

September – October 2018

## THURSDAY MORNING Ride Schedule

**September 6** **2** **Riverside State Park + Coulee Hite** Start: 8:30 am Meet: Indaba Coffee at 419 N Nettleton St. Pace: 12-14 mph Hilly terrain. Will regroup at major turns.

Route: Summit Parkway to Government Way to Old Trails Rd. -Inland Rd-Seven Mile -Wood Rd-Charles. Stop at Tin Cup Cafe in Nine Mile Falls. Seven Mile Rd back thru Riverside State Park. Pass golf course. Centennial Trail back to ride start. Ride leader's discretion to add miles on Four Mound-Coulee Hite if weather permits. Rain cancels.

Distance: Short ride 32 miles, Long ride about 44 miles. Ride leader: Lila Meglio 509 378 8665

**September 13** **2** **Mt. Hope and Southern Loop** Start: 9:00 am Meet: Mt. Hope Cemetery Directions to start: Palouse Hwy to Valley Chapel Rd. 11 miles from the Palouse Hwy. miles to start at Mt Hope Cemetery. (corner of Valley Chapel and N Kentucky Trails) \*\*Google has 16 miles from Albertson's on 57<sup>th</sup> and Regal, 16 miles of driving. Pace: 12-14 mph Distance: Short loop: 23 miles. Long loop via Latah: 47miles. Everyone starts out on N. Kentucky Trails. Counter clockwise to Latah and back on highway. Terrain: Extreme rollers with one big hill. Bring snacks and water. Rain cancels. Leader: Don Carlton 509 747 5581

**September 20** **Greenbluff** Start: 9:00 am Meet: Safeway 10100N Newport Highway Pace: 12-14 mph Distance: 35-40 miles Description: Children of the Sun Trail south to Fairview with a special view. Fairview, Stoneman, Bruce to E. Morgan Rd. which becomes E. Pleasant Prairie Rd, to Forker, down Moffat to Mt Spokane, Greenbluff and back to Safeway. Terrain: hilly. Regroup at turns and top of hills.. Eat: Petit Chat Bakery on Wall and Whitworth Drive. Bring snacks. Heavy rain cancels. Leader: Amina Giles 509 844 4209

**September 27** **Centennial Trail, Newman Lake** Start: 9:00 am Meet: Centennial Trailhead at Barker Rd Pace: 12-14 mph Distance: 32.5 miles Terrain: flat on CT, many hills around Newman - 1250 ft of climb Description: From Barker Rd, Centennial Trail, Harvard, Euclid, Starr, around Newman Lake. No map, but regroup as needed Eat: bring pocket snacks and water. We will stop at convenience store on Starr Rd. Leader: Sally Phillips 448-6271

**October 4 FLT to Cheney** Start: 9:00 am Meet: Fish Lake trail head Milton and Government Way Pace: 12-14 mph Description: Ride to Cheney and back on trail. Stop and regroup when needed. Distance: 28 miles Terrain: basically flat with one hill on Scribner Rd. Will stop at the Mason Jar for about 20-30 mins for snacks. Ride cancels if raining, below 40f or Air Quality above 150. Leader: Russ Peters 907 268-7453

**October 11 Cheney Rd-Wells Rd Loop** Start: 10:00 am **(Note time change!)** Meet: Harvester Restaurant in Spangle Directions: about a 20 minute drive from downtown Spokane, south on Hwy 195 Pace: 12-14 mph Terrain: rolling hills Distance: 28 miles Regroup often. Description: Old 195 to Plaza. Wells Rd. return on Cheney-Spangle Rd. Eat: Harvester. Map and cue sheet available. Heavy rain, strong wind cancels. Leader: Gary Kehr 509-990-1474

**October 18 Greenbluff–Big Meadows** Start: 10:00 am Meet: Safeway 10100 N Newport Highway Pace: 12-14 mph Regroup at turns and top of hills. Distance: approx..40 miles

Description: Stoneman, Bruce Rd, Greenbluff to Big Meadows. To the Secret Valley to the Little Spokane up Mill Rd Two extreme hills and other rollers. Bring snacks. Eat: Petit Chat Bakery on Whitworth Drive and Wall. Heavy rain cancels. Leader: Amina Giles 509-844-4209

**October 25 South Hill Park Ride** Start: 10:00 am Meet: Rocket Market, corner of Hatch and High Drive. Park on street. Pace: 12-14mph Terrain: hilly Distance: 21-27 miles Description: tour of the south hill. Regroup at turns. Eat: Rocket Market at end. Rain cancels. Leader: Don Carlton 509-747-5581