

# RIDE SCHEDULE - September 2009

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



**Tue 1 \* Snohomish - Arlington - Granite Falls \* 10:00 AM / 59 miles** \* Snohomish, Centennial Trailhead \* Café \* Some hills (1920' elev gain) \* Moderate \* US-2/SR-9 to Snohomish, east on 2nd Ave, left on Maple, 4 blocks to trail. Park on Maple near intersection with Pine. \*

**Wed 2 \* Fort Dent to Alki via Lincoln Park \* 10:00 AM / 30 miles** \* Tukwila, Fort Dent Sports Complex \* Alki \* Mostly flat \* Social \* Bring or buy lunch \* I-5 exit 154, I-405 east to exit 1, north on Interurban Ave, right on Fort Dent Way, left at traffic circle to the park. If they are charging for an event park elsewhere and bike there. \*

**Thu 3 \* Snohomish to Lake Cassidy \* 10:00 AM / 24 miles** \* Snohomish, Centennial Trail \* Lake Cassidy \* Some hills \* Social \* Bring lunch \* 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**

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

**Sat-Mon 5-7 \* Yakima Valley Winery Tour \* 3-Day Yakima Winery Tour \* 9:00 AM (Sat & Sun 40/day) 9:30 Mon (15 miles) /95 miles** \* Sunnyside WA, *Country Inn and Suites at Sunnyside* (Mon start in downtown Zillah) \* Lunch available each day \* Rolling \* Social \* I-90 exit 110, I-82 south exit 62, bear left onto Sunnyside Rd. Bear right (East) onto US 12(Inland Empire Hwy) 1.6 miles to Country Inn and Suites. \* NOTES: Ride 1, 2, or 3 days, daily distance ~ 40 miles except Monday.

**Sat 5 \* Cedar River Park to Issaquah \* 10:00 AM / 34 miles** \* Renton, Cedar River Park \* Issaquah (restaurant) \* A little hilly \* Moderate \* Lunch at Gillman Village \* 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 6 \* Group Choice \* 10:00 AM / ~25-30 miles** \* Renton, Cedar River Park \* 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. \* **No Leader**

**Tue 8 \* Mud Mountain \* 10:00 AM / 40 miles** \* Auburn, Brannan Park \* Enumclaw \* Hilly \* Moderate \* SR-167 south to 15th St NW exit, east on 15th, left on Auburn Way, right on 28th St NE to the park. \*

**Wed 9 \* Luther Burbank to Madison Park \* 10:00 AM / 25** \* Mercer Island, Luther Burbank Park \* Madison Park \* Some hills \* Social \* I-90 eastbound: exit 7A, left on 77th, right on Mercer Way, left on 26th St, left on 84th Ave to the park. I-90 westbound: exit 7, right on 26th St, left on 84th Ave to the park.

**Thu 10 \* Brannan Park to Flaming Geyser \* 10:00 AM / 30 miles** \* Auburn, Brannan Park \* Flaming Geyser \* Flat \* Slow \* 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 12 \* Southworth to Gig Harbor (Woods SW #94) \* 9:00 AM / 38 miles** \* West Seattle, Lincoln Park North Lot \* Cafe \* Fairly hilly \* Moderate \* 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. \* NOTES: Take 9:15 ferry to Southworth. \*

**Sun 13 \* Jack Block to Tukwila \* 10:00 AM / 28 miles** \* West Seattle, Jack Block Public Access (Alki) \* Panera Bakery (Minkler off Southcenter Parkway) \* Flat \* 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. \*

**Mon-Thurs 14-17 \* Hiawatha & Trail of the Coeur d'Alenes \* Mon 14 \* Hiawatha Trail \* 9:00 AM / ~20 miles** \* Kellogg ID at The Baymont Inn. \* Bring snack. \* Railroad grade 2% \* Social \* NOTES: Trail information is at <http://wallace-id.com/skilookout/taft.html>. This is an unpaved trail with tunnels so you will need lights and mid-width tires. Plan to caravan to the trailhead. \*

**Tue-Thur 15-17 \* Trail of the Coeur d'Alenes \* ~8:30 AM** \* 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. \* Social pace or your pace. \* Lunches (Bring at least 1<sup>st</sup> day) \* I-90 to Idaho exit 49, right on Bunker Ave. half mile to motel. \* NOTES: Tuesday: The ride will start at the motel (MP 53.1) and ride to Medimont trailhead (MP 25.8) and back, flat, 56 miles—or less if you want. Wednesday DRIVE to Medimont trail head (MP 25.8) ride thru Harrison along the lake, across the bridge and uphill (500ft) to Plummer (MP0) and back, 51 miles—or less if you want. Thursday: Ride from motel (MP 53.1) along the river (and I-90) to Mullan (MP 71.4) and back, up river grade 35.2 miles. Leave for home mid day. Stay at Baymont Inn & Suites, Kellogg ID, 208-783-1234.

\* **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)**

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**Tue 15 \* Cedar River Park to Seattle \* 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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**Thu 17 \* Tukwila to Alki \* 10:00 AM / 33 miles** \* Tukwila, Bicentennial Park \* Alki \* 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. \* **No Leader**

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**Sat 19 \* Southworth to Port Orchard \* 9:30 AM / 30 miles** \* West Seattle, Lincoln Park North Lot \* 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. \* NOTES: Take 9:45 AM ferry to Southworth. \*

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**Sun 20 \* City Loop \* 10:00 AM / 30 miles** \* Gas Works Park \* Plan lunch 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 spaces now have a 4-hour time limit. \*

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**Mon 21 \* Group's Choice \* 10:00 AM / 20-40 miles** \* Gas Works Park \* Plan lunch 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 spaces now have a 4-hour time limit. \*

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**Tue 22 \* Tue 22 \* Sunrise Ride \* 9:00 AM / 57 miles** \* Dalles Ridge viewpoint for Mt. Rainier \* Bring lunch \* Elev gain 4700' \* Moderate \* SR-410, 6.3 miles south of Greenwater Bridge toward Crystal Mtn. Parking area is on right. \* NOTE: Bad weather will cancel. Expect about 3.8 hours up and 1.8 hours down. Call leader the night before. \*

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**Wed 23 \* Fall City to Snoqualmie via Carnation and the Snoqualmie Valley Trail \* 10:00 AM / ~30-40 miles** \* Fall City Park & Ride \* Lunch at Snoqualmie Brewery \* Some Hills \* Social \* I-90 exit 22, Preston-Fall City Road north to Fall City, cross bridge, left on SR-203, left into the parking lot

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**Thu 24 \* Ron Regis Park to Landsburg \* 10 AM / 26 miles** \* Social \* Bring lunch \* Ron Regis Park, Renton From I-405 South: Take Exit #4 (Renton/Enumclaw). Drive east on Maple Valley Highway past the Maplewood Golf Course and turn left on 149th Avenue SE/Orcas Avenue. The entrance to the sports park is on your left. From I-405 North: Take Exit #4A (Maple Valley/Enumclaw). Drive east on Maple Valley Highway past

the Maplewood Golf Course and turn left on 149th Avenue SE/Orcas Avenue. The entrance to the sports park is on your left. **No Leader**

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**Sat 26 \* Ron Regis Park to Kent \* 10 AM / 30 miles** \* Social \* Bring or buy lunch \* Some hills \* Ron Regis Park, Renton From I-405 South: Take Exit #4 (Renton/Enumclaw). Drive east on Maple Valley Highway past the Maplewood Golf Course and turn left on 149th Avenue SE/Orcas Avenue. The entrance to the sports park is on your left. From I-405 North: Take Exit #4A (Maple Valley/Enumclaw). Drive east on Maple Valley Highway past the Maplewood Golf Course and turn left on 149th Avenue SE/Orcas Avenue. The entrance to the sports park is on your left.

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**Sun 27 \* Logboom to Maltby & Woodinville \* 10:00 AM / 30 miles** \* Kenmore, Logboom Park (Tracy Owen Station) \* Maltby \* Some hills \* Social \* SR-522 (Bothell Way NE) to 61 Ave NE, south on 61st, left on 175th St. Park on 175th St. east of park entrance. \*

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**Mon 28 \* Group's Choice \* 10:00 AM / 20-40 miles** \* Gas Works Park \* Plan lunch 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 spaces now have a 4-hour time limit. \*

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**Tue 29 \* Tue 29 \* Three Friends to Issaquah \* 10:00 AM / ~45 miles** \* Kent, Three Friends Fishing Hole \* Café \* Few 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. \*

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**Wed 30 \* Magnolia/Downtown/Queen Anne \* 10:00 AM / 28 miles** \* Gas Works Park \* Plan lunch stop downtown and coffee and pastry break at Lemkes \* 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 spaces now have a 4-hour time limit. \*

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## Book recommendations:

From Bill:

Traffic: Why we drive the way we do (and what it says about us) by Tom Vanderbilt

A surprising, enlightening look at the psychology of human beings behind the steering wheels including how they interact with bicyclists.

Pedaling Revolution: How Cyclists Are Changing American Cities by Jeff Mapes

From traffic-dodging bike messengers to tattooed teenagers on battered bikes, from riders in spandex to well-dressed executives, ordinary citizens are becoming transportation revolutionaries. Jeff Mapes traces the growth of bicycle advocacy and explores the environmental, safety, and health aspects of bicycling. There are good sections on Amsterdam, Portland and New York City. Some brief mention of Washington State and our bike advocates.

Cape Disappointment by Earl W. Emerson

Conspiracy, murder and dirty politics head the list of chores for bicyclist and private eye Thomas Black, back on the job again after a ten-year hiatus. Emerson is a local mystery writing and this book holds together better than others he has written.

From Lila:

Three Cups of Tea One Man's Mission to Promote Peace . . . One School at a Time by Greg Mortenson

Greg Mortenson, and journalist David Oliver Relin, recount the journey that led Mortenson from a failed 1993 attempt to climb Pakistan's K2, the world's second highest mountain, to successfully establish schools in some of the most remote regions of Afghanistan and Pakistan.

Hotel on the Corner of Bitter and Sweet by Jamie Ford

The narrative shuttles between 1986 and the 1940s in a story that chronicles the losses of old age and the bewilderment of youth. Henry, a Chinese American, recalls the difficulties of life in America during WWII, when he and his Japanese-American school friend, Keiko, wandered through wartime Seattle.

<u>Dates</u>	<u>Tour Name</u>
Oct 17-19	Champoeg Rides
TBD	Harrison Hot Springs?

## Notes

**Kellogg Idaho:** Rides are Sept 14 (Hiawatha Trail) and Sept 15-17 (Trail of the Coeur d'Alenes). Lodging is Baymont Inn 208-785-1234.

## Other Northwest Cycling Tours

<u>Dates</u>	<u>Tour Name</u>	<u>Leaders</u>
August 22-23	RAPSody	Bicycle Alliance
September 13	High Pass Challenge	Cascade
September 20	Spawning Cycle	Cascade

**Rides less traveled:** Bob's and Bill's Monday rides have had a faithful following of two and often/sometimes three to six. Starting from Gasworks Park, summer destinations have included ferry rides to Bremerton, Bainbridge, and Vashon, West Seattle via the Water Taxi, around the north Lake, the organ concert downtown, Edmonds, Queen Anne, Magnolia, Capitol and Beacon Hills and other exciting destinations. Its group choice and if you come and want to do so, you can lead the ride to somewhere new; Don and Jan sometimes do. The pace is always social, geared to the group, and we try to eat at good lunch spots-occasionally brewpubs like the Jolly Roger. Try Mondays and you'll like the rides.

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