

RIDE SCHEDULE - NOVEMBER 2017

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



Wed 1 * Leader's Choice * 10:00 AM / ~30 miles * Redmond, Marymoo Park (trailhead) * Plan lunch * 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 2 * 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**

Fri 3 * Valley Figure 8 * 10:00 AM / 25 miles * Auburn, Brannan Park * Lunch Mama Stortini's at Kent Station * Flat * Social * SR-167 south to 15th St NW exit, east on 15th, left on Auburn Way, right on 28th St NE to the park. * NOTE: Trails and roads in Auburn & Kent *

Sat 4 * Leader's Choice * 10:00 AM / ~30 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. *

Sun 5 * Bicentennial to Auburn * 10:00 AM / 31 miles * Tukwila, Bicentennial Park * Bogey's Public House * 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 6 * Log Boom to Redmond * 10:00 AM / 25 miles * Kenmore, Log Boom Park (Tracy Owen Station) * Food stop inside * Flat * Social * SR-522 (Bothell Way NE) to 61 Ave NE, south on 61st, right into park lot. (Overflow is on street to east.) * NOTE: Flat route both directions *

Tue 7 * 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 8 * Four Corners * 10:00 AM / ~35 miles * Renton, Ron Regis Sports Park * Café * 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. *

Thu 9 * City Hall to Red Hook or Hollywood * 10:00 AM / 34 miles * Issaquah, City Hall * Red Hook or alternatively Hollywood Tavern to west * 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 11 * Sumner * 10:00 AM / 40 miles * Kent, Three Friends Fishing Hole * Sumner * Flat * 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. *

Sun 12 * Vashon Island (Woods #20) * 9:55 AM / ~30 miles * West Seattle, Fauntleroy Ferry Terminal * Café * Hilly * Social * 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: Take 10:10 ferry to Vashon. *

Mon 13 * Leader's Choice * 10:00 AM / 25 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 14 * 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 15 * Leader's Choice * 10:00 AM / 25 miles * Tukwila, Community Center * Café * Some hills * 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 16 * 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**

* **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 * North Lake WA * 10:00 AM / 36 miles * Mercer Island, Lid Park top lot * Metropolitan Market * Some 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 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 * Tukwila to Alki * 10:00 AM / ~25 miles * Tukwila, Community Center * Café * 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 21 * 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 22 * Leader's Choice * 10:00 AM / 25-30 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. *

Sat 25 * South Lake WA * 10:00 AM / 25 miles * Renton, Cedar River Park * No lunch stop (short ride) * 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 * Madison Park * 10:00 AM / ~35 miles * Kent, Three Friends Fishing Hole * Probably Starbucks * Several 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. *

Mon 27 * Light Rail & Bike * 10:00 AM / 20-25 miles * Seattle, Gas Works Park * Plan lunch * 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. * NOTE: All parking spaces have a 4-hour time limit. If you need more time, park to the east on Northlake Wy. *

Tue 28 * Gas Works * 10:00 AM / 45 miles * Kent, Three Friends Fishing Hole * Café * 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 29 * Redmond * 10:00 AM / 30 miles * Issaquah, City Hall * Plan Redmond * 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 30 * Molbak's * 10:00 AM / 20+ miles * Redmond, Marymoor Park (trailhead) * Red Hook * 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. * NOTE: In the event of rain or snow or if you just don't want to ride, meet at Molbak's at 11:00, enjoy the Christmas décor and free Kringle, and then move to Red Hook for lunch. *

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RIDE SCHEDULE - NOVEMBER 2017



<u>Dates</u>	<u>Tour Name</u>	<u>Leaders</u>
11-13 Sep 2018	Trail of the Coeur D'Alenes	B & G McLaren B & D Chace

Notes

Lemke Social: For planning purposes, Bill & Jody Lemke will host this annual event on Saturday December 9. There will be a bike ride to their home or you can drive there. This also serves as a club meeting to elect officers for next year.

2018 Trail of the Coeur D'Alenes: Motel dates are 10 (Monday)-12 (Wednesday) September 2018.

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