

Ride Schedule – AUGUST 2019

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



Thu 1 * Ron Regis to Landsburg * 10:00 AM / 24 miles * Renton, Ron Regis Sports Park * **Bring lunch** for Landsburg park * River grade with some packed gravel * 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. * **No Leader**

Sat 3 * Bellingham to Lynden (Modified Woods #64, 4th NW Ed.) * 10:00 AM / 35 miles * Bellingham, Shuksan Middle School * Lynden * Half hilly, half flat * Social * I-5 exit 257, SSW on Northwest Ave. School is ¼ mile on the right at the corner of Northwest and Alderwood (2717 Alderwood Av., Bellingham) * NOTE: By staying in Bellingham you can easily combine this with the next 2 rides. *

Sun 4 * Ferndale to Lummi Island * 9:00 AM / 25-30 miles * Ferndale, Pioneer Park * **Bring Snack** for Lummi Island * Some hills * Social * I-5 exit 262, head west. Cross Nooksack River, then turn left at traffic light on First Ave. Pioneer Park is at the end of the street. Park in lot. * NOTES: **Ferry fare \$7.** *

Mon 5 * Ferndale to Birch Bay * 10:00 AM / ~25 miles * Ferndale, Pioneer Park * Birch Bay * Minor hills * Social * I-5 exit 262, head west. Cross Nooksack River, then turn left at traffic light on First Ave. Pioneer Park is at the end of the street. Park in lot. *

Tue 6 * Full Lake WA * 9:30 AM / 52 miles * Renton, Cedar River Park * Café * Few 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 * Leader's Choice * 10:00 AM / ~30 miles * Fall City, Park & Ride lot * Café * Possible 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. *

Thu 8 * 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: Turnaround is at Ken's Truck Town (East end of North Bend Way). Eat back in town. * **No Leader**

Sat 10 * 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. *

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

Sun 11 * Pints on the Patio * 10:00 AM / 20 miles * Seattle, Gas Works Park * The Canal (event venue, near locks) * 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. * NOTES: All parking spaces have a 4-hour time limit. If you need more time, park to the east on Northlake Wy. The Canal is hosting Sunday Pints on the Patio on Sundays through September. Jody and I went on Father's Day and it has local brews, some tasty food options plus the view of the Locks. *

* **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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Mon 12 * Leader's Choice + Group Input *
10:00 AM / ~30 miles * West Seattle, Jack Block Public Access (Alki) * Plan lunch 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. *

Tue 13 * Auburn * 10:00 AM / 44 miles *
Renton, Cedar River Park * Café * 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 14 * Two Bridges Ride * 10:00 AM / ~25 miles * Mercer Island, Lid Park top lot * "Lunch along the way" * Couple of 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 parking not available there park south of the trail on SE 22nd St and meet at start point.) *

Thu 15 * 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 off SE 22nd St and go to start.) * **No Leader**

Sat 17 * Ride to the Picnic * 10:30 AM / ~20 miles * Tukwila, Community Center * Chace House, Angle Lake * Couple of 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. * NOTE: See lunch details below *

Sun 18 * 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 starts at 9:45 and return on trail. Leader may take Moderate riders on a longer return route. *

Mon 19 * Japanese Garden & Arboretum * 10:00 AM / 20 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. *

Tue 20 * Chinook Pass * 9:30 AM / 35 miles (4200' elevation gain) * Enumclaw, Crystal Mountain Resort B parking lot * Bring lunch for Chinook Pass * Uplifting climb * Moderate * SR-410 SE to intersection with Crystal Mountain Blvd (NF-7166), turn left toward Crystal Mountain, drive ~6 miles to B Lot on right. * NOTE: Expect 3-4 hours for ride. *

Wed 21 * Leader's Choice * 10:00 AM / ~30 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. *

Thu 22 * Centennial Trail * 10:00 AM / 25 miles * Snohomish, Centennial Trailhead * **Bring Lunch** for Lake Cassidy * 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. * **No Leader**

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Sat 24 * Black Diamond to Covington Loop *
10:00 AM / <35 miles * Ravensdale, Ravensdale Park * Coffee at Black Diamond Bakery, bring lunch for a park * Several 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- Kangley Rd, right on 272nd Ave SE. Meet by the rest rooms. *

Sat 31 * Sumner * 10:00 AM / ~36 miles *
Kent, Three Friends Fishing Hole * Café * Flat * 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 25 * Mercer Island * 10:00 AM / 43 miles
* Kent, Three Friends Fishing Hole * Bagels (?) * Some 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 26 * Iron Horse Trail through Hyak Tunnel * 10:00 AM / ~35 miles * I-90 Exit 38, Iron Horse Trail * **Bring lunch** for one of those stump lake picnic sites * Railroad grade * Social * Eastbound I-90 exit 38, turn right and go 0.1 mile. Where paved road bends left (east) turn right up gravel road to State fee parking lot. Or park along the road and bike-hike to start. * NOTE: Iron Horse Trail up and group choice of back on trail or back roads past Denny Creek & I-90 return. Bring lights for tunnel. *

Tue 27 * 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 28 * Vashon Island * 9:30 AM / ~30 miles * West Seattle, Lincoln Park North Lot * **Bring Lunch** * Hilly * 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 9:50 ferry. * **No Leader**

Thu 29 * Alki * 10:00 AM / 33 miles *
Tukwila, Bicentennial Park * Alki * 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. * **No Leader**

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Aug 25	Chuckanut Classic	Mount Baker Bike Club
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Dates	Tour Name	Leaders
Sept 10-12	Kellogg ID rides	McLaren/Chace

Notes

Schedule Changes: Many of our days of the week have a regular set of riders. When the leader decides to change the ride for a given day for any reason, send an email to all known regular riders. If you decide to ride on a day where you are not expected, contact the leader ahead of time so you can be included in any changes. Some changes will be dictated by weather or road conditions.

Saturday August 17th

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.

Other Northwest Cycling Tours

Dates	Tour Name	Leaders
Aug 4 Fund raiser to keep Ridge open in winter	Ride the Hurricane (car free bike ride 7 AM to Noon)	WA Nat Park Fund & Peninsula Trails
Aug 12	Obliteride	Fred Hutchinson

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