

RIDE SCHEDULE - MAY 2017

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 / ~30 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 2 * Leader's Choice * 10:00 AM / 40 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 3 * Bicentennial to Auburn * 10:00 AM / 31 miles * Tukwila, Bicentennial Park * Café * 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. *

Thu 4 * Bicentennial 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. *

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

Sat 6 * Alki * 10:00 AM / 45 miles * Kent, Hogan Park (former Russell Road Park) * Alki * Hills * Moderate * I-5 exit 149/149A, SR-516 east, left on Meeker St, left on Russell Road, 1 block to the park. *

Sun 7 * Third Place Books * 10:00 AM / 30 miles * Seattle, Gas Works Park * Food Court * One easy hill * 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. *

Mon 8 * Tukwila Community Center to New IKEA * 10:00 AM / 24 miles * Tukwila, Community Center * IKEA * Pretty 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 * 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 will cover both Vashon and Maury Islands. *

Wed 10 * Leader'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. *

Thu 11 * Snohomish to Lake Cassidy * 10:00 AM / 25 miles * Snohomish, Centennial Trailhead * Bring lunch for Lake Cassidy * Railroad grade * Slow * 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 13 * Group's Choice * 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 14 * Black Diamond * 10:00 AM / ~35 miles * Renton, Ron Regis Sports Park * Bakery * 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. *

Mon 15 * South Lake WA * 10:00 AM / 25 miles * Mercer Island, Luther Burbank Park * Café * Few 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 16 * Full Lake WA * 10:00 AM / 52 miles * Renton, Near Coulon Park * Café * Few hills * Moderate * I-405 exit 5, west on Park Dr, north on Lake WA Blvd, take first right under Park on Houser Way N. Park northbound across from the cement plant. *

*** 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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Wed 17 * Snoqualmie via trail * 10:00 AM / ~25 miles * Fall City, Park & Ride lot * Café * Moderate climb * 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 18 * Marymoor to Lake Forest Park * 10:00 AM / 26 miles * Redmond, Marymoor Park (trailhead) * Third Place Books * Flat * Slow * 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 * Fall City to North Bend * 10:00 AM / 25 miles * Fall City, Park & Ride lot * Café * 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. *

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. * 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 22 * Kubota Gardens * 10:00 AM / ~25 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. * NOTES: All parking spaces have a 4-hour time limit. If you need more time, park to the east on Northlake Wy. May use Link Light Rail for part of the ride. *

Tue 23 * Leader's Choice * 10:00 AM / 40 miles * Renton, Cedar River Park * Café * 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. *

Wed 24 * Centennial Trail * 10:00 AM / 35 miles * Snohomish, Centennial Trailhead * Café * RR 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. *

Thu 25 * Snoqualmie Railroad Park to North Bend * 10:00 AM / 20 miles * Snoqualmie Railroad Park * North Bend * Mostly flat * Social * I-90 exit 25, left onto Snoqualmie Parkway, at T turn right on Railroad Ave in Snoqualmie for ~2 blocks, turn right on Fir St, then right again into parking lot. * NOTE: Turn around is at Ken's Truck Town (East end of North Bend Way). Eat back in town. * No Leader

Sat 27 * Cedar River Park to Issaquah * 10:00 AM / 34 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-Tue 28-30 * Three days in Portland, OR * 10:00 AM (daily) / ~35 miles each day * Daily start from Motel 6, 9225 SE Stark St., Portland * Buy lunch * Moderate hills * Social * By car: take I-205 to Exit 20 (SE Stark St), turn west on SE Stark St one block; motel is on right. * By train (only single upright bikes): take Amtrak to Portland Union Station, catch MAX Green Line train at Sixth St. Exit at SE Main St, cross over expressway on footbridge and ride north on I-205 Trail to Stark St; turn left (west) to motel one block on right. Reservations needed for Amtrak. Ride leader will take the train. * NOTES: Three loops around Portland on trails and roads. Make motel reservations at Motel 6 at 9225 SE Stark St, Portland, phone 503-255-0808. Senior discount with AARP card! You can keep bikes in the rooms. Please call ride leader two to three days in advance. Heavy rain or freezing temperature cancels. *

Tue 30 * 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 31 * Leader's Choice * 10:00 AM / 35 miles * Tukwila, Community Center * Café * Mostly 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. *

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Dates	Tour Name	Leaders
10-11 Jun	Grant County Ride	Diane & Buff Chace 206-824-3369
21-22 Aug	Total Solar Eclipse & Covered Bridges Albany	Kay Evey 206-763-0435 Chaces 206-824-3369
29-31 Aug	Trail of the Coeur d'Alenes	Bruce & Gerry McLaren

Notes

Grant County 2-Day Tour June 10-11: Moses Lake {Arrive 10th and depart AM 11th} (Oasis Motel @ 800-456-0708, Quality Inn @ 509-765-8886, 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, you may ride faster or slower. Cars are left at the Park & Ride in George, WA. We will skip the seep lakes on Sunday and take a paved road route. Jody Lemke has volunteered to sag your overnight gear between George, WA and Moses Lake.

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
May 13, 2017	Lewis County Historical Ride	http://www.chehaliscentraliaoptimistclub.org/ Fundraiser with route options.
May 21	Your Canyon for a Day (Yakima)	http://www.crimestoppersyakco.org/custom.aspx Fundraiser but they do close the canyon for the event.
May 29	Evergreen Health 7 Hills of Kirkland	https://7hillskirkland.org/ Fundraiser with route options.

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* NOTES: (if any) * **Leader & Phone (cell/home/work)**