

Ride Schedule – SEPTEMBER 2019

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



Sun 1 * 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. *

Mon 2 * Labor Day

Tue 3 * 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 4 * 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 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 5 * Ron Regis to Landsburg * 10:00 AM / 24 miles * Renton, Ron Regis Sports Park * **Bring lunch** for Landsburg 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 7 * SR-520 Bridge * 10:00 AM / ~45 miles * Kent, Three Friends Fishing Hole * Café * Some 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. *

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

Sun 8 * Soos Creek Trail * 10:00 AM / ~35 miles * Renton, Ron Regis Sports Park * Bring snack, possible café * Somewhat hilly * 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. *

Tue-Thurs 10-12* 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.

Tues. start at the motel at 8:30 (MP 53.1) and ride to Medimont trailhead (MP 25.8) and back, flat. 54.6 miles or less if you want

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 (MP 53.1) along the river (and I-90) to Mullan (MP 71.4) and back, upriver 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

Tue 10 * 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. *

* **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 – SEPTEMBER 2019

Thu 12 * Marymoor to Lake Forest Park *
10:00 AM / 25 miles * Redmond, Marymoor Park (trailhead) * Café or picnic * 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**

Sat 14 * 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 15 * 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 16 * Group'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 17 * Sunrise * 9:00 AM / ~55 miles * Enumclaw, Crystal Mountain Resort B parking lot * **Bring lunch** * Elev gain 5000' * Moderate * SR-410 SE to intersection with Crystal Mountain Blvd (NF-7166), turn left toward Crystal Mountain, drive ~6 miles to B Lot 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 18 * 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. *

Thu 19 * 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 21 * Alki * 10:00 AM / ~45 miles * Kent, Hogan Park (former Russell Road Park) * Café * Some hills * Moderate * I-5 exit 149/149A, SR-516 east, left on Meeker St, left on Russell Road, 1 block to the park. *

Sun 22 * SR-520 Loop * 10:00 AM / ~45 miles * Renton, Ron Regis Sports Park * Café * Somewhat hilly * 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 23 * Woodinville * 10:00 AM / 25 miles * Kirkland, Houghton Park & Ride * Café * 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 24 * Lincoln Park to Gig Harbor (Woods #94) * 9:15 AM / 39 miles * West Seattle, Lincoln Park North Lot * Café * Several hills * Moderate * I-5 exit 163/163A, west on West Seattle Freeway, continue Fautleroy Way SW as Freeway ends. Parking lot is in the 8200 block of Fautleroy Way. * NOTE: **Take 9:30 ferry to Southworth** *

Wed 25 * 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. *

Thu 26 * Brannan Park to Flaming Geyser SP * 10:00 AM / 30 miles * Auburn, Brannan Park * **Bring lunch** * River grade * Slow-Social *

* **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 – SEPTEMBER 2019

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**

Sat 28 * 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 29 * Madison area * 10:00 AM / 43 miles * Kent, Three Friends Fishing Hole * Starbucks (?) * Some 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 30 * Jefferson Park & Safe downtown streets * 10:00 AM / 25 miles * Seattle, Gas Works Park * Central Bakery * 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. *



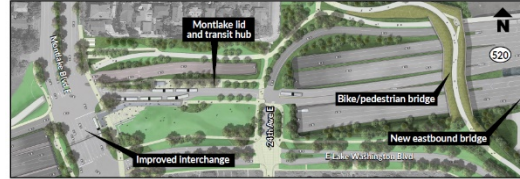
Dates	Tour Name	Leaders
Sept 10-12	Kellogg ID rides	McLaren/Chace

Notes

16th Annual Trail of the Coeur D'Alenes:
 Bruce negotiated us a rate of \$84 (all rooms) since our ride dates fall in the shoulder season this year (due to earlier Labor day). Make your reservations prior to the first week in August for September 9, 10, & 11th. FairBridge Inn & Suites, 601 Bunker Ave, Kellogg, ID 3837 • (208) 783-1234 (Notice has been up on website)

& in April ride schedule notes—Buff forgot to rerun it in August)

SR-520 construction: Work is starting on the next phase of covering 520. Changes will include closure of the SR 520 Trail across the 24th Avenue East overpass and the opening of a temporary detour on local streets.



Other Northwest Cycling Tours

Dates	Tour Name	Leaders
Sep 8	Headwaters Century	Tacoma WA Bicycle Club
Sep 14	Passport to Pain (Vashon)	Vashon Island Rowing Club
Sep 22	Kitsap Color Classic	Cascade BC

* **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)