

## 2008 RAMROD TRAINING SERIES

This series was created to assist riders in their preparation for RAMROD. New this year, these moderate/brisk rides will be held every Saturday from 3/22/08 to 7/5/08 with the routes increasing in distance and elevation every two weeks. Starting locations will rotate every two weeks with a new route used each week.

All riders are welcome, but note, this ride does not have a sweep. The routes are designed for the experienced rider who is comfortable following cue sheets and riding independently. We stress safe and cooperative riding.

Weather: Regardless of the weather (even if it's raining cats and dogs), ride leaders will be at the start of the ride. The decision on whether to ride or cancel will be made from the starting location. If the ride is officially canceled, cue sheets will still be available for those hearty souls that wish to train in any condition. Also, routes may be altered or shortened due to weather conditions.

Ride leaders for this series are: Per Sunde, Shana Sunde, Dave DeBois, Roseanne Favro, and Grant McAlister.

Ride #1 – 50-55 Miles, (1,000 feet elevation gain)

March 22<sup>nd</sup>, 9:30am

Ron Regis Park, (15250 149<sup>th</sup> Ave SE, Renton)

Occasional Regroup, Rain Cancels

Directions to start: From I-405 take exit #4, go east on Maple Valley Hwy past the Maplewood Golf Course, park is on the left.

Ride #2 - 50-55 Miles, (1,500 feet elevation gain)

March 29<sup>th</sup>, 9:30am

Ron Regis Park, (15250 149<sup>th</sup> Ave SE, Renton)

Occasional Regroup, Rain Cancels

Directions to start: From I-405 take exit #4, go east on Maple Valley Hwy past the Maplewood Golf Course, park is on the left.

Ride #3 – 50-55 Miles, (2,000 – 2,200 feet elevation gain)

April 5<sup>th</sup>, 9:30am

Wilburton Hill Park, (Main St & 124 Ave NE, Bellevue)

Occasional Regroup, Rain Cancels

Directions to start: From I-405 take NE 8<sup>th</sup> St exit (Eastbound) for 0.6 miles, turn right on 124<sup>th</sup> Ave NE for 0.5 miles, park is on the left.

Ride #4 – 50-55 Miles, (2,000 – 2,200 feet elevation gain)

April 12<sup>th</sup>, 9:30am

Wilburton Hill Park, (Main St & 124 Ave NE, Bellevue)

Occasional Regroup, Rain Cancels

Directions to start: From I-405 take NE 8<sup>th</sup> St exit (Eastbound) for 0.6 miles, turn right on 124<sup>th</sup> Ave NE for 0.5 miles, park is on the left.

Ride #5 – 55-60 Miles, (2,600 – 2,800 feet elevation gain)

April 19<sup>th</sup>, 9:00am

Marymoor Park, (Parking Lot K near the tennis courts)

Occasional Regroup, Rain Cancels

There is a \$1 fee for parking at Marymoor

Ride #6 – 55-60 Miles, (2,600 – 2,800 feet elevation gain)

April 26<sup>th</sup>, 9:00am

Marymoor Park, (Parking Lot K near the tennis courts)

Occasional Regroup, Rain Cancels

There is a \$1 fee for parking at Marymoor

Ride #7 – 65-70 Miles, (3,300 – 3,500 feet elevation gain)

May 3<sup>rd</sup>, 9:00am

Challenger Elementary, Issaquah

Occasional Regroup, Rain Cancels

Directions to start: From I-90 take Highlands Dr Exit # 18 (follow signs towards Sammamish) for 3.5 miles, turn right on SE Klahanie Blvd for 1.2 miles, school is on the left.

Ride #8 – 65-70 Miles, (3,300 – 3,500 feet elevation gain)

May 10<sup>th</sup>, 9:00am

Challenger Elementary, Issaquah

Occasional Regroup, Rain Cancels

Directions to start: From I-90 take Highlands Dr Exit # 18 (follow signs towards Sammamish) for 3.5 miles, turn right on SE Klahanie Blvd for 1.2 miles, school is on the left.

Ride #9 – 75-80 Miles, (4,000 – 4,200 feet elevation gain)

May 17<sup>th</sup>, 9:00am

Marymoor Park, East Parking Lot

Occasional Regroup, Rain Cancels

The East Parking Lot (free parking) is located next to the Ticket Booth on the eastside of Marymoor Park.

Ride #10 – 75-80 Miles, (4,000 – 4,200 feet elevation gain)

May 24<sup>th</sup>, 9:00am

Marymoor Park, East Parking Lot

Occasional Regroup, Rain Cancels

The East Parking Lot (free parking) is located next to the Ticket Booth on the eastside of Marymoor Park.

Ride #11 – 85-90 Miles, (4,600 – 4,800 feet elevation gain)

May 31<sup>st</sup>, 8:30am

Lewis Creek Park, (5808 Lakemont Blvd SE, Bellevue)

Occasional Regroup, Rain Cancels

Directions to start: From I-90 take W. Lk Samm/Lakemont exit # 13(Southbound) for 2.0 miles, park is on the left.

Ride #12 – 85-90 Miles, (4,600 – 4,800 feet elevation gain)

June 7<sup>th</sup>, 8:30am

Lewis Creek Park, (5808 Lakemont Blvd SE, Bellevue)

Occasional Regroup, Rain Cancels

Directions to start: From I-90 take W. Lk Samm/Lakemont exit # 13(Southbound) for 2.0 miles, park is on the left.

Ride #13 – 100-110 Miles, (5,200 – 5,400 feet elevation gain)

June 14<sup>th</sup>, 7:30am

Lewis Creek Park, (5808 Lakemont Blvd SE, Bellevue)

Occasional Regroup, Rain Cancels

Directions to start: From I-90 take W. Lk Samm/Lakemont exit # 13(Southbound) for 2.0 miles, park is on the left.

Ride #14 – 100-110 Miles, (5,200 – 5,400 feet elevation gain)

June 21<sup>st</sup>, 7:30am

Lewis Creek Park, (5808 Lakemont Blvd SE, Bellevue)

Occasional Regroup, Rain Cancels

Directions to start: From I-90 take W. Lk Samm/Lakemont exit # 13(Southbound) for 2.0 miles, park is on the left.

Ride #15 – 100-110 Miles, (5,200 – 6,000 feet elevation gain)

June 28<sup>th</sup>, 7:00am

Marymoor Park, East Parking Lot

Occasional Regroup, Rain Cancels

The East Parking Lot (free parking) is located next to the Ticket Booth on the eastside of Marymoor Park.

Ride #16 – 100-110 Miles, (5,200 – 6,000 feet elevation gain)

July 5<sup>th</sup>, 7:00am

Marymoor Park, East Parking Lot

Occasional Regroup, Rain Cancels

The East Parking Lot (free parking) is located next to the Ticket Booth on the eastside of Marymoor Park.