

# RIDE SCHEDULE - SEPTEMBER 2010

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



**Wed 1 \* Cedar River Park to Landsburg \* 10:00 AM / ~33 miles** \* Renton, Cedar River Park \* Bring lunch to eat at park \* Some hills \* 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: 10 miles of hard packed trail \*

**Thu 2 \* Red Hook \* 10:00 AM / 28 miles** \* Issaquah, Lake Sammamish State Park \* Red Hood Brewery \* Nearly flat \* Social \* I-90 exit 15, follow signs to the park. Use first unpaved parking area on the LEFT. \* **No Leader**

**Sat-Mon 4-6 \* Yakima Valley Winery Tour (3-Day) \* 9:00 AM (Sat & Sun 40/day) 9:30 Mon (15 miles) /95 miles** \*

**Sat 4 \* Fall City to Duvall \* 10:00 AM / ~40 miles** \* Fall City, Park & Ride lot \* Duvall \* Few hills \* Moderate \* 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.

**Sun 5 \* Group's Choice \* 10:00 AM / ~25 miles** \* Mercer Island, Luther Burbank Park \* Lunch option \* Few 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. \* **No Leader**

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

**Wed 8 \* Gas Works to Kubota Gardens \* 10:00 AM / ~30 miles** \* Gas Works Park \* Bring lunch for gardens \* 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: Parking spaces now have a 4-hour time limit. If you need more time, park to the east of park on Northlake Wy. \*

**Thu 9 \* Oxbow to IKEA \* 10:00 AM / 24 miles** \* Seattle, Boeing Oxbow Lot \* IKEA \* Flat \* Social \* I-5 exit 158, west on Boeing Access Rd, north on Marginal Way 0.3 mile, left at traffic signal on S 102nd St over the Oxbow bridge, turn left at

end of bridge to park at south end of lot near Recreation Bldg. \*

**Sat-Sun 11-12 \* Montesano to Tokeland \* 9:00 AM / 50 miles each day** \*

**Sat 11 \* Seward Park to Golden Gardens \* 10:00 AM / 30 miles** \* Seattle, Seward Park picnic shelter \* Golden Gardens \* Some hills \* Social \* Seward Park is at Lake Washington Blvd S and South Juneau Street in Seattle. The picnic shelter is southeast of the entrance. \*

**Sun 12 \* North End Ride \* 10:00 AM / 25-30 miles** \* Kenmore, Logboom Park (Tracy Owen Station) \* Plan lunch Redmond or Kirkland \* 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. \*

**Mon 13 \* Hiawatha Trail \* 9:00 AM / ~20 miles**

**Tue-Thurs 14-16 \* Trail of the Coeur d'Alenes** \*

**Tue 14 \* Leader's Choice \* 10:00 AM / ~40 miles** \* Kent, 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. \*

**Wed 15 \* South Lake WA \* 10:00 AM / 27 miles** \* Renton, Cedar River Park \* Plan lunch \* 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**

**Thu 16 \* Tukwila to Alki \* 10:00 AM / ~30 miles** \* Tukwila, Bicentennial Park \* Alki \* Flat with one hill \* 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. (Note posted time limit.) \* **No Leader**

**Sat 18 \* Leader's Choice \* 10:00 AM / ~35 miles** \* Seattle, Seward Park picnic shelter \* Plan lunch stop \* Some hills \* Moderate \* Seward Park is at Lake Washington Blvd S and South Juneau Street in Seattle. The picnic shelter is southeast of the entrance. \*

\* **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)**

September 2010

## RIDE SCHEDULE - SEPTEMBER 2010

**Sun 19 \* Olympia Ride \* 9:30 AM / 50 miles** \* Olympia, Chehalis-Western Trailhead \* McMenasin's \* Easy hills \* Moderate \* I-5 south to Exit 109 in Lacey, right (west) on Martin Way SE for 0.1 mile, then left onto College St SE, (becomes Rainier Rd SE) for 4.2 miles, at roundabout turn right onto 67th Ave SE for 0.3 miles to trailhead at end of road. \* NOTES: Bicycle along the Chehalis-Western, Yelm-Tenino, and Olympia-Woodland Trails and back roads of Thurston County. Leader may travel by train to Olympia Amtrak Station and ride 2 miles to start point; feel free to join him. Leader may be delayed if train is late. \*

**Mon 20 \* Group Choice \* 10:00 AM / ~30 miles** \* Tukwila, Community Center \* Auburn \* 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 21 \* Three Friends to Uwajimaya \* 10:00 AM / ~30 miles** \* Kent, Three Friends Fishing Hole \* Uwajimaya \* 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. \*

**Wed 22 \* Mercer Island & Kirkland \* 10:00 AM / ~27 miles** \* Mercer Island, Lid Park top lot \* "Bring money" \* Some hills (loop Mercer Island and ride to Kirkland) \* 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. \*

**Thu 23 \* Russell Road Park to Sumner \* 10:00 AM / 37 miles** \* Kent, Russell Road Park \* Sumner \* Flat \* Social \* I-5 exit 149/149A, SR-516 east, left on Meeker St, left on Russell Road, 1 block to the park. \* **No Leader** \*

**Sat 25 \* Cedar River Park to Issaquah \* 10:00 AM / 34 miles** \* Renton, Cedar River Park \* Factoria \* 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 26 \* Jack Block to IKEA \* 10:00 AM / 30 miles** \* West Seattle, Jack Block Public Access (Alki) \* IKEA \* 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 27 \* 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: Parking spaces now have a 4-hour time limit. If you need more time, park to the east of park on Northlake Wy. \*

**Tue 28 \* Leader's Choice \* 10:00 AM / ~40 miles** \* Bellevue, I-405 Exit 9 \* Café \* Fairly hilly \* Moderate \* I-405 exit 9, park any cars in the Park & Ride east of I-405. Meet at Lake Washington Blvd on west side of freeway. \*

**Wed 29 \* Brannan Park to Flaming Geyser SP \* 10:00 AM / 30 miles** \* Auburn, Brannan Park \* Bring lunch \* Slight 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. \*

**Thu 30 \* Mercer to Madison via Seward Park \* 10:00 AM / 25 Miles** \* Mercer Island, Lid Park top lot \* Madison \* 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. \*

\* **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)**

September 2010

## RIDE SCHEDULE - SEPTEMBER 2010



| Dates   | Tour Name         |
|---------|-------------------|
| Oct 2-3 | Wishkah-Wynoochee |

### Notes

**Safety Ideas:** <http://bicyclesafe.com/> has some food for thought on how to avoid collisions with automobiles.

**Vuelta a España 2010:** This year the race celebrates its 75<sup>th</sup> anniversary. From August 28th to September 19th 21 stages will be held covering a total of 3,338 kms. TV coverage is an open question so far. Universal Sports wants \$14.99 for live coverage. Also note that Lance Armstrong's RadioShack team was not included in this race. Go figure!

**Bike Book:** "Robert Penn needs a new bike. Well, he doesn't really as he has six already. What he really wants is a bike he can grow old with, one that is made for him, with parts sourced from the best manufacturers around the world. Mr. Penn, cycling fanatic and bike nut first, journalist and writer second, describes his quest to build the perfect bicycle, mixing in an entertaining dose of cycling history and culture in the process." So begins a review in The Economist of Penn's new book, "It's All About the Bike: The Pursuit of Happiness on Two Wheels." I've asked KCLS to get or could buy from [Amazon.co.uk](http://Amazon.co.uk). Does the title have a familiar ring?

### Other Northwest Cycling Tours

| Dates     | Tour Name         | Leaders   |
|-----------|-------------------|---|
| Aug 14    | TRYBR             | Capital Bicycling Club  |
| Aug 28-29 | RAPSody           | <a href="http://www.rapsodybikeride.com/">http://www.rapsodybikeride.com/</a>   |
| Sep 19    | Chuckanut Century | <a href="http://www.mtbakerbikeclub.org/chuckanut.html">http://www.mtbakerbikeclub.org/chuckanut.html</a>   |
| Sep 25    | Tour de Whidbey   | <a href="http://www.whidbeygen.org/whidbeygeneralhospitalfoundation/tourdewhidbey">http://www.whidbeygen.org/whidbeygeneralhospitalfoundation/tourdewhidbey</a> |

**\* 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)