

Ride Schedule – OCTOBER 2019

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



Tue 1 * 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 2 * North Lake WA * 10:00 AM / 27 miles * Kirkland, Juanita Beach Park * Café * Some hills * Social * I-405 exit 20A northbound (20B southbound), turn west on NE 116th St for 1.7 miles, left into Juanita Beach Park lot. * NOTE: Ride around the north end of Lake WA and return via 520 Bridge. *

Thu 3 * 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 5 * Bainbridge (Woods # 42) * 9:20 AM / 39 miles * Seattle, Colman Ferry Terminal * **Bring lunch** * Fairly hilly * Moderate * Ferry terminal (Pier 52) is at 801 Alaskan Way in Seattle. Meet by fountain at entrance. * NOTES: Take 9:35 ferry to Bainbridge. CCW loop *

Sun 6 * Leader's Choice * 10:00 AM / ~30 miles * Fall City, Park & Ride lot * Café * 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. *

Mon 7 * South Lake WA * 10:00 AM / 22 miles * Mercer Island, Luther Burbank Park * Café * 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. If signs prohibit parking suitable for this ride, try the overflow lot to the south or the P&R lot to the west. * NOTE: Plan Renton and Mercer Island Loop. *

Tue 8 * 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 9 * South Lake WA * 10:00 AM / 30 miles * Mercer Island, Lid Park top lot * Stone House * 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.) * NOTE: Plan is ride to Renton with break at Coulon, Rainier Ave to Stone House. *

Thu 10 * 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 12 * Redmond * 10:00 AM / ~30 miles * Bellevue, I-405 Exit 9 * Bagels or Whole Foods * Significant hills * Social * 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. *

* **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)

Ride Schedule – OCTOBER 2019

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

Sun 13 * Group's Choice * 10:00 AM / ~25 miles * Redmond, Marymoor Park (trailhead) * Plan snack stop * Flat on trail * Social * SR-520 Lake Sammamish Way exit, follow signs to the park. Park in first area on the left. Car parking fee is \$1. * **No Leader**

Mon 14 * Brannan Park to Flaming Geyser SP * 10:00 AM / 30 miles * Auburn, Brannan Park * Bring lunch * River grade * Social * SR-167 south to 15th St NW exit, east on 15th, left on Auburn Way, right on 28th St NE to the park. *

Tue 15 * 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 16 * Medina & Japanese Garden * 10:00 AM / 20 miles * Seattle, East Montlake Park * Lunch stop at 20 miles * Few hills * Social * From I-5 go east on SR-520, exit to Montlake Blvd, turn left (north) for 0.3 mi, turn right on E Hamlin St., becomes E Park Dr (4 hr. parking spots) or park on E Hamlin. If parking is full, find parking and bike to start. Meet at trailhead. *

Thu 17 * 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 19 * 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 20 * 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 21 * Leader's Choice * 10:00 AM / ~30 miles * West Seattle, Jack Block Public Access (Alki) * Plan lunch stop * 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 22 * Brown's Point Clockwise * 9:30 AM / 56 miles * SeaTac, Angle Lake Park * Brown's Point * Several hills * Moderate * I-5 exit 151, west on S 200th St, right on International Blvd for 0.3 miles, right at stoplight into park. *

Wed 23 * Alki * 10:00 AM / ~25 miles * Tukwila, Community Center * Probably Sunfish * 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 24 * IKEA * 10:00 AM / 24 miles * Tukwila, Community Center * IKEA, Renton * 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 26 * Madison Area * 10:00 AM / ~35 miles * Renton, Cedar River Park * Snack stop * 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,

* **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)

Ride Schedule – OCTOBER 2019

proceed into parking area near Carco Theater & Community Center. *

Sun 27 * Bicentennial to Bogey's * 10:00 AM / 31 miles * Tukwila, Bicentennial Park * Bogey's Public House, Auburn G C * 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. * **Kay Evey (c) 206-941-5955 / (h) 206-763-0435 & Chuck Hilsinger (c) 206-351-7603 / (h) 206-244-1588**

Mon 28 * Halloween Sights * 10:00 AM / 20 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. The plan is to see Montlake decorations. *

Tue 29 * 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 30 * Remlinger Farm * 10:00 AM / 25 miles * Fall City, Park & Ride lot * Carnation Café * 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. Loop to Carnation Farm. Trying for Cream Puffs at lunch. *

Thu 31 * 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**



Time to plan for next year.

Notes

Save December 14th for the Lemke's annual social, ride and meeting similar to last year's.

E-BIKES: Some of our members have been watching the e-bike trend, especially now that Hannelore is using one. Fortune magazine (Aug 2019, pg. 49) has a couple of pages on the topic and it has some items of interest. Last year sales of e-bikes rose 73% while traditional bike sales dropped 8%. In the U. S. the first e-bike patents go back to 1898. Currently the average e-bike in the U. S. retails for \$3500. On the Trail of the Coeur D'Alenes "electric bikes" are banned but my casual observation (last week) is that plenty of riders are using e-bikes there.

* **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)