

# Ride Schedule – FEBRUARY 2021



## 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.

For February most rides will be No Leader as we wait for the virus to become less active.

Where destinations are suggested, Groups Choice is a good alternative. Contact other riders if you want company on a ride.

**Mon 1 \* Group's Choice \* 10:00 AM / ~25 miles** \* Seattle, Gas Works Park \* Choice \* Choice \* 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. \* **No leader**

**Tue 2 \* Group's Choice \* 10:00 AM / ~35 miles** \* Renton, Cedar River Park \* **Bring food** \* Probably 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. \* **No Leader**

**Wed 3 \* Group's Choice \* 10:00 AM / 25-30 miles** \* Redmond, Marymoor Park (trailhead) \* Café \* Possible hill \* Social \* SR-520 Lake Sammamish Way exit, follow signs to the park. Park in first area on the left. Car parking fee is \$1. \* **No Leader**

**Thu 4 \* Brannan Park to Flaming Geyser SP \* 10:00 AM / 30 miles** \* Auburn, Brannan Park \* **Bring lunch** \* River grade \* 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 6 \* Gas Works Park \* 10:00 AM / ~40 miles** \* Tukwila, Bicentennial Park

\* **Bring lunch** \* Few hills \* 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**

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

**Sun 7 \* Group's Choice \* 10:00 AM / ~25 miles** \* Mercer Island, Lid Park top lot \* **Bring food** \* Probable 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**

**Mon 8 \* Group's Choice \* 10:00 AM / 25 miles** \* West Seattle, Jack Block Public Access (Alki) \* **Bring food** \* Some hills \* Social \* Northbound on Harbor Ave, turn right through the Jack Block Access red-top arch and meet by the restroom. \* **No Leader**

**Tue 9 \* Group's Choice \* 10:00 AM / ~35 miles** \* Kent, Hogan Park (former Russell Road Park) \* **Bring food** \* Possible hills \* Moderate \* I-5 exit 149/149A, SR-516 east, left on Meeker St, left on Russell Road, 1 block to the park. \* **No Leader**

\* **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 2021

**Wed 10 \* Auburn \* 10:00 / ~30 miles \***  
Tukwila, Community Center \* Café \* 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**

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**Thu 11 \* 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**

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**Sat 13 \* International District \* 10:00 AM /  
30 miles \*** Tukwila, Bicentennial Park \* **Bring  
food** \* A hill \* 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. \*  
**No Leader**

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**Sun 14 \* South \* 10:00 AM / 38 miles (if to  
Summer) \*** Kent, Three Friends Fishing Hole \*  
**Bring Food** \* Nearly 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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**Mon 15 \* Loop Lake Union \* 10:00 AM / 25  
miles \*** Seattle, Gas Works Park \* **Bring Food** \*  
Nearly flat \* 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. \* **No Leader**

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**Tue 16 \* Group's Choice \* 10:00 AM / ~ 35  
miles \*** Renton, Cedar River Park \* **Bring food**  
\* Probably 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. \* **No  
Leader**

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**Wed 17 \* Madison Park \* 10:00 AM / ~25  
miles \*** Mercer Island, Lid Park top lot \*  
Madison Valley \* Few 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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**Thu 18 \* Lake Cassidy on 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 20 \* Group's Choice \* 10:00 AM / ~40  
miles \*** Kent, Hogan Park (former Russell Road  
Park) \* **Bring food** \* Possible hills \* Low-end  
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 21 \* Group's Choice \* 10:00 AM / ~30  
Miles \*** Redmond, Marymoor Park (trailhead) \*  
**Bring food** \* Some hills \* Low end moderate \*  
SR-520 Lake Sammamish Way exit, follow  
signs to the park. Park in first area on the left.  
Car parking fee is \$1. \* **No Leader**

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**Mon 22 \* Go South \* 10:00 AM / ~25 miles \***  
Tukwila, Community Center \* **Bring food** \*  
Near 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**

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\* **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

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

## *Ride Schedule – FEBRUARY 2021*

**Tue 23 \* Group's Choice \* 10:00 AM / ~ 35 miles** \* Kent, Three Friends Fishing Hole \* **Bring Food** \* Probable hills \* Low end 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**



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**Wed 24 \* Group's Choice \* 10:00 AM / ~25 miles** \* Renton, Cedar River Park \* **Bring Food** \* Possible 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**

<u>Dates</u>	<u>Tour Name</u>	<u>Leaders</u>
Sept 14-16	Tentative Trail of the Coeur d'Alene	McLaren & Chace

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**Thu 25 \* IKEA \* 10:00 AM / 24 miles** \* Tukwila, Community Center \* **Bring Food** for 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**

### *Notes*

**Kellogg, ID:** We decided to take a try at scheduling the Trail of the Coeur d'Alene for the end of summer and will see what the virus conditions are as we get closer to the date.

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**Sat 27 \* Ravensdale \* 10:00 AM / ~30 Miles** \* Renton, Cedar River Park \* **Bring food** \* Some hills \* Low end 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. \* **No Leader**

**Bicycle Helmets:** You can find the current testing ratings at: [www.helmet.beam.vt.edu/bicycle-helmet-ratings](http://www.helmet.beam.vt.edu/bicycle-helmet-ratings) Testing is done at the Virginia Tech Helmet Lab and the recommendation is to get one with 5 stars and the fit and features you want. There was a good article on this subject in Adventure Cyclist magazine Dec 2020 / Jan 2021 issue. No one seems to correlate the important factors of injuries sustained, accident parameters, with helmet design for the public. There is a need for collecting useful data.

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**Sun 28 \* Madison Park \* 10:00 AM / 35 miles** \* Renton, Cedar River Park \* Starbucks \* 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. \* **No Leader**

**Calories Used:** Diane C. notes that <https://caloriesburnedhq.com/calories-burned-biking> has a computer for cycling and various other activities. For biking the inputs are your weight, riding time, speed, and distance covered.

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