

RIDE SCHEDULE - MARCH 2016

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



Tue 1 * 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. *

Wed 2 * Leader's Choice * 10:00 AM / ~30 miles * West Seattle, Jack Block Public Access (Alki) * Plan lunch * 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. *

Thu 3 * Oxbow to IKEA * 10:00 AM / 24 miles * Seattle, Boeing Oxbow Lot * IKEA * Pretty flat * Social * I-5 exit 158, west on Boeing Access Rd, north on Marginal Way 0.3 mile, left at traffic signal on S 102nd St over the Oxbow bridge, turn left at end of bridge to park at south end of lot near Recreation Bldg. * **No Leader**

Sat-Sun 5-6 * Edmonds to Port Townsend * 8:30 AM / 90 miles * Edmonds Ferry Terminal (Take the 8:50 AM ferry) * All meals at restaurants * Hilly * Social * I-5 exit 177, follow signs to the Edmonds ferry terminal. Park cars outside the restricted parking zone area. * NOTES: 1. Call leader if ice likely. 2. Motel recommendation: see notes at end of schedule. 3. Plan to carry your own toothbrush. *

Sat 5 * Leader's Choice * 10:00 AM / ~35 miles * Renton, Ron Regis Sports Park * Café * 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 6 * Group'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. * **No Leader**

Mon 7 * 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 parking on the right. Trail head parking for Interurban & Green River trails. *

Tue 8 * 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 9 * 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 10 * Bicentennial Park to Alki * 10:00 AM / 33 miles * Tukwila, Bicentennial Park * Alki * Flat * Slow * 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**

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

Sat 12 * Marymoor to Log Boom * 10:00 AM / ~28 miles * Redmond, Marymoor Park (trailhead) * Red Hook * Flat * Social-Slow * SR-520 Lake Sammamish Way exit, follow signs to the park. Park in first area on the left. Car parking fee is \$1. *

Sun 13 * Oxbow to Auburn * 10:00 AM / ~35 miles * Seattle, Boeing Oxbow Lot * Café * Possible hill * Social * I-5 exit 158, west on Boeing Access Rd, north on Marginal Way 0.3 mile, left at traffic signal on S 102nd St over the Oxbow bridge, turn left at end of bridge to park at south end of lot near Recreation Bldg. *

Mon 14 * Queen Anne & Magnolia * 10:00 AM / ~25 miles * Seattle, Gas Works Park * Queen Anne * 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. *

* **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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Tue 15 * Leader's Choice * 10:00 AM / ~40 miles * Tukwila, Bicentennial Park * Café * Some hills * Moderate * 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. *

Wed 16 * Issaquah * 10:00 / ~30 miles * Renton, Cedar River Park * Rogue Brewery * Over Cedar Grove, some lesser 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. *

Thu 17 * 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 parking on the right. Trail head parking for Interurban & Green River trails. * **No Leader**

Fri 18 * 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 19 * Kent to Sumner * 10:00 AM / ~36 miles * Kent, Hogan Park (former Russell Road Park) * Café * Flat * Moderate * I-5 exit 149/149A, SR-516 east, left on Meeker St, left on Russell Road, 1 block to the park. *

Sun 20 * 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. *

Mon 21 * 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. *

Tue 22 * 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 23 * Duvall * 10:00 AM / ~30 miles * Fall City, Park & Ride lot * Lunch in Carnation * 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. *

Thu 24 * Madison Park via Seward Park * 10:00 AM / 25 miles * Mercer Island, Lid Park top lot * Madison Park area * Some hills * Slow * 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**

Sat 26 * Leader's Choice * 10:00 AM / ~30 miles * Redmond, Marymoor Park (trailhead) * Café * Hills possible * Social * SR-520 Lake Sammamish Way exit, follow signs to the park. Park in first area on the left. Car parking fee is \$1. *

Sun 27 * Log Boom to Redmond * 10:00 AM / 24 miles * Kenmore, Log Boom Park (Tracy Owen Station) * Inside lunch stop * Almost flat * Social * SR-522 (Bothell Way NE) to 61 Ave NE, south on 61st, left on 175th St. Park on 175th St. east of park entrance. *

Mon 28 * Medina * 10:00 AM / ~25 miles * Mercer Island, Luther Burbank Park * Dine out * Moderate 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. *

Tue 29 * Leaders Choice * 10:00 AM / ~35 miles * Kent, Hogan Park (former Russell Road Park) * Café * Some hills * Moderate * I-5 exit 149/149A, SR-516 east, left on Meeker St, left on Russell Road, 1 block to the park. *

Wed 30 * Log Boom to Redmond * 10:00 AM / ~30 miles * Kenmore, Log Boom Park (Tracy Owen Station) * Plan lunch * Few hills * Social * SR-522 (Bothell Way NE) to 61 Ave NE, south on 61st, left on 175th St. Park on 175th St. east of park entrance. * **No Leader**

* **No Leader Tours** - Someone must record names of the tour participants and submit the list for mileage credit.

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Terrain Difficulty: Flat, Easy Hills, Moderate Hills, Hilly, Strenuous Hills

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March 2016

RIDE SCHEDULE - MARCH 2016

Thu 31 * 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**



Dates	Tour Name	Leaders
Mar 5-6, 2016	Port Townsend Overnight	Diane & Buff Chace
May 10-12	Victoria BC	Lemke & Chace
Sep 13-15, 2016	Trail of the Coeur d'Alenes	Bruce & Gerry McLaren

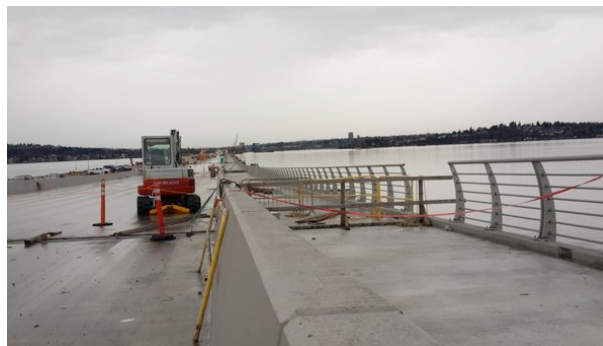
Notes

Port Townsend Overnight (5-6 March): Leaders recommend Aladdin Motor Inn, <http://aladdinmotorinnpt.com/> (360-385-3747). Calling is probably the better choice as they do have AAA or AARP rates. There are plenty of other lodging options. **NOTE: No sag** is expected so plan to carry your own gear.

Victoria BC Rides (May 2016): Remember to bring passport or enhanced driver's license. **PACK LIGHTLY SINCE YOU ARE RESPONSIBLE FOR TOTING YOUR OWN LUGGAGE THROUGH CUSTOMS** both ways. We plan a gear sag, however between the ferries and the lodgings. Leaders: Bill & Jody Lemke (h) 206-284-2843 and Buff & Diane Chace (h) 206-824-3369. If you stay the night on Mon, May 9th in Anacortes, the leaders will be staying at the Anacortes Inn, 3006 Commercial Ave., Anacortes, WA, 360-293-3153. This is where we stayed in 2014. Dan, the assistant manager, is giving us a special non-refundable rate: \$85/one queen bed or \$95/two queen beds. Just ask him for it. We do not know if he has long-term parking, so ask about that when you call, or you can use the free public parking lot near the marina. You always have the option of pay parking by the ferry. We will take the ferry to Victoria on Tuesday, May 10th, and depart Thurs, May 12th. The ride leaders are staying in Victoria at Paul's Motor Inn, and they honor AAA and senior (65+) discounts. Reservations can be made at <http://www.paulsmotorinn.com/accommodations/index.html> or by calling 1-866-333-7285. You have the option of other lodging, but the rides will start from Paul's Motor Inn. The leaders are planning to travel to and fro by the Anacortes-Sidney, BC ferry, however riders are welcome to go via the Port Angeles or Tsawwassen, BC ferry and meet us in Victoria. Just

let us know ahead of time that you plan to ride so that we expect you. :-)

SR-520 Opening: We could use a BEBC check the views ride late April or soon after to check out the new bike path below. We could even stop at the new belvederes, which will have seating and information. Access is only from the east end until summer 2017 when the west end connections open.



If you are interested in when the phases of bicycle access open see the following: http://www.wsdot.wa.gov/NR/rdonlyres/8CB4B832-B725-47D2-B268-2D0CBF1A187B/0/SR520_BicyclePedestrian_Folio.pdf

MV Doc Maynard: The new water taxi between West Seattle and the Seattle Waterfront has capacity for 26 bicycles.

Other Northwest Cycling Tours

Dates	Tour Name	Leaders
Apr 3	Emerald City Bike Ride	Cascade BC
April 16	Ride for Major Taylor	Cascade BC

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