

# RIDE SCHEDULE - JANUARY 2017

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



**Sun 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 10:30. After ride or about 2PM, drive to home of Gordon & Holly for traditional cookie swap & visit. See notes at the end of schedule. \*

**Sun 1 \* Annual South Lake Washington \* 10:30 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. \*

**Mon 2 \* Group's Choice \* 10:00 AM / ~25 miles \*** West Seattle, Jack Block Public Access (Alki) \* Plan snack or lunch \* 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. \* **No Leader**

**Tue 3 \* 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 4 \* Leader's Choice \* 10:00 AM / 25 miles \*** Fall City, Park & Ride lot \* Stop for a snack \* Some 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. \* **Lonna Kooyers (c) 206-406-8367 / (h) 425-880-4424**

**Thu 5 \* Monroe to Snohomish \* 10:00 AM / 32 \*** Monroe, Riverside Park \* Snohomish \* Some hills \* Social \* US-2 to Monroe, south on SR-203 (Lewis St), left into the park just before reaching the bridge. \* **No Leader**

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

**Sat 7 \* Three Friends to Sumner \* 10:00 AM / ~40 miles \*** Kent, Three Friends Fishing Hole \* Sumner \* 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. \*

**Sun 8 \* Extended South Lake WA \* 10:00 AM / 35 miles \*** Renton, Ron Regis Sports Park \* Café \* 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 9 \* Leader's Choice \* 10:00 AM / 30 miles \*** West Seattle, Jack Block Public Access (Alki) \* Café \* 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 10 \* Leader's Choice \* 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. For car parking go past shelter and small traffic circle. \*

**Wed 11 \* Tukwila to Alki \* 10:00 AM / ~30 miles \*** Tukwila, Bicentennial Park \* Sunfish 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. \*

**Thu 12 \* 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 14 \* Leader's Choice \* 10:00 AM / ~25 miles \*** Redmond, Marymoor Park (trailhead) \* Food stop planned \* Possible 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. \*

**Sun 15 \* 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.

\* **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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Leader will take Moderate riders on a longer route. \*

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**Mon 16 \* Heading South to Auburn \* 10:00 AM / 25-30+ miles** \* Seattle, Boeing Oxbow Lot \* Café \* Mostly flat \* 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. \*

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**Tue 17 \* 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. \*

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**Wed 18 \* Leader's Choice \* 10:00 AM / 35 miles** \* Tukwila, Community Center \* Café \* Mostly 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. \*

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**Thu 19 \* Foster Park to Sumner \* 10:00 AM / 28 miles** \* Kent, Foster Park Trail Access \* Sumner \* Flat \* Social \* I-5 exit 149/149A, SR-516 east (becomes Willis St. in Kent), right on 74th Ave S, left on 259th St, one block to the park on the right. Trail head parking for Interurban & Green River trails. \* **No Leader**

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**Sat 21 \* 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. \*

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**Sun 22 \* West Seattle \* 10:00 AM / ~30 miles** \* SeaTac, Angle Lake Park \* Café \* Fairly hilly \* Social \* I-5 exit 151, west on S 200th St, right on International Blvd for 0.3 miles, right at stoplight into park. \*

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**Mon 23 \* Organ Concert \* 10:00 AM / 20-25 miles** \* Seattle, Gas Works Park \* Cafe \* 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. \* NOTES: All parking spaces have a 4-hour time limit. If you need more time, park to the east on Northlake Wy. Also, exploring under construction Westlake Cycle Track. \*

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**Tue 24 \* Three Friends to International District \* 10:00 AM / 35 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. \*

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**Wed 25 \* Lake WA Technical College \* 10:00 AM / 25 miles** \* Kirkland, Houghton Park & Ride \* Dine out \* Some hills \* 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. \* NOTE: A portion on the CKC \*

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**Thu 26 \* 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**

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**Sat 28 \* Cedar River Park to Issaquah \* 10:00 AM / 34 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. \*

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**Sun 29 \* Madison Park \* 10:00 AM / 20 miles** \* Mercer Island, Luther Burbank Park \* Snack stop \* 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. \*

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**Mon 30 \* Madison Park \* 10:00 AM / 25 miles** \* Seattle, Stan Sayres Memorial Park \* Café \* Few hills \* Social \* On west shore of Lake WA at intersection of Lake Washington Blvd S and 46th Ave S. \*

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**Tue 31 \* 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. \*



Dates	Tour Name	Leaders
10-11 Jun 2017	Grant County Ride	Diane & Buff Chace
21-22 Aug 2017	Total Solar Eclipse & Covered Bridges Albany	Kay Evey 206-763-0435 Chaces 206-824-3369

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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.

**Not So Green Cars:** Research  
<http://www.dailymail.co.uk/news/article-3579878/Electric-hybrid-eco-friendly-cars-air-toxins-dirty-diesels-say-scientists.html>

## Other Northwest Cycling Tours

Dates	Tour Name	Leaders
July 22-29, 2017	Oregon Bicycle Ride	Bicycle Rides NW
August 5-12, 2017	Idaho Bicycle Ride	Bicycle Rides NW

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

January 2017