

September - October 2021

MONDAY TRADITIONAL RECURRING RIDE

Name of Ride: Monday Riverside State Park Out and Back

Start time: ~~9:00 A.M.~~ **10:00 A.M.**

Meet: ~~8:45 a.m.~~ 9:45 a.m. Little Garden Café (LGC), 2901 W NW Blvd

Terrain: Hilly

Distance: 26 miles

Pace: 12-14 mph on the level

Description: LGC to 9-mile Dam via Aubrey White Parkway, Centennial Trail, including 2.2-mile extension of Centennial Trail to Long Lake/Lake Spokane. Restrooms at LGC, McLellan trailhead N of Seven Mile bridge, and at Long Lake (Nine Mile Recreation Area) Bring your own water and snacks.

Regroup: McClellan Trailhead, Carlson Rd., Long Lake, on outbound leg

Weather policy: Ride will be cancelled if steady/heavy rain, high winds, lightning, snow/ice

Leader: Don Barden. Cell 206-450-3576; home 509-808-2932

Note: Bicycle helmet required on all SBC rides

Per 10/6/2010 message from Don Barden:

For riders of the Monday Recurring Ride leaving from the Little Garden Cafe, the start time for the Monday Riverside Park ride for the balance of October will be 10:00 a.m., and meeting at the Little Garden Cafe will be 9:45 a.m. I have updated Meetup to reflect this change.