

RIDE SCHEDULE - JULY 2017

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



Sat 1 * 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 2 rides. *

Sun 2 * Ferndale to Birch Bay * 10:00 AM / ~25 miles * Ferndale, Pioneer Park * Birch Bay * Minor 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. *

Mon 3 * Ferndale to Lummi Island * 9:00 AM / 25-30 miles * Ferndale, Pioneer Park * **Bring Snack** for Lummi Island * 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. * NOTE: **Ferry fare \$7.** *

Tue 4 * Holiday

Wed 5 * 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. *

Thu 6 * Foster Park to Sumner * 10:00 AM / 30 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 parking on the right. Trailside parking for Interurban & Green River trails. * **No Leader**

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

Fri 7 * Flat Friday * 10:00 AM / 26 miles * Kenmore, Log Boom Park (Tracy Owen Station) * Panera Bread in Redmond *

Flat * Slow & Easy * SR-522 (Bothell Way NE) to 61 Ave NE, south on 61st, right into park lot. (Overflow is on street to east.) *

Fri 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. *

Sat 8 * Lake Union & Sculpture Park * 10:00 AM / ~25 miles * Seattle, Gas Works Park * Brewery Stop * Some 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. *

Sun 9 * Ron Regis to Landsburg * 10:00 AM / ~28 miles * Renton, Ron Regis Sports Park * Four Corners * 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. * **No Leader**

Mon 10 * Discovery Park * 10:00 AM / ~25 miles * West Seattle, Jack Block Public Access (Alki) * Bring lunch for park if weather cooperates. * 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 11 * 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. *

Wed 12 * Lake Forest Park * 10:00 AM / 27 miles * Seattle, Gas Works Park * Food Court * Mild 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. *

Thu 13 * City Hall to Red Hook or Hollywood * 10:00 AM / 34 miles * Issaquah, City Hall * Red Hook or alternatively Hollywood Tavern to west * 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**

* **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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Fri 14 * Flat Friday * 10:00 AM / 26 miles * Kenmore, Log Boom Park (Tracy Owen Station) * Panera Bread in Redmond * Flat * Slow & Easy * SR-522 (Bothell Way NE) to 61 Ave NE, south on 61st, right into park lot. (Overflow is on street to east.) *

Sat 15 * Ride to the Club Picnic * 10:00 AM / 30 miles * Tukwila, Bicentennial Park * Chaces', 3763 So 194th St., SeaTac * Hilly * 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: Picnic info in notes at end of schedule. *

Sun 16 * 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 may take Moderate riders on a longer return route. *

Mon 17 * Riding North * 10:00 AM / ~27 miles * Mountlake Terrace, Ballinger Lake Community Clubhouse and Playfields * Everett Mall Food Court * Some short hills * Social * I-5 take exit 177 ("Hwy 104/Ballinger Way"); go west (as if to Edmonds); turn north on 76th at the light and then east on 228th which curves and the parking is on the right. Address: 23000 Lakeview Dr, Mountlake Terrace, WA 98043. Park in the north area of the large paved parking lot for the Community Clubhouse. * NOTE: If you are coming from the Eastside, you can come up Ballinger Way / Highway 104, or take 405 and get on I-5 going south. *

Tue 18 * 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 19 * 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. *

Thu 20 * 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**

Fri 21 * Flat Friday * 10:00 AM / 26 miles * Kenmore, Log Boom Park (Tracy Owen Station) * Panera Bread in Redmond * Flat * Slow & Easy * SR-522 (Bothell Way NE) to 61 Ave NE, south on 61st, right into park lot. (Overflow is on street to east.) *

Sat 22 * Kent East Hill * 10:00 AM / ~38 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. *

Sun 23 * Bicentennial to Auburn * 10:00 AM / 31 miles * Tukwila, Bicentennial Park * Bogey's Public House * 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 24 * Lake Forest Park Loop * 10:00 AM / 25 miles * Seattle, Gas Works Park * Lake Forest Park * Some 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 25 * Bainbridge (Woods # 42) * 9:20 AM / 39 miles * Seattle, Colman Ferry Terminal * Bring lunch * Fairly hilly * Moderate * Ferry terminal (Pier 52) is at 801 Alaskan Way in Seattle. Meet by fountain at entrance. * NOTES: Take 9:35 ferry to Bainbridge. CCW loop *

Wed 26 * Lincoln Park to Port Orchard (Woods # 44) * 9:15 AM / 29 miles * West Seattle, Lincoln Park North Lot * Lunch in Port Orchard * Some 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 the 9:30 ferry to Southworth. *

Thu 27 * Ron Regis to Landsburg * 10:00 AM / 24 miles * Renton, Ron Regis Sports Park * Bring lunch for park * River grade with some packed gravel * 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**

Fri 28 * Flat Friday * 10:00 AM / 26 miles * Kenmore, Log Boom Park (Tracy Owen Station) * Panera Bread in Redmond * Flat * Slow & Easy * SR-522 (Bothell Way NE) to 61 Ave NE,

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south on 61st, right into park lot. (Overflow is on street to east.)
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Sat 29 * Ravensdale to Enumclaw * 10:00 AM / 41 miles *
 Ravensdale, Ravensdale Park * **Bring lunch** for 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. *

Sun 30 * Madison Park * 10:00 AM / ~35 miles * Kent, Three Friends Fishing Hole * Probably Starbucks * Several hills * Social to 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. *

Mon 31 * Iron Horse Trail through Hyak Tunnel * 10:00 AM / ~35 miles * I-90 Exit 38, Iron Horse Trail * Bring lunch
 for one of those stump lake picnic sites* Railroad grade * Social * Eastbound I-90 exit 38, turn right and go 0.1 mile. Where paved road bends left (east) turn right up gravel road to State fee parking lot. Or park along the road and bike-hike to start. * NOTE: Iron Horse Trail up and group choice of back on trail or back roads past Denny Creek & I-90 return. Bring lights for tunnel. *



Other Northwest Cycling Tours

Dates	Tour Name	Leaders
Jul 1-4	Northwest Tandem Rally	Evergreen Tandem Club
Jul 15-16	STP	Cascade
Jul 29 - Aug 5	RAW	Cascade

Dates	Tour Name	Leaders
21-22 Aug	Total Solar Eclipse & Covered Bridges Albany	Kay Evey 206-763-0435 Chaces 206-824-3369
29-31 Aug	Trail of the Coeur d'Alenes	McLaren 425-746-1275 & Chace 206-824-3369

Notes

Saturday 15 July Picnic/Meeting: This will be held at Chaces', 3763 S 194th St., SeaTac. Go on the scheduled ride or follow the directions below to picnic. Lunch will be sandwich fixings, salad, beverages, and dessert. Food will be available from 12:00 to 1:00 PM. Hosts have a paddle board so if you want to try this on Angle Lake you are welcome to do so. For questions (206) 824-3369 (can leave a message) or chacebike@comcast.net. From I-5 exit 152, go west on S 188th St for 0.7 mile, left on 37th Ave S, left on S 192nd, follow road around 2 right turns to 3763 S 194th St.

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