

# Ride Schedule – FEBRUARY 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 \* South Lake WA \* 10:00 AM / ~30 miles** \* Tukwila, Bicentennial Park \* Snack stop \* Couple of 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**

**Sat 3 \* Sumner \* 10:00 AM / 36 miles** \* Kent, Hogan Park \* Buy lunch \* Nearly flat \* Moderate \* I-5 exit 149/149A, SR-516 east, left on Meeker St, left on Russell Road, 1 block to the park. \*

**Sun 4 \* Group's Choice \* 10:00 AM / ~30 miles** \* Renton Community Center \* Possible coffee stop \* River grade \* 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**

**Mon 5 \* Mt Baker Tunnel \* 10:00 AM / 26 miles** \* Renton, Memorial Stadium \* Bring food \* 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 6 \* Gas Works Park \* 10:00 AM / ~40 miles** \* Tukwila, Community Center \* Café or park depending on weather \* Some hills \*

Relaxed Moderate \* 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. \*

**Wed 7 \* 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. \*

**Thu 8 \* Group's Choice \* 10:00 AM / ~30 miles** \* Renton Community Center \* Possible coffee stop \* River grade \* 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 \* Black Diamond \* 10:00 AM / ~25 miles** \* Ravensdale, Ravensdale Park \* Bakery \* Some hills \* Social \* 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 across from Post Office. \*

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

**Sun 11 \* Fall City \* 10:00 AM / 28 miles** \* Issaquah, City Hall \* Aroma Coffee Co, Fall City \* A couple of serious climbs and some unpaved trail (road bikes OK). \* 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. \*

\* **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)

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**Mon 12 \* Kent Valley \* 10:30 AM / ~25 miles** \* Tukwila, Community Center \* Lunch Kent Senior Center \$8 \* 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. \*

**Tue 13 \* Issaquah \* 10:00 AM / 34 miles** \* Renton, Community Center \* Buy lunch \* 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. \*

**Wed 14 \* Redmond \* 10:00 AM / ~25 miles** \* Issaquah, Lake Sammamish State Park \* Palmers, Redmond \* Flat \* 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.) \*

**Thu 15 \* Group's Choice \* 10:00 AM / ~25 miles** \* Mercer Island, Lid Park top lot \* Snack stop \* 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** \*

**Sat 17 \* Alki \* 10:00 AM / ~25 miles** \* Tukwila, Bicentennial Park \* Lunch stop \* 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**

**Sun 18 \* Bogeys \* 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 19 \* Leader's Choice \* 10:00 AM / ~25 miles** \* Kent, Three Friends Fishing Hole \* Probable stop at Macrina Bakery & Café for a snack \* 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. \*

**Tue 20 \* Ravensdale Loop 38 \* 10:00 AM / 38 miles** \* Auburn Community and Event Center \* Panera coffee stop mile 22 \* 1,590' climbing \* Moderate \* Eastbound on WA-18, take the WA-164 E exit. Turn left from the ramp onto WA-164 (Auburn Way) for about 0.3 miles. Turn left of F St and immediate right onto 9th St. In 0.2 miles you will reach the parking lot. \* NOTE: <https://ridewithgps.com/routes/44811554> \*

**Wed 21 \* Maple Valley \* 10:00 AM / 25 miles** \* Renton Community Center \* Cascade Pizza Co. \* River Grade \* 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. \*

**Thu 22 \* White River Trail Ride \* 12:00 Noon / 34 miles** \* Tukwila, Bicentennial Park \* Anthem Coffee Shop, Puyallup \* 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. \* NOTE: Ride the Green River, Interurban, Sumner Link, and Riverwalk trails. Return to Tukwila/Longacres via Sounder Train. \*

**Sat 24 \* Madison Valley \* 10:00 AM / ~33 miles** \* Renton, Memorial Stadium \* Possible Starbucks \* 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. \*

**Sun 25 \* Enumclaw \* 10:00 AM / ~30 miles** \* Ravensdale, Ravensdale Park \* Starbucks, Enumclaw \* Several hills \* Social \* I-405

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**Mon 26 \* Cedar River Trail \* 10:00 AM / ~25 miles** \* Renton Community Center \* Starbucks at Maple Valley \* River grade \* 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 \*

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**Tue 27 \* 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. \*

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**Wed 28 \* 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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**Thu 29 \* Group's Choice \* 10:00 AM / ~35 miles** \* Kent, Hogan Park \* Lunch stop \* Nearly flat \* Social \* I-5 exit 149/149A, SR-516 east, left on Meeker St, left on Russell Road, 1 block to the park. \* **No Leader**

### *Notes*

**Zone Two Bicycle Training:** This is a buzzword currently and you can find several YouTube explanations available. See: <https://www.youtube.com/watch?v=qWSMTbg0P3U>  
It basically about training your mitochondria to

be efficiently burning fats instead of carbohydrates.

**NOTE:** If you have some ideas for No Leader rides that you like, send them in. I'll put them in so maybe they will work for you some nice day when you want to go for a ride.

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