

## TEAM TUESDAY Ride Schedule

**May 2 Spangle-Waverly-Rosalia** Start: 9 am Meet: Harvester Restaurant in Spangle Pace: 12-14 mph Distance: 40+ Terrain: rolling hills Regroup: as needed, no one left behind Route: Spangle-Waverly-Rosalia-Plaza-to Spangle Eat: Harvester in Spangle after ride Map/cue sheet: provided Weather cancellation: rain cancels-call leader if in doubt Leader: Gerry Bergstrom Phone: 995-8118

**May 9 Sontag Park** - Four Mounds Prairie Start: 9:00 am Meet: Sontag Park, just off Hwy 291 on Charles Rd Pace: 12-14 Distance: 31 miles Terrain: 2-miles on highway, then long slow climb along forested valley following Coulee Creek up to prairie, pastures, small farms, and pine trees, ending with fast downhill to start Regroup: at turns and when necessary - no one left behind Route: Sontag Park, Hwy 291, rt on Seven Mile Road then climb up Coulee Hite Rd, rt on Woods Rd, rt on Charles Rd, steep 2-mile downhill back to Sontag Park Eat: Tin Cup on Charles Rd Map/cue sheet: provided Weather cancellation: heavy rain, strong wind cancels. Call leader if in doubt. Leader: Barb Kehr Phone: 509-290-1967

**May 16 Spangle/Waverly** Start: 9:00 am Meet: Harvester Restaurant in Spangle off Hwy #195 on Main Street, Pace: 12-14 mph Distance: 32 miles Terrain: Palouse hills. Route: Old Hwy 195, East Spangle/Waverly Rd., Prairie View, Old Hwy 195 back to Spangle Regroup: in Waverly and Prairie View and Old State Rt. 195. Eat: Harvester Restaurant after the ride Map and Cue Sheet: provided Cancellation: rain cancels. Call ride leader if in doubt. Leader: Garry Kehr Phone: 509-990-1474

**May 23 No ride scheduled**

**May 30 FLT - Cheney - Betz - Melville - Hayford loop.** Start: 9:00 am Meet: Milton St. FLTrhd. Pace: 12 - 14. Distance: 34 miles. Terrain: rolling hills Route: FLT - Cheney – Betz – Melville – Hayford – Westbow – Thorpe – Abbott-Grandview – FLT Regroup: Scribner – Columbia Plateau trailhead, Cheney, Four Lakes, Westbow and Spotted Rd. Eat: Mason Jar Map and Cue sheet: provided. Cancellation: rain cancels. Call ride leader if in doubt. Leader: Garry Kehr Phone: 509-990-1474.

**June 6 South Hill Training Ride** Start: 9 am Meet: Huckleberry's Natural Market, 926 S Monroe St, Spokane: Pace: 12-14 mph Distance: ~ 22-25 Terrain: hilly - South Hill streets, touch of the Palouse, Hangman Valley Regroup: where necessary, no one left behind Route: Huckleberry's-Madison-29<sup>th</sup>-High Drive-43<sup>rd</sup>-Scott/Hatch-57<sup>th</sup>-Helena-63<sup>rd</sup>-Regal Rd-Palouse Hwy-Windmill-Willow Springs-Baltimore-Hangman Valley Rd-Hatch-195-Inland Empire Way-7<sup>th</sup>-Huckleberry's Eat: Huckleberry's after the ride Map/cue sheet: provided Cancellation: rain, lightning, strong wind cancels Leader: Barb Kehr Phone: 509-290-1967

**June 13 FLT to Medical Lake via Cheney & Veterans Memorial Cemetery** Start: 9 am Meet: FLT parking lot on Milton St. off Government Way Pace: 12-14 mph Distance: 50+ miles Terrain: rolling hills Regroup: as needed, no-drop ride Route: FLT to Cheney to Medical Lake to Vet Cemetery to Four Lakes and back to FLT Eat: Yokes cafe in Medical Lake half way through the ride. Please bring plenty of water and snacks. Map/cue sheet: provided Cancellation: rain or lightning cancels Leader: Gerry Bergstrom Phone: 509-995-8118

**June 20th: Green Bluff-area Ramble:** Start: 9 a.m. Meet: Jane Schelly's: 8006 E. Columbia Dr. off Argonne Rd. Pace: 12-14 mph Distance: 35 miles – Terrain: Hilly Regroup: occasionally Route: Burn Hill Loop and variation - ride north just west of Green Bluff Map/cue sheet: "No, but will make sure we're all together." Cancellation: rain cancels Eat: no food stops, bring pocket snacks Leader: Jane Schelly Phone: 389-0484 **Arrive at 8:15 am if you'd like coffee and a treat, RSVP 389-0484.**

**June 27 Northside Ride: "Lions and Tigers and Maybe the Bears"** Start: 9 am Meet: Safeway on Newport Hwy Pace: 12-14 mph Distance: 45-50 miles Terrain: a few long gradual hills Route: Safeway on Newport Hwy - to Morgan Acres where we will stop and see the lions and tigers and maybe the bears, then on to Morgan Acres to Green Bluff to Big Meadows. Return through the "Secret Valley": Eat: food stop in Greenbluff at the Harvest House Cancellation: heavy rain cancels Leader: Amina Giles: Cell: 509-844-4209

**July 4 no ride scheduled**