

# Ride Schedule – September 2024



## 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.

### Most ride leaders cancel for freezing weather or serious rain.

**Sun 1 \* Mt Baker Tunnel \* 10:00 AM / ~30 miles** \* Renton, Memorial Stadium \* Possible Starbucks \* Some hills \* Social \* I-405 exit 2, north 1.2 mi on Rainier Ave, right on Airport Way, left on Logan Ave, left into parking lot. \* **No Leader**

**Mon 2 \* Group's Choice \* 10:00 AM / ~30 miles** \* Kent, Hogan Park \* Bring snack \* Choice \* Social or moderate \* I-5 exit 149/149A, SR-516 east, left on Meeker St, left on Russell Road, 1 block to the park. \* **No Leader**

**Tue 3 \* Maple Valley \* 10:00 AM / 34 miles** \* Renton, Ron Regis Sports Park \* Ristretto's \* Some hills (~2000' CEG) \* Relaxed moderate \* 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. \* **NOTE:** <https://ridewithgps.com/routes/47844133> \*

**Wed 4 \* Maple Valley \* 10:00 AM / ~20 miles** \* Renton, Ron Regis Sports Park \* Cascade Pizza Co or bring snack \* 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. \*

**Thu 5 \* Arlington \* 10:00 AM / ~35 miles** \* Snohomish, Centennial Trailhead \* Plan Starbucks \* Centennial rail trail \* 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. \* **NOTE:** Plan out and back on the Centennial Trail \*

**Sat 7 \* Group's Choice \* 10:00 AM / ~25-30 miles** \* Renton, Memorial Stadium \* Carry snack \* Few hills \* Social-Moderate \* I-405 exit 2, north 1.2 mi on Rainier Ave, right on Airport Way, left on Logan Ave, left into parking lot. \* **No Leader**

**Sun 8 \* Group's Choice \* 10:00 AM / ~25 miles** \* Mercer Island, Lid Park top lot \* Carry snack \* 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.) \* **No Leader**

**Mon 9 \* Foothills Trail \* 10:00 AM / ~25 miles** \* Puyallup, East Puyallup/Meeker Trailhead \* Coffee/Snack break in South Prairie \* 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, take next right on 80Th St E and drive west 0.6 miles to East Puyallup/Meeker Trailhead on left.\*

**Tue-Thur 10-12 \* Trail of the Coeur D'Alenes \* 8:30, 9:10, 8:00 AM / up to 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

\* **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

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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.  
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**Sat 14 \* Alki \* 10:00 AM / 45 miles \* Kent, Hogan Park \* Bring Lunch \* Some 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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**LUNCH: Food may be purchased at the planned lunch stop unless the ride leader specifies to bring lunch.**

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**Sun 15 \* Bogeys \* 10:00 AM / ~25 miles \* Kent, Three Friends Fishing Hole \* Bogeys \* 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. \***  
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**Mon 16 \* Cedar River Trail to Maple Valley \* 10:00 AM / ~32 miles \* Renton, Ron Regis Sports Park \* Panera Snack \* River grade, part 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**  
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**Tue 17 \* Sunrise \* 10:00 AM / ~30 miles \* Enumclaw, White River Ranger Station \* Bring lunch to eat at Sunrise \* Climb to Sunrise gains 3100' \* Your pace \* 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. We are later in the**  
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season this year so if conditions are not good, will shift to an alternative ride. \*

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**Wed 18 \* Kent Commons \* 10:00 AM / ~25 miles \* Tukwila, Community Center \* Thai food (or?) \* Flat \* Social \* TEMPORARY ENTRY DURING 42nd AV BRIDGE PARTIAL OUTAGE: From S Boeing Access Rd go south on E Marginal Way S; turn left on S115th St before Green River. Follow the shore of the Duwamish River as road bends south to become 42nd Av; turn left on S 124th St and the parking lot is on the right. \* No Leader**  
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**Thu 19 \* Group's Choice \* 10:00 AM / ~25 miles \* Auburn Community and Event Center \* Bring lunch \* Some hills \* Social \* Eastbound on SR-18, exit to SR-164 (Auburn Way S) turn left at the exit stoplight. Follow SR-164 toward Enumclaw for 0.5 miles. Turn left at sign for F St but then, immediate right on 9th St SE to the Auburn Community and Event Center. Park NE of entrance. \* No Leader**  
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**Sat 21 \* South Lake WA \* 10:00 AM / 32 miles \* Renton, Ron Regis Sports Park \* Lunch at Ivar's late in the ride or bring \* Few hills \* Social \* I 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. \***  
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**Sun 22 \* Group's Choice \* 10:00 AM / ~30 miles \* Tukwila, Community Center \* Bring snack \* Few hills \* Social \* TEMPORARY ENTRY DURING 42nd AV BRIDGE PARTIAL OUTAGE: From S Boeing Access Rd go south on E Marginal Way S; turn left on S115th St before Green River. Follow the shore of the Duwamish River as road bends south to become 42nd Av; turn left on S 124th St and the parking lot is on the right. \* No Leader**  
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**Mon 23 \* Seattle Downtown \* 10:00 AM / 26 miles \* Tukwila, Community Center \* Lunch break at Frey bakery \* Nearly flat \* Social \* TEMPORARY ENTRY DURING 42nd AV BRIDGE PARTIAL OUTAGE: From S Boeing Access Rd go south on E Marginal Way S; turn left on S115th St before Green River. Follow the shore of the Duwamish River as road bends**  
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south to become 42nd Av; turn left on S 124th St and the parking lot is on the right. \*

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**Tue 24 \* Black Diamond \* 10:00 AM / 40 miles** \* Kent, Hogan Park \* Bring Lunch \* Some 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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**Wed 25 \* Alki \* 10:00AM / ~25miles** \* Tukwila, Community Center \* Sunfish \* Nearly flat \* Social \* TEMPORARY ENTRY DURING 42nd AV BRIDGE PARTIAL OUTAGE: From S Boeing Access Rd go south on E Marginal Way S; turn left on S115th St before Green River. Follow the shore of the Duwamish River as road bends south to become 42nd Av; turn left on S 124th St and the parking lot is on the right. \*

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**Thu 26 \* Group's Choice \* 9:30 AM / ~30 miles** \* Kent, Hogan Park \* Bring snack \* Some hills \* Social or moderate \* I-5 exit 149/149A, SR-516 east, left on Meeker St, left on Russell Road, 1 block to the park. \* **No Leader**

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**Sat 28 \* Madison Valley \* 10:00 AM / ~30 miles** \* Renton, Memorial Stadium \* Starbucks or lakefront \* Some hills \* Social to moderate \* I-405 exit 2, north 1.2 mi on Rainier Ave, right on Airport Way, left on Logan Ave, left into parking lot. \* **No Leader**

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**Sun 29 \* Maple Valley \* 10:00 AM / ~30 miles** \* Renton Community Center \* Optional snack stop \* River grade \* Social to 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**

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**Mon 30 \* River's Edge Brunch \* 10:00 AM / 30 miles** \* Kent, Hogan Park \* Sumner brunch \* Flat \* Social \* I-5 exit 149/149A, SR-516 east, left on Meeker St, left on Russell Road, 1 block to the park. \*

### Notes

**Rides** that indicate No Leader and a suggested destination. Riders may choose a different destination.

**Trail of the Coeur D'Alenes:** See the July schedule notes for the details of the agreement for rooms at the FairBridge in Kellogg, ID. Planned for motel arrival on Sept 9th and depart 3 or 4 days later.

The Kellogg ride descriptions: Motel (Tue & Thur) & Medimont Trail head (Wed) \* Bring lunch for Tue, bring or buy Wed \* Railroad grade \* Social pace or your pace. \* 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.

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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 (500 ft) to Plummer (MP 0) and back. 51.4 miles, less if you turn around at Harrison or the bridge.

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 or the next if desired. Motel has 11:00AM checkout time.

*Since each day is an out and back on the trail, if you want a shorter ride, any day, turn around sooner.*

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