

Ride Schedule – NOVEMBER 2018

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



Thu 1 * 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 3 * 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 4 * 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. *

Mon 5 * Sounder Ride * 12:00 Noon / 35 miles * Tukwila, Bicentennial Park * Coffee stop at Starbucks in Puyallup * Flat * Social * I-405 exit 1, south on West Valley Hwy, right on Strander Blvd, cross river, immediate right into the park. Meet in car parking, past shelter and small traffic circle. * NOTES: Ride the highways and byways

and trails in the Green River and Puyallup River valleys. We'll ride to Puyallup and return via the Sounder to Tukwila. Unfortunately, it won't be possible to take tandems or recumbents on the Sounder. Return fare is about \$2.00 for seniors, \$4.00 for others. *

Tue 6 * 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 7 * Leader's Choice * 10:00 AM / 25-30 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 8 * University Village * 10:00 AM / 25 miles * Woodinville, Wilmot Gateway Park * Café * Near flat * Social * I-405 exit 23, east on SR-522, exit south onto SR-202, continue straight onto 131st Ave NE (as SR-202 turns right) then turn right into parking lot. Additional parking available across NE 171st - however east end is a signed baseball hazard area. * No Leader

Sat 10 * Leader's Choice * 10:00 AM / ~35 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 11 * South Lake WA * 10:00 AM / 26 miles * Kent, Three Friends Fishing Hole * Mercer Island snack stop * Few 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. *

* **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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Mon 12 * Woodinville * 11:00 AM / 17 miles *
Kenmore, Log Boom Park (Tracy Owen Station)
* Stop for lunch * Mostly flat * Social * SR-522
(Bothell Way NE) to 61 Ave NE, south on 61st,
right into park lot. (Overflow is on street to east.)
*

Tue 13 * Sumner * 10:00 AM / 45 miles *
Kent, Three Friends Fishing Hole * Café * 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. *

**Wed 14 * Madison Park * 10:00 AM / ~25
miles *** Seattle, Seward Park picnic shelter *
Café * Couple of hills * Social * Seward Park is
at Lake Washington Blvd S and South Juneau
Street in Seattle. The picnic shelter is southeast
of the entrance. *

**Thu 15 * Bothell to Ballard or Locks * 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 17 * 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 18 * 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 19 * Group Choice of 2 Rides * 10:00
AM / 27 miles *** Kirkland, Houghton Park &

Ride * Lunch stop * Some 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. * NOTE:
Ride choice is either south to Bellevue/Medina
or north to Woodinville. *

**Tue 20 * Lincoln Park to Gig Harbor (Woods
#94) * 9:15 AM / 39 miles *** West Seattle,
Lincoln Park North Lot * Café * Several hills *
Moderate * 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 9:30
ferry to Southworth ***

**Wed 21 * Group's Choice * 10:00 AM / 25
miles *** Mercer Island, Lid Park top lot * Snack
stop? * 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
parking not available there park south of the trail
off SE 22nd St and meet at start point.) * **No
Leader**

**Sat 24 * Loop to SR-520 * 10:00 AM / 36
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. Park cars
southbound and meet near the cement plant.
Watch the parking limit signs! *

**Sun 25 * Madison Valley * 10:00 AM / ~35
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. *

**Mon 26 * Early Christmas Décor * 10:00 AM
/ 20 miles *** Seattle, Gas Works Park * Lunch
stop * 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.

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* NOTES: All parking spaces have a 4-hour time limit. If you need more time, park to the east on Northlake Wy. Plan to view early Christmas decorations downtown and ginger bread village.
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Tue 27 * 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 28 * Loop Lake Sammamish * 10:00 AM / 24 miles * Redmond, Marymoor Park (trailhead) * Whole Foods after ride * 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 29 * Molbak's * 10:00 AM / 20+ miles * Redmond, Marymoor Park (trailhead) * Hollywood Tavern * 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 Hollywood Tavern for lunch. *

Notes

Annual Social: Planned for Saturday December 15th by Jody and Bill Lemke. Mark your calendar! Avoid the "No Parking" signs near their house and avoid a ticket.

New Year's Day: Holly and Gordon plan to host the annual cookie swap. Details later.

Dutch Reach: This is a useful safety technique that is required in the Netherlands and much of Europe. In the USA it is only included in driver manuals in Massachusetts and Illinois. The following information is from the New York Times, Smarter Living article on 10/8/18.

The "Dutch Reach," works like this: [When you are about to exit the car, you reach across your body for the door handle with your far or opposite hand. This action forces you to turn](#)

toward the side view mirror, out and then back over your shoulder to be sure a bicyclist is not coming from behind. Only then do you slowly open the door.

Fatal bike crashes are on the rise in the United States; in 2016 the highest number of cyclist deaths since 1991 was recorded. The research doesn't say how many of those deaths are from doorings specifically, or how effective the Dutch Reach method is in preventing crashes, but a study done in 2015 in Vancouver, British Columbia, found that the car-to-cyclist crash type with the most injuries was doorings, said Kay Teschke, professor emeritus at the School of Population and Public Health at the University of British Columbia in Vancouver.

USA 2016 Fatal Accident Data:

<https://www.nhtsa.gov/press-releases/usdot-releases-2016-fatal-traffic-crash-data>

Includes Bicyclist deaths (840 fatalities – the highest number since 1991).

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