

Ride Schedule – FEBRUARY 2019

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



Sat 2 * Alki * 10:00 AM / ~40 miles * SeaTac, Angle Lake Park * Probably Sun Fish * Significant hills * Moderate * I-5 exit 151, west on S 200th St, right on International Blvd for 0.3 miles, right at stoplight into park. *

Sun 3 * Loop Lake Sammamish * 10:00 AM / 25 miles * Redmond, Marymoor Park (trailhead) * Option for lunch at Wholefoods or choice after ride * 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. *

Mon 4 * Group's Choice * 10:00 AM / ~30 miles * Kenmore, Log Boom Park (Tracy Owen Station) * Plan lunch * Some hills? * Social * SR-522 (Bothell Way NE) to 61 Ave NE, south on 61st, right into park lot. (Overflow is on street to east.) * No Leader

Tue 5 * 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 6 * Go north * 10:00 AM / ~22 miles * Redmond, Marymoor Park (trailhead) * Plan Lunch * 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 7 * Brannan Park to Flaming Geyser SP * 10:00 AM / 30 miles * Auburn, Brannan Park * Bring lunch * River grade * Slow-Social * SR-167 south to 15th St NW exit, east on 15th, left on Auburn Way, right on 28th St NE to the park. * No Leader

Sat 9 * Leader's Choice * 10:00 AM / ~35 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. *

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

Sun 10 * 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. *

Mon 11 * Leader's Choice * 10:00 AM / 25 miles * West Seattle, Jack Block Public Access (Alki) * Buy lunch * 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 12 * 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. *

Wed 13 * Tukwila Community Center to IKEA * 10:00 AM / 24 miles * Tukwila, Community Center * IKEA * Flat * Slow-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 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 – FEBRUARY 2019

Thu 14 * Bothell to Ballard or Locks * 10:00 AM / 30 miles * Bothell, Sammamish River Trail access parking lot (unpaved) * Plan lunch * Flat * Social * I-405 exit 23, SR-522 west, right on Kaysner Way, left at stop onto Main St, left on 102nd St, cross bridge and right into gravel parking lot. * **No Leader**

Sat 16 * 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. *

Sun 17 * 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 18 * Woodinville * 10:00 AM / ~25 miles * Kirkland, Houghton Park & Ride * Café * Roads, trails, sidewalks, etc. * Social * I-405 northbound: exit 17, use right lane, right on 116th, left into park and ride lot. I-405 southbound: exit 17, use right lane, right turn and then up and over I-405, right on 116th, 2 blocks south, then left into park and ride lot. *

Tue 19 * Leader's Choice * 10:00 AM / ~35 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. * **Bruce Weeks (c) 425-306-2764 / (h) 425-271-0300**

Wed 20 * Leader's Choice * 10:00 AM / ~25 miles * Fall City, Park & Ride lot * Plan lunch * 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 21 * 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**

Fri 22 * Auburn Loop * 10:00 AM / 35 miles * Tukwila, Bicentennial Park * Café * 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. *

Sat 23 * 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. *

Sun 24 * 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's across from 101st St. *

Mon 25 * Leader's Choice * 10:00 AM / 20-25 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 26 * 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. *

Wed 27 * Alki * 10:00 AM / ~25 miles * Tukwila, Community Center * Probably Sunfish * Flat * Social * I-5 (Southbound) Exit 156, right

* **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 – FEBRUARY 2019

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 28 * Tukwila Community Center to IKEA * 10:00 AM / 24 miles * Tukwila, Community Center * IKEA * Flat * Slow-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

Dates	Tour Name	Leaders
March 5-6	Port Townsend Overnight	D & B Chace 206-824-3369
Sept 10-12	Kellogg ID rides	McLaren/Chace

Notes

Port Townsend Overnight (5-6 March): Leader recommends Aladdin Motor Inn, <http://aladdinmotorinnpt.com/> (360-385-3747). Calling is probably the better choice as they do have AAA or AARP rates. There are plenty of other options. A sag is possible but be prepared to carry your own toothbrush.

Other Northwest Cycling Tours

Dates	Tour Name	Leaders
Feb 3	Tunnel Ride	Cascade B C
Feb 24	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)**