

RIDE SCHEDULE - JANUARY 2016

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



Fri 1 * Annual Round the Lake * 9:00 AM / 52 miles * Renton, Near Coulon Park * Café * Few hills * Moderate * I-405 exit 5, west on Park Dr, north on Lake WA Blvd, take first right under Park on Houser Way N. Park northbound across from the cement plant. Used for the New Year's ride because park doesn't allow park & ride. * NOTE: If weather dictates, riders may join the South Lake starting at 11:00. After ride or about 2PM, drive to home of Gordon & Holly for traditional cookie swap & visit. See notes at the end of schedule. *

Fri 1 * Annual South Lake Washington * 11:00 AM / 25 miles * Renton, Near Coulon Park * Café * Few hills * Social * I-405 exit 5, west on Park Dr, north on Lake WA Blvd, take first right under Park on Houser Way N. Park northbound across from the cement plant. Used for the New Year's ride because park is locked. * NOTE: After ride or about 2PM, drive to home of Gordon & Holly for traditional cookie swap & visit. See note at the end of schedule. *

Sat 2 * Kent to Sumner * 10:00 AM / ~36 miles * Kent, Hogan Park (former Russell Road Park) * Café * Flat * Moderate * I-5 exit 149/149A, SR-516 east, left on Meeker St, left on Russell Road, 1 block to the park. *

Sun 3 * Madison * 10:00 AM / 40 miles * Kent, Three Friends Fishing Hole * Café * Some 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 4 * Leader's Choice * 10:00 AM / 20-30 miles * West Seattle, Jack Block Public Access (Alki) * Lunch stop * Possible 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 5 * Leader's Choice * 10:00 AM / ~35 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 * Oxbow to Auburn * 10:00 AM / ~35 miles * Seattle, Boeing Oxbow Lot * Café * Possible hill * Social * I-5 exit 158, west on Boeing Access Rd, north on Marginal Way 0.3 mile, left at traffic signal on S 102nd St over the Oxbow bridge, turn left at end of bridge to park at south end of lot near Recreation Bldg. *

Thu 7 * Cedar River Park to Issaquah (extended) * 10:00 AM / 38 miles * Renton, Cedar River Park * Panera * Several 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**

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

Sat 9 * Bremerton Loop * 9:45 AM / 37 miles * West Seattle, Fauntleroy Ferry Terminal * Bremerton * Moderate hills * Social * I-5 exit 163/163A, west on West Seattle Freeway, continue on Fauntleroy Way SW as freeway ends. Fauntleroy Ferry Terminal is in the 8900 block of Fauntleroy Way SW. Auto parking is available in the north lot of Lincoln Park north of terminal. * NOTE: Take 10:05 ferry to Southworth, ride along shore, ferry from Bremerton, and ride back to start. *

Sun 10 * Bicentennial to Alki * 10:00 AM / ~33 miles * Tukwila, Bicentennial Park * Probably Sunfish * 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 * Organ Concert * 10:00 AM / 20 miles * Seattle, Gas Works Park * Mama's Mexican Kitchen, Belltown * Few 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 12 * 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. *

Wed 13 * South Lake WA * 10:00 AM / 25 miles * Renton, Gene Coulon Park * Snack or lunch on Mercer Island * Few hills * Social * I-405 exit 5, west on Park Ave, north on Lake WA Blvd, left into 1st park entrance. Meet in south lot area. Option to park cars on Houser St as park doesn't welcome park and bike. *

* **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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Thu 14 * Auburn Supermall * 10:00 AM / 24 miles * Tukwila, Bicentennial Park * Supermall * 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 16 * South Lake WA * 10:00 AM / ~25 miles * Renton, Gene Coulon Park * Snack or lunch on Mercer Island * Few hills * Social * I-405 exit 5, west on Park Ave, north on Lake WA Blvd, left into 1st park entrance. Meet in south lot area. Option to park cars on Houser St. as park doesn't welcome park and bike. *

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 start at 9:45 and return on trail. Leader will take Moderate riders on a longer route. *

Mon 18 * Log Boom to Fremont * 10:00 AM / 25 miles * Kenmore, Log Boom Park (Tracy Owen Station) * Brouwer's Café (Belgian Style Pub) * Near flat * Social * SR-522 (Bothell Way NE) to 61 Ave NE, south on 61st, left on 175th St. Park on 175th St. east of park entrance. *

Tue 19 * Leader's Choice * 10:00 AM / 40 miles * Renton, Cedar River Park * Cafe * 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 20 * Issaquah to Redmond * 10:00 AM / ~25 miles * Issaquah, City Hall * Palmers if weather good otherwise Whole Foods for coffee & soup * 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 21 * Madison * 10:00 / ~35 miles * Renton, Near Coulon Park * Starbucks * Some hills * Social * I-405 exit 5, west on Park Dr, north on Lake WA Blvd, take first right under Park on Houser Way N. Meet near the cement plant at north end. *

Sat 23 * Ride to the Banquet * 10:30 AM / ~20 miles * Tukwila, Community Center * Elliot Bay Brewing Company * Some hills * 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. *

Sun 24 * Bicentennial to Alki * 10:00 AM / ~33 miles * Tukwila, Bicentennial Park * Probably Sunfish * 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 25 * McMenamin's Bothell * 10:00 AM / 22 miles * Redmond, Marymoor Park (trailhead) * McMenamin's * Nearly flat * Social * SR-520 Lake Sammamish Way exit, follow signs to the park. Park in first area on the left. Car parking fee is \$1. *

Tue 26 * North Lake WA * 10:00 AM / 44 miles * Bellevue, I-405 Exit 9 * Café * Few 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 27 * Leader's Choice * 10:00 AM / 30 miles * West Seattle, Jack Block Public Access (Alki) * Café * Possible 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. *

Thu 28 * City Hall to Red Hook * 10:00 AM / 34 miles * Issaquah, City Hall * Red Hook * Flat * 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**

Sat 30 * Three Friends to International District * 10:00 AM / ~30 miles * Kent, Three Friends Fishing Hole * Uwajimaya * A 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 31 * Easy Ride * 10:00 AM / ~25 miles * Mercer Island, Luther Burbank Park * Café * Few 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. * **No Leader**



Dates	Tour Name	Leaders
Mar 5-6, 2016	Port Townsend Overnight	Diane & Buff Chace

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Notes

New Year's Day Social: Starting at 2:00 PM Gordon and Holly Hesse will host a cookie swap at their home. Bring your cookies, cake, pastry, or similar item to share. This will be after the scheduled ride but you need not ride to attend. (Weather may make this the sensible choice.) Hosts plan to have a beverage to wash down the treats. Driving directions: From intersection with Garden Av, proceed east on NE Park Drive (SR-900), which becomes NE Sunset Blvd for about 3.3 miles. Turn right onto 148th Ave SE for 0.2 miles. Turn left onto SE 112th St, then immediately turn left onto 148th Pl. As it bends east arrive at 14827 SE 111th Pl. Phone: 425-271-4424. (Green house at end of street)

BEBC January Banquet: See the newsletter for sign up information.

SR-520 Tours: DOT made two video tours of the ends of the new bridge. They are on You Tube ([floating bridge project](#) and [WABN](#)).

Quote: If the basic idea is too complicated to fit on a T-shirt it's probably wrong. -- Leon Lederman (Experimental Physicist)

Other Northwest Cycling Tours

Dates	Tour Name	Leaders
Feb 28, 2016	Chilly Hilly	Cascade Bicycle Club (CBC)
Apr 16, 2016	Ride for Major Taylor	CBC

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

January 2016