

RIDE SCHEDULE - JULY 2016

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



Sat 2 * Vashon Island Loop * 10:00 AM / 29 miles * West Seattle, Fauntleroy Ferry Terminal * Café * Hilly * Moderate * 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 10:15 ferry to Vashon. *

Sun 3 * Olympia Ride * 9:30 AM / 45 miles * Olympia, Chehalis-Western Trailhead * Restaurant in Olympia * Easy hills * Social * I-5 south to Exit 109 in Lacey, right (west) on Martin Way SE for 0.1 mile, then left onto College St SE, (becomes Rainier Rd SE) for 4.2 miles, at roundabout turn right onto 67th Ave SE for 0.3 miles to trailhead at end of road. * NOTE: Leader's train may delay start. Try cell phone if late. *

Mon 4 * Independence Day

Tue 5 * Full Lake WA * 10:00 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. *

Wed 6 * Brannan Park to Flaming Geyser SP * 10:00 AM / 30 miles * Auburn, Brannan Park * Bring lunch * Slight 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. *

Thu 7 * Sounder Ride * 12:00 Noon / 35 miles * Tukwila, Bicentennial Park * Starbucks stop 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. * NOTES: Ride down train back. Sounder fare \$2 (Seniors) or \$4 (others). No tandems or recumbents on Sounder. *

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

Sat 9 * Bellingham to Lynden (Modified Woods #64, 4th NW Ed.) * 10:00 AM / 35 miles * Bellingham, Shuksan Middle School * Lynden * Half hilly, half flat * Social * I-5 exit 257, SSW on Northwest Ave. School is ¼ mile on the right at the corner of Northwest and Alderwood (2717 Alderwood Av., Bellingham) * NOTE: By staying in Bellingham you can easily combine this with the next two rides. *

Sun 10 * Birch Bay to White Rock * 9:30 AM / 45 miles * Blaine, Birch Bay State Park * White Rock * Part hilly * Social * I-5 exit 266, west on Grandview Rd, right on Jackson Rd, left on Helwig Rd to the park. * Bring Passport or Enhanced WA Driver License for border. *

Mon 11 * Ferndale to Lummi Island * 9:00 AM / 30 miles * Ferndale, Pioneer Park * Bring snack * Some hills * Social * I-5 exit 262, head west. Cross Nooksack River, then turn left at traffic light on First Ave. Pioneer Park is at the end of the street. Park in lot. *

Tue 12 * Dalles Ridge to Chinook Pass * 9:00 AM / 53 miles * Mt Rainier, Dalles Ridge viewpoint * Bring lunch * Half steady climbs * Moderate * SR-410, 6.3 miles south of Greenwater Bridge toward Crystal Mtn. Parking area is on right. *

Wed 13 * Olallie State Park to Lake Keechelus * 10:00 AM / ~30 miles * North Bend, Olallie State Park * Bring lunch for near lake * Rail road grade * Social * I-90 exit 38, turn right on Homestead Valley Rd for 0.9 miles to park. * NOTE: Iron Horse Trail up and back roads past Denny Creek & I-90 return. Bring lights for tunnel. *

Thu 14 * City Hall to Red Hook * 10:00 AM / 34 miles * Issaquah, City Hall * Red Hook * Nearly 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 16 * Tiger Mountain * 10:00 AM / 40 miles * Renton, Cedar River Park * Café * Hilly * 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 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. *

* 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)

July 2016

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Mon 18 * Hogan Park to Sumner * 10:00 AM / 30 miles *
 Kent, Hogan Park (former Russell Road Park) * Café * Almost flat * Social * I-5 exit 149/149A, SR-516 east, left on Meeker St, left on Russell Road, 1 block to the park. *

Tue 19 * Hogan Park to Sumner * 10:00 AM / 30 miles *
 Kent, Hogan Park (former Russell Road Park) * Café * Almost flat * Moderate * I-5 exit 149/149A, SR-516 east, left on Meeker St, left on Russell Road, 1 block to the park. * **Gordon Hesse (c) 206-369-4074 / (h) 425-271-4424**

Wed 20 * Port Orchard with Bremerton option * 9:15 AM / 36 miles *
 West Seattle, Lincoln Park north lot * Bremerton * Few hills * Social * I-5 exit 163/163A, west on West Seattle Freeway, continue on Fauntleroy Way SW as Freeway ends. Parking lot is in the 8200 block of Fauntleroy Way. * NOTE: Take 9:30 ferry to Southworth, 12:20 or 1:45 ferry from Bremerton. *

Thu 21 * Foothills Trail to South Prairie * 10:00 AM / 32 miles *
 Puyallup, East Puyallup/Meeker Trailhead * **Bring lunch** * River grade * Social * From southbound SR-167, exit to SR-410 E, 2nd ramp to right for SR-162 (south toward Orting) for 0.5 miles, After crossing Puyallup River and take next right on 80th St E and drive west 0.6 miles to East Puyallup/Meeker Trailhead on left. * **No Leader**

Sat 23 * Leader's Choice * 10:00 AM / ~30 miles *
 Mercer Island, Luther Burbank Park * Café * Some 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. *

Sun 24 * Bicentennial to Auburn * 10:00 AM / ~30 miles *
 Tukwila, Bicentennial Park * Café * 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 * Roads & Trails * 10:00 AM / 26 miles *
 Kenmore, Log Boom Park (Tracy Owen Station) * Lunch inside * One easy hill * Social * SR-522 (Bothell Way NE) to 61 Ave NE, south on 61st, right into park lot. (Overflow is on street to east.) *

Tue 26 * Ravensdale to Mud Mountain * 10:00 AM / 51 miles *
 Ravensdale, Ravensdale Park * **Bring lunch** for Mud Mtn Park * Some hills * Moderate * 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. *

Wed 27 * Leader's Choice * 10:00 AM / 30-35 miles *
 Tukwila, Community Center * Café * Possible 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. *

Thu 28 * Ron Regis to Landsburg * 10:00 AM / 24 miles *
 Renton, Ron Regis Sports Park * **Bring lunch** for Landsburg * River Grade * 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. * **No Leader**

Sat 30 * Leader's Choice * 10:00 AM / ~30 miles *
 Renton, Ron Regis Sports Park * Café * 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. *

Sun 31 * Edmonds to Poulsbo Loop * 9:20 AM / 34 miles *
 Edmonds, Ferry terminal * Poulsbo * Moderate hills (one short steep one) * Social * I-5 exit 177, follow signs to the Edmonds ferry terminal. Park on side streets near 3rd or 4th Avenue outside the restricted parking zone area. *



Dates	Tour Name	Leaders
Sep 13-15, 2016	Trail of the Coeur d'Alenes	Bruce & Gerry McLaren

*** 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

Trail of the Coeur d'Alenes: Bruce negotiated a rate of \$67.00 for a single or double room (King or 2Q) at the Guest House Inn in Kellogg for the upcoming ride in September (13,14 & 15). This is the same as last year's rate. They will block out 8 to 10 rooms for our use but will probably require reservations (and a count) by August 1st. More info later. Bruce McLaren.

Most folks arrive the night before and depart on the last day (after the shorter ride). The motel phone is (208) 783-1234 / Buff

Bicycle Sundays: Here are the dates that a portion of Lake Washington Blvd is closed to cars for a relaxing bike ride. May 1, 15, 29; June 19, 26; July 3, 10, 17; Aug 14, 28; September 4, 11, 18, 25. See <http://www.seattle.gov/parks/bicyclesunday/> for details.

Drive Train History: Good article on derailleur history. <http://velonews.competitor.com/the-drivetrain-wars> for the gear heads in the club.

Northwest Tandem Rally 2017: This northwest event will be in Seattle over a 4-day 4th of July weekend. The Evergreen Tandem Club will host. The 2016 one is in Klamath Falls, OR.

Other Northwest Cycling Tours

Dates	Tour Name	Leaders
July 13-17	Redspoke	Redmond Rotary Club
July 16-17	Seattle to Portland Classic	Cascade
July 23	Tour de Whatcom, Bellingham	Whatcom Events (Fund raiser)
July 31	Tour de Kitsap	westsoundcycling.com

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