

Ride Schedule – JANUARY 2018

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



Mon 1 * Annual Round the Lake * 9:00 AM / 52 miles * Renton, Cedar River Park * Café * Few 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. * 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. *

Mon 1 * Annual South Lake Washington * 10:30 AM / 25 miles * Renton, Cedar River Park * Café * Few 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. * NOTE: After ride or about 2PM, drive to home of Gordon & Holly for traditional cookie swap & visit. See note at the end of schedule. *

Tue 2 * Leader's Choice * 10:00 AM / ~30 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 3 * Leader's Choice * 10:00 AM / 25 miles * Redmond, Marymoor Park (trailhead) * Café * 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. *

Thu 4 * 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**

Sat 6 * Madison Park * 10:00 AM / 35 miles * Renton, Ron Regis Sports Park * Near Madison Park * Some 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. *

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

Sun 7 * Leader's Choice * 10:30 AM / ~30 miles * Fall City, Park & Ride lot * Café * Few 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. *

Mon 8 * Leader's Choice * 10:00 AM / 25 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. * NOTE: Ride choice to suit weather. *

Tue 9 * Leader's Choice * 10:00 AM / ~30 miles * Renton, Cedar River Park * Café * 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. *

Wed 10 * Seward Park to Madison Park * 10:00 / ~25 miles * Seattle, Seward Park picnic shelter * Café * Couple of hills * Social * Seward Park is at Lake Washington Blvd S and South Juneau Street in Seattle. The picnic shelter is southeast of the entrance. *

Thu 11 * 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**

* **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
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Sat 13 * 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. *

Sun 14 * 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 15 * Seattle Aquarium * 10:00 AM / ~25 miles * Seattle, Gas Works Park * Café * Small 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. The Seattle Aquarium is free with the Gold Card for Health Aging. If you don't have one, we'll get you one on the way. *

Tue 16 * 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 17 * 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 18 * 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**

Sat 20 * Ron Regis to Black Diamond * 10:00 AM / ~35 miles * Renton, Ron Regis Sports Park * Black Diamond * A 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. *

Sun 21 * 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 22 * Alki * 10:00 AM / ~25 miles * Tukwila, Community Center * Café * Nearly 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. *

Tue 23 * 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 24 * Leader's Choice * 10:00 AM / ~35 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 25 * City Hall to Hollywood Tavern * 10:00 AM / 34 miles * Issaquah, City Hall * Hollywood Tavern (corner of Redmond-Woodinville Rd & NE 145th St) * 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 27 * Ride to the Banquet * 10:00 AM / ~20 miles * Tukwila, Community Center * Elliot Bay Brewing Company, Burien * 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 28 * Mercer Island * 10:00 AM / ~35 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 29 * SR-520 Bridge * 10:00 AM / ~23 miles * Seattle, Gas Works Park * Café * 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. Biking the 520 Bridge and back on I-90 Bridge *

Tue 30 * Leader's Choice * 10:00 AM / ~40 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 31 * Group's Choice * 10:00 AM / ~30 miles * Mercer Island, Lid Park top lot * Café * 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. * **No Leader**



Dates	Tour Name	Leaders
9-12 April	Anacortes & Victoria BC	B & J Lemke B & D Chace
11-13 Sep 2018	Trail of the Coeur D'Alenes	B & G McLaren B & D Chace

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.

Victoria BC: The dates for this trip are a bit tentative since the ferry schedule is not yet available but are based on last year's schedule. Monday 9 April would have an afternoon ride in the Anacortes area. On the 10th we catch the ferry to Sidney and bike to Victoria. The 11th usually has a couple of options for rides. On the 12th we ride to Sidney and take the ferry back to Anacortes. Expect further details as we get closer to April.

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Start Point Gone: Now that there is a hotel up by Coulon Park, people were dodging the parking fees there by parking on Houser. So, the city solved the problem by putting the short time limit on the east side of Houser parking. It is patrolled on weekends and holidays, so it is no longer a viable starting point any day of the week. We have used it for several years since Renton doesn't want us to park and ride from Coulon Park, even in the winter. Thanks to Pete for investigating. The west side of the street is still an option when you can find space.

520 Bridge Trail: In case you missed it, this long-awaited trail connection on the western end to Montlake is to open Dec 20th. The first BEBC option to ride it looks like the 28 Dec ride.

Carfree Times: There is a new issue about 4 times a year, so it won't overload the inbox. It is an easy way to see what is going on in urban bicycle travel. There are lots of good pictures, especially from Europe. Book reviews, videos are good. If you sign up a single email lets you know when a new issue is available. (Buff has followed this since it started ~20 years ago.)

Other Northwest Cycling Tours

Dates	Tour Name	Leaders
May 30 – Jun 6	CO-UT Inn to Inn Tour	Adventure Cycling
Jul 21-28	BRNW Oregon	Bicycle Rides Northwest
Aug 4-11	BRNW California	Bicycle Rides Northwest

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