

C.O.G.S Cyclists of Greater Seattle

Updated July 23, 2009

2009 Training Series

Be sure to check the COGS website for updates

Yellow - COGS Ride

DATE	Day	RIDE DESCRIPTION	TIME	LOCATION	DISTANCE	COGS?	ELEV	Suggested LEADER(S)	Website link
2/28/2009	Sat	COGS Series Kick Off	9:30 AM	Issy to Blck. Diamond?	42	y		Martha Hines.	
3/7/2009	Sat	Perrinville Coffee Run cancelled due to snow	9:30 AM	Magnuson Park	35	Y		Jim Stewart	
3/14/2009	Sat	Indianola/ Hansville Loop canceled due to snow	9:00 AM	Edmonds Ferry	40	Y	2,500		
3/21/2009	Sat	McClinchy Mile		Arlington, WA	20,34,47,100?		Varies	Bob Nyberg	http://www.bikesclub.org/html/mcclinchy/mcclinchy.htm
3/28/2009	Sat	Greenwater Trail and Auburn	9:30 AM	Ft. Dent Park,Tukwila	50	Y		Ken Winkenweder	
4/4/2009	Sat	Indianola/ Hansville Loop	9:00 AM	Edmonds Ferry	40	Y	2800	Dan Wakefield	
4/11/2009	Sat	Martha's Ride Issaquah	9:00 AM	I-90 Bike Tunner, east end	52	Y	2,200	Martha	
4/18/2009	Sat	Four Valleys Ride	8:30 AM	Everett, WA	78 miles	Y	1700 ft	Bob Nyberg	
4/19/2009	Sun	Daffodil Classic		Orting	40, 62, 100		Varies	Open	http://twbc.org/events/
4/25/2009	Sat	Rollercoaster (Southworth to Gig Harbor)	8:15 AM	Fauntleroy Ferry Dock	60	Y	3000. Ft	Louise	http://www.bikely.com/maps/bike-path/Roller-Coaster136989
5/2/2009	Sat	Open	8:00 AM						
5/3/2009	Sun	Phil's Cycle Mayday Metric Century	8:00 AM	Phi's cycle Federal Way	50,72,104	N	2,400	Louise	http://www.geocities.com/philtthemechanic/
5/9/2009	Sat	Seabeck and Dewatto Hills	8:15 AM	Fauntleroy Ferry Dock	80	Y	5000	Louise Kornreich	http://www.bikely.com/maps/bike-path/Laughers-go-to-Si
5/16/2009	Sat	Snoqualmie Pass Ride	8:00 AM	Issaquah	84	Y	5,000 ft	Monica Zaborac	
5/23/2009	Sat	LaConner-Mt. Erie	9:30 AM	LaConner Middle School	50 miles	Y	3400 ft	Mark Peterson	
5/25/2009	Mon	7 Hills of Kirkland	7:30 AM	Kirkland	60 , 100		7000. Ft	Louise Kornreich	http://www.7hillskirkland.com/index.htm
5/30/2009	Sat	Cle Elum-Leavenworth Ride	8:30 AM	Cle Elum, WA	100 miles	Y	6000 ft	Monica Zaborac	
6/6/2009	Sat	Peninsula Century - Tacoma Wheelmen			29,44,62,100			Open	http://twbc.org/events/
6/7/2009	Sun	Clinton-Coupeville Ride	7:45 AM	Mukilteo Ferry Dock	80 miles	Y	5000 ft	Dan Wakefield	
6/13/2009	Sat	Flying Wheels		Redmond	50, 70, 100			Bill Leyer	http://cascade.org/EandR/flying/index.cfm
6/20/2009	Sat	Tour De Blast	7:00 AM	Toutle, Wa	82 Miles		6200	Ken Winkenweder	http://www.tourdeblast.com/
6/27/2009	Sat	Lincoln Park - Tacoma - Vashon	8:00 AM	Lincoln Park	65+	Y		Ken Winkenweder	
7/3/2009	Fri	Ride Around Hood Canal (with West Sound Cycling Club)	7:00 AM	Coleman Dock	120 miles	Y	5,300 ft	Tom Tanner/WSCC	
7/4/2009	Sat	Open							
7/11/2009	Sat	Hurricane Ridge			79 miles	Y	6000. Ft	Tom Tanner	
7/11/2009	Sat	Seattle to Portland		Seattle	200			Open	http://cascade.org/EandR/stp/index.cfm
7/12/2009	Sun	Seattle to Portland Day 2		Seattle	200			Open	http://cascade.org/EandR/stp/index.cfm
7/19/2009	Sun	Hills of Ramrod or Randle-Windy Ridge		Packwood, WA	80 - 90 miles	Y	9000 ft	Mark Peterson.	
7/26/2009	Sun	Tour de Kitsap						Open	http://westsoundcycling.com/homepage/
7/30/2009	Thu	RAMROD		Enumclaw	100			Open	http://www.redmondcyclngclub.org/RAMROD/index.html
8/1/2009	Sat	Open			60 or so	Y		Open	
8/8/2009	Sat	Mount Baker		Glacier, WA	50 miles	Y	4500 ft	Mario Valiani	
8/14/2008	Thu	RSVP (Sold Out)		Seattle to BC	183				
8/15/2009	Sat	RSVP Day 2(Sold Out)		Seattle to BC	183				
8/15/2009	Sat	Hot August Days		Wenatchee				Mark Peterson	http://www.ncwsportsevents.com/hod.html
8/15/2009	Sat	Open			60 or so	Y		Open	
8/22/2009	Sat	RAPSODY	7:00 AM	Tacoma CC	91			Tom Tanner	http://www.rapsodybikeride.com/
8/23/2009	Sun	RAPSODY		Olympia	80			Tom Tanner	http://www.rapsodybikeride.com/
8/30/2008	Sat	Open			60+	Y		Open	
9/7/2009	Mon	PROS	8:30 AM	Discovery Park	86	Y	4500	Wakefield, Strauss	

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