

Sufferin' Summits 2015

Welcome to the first Sufferin' Summits. I hope it will provide all the suffering that you are hoping for.

This is (obviously) a ride with a lot of steep climbs, and that means a lot of steep descents. Some have tight turns. Some have bad pavement. Some have stoplights on the bottom. Some have all of this.

Please take it easy on the descents.

The cue sheet has a “notes” column that provides useful information.

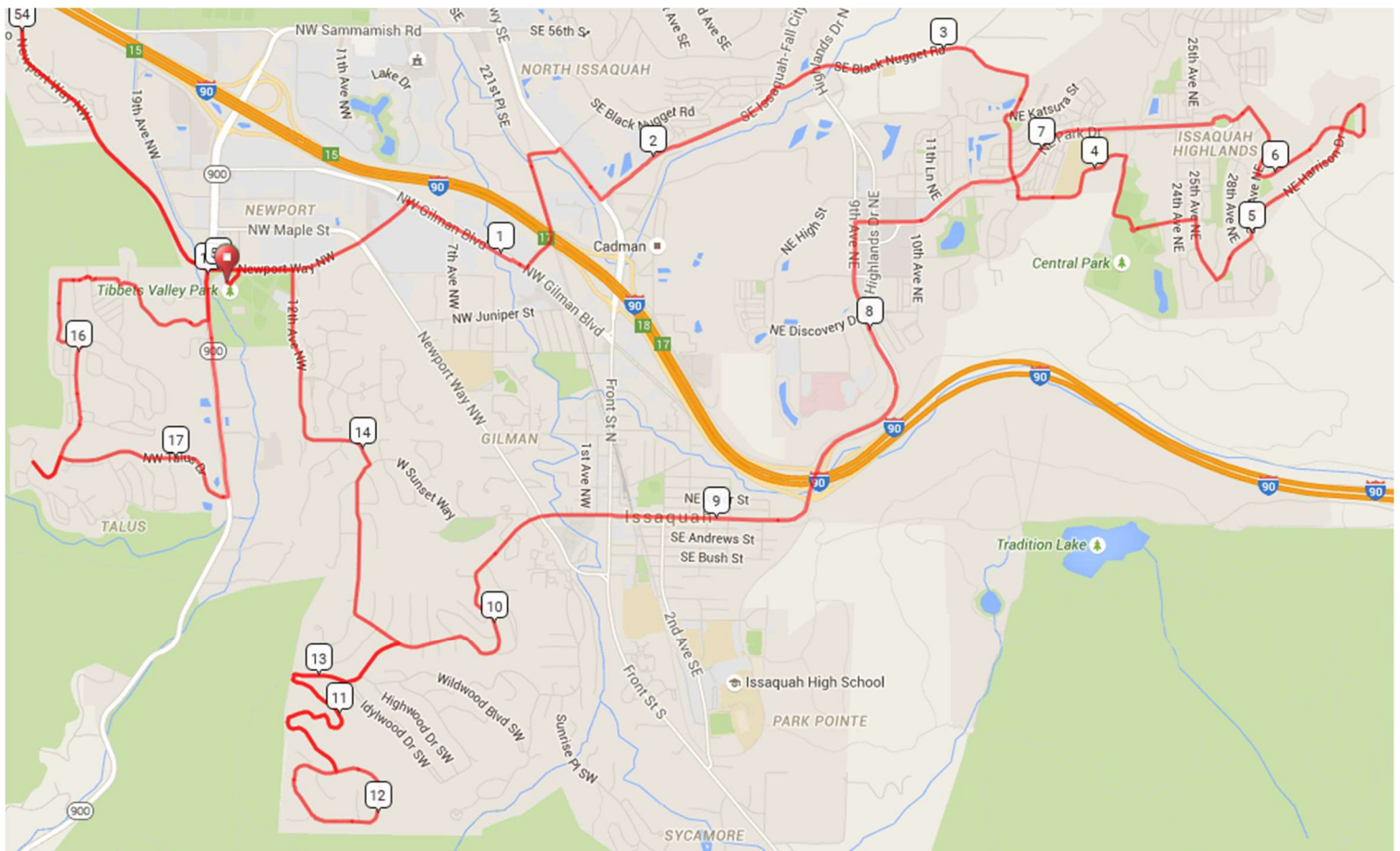
A few special notes:

- Mile 3: Where you turn off Black Nugget road to a no-cars section, there is often glass on the roadway.
- Mile 8: The descent starts off nice and smooth. It gets steeper, bumpier, and has some construction going near the bottom.
- Mile 9.5: There is some construction during the first part of the Squak climb.
- Mile 12.5: The descent down Squak has tight turns and crappy pavement.
- Mile 15: There is construction and gravel on the roadway on the climb up into Talus.
- Mile 19: The inside of the Zoo hairpin is super-steep and always torn up. Ride near the center line.
- Mile 37.4: The path to the trail is tight and can be mossy. I recommend walking this section.

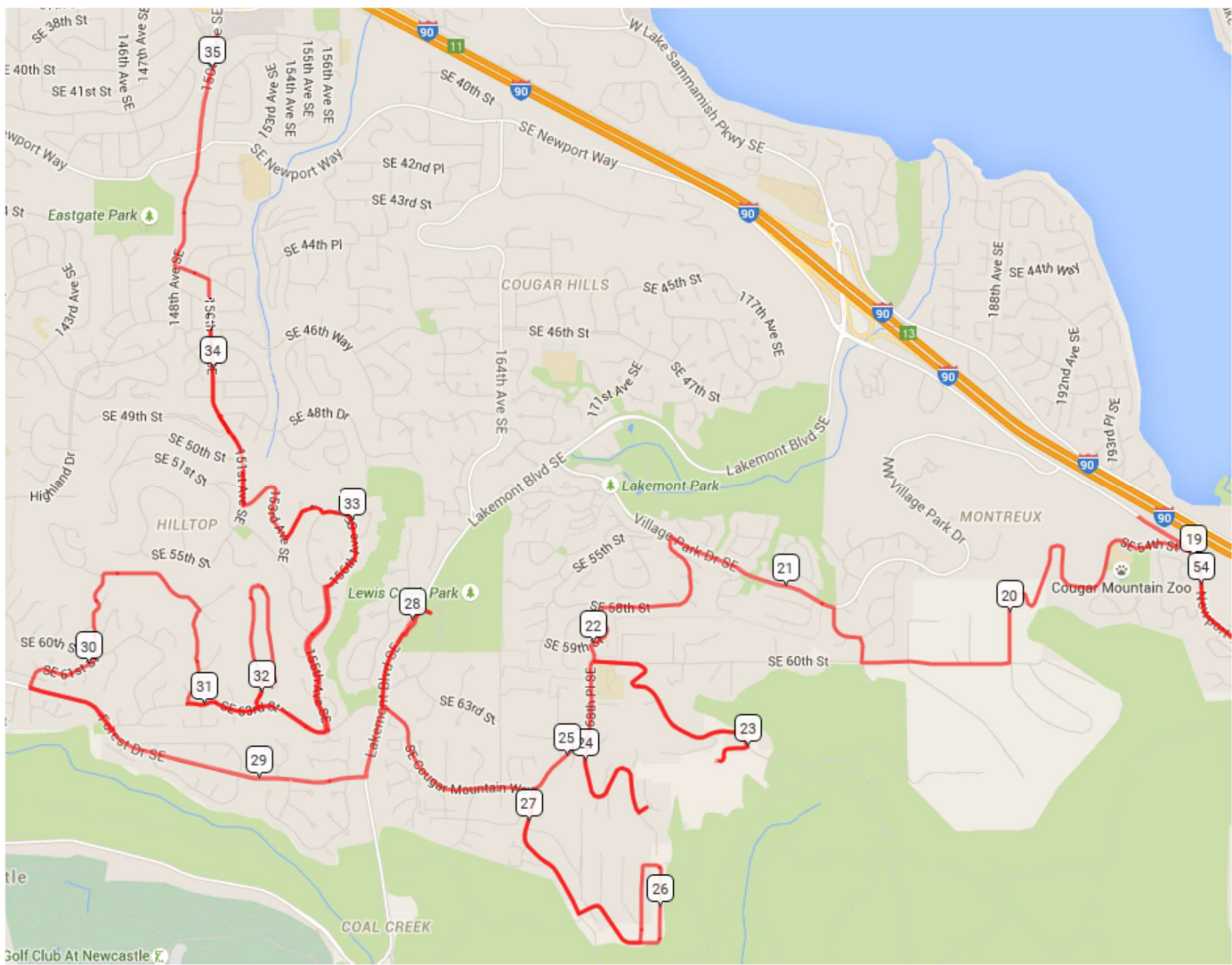
Afterwards:

Please post your comments and experiences on the Facebook page.

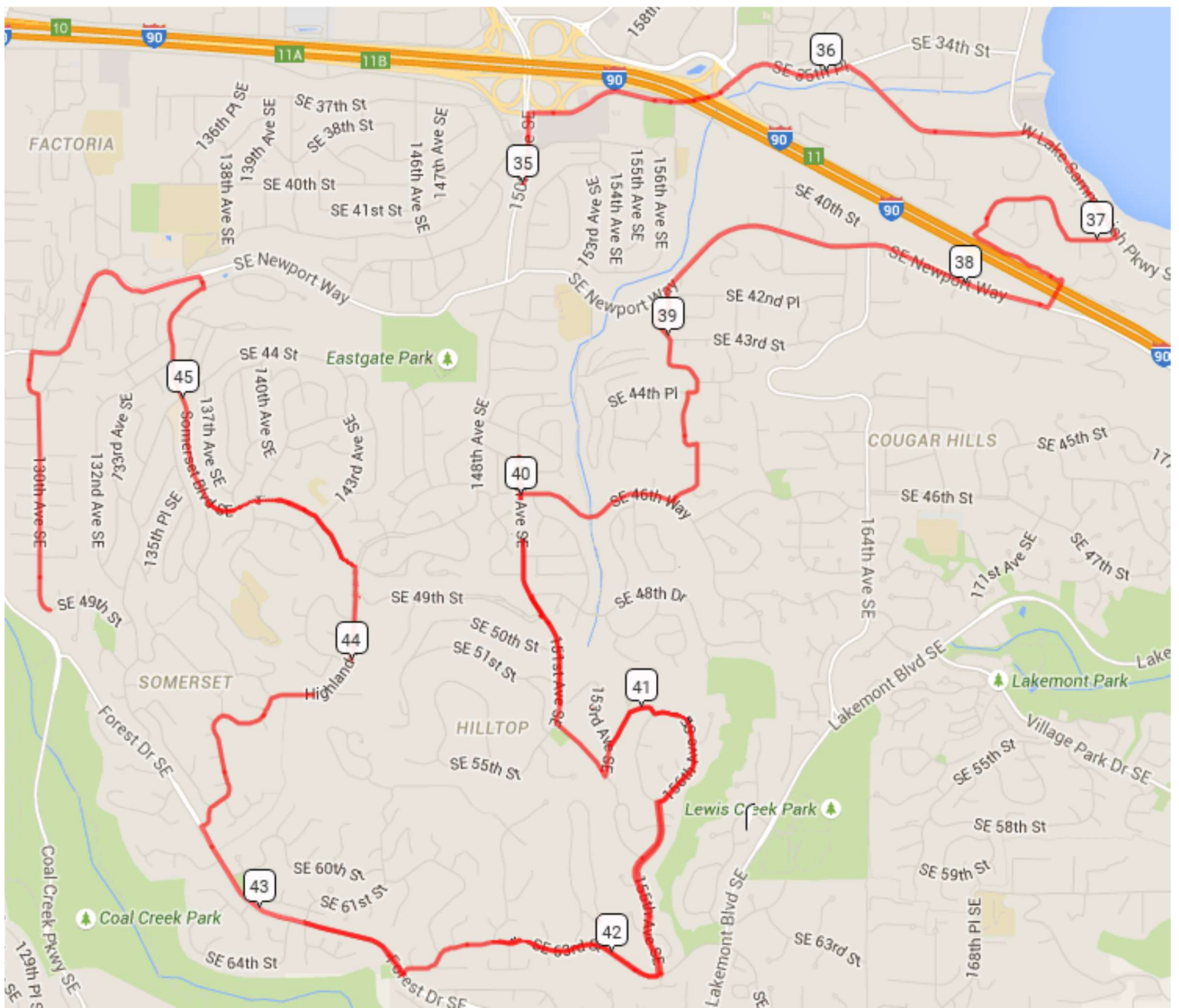
I've done a custom jersey and may do T-Shirts as well; look on the facebook page for more information.



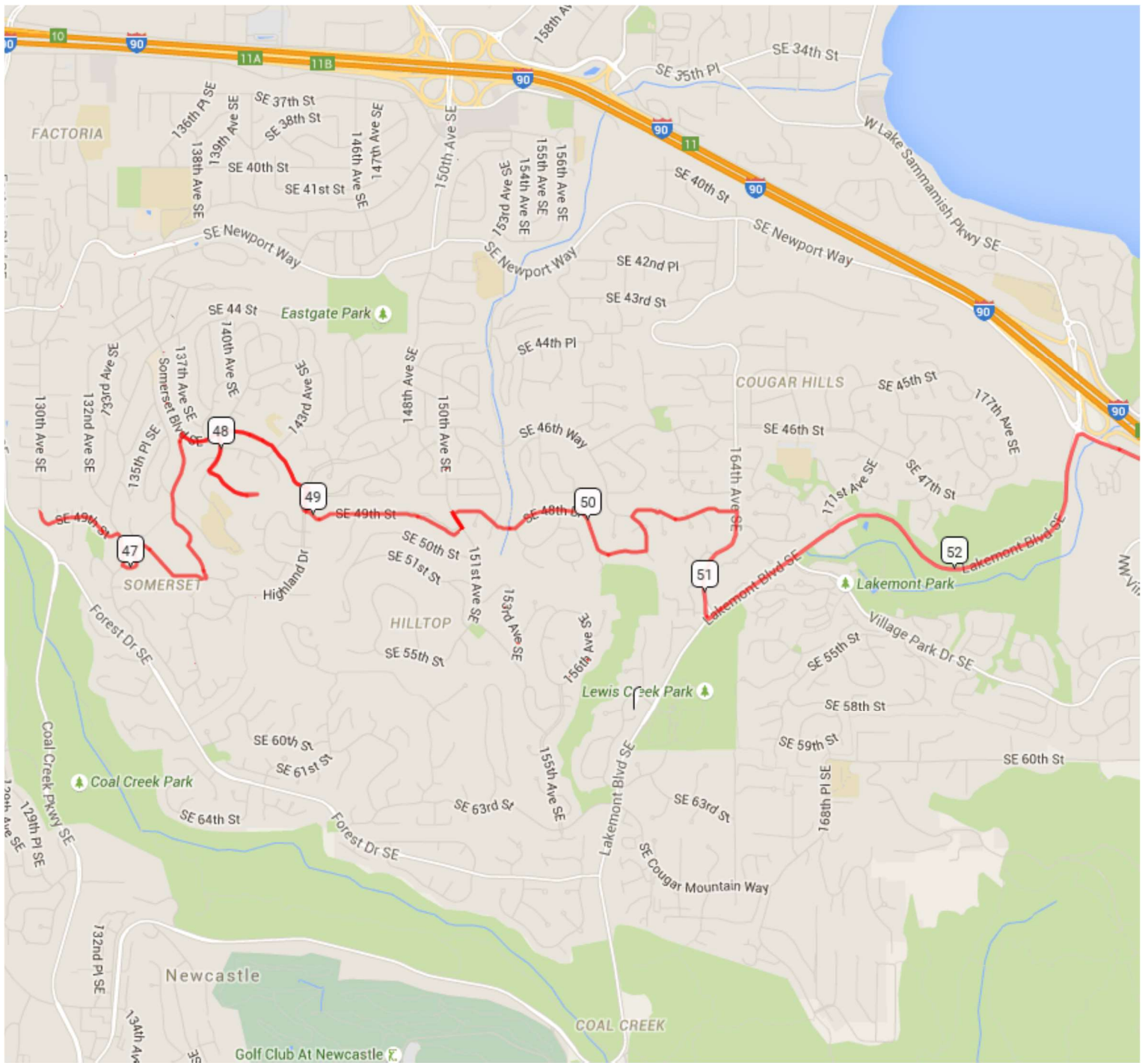
Miles	Note	Direction		
			7.7	Left onto 9th Ave NE
0.1		Right onto Newport Way NW	8.0	Rough Continue onto Highlands Dr NE
0.5		Continue onto Maple St NW	8.7	Continue onto E Sunset Way
0.7		Right onto NW Gilman Blvd	9.5	Continue onto Mountain Park Blvd
1.1		Left onto 4th Ave NW	10.4	Easy to miss Slight left onto Mountainside Dr SW
1.5		Right onto SE 62nd St		
1.6		Right onto E Lake Sammamish Pkwy	11.5	Right onto Squak Mountain Loop SW
1.8		Left onto SE Issaquah-Fall City Rd	12.2	Right onto Mountainside Dr SW
2.5		Right onto SE Black Nugget Rd	13.3	Easy to miss Left onto Mountain Park Blvd
3.3	! Glass !	Right onto blocked-off road	13.5	Slight right onto Mt Olympus Dr SW
3.4		Right onto NE Katsura St	14.0	Easy to miss Left onto Mt Olympus Dr NW
3.5		Left onto 15th Ave NE	14.2	Continue onto 12th Ave NW
3.7		Left onto College Dr	14.7	Bathrooms Left onto Newport Way NW
4.1	Bathrooms	Right	15.0	Slight left onto 17th Ave NW
4.3		Left	15.1	Construction Right onto NW James Bush Rd
4.4		Around roundabout	15.5	Right onto Big Tree Dr NW
4.6		Right onto 25th Ave NE	15.6	Bear right towards park
4.8		Left onto NE Daphne St	15.6	Left onto path
5.0		Slight left onto 30th Ave NE	16.0	Right onto Shangri-La Way NW
5.1		Right onto NE Harrison Dr	16.5	Turn around
5.6	Top	Right onto Harrison Way NE	16.6	Right onto NW Talus Dr
6.1		Right onto 30th Ave NE	17.2	! Stoplight ! Left onto Renton Issaquah Rd SE
6.3		Left onto NE Park Dr	18.0	Left onto Newport Way NW
6.4		Stay right around roundabout		



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|------|--------------|---|------|--------------|--------------------------------------|
| 19.1 | Zoo signs | Left onto SE 54th St | 26.7 | | Right onto 166th Way SE |
| 19.9 | ! Hairpin ! | Ride near center line | 27.1 | | Left onto SE Cougar Mountain Way |
| 20.2 | | Right onto SE 60th St | 27.7 | | Right onto Lakemont Blvd SE |
| 20.6 | Easy to miss | Right onto path, loose gravel. | 28.1 | Bathrooms | Right into park |
| 20.7 | | Left onto NW Lac Lemman Dr | 28.2 | | Left onto Lakemont Blvd SE |
| 20.8 | | Left onto NW Village Park Dr | 28.7 | | Right onto Forest Dr SE |
| 21.4 | Easy to miss | Left onto 173rd Ave SE | 29.8 | Easy to miss | Right onto 142nd Ave SE |
| 21.9 | | Left onto 169th Ave SE | 30.3 | | Slight right onto SE 56th St |
| 22.0 | | Left on path | 30.6 | Pathway | Continue onto SE 58th St |
| 22.1 | | Left onto SE 60th St | 30.7 | | Right onto 149th Ave SE |
| 22.2 | | Slight right onto SE Cougar Mountain Dr | 31.0 | | Left onto SE 63rd St |
| 22.7 | | Right onto drive | 31.2 | | Left onto 152nd Ave SE (Summit West) |
| 22.9 | Top | Turn around | 32.1 | | Left onto SE 63rd St |
| 23.0 | | Left onto SE Cougar Mountain Dr | 32.3 | | Left onto 155th Ave SE (Summit) |
| 23.6 | | Left onto SE 60th St | 32.8 | | Right onto 156th Ave SE |
| 23.9 | Easy to miss | Left into Pinnacle | 33.0 | | Continue onto SE 53rd Pl |
| 24.4 | | Left onto SE 65th Pl | 33.1 | | Right onto SE 53rd St |
| 24.4 | Top | Turn around | 33.2 | Gate | Left onto access road/path |
| 24.9 | | Left onto SE Cougar Mountain Way | 33.3 | | Right onto 153rd Ave SE |
| 25.1 | | Left onto 166th Way SE | 33.6 | | Right onto 151 Ave SE |
| 25.6 | | Left into Belvedere | 34.3 | Easy to miss | Left onto SE 45th Pl |
| 25.7 | | Slight right onto 169th Pl SE | 34.4 | | Right onto 148th Ave SE |
| 26.4 | | Right onto 169th Pl SE | 35.0 | ! Food ! | Food mart, grocery store |



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|------|-------------------------------------|------|---------------|-------------------------------------|
| 35.2 | Right onto SE 37th | | | |
| 36.1 | Right onto 164th PI SE | 40.6 | Park | Left onto 152nd PI SE |
| 36.6 | Right onto W Lake Sammamish Pkwy SE | 40.8 | | Left onto 153rd Ave SE |
| 36.9 | Right onto SE 40th PI | 40.9 | Gate | Bear right |
| 37.4 | Dismount Right onto path | 41.0 | | Left onto SE 53rd PI |
| 37.4 | Left onto trail | 41.4 | | Left onto 155th Ave SE |
| 37.7 | Left onto bridge | 41.9 | ! Stop sign ! | Right onto SE 63rd St |
| 37.8 | Right onto SE Newport Way | 42.6 | | Right onto Forest Dr SE |
| 38.9 | Left onto 155th PI SE | 43.3 | Easy to miss | Right onto 137th Ave SE/Highland Dr |
| 39.2 | Left onto 156th PI SE | 44.2 | | Left onto Somerset Blvd SE |
| 39.4 | Right onto 160th Ave SE | 45.3 | | Left towards light |
| 39.6 | Right onto SE 46th Way | 45.4 | | Left onto SE Newport Way |
| 40.0 | Left onto 150th Ave SE | 46.0 | Easy to miss | Left onto 129th PI SE |
| | | 46.1 | | Right onto 130th Ave SE |



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| 46.9 | Right onto Somerset Dr SE | 49.0 | Left onto SE 49th St |
| 47.0 | Left onto SE 51st St | 49.5 | Left onto 151 Ave SE |
| 47.1 | Slight right onto SE 50th Pl | 49.5 | Right onto SE 48th Dr |
| 47.3 | Left onto 136th Pl SE | 50.3 | Left onto 159th Pl SE |
| 47.8 | Right onto Somerset Blvd SE | 50.4 | Right onto SE 48th Dr |
| 48.0 | Right onto 139th Ave SE | 50.5 | Cross sidewalk to new road |
| 48.1 | Left onto SE 47th St | 50.7 | Right onto 164th Ave SE |
| 48.3 | Top Make a U-turn | 51.1 | Left onto Lakemont Blvd SE |
| 48.4 | Right onto 139th Ave SE | 51.4 | Food on the right |
| 48.6 | Right onto Somerset Blvd SE | 52.6 | Stoplight Right toward SE Newport Way |
| 48.9 | Right onto Highland Dr | | |