

RIDE SCHEDULE - MARCH 2017

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



Wed 1 * 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 2 * Oxbow to IKEA * 10:00 AM / 24 miles * Seattle, Boeing Oxbow Lot * IKEA * 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 4 * 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 5 * Leader's Choice * 10:00 AM / 25-30 miles * Kenmore, Log Boom Park (Tracy Owen Station) * Café * Near flat * Social * SR-522 (Bothell Way NE) to 61 Ave NE, south on 61st, right into park lot. (Overflow is on street to east.) *

Mon 6 * Seward Park * 10:00 AM / 30 miles * Seattle, Gas Works Park * Café * 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 Way.

Tue 7 * Leader's Choice * 10:00 AM / ~35 miles * Bellevue, I-405 Exit 9 * Café * 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 8 * Cedar River Park to Landsburg * 10:00 AM / ~28 miles * Renton, Cedar River Park * Four Corners * Few 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 9 * 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 11 * Leader's Choice * 10:00 AM / ~25 miles * Fall City, Park & Ride lot * Stop for a snack or lunch * 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. * NOTE: Destination might be North Bend *

Sun 12 * North or South * 10:00 AM / 25-30 miles * West Seattle, Jack Block Public Access (Alki) * Café * Nearly flat * 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. *

Mon 13 * Tukwila to Alki * 10:00 AM / ~30 miles * Tukwila, Bicentennial Park * Café * Few hills * 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. *

Tue 14 * 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 15 * 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. *

Thu 16 * 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**

* **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 18 * Tukwila to Alki * 10:00 AM / ~30 miles * Tukwila, Bicentennial Park * Probably Sunfish lunch * Few hills * 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. *

Sun 19 * 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 20 * Shoreline * 10:00 AM / ~30 miles * Seattle, Green Lake (SW corner) * Inside lunch * Some hills * Social * 5900 West Green Lake Way North, meet next to the restrooms. If you drive, park across the street in the paved parking lot. Google Maps calls this area Green Lake Small Craft Center. *

Tue 21 * Leader's Choice * 10:00 AM / ~35 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 22 * Jack Block to Ballard * 10:00 AM / ~23 miles * West Seattle, Jack Block Public Access (Alki) * Ballard * Few 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 23 * 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 25 * Group's Choice (Perhaps eastward) * 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. * **No Leader**

Sun 26 * South Lake WA * 10:00 AM / 25 miles * Renton, Near Coulon Park * Snack stop? * Some hills * Social * I-405 exit 5, west on Park Dr, north on Lake WA Blvd, take first right under Park on Houser Way N. Park near the cement plant. * **No Leader**

Mon 27 * Woodinville via portions of Cross Kirkland Corridor * 10:00 AM / 27 miles * Kirkland, Houghton Park & Ride * Dine out * Moderate hills * Social * I-405 northbound: exit 17, use right lane, right on 116th, left into park and ride lot. I-405 southbound: exit 17, use right lane, right turn and then up and over I-405, right on 116th, 2 blocks south, then left into park and ride lot. *

Tue 28 * 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 29 * Cedar River Park to Kent * 10:00 AM / ~25 miles * Renton, Cedar River Park * Kent * 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 30 * 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
10-11 Jun 2017	Grant County Ride	Diane & Buff Chace
21-22 Aug 2017	Total Solar Eclipse & Covered Bridges Albany	Kay Evey 206-763-0435 Chaces 206-824-3369
29-31 Aug 2017	Trail of the Coeur d'Alenes	Bruce & Gerry McLaren

Notes

Grant County 2-Day Tour June 10-11: Moses Lake {Arrive 10 and depart AM 11th} (Oasis Motel @ 800-456-0708, Super 8 @ 800-800-8000, and Motel 6 @ 800-466-8356) are common motel choices. They are close together and early reservations are recommended. The ride is led at a social pace,

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you may ride faster or slower. Cars are left at the Park & Ride in George, WA. Sunday, we will skip the seep lakes and take a paved road route. We are looking for a volunteer to be a sag driver, if interested please contact Buff or Diane Chace. If we do not find a sag driver be prepared to carry your own toothbrush.

Trail of the Coeur d'Alenes (Ride Aug 29-31):

Bruce negotiated a rate of \$89.00 for a single or double room (King or 2Q) at the Fairbridge Inn & Suites (formerly Guest House Inn) in Kellogg for the upcoming ride in August (motel nights 28, 29, & 30). Phone 208-783-1234. This is significantly cheaper than the posted rate. A block of 10 rooms is set-aside for BEBC. Reservations need to be made no later than 21 days ahead of 28 Aug to get this rate. The ride dates are 29, 30 & 31 = Tue. - Thur. More info later. Bruce McLaren. The last day's ride is shorter to give time for the drive home. Buff

Other Northwest Cycling Tours

Dates	Tour Name	Leaders
Feb 26	Chilly Hilly	Cascade
Apr 2	Valley River Ride	Cascade

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