

# Mercer Island-Lake Washington Blvd- Seward Park Bike Ride

**Date:** Sunday, July 17, 2016

**Time:** 10:30 am, depart at 10:45 am

**Meeting Place:** Mercer Island Park & Ride at North Mercer Way & 80<sup>th</sup> Avenue SE

**Leaders:** Carl Swanstrom, 206.351.4655, [crs770@gmail.com](mailto:crs770@gmail.com)

**Difficulty:** Blue, about 30 miles

**Description:** Much of the ride is moderately hilly with some flat. This is not a wimpy ride with hills and mileage. We will ride at a moderate pace and there will be several rest/regroup stops.

We will start by riding around Mercer Island clockwise, go across the I-90 bridge, ride south on Lake Washington Blvd to Seward Park, circling around the park. Then we will go north on Lake Washington Blvd-Lakeside Avenue, up the hill to the I-90 bridge and across to return to the Mercer Island Park & Ride. Lake Washington Blvd south of the I-90 bridge will be closed to automobile traffic on this day.

Lunch at the Roanoke Inn after the ride if you wish.

**Sign up on Club Express – [snojoke.org](http://snojoke.org)**

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