

Ride Schedule – JULY 2019

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



Mon 1 * Leader's Choice * 10:00 AM / 25 miles * Issaquah, City Hall * Café * 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. *

Tue 2 * Leader's Choice * 10:00 AM / ~40 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 3 * Leader's Choice * 10:00 AM / ~30 miles * Fall City, Park & Ride lot * Café * Possible 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. *

Thu 4 * Centennial Trail * 10:00 AM / 25 miles * Snohomish, Centennial Trailhead * **Bring Lunch** for Lake Cassidy * Railroad Grade * Social * US-2/SR-9 to Snohomish, east on 2nd Ave, left on Maple, 4 blocks to trail. Park on Maple near intersection with Pine. * **No Leader**

Sat 6 * Ravensdale to Enumclaw * 10:00 AM / 40 miles * Ravensdale, Ravensdale Park * **Bring Lunch** * 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. *

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

Sun 7 * Ron Regis Loop * 10:00 AM / 34 miles * Renton, Ron Regis Sports Park * Café * Hilly * 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. * **NOTE:** The plan is to ride from Ron Regis to Ten Trails to upper Auburn to Soos Creek Trail to Ron Regis *

Mon 8 * Lake Forest Park * 10:00 AM / 25 miles * Seattle, Gas Works Park * Lunch on the return trip at newish Pub Café in Magnuson Park * Flat * 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 9 * 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 10 * 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 11 * 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 13 * Mercer Island * 10:00 AM / 43 miles * Kent, Three Friends Fishing Hole * Bagels (?) * Some hills * Social * From West Valley Hwy, proceed west on 196th St for 0.5 mi, road swings

* **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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left becoming Russell Rd, go 0.2 mile, left at traffic light (before bridge), 200 yards to parking. *

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 * Leader's Choice * 10:00 AM / ~30 miles * West Seattle, Jack Block Public Access (Alki) * Plan lunch stop * 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 16 * 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 17 * Queen Anne & Magnolia * 10:00 AM / ~25 miles * Seattle, Gas Works Park * Soup lunch at Lemkes' * 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. *

Thu 18 * 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**

Sat 20 * 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. *

Sun 21 * Renton To Lake Wilderness * 10:00 AM / 25 miles * Renton, Ron Regis Sports Park * **Bring light lunch or snack** for Lake Wilderness * 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. * NOTES: Dessert and socializing offered at the end of the ride at Maas House. We will bike the trail to Lake Wilderness, come back on the trail, get our cars and go up the hill for dessert. You may also come after the ride about 1:30 PM. If longer hillier ride is desired, option to start at Maas House. *

Mon 22 * Duvall Tavern * 10:00 AM / ~31 miles * Fall City, Park & Ride lot * Duvall Tavern * Minor 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. *

Tue 23 * Hartstene Island * 10:00 AM / ~40 miles * Shelton, Pickering Rd P & R * **Bring Lunch** to eat on leader's deck * Some hills * Moderate * From the intersection of SR-302 (east North Bay Rd) and SR-3 proceed 10.5 miles SW on SR-3. Park & Ride will be at the intersection of Pickering Rd and SR-3. This is about 10 miles north east of Shelton * NOTES: You could take a ferry or drive over the Narrows. *

Wed 24 * Lake Sammamish Salad Ride * 10:00 AM / 28 miles * Issaquah, Lake Sammamish State Park * Short stop at Marymoor. **Bring salad** to share after the ride around lake * Few hills * Social * I-90 exit 15, follow signs to the park. Use first unpaved parking area on the LEFT. (If you don't have a state park **Discovery Pass**, you might want to park elsewhere and bike to the meet point.) * NOTES: Pack your salad in a cooler as needed. We'll get a table close to the water, just like last year. Leaders will bring one or two grand kids along and might use trail both ways. *

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Thu 25 * 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 27 * Three Friends to Sumner * 10:00 AM / 45 miles * Kent, Three Friends Fishing Hole * Café * 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 28 * Bothell * 10:00 AM / 21 miles * Redmond, Marymoor Park (trailhead) * Pick lunch stop * Near 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. * **No Leader**

Mon 29 * Buckley * 10:00 AM / 40 miles * Puyallup, East Puyallup/Meeker Trailhead * Wally's Drive-In in Buckley * Moderate hills * 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. * NOTE: For a shorter ride join in Orting at South Main Park. *

Tue 30 * Lincoln Park to Bremerton Loop * 9:15 AM / 36 miles * West Seattle, Lincoln Park north lot * Bremerton * Few hills * Moderate * I-5 exit 163/163A, west on West Seattle Freeway, continue 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 1:30 ferry from Bremerton. *

Wed 31 * Rattlesnake Lake * 10:00 AM / ~30 miles * North Bend, Si View Community Center / Park * Café * Fairly flat * Social * I-90 exit 31, NE on Bendigo (a.k.a North Bend Blvd), cross South Fork Snoqualmie River, right on Park St, right on Healy Ave to 400 Southeast Orchard Drive, North Bend, WA 98045. * NOTE: Plan road and trail to lake, then after café lunch loop to Snoqualmie. *



Dates	Tour Name	Leaders
Sept 10-12	Kellogg ID rides	McLaren/Chace

Notes

Lots of our members are busy with travel away. Thanks to those who helped with the ride scheduling.

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