

RIDE SCHEDULE - SEPTEMBER 2016

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



Thu 1 * Oxbow to IKEA * 10:00 AM / 24 miles * Seattle, Boeing Oxbow Lot * IKEA * Pretty flat * Social * I-5 exit 158, west on Boeing Access Rd, north on Marginal Way 0.3 mile, left at traffic signal on S 102nd St over the Oxbow bridge, turn left at end of bridge to park at south end of lot near Recreation Bldg. * No Leader

Sat 3 * Fall City to North Bend * 10:00 AM / 25 miles * Fall City, Park & Ride lot * Café * Some 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. *

Sun 4 * Three Friends to Sumner * 10:00 AM / ~40 miles * Kent, Three Friends Fishing Hole * Sumner * 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 5 * Labor Day * 10:00 AM / ~45 miles * Snohomish, Centennial Trailhead * Bring lunch * 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. *

Tue 6 * White River Junction * 10:00 AM / ~30 miles * Tukwila, Bicentennial Park * Café * Flat * Moderate * 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. *

Wed 7 * Leader's Choice * 10:00 AM / ~30 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. *

Thu 8 * Ron Regis to Landsburg * 10:00 AM / 24 miles * Renton, Ron Regis Sports Park * Bring lunch for Landsburg * 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. * No Leader

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

Sat 10 * Ravensdale to Enumclaw * 10:00 AM / 41 miles * Ravensdale, Ravensdale Park * Bring lunch for park * Some hills * Moderate * I-405 northbound exit 4A, (southbound exit 4 then south on Sunset Blvd), east on SR-169 (Maple Valley Rd), left on Kent-Kangley Rd, right on 272nd Ave SE. Meet by the rest rooms. *

Sun 11 * Bicentennial to Auburn * 10:00 AM / 31 miles * Tukwila, Bicentennial Park * Café * 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. *

Tue-Thu 13-15 * Trail of the Coeur d'Alenes * 9:00, 9:30, 8:30 AM / 143 miles * Motel (Tue, Thur) & Medimont Trail head (Wed) * Bring lunches (Tue), bring or buy (Wed) * Railroad grade * Social pace or your pace. * I-90 to Idaho exit 49, right on Bunker Ave. half mile to motel. * NOTES: The trail follows the Coeur d'Alene River and the shore of Coeur d'Alene Lake. 71.4 miles of flat paved trail except as noted.

Tues. start at the motel at 9:00 (MP 53.1) and ride to Medimont trailhead (MP25.8) and back, flat. 54.6 miles or less if you want.

Wed. Drive to Medimont trailhead (MP 25.8) start 9:30 on ride thru Harrison, along the lake, across the bridge and uphill (500ft) to Plummer (MP 0) and back. 51.4 miles or less if you want to just hang around Harrison. **Thur.** Ride from motel, start at 8:30 (MP53.1) along the river (and I-90) to Mullan (MP71.4) and back, up river grade, a 1000 ft climb. 36.6 miles round trip. Leave for home mid day or stay for Friday ride below. Stay at the Guest House Inn & Suites in Kellogg, 1-208-783-1234.

Camping available at an RV park in Osburn and near Latour Creek, near MP 40.0. *

Tue 13 * 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. *

Fri 16 * Trail of the Hiawatha * 10:00 (Trailhead) / 30 miles * Pearson ID * Bring Lunch * Railroad grade with trestles and tunnels * Social * Idaho I-90 exit 61, follow I-90 Business Loop in Wallace to Bank ST, turn right onto King ST and follow it as it becomes Forest Rd 456. Follow it for 20 miles to the trailhead at Pearson, just past Forest Road 326. * NOTES: Bring camera & carry light for tunnels. Coordinate with leader. See Trail of the Coeur d'Alenes above. Bring \$ for trail donation. *

* **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 17 * Group's Choice * 10:00 AM / ~25 miles? * Mercer Island, Luther Burbank Park * Lunch or snack * 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. * **No Leader**

Sun 18 * 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. *

Mon 19 * Jefferson Park * 10:00 AM / 25 miles * Seattle, Gas Works Park * Mioposto * 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 20 * Sunrise Ride * 9:00 AM / 57 miles * Dalles Ridge viewpoint for Mt. Rainier * **Bring lunch** * Elev gain 5000' * Moderate * SR-410, 6.3 miles south of Greenwater Bridge toward Crystal Mtn. Parking area is on right. * NOTES: Bad weather will cancel. Expect about 3.5 hours up and 1.8 hours down. Contact leader the night before. Bring National Park Pass or \$. *

Wed 21 * Sammamish through highlands * 10:00 AM / ~30 miles * Issaquah, City Hall * Sammamish * Very hilly * 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. *

Thu 22 * City Hall to Red Hook * 10:00 AM / 34 miles * Issaquah, City Hall * Red Hook * Nearly 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 24 * Three Friends to Factoria * 10:00 AM / ~30 miles * Kent, Three Friends Fishing Hole * Sacks * Few hills * 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. *

Sun 25 * Log Boom to Redmond & Kirkland * 10:00 AM / 28 miles * Kenmore, Log Boom Park (Tracy Owen Station) * Café * Half hilly and half flat * Social * SR-522 (Bothell Way NE) to 61 Ave NE, south on 61st, left on 175th St. Park on 175th St. east of park entrance. *

Mon 26 * Leader's Choice * 10:00 AM / 30 miles * West Seattle, Jack Block Public Access (Alki) * Buy lunch * 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 27 * Gas Works to Edmonds * 10:00 AM / 30 miles * Seattle, Gas Works Park * Café * Hills * Moderate * 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. *

Wed 28 * Leader's Choice * 10:00 AM / ~30 miles * Redmond, Marymoor Park (trailhead) * Café * 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 29 * Brannan Park to Flaming Geyser SP * 10:00 AM / 30 miles * Auburn, Brannan Park * **Bring lunch** * Slight 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. * **No Leader**

Notes

Trail of the Coeur d'Alenes: Bruce negotiated a rate of \$67.00 for a single or double room (King or 2Q) at the Guest House Inn in Kellogg for the upcoming ride in September (13,14 & 15). This is the same as last year's rate. They will block out 8 to 10 rooms for our use but will probably require reservations (and a count) by August 1st. More info later. Bruce McLaren.

Most folks arrive the night before and depart on the last day (after the shorter ride). The motel phone is (208) 783-1234. Some are staying one more day to ride the Trail of the Hiawatha / Buff

Eastside Rail Corridor: King County has released the Final Master Plan and Environmental Impact Statement. It examines multiple alignments and sets out a preference. This package will be submitted to the County Council in the fall. The railbed is proposed for most of the route except in the Wilburton Segment (Bellevue to south Kirkland) where other transit uses will take part of it.

SR-520 Bridge: On July 22nd the multi-use path on the bridge was opened for out and back rides.

National Park Service: September 24th is their Centennial, National Park entries are free on this day.

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Other Northwest Cycling Tours

<u>Dates</u>	<u>Tour Name</u>	<u>Leaders</u>
10-11 Sept	Mike MS Deception Pass	bikeMS.org
25 Sept	Kitsap Color Classic	Cascade Bicycle Club

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September 2016