

Ride Schedule – SEPTEMBER 2021



WEATHER or OTHER SCHEDULE CHANGE: If you think you may ride a particular day, email the ride leader the day before if you'd like to be notified about cancellations or changes. If you think the weather is questionable, call the leader to see if the ride will happen.

Where destinations are suggested, Groups Choice is a good alternative. Contact other riders if you want company on a ride.

Wed 1 * Around Mercer Island and then to Madison Park * 10:00 AM / ~25 miles *
Mercer Island, Lid Park top lot * **Bring Food** for Madison Park * 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.) *

Thu 2 * Landsburg * 10:00 AM / ~26 miles *
Renton, Ron Regis Sports Park * **Bring food** for picnic * River grade (partly unpaved trail) * 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 4 * 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. *

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

Sun 5 * Flaming Geyser * 9:00 AM / 30 miles *
* Auburn, Brannan Park * Bring snacks for park * River 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. *

Tue 7 * Sunrise * 10:00 AM / ~30 miles *
Enumclaw, White River Ranger Station * **Bring lunch** to eat at Sunrise * Climb to Sunrise gains 3100' * Relaxed moderate * SR-410 heading south from the Mt Rainier park entrance arch, right at fork on Sunrise Park Rd/White River Rd. 1.4 miles to ranger station and fee entrance. There is parking on the right beyond the entrance. * NOTE: Bring National Park Pass or \$. On this ride climbing at your own pace is normal. If weather or smoke is questionable, check with Buff the evening before to see if the ride will go. *

Wed 8 * Loop Lake Union, New Fairview Bridge & Golden Gardens * 10:00 AM / ~28 miles+ * Seattle, Gas Works Park * **Bring lunch** * 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. *

Thu 9 * Lake Forest Park * 10:00 AM / 26 miles * Redmond, Marymoor Park (trailhead) * Lake Forest Park * 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 11 * North Bend * 10:00 AM / ~35 miles *
Carnation, Tolt-MacDonald Park * North Bend * Fairly hilly * Social * I-90 exit 22, Preston-Fall City Road north to Fall City, cross bridge, left on SR-203 to Carnation, cross Tolt River, drive 0.4 miles then left on NE 40th St to park. * NOTE: Plan is to take Snoqualmie Valley trail at least one way. *

* **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 # * 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 12 * Sumner * 9:00 AM / ~30 miles *
Kent, Hogan Park * Lunch at River's Edge Café,
next to cannery * Flat * Social * I-5 exit
149/149A, SR-516 east, left on Meeker St, left
on Russell Road, 1 block to the park. *

**Mon 13 * Hiawatha Trail * Rider choice / Rider
choice * Several riders showed interest in riding
all or part of this trail on this day. Check with
others if you want company and report your
mileage to Hal afterward for credit.**

**Tue - Thurs 14-16 * 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. *

Sat 18 * Landsburg * 10:00 AM / ~26 miles *
Renton, Ron Regis Sports Park * **Bring food** for
picnic * River grade (partly unpaved trail) *
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. *

Sun 19 * Boeing Plant 2 * 9:00 AM / 25 miles
* Kent, Three Friends Fishing Hole * **Bring
food** * Mostly 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 20 * Carkeek Park and Golden Gardens
*** 10:00 AM / 20 miles *** Seattle, Gas Works
Park * Bring lunch or snack for park stop. *
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 21 * SR-520 Bridge * 10:00 AM / 32 miles
* Renton, Memorial Stadium * **Bring Food** *
Some hills * Moderate * I-405 exit 2, north 1.2
mi on Rainier Ave, right on Airport Way, left on
Logan Ave, left into parking lot. *

Wed 22 * Landsburg * 10:00 AM / 30 miles *
Renton, Cedar River Park * Bring lunch to eat by
river * River grade * 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: Maybe the salmon
are running. * **No Leader**

**Thu 23 * Hollywood Tavern * 10:00 AM / 36
miles *** Issaquah, City Hall * Tavern, if open,
otherwise nearby * Few hills * 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 25 * South Prairie * 10:00 AM / 32 miles *
Puyallup, East Puyallup/Meeker Trailhead * One
of stands or bring * River grade * Social * From
southbound SR-167, exit to SR-410 E, 2nd ramp
to right for SR-162 (south toward Orting) for 0.5
miles, after crossing Puyallup River and take
next right on 80th St E and drive west 0.6 miles
to East Puyallup/Meeker Trailhead on left. *

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Terrain Difficulty: Flat, Easy Hills, Moderate Hills, Hilly, Strenuous Hills

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Sun 26 * Black Diamond * 9:00 AM / 30 miles
 * Auburn, Brannan Park * Lunch at Black Diamond Bakery * Climb hill by fish hatchery * Social * SR-167 south to 15th St NW exit, east on 15th, left on Auburn Way, right on 28th St NE to the park. * NOTE: Plan visit to Flaming Geysers SP *

Mon 27 * Jefferson Park * 10:00 AM / 22 miles * Seattle, Gas Works Park * Bring lunch, or snack for the park. * 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 28 * 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 29 * Bothell * 10:00 AM / 18 miles * Redmond, Marymoor Park (trailhead) * Bring lunch and maybe stop at Starbucks or some other spot * 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**

Thu 30 * Lake Cassidy on Centennial Trail * 10:00 AM / 25 miles * Snohomish, Centennial Trailhead * **Bring Lunch** for Lake Cassidy * 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. * **No Leader**



<u>Dates</u>	<u>Tour Name</u>	<u>Leaders</u>
Sept 14-16	20 th Trail of the Coeur D'Alenes	McLaren & Chace

Notes

20th Annual Trail of the Coeur

D'Alenes: Bruce McLaren negotiated a rate of \$78 (all rooms). Make your reservations prior to **13 August** for September 13, 14, & 15th. FairBridge Inn & Suites, 601 Bunker Ave, Kellogg, ID 83837 • (208) 783-1234

Cascade: R2B2 while the Canadian border is closed (**Ride from Redmond to Bellingham and Back**). Join us for the two-day, fully supported, double century ride on **August 21 and 22!** If you had been looking forward to doing STP in-person, try this ride. Many people say the scenery is even better than STP.

Other Northwest Cycling Tours

<u>Dates</u>	<u>Tour Name</u>	<u>Leaders</u>
Aug 21-22	R2B2	Cascade
Sept 2, 9, 16	Bicycle Sundays on Lake WA Blvd	Seattle Parks & Rec

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