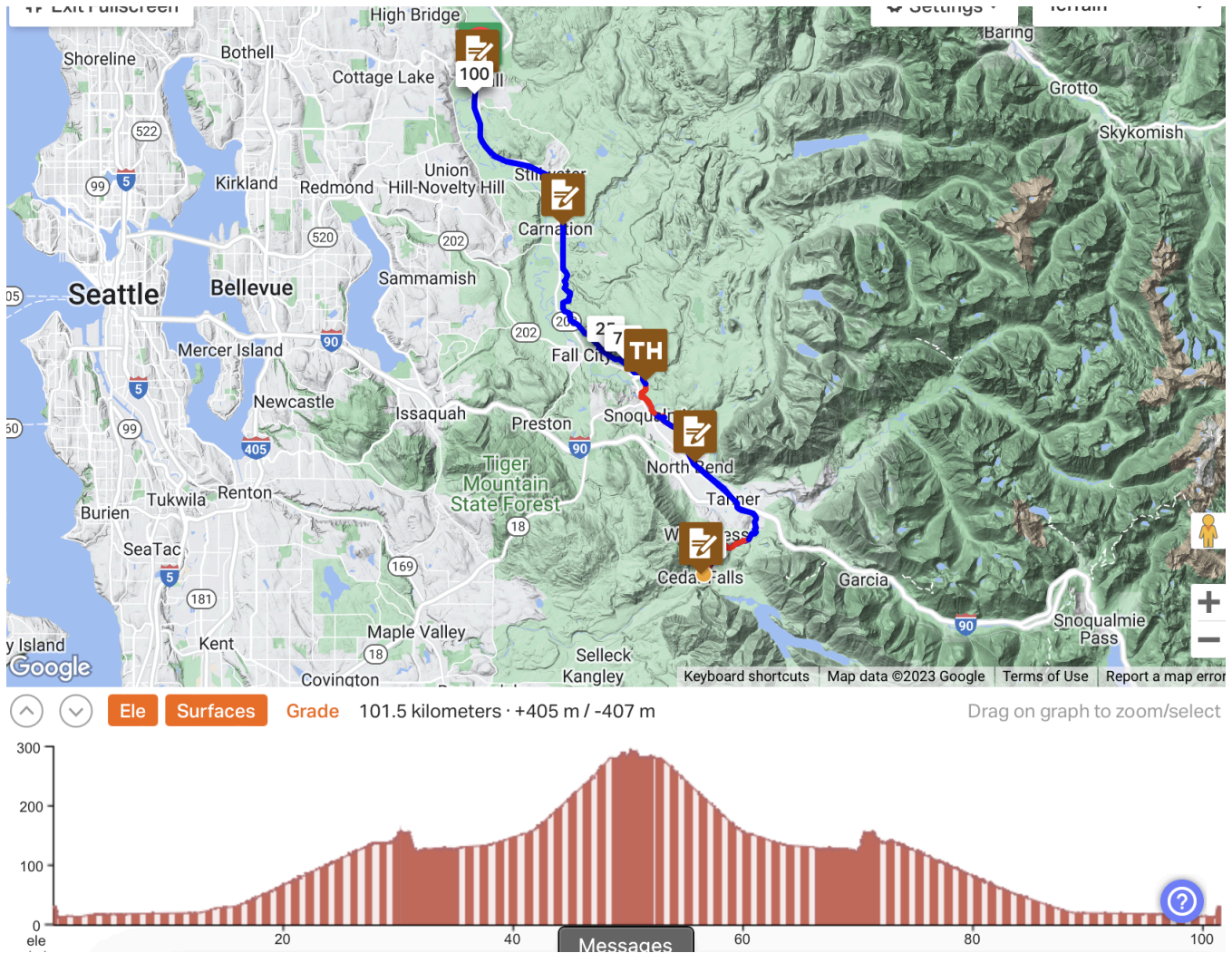


January 14, 2023: Snoqualmie Valley Trail Gravel Populaire 101K

Pre-ride Report

Pre-riders: Thai Nguyen, Tohma Nguyen, Mitch Ishihara



Route: #3060 Snoqualmie Valley Trail Gravel Run Populaire <https://ridewithgps.com/routes/41597127>

Distance: 101K (87 km gravel)

Elevation (max / accumulative): 295 m / 405 m, 968 feet / 1329 feet

Features: Duvall, Snoqualmie Valley Trail, Rattlesnake Lake Recreation Areas (Cedar River Watershed Education Center, submerged town of Moncton), Snoqualmie Falls (off-course out and back detour)

Start Time: 09:00

Time Limit: 8h 11m (using RUSA Gravel Brevet timing)

Sunrise: 7:52 am

Sunset: 4:41 pm

SIR 2023 Winter Rouleur Series

Welcome to 2023 SIR members. The brevet populaire and brevet pre-season kicks off at SIR with a full Rouleur series including the Dart populaire. This year the 200-220 km will be an ACP sanctioned event

for those interested in getting that box checked early toward PBP (Paris-Brest-Paris 1200) registration requirements.

To recap, the SIR Winter Rouleur Series comprises:

- January 14: 100-124 km populaire (RUSA sanctioned)
- January 21: 125-149 km populaire (RUSA sanctioned)
- January 28: 150-199 km populaire (RUSA sanctioned)
- February 11: 200-220 km brevet (ACP sanctioned)
- February 25: 8-hour Dart populaire team randonnée of 120 km or longer (RUSA sanctioned)

It's as good of an excuse we could come up with to ride bikes in the cold and wet of winter around here. Of course, completing all of the series qualifies for the RUSA Rouleur Award. For more information: <https://rusa.org/pages/award-rouleur>.

There are two gaps in February (4th, 18th). If we have to postpone an event due to inclement weather, we may reschedule it there. We also may host an autumn SIR Rouleur Series. Otherwise, there's always the [RUSA Permanent](#) program with a [number of permanent routes in WA state](#) to keep us randos cranking over the kilometers when brevets are not scheduled.

EPP - Electronic Proof of Passage

We kick off the new year with EPP for the Winter Rouleur Series. Text or email the ride organizer your RidewithGPS (preferred) or Strava link within 24 hours of finishing. No results within 24 hours of finishing - no credit. Photos at controls are optional but highly recommended as an alternative EPP backup in case of a GPS track failure. Note that the ride organizer's contact info is on this event registration page; you have to be logged in to see it. The ride organizer will reply to confirm that your EPP was received. Volunteers may also be at the finish in case you want to instantly EPP validate in person. If you abandon the ride, please contact the ride organizer out of consideration for the volunteers and your emergency contact.

If you prefer a paper brevet card and want RUSA credit for the ride: paper brevet cards will be provided at the start; a brevet card must be filled out completely; and the brevet card given to the ride organizer or volunteer at the finish.

Pre-ride notes

Here's the main highlights worthy of note:

- Rider check in begins at 8 AM.
- Ride organizer's email and mobile text number on event website
- EPP (Electronic Proof of Passage) - text or email ride organizer your Strava or RidewithGPS link within 24 hours of finishing. Controls are noted on RidewithGPS route. Photos at controls optional and recommended for backup. Brevet cards provided as an alternative.
- Road closed means road closed. We will identify a detour if needed.
 - If water over roadway and no road closed sign - use appropriate caution
- Lighting & reflectivity - All participants are required to have working front and rear lights on their bicycles and meet the reflectivity guidelines as required by Article 10 of the [RUSA Rules for Riders](#). An inspection will be conducted to ensure compliance for your safety during the ride.
- Trail - note speed limit, bollards, people, pets, bridge bumps, and branches after a wind storm
- We are using RUSA Gravel Brevet Timing: 8h 11m to finish 101 K (instead of 6h 44m, adds 1h 27m)

- Gravel and tires: your preferences and experiences may vary. Other than the occasional pothole and the edges where the gravel meets the cement bridge surface this is one of the smoothest gravel surfaces in the area.
- @ 11.8 km: CAUTION: Highway WA-203 crossing
- @ 31.1 km: Potholes on SE Mill Pond Road (after Tokul Round-about)
- @ 35 km: Potholes on gravel road around Mt Si Golf Course
- @ 41.4 km: CAUTION: SE North Bend Way crossing
- @ 51 km: Rattlesnake Lake Recreation area, take a peek around
- @ 51 km: Possible snow on paved path along the lake. If so, you may take Cedar Falls Road SE back to the trail at U-turn and head back the way you came.
- Have fun. Be safe. Let's ride bikes!

Parking

There are many free parking options in Duvall. A known public one is:

Duvall Park & Ride

16011 Main St NE, Duvall, WA 98019

<https://goo.gl/maps/z1Pg8Fbc7brPapiuZ>



Satellite view of Duvall showing: Duvall Park & Ride, Start @ Rustic Cabin Coffee, Finish @ Duvall Tavern

The Start

Rustic Cabin Coffee

15715 Main St NE #105, Duvall, WA 98019

<https://goo.gl/maps/k4pFMnFjSopevhZW8>



On Saturdays Rustic Cabin Coffee opens at 8 am which provides just enough time to grab coffee, baked goods, and grilled sandwiches before a pre-ride briefing outside at 8:55 am. Check out the Google link for photos of many good eats here.

We roll at 9 am sharp, including the ride organizer. The control remains open for 1 hour; late arrivals will have to rely on EPP to validate their start time.

Depot & McCormick Park



The City of Duvall website says this “is a historical railroad depot building and grassy area with a wildlife viewing platform/gazebo area and firepit.” The depot was built in 1911 to serve the Chicago Milwaukee railway, the railway which is now the Snoqualmie Valley Trail. Originally it was located north of here on the west side of the railway just south of the Woodinville Duvall Bridge. We pass through the arch and turn left onto the gravel trail.

Snoqualmie Valley Trail (SVT)

We chose one of the longest, smoothest, and flattest railroad-grade gravel trails in the area to grip our rando-tires into the finely crushed rock. RUSA recently added an extra gravel time allowance to RUSA Brevets - ACP Brevets do not have such a feature. For a 101 km Populaire with 87 km of gravel, this adds 1 hour and 27 minutes to the regular 6 hour and 44 minutes allotted - for a total of 8 hours and 11 minutes to complete this ride. We don't think you will need this extra time on this route but who knows.



The lower parts of Duvall tend to collect fog as the cooler air sinks into the valley during stagnant air conditions. The hard packed gravel features some of the best surface around the area. Since we'll be departing after sunrise a few friendly locals may be getting in their morning exercise routine and walking their pets at the same time. A solid "hello" and "good morning" magically works around here.



Bollards - The trail features plenty of these to keep confused automobile drivers from enjoying the gravel too. Most of them are visible in both the day and night as long as you are looking ahead on the trail versus looking down at - uh-oh.



Bridge bumps - We say that some can easily get by with 700 x 28c tires on this trail but others may consider wider tires. These abrupt edges on the many bridge/trestle crossings would be one reason to consider wider tires or higher than bouncy tire pressures. Remember that extra time for gravel? One way to use up some of the extra time is to change flat tires. Ask someone who rode 700x24c tires, but much farther up the trail near Snoqualmie Pass and perhaps also on the other (dry) side once. It can happen. There are stories. Lights were used in the dark.

State Route WA-203 Highway Crossing



At about 11.8 km, there's a caution sign noting where the SVT crosses WA-203 diagonally.



The trail folks did a nice job of clearing out ample space here to see the road in both directions. Perhaps it is too much of a good thing. Occasionally automobiles are parked which may obstruct a clear view of cross traffic often traveling in excess of the 50 MPH speed limit. Even if you're riding in a group and someone exclaims, "clear," check for cross traffic yourself. Put a foot down if it is not clear. The coffee may not have piqued attentiveness for everyone just yet. After watching a few automobiles zoom by plus seeing all the new housing in the area, it starts to make a ton of sense why we ride on West Snoqualmie Valley Road as much as possible on other routes and not on WA-203.

Carnation



At this time of year, only the skeletons of the trees line the trail. We sneak past Carnation somehow without a stop at the staple Sandy's Espresso nearby.

Snoqualmie



After a deceptively gradual railroad grade climb, the trail nears Snoqualmie. A high trestle crossing spans over Tokul Creek.



There are two options to exit the trail to Tokul Road. The first option is to hike up the ramp on the right before Tokul Tunnel.



The second option is to go through Tokul Tunnel and then walk up the stairs to Tokul Road.



Look out for tire flatting and rim busting potholes on SE Mill Pond Road (after Tokul Round-about).

North Bend

The route re-enters Snoqualmie Valley Trail at the Mt. Si Golf Course entrance.



Since automobiles share the road on this section, look out for potholes on gravel road around Mt Si Golf Course.



Mt. Si Golf Course with Mt. Si in the background.



CAUTION: SE North Bend Way crossing



Nature's tree pruning aftermath on the trail after a windstorm. Good for breaking wheel spokes and rear derailleurs.



South Fork Snoqualmie River



Nature's clearing of old rotted out trees too.



Plenty of wheel spoke and rear-derailleur breakers scattered about.

Rattlesnake Lake Recreation Area

Here's a few links describing the area that may be of interest:

- <https://www.seattle.gov/utilities/protecting-our-environment/our-water-sources/cedar-river-watershed/recreation-areas-and-trails>
- https://en.wikipedia.org/wiki/Rattlesnake_Lake
- <https://northbendescapes.com/rattlesnake-lake/>
- <https://citybop.com/wa/rattlesnake-ridge-and-lake>





After the control, we take the scenic route along Rattlesnake Lake. Take a peek and explore if you have time.



Mark Roberts takes a photo of Mitch amongst the massive old growth stumps.



There are no rattlesnakes here and not much of Rattlesnake Lake apparently.

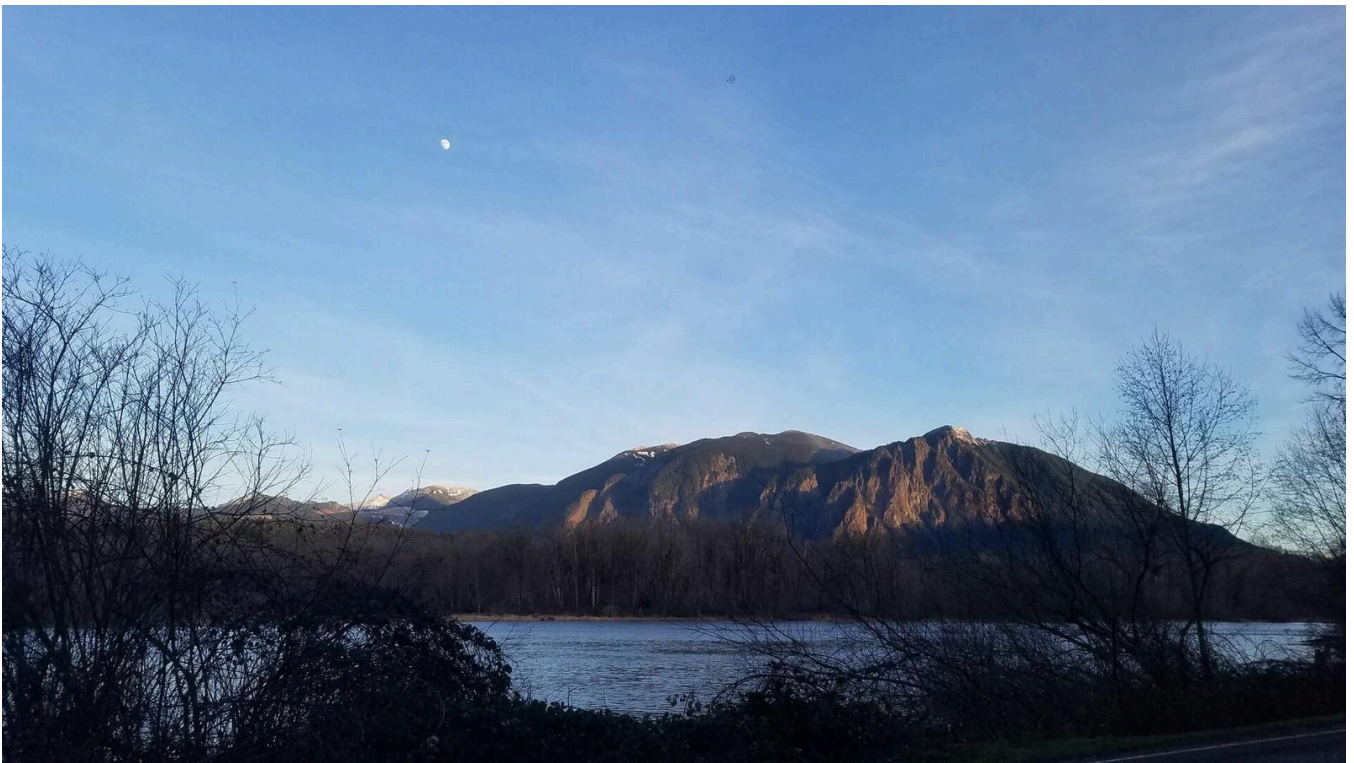




Possible snow this time of year on the paved path along the lake. If so, you may take Cedar Falls Road SE back to the trail. I chose to hike a bike through the snow.



North Bend



View of Mt. Si from Mill Pond Road

Snoqualmie Falls (Off Route Detour)



If you miss the first exit on the roundabout to Tokul Road, you may find Snoqualmie Falls. The water falls in abundance this time of year. After you've had a cold steam treatment, per brevet rules, find your way back to where you went off-course, probably the Tokul Road roundabout.



The descent down the ramp from Tokul Road onto SVT challenges the rider. Just like the way out, an alternative is to walk down the stairs on the other side of Tokul Tunnel.



Remlinger Farms miniature train along Tolt River

Duvall



Peek of Mt. Rainier from Snoqualmie Valley Trail



Soak in the beautifully maintained trail almost to the finish



The Finish

Duvall Tavern



Disclaimer: Selection of beers on tap varies.

MENU

SMALL BITES AND SHAREABLE SIDES

FRIES/TOTS

... comes with your choice of dipping sauce ...
5.75 ...
/ cajun style 6.75 /

PRETZEL

... warm and crispy soft pretzel topped with
pretzel salt, served with beer cheese and
chipotle aioli ... \$11 ...

BRUSSELS SPROUTS

... roasted brussel sprouts topped with
parmesan, bacon crumbles and balsamic glaze
... \$12.75 ...

FRIED MUSHROOMS

... served with bleu cheese ... 9.50 ...

NACHOS

... nacho-average cheese sauce, black bean &
corn salsa, jalapeños and pico de gallo ...
\$13.75 ...
/ add ground beef, pulled pork or chicken \$5.50 /

SWEET POTATO FRIES

... comes with your choice of dipping sauce ...
6.75 ...
/ cajun style 7.75 /

MOZZARELLA STICKS

... served with marinara sauce ... \$11 ...

WINGS

... choice of BBQ, Buffalo, Thai Chili, or DT
Spicy ... \$12.75 ...

FRIED PICKLES

... breaded and deep fried pickle spears, served
with tavern ranch. ... 11 ...

QUESADILLA

... cheddar-jack, black bean & corn salsa, pico
de gallo and jalapenos, Served with salsa and
avocado aioli ... 11 ...
/ add ground beef, pulled pork or southwest
chicken \$5.50 /

LEAFY GREENS

* add chicken breast, chicken tenders, slow roasted pork or ground beef \$5.50 make any salad a tortilla wrap with no additional charge!

HOUSE GREENS

... mixed greens, tomatoes, carrots, red onions,
croutons and choice of dressing ... \$8/\$11.50 ...

BUFFALO CHICKEN SALAD

... chopped iceberg lettuce tossed in bleu
cheese dressing topped with bleu cheese
crumbles, red onions, matchstick carrots, roma
tomatoes and buffalo fried chicken ... 16.50 ...

CAESAR

... chopped romaine, parmesan and croutons
tossed in caesar dressing ... \$8/ \$11.50 ...

APPLE CRANBERRY SPINACH SALAD

... spinach tossed in goat cheese balsamic
vinaigrette and topped with candied walnuts,
apple slices, dried cranberries and goat cheese
crumbles ... 12 ...

SOUTHWEST SALAD

... mixed greens, black bean & corn salsa, pico de gallo, cheddar jack cheese, tortilla strips and tavern
ranch ... 12 ...

BETWEEN TWO BUNS

all burgers and sandwiches are served ala carte -- add bacon \$2 -- sub veggie patty or gluten free bun \$2

TAVERN BURGER

... our flagship burger with shredded lettuce, tomato, pickled red onions, fry sauce and choice of cheese on a brioche bun ... 13.75 ...

WASHINGTON STATE BURGER

... thick cut bacon, sharp white cheddar, balsamic glaze and apple onion jam on a brioche bun ... 15 ...

BIG ROCK BACON BLEU

... thick cut bacon, bleu cheese crumbles and dressing, lettuce, tomato and pickled red onion served on a brioche bun ... 15 ...

DIABLO BURGER

... pepper jack cheese, jalapenos, serrano relish, buffalo sauce and tomato on a brioche bun ... 13.75 ...

CUBAN SANDWICH

... cilantro-lime pulled pork, black forest ham, pepper jack cheese, and serrano relish on toasted french bread ... 14.75 ...

TAVERN BLT

... sourdough bread, thick cut bacon, lettuce, tomato, tav ranch and avocado aioli ... 14 ...

PHILLY CHEESE STEAK

... thin sliced ribeye, grilled onions & peppers, havarti and garlic aioli served on an amoroso roll ... 16 ...

BBQ CHEDDAR BURGER

... thick cut bacon, cheddar, onion straws, coleslaw and our house bbq sauce on a brioche bun ... 15 ...

JR. DOO - V

... ¼ lb patty, American cheese, pickle chips and fry sauce on a brioche bun. Add bacon for \$2.00
No modifications ... 7 or 2 for 12 ...

DOO - V DELUXE

... two ¼ lb patties, double American cheese, lettuce, diced white onion, pickle chips and fry sauce on a brioche bun Add bacon for \$2.00
No modifications ... 10 ...

PORTOBELLO BURGER

... marinated portobello, goat cheese crumbles, pickled red onion, tomato, mixed greens, basil pesto and balsamic glaze on a brioche bun ... 14.75 ...

TURKEY BACON MELT

... house roasted turkey breast, bacon, havarti, tomato and honey mustard served on sourdough bread ... 14.75 ...

SOUTHWEST CHICKEN SANDWICH

... strips of marinated chicken breast grilled with peppers & onions, pepper jack, lettuce and chipotle aioli served on an amoroso roll ... 14.75 ...

FRIED TO PERFECTION

FISH & CHIPS

... 3 pieces of house made herb and panko breaded cod served with coleslaw, tartar and choice of side ... 18 ...

CHICKEN STRIPS

... 4 chicken tenders with choice of side and 2 dipping sauces ... 13.75 ...



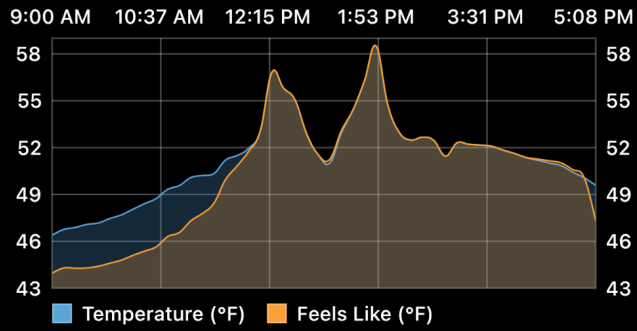
Good eats, the tots

Weather Forecast

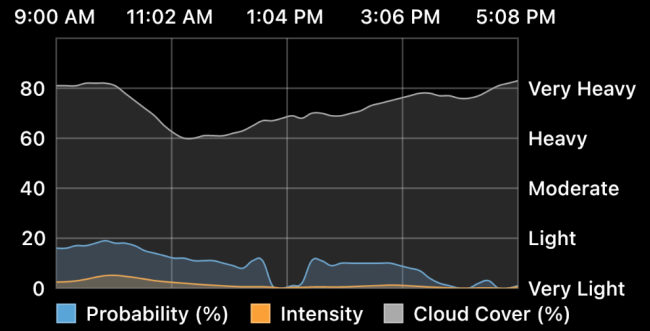
The said it looks relatively nice!
24-hour run



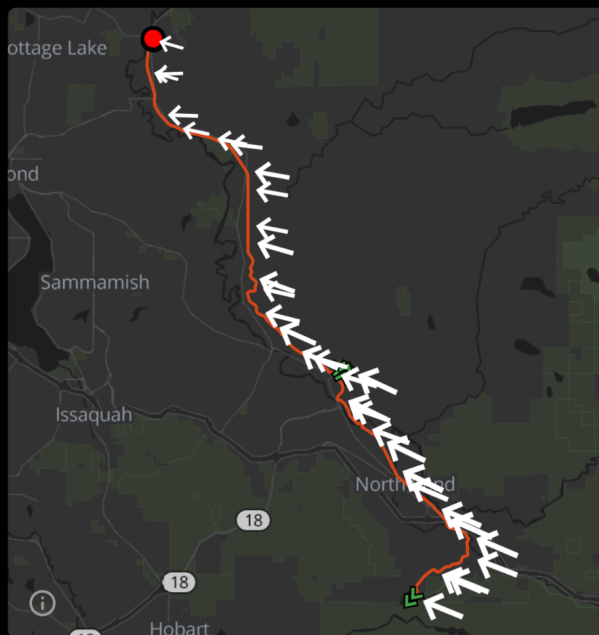
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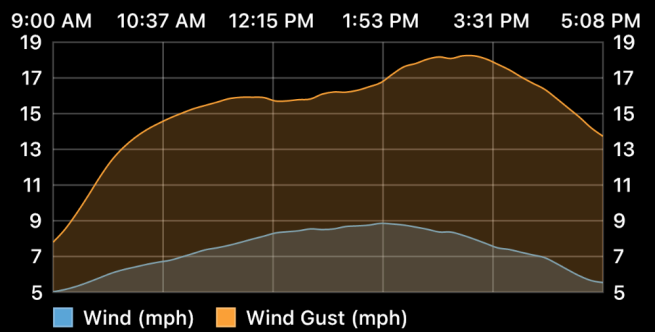
Precipitation and Cloud Cover



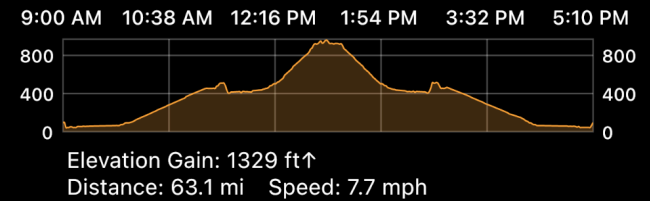
Wind Direction



Wind



Elevation

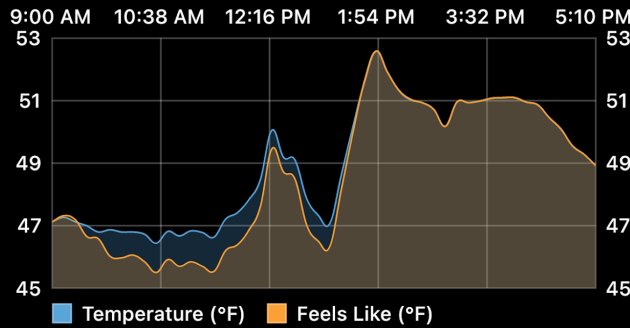


Created with the Epic Ride Weather app - <http://epicrideweather.com> - powered by DarkSky

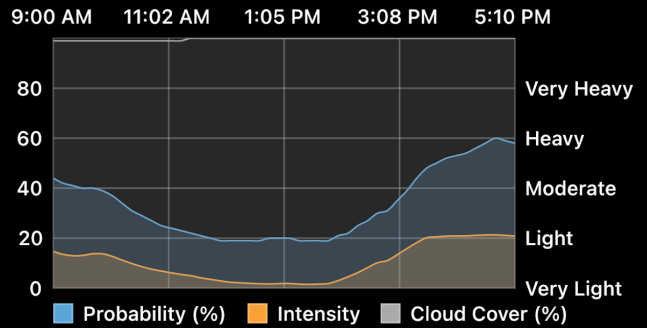
1 week run



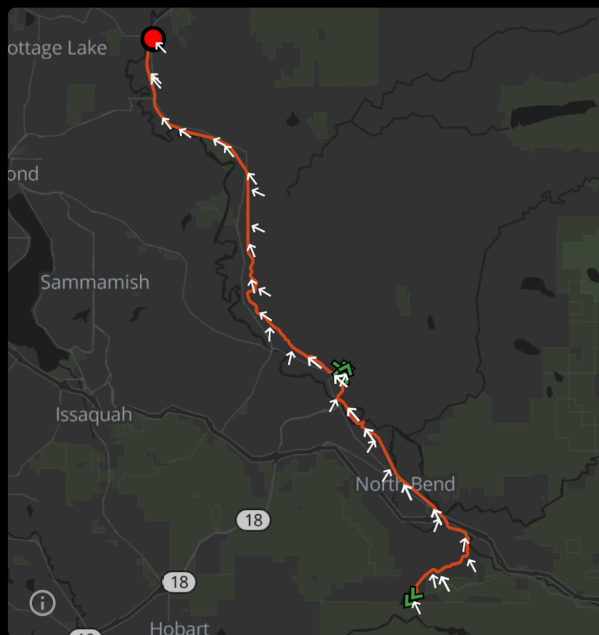
Temperature



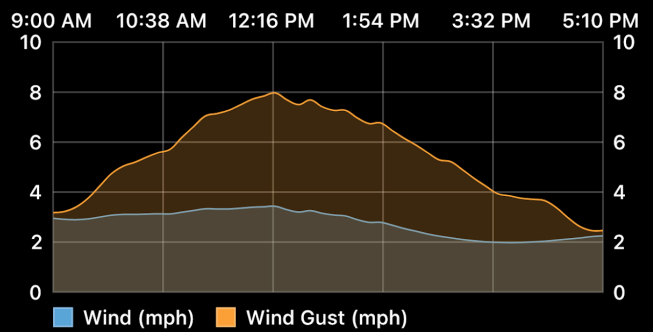
Precipitation and Cloud Cover



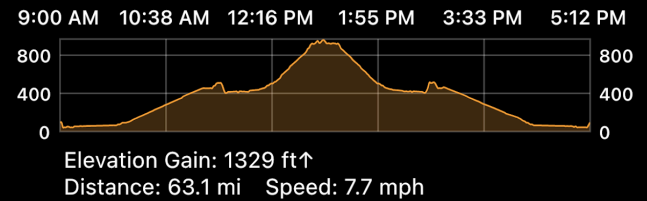
Wind Direction



Wind



Elevation



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Have fun. Be safe. Let's ride bikes!