

Ride Schedule – JUNE 2020

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



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

Mon 1 * Group's Choice * 10:00 AM / ~25 miles * Tukwila, Community Center * **Bring food** for park * 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. * **No Leader**

Tue 2 * Ravensdale to Enumclaw * 10:00 AM / 41 miles * Ravensdale, Ravensdale Park * **Bring food** 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. *

Wed 3 * Leader's Choice * 10:00 AM / 25 miles * Redmond, Marymoor Park (trailhead) * **Bring food** * 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. *

Thu 4 * IKEA * 10:00 AM / 24 miles * Tukwila, Community Center * IKEA, Renton * 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. * **No Leader**

Sat 6 * Carnation Café * 10:00 AM / 25 miles * Fall City, Park & Ride lot * Café if open, carry backup snack * Near flat * 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. *

Sun 7 * Auburn * 10:00 AM / 30 miles * Tukwila, Bicentennial Park * **Bring food** for Isaac Evans Park * Flat * Social * I-405 exit 1, south on West Valley Hwy, right on Strander Blvd, cross river, immediate right into the park. Meet in car parking, past shelter and small traffic circle. *

Mon 8 * Leader's Choice * 10:00 AM / ~25 miles * Tukwila, Community Center * **Bring food** for picnic * 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 9 * Leader's Choice * 10:00 AM / 40 miles * Bellevue, I-405 Exit 9 * **Bring food** * 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 10 * Auburn * 10:00 AM / 30 miles * Tukwila, Bicentennial Park * Odd-fellow's * Flat * Social * I-405 exit 1, south on West Valley Hwy, right on Strander Blvd, cross river, immediate right into the park. Meet in car parking, past shelter and small traffic circle. *

Thu 11 * Brannan Park to Flaming Geyser SP * 10:00 AM / 30 miles * Auburn, Brannan Park * **Bring lunch** * Slight grade * Slow-Social * SR-167 south to 15th St NW exit, east on 15th, left on Auburn Way, right on 28th St NE to the park. * **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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Sat 13 * Group's Choice * 10:00 AM / ~25 miles * Renton, Cedar River Park * **Bring food** for park * 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. * **No Leader**

Sun 14 * Group's Choice * 10:00 AM / ~25 miles * Fall City, Park & Ride lot * **Bring food** for park * 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. * **No Leader**

Mon 15 * Group's Choice * 10:00 AM / ~25 miles * Mercer Island, Lid Park top lot * **Bring food** for park * 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. (If parking not available there park south of the trail on SE 22nd St and meet at start point.) * **No Leader**

Tue 16 * Leader's Choice * 10:00 AM / ~40 miles * Renton, Cedar River Park * **Bring food** * 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 * Kent Commons * 10:00 AM / 25 miles * Renton, Cedar River Park * **Bring food** or we'll see if something is open * Flat * 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. *

Thu 18 * Marymoor Trailhead to Lake Forest Park * 10:00 AM / 25 miles * Redmond, Marymoor Park (trailhead) * **Bring food** * 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**

Sat 20 * Mercer Island * 10:00 AM / 40 miles * Kent, Hogan Park (former Russell Road Park) * **Bring food** * Few hills * Moderate * I-5 exit 149/149A, SR-516 east, left on Meeker St, left on Russell Road, 1 block to the park. *

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. * NOTE: 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. **If Grange is not available an alternate ride will be suggested.** *

Mon 22 * Group's Choice * 10:00 AM / ~25 miles * Redmond, Marymoor Park (trailhead) * **Bring food** for park * Some 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. * **No Leader**

Tue 23 * Leader's Choice * 10:00 AM / 40 miles * Kent, Hogan Park (former Russell Road Park) * **Bring food** * 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 24 * Madison Park * 10:00 AM / 25 miles * Seattle, Seward Park picnic shelter * **Bring food** for picnic * 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 25 * Alki * 10:00 AM / 33 miles * Tukwila, Bicentennial Park * Cafe * Flat * Social * I-405 exit 1, south on West Valley Hwy, right on Strander Blvd, cross river, immediate right into the park. Meet in car parking, past shelter and small traffic circle. * **No Leader**

Sat-Mon 27-29 * Portland Loops * See BEBC Tour Form at the end of schedule. *

* **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

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Sun 28 * Group's Choice * 10:00 AM / ~30 miles * Tukwila, Bicentennial Park * **Bring food** to picnic * Mostly flat * Social * I-405 exit 1, south on West Valley Hwy, right on Strander Blvd, cross river, immediate right into the park. Meet in car parking, past shelter and small traffic circle. * **No Leader**



Tue 30 * Leader's Choice * 10:00 AM / ~40 miles * Kent, Three Friends Fishing Hole * **Bring food** * Might be flat * 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. *

<u>Dates</u>	<u>Tour Name</u>	<u>Leaders</u>
25-28 July	Oregon Tour	John Neller
15-17 Sept	Trail of the Coeur d'Alenes	McLarens & Chaces

Notes

Pandemic: We have a lot of No Leader rides this month largely due to some of the regulars having medical issues. These are uncertain times. Rides may be cancelled as needed. If there is a leader, get in touch or be able to plan your own route from the start point. Some parks and parking areas may be closed. Check for current information or have a good Plan B.

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BEBC TOUR FORM			
Ride Name	Portland Loops		
Date	Saturday, June 27, 2020		
Return date for overnight rides	Monday, June 29, 2020		
Start time	10:00 AM		
Start location	Montavilla Motel, 320 SE 99th Ave, Portland		
Distance	Approximately 35 miles each day		
Lunch	Buy		
Terrain (check one)	<input type="checkbox"/>	Flat	High range gears
	<input type="checkbox"/>	Easy hills	mid to high range gears
	<input checked="" type="checkbox"/>	Moderate hills	mid-range gears
	<input type="checkbox"/>	Hilly	Low range gears
	<input type="checkbox"/>	Strenuous hills	Need granny gear or push bike
Pace (check one)	<input type="checkbox"/>	Slow	< 10 mph
	<input checked="" type="checkbox"/>	Social	10 mph < speed < 13 mph
	<input type="checkbox"/>	Moderate	13 mph < speed < 16 mph
	<input type="checkbox"/>	Fast	Speed > 16 mph
Elevation gain ?	unknown		
Address / Driving instructions	<p>By car: take I-205 to Exit 20 (SE Stark St and Washington St), turn east (left) at second light onto SE Washington St, cross over I-205, turn north (left) onto SE 99th Ave, cross SE Stark St; motel is on right.</p> <p>By train: take Amtrak to Portland Union Station, catch MAX Green Line train at Sixth St. Exit at SE Main St, ride north on SE 99th Ave. Cross Washington and Stark Streets; motel is on right. Reservations needed for Amtrak, including for bike. Ride leader will take the train Friday.</p>		
Ride description	Three loops around Portland trails and roads		
Other notes	Make motel reservations at Montavilla Motel at 320 SE 99 th Ave, Portland, phone 503-255-4664. You can keep bikes in the rooms. Please call ride leader two to three days in advance. Each loop runs near MAX train lines, so you can cut off some of the miles each day. Heavy rain or freezing temperature cancels.		
Tour leader(s)	John Neller		
Telephone(s)	206-356-5309		
E-mail(s)	bikenstein@q.com		

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