

September - October 2019

MONDAY MORNING Paved Trail Recurring Rides

*No ride on Labor Day.

*Last Ride September 30

Note New Start Time: 10:00 AM

Meet: Centennial Trail – East Maringo Drive Trailhead, Description: Centennial Trail from East Maringo Drive Trailhead to Barker Road Trailhead and return. Mostly flat with 2 short, easy hills. Pace: 10-12 mph, mostly flat Distance: 19 miles round trip Directions to trailhead: north on Argonne from I-90, turn right on E. Maringo Dr., the first street after crossing the Spokane River, or, from intersection of N. Argonne Rd. and E. Upriver Dr, go east on Upriver for .4 mile to Farr Road. Go south on Farr to Maringo, left on Maringo, 1 block to the trailhead. Eat: This is a calorie-free ride. Rain cancels and if Air Quality Index is over 100. If in question, call. Leader: Elaine Mayes 509-995-8982