

Ride Schedule – OCTOBER 2018

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



Mon 1 * Renton * 10:00 AM / 22 miles *
Mercer Island, Luther Burbank Park * Café
Landing area * 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. If signs prohibit
parking suitable for this ride, try the overflow lot
to the south or the P&R lot to the west. * NOTE:
Intend partial loop Mercer Island and Renton
Landing. *

Tue 2 * Go North * 10:00 AM / ~40 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 3 * Auburn * 10:00 AM / ~30 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 4 * 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**

**Sat 6 * Leader's Choice * 10:00 AM / ~40
miles * Kent, Three Friends Fishing Hole * Café
* 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.
*

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

Sun 7 * Alki * 10:00 AM / 35 miles * SeaTac,
Angle Lake Park * Café * Some hills * Social *
I-5 exit 151, west on S 200th St, right on
International Blvd for 0.3 miles, right at stoplight
into park. *

Mon 8 * Bloedel Reserve * 9:20 AM / 25 miles
* Seattle, Colman Ferry Terminal * **Bring lunch**
* Minor hills * Social * Ferry terminal (Pier 52)
is at 801 Alaskan Way in Seattle. Meet loading
point for the ferry. * NOTES: Take 9:35 ferry to
Winslow. Leader will bike to ferry from home.
Find parking on your own. There is parking near
leader's house—downhill to ferry but up
returning. Bloedel admission is \$12 for seniors.
We will spend about 1.5 hours walking the
Reserve. *

**Tue 9 * 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 10 * Centennial Trail * 10:00 AM / 25-43
miles * Snohomish, Centennial Trailhead ***
Bring Lunch in case we don't reach Arlington *
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. *

Thu 11 * 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. Meet in car parking, past
shelter and small traffic circle. * **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 13 * 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. *

Sun 14 * Leader'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.) *

Mon 15 * Group Choice * 10:00 AM / ~25 miles * Kenmore, Log Boom Park (Tracy Owen Station) * Café * Choice * Social * SR-522 (Bothell Way NE) to 61 Ave NE, south on 61st, right into park lot. (Overflow is on street to east.) * **No Leader**

Tue 16 * 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. *

Wed 17 * Cedar River Park to Landsburg * 10:00 AM / ~28 miles * Renton, Cedar River Park * **Bring lunch** for picnic * Few 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. * **No Leader**

Thu 18 * City Hall to Hollywood Tavern * 10:00 AM / 34 miles * Issaquah, City Hall * Hollywood Tavern (corner of Redmond-Woodinville Rd & NE 145th St) * 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**

Sat 20 * Trail Ride * 10:00 AM / 25 miles * Carnation, Nick Loutsis Park * **Bring Lunch** to eat at Snoqualmie Falls * Railroad grade and a

few short hills near falls * 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 0.7 miles then right on Entwistle St 0.3 miles to park/trailhead. * NOTE: Unpaved Snoqualmie Valley Trail, avoid narrow tires. Option to return on road. *

Sun 21 * 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 22 * Group Choice * 10:00 AM / ~25 miles * Kenmore, Log Boom Park (Tracy Owen Station) * Café * Choice * Social * SR-522 (Bothell Way NE) to 61 Ave NE, south on 61st, right into park lot. (Overflow is on street to east.) * **No Leader**

Tue 23 * 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 24 * Around Mercer Island to Madison * 10:00 AM / ~30 miles * Mercer Island, Lid Park top lot * Café * Few 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.) *

Thu 25 * Tukwila Community Center to IKEA * 10:00 AM / 24 miles * Tukwila, Community Center * IKEA * Flat * Slow-Social * I-5 (Southbound) Exit 156, right on Interurban

* **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

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* NOTES: (if any) * **Leader & Phone** (cell/home/work)

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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 27 * 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. *

Sun 28 * IKEA * 10:00 AM / 28 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 29 * 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 30 * Leader's Choice * 10:00 AM / ~40 miles * Tukwila, Bicentennial Park * Café * Some hills * 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 31 * Remlinger Farm * 10:00 AM / 25 miles * Fall City, Park & Ride lot * Carnation * Mostly flat * 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. * NOTE: Check out pumpkins. *

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