

RIDE SCHEDULE - OCTOBER 2017

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



Sun 1 * North Lake WA * 10:00 AM / 45 miles * Mercer Island, Luther Burbank Park * Café * Few 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. *

Mon 2 * Mercer Loop & Renton * 10:00 / ~30 miles * Mercer Island, Luther Burbank Park * Café or Bistro in Renton * Some 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. *

Tue 3 * 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 4 * Four Corners * 10:00 AM / ~30 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. *

Thu 5 * 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**

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

Sat 7 * IKEA * 10:00 AM / 24 miles * Tukwila, Community Center * IKEA * 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**

Sun 8 * 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 *

Mon 9 * Lowell - Snohomish * 10:00 AM / 25 miles * Everett, Lowell Riverfront Trail Park * Snohomish * Flat * Social * From the south take I-5 exit 192 - Broadway /41st St. Stay right to feed onto 41st St. east. Proceed to the first traffic light and turn right onto S. 3rd Ave. (Do not go down the hill on 41st St.) Continue approximately 14 blocks to the 4-way stop at Lenora St. Turn left onto Lenora St. and cross the railroad tracks. The entrance to the park is just past the tracks on the left. * NOTE: This is not the Lowell Park by the tennis courts just off the freeway. *

Tue 10 * Leader's Choice * 10:00 AM / ~40 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. *

Wed 11 * Leader's Choice * 10:00 / ~30 miles * Redmond, Marymoor Park (trailhead) * Plan lunch * 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 12 * 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 14 * 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 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 * 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 16 * Burien * 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. *

* **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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Tue 17 * 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 18 * Carkeek Park & Ballard Greenways * 10:00 AM / ~25 miles * Seattle, Gas Works Park * Café * 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. * NOTE: All parking spaces have a 4-hour time limit. If you need more time, park to the east on Northlake Wy. *

Thu 19 * Woodinville to University Village * 10:00 AM / 25 miles * Woodinville, Wilmot Gateway Park * U Village * 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 21 * Ride to the BEBC meeting * 9:00 AM (or 9:30 @ Brannan Park) / **20 miles** (or only 12 miles Brannan) * Kent, Hogan Park (former Russell Road Park) * **Bring lunch** * Flat * Social * I-5 exit 149/149A, SR-516 east, left on Meeker St, left on Russell Road, 1 block to the park. * NOTE: Call leader if you need directions to Brannan Park. *

Sun 22 * 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 23 * Ballard * 10:00 AM / 27 miles * West Seattle, Jack Block Public Access (Alki) * Ballard * Mostly 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 24 * Sumner * 10:00 / 30 miles * Kent, Hogan Park (former Russell Road Park) * Café * Almost flat * Moderate * I-5 exit 149/149A, SR-516 east, left on Meeker St, left on Russell Road, 1 block to the park. * **Hal Redd (c) 206-406-8518**

Wed 25 * 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. *

Thu 26 * IKEA * 10:00 AM / 24 miles * Tukwila, Community Center * IKEA * 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**

Sat 28 * 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. *

Sat 28 * 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 29 * 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 30 * Halloween Decorations * 10:00 AM / ~20 miles * Seattle, Gas Works Park * Snack or light lunch * 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. * NOTE: All parking spaces have a 4-hour time limit. If you need more time, park to the east on Northlake Wy. *

Tue 31 * 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 *



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

Notes

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

Book: A Hole in the Wind by David Goodrich is an interesting read. He cycles across the USA and supplements this with other self-contained trips. The author is a newly retired climate scientist and presents his observations and comments from the people he meets. Through his travels we get a picture of where we are and where we are likely headed as conditions change.

Progress on the Eastside Rail Corridor:

<https://content.govdelivery.com/accounts/WAKING/bulletins/1ae2de9>

Road Repairs: Jody provided the following link which has both current and next year's projects.
<http://www.kingcounty.gov/depts/transportation/roads/paving-projects.aspx>

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