

Ride Schedule – November 2020

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



Sun 1 * Ron Regis to Landsburg * 10:00 AM / 26 miles * Renton, Ron Regis Sports Park * **Bring Food** for picnic * River grade * 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. * NOTE: If it is too cold to picnic, will try for a warmer spot. *

Mon 2 * Leader's Choice * 10:00 AM / ~25 miles * Tukwila, Community Center * **Bring Food** * 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. *

Tue 3 * Renton to SR-520 Bridge * 10:00 AM / 33 miles * Renton, Cedar River Park * **Bring Food** * Hilly * Low end of 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 4 * Redmond * 10:00 AM / ~25 Miles * Issaquah, Lake Sammamish State Park * **Bring Food** * Few hills * Social * I-90 exit 15, follow signs to the park. Use first unpaved parking area on the LEFT. (If you don't have a state park pass, you might want to park elsewhere and bike to the meet point.) * NOTE: **Bring Discovery Pass** *

Thu 5 * Woodinville to University Village * 10:00 AM / 33 miles * Woodinville, Wilmot Gateway Park * **Bring Food** * 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 7 * Renton to Issaquah * 10:00 AM / 35 miles * Renton, Cedar River Park * **Bring Food** * 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. *

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

Sun 8 * Bogey's * 10:00 AM / ~35 miles * Tukwila, Bicentennial Park * Bogey's if open (**Bring Food** for Park) * 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. *

Mon 9 * Cedar River Park to Mercer Island * 10:00 AM / 25 miles * Renton, Cedar River Park * **Bring food** * 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. *

Tue 10 * Leader's Choice * 10:00 AM / 35 miles * Bellevue, I-405 Exit 9 * **Bring food** * 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 11 * Leader's Choice * 10:00 AM / ~25 miles * Tukwila, Community Center * **Bring Food** * 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. *

* **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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Thu 12 * Bothell to Ballard * 10:00 AM / 30 miles * Bothell, Sammamish River Trail access parking lot (unpaved) * **Bring Food** * 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 14 * Leader's Choice * 10:00 AM / ~45 miles * Kent, Hogan Park * **Bring Food** * Could be hills * Moderate * I-5 exit 149/149A, SR-516 east, left on Meeker St, left on Russell Road, 1 block to the park. *

Sun 15 * 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 (**Bring Food** as backup) * 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. * NOTE: 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. **If Grange is not available an alternate ride will be suggested.** *

Mon 16 * Ballard Greenways and Golden Gardens * 10:00 AM / ~25 miles * Seattle, Gas Works Park * **Bring food** * 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 17 * Leader's Choice * 10:00 AM / 40 miles * Renton, Cedar River Park * **Bring food** * 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 18 * to Landsburg * 10:00 AM / 26 Ron Regis miles * Renton, Ron Regis Sports Park * **Bring Food** for picnic * River grade * 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. * NOTE: Let's see if the salmon are still there. * **No Leader**

Thu 19 * Alki * 10:00 AM / 33 miles * Tukwila, Bicentennial Park * **Bring Food** * 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. * **No Leader**

Sat 21 * North * 10:00 AM / ~35 miles * Renton, High School Stadium * **Bring Food** * Some hills * Moderate * I-405 exit 2, north 1.2 mi on Rainier Ave, right on Airport Way, left on Logan Ave, left into parking lot. *

Sun 22 * Sumner * 10:00 AM / 41 miles * Kent, Three Friends Fishing Hole * **Bring Food** (expect coffee stop) * Nearly flat * Lower end of moderate (12-13 mph) * 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 23 * Two Bridges Ride * 10:00 AM / 21 miles * Mercer Island, Lid Park top lot * **Bring Food** (expect 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 on SE 22nd St and meet at start point.) *

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Tue 24 * Auburn * 10:00 AM / ~35 miles *
Tukwila, Bicentennial Park * **Bring Food** *
Possible hill climb * Moderate * 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. *

Wed 25 * Boeing Plant 2 * 10:00 AM / 25 miles *
Kent, Three Friends Fishing Hole*
Bring Food * Mostly flat * 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. *

Thu 26 * Thanksgiving

Sat 28 * Group's Choice * 10:00 AM / ~25 miles *
Mercer Island, Lid Park top lot * **Bring Food** *
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
on SE 22nd St and meet at start point.) * **No Leader**

Sun 29 * Four Corners * 10:00 AM / 34 miles *
Renton, Cedar River Park * **Bring Food** *
Several 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: Plan to ride on
pavement. *

Mon 30 * Group's Choice * 10:00 AM / ~25 miles *
Seattle, Gas Works Park * **Bring Food** *
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. * **No Leader**

Notes

Bill Lemke provided the following:

[Washington Bikes led efforts to pass the Safety Stop this legislative session.](#) The

result: Washington will become the fifth state in the nation to allow people who bike to treat a stop sign as a “yield.” This change will increase safety at intersections by allowing a person bicycling to avoid waiting in the blind spot of a motor vehicle and to get out ahead of following motor vehicles, creating space and less likelihood for interaction between them. The law is effective Oct 1, 2020.

The full article from Washington Bikes is worth reading, especially the part about the share the road plates. <http://wabikes.org/blog-news/>

Kay Evey suggested: As we get into the colder months, it may not be comfortable to eat lunch outside. Riders should carry something like a trail bar to use as a quick snack and thus ride on.

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