

# Ride Schedule – AUGUST 2024



**WEATHER or OTHER SCHEDULE CHANGE:** If you think you may ride a particular day, email the ride leader the day before if you'd like to be notified about cancellations or changes. If you think the weather is questionable, call the leader to see if the ride will happen.

Most ride leaders cancel for freezing weather or serious rain.

Thu 1 \* **Group's Choice** \* **9:30 AM / ~30 miles** \* Kent, Three Friends Fishing Hole \* Bring snack \* Some hills \* Social or 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. \* **No Leader**

Sat 3 \* **Lake Sammamish (CCW)** \* **10:00 AM / 24 miles** \* Redmond, Marymoor Park (trailhead) \* Bring food. Also, perhaps coffee and scone? \* 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. \* **NOTE:** Possible walk-through at Issaquah Farmers Market \*

Sun 4 \* **Bogey's** \* **10:00 AM / ~25 miles** \* Kent, Three Friends Fishing Hole \* Bogeys \* Mostly 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. \*

Mon 5 \* **Cedar River Trail to Maple Valley** \* **10:00 AM / ~32 miles** \* Renton, Ron Regis Sports Park \* Vintage Espresso for lunch \* River grade, part 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. \*

Tue 6 \* **Eatonville** \* **10:00 AM / 45 miles** \* Orting, Orting City Park \* Bring food for

Eatonville \* Number of hills \* Moderate \* SR-167 Algonia-Pacific exit, east on Ellingson Rd, right on Pacific Ave, left on 3rd Ave SE (T intersection) to the park. Time limits on park too tight so park on the street nearby. \*

Wed 7 \* **Flaming Geyser SP** \* **10:00 AM / ~21 miles** \* Auburn Community and Event Center \* Bring lunch \* River grade \* Social \* Eastbound on SR-18, exit to SR-164 (Auburn Way S) turn left at the exit stoplight. Follow SR-164 toward Enumclaw for 0.5 miles. Turn left at sign for F St but then, immediate right on 9th St SE to the Auburn Community and Event Center. Park NE of entrance. \*

Thu 8 \* **South Lake WA** \* **10:00 AM / 25 miles** \* Renton Community Center \* Snack or coffee stop \* 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. \* **No Leader**

Sat 10 \* **Ride before Picnic** \* **10:45 AM / ~ 10 miles** \* Chaces', 3763 S 194th St, SeaTac \* Picnic (see note below) \* Some hills (~500' climbing) \* Social \* 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. \*

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

Sun 11 \* **Group's Choice** \* **10:00 AM / ~30 miles** \* Tukwila, Community Center \* Bring snack \* Few hills \* Social \* **TEMPORARY ENTRY DURING 42nd AV BRIDGE PARTIAL OUTAGE:** From S Boeing Access Rd go south on E Marginal Way S; turn left on S115th St before Green River. Follow the shore of the Duwamish River as road bends south to become 42nd Av; turn left on S 124th St and the parking lot is on the right. \* **No Leader**

\* **No Leader Rides** - 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 \* **Seattle Waterfront** \* 10:00 AM / 26 miles \* Tukwila, Community Center \* Lunch break at Frey bakery \* Nearly flat \* Social \* TEMPORARY ENTRY DURING 42nd AV BRIDGE PARTIAL OUTAGE: From S Boeing Access Rd go south on E Marginal Way S; turn left on S115th St before Green River. Follow the shore of the Duwamish River as road bends south to become 42nd Av; turn left on S 124th St and the parking lot is on the right. \*

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Tue 13 \* **Mercer Island Loop** \* 10:00 AM / 35 miles \*, Renton, Memorial Stadium \* Starbucks on Mercer Island \* Few hills \* Social \* I-405 exit 2, north 1.2 mi on Rainier Ave, right on Airport Way, left on Logan Ave, left into parking lot. \* NOTE: The intention is to ride the South Lake WA loop and the loop on Mercer Island too. \* **Bruce Truong (c) 206-769-9378 / (h) 206-259-9965**

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Wed 14 \* **Alki** \* 10:00AM / ~25miles \* Tukwila, Community Center \* Sunfish \* Nearly flat \* Social \* TEMPORARY ENTRY DURING 42nd AV BRIDGE PARTIAL OUTAGE: From S Boeing Access Rd go south on E Marginal Way S; turn left on S115th St before Green River. Follow the shore of the Duwamish River as road bends south to become 42nd Av; turn left on S 124th St and the parking lot is on the right. \*

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Thu 15 \* **Group's Choice** \* 10:00 AM / ~25 miles \* Auburn Community and Event Center \* Bring lunch \* Some hills \* Social \* Eastbound on SR-18, exit to SR-164 (Auburn Way S) turn left at the exit stoplight. Follow SR-164 toward Enumclaw for 0.5 miles. Turn left at sign for F St but then, immediate right on 9th St SE to the Auburn Community and Event Center. Park NE of entrance. \* **No Leader**

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Sat 17 \* **Group's Choice** \* 9:30 AM / ~30 miles \* Kent, Hogan Park \* Bring snack \* Some hills \* Social or moderate \* I-5 exit 149/149A, SR-516

east, left on Meeker St, left on Russell Road, 1 block to the park. \* **No Leader**

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Sun 18 \* **SR-520 Bridge Loop** \* 10:00 AM / ~35 miles \* Renton Community Center \* Bring lunch \* 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. \*

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Mon 19 \* **Foothills Trail** \* 10:00 AM / ~25 miles \* Puyallup, East Puyallup/Meeker Trailhead \* Coffee/Snack break in South Prairie \* 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, take next right on 80Th St E and drive west 0.6 miles to East Puyallup/Meeker Trailhead on left.\*

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Tue 20 \* **Snoqualmie Tunnel** \* 10:00 AM / ~35 miles \* I-90 Exit 38, Palouse to Cascades Trail - Homestead Valley Trailhead \* Bring food for Hyak \* Railroad grade on packed gravel trail \* 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. \*

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Wed 21 \* **Landsburg** \* 10:00 AM / ~25 miles \* Renton, Ron Regis Sports Park \* Bring lunch \* 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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Thu 22 \* **Group's Choice** \* 10:00 AM / ~25 miles \* Seattle, Seward Park Picnic Shelter \* Plan snack stop \* Few hills \* Social \* Seward Park is at Lake Washington Blvd S and South Juneau Street in Seattle. The picnic shelter is southeast of the entrance. \* **No Leader**

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Sat 24 \* **Fall City** \* 9:30 AM / 31 miles \* Issaquah, Tibbetts Park \* Aroma Coffee \* A couple of serious climbs and some unpaved trail (road bikes OK). \* Social \* From SR-900 turn

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Terrain Difficulty: Flat, Easy Hills, Moderate Hills, Hilly, Strenuous Hills

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east on Newport Way and take the first right turn into Tibbetts Valley Park which has a good-sized parking area. Meet near the skateboard area. If the lot is full, full use the Transit Center across Newport Way. \*

Sun 25 \* **North Lake WA Variation** \* **9:30 AM / 37 miles** \* Bellevue, South Kirkland P&R \* Bring lunch \* Steep hill (half mile 9%) \* Social \* SR-520 exit to 108th Av NE, go north ~0.2 miles, turn left on NE 37th Ct. (South Kirkland P&R, 3677 108th Av NE, Bellevue, WA). \* NOTE: Meander down the Redmond Connector (to check out the Link construction), back on Bear Creek Trail to the SR520 trail back to the P&R. Also check out the Microsoft bridges and Link stations along SR520. More hills on this route. It avoids the Cross Kirkland Corridor return to the P&R. \*

Mon 26 \* **South Lake WA** \* **10:00 AM / 25 miles** \* Renton, Memorial Stadium \* Mercer Island \* Some hills \* Social \* I-405 exit 2, north 1.2 mi on Rainier Ave, right on Airport Way, left on Logan Ave, left into parking lot. \*

Tue 27 \* **Sunset Lake** \* **10:00 AM / 43 miles** \* Puyallup, East Puyallup/Meeker Trailhead \* Bring food, have coffee or snack in South Prairie \* CEG 1665', only a short section of easy gravel \* Moderate \* 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, take next right on 80th St E and drive west 0.6 miles to East Puyallup/Meeker Trailhead on left. \* NOTE: <https://ridewithgps.com/routes/47485353> \*

Wed 28 \* **Carnation and beyond** \* **10:00 AM / ~25 miles** \* Fall City, Park & Ride lot \* Carnation \* Mostly flat \* 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. \* **Pete Maas (c)206-465-1459 / (h) 425-255-4192**

Thu 29 \* **Group's Choice** \* **9:30 AM / ~30 miles** \* Kent, Hogan Park \* Bring snack \* Some hills \* Social or moderate \* I-5 exit 149/149A, SR-516 east, left on Meeker St, left on Russell Road, 1

block to the park. \* **No Leader**

Sat 31 \* **Group's Choice** \* **9:30 AM / ~30 miles** \* Kent, Three Friends Fishing Hole \* Bring snack \* Some hills \* Social or 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. \* **No Leader**

## Notes

**Saturday August 10th Picnic/Meeting:** This will be held at Chaces', 3763 S 194th St., SeaTac., between noon and about 1 PM. Go on the scheduled 10:45 AM ride or follow the same directions below to picnic. There will be lunch fixings available. For questions, call, or email [chacebuff@icloud.com](mailto:chacebuff@icloud.com). Directions--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:** See the July schedule notes for the details of the agreement for rooms at the FairBridge in Kellogg, ID. Note that the rates are good if you get your reservation before July 23rd and there is space in the block of rooms set aside for the club. Planned for motel arrival on Sept 9th and depart 3 or 4 days later. The Kellogg ride descriptions: Motel (Tue & Thur) & Medimont Trail head (Wed) \* Bring lunch for Tue, bring or buy Wed \* Railroad grade \* Social pace or your pace. \* 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 8:30 (MP 53.1) and ride to Medimont trailhead (MP 25.8) and back, flat. 54.6 miles or less.

Wed. Drive to Medimont trailhead, allowing about 40 minutes (MP 25.8) start riding 9:10 on ride thru Harrison, along the lake, across the bridge and uphill (500 ft) to Plummer (MP 0) and back. 51.4 miles, less if you turn around at Harrison or the bridge.

Thur. Ride from motel, start at 8:00 (MP 53.1) along the river (and I-90) to Mullan (MP 71.4) and back, upriver grade, a 1000 ft climb. 36.6 miles

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round trip. Leave for home mid-day or the next if desired. Motel has 11:00AM checkout time.

*Since each day is an out and back on the trail, if you want a shorter ride, any day, turn around sooner.*

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