

Ride Schedule – SEPTEMBER 2020

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



Tue 1 * Leader's Choice * 10:00 AM / 40 miles * Renton, Cedar River Park * **Bring food** * 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 2 * Group's Choice * 10:00 AM / ~25 miles * Kenmore, Log Boom Park (Tracy Owen Station) * **Bring food** * 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.) * **No Leader**

Thu 3 * Ron Regis to Landsburg * 10:00 AM / 24 miles * Renton, Ron Regis Sports Park * **Bring Food** * 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**

Sat 5 * Toward Enumclaw * 10:00 AM / ~30 miles * Landsburg, Cedar River Trailhead Parking * **Bring Food** * Several hills * Social * SR-18, south on the Issaquah-Hobart Rd, becomes 276th Av, then Landsburg Rd. Parking lot is just north of the Cedar River. *

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

Sun 6 * Bogey's * 10:00 AM / ~25 miles * Tukwila, Bicentennial Park * **Bring food** * Nearly flat * Social * I-405 exit 1, south on West Valley Hwy, right on Strander Blvd, cross river, immediate right into the park. Meet in car parking, past shelter, and small traffic circle. *

Mon 7 * Labor Day

Tue 8 * Renton to SR-520 Bridge * 10:00 AM / 40 miles * Renton, Cedar River Park * **Bring Food** * Hilly * Slow end of 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 9 * Going North * 10:00 AM / ~25 miles * Tukwila, Community Center * **Bring Food** * Few hills * 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. *

Thu 10 * Marymoor to Lake Forest Park * 10:00 / 26 miles * Redmond, Marymoor Park (trailhead) Park * **Bring Food** * Nearly 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 12 * Ravensdale to Mud Mountain * 10:00 AM / 51 miles * Ravensdale, Ravensdale Park * **Bring lunch** for Mud Mtn 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 13 * Two Bridge Ride * 10:00 AM / 22 miles * Mercer Island, Lid Park top lot * None planned * Some hills * Social * Eastbound: I-90 exit 6, left on Mercer Way, then right onto 72nd Av (by Roanoke Inn), turn right into parking lot before bridge. Westbound: I-90 exit 7, follow Mercer Way, left onto 72nd Av (by Roanoke Inn), turn right into parking lot before bridge. (If parking not available there park south of the trail on SE 22nd St and meet at start point.) *

Mon 14 * Group's Choice * 10:00 AM / ~25 miles * Mercer Island, Lid Park top lot * **Bring food** * Some hills * Social * Eastbound: I-90 exit 6, left on Mercer Way, then right onto 72nd

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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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Av (by Roanoke Inn), turn right into parking lot before bridge. Westbound: I-90 exit 7, follow Mercer Way, left onto 72nd Av (by Roanoke Inn), turn right into parking lot before bridge. (If parking not available there park south of the trail on SE 22nd St and meet at start point.) * **No Leader**

Tue 15 * North Lake WA * 10:00 AM / 40 miles * Mercer Island, Lid Park top lot * **Bring Food** * Couple of climbs * Moderate * Eastbound: I-90 exit 6, left on Mercer Way, then right onto 72nd Av (by Roanoke Inn), turn right into parking lot before bridge. Westbound: I-90 exit 7, follow Mercer Way, left onto 72nd Av (by Roanoke Inn), turn right into parking lot before bridge. (If parking not available there park south of the trail on SE 22nd St and meet at start point.) * **No Leader**

Tue-Thurs 15-17 * Trail of The Coeur d'Alenes * 8:30, 8:30, 8:00 AM / 143 miles * Motel (Tue & Thur) & Medimont Trail head (Wed) * **Bring food** each day * 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. * NOTE: See details at the end of this schedule. * **No Leader**

Thu 17 * South Lake WA * 10:00 AM / 25 miles * Tukwila, Bicentennial Park * **Bring Food** * A few hills * Social * I-405 exit 1, south on West Valley Hwy, right on Strander Blvd, cross river, immediate right into the park. Meet

in car parking, past shelter, and small traffic circle. * **No Leader**

Sat 19 * Port Orchard * 9:40 AM / 29 miles * West Seattle, Lincoln Park North Lot * Lunch in Port Orchard **Bring Food** just in case. * 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 9:55 ferry to Southworth. May need to find on street parking if the lot is still closed. *

Sun 20 * 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 (**Bring Food** as backup) * 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. * NOTE: 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. **If Grange is not available an alternate ride will be suggested.** *

Mon 21 * Leader's Choice * 10:00 AM / ~25 miles * Tukwila, Community Center * **Bring Food** * Mostly 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. *

Tue 22 * Renton to Issaquah * 10:00 AM / 35 miles * Renton, Cedar River Park * **Bring Food** * 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 23 * Redmond * 10:00 AM / ~25 Miles * Issaquah, Lake Sammamish State Park * **Bring Food** * Few 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,

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you might want to park elsewhere and bike to the meet point.) * **No Leader**

of the trail on SE 22nd St and meet at start point.) *

Thu 24 * Issaquah to near Hollywood Tavern
*** 10:00 AM / 34 miles** * Issaquah, City Hall *
Bring food * 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. If parking is full, park elsewhere and bike to start. * **No Leader**



Sat 26 * Leader's Choice * 10:00 AM / ~40 miles * Kent, Hogan Park * **Bring Food** * Could be hills * Moderate * I-5 exit 149/149A, SR-516 east, left on Meeker St, left on Russell Road, 1 block to the park. *

Dates	Tour Name	Leaders
Sept 15-17	Coeur d'Alenes	No Leader

Sun 27 * Alki * 10:00 AM / ~25 miles * Tukwila, Bicentennial Park * **Bring Food** * Flat * Social * I-405 exit 1, south on West Valley Hwy, right on Strander Blvd, cross river, immediate right into the park. Meet in car parking, past shelter, and small traffic circle. *

Notes

Alas, the Trail of the Coeur D'Alenes club rides are cancelled as formal rides for this year. We all miss the tours and hope to be able to enjoy them again in the future. It is still in the schedule as a no leader ride.

Mon 28 * Lake Forest Park * 10:00 AM / 24 miles * Meet at Seattle, Gas Works Park (park lot is currently closed) * **Bring Food** * Nearly flat * 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 closed. So, park to the east on Northlake Wy. *

Bruce McLaren arranged with Janna at the FairBridge motel: If anyone wants to ride the trail (alone or small group) the lodging rate will be \$ 78 per day for that period (September 14,15,16). FairBridge Inn & Suites, 601 Bunker Ave, Kellogg, ID 3837• (208) 783-1234

Tue 29 * Orting to Enumclaw * 10:00 AM / 40 miles * Orting, Orting City Park * **Bring Food** * Some hills * Moderate * 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. *

Wed 30 * Mercer & Madison * 10:00 AM / ~25 miles * Mercer Island, Lid Park top lot * **Bring Food** * Some hills * Social * Eastbound: I-90 exit 6, left on Mercer Way, then right onto 72nd Av (by Roanoke Inn), turn right into parking lot before bridge. Westbound: I-90 exit 7, follow Mercer Way, left onto 72nd Av (by Roanoke Inn), turn right into parking lot before bridge. (If parking not available there park south

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