

Ride Schedule – MARCH 2019

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



Sat 2 * International District * 10:00 AM / 25-30 miles * Kent, Three Friends Fishing Hole* Uwajimaya or other * Some hills * 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 3 * 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 4 * IKEA * 10:00 AM / 30 miles * West Seattle, Jack Block Public Access (Alki) * Café * 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. *

Tue-Wed 5-6 * Edmonds to Port Townsend Overnight * 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. SAG is possible but plan to carry your own toothbrush. *

Tue 5 * 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 6 * Group's Choice * 10:00 AM / 25-30 miles * Mercer Island, Lid Park top lot * Snack or lunch * Few 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**

Thu 7 * Sounder Ride * 12:00 Noon / 35 miles * Tukwila, Bicentennial Park * Coffee stop @ Starbucks, 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. * NOTE: Ride south and return on train. (Fare is \$2 for seniors and \$4 for others.) Tandems and recumbent bikes not allowed on train. *

Sat 9 * Ron Regis to Black Diamond * 10:00 AM / ~35 miles * Renton, Ron Regis Sports Park * Bakery * A 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. *

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

Sun 10 * Leader's Choice * 10:00 AM / ~25 miles * Fall City, Park & Ride lot * Plan lunch * 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. *

Mon 11 * North Redmond * 10:00 AM / 26 miles * Issaquah, Lake Sammamish State Park * Café * Trails & roads with a 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 pass, you might want to park elsewhere and bike to the meet point.) *

* **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 12 * Seward Park Loop North * 10:00 AM / ~40 miles * Seattle, Seward Park picnic shelter * Café * Some hills * Moderate * Seward Park is at Lake Washington Blvd S and South Juneau Street in Seattle. The picnic shelter is southeast of the entrance. *

Wed 13 * Leader's Choice * 10:00 AM / 25 miles * Redmond, Marymoor Park (trailhead) * Café * 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. *

Thu 14 * 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 16 * 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. *

Sun 17 * 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 starts at 9:45 and return on trail. Leader may take Moderate riders on a longer return route. *

Mon 18 * Aquarium (Gold Card) * 10:00 AM / ~25 miles * Seattle, Gas Works Park * Café * Few 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. * NOTES: (1) All parking spaces have a 4-hour time limit. If you need more time, park to the east on Northlake Wy. (2) The Aquarium is free with the Gold Card for Healthy Aging. If you don't have one, we can get one on route. Plan to

visit the Seattle Aquarium, downtown, and waterfront. *

Tue 19 * Vashon Island (Woods #20) * 9:15 AM / 50 miles * West Seattle, Fauntleroy Ferry Terminal * **Bring Lunch** * Hilly * Moderate * I-5 exit 163/163A, west on West Seattle Freeway, continue on Fauntleroy Way SW as freeway ends. Fauntleroy Ferry Terminal is in the 8900 block of Fauntleroy Way SW. Auto parking is available in the north lot of Lincoln Park north of terminal. * NOTE: This may cover both Vashon and Maury Islands. *

Wed 20 * 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 21 * Madison Park via Seward Park * 10:00 AM / 25 miles * Mercer Island, Lid Park top lot * Madison Park area * 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 no parking available there, park to south of trail off SE 22nd St and go to start.) * **No Leader**

Sat 23 * Group's Choice * 10:00 AM / ~30 miles * Renton, Cedar River Park * Plan lunch * 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. * **No Leader**

Sun 24 * Group's Choice * 10:00 AM / ~30 miles * Redmond, Marymoor Park (trailhead) * Plan lunch * Some hills or 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**

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

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Mon 25 * Group's Choice * 10:00 AM / ~25 miles * Kenmore, Log Boom Park (Tracy Owen Station) * Café * Possible hill * Social * SR-522 (Bothell Way NE) to 61 Ave NE, south on 61st, right into park lot. (Overflow is on street to east.)
* **No Leader**



Tue 26 * Fall City to Duvall * 10:00 AM / 40 miles * Fall City, Park & Ride lot * Duvall * Few hills * Moderate * 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. *

Dates	Tour Name	Leaders
March 5-6	Port Townsend Overnight	D & B Chace 206-824-3369
Sept 10-12	Kellogg ID rides	McLaren/Chace

Wed 27 * Leader's Choice * 10:00 AM / 21 miles * Kirkland, Houghton Park & Ride * Café * 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. *

Notes

Port Townsend Overnight (5-6 March): Leader recommends 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 options. A sag is possible but be prepared to carry your own toothbrush.

Thu 28 * Ron Regis to Landsburg * 10:00 AM / 24 miles * Renton, Ron Regis Sports Park * **Bring lunch** for Landsburg 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**

Other Northwest Cycling Tours

Dates	Tour Name	Leaders
March 10	Seattle Bike Swap	Cascade
April 28	McClinchy Mile	North Puget Sound Bike Alliance
April 28	Salem OR cookie ride	Salem Bicycle Club

Sat 30 * Group's Choice * 10:00 AM / ~30 miles * Fall City, Park & Ride lot * Plan lunch * Mostly 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. * **No Leader**

Sun 31 * Group's Choice * 10:00 AM / ~30 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. * **No Leader**

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

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