

RIDE SCHEDULE - SEPTEMBER 2011

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



Thu 1 * Oxbow to IKEA * 10:00 AM / 24 miles * Tukwila, Oxbow Recreation Center * Alki * Flat * Social * I-5 exit 158, Boeing Access Road west, right Marginal Way, left on 102nd St, cross Oxbow bridge, left to the recreation center at the south end of the parking area. *

Sat-Sun 3-4 * Yakima Valley Lite * 9:00 AM / 40-50 miles / day * Sunnyside WA, Country Inn and Suites at Sunnyside * Lunch available each day * Rolling * Moderate * 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: Friday dinner at Snipes Brewery, Sunnyside. Will drive home Sunday PM to avoid Monday traffic. Ride to Prosser one day and Toppenish the other. Ph. (509) 837-7878 for reservations. Will stop at select wineries. No sag for bottle pickup. If you can't carry, go back in car. *

Tue 6 * Ravensdale to Mud Mountain * 10:00 AM / 51 miles * Bring lunch for Park * Enumclaw * 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. *

Wed 7 * Russell Road Park to Auburn Game Farm Wilderness Park * 10:00 AM / 30 miles * Kent, Russell Road Park * Bring lunch * Fairly flat * Social * I-5 exit 149/149A, SR-516 east, left on Meeker St, left on Russell Road, 1 block to the park. *

Thu 8 * Brannan Park to Flaming Geyser * 10:00 AM / 30 miles * Auburn, Brannan Park * Bring lunch for Flaming Geyser SP * Near flat * Social * 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

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

Sat 10 * Iron Horse Trail * 10:00 AM / 22 miles * North Bend, Iron Horse Trail * Bring lunch * Railroad grade * Social * Eastbound I-90 exit 38, turn right and go 0.1 mile. Where paved road bends left (east) turn right up gravel road to parking lot. * NOTES: \$30 Washington State Discover Pass or \$10 day pass expected for trailhead parking. Bring coat and lights for the Snoqualmie tunnel. Wide tires recommended. *

Sun 11 * Bicentennial Park to Mercer Island * 10:00 AM / 30 miles * Tukwila, Bicentennial Park * Mercer Island * Some hills * 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.) *

Tue-Thu 13-15 * Trail of the Coeur d'Alenes * ~8:30 AM / 143 miles * Motel (Tue, Thur) & Medimont Trail head (Wed) * Bring lunches (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. 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 GuestHouse Inn & Suites, Kellogg ID, 208-783-1234 (more under notes below). *

Wed 14 * South Lake WA * 10:00 AM / 25 miles * Mercer Island, Lid Park top lot * Plan lunch * Few 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

Thu 15 * Lake Sammamish SP to Red Hook * 10:00 AM / 28 miles * Issaquah, Lake Sammamish State Park * Red Hook * Flat (depending on route chosen) * 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, you might want to park elsewhere and bike to the meet point.) * No Leader

Sat 17 * Ruby Chow to IKEA * 10:00 AM / 25 miles * Seattle, Ruby Chow Park (north end of Boeing Field) * IKEA * Flat * Social * I-5 exit 161 (Southbound: Albro exit. Northbound: Swift Ave. north, left on Albro.) South on 13th Av S to Hardy. Park on the north side of Hardy. *

*** 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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Sun 18 * Bremerton Loop * 8:50 AM / ~36 miles * West Seattle, Fauntleroy Ferry Terminal * Lunch stop * Moderate hills * Social * I-5 exit 163/163A, west on West Seattle Freeway, continue on Fauntleroy Way SW as freeway ends. Fauntleroy Ferry Terminal is in the 8900 block of Fauntleroy Way SW. Auto parking is available in the north lot of Lincoln Park north of terminal. * NOTES: Take 9:15 ferry to Southworth. Lunch at Port Orchard or Bremerton. *

Mon 19 * 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 20 * 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. * NOTES: Bad weather will cancel. Expect about 3.8 hours up and 1.8 hours down. Contact leader the night before. *

Wed 21 * Issaquah to Renton * 10:00 AM / ~30 miles * Issaquah, City Hall * Luther's Table, Renton * Hilly * 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. *

Thu 22 * 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. (Note posted time limit.) * No Leader

Sat 24 * 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 25 * Sammamish Loop * 10:00 AM / ~30 miles * Issaquah, City Hall * Lunch in Sammamish * Hilly * 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. *

Mon 26 * 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 27 * Steilacoom * 10:00 AM / ~40 miles * Tacoma, Point Defiance Park * Café * Some hills * Moderate * I-5 exit 132, SR-16 west to 6th Ave exit, left on 6th, right on Pearl St to the park. Parking is just inside park entrance. *

Wed 28 * Foothills Trail to South Prairie * 10:00 AM / 30 miles * Puyallup, East Puyallup/Meeker Trailhead * Snack at coffee stand in South Prairie or eat at café in Orting * River grade (up going) * Social * From southbound SR-167, which flows into SR-512, exit to Pioneer St in Puyallup. Turn east on Pioneer for 1.6 miles to where it bends right. Do NOT go right, instead, turn left, cross tracks, turn right on 80Th St E and drive east 0.6 miles to East Puyallup/Meeker Trailhead *

Thu 29 * Mercer to Madison via Seward Park * 10:00 AM / 25 miles * Mercer Island, Lid Park top lot * 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. * No Leader

Notes

Trail of the Coeur d'Alenes: Jody made arrangements for us to have a group rate in **Kellogg Idaho** Rides are Sept 13-15 (Trail of the Coeur d'Alenes). Lodging is Guest House Inn 208-783-1234. (Note you need to dial the local number not the 800 number to get the group rate). Make your own reservations before 4PM on Aug 30. Say you are with the BEBC (Boeing Employees' Bicycle Club) The initial setup is for 8 rooms at a price of \$65/night plus tax. This is a significant reduction from the standard rate. The rate can be used from Sunday through Thursday nights.

Ride Schedule: As a reminder, in case of conflict between the calendar and the ride schedule, the ride schedule has priority. Secondly, as we head into Autumn and Winter, if the weather is questionable, contact the leader to see if the ride will happen. We do this to avoid having a list of all the conditions that each leader will take as reason to cancel the ride.

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Curley Creek Bridge: This 1929 bridge on Southworth Drive is being replaced in a \$2.8 million project that may last until March 2012. It is on the usual route from Southworth to Port Orchard as you pass South Colby. The old bridge was structurally deficient. The westbound-signed detour goes south up Banner, right on Sedgwick, and right on Locker back to the water. The leg on Banner climbs 340' and Locker adds another 100'.

Sound Transit's new Edmonds Station has bicycle lockers available to rent. For more information, contact Sound Transit via email at main@soundtransit.org or call 1-888-889-6368.

Federal Highway Administration: Technical Advisory for Shoulder and Edge Line Rumble Strips and Center Line Rumble Strips dated May 18, 2011. This provides guidelines for the installation of rumble strips to keep sleeping drivers from getting into accidents. You can read it at: [pavement/rumble_strips.pdf](#). Also note that there is some discussion of rumble strips and how they have the potential to make riding worse for bicyclists on their site at: [Bicycle concerns](#). The primary issue is using rumble strips on narrow shoulders where there is not enough space left for cyclists to ride in reasonable comfort. Though this is a Federal guide, it will be interpreted and implemented mostly by states for the roads we ride. Vigilance and activism is needed for our safety.

Other Northwest Cycling Tours

Dates	Tour Name	Leaders
Sep 11	High Pass Challenge	Cascade B. C.
Sep 25	Kitsap Color Classic	Cascade B. C.

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September 2011