

# Ride Schedule – September 2018

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



**Sat 1 \* 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 2 \* South Whidbey (Woods #85 modified) \* 8:45 AM / ~35 miles** \* Mukilteo, Ferry terminal \* Island County Freeland Park (**Bring lunch or buy at market**) \* Hilly \* Social \* I-5 exit 189, SR-526 west, follow signs to the ferry. For Edgewater Beach Park: Turn right on 2<sup>nd</sup> St at the base of hill for 1 block. Then left on Mukilteo Lane. (Park Ave will be to the right). Then, left on Mt Baker which becomes 1st, crossing the tracks to the park. There is no 4-hr limit on the parking, but it may fill early. \* NOTE: Parking continues to be an issue with a general 4-hour limit in Mukilteo. \*

**Tue 4 \* Sunrise \* 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 5 \* Lake Morton \* 10:00 AM / 20+ miles** \* Maple Valley, Lake Wilderness Co. Park \* **Bring lunch** for Lake Morton \* Some hills \* Social \* SR-169 (Maple Valley Road) east to Witte Road (traffic light), right on Witte, left on 248 St, right on 224 Ave, left into the park. \*

**Thu 6 \* Ron Regis to Landsburg \* 10:00 AM / 24 miles** \* Renton, Ron Regis Sports Park \* **Bring lunch** for park \* River grade with some packed gravel \* 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**

**Sat 8 \* Auburn \* 10:00 AM / ~30 miles** \* Tukwila, Bicentennial Park \* Café \* Possible hill \* 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. \*

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

**Sun 9 \* Madison Valley \* 10:00 AM / ~35 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. \*

**Tue 11 \* 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. \*

**Tue-Thur 11-13 \* Trail of the Coeur d'Alenes \* 8:30, 8:30, 8:00 AM / 143 miles** \* Motel (Tue & Thur) & Medimont Trail head (Wed) \* **Bring lunch** for 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. **(More next page)**

\* **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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**Tues.** start at the motel at 8:30 (MP 53.1) and ride to Medimont trailhead (MP25.8) and back, flat. 54.6 miles or less if you want. (MORE next page)

**Wed.** Drive to Medimont trailhead, allowing about 40 minutes (MP 25.8) start riding 9:10 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 8:00 (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. Stay at the Fairbridge Inn & Suites in Kellogg, 1-208-783-1234. Camping available at an RV park in Osburn and near Latour Creek, near MP 40.0. \* Coordinators

**Thu 13 \* Marymoor to Lake Forest Park \* 10:00 AM / 26 miles \* Redmond, Marymoor Park (trailhead) \* Third Place Books \* Flat \* Slow-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**

**Sat 15 \* Foothill Trail \* 2:00 PM / ~25 miles \* Orting, Orting City Park \* Bring picnic \* Railroad grade \* Social \* SR-410 Sumner, SR-162 (Valley Ave) south to Orting, right on Calistoga, left on Van Scoyoc. Park at the SE end of the park. \***

**Sun 16 \* 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 17 \* Leader's Choice \* 10:00 AM / 25 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 18 \* 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 19 \* Lincoln Park to Port Orchard (Woods # 44) \* 9:15 AM / 29 miles \* West Seattle, Lincoln Park North Lot \* Lunch in Port Orchard \* Some hills \* Social \* I-5 exit 163/163A, west on West Seattle Freeway, continue on Fauntleroy Way SW as Freeway ends. Parking lot is in the 8200 block of Fauntleroy Way. \* NOTE: Take the 9:30 ferry to Southworth. \***

**Thu 20 \* City Hall to Hollywood Tavern \* 10:00 AM / 34 miles \* Issaquah, City Hall \* Hollywood Tavern (corner of Redmond-Woodinville Rd & NE 145<sup>th</sup> 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 22 \* 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. \***

**Sun 23 \* Lake Frances Loop \* 10:00 AM / ~25 miles \* Renton, Cedar River Park \* Starbucks \* 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. \***

**Mon 24 \* Leader's Choice \* 10:00 AM / 20-25 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**

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need more time, park to the east on Northlake Wy. \*

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**Tue 25 \* 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. \*

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**Wed 26 \* Leader's Choice \* 10:00 AM / ~30 miles** \* Fall City, Park & Ride lot \* Plan lunch \* 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. \*

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**Thu 27 \* Brannan Park to Flaming Geyser SP \* 10:00 AM / 30 miles** \* Auburn, Brannan Park \* **Bring lunch** \* Slight grade \* Slow-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**

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**Sat 29 \* 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. \*

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**Sun 30 \* Leader's Choice \* 10:00 AM / 25 miles** \* Kenmore, Log Boom Park (Tracy Owen Station) \* Café \* Few hills \* Social \* SR-522 (Bothell Way NE) to 61 Ave NE, south on 61st, right into park lot. (Overflow is on street to east.) \*

## Notes

**Situational Awareness:** If you choose to ride two abreast on trails, please keep an eye out for approaching riders from the front and rear. Making them go around you by running off the trail into the grass or street is not considerate or safe.

**Saturday 25 August Picnic / Meeting:** This will be held at Chaces' . Go on the scheduled ride or follow the directions below to picnic. Lunch will be sandwich fixings, salad,

beverages, and dessert. Food will be available from 12:00 to 1:00 PM. Hosts have a paddle board so if you want to try this on Angle Lake you are welcome to do so.

**Take the road less travelled:** The risk of a first or recurrent heart attack is reduced with exercise, no matter the air quality, a study in the Journal of the American Heart Association found. Researchers suggested, however, that people should avoid air pollution when possible by not actively commuting or exercising on busy roads.

[MedPage Today \(free registration\)](#) (7/18)

## Other Northwest Cycling Tours

Dates	Tour Name	Leaders
Sep 8	Passport2Pain (fund raiser for junior rowing)	Vashon Island Rowing Club
Sep 23	Kitsap Color Classic	Cascade

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