

# Ride Schedule – August 2020

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



**Sat 1 \* Two Bridge Ride \* 10:00 AM / ~25 miles** \* Mercer Island, Lid Park top lot \* None planned \* 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 parking not available there park south of the trail on SE 22nd St and meet at start point.) \*

**Sun 2 \* South \* 10:00 AM / ~25 miles** \* Tukwila, Bicentennial Park \* **Bring Food** \* Near flat \* Social \* I-405 exit 1, south on West Valley Hwy, right on Strander Blvd, cross river, immediate right into the park. Meet in car parking, past shelter, and small traffic circle. \*

**Mon 3 \* Alki \* 10:00 AM / ~25 miles** \* Tukwila, Community Center \* **Bring Food** for lunch \* Fairly 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. \*

**Tue 4 \* Ravensdale to Mud Mountain \* 10:00 AM / 51 miles** \* Ravensdale, Ravensdale Park \* **Bring Food** for Mud Mtn 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. \*

**Wed 5 \* Iron Horse Trail through Snoqualmie Tunnel \* 10:00 AM / ~35 miles** \* I-90 Exit 38, Iron Horse Trail \* **Bring Food** 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. \*

**Thu 6 \* Snoqualmie Railroad Park to North Bend \* 10:00 AM / 20 miles** \* Snoqualmie Railroad Park \* **Bring Food** for park in 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 8 \* Full Lake WA \* 9:30 AM / 50 miles** \* Renton, Near Coulon Park \* Café \* Few hills \* Moderate \* I-405 exit 5, west on Park Dr, north on Lake WA Blvd, take first right under Park on Houser Way N. Park southbound (west side of street) near the cement plant. Note, there is a 2-hour limit on the northbound spots along this street. \*

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

**Sun 9 \* Leader's Choice \* 10:00 AM / ~30 miles** \* Renton, Ron Regis Sports Park \* **Bring food** \* Some 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 10 \* King and Pierce Foothills Ride \* 10:00 AM / ~50 miles** \* Auburn, Game Farm Park \* **Bring Food** for Wally Park or find take out \* One moderate hill early \* Social \* SR-167 turn east on SR-18, then exit south toward Enumclaw (left at T) on WA-164 (Auburn Way S) for 0.9 miles (pass M St traffic light) and bear right onto Howard Rd for 0.2 miles; turn right to go south on R St SE for 0.7 miles. Cross 29th St SE at the light and then turn left into the Game Farm Park at the first entrance. Meet by the first baseball field. \*

\* **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

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

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**Tue 11 \* Gas Works Park \* 10:00 AM / 45 miles** \* Tukwila, Bicentennial Park \* **Bring Food** for Gas Works \* Few hills \* Moderate \* I-405 exit 1, south on West Valley Hwy, right on Strander Blvd, cross river, immediate right into the park. Meet in car parking, past shelter, and small traffic circle. \*

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**Wed 12 \* South \* 10:00 AM / ~25 miles** \* Tukwila, Community Center \* **Bring Food** \* Mostly 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. \*

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**Thu 13 \* Madison Park via Seward Park \* 10:00 AM / 25 miles** \* Mercer Island, Lid Park top lot \* **Bring Food** \* 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 parking not available there park south of the trail on SE 22nd St and meet at start point.) \* **No Leader**

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**Sat 15 \* South Lake WA \* 10:00 AM / 25 miles** \* Renton, Near Coulon Park \* **Bring Food** \* Few hills \* Social \* I-405 exit 5, west on Park Dr, north on Lake WA Blvd, take first right under Park on Houser Way N. Park southbound (west side of street) near the cement plant. Note, there is a 2-hour limit on the northbound spots along this street. \* **No Leader**

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**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 (**Bring Food** as backup) \* 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. \* NOTE: 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. **If Grange is not available an alternate ride will be suggested.** \*

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**Mon 17 \* Auburn \* 10:00 AM / ~20 miles** \* Kent, Three Friends Fishing Hole \* **Bring Food** \* Flat \* 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. \* **No Leader**

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**Tue 18 \* Auburn \* 10:00 AM / ~35 miles** \* Renton, Cedar River Park \* **Bring Food** \* Probable hill climb \* 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. \*

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**Wed 19 \* Lake Sammamish “Salad Ride” \* 10:00 AM / 28 miles** \* Issaquah, Lake Sammamish State Park \* Short stop at Marymoor. Bring your own salad or sandwich for picnic at Lake Sammamish S P. \* 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.) \* NOTE: Pack your food in a cooler as appropriate. We'll get a table close to the water. \*

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**Thu 20 \* Lake Cassidy \* 10:00 AM / 25 miles** \* Snohomish, Centennial Trailhead \* **Bring Food** 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 22 \* Leader's Choice \* 10:00 AM / 40 miles** \* Renton, Cedar River Park \* **Bring food** \* 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. \*

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**Sun 23 \* North Bend \* 10:00 AM / 30 miles** \* Fall City, Park & Ride lot \* **Bring Food** \* Some hills \* Social \* I-90 exit 22, Preston-Fall City

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\* **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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Road north to Fall City, cross Snoqualmie River bridge, left on SR-203, left into the parking lot. \*

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**Mon 24 \* Landsburg \* 10:00 AM / 26 miles \***  
Renton, Ron Regis Sports Park \* **Bring Food** for picnic \* River grade \* 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. \*

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**Tue 25 \* Chinook Pass \* 9:30 AM / 35 miles \***  
Enumclaw, Crystal Mountain Resort B parking lot \* **Bring Food** 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. \*

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**Wed 26 \* Leader's Choice \* 10:00 AM / ~25 miles \***  
Redmond, Marymoor Park (trailhead) \* **Bring Food** \* 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. \*

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**Thu 27 \* Alki \* 10:00 AM / 33 miles \***  
Tukwila, Bicentennial Park \* **Bring Food** \* Flat \* Social \* I-405 exit 1, south on West Valley Hwy, right on Strander Blvd, cross river, immediate right into the park. Meet in car parking, past shelter and small traffic circle. \*  
**No Leader**

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**Sat 29 \* Sumner \* 10:00 AM / 40 miles \* Kent,**  
Three Friends Fishing Hole \* **Bring Food** \* 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. \*

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**Sun 30 \* Lake Wilderness \* 10:00 AM / 21 miles \***  
Renton, Ron Regis Sports Park \* **Bring Food** for Lake Wilderness Park \* 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. \* NOTE: Optional social after the ride at Maas House. \*

**Mon 31 \* South \* 10:00 AM / 20 miles \***  
SeaTac, Angle Lake Park \* No planned stop \* Hilly \* Social \* I-5 exit 151, west on S 200th St, right on International Blvd for 0.3 miles, right at stoplight into park. \*

### Note

Alas, the Trail of the Coeur D'Alenes club rides are cancelled for this year. We all miss the tours and hope to be able to enjoy them again in the future.

*Bruce made arrangements with Janna at the FairBridge motel:* If anyone wants to ride the trail (alone or small group) the rate will be \$ 78 per day for that period (September 14,15,16)

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