 miles * Kenmore, Log Boom Park (Tracy Owen Station) * Hollywood Tavern * Half hilly and half flat * 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 15 * Leader's Choice * 10:00 AM / 30 miles * West Seattle, Jack Block Public Access (Alki) * Buy lunch * 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. *

* **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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Tue 16 * Brown's Point Clockwise * 9:30 AM / 57 miles *
SeaTac, Angle Lake Park * Brown's Point * Several hills *
Moderate * I-5 exit 151, west on S 200th St, right on
International Blvd for 0.3 miles, right at stoplight into park. *

Wed 17 * Lake Sammamish Salad Ride * 10:00 AM / 28 miles *
Issaquah, Lake Sammamish State Park * Short stop at
Marymoor. **Bring salad** to share after the ride around lake *
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 **Discovery Pass**, you might want to park elsewhere
and bike to the meet point.) * NOTES: Pack your salad in a
cooler as needed. We'll get a table close to the water, just like
last year. Leaders will bring one or two grand kids along and
might use trail both ways. *

Thu 18 * Snohomish to Lake Cassidy * 10:00 AM / 25 miles *
Snohomish, Centennial Trailhead * **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 20 * Centennial Trail * 10:00 AM / Up to 42 miles *
Snohomish, Centennial Trailhead * **Bring Lunch** * Trail at
railroad grade * 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. *

Sun 21 * 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 unlimited pancakes. Social pace start at 9:45 and return on trail. Leader will take Moderate riders on a longer route. *

Mon 22 * Leader's Choice * 10:00 AM / 30 miles *
West Seattle, Jack Block Public Access (Alki) * Cafe * 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 23 * Leader's Choice * 10:00 AM / ~40 miles *
Renton, Cedar River Park * Cafe * 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 24 * Leader's Choice * 10:00 AM / ~30 miles *
Tukwila, Community Center * Cafe * Some hills * 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 25 * 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. * **No Leader**

Sat 27 * Ride to the Picnic * 11:00 AM / ~15 miles *
Tukwila, Bicentennial Park * Chace House, Angle Lake * Significant 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: See lunch details below *

Sun 28 * Three Friends to International District * 10:00 AM / ~30 miles *
Kent, Three Friends Fishing Hole * Uwajimaya * A few hills * Social * 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. *

Mon 29 * Duvall * 10:00 AM / 35 miles *
Fall City, Park & Ride lot * Tavern * Back roads and trails * 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 30 * Leaders Choice * 10:00 AM / ~35 miles *
Kent, Hogan Park (former Russell Road Park) * Cafe * 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 31 * Leader's Choice * 10:00 AM / ~30 miles *
Tukwila, Community Center * Cafe * Some hills * 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. *



| Dates | Tour Name | Leaders |
|-----------------|-----------------------------|-----------------------|
| Sep 13-15, 2016 | Trail of the Coeur d'Alenes | Bruce & Gerry McLaren |

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Notes

Saturday 27 August Picnic/Meeting: This will be held at Chaces', 3763 S 194th St., SeaTac. Go on the scheduled ride or follow the directions below to picnic. Lunch will be sandwich fixings, salad, beverages, and dessert. Food will be available from 12:00 to 1:00 PM. Hosts have a paddle board so if you want to try this on Angle Lake you are welcome to do so. For questions (206) 824-3369 (can leave a message) or chacebike@comcast.net. From I-5 exit 152, go west on S 188th St for 0.7 mile, left on 37th Ave S, left on S 192nd, follow road around 2 right turns to 3763 S 194th St.

Trail of the Coeur d'Alenes: Bruce negotiated a rate of \$67.00 for a single or double room (King or 2Q) at the Guest House Inn in Kellogg for the upcoming ride in September (13,14 & 15). This is the same as last year's rate. They will block out 8 to 10 rooms for our use but will probably require reservations (and a count) by August 1st. More info later. Bruce McLaren.

Most folks arrive the night before and depart on the last day (after the shorter ride). The motel phone is (208) 783-1234 / Buff

Tokul Trestle: The repairs to the trestle are complete and the Snoqualmie Valley Trail has been reopened. This trail has been closed since September 2015. That means it is time for someone to lead a ride using at least part of this 31 mile-long trail. At more than 31 miles in length, the Snoqualmie Valley Trail is the longest trail in King County Parks' 185-mile regional trail system.

Bicycle Quarterly: When they did the tire tests in 2007 people were skeptical that lower pressures would be better. Most everyone believed that higher pressures meant lower rolling resistance. Now there is coverage of an effort to re-measure and some comments. See -- [Bicycle Quarterly](#)

Rest of the West on SR-520: Here are the plans for the next few years to finish up the new bridge interfacing on the western end. Note the I-5 bicycle crossing by about 2026 and the new Montlake Bridge about 2027. [Rest of the West overview 2016](#)

Other Northwest Cycling Tours

| Dates | Tour Name | Leaders |
|-----------|-------------------|--|
| Aug 12-14 | Obliteride | obliteride.org |
| Aug 20 | Tour de Whidbey | whidbeygen.org |
| Aug 28 | Chuckanut Classic | mtbakerbikeclub.org/chuckanut |

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* NOTES: (if any) * Leader & Phone (cell/home/work)