

# Ride Schedule – DECEMBER 2018

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



**Sat 1 \* Burien \* 10:00 / ~20 miles \* Tukwila, Bicentennial Park \* Burien café choice \* Some hills \* 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**

**Sun 2 \* Madison Park \* 10:00 AM / ~35 miles \* Kent, Three Friends Fishing Hole \* Probably Starbucks \* Several 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 3 \* Swenson's Nursery (Reindeer & Santa) \* 10:00 AM or 10:25 AM (up the hill) / ~20 miles \* Seattle, Gas Works Park or Green Lake Small Craft Center \* Café \* 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. OR 5900 West Green Lake Way North, meet next to the restrooms. If you drive, park across the street in the paved parking lot. Google Maps calls this area Green Lake Small Craft Center Riders starting from Green Lake will be returned there on way back. \***

**Tue 4 \* Auburn \* 10:00 AM / ~35 miles \* Tukwila, Bicentennial Park \* Café \* Some 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. \***

**Wed 5 \* Redmond \* 10:00 AM / 25 miles \* Issaquah, City Hall \* Well liked café \* Some 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 6 \* 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. Meet in car parking, past shelter and small traffic circle. \* No Leader**

**Sat 8 \* Leader's Choice \* 10:00 AM / ~35 miles \* Kent, Hogan Park (former Russell Road Park) \* Café \* Possible hills \* Moderate \* I-5 exit 149/149A, SR-516 east, left on Meeker St, left on Russell Road, 1 block to the park. \***

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

**Sun 9 \* International District \* 10:00 AM / 25-30 miles \* Tukwila, Bicentennial Park \* Uwajimaya or other \* Some hills \* 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**

**Mon 10 \* Two Bridge Ride \* 10:00 AM / 25 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. If signs prohibit parking suitable for this ride, try the overflow lot to the south or the P&R lot to the west. \***

**Tue 11 \* Kent East Hill \* 10:00 AM / ~38 miles \* Kent, Three Friends Fishing Hole \* Café \* Some hills \* 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 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 – DECEMBER 2018

**Wed 12 \* IKEA \* 10:00 AM / 30 miles** \* West Seattle, Jack Block Public Access (Alki) \* Café \* Flat \* 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. \*

-----  
**Thu 13 \* Auburn Super Mall \* 10:00 AM / 24 miles** \* Tukwila, Bicentennial Park \* Food Court \* 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**

-----  
**Sat 15 \* Queen Anne & Seattle Center \* 10:00 AM / ~25 miles** \* Seattle, Lemke Residence \* Light pre-Christmas lunch provided at Lemkes' \* One significant hill \* Social \* In Queen Anne district at 2572 10th Av W (2.5 blocks north of W. McGraw St.) \* NOTES: Lunch includes a brief club meeting and the annual election of BEBC officers. See additional note at end of schedule including **restricted parking**. \*

-----  
**Sun 16 \* Ron Regis to Four Corners \* 10:00 AM \* 27 miles** \* Renton, Ron Regis Sports Park \* Four Corners \* A 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. \*

-----  
**Mon 17 \* Fremont, Theo Chocolate, Candy Cane Lane \* 10:00 AM / 20 miles** \* Seattle, Gas Works Park \* Café \* 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. \* NOTE: All parking spaces have a 4-hour time limit. If you need more time, park to the east on Northlake Wy. \*

-----  
**Tue 18 \* Leader's Choice \* 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 19 \* Leader's Choice \* 10:00 AM / 25-30 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 20 \* IKEA \* 10:00 AM / 24 miles** \* Tukwila, Community Center \* IKEA, Renton \* 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. \* **No Leader**

-----  
**Sat 22 \* Auburn \* 10:00 AM / 40 miles** \* Renton, Cedar River Park \* Bogey's \* 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 23 \* Leader's Choice \* 10:00 AM / 25 miles** \* Bothell, Bothell Landing access lot (unpaved) \* Café \* Possible hills \* Social \* I-405 exit 23, SR-522 west, stay in left lane, after you go under the overpass (bridge) turn left into Bothell Landing unpaved parking lot. It across from 101st St. \*

-----  
**Wed 26 \* Boxing Day & Recuperation \* 10:00 AM / ~25 miles** \* Renton, Cedar River Park \* Maple Valley \* 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. \* NOTE: The tentative plan is to ride the Cedar River Trail. \* **No Leader**

-----  
**Thu 27 \* Luther Burbank to Madison \* 10:00 AM / 25 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. If signs prohibit parking suitable for this ride, try the overflow lot to the south or the P&R lot to the west. \* NOTE:

---

\* **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 – DECEMBER 2018

Distance includes a loop south to Seward Park \*  
**No Leader**

-----  
**Sat 29 \* South Lake WA \* 10:00 AM / 35 miles** \* Kent, Three Friends Fishing Hole \* Mercer Island or Leschi \* 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. \*

-----  
**Sun 30 \* Bicentennial to Bogey's \* 10:00 AM / 31 miles** \* Tukwila, Bicentennial Park \* Bogey's Public House, Auburn G C \* 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. \*



Dates	Tour Name	Leaders
<i>We</i>	<i>Need</i>	<i>Some</i>

## Notes

**Dec 15<sup>th</sup> Meeting, election, & lunch social:** If you are not biking, you are still welcome. **Lunch and meeting will start at noon.** The address is 2572 10<sup>th</sup> Ave. W, Seattle. Riders are to park near Lemke's non-riding carpoolers are welcome to wait in the house with Jody. **Parking has been restricted!** *"The city has now posted "no parking" directly in front of our house on both sides of the street (as well as in a few other spots), so be aware."*

**New Year's Day:** Holly and Gordon plan to host the cookie exchange one more time, so save the afternoon.

**Ripley Trestle:** Work has been completed and the trail over it is open. This is just north of the VMAC facility. The new riding surface is concrete with side railings.

**Biking:** A study reported in the September 5 New York Times done in Denmark found that riders many of whom reported riding about 4 hours or more per week added about 3.7 more years to their life span compared to sedentary individuals.

**Tunnel Ride:** See newsletter for link.

## Other Northwest Cycling Tours

Dates	Tour Name	Leaders
Feb 3, 2019	Tunnel Ride	Cascade B C
Feb 25, 2019	Chilly Hilly	Cascade B C

---

\* **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)