

RIDE SCHEDULE - NOVEMBER 2016

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



Tue 1 * 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 2 * Leader's Choice * 10:00 AM / ~30 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 3 * Foothills Trail to South Prairie * 10:00 AM / 32 miles * Puyallup, East Puyallup/Meeker Trailhead * Bring lunch * River grade * Social * From southbound SR-167, exit to SR-410 E, 2nd ramp to right for SR-162 (south toward Orting) for 0.5 miles, After crossing Puyallup River and take next right on 80th St E and drive west 0.6 miles to East Puyallup/Meeker Trailhead on left. * No Leader

Sat 5 * Harvest Festival * 10:30 AM / 17 or 23 miles * Carnation, Tolt-MacDonald Park * Methodist Church Harvest Festival in Fall City * Flat to rolling terrain * Social * I-90 exit 22, Preston-Fall City Road north to Fall City, cross bridge, left on SR-203 to Carnation, cross Tolt River, drive 0.4 miles then left on NE 40th St to park. Use the lot on the left side of road. * NOTES: Bring \$7-10 (cash only, no big bills) for a lunch by the church volunteers (soup, roll, drink, pie & bake sale). Plan to stay together on this ride to lunch. Could be all flat unless some want rolling return. If it is raining the leader will still be at the start and we will drive to lunch. If there is a huge storm or flooding on the road the leader will not be there. *

Sun 6 * IKEA or South Center * 10:00 AM / ~35 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. *

Mon 7 * Leader's Choice * 10:00 AM / 25-30 miles * West Seattle, Jack Block Public Access (Alki) * Café * Perhaps a hill * 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 8 * Leader's Choice * 10:00 AM / ~40 miles * Renton, Near Coulon Park * Café * Some hills * Moderate * I-405 exit 5, west on Park Dr, north on Lake WA Blvd, take first right under Park on Houser Way N. Meet near the cement plant. *

Wed 9 * Redmond * 10:00 AM / ~30 miles * Issaquah, City Hall * Café * Few hills * Social * I-90 exit 17, south on Front Street, left on Sunset, first right onto 1st Ave. S. Use public parking near the city hall / police station. *

Thu 10 * City Hall to Red Hook * 10:00 AM / 34 miles * Issaquah, City Hall * Red Hook * Nearly flat * Social * I-90 exit 17, south on Front Street, left on Sunset, first right onto 1st Ave. S. Use public parking near the city hall / police station. * No Leader

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

Sat 12 * 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 13 * 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. *

Mon 14 * Landsburg & Four Corners * 10:00 AM / ~33 miles * Renton, Cedar River Park * Dine in a fine Four Corners Establishment * River grade & couple of 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. * NOTE: Ride Cedar River Trail to Landsburg, thence to Four Corners and back. *

Tue 15 * 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. *

* **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)

November 2016

RIDE SCHEDULE - NOVEMBER 2016

Wed 16 * Leader's Choice * 10:00 AM / 30 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. *

Thu 17 * Bothell to Ballard (Or choice) * 10:00 AM / 30 miles * Bothell, Sammamish River Trail access parking lot (unpaved) * Plan lunch * Flat * Social * I-405 exit 23, SR-522 west, right on Kaysner Way, left at stop onto Main St, left on 102nd St, cross bridge and right into gravel parking lot. * **No Leader**

Sat 19 * Leader's Choice * 10:00 AM / 25 miles * Fall City, Park & Ride lot * Stop for a snack * 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 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 * Organ Concert * 10:00 AM / 20 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: All parking spaces have a 4-hour time limit. If you need more time, park to the east on Northlake Wy. Also, exploring under construction Westlake Cycle Track. *

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

Sat 26 * North Lake WA * 10:00 AM / 45 miles * Mercer Island, Lid Park top lot * Café * Few hills * Moderate * 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. *

Sun 27 * Tukwila to Alki * 10:00 AM / ~30 miles * Tukwila, Bicentennial Park * Alki * 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. *

Mon 28 * Leader's Choice * 10:00 AM / 25-30 miles * West Seattle, Jack Block Public Access (Alki) * Café * Perhaps a hill * 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 29 * Loop to Alki * 10:00 AM / 45 miles * Kent, Three Friends Fishing Hole * Husky Deli * 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 30 * Mercer Island and down eastside of Lake WA * 10:00 AM / 36 miles * Mercer Island, Luther Burbank Park * Café (bring mucho dinero for lunch) * Small 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. *



Dates	Tour Name	Leaders
21-22 Aug 2017	Total Solar Eclipse & Covered Bridges Albany	Kay Evey 206-763-0435 Chaces 206-824-3369
Plan a ride for next year!		

Notes

Lemke Social: For planning purposes, Bill & Jody Lemke will host this annual event on Saturday December 10. There will be a bike ride to their home or you can drive there. This also serves as a club meeting.

Molbak's Ride: This popular outing will be on December 1st.

* **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)**

RIDE SCHEDULE - NOVEMBER 2016

Bike Batman: Nice story and it might give you some ideas on keeping your bike safe. Link = [Bike theft recovery](#)

Bicycle Counter and Traffic Signal Sensors:
This is a basic explanation with a link to a more technical one linked in the article. However, they do not explain how well they detect bicycles of various materials. [bicycle detectors](#)

Bicycles a Threat to Morals:
<http://www.delanceyplace.com/view-archives.php?p=3165>

The Great Trail (Canada): This link has a map and news links to keep you up to date as they build out the trail:
<https://thegreattrail.ca/> (87% connected at this time)

* **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)**

November 2016