

Ride Schedule – MAY 2019

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



Wed 1 * Cedar River Park to Landsburg * 10:00 AM / ~28 miles * Renton, Cedar River Park * **Bring lunch** for picnic * 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 2 * Alki * 10:00 AM / 33 miles * Tukwila, Bicentennial Park * Alki * 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. * **No Leader**

Sat 4 * Mercer Island * 10:00 AM / 43 miles * Kent, Three Friends Fishing Hole * Bagels (?) * 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 5 * Ravensdale – Black Diamond – Green Valley * 10:00 AM / 37 miles * Ravensdale, Ravensdale Park * **Bring** snack / lunch * Several hills * Social * 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. *

Mon 6 * Jack Block to Ballard * 10:00 AM / 20 miles * West Seattle, Jack Block Public Access (Alki) * Plan lunch * Near 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 7 * 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 8 * Alki * 10:00 AM / 33 miles * Tukwila, Bicentennial Park * Alki * 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 9 * Centennial Trail * 10:00 AM / 25 miles * Snohomish, Centennial Trailhead * **Bring Lunch** for Lake Cassidy * Railroad 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. * **No Leader**

Sat 11 * 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. *

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

Sun 12 * 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 13 * Bainbridge Island * 9:15 AM / 25-30 miles * Seattle, Colman Ferry Terminal * **Bring Lunch** * Hills * Social * Ferry terminal (Pier 52) is at 801 Alaskan Way in Seattle. Meet at loading point for the ferry. * NOTES: Take 9:35 ferry to Winslow. Leader will bike to ferry from home. Find parking on your own. There is parking near leader's house—downhill to ferry but up returning. *

* **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
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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 * Group's Choice * 10:00 AM / ~25 miles * Mercer Island, Lid Park top lot * Lunch or snack * A 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 16 * Marymoor to Lake Forest Park * 10:00 AM / 25 miles * Redmond, Marymoor Park (trailhead) * Café or picnic * 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 18 * Madison area * 10:00 AM / 43 miles * Kent, Three Friends Fishing Hole * Starbucks (?) * 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 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 starts at 9:45 and return on trail. Leader may take Moderate riders on a longer return route. *

Mon 20 * 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. *

Tue 21 * 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 22 * Snohomish to Arlington * 10:00 AM / 42 miles * Snohomish, Centennial Trailhead * Café in Arlington * Trail at railroad 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 23 * 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: Turnaround is at Ken's Truck Town (East end of North Bend Way). Eat back in town. * **No Leader**

Sat 25 * 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 26 * 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. *

Mon 27 * Group's Choice * 10:00 AM / ~25 miles * Mercer Island, Lid Park top lot * Lunch or snack * A 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

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parking not available there park south of the trail on SE 22nd St and meet at start point.) * NOTE: Option to email a different start point a day ahead. * **No Leader**

Tue 28 * 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. *

Wed 29 * Lincoln Park to Port Orchard (Woods # 44) * 9:00 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. *

Thurs 30 * 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**



<u>Dates</u>	<u>Tour Name</u>	<u>Leaders</u>
Sept 10-12	Kellogg ID rides	McLaren/Chace

Notes

Regulars Know: If parking is not available at the designated meeting point. Park where you can in the area and bike to the meeting point.

Conner Scott: Conner is a potential new member with an interest in getting some mountain bike rides going in BEBC after his broken clavicle heals.

Bicycle Sunday: Portions of Lake Washington Boulevard closed to motorized vehicles 10 AM to 6 PM. This year's dates—May 12, 19, 26; June 16, 23; July 4, 14; August 11, 18; September 1, 8, 15.

Other Northwest Cycling Tours

<u>Dates</u>	<u>Tour Name</u>	<u>Leaders</u>
May 1-31	Bike to work month	
May 11	Lewis County Historical Ride	Chehalis-Centralia Optimist Club

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