

September – October 2019

WOMEN'S FRIDAY Ride Schedule

September 6, 2019 Hillyard Tea Ride

Start: 10am Meet: Children of the Sun Trailhead at N Market St and E Columbia Ave (north end of Hillyard Business District on the east side of Market.) Pace: 10-12 mph Distance: 15mi
Terrain: Paved Trail, but some hills Regroup: As needed, no drop ride Route: Children of the Sun Trail north to Peone Prairie and Wandermere area. Eat: Heavenly Special Teas Shop, Cafe & Tearoom - 5012 N Market Street Map: No Weather cancellation: Steady rain cancels. Leader: Eileen Hyatt Phone: 509-475-9328

September 13, 2019 Riverstone Park to Higgins Point in Coeur d'Alene

Start: 10am Meet: Riverstone Park, 1800 N Beebe Blvd, Coeur D Alene. Take NW Boulevard exit from I-90, then right on Lakewood Drive into Riverstone Development, right on Riverstone Drive, left on Beebe, right on Tilford Lane to park. Pace: leader 10-12, others by choice
Distance: 20 miles total out and back or 15 if you opt out of hill climb in last 2.5 miles Terrain: mostly flat, one long hill before Higgins Point Regroup: TBD Route: ride Coeur d'alene Centennial Trail from Riverstone Park to Higgins Point and back, class 1 (separated from traffic) and class 2 (bike lane next to light traffic) sections of trail Eat: Le Peep Restaurant in Riverstone Map/cue sheet: yes Weather cancellation: rain cancels Leader: Elaine Mayes Phone: 509.995.8982

September 20th Maringo Trailhead Centennial Trail to Harvard Road

Start: 10:00 am Meet: Maringo Trailhead southeast of Argonne and Upriver Dr. Pace: 10-12 mph Distance: 20 miles Terrain: mostly flat with a few short hills Regroup: as needed Route: Ride from Maringo Trailhead to Harvard and back. Eat: Rocket Bakery 3101 N. Argonne Rd. Weather: Cancelled if rain. Leader: Mary Groebner. Phone: 509-481-1777

September 27, 2019 Fish Lake Trail

Start: 10:00am Meet: Milton Road Trailhead near Sunset Blvd & Government Way Pace: 10-14mph Distance: 17 miles Terrain: flat trail Regroup: as needed Route: Out an back Eat: Good downtown spot Map/cue sheet: no Weather cancellation: steady rain cancels degrees Leader: Eileen Hyatt Phone: 509-475-9328

October 4, 2019 - Name of Ride: Riverside Park

Start Time: 10:00 Meet: West Central Community Center, 1603 N Belt St. Pace: 10-14 mph Distance: 17 miles Terrain: Moderately hilly with Pettet Drive hill at the end Route: Pettet, Downriver, Aubrey White, to Seven Mile Bridge and back Map/cue sheet: No Eat: Veraci Pizza, 1333 W Summit Pkwy, Kendall Yards Weather cancellation: Rain cancels Leader: Karen Carlberg Phone: H 624-6989, M 795-4479, karencarlberg@comcast.net,

October 11, 2019 Post Falls to Riverstone Park

Start: 10:00AM Meet: Falls Park, 305 W 4th Ave, Post Falls. Take Spokane Street exit, go south and turn right on 4 th Ave. Pace: leader 10-12, others by choice Distance: 15 miles total out and back Terrain: mostly flat, modest changes in elevation Regroup: TBD Route: Coeur d'alene

Centennial Trail and residential surface streets, new trail on Seltice Way into Riverstone Eat: Roger's Ice Cream & Burgers Post Falls, 403 N. Spokane St. Post Falls. Vegetarian option on menu. Map/cue sheet: yes Weather cancellation: rain cancels Leader: Elaine Mayes Phone: 509-995-8982

October 18, 2019 Medical Lake to Clear Lake

Start: 10:00AM Meet: South side of Medical Lake City Hall at Lefevre Street. (Drive I-90 West to Medical Lake exit, Right turn to Medical lake, then right on LeFevre Road into town. City Hall is across the street from LeFevre Bakery.) Pace: 10-14mph Distance: 15 Miles Terrain: Some low hills Regroup: As needed Route: Hwy 902 past Lakeland Village to So. Clear Lake Road loop. Regroup as needed - no drop ride. Eat: Lefevre Bakery in Medical Lake Map/cue sheet: no Weather cancellation: Steady rain cancels Leader: Eileen Hyatt Phone: 509-475-9328

October 25, 2019 City Mission Park to Maribeu Trailhead

Start: 10:00 am Meet: Mission Park (Parking lot at E Mission Ave & N Perry St) Pace: 10-14 mph Distance: 20 miles Route: Centennial Trail east and return Map: no. Regroup as needed. Terrain: Centennial trail including shoulders on Upriver Drive. Eat: No-Li Brewery Weather cancellation: Rain cancels or temperatures below 45 degrees Leader: Eileen Hyatt Phone: 509-475-9328