

RIDE SCHEDULE - SEPTEMBER 2017

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



Fri 1 * Flat Friday * 10:00 AM / 26 miles * Kenmore, Log Boom Park (Tracy Owen Station) * Panera Bread in Redmond * Flat * Social * SR-522 (Bothell Way NE) to 61 Ave NE, south on 61st, right into park lot. (Overflow is on street to east.) *

Sat 2 * 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 3 * Three Friends to Ballard * 10:00 AM / ~45 miles * Kent, Three Friends Fishing Hole * Café * Few 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. *

Tue 5 * 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 6 * Leader's Choice * 10:00 AM / 25 miles * Bothell, Bothell Landing east lot * Bring snack * Probably flat * Social * From intersection of SR-522 and 101st Ave NE, turn south onto NE 180th St, take first right into small parking lot. *

Thu 7 * Tukwila Community Center to IKEA * 10:00 AM / 24 miles * Tukwila, Community Center * IKEA * Pretty 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**

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

Fri 8 * Flat Friday * 10:00 AM / 26 miles * Kenmore, Log Boom Park (Tracy Owen Station) * Panera Bread in Redmond * Flat * Social * SR-522 (Bothell Way NE) to 61 Ave NE, south on 61st, right into park lot. (Overflow is on street to east.) *

Sat 9 * Hartstene Island * 10:00 AM / ~40 miles * Shelton, Pickering Rd P & R * Bring Lunch to eat on leader's deck * Some hills * Moderate * From the intersection of SR-302 (east North Bay Rd) and SR-3 proceed 10.5 miles SW on SR-3. Park & Ride will be at the intersection of Pickering Rd and SR-3. This is about 10 miles north east of Shelton * NOTES: You could take a ferry or drive over the Narrows. *

Sun 10 * 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 11 * Group's Choice * 10:00 AM / ~25 miles * Mercer Island, Luther Burbank Park * Snack stop * 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. * **No Leader**

Tue 12 * 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 13 * City Hall to Redhook * 10:00 AM / 34 miles * Issaquah, City Hall * Redhook * 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**

Thu 14 * Marymoor to Lake Forest Park * 10:00 AM / 26 miles * Redmond, Marymoor Park (trailhead) * Third Place Books * Flat * Slow * 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**

Fri 15 * Flat Friday * 10:00 AM / 26 miles * Kenmore, Log Boom Park (Tracy Owen Station) * Panera Bread in Redmond * Flat * Social * SR-522 (Bothell Way NE) to 61 Ave NE, south on 61st, right into park lot. (Overflow is on street to east.) *

Sat 16 * Carnation Valley * 10:00 AM / 30 miles * Fall City, Park & Ride lot * Bring Lunch for picnic (store available in Carnation) * Some small hills * Moderate * 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. *

* **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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Sun 17 * Ron Regis to Black Diamond * 10:00 AM / ~35 miles * Renton, Ron Regis Sports Park * Black Diamond * A few hills * 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. *

Mon 18 * Woodinville via a portion of Cross Kirkland Corridor * 10:00 AM / 33 miles * Kirkland, Houghton Park & Ride * Dine out * Moderate hills * Social * I-405 northbound: exit 17, use right lane, right on 116th, left into park and ride lot. I-405 southbound: exit 17, use right lane, right turn and then up and over I-405, right on 116th, 2 blocks south, then left into park and ride lot. *

Tue 19 * 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 20 * Fall City to Duvall Tavern * 10:00 AM / 34 miles * Fall City, Park & Ride lot * Duvall Tavern lunch * 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. *

Thu 21 * City Hall to Redhook * 10:00 AM / 34 miles * Issaquah, City Hall * Redhook * 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**

Fri 22 * Flat Friday * 10:00 AM / 26 miles * Kenmore, Log Boom Park (Tracy Owen Station) * Panera Bread in Redmond * Flat * Social * SR-522 (Bothell Way NE) to 61 Ave NE, south on 61st, right into park lot. (Overflow is on street to east.) *

Sat 23 * Group's Choice * 10:00 AM / ~30 miles * Seattle, Seward Park picnic shelter * Plan lunch 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. If an event is going on, park where you can and meet at the start location. * **No Leader**

Sun 24 * Three Friends to International District * 10:00 AM / 35 miles * Kent, Three Friends Fishing Hole * Uwajimaya * A 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. *

Mon 25 * Group's Choice * 10:00 AM / ~25 miles * Mercer Island, Luther Burbank Park * Snack stop * 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. * **No Leader**

Tue 26 * 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 27 * Rattlesnake Lake * 10:00 AM / 24 miles * Snoqualmie, RR Station * Bring lunch for picnic at Cedar River Watershed Education Center (won't be open, but, modern, clean bathrooms) * Flat or railroad grade * Social * I-90 exit 25, left onto Snoqualmie Parkway, at T turn right on Railroad Ave in Snoqualmie for ~2 blocks, turn right on Fir St, then right again into parking lot. *

Thu 28 * 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**

Fri 29 * Flat Friday * 10:00 AM / 26 miles * Kenmore, Log Boom Park (Tracy Owen Station) * Panera Bread in Redmond * Flat * Social * SR-522 (Bothell Way NE) to 61 Ave NE, south on 61st, right into park lot. (Overflow is on street to east.) *

Sat 30 * Sumner * 10:00 AM / 40 miles * Kent, Three Friends Fishing Hole * Sumner * Flat * 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. *

Notes

Death Valley: The cabins that our members often use at Furnace Creek will be closed for overhaul until 2019. Thus, some of us are not planning the spring trip there in 2018.

Bike Theft: A discussion of bike theft and how to reduce the odds of having your bike stolen is available at [how-to-99-percent-theft-proof-your-bike](#)

Oregon Bicycle Tax: New adult bicycles that cost more than \$200 will be subject to a \$15 flat fee. Quite a bit of information and opinion on this can be found at [League of American Bicyclist \(Wheelmen\) comments](#).

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September 2017

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Other Northwest Cycling Tours

Dates	Tour Name	Leaders
Sep 24	Kitsap Color Classic	Cascade

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