

THURSDAY MORNING Ride Schedule

May 4 Centennial Trail to State Line Start: 10:00 Meet: Rotary Fountain in Riverfront Park Pace 12-14 Distance: 45ish miles Route: Centennial Trail to State Line and back. People can go as far as they want and then turn around. Regroup: various times Eat: bring snacks and water, may eat out at end -TBD Cancellation: Rain cancels Leader: Lila Meglio Cell: 509-378-8665

May 11 Saltese Lake Loop. Start: 9:00 a.m. Meet: Skyway Café parking lot at Felts Field. Pace: Steady, 12-14 mph Distance: 36 miles. Terrain: mostly flat with some significant hills; Regroup: often. Route: Skyway Café, Park Road, Appleway, Dishman-Mica Rd., east to Sullivan, Saltese, Chapman, Henry, Sprague, Barker, C.T., Pines to cross Trent, west to Felts Field. Eat: Skyway Café at Felts Field at end of ride. Map/cue sheet: available. Cancellation: heavy rain cancels. Leader: Garry Kehr 509-990-1474

May 18 Mirabeau Pt. - Newman Lake - Hauser Lake Start: 10:00 Meet: Centennial Trailhead at Mirabeau Point (Pines) Pace: 12-14 Distance: ~50 miles Terrain: Newman Lake is hilly Route: ride around Newman Lake and then Hauser Lake Regroup: at top of hills and turns Eat: bring water and snacks Cancellation: rain cancels Leader: Amina 509-467-1980 home 509-844-4209 cell

May 25 Cheney to Williams Lake and Back Start: 8:30 a.m. Meet: Fish Lake Trailhead at Milton St. Pace: 12 to 14mph on flat Distance: 64 miles, but there are 2 or 3 options for shorter rides - call leader to make arrangements Terrain: mostly flat with some small hills; one long hill out of Williams Lake Eat: Be sure to bring plenty of water and snacks. Will stop at Klinks at Williams Lake for lunch (opens at 11 a.m.) Cancellation: rain cancels – call leader if in doubt Leader: Gerald Bergstrom Cell: 509-995-8118

June 1 Wandermere to Deer Park and Back Start: 10:00 Meet: Wandermere Starbucks 12519 N Division St Pace: 12-14 Distance: ~40 miles Terrain: hilly Regroup: at top of hills and at turns Route: Ride to Deer Park and back going up Hazard and climbing Perry to the Little Spokane, up Mill Rd Eat: in Deer Park Cancellation: rain cancels Leader: Amina Phone: home 509 467-1980, cell 509-844-4209

June 8, 2017, Albertson's - Edgecliff Park - Madison-Palouse Loop, Start: 9:00 a.m., Meet: Albertson's on E. 57th at Regal, Pace: 12-14 mph on flat terrain, Distance: 27.5 mi., Terrain: 1465 ft of elevation gain, Regroup: often, Route: 57th-Glenrose-Carnahan-16th-Bettman Rd-11th-Park Rd-Edgecliff Park - Appleway-Dishman-Mica-Madison-Palouse-Willow Springs-Palouse-57th-Albertson's Eat: Rancho Viejo 3209 E. 57th across from SCTU, Map/cue sheet: yes Cancellation: Rain and strong wind cancels. Call leader if in doubt. Leader: Garry Kehr Phone: 509-990-1474.

June 15 Jane's to Green Bluff and Back Start: 9 a.m. Meet: Jane's house - E. 8006 E. Columbia Dr. in Northwood off of Argonne Pace: Steady 12-14 mph Distance: 33 miles Terrain: hilly Regroup: occasionally Route: Pleasant Prairie towards Forker, north thru Green Bluff, loop back to Jane's Eat: bring snacks, we can stop in Green Bluff for food Cancellation: rain cancels. Leader: Jane Schelly Phone: 389-0484

June 22 Green Bluff-Harvest House-Chattaroy Start: 9:00 a.m. Meet: Jane's house at 8006 E. Columbia Dr. in Northwood off Argonne Pace: Steady,12-14 on the flat Distance: 36 miles Terrain: hilly Regroup: occasionally Route: north to Green Bluff, east at Harvest house, north to Chattaroy recycling station, back skirting the west side of Green Bluff, back on Bruce/Argonne Eat: bring snacks, we can stop at the Chattaroy store on the way back Cancellation: rain cancels Leader: Jane Schelly Phone: 389-0484

June 29 Green Bluff - Big Meadows -Yale Rd and Back Start: 9:00 a.m. Meet: Yokes parking lot on North Market and Hwy 206 Pace: 12-14 mph Distance: ~40 miles Terrain: one big climb up to Green Bluff Regroup: where necessary Route: ride to Green Bluff to Big Meadows to Yale Rd and back Eat: stop for coffee and snack at the top of the hill. Also bring snacks and water for along the way. Cancellation: rain cancels. If in doubt, call the leader. Leader: Gerald Bergstrom Cell:509 995-8118

July 6 Vet Cemetery Ride Start: 8:30 a.m. Meet: Milton St. Fish Lake Trailhead Pace: 12-14 mph Distance: 50+miles Terrain: Palouse rollers Regroup: where necessary Route: ride to Cheney to Medical Lake to Vet Cemetery - Will stop at cemetery to reflect on the sacrifices our armed forces have made for the cause of freedom. Wear red, white, and blue. Eat: bring snacks and water. Will stop at Yokes in Medical Lake for lunch after visiting the cemetery. Cancellation: rain cancels. Call leader if in doubt. Leader: Gerald Bergstrom Cell: 509-995-8118