

# RIDE SCHEDULE - AUGUST 2017

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



**Tue 1 \* Black Diamond \* 10:00 AM / ~50 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. \*

**Wed 2 \* Lake Forest Park \* 10:00 AM / 27 miles** \* Seattle, Gas Works Park \* Food Court \* Mild 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 3 \* Snoqualmie Railroad Park to North Bend \* 10:00 AM / 20 miles** \* Snoqualmie Railroad Park \* North Bend \* Slight hill \* 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**

**Fri 4 \* Flat Friday \* 10:00 AM / 26 miles** \* Kenmore, Log Boom Park (Tracy Owen Station) \* Panera Bread in Redmond \* Flat \* Slow & Easy \* SR-522 (Bothell Way NE) to 61 Ave NE, south on 61st, right into park lot. (Overflow is on street to east.) \*

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

**Sat 5 \* Cedar River Park to Landsburg \* 10:00 AM / ~28 miles** \* Renton, Cedar River Park \* **Bring lunch** for picnic \* Few 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. \*

**Sun 6 \* 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 7 \* Leader's Choice \* 10:00 AM / 25-30 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 8 \* Sammamish Plateau \* 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 9 \* Lincoln Park to Port Orchard (Woods # 44) \* 9:15 AM / 29 miles** \* West Seattle, Lincoln Park North Lot \* Lunch in Port Orchard \* Some hills \* Social \* 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 the 9:30 ferry to Southworth. \*

**Thu 10 \* Madison Park via Seward Park \* 10:00 AM / 25 miles** \* Mercer Island, Lid Park top lot \* Madison Park area \* Some hills \* Social \* 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. (If no parking available there, park to south of trail and meet there.) \* **No Leader**

**Fri 11 \* Flat Friday \* 10:00 AM / 26 miles** \* Kenmore, Log Boom Park (Tracy Owen Station) \* Panera Bread in Redmond \* Flat \* Slow & Easy \* SR-522 (Bothell Way NE) to 61 Ave NE, south on 61st, right into park lot. (Overflow is on street to east.) \*

**Sat 12 \* Loop Lake Sammamish \* 10:00 AM / ~25 miles** \* Redmond, Marymoor Park (trailhead) \* Snack in Issaquah \* Few 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. \*

\* **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 - AUGUST 2017

**Sun 13 \* Bicentennial to Auburn \* 10:00 AM / 31 miles \*** Tukwila, Bicentennial Park \* Bogey's Public House \* 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 14 \* North Redmond \* 10:00 AM / ~33 miles \*** Issaquah, Lake Sammamish State Park \* "Dine out during a social pace." \* 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.) \*

**Tue 15 \* 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 16 \* Redmond \* 10:00 AM / ~30 miles \*** Issaquah, City Hall \* Café \* Few hills \* 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. \*

**Thu 17 \* 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**

**Fri 18 \* Flat Friday \* 10:00 AM / 26 miles \*** Kenmore, Log Boom Park (Tracy Owen Station) \* Panera Bread in Redmond \* Flat \* Slow & Easy \* SR-522 (Bothell Way NE) to 61 Ave NE, south on 61st, right into park lot. (Overflow is on street to east.) \*

**Sat 19 \* 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 20 \* 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 may take Moderate riders on a longer return route. \*

**Mon-Tue 21-22 \* Eclipse & Covered Bridges, Albany OR \* 9:00 AM / ~40 miles (Mon) & ~30 (Tue) \*** Rodeway Inn, 1212 Price Rd. SE, Albany, \* **Bring lunch both days.** \* Predominantly flat (some optional hills) \* Social \* I-5 south to exit 233, right (east) on SR-20 Santiam Hwy for 0.3 mi, left on Price Rd SE to motel. \* NOTES: A fixed-base tour in Albany, OR, using routes in Linn County from the guidebook Bicycling the Backroads of Northwest Oregon 2<sup>nd</sup> Edition. **Monday:** Watch the eclipse from the motel. Then ride #33. No covered bridges today. Picnic at Thompson's Mill State Heritage Site. **Tuesday:** Drive to SCIO for 9 AM start. East on US-20 from I-5 for 5.2 mi, turn left onto OR-226 for 9.4 mi, keep straight onto N Main St in Scio. Turn right (East) onto 1st Ave for about 0.1 mi. Meet at Chapin Park on right. \*

**Tue 22 \* Ride to Ray's \* 9:30 AM / 65 miles \*** Kent, Hogan Park (former Russell Road Park) \* Ray's Boathouse \* Minor hills \* Moderate \* I-5 exit 149/149A, SR-516 east, left on Meeker St, left on Russell Road, 1 block to the park. \*

**Wed 23 \* Madison Park via Seward Park \* 10:00 AM / 25 miles \*** Mercer Island, Lid Park top lot \* Madison Park area \* Some hills \* Social \* 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. (If no parking available there, park to south of trail and meet there.) \* **No Leader**

**Thu 24 \* 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**

**Fri 25 \* Flat Friday \* 10:00 AM / 26 miles \*** Kenmore, Log Boom Park (Tracy Owen Station) \* Panera Bread in Redmond \* Flat \* Slow & Easy \* SR-522 (Bothell Way NE) to 61 Ave NE, south on 61st, right into park lot. (Overflow is on street to east.) \*

**Sat 26 \* Ravensdale to Enumclaw \* 10:00 AM / 41 miles \*** Ravensdale, Ravensdale Park \* **Bring lunch** for park \* 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. \*

**Sun 27 \* Group's Choice \* 10:00 AM / ~25 miles \*** Mercer Island, Luther Burbank Park \* Plan lunch \* Few 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**

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# RIDE SCHEDULE - AUGUST 2017

**Tue-Thur 29-31 \* Trail of the Coeur d'Alenes \* 9:30, 9:30, 8:30 AM / 143 miles** \* Motel (Tue, Thur) & Medimont Trail head (Wed) \* **Bring lunch** for Tue, bring or buy Wed \* Railroad grade \* Social pace or your pace. \* I-90 to Idaho exit 49, right on Bunker Ave. half mile to motel. \* NOTES: The trail follows the Coeur d'Alene River and the shore of Coeur d'Alene Lake. 71.4 miles of flat paved trail except as noted. **Tues.** start at the motel at 9:00 (MP 53.1) and ride to Medimont trailhead (MP25.8) and back, flat. 54.6 miles or less if you want. **Wed.** Drive to Medimont trailhead, allowing about 40 minutes (MP 25.8) start riding 9:30 on ride thru Harrison, along the lake, across the bridge and uphill (500ft) to Plummer (MP 0) and back. 51.4 miles or less if you want to just hang around Harrison. **Thur.** Ride from motel, start at 8:30 (MP53.1) along the river (and I-90) to Mullan (MP71.4) and back, up river grade, a 1000 ft climb. 36.6 miles round trip. Leave for home mid day. Stay at the Fairbridge Inn & Suites in Kellogg, 1-208-783-1234. Camping available at an RV park in Osburn and near Latour Creek, near MP 40.0. \*

**Tue 29 \* Group'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. \* **No Leader**

**Wed 30 \* Group's Choice \* 10:00 AM / ~25 miles** \* Tukwila, Community Center \* Café \* 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. \* **No Leader**

<i><b>Notes</b></i>
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**Saturday 15 July 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](mailto: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.

**520 Bridge:** Bike route is to open late fall according to DOT.

<i><b>Other Northwest Cycling Tours</b></i>
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Dates	Tour Name	Leaders
Aug 18-19	RSVP	Cascade
Aug 27	Chuckanut Classic	<a href="http://mtbakerbikeclub.org/chuckanut">mtbakerbikeclub.org/chuckanut</a>
Aug 28	High Pass Challenge	Cascade

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