

# Ride Schedule – OCTOBER 2024



WEATHER or OTHER SCHEDULE CHANGE: If you think you may ride a particular day, email the ride leader the day before if you'd like to be notified about cancellations or changes. If you think the weather is questionable, call the leader to see if the ride will happen.

**Most ride leaders cancel for freezing weather or serious rain.**

**Tue 1 \* Group's Choice \* 9:30 AM / ~30 miles**  
\* Kent, Hogan Park \* Bring snack \* Some hills \* Relaxed moderate \* I-5 exit 149/149A, SR-516 east, left on Meeker St, left on Russell Road, 1 block to the park. \* **No Leader**

**Wed 2 \* Redmond \* 10:00 AM / ~25 miles**  
\* Issaquah, Lake Sammamish State Park \* Blazing Bagels or Palmers, Redmond \* Flat \* 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.) \*

**Thu 3 \* Group's Choice \* 10:00AM / ~25miles**  
\* Tukwila, Community Center \* Snack stop \* Nearly flat \* Social \* TEMPORARY ENTRY DURING 42nd AV BRIDGE PARTIAL OUTAGE: From S Boeing Access Rd go south on E Marginal Way S; turn left on S115th St before Green River. Follow the shore of the Duwamish River as road bends south to become 42nd Av; turn left on S 124th St and the parking lot is on the right. \* **No Leader**

**Fri-Sun 4-6** \* Three-day Portland OR ride. See end of ride schedule for description.

**Sat 5 \* Group's Choice \* 10:00 AM / ~25-30 miles**  
\* Renton, Memorial Stadium \* Carry snack \* Few hills \* Social-Moderate \* I-405 exit 2, north 1.2 mi on Rainier Ave, right on Airport Way, left on Logan Ave, left into parking lot. \* **No Leader**

**Sun 6 \* Bogeys \* 10:00 AM / ~25 miles**  
\* Kent, Three Friends Fishing Hole \* Bogeys \* 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. \*

**Mon 7 \* Two Bridge Ride \* 10:00 AM / ~25 miles**  
\* Seattle, Seward Park Picnic Shelter \* Bring snack if weather good. \* Some hills \* Social \* Seward Park is at Lake Washington Blvd S and South Juneau Street in Seattle. The picnic shelter is southeast of the entrance. \*

**Tue 8 \* Group's Choice \* 10:00 AM / ~30 miles**  
\* Auburn Community and Event Center \* Plan snack \* Few hills \* Relaxed moderate \* Eastbound on SR-18, exit to SR-164 (Auburn Way S) turn left at the exit stoplight. Follow SR-164 toward Enumclaw for 0.5 miles. Turn left at sign for F St but then, immediate right on 9th St SE to the Auburn Community and Event Center. Park NE of entrance. \* **No Leader**

**Wed 9 \* South Lake WA \* 10:00 AM / 25 miles**  
\* Renton, Memorial Stadium \* Mercer Island \* Some hills \* Social \* I-405 exit 2, north 1.2 mi on Rainier Ave, right on Airport Way, left on Logan Ave, left into parking lot. \*

**Thu 10 \* Group's Choice \* 9:30 AM / ~30 miles**  
\* Kent, Hogan Park \* Bring snack \* Some hills \* Social \* I-5 exit 149/149A, SR-516 east, left on Meeker St, left on Russell Road, 1 block to the park. \* **No Leader**

**Sat 12 \* Issaquah Loop \* 10:00 AM / 35 miles**  
\* Renton Community Center \* Bring snack \* 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. \*

\* **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 # \* 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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**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 / ~30 miles** \* Kent, Three Friends Fishing Hole \* Plan snack \* 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. \* **No Leader**

**Mon 14 \* South Lake WA \* 10:00 AM / 25 miles** \* Renton, Memorial Stadium \* Mercer Island \* Some hills \* Social \* I-405 exit 2, north 1.2 mi on Rainier Ave, right on Airport Way, left on Logan Ave, left into parking lot. \*

**Tue 15 \* Mud Mountain (via new bridge across the White River) \* 10:00 AM / 44 miles** \* Orting, South Main Park \* Bring lunch for Mud Mtn Park, coffee and snacks at mile 28 \* Significant hills \* Moderate \* SR-410 Sumner, SR-162 (Valley Ave) south to Orting, right on Calistoga, left on Van Scoyoc. Park at the southern corner of the park. \* NOTE: <https://ridewithgps.com/routes/48325710> \*

**Wed 16 \* Alki \* 10:00AM / ~25miles** \* Tukwila, Community Center \* Sunfish \* Nearly flat \* Social \* TEMPORARY ENTRY DURING 42nd AV BRIDGE PARTIAL OUTAGE: From S Boeing Access Rd go south on E Marginal Way S; turn left on S115th St before Green River. Follow the shore of the Duwamish River as road bends south to become 42nd Av; turn left on S 124th St and the parking lot is on the right. \*

**Thu 17 \* Group's Choice \* 10:00 AM / ~25 miles** \* Kent, Three Friends Fishing Hole \* Snack stop \* Group's choice \* 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**

**Sat 19 \* Redmond \* 10:00 AM / ~25 miles** \* Issaquah, Lake Sammamish State Park \* Marymoor Park (or if weather, Whole Foods or Blazing Bagels) \* Some 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: This is a CCW loop of lake. \*

**Sun 20 \* Group's Choice \* 10:00 AM / ~30 miles** \* Tukwila, Community Center \* Bring snack \* Few hills \* Social \* TEMPORARY ENTRY DURING 42nd AV BRIDGE PARTIAL OUTAGE: From S Boeing Access Rd go south on E Marginal Way S; turn left on S115th St before Green River. Follow the shore of the Duwamish River as road bends south to become 42nd Av; turn left on S 124th St and the parking lot is on the right. \* **No Leader**

**Mon 21 \* Black Diamond Bakery \* 10:00 AM / ~25+ miles** \* Auburn Community and Event Center \* Bakery \* Some hills \* Social \* Eastbound on SR-18, exit to SR-164 (Auburn Way S) turn left at the exit stoplight. Follow SR-164 toward Enumclaw for 0.5 miles. Turn left at sign for F St but then, immediate right on 9th St SE to the Auburn Community and Event Center. Park NE of entrance. \*

**Tue 22 \* SR-520 Bridge Loop \* 10:00 AM / ~35 miles** \* Renton, Memorial Stadium \* Bring lunch \* Some hills \* Relaxed moderate \* I-405 exit 2, north 1.2 mi on Rainier Ave, right on Airport Way, left on Logan Ave, left into parking lot. \*

**Wed 23 \* Landsburg \* 10:00 AM / ~25 miles** \* Renton, Ron Regis Sports Park \* Bring lunch \* 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. \*

**Thu 24 \* Group's Choice \* 10:00 AM / ~25 miles** \* Seattle, Seward Park Picnic Shelter \* Snack stop \* Some hills \* Social \* Seward Park is at Lake Washington Blvd S and South Juneau Street in Seattle. The picnic shelter is southeast of the entrance. \* **No Leader**

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# Ride Schedule – OCTOBER 2024

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**Sat 26 \* Madison Valley \* 10:00 AM / ~30 miles** \* Renton, Memorial Stadium \* Starbucks or lakefront \* Some hills \* Social to moderate \* I-405 exit 2, north 1.2 mi on Rainier Ave, right on Airport Way, left on Logan Ave, left into parking lot. \* **No Leader**

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**Sun 27 \* Cedar River Trail to Maple Valley \* 10:00 AM / ~32 miles** \* Renton Community Center \* Snack stop \* River grade, part packed gravel \* 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. \*

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**Mon 28 \* Macrina Bakery \* 10:00 AM / ~20 miles** \* Kent, Three Friends Fishing Hole \* Bakery \* 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. \*

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**Tue 29 \* Group's Choice \* 9:30 AM / ~30 miles** \* Kent, Hogan Park \* Bring snack \* Some hills \* Relaxed moderate \* I-5 exit 149/149A, SR-516 east, left on Meeker St, left on Russell Road, 1 block to the park. \* **No Leader**

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**Wed 30 \* Logboom Park \* 10:00 AM / 26 miles** \* Redmond, Marymoor Park (trailhead) \* Log Boom \* 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. \* **No Leader**

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**Thu 31 \* Group's Choice \* 10:00AM / ~30 miles** \* Tukwila, Community Center \* Snack stop \* Some hills \* Social \* TEMPORARY ENTRY DURING 42nd AV BRIDGE PARTIAL OUTAGE: From S Boeing Access Rd go south on E Marginal Way S; turn left on S115th St before Green River. Follow the shore of the Duwamish River as road bends south to become 42nd Av; turn left on S 124th St and the parking lot is on the right. \* **No Leader**

## Notes

**Communications:** Unless you will be at the start a bit early, get in touch with a designated leader to let them know you plan to ride. We are such a small number of riders now that making assumptions of who might ride can lead to missed connections.

**Thanks:** I appreciate the assistance in getting the rides in early this month with the Trail of the Coeur D'Alenes ride approaching. / Buff

**Last minute addition: on next page**

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## *Ride Schedule – OCTOBER 2024*

<b>BEBE TOUR FORM</b>			
Ride Name	Portland Loops		
Date	Friday, October 4, 2024		
Return date for overnight rides	Sunday, October 6, 2024		
Start time	10:00 AM		
Start location	Ramada Motel, 9707 SE Stark St, Portland		
Distance	Approximately 35 miles each day		
Lunch	Buy		
Terrain (check one)	<input type="checkbox"/>	Flat	High range gears
	<input type="checkbox"/>	Easy hills	mid to high range gears
	<input checked="" type="checkbox"/>	Moderate hills	mid range gears
	<input type="checkbox"/>	Hilly	Low range gears
	<input type="checkbox"/>	Strenuous hills	Need granny gear or push bike
Pace (check one)	<input type="checkbox"/>	Slow	< 10 mph
	<input checked="" type="checkbox"/>	Social	10 mph < speed < 13 mph
	<input type="checkbox"/>	Moderate	13 mph < speed < 16 mph
	<input type="checkbox"/>	Fast	Speed > 16 mph
Elevation gain ?	unknown		
Address / Driving instructions	By car: take I-205 to Exit 20 (SE Stark St and Washington St), turn east (left) at second light onto SE Washington St, cross over I-205, turn north (left) onto SE 99 <sup>th</sup> Ave, turn west (left) onto SE Stark St; go two blocks, motel is on right at 97 <sup>th</sup> Ave. By train: take Amtrak to Portland Union Station, catch MAX Green Line train at Sixth St. Exit at SE Main St, ride north on SE 99 <sup>th</sup> Ave. Cross Washington and Stark Streets, turn left onto Oak St; motel is on 97 <sup>th</sup> St. Reservations needed for Amtrak, including for bike.		
Ride description	Three loops around Portland trails and roads		
Other notes	Make motel reservations at Ramada Motel at 9707 SE Stark St, Portland, phone 503-388-5793. You can keep bikes in the rooms. Please call ride leader two to three days in advance. Each loop runs near MAX train lines, so you can cut off some of the miles each day. Heavy rain or freezing temperature cancels. Ride leader will arrive previous night by train.		
Tour leader(s)	John Neller		
Telephone(s)	206-356-5309		
E-mail(s)	bikenstein@q.com		

**\* 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

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