

**July-August 2018**

## **WOMEN'S FRIDAY Ride Schedule**

**July 6 Trail of the Coeur d'Alenes** Start: 10:00 am - Allow 1 hour 20 minutes to drive from downtown Spokane Meet: I-90 to Kingston Exit 43. Trailhead near the Snake Pit, 1480 Coeur d'Alene River Rd, Enaville, ID. Pace: 10-14 mph Distance: Approx 20 miles; Riders may choose their own distance/pace on this out-and-back course. Terrain: flat Regroup: As needed  
Route: West on trail. Eat: Snake Pit Map/cue sheet: No. Steady rain cancels  
Leader: Eileen Hyatt 509-475-9328

**July 13 Westwood to Cheney** Start: 9:00 am Meet: Westwood Middle School, 6120 S Abbott Rd (just north of W Hallett Rd, and just east of Windsor Elementary School) Pace: 10-14 mph Distance: 20 miles Terrain: Flat to moderately hilly Regroup: At intersections Route: Rural roads north of Cheney Eat: Mason Jar, Cheney Map/cue sheet: No. Rain cancels  
Leader: Karen Carlberg 624-6989, 795-4479

**July 20 Mead to Chattaroy** Start: 9:00 am Meet: Yoke's, Newport Hwy at Mt. Spokane Hwy (206) PARK in the NW corner of Yokes off Mt Spokane Park Dr. Pace: 10-12 mph Distance: 20 miles Terrain: Mostly flat Route: Boston, Colbert, Yale, Elk-Chattaroy and Hardestry out and back Eat: Cinola's, N. 14712 Newport Hwy, Mead  
Rain or excessive wind cancels.  
Leader: Margaret Watson (preferred) 624-3793, cell 279-9773

**July 27 Hauser Lake/Newman Lake Ride.** Start: 9:00 am. Meet: Hauser Lake Boat Launch. Directions to start: from Trent, which becomes WA Hwy 290 & then ID Hwy 53, go 1.8 mi. east from state line. (Also 0.3 mi. from Curley's Restaurant. If you reach Pleasant View Road, you've gone too far; turn around & go back 0.25 mi.) Turn north onto Hauser Lake Rd. (Look for "Embers" or "Mattheus Lumber" signs.) Go 1.1 mi. Continue straight on Hauser at the Cliff House Rd. jct. Go for 0.3 mi. Turn right at Fay Place & go 0.25 mi. Park near toilets.  
Pace: 10-12 mph. Distance: 19.4 miles Terrain: mostly flat with some hills. Regroup: Often.  
Route: Newman Lake Arm, Honeymoon Bay, E. Newman Lake Drive Boat Launch, Hauser Lake. Eat: Otis Grill at Harvard Rd & Wellesley.  
Leader: Dixie Girdner 509-368-4701

**August 3 Heyburn to Harrison** Start: 10:00 am (**Note change of time**)

Meet: Heyburn trailhead for Trail of the Coeur d'Alenes (From southbound Highway 95, a little more than a mile south of Worley, turn left onto West Conkling Road. Continue east and then south; the road becomes Chatcolet Road (do NOT turn left toward Conkling Marina). After the lake is in view, continue to a stop sign. Make a sharp left turn there onto Chatcolet Lower Road. Follow this to a large dirt parking lot. Parking fee is \$5.)

Pace: 10-14 mph Distance: 16 miles; more if you choose Terrain: Flat Regroup: As needed

Route: Trail of the Coeur d'Alenes to Harrison, and beyond if you choose

Eat: Harrison Map/cue sheet: No. Rain cancels

Leader: Karen Carlberg [karencarlberg@comcast.net](mailto:karencarlberg@comcast.net) 624-6989, 795-4479

**August 10 Centennial Trail east** Start: 9:00 am Meet: Harvard Road Centennial Trailhead

Pace: 10-12 mph Distance: about 20 miles Terrain: mostly flat trail Regroup: as needed

Route: East on Centennial Trail to Post Falls Eat: Palenque Mexican Restaurant at The Trailhead Golf Course in Liberty Lake. Rain cancels

Leader: Elaine Mays 509-995-8982 or 509-922-1033

**August 17 Deer Park Prairies** Start: 9:00 am Meet: First Street Bar & Grill, 122 W 1st St, Deer Park, WA Distance: 19 miles Terrain: Mostly flat, a few rolling hills. Pace: 10-12 mph or as you choose Regroup: As needed - no drop ride Route: Prairies north and west of Deer Park Eat: First Street Grill Deer Park Map/cue sheet: Yes. Steady rain cancels.

Leader: Eileen Hyatt 509-475-9328

**August 24 West Plains Ramble** Start: 9:00 am Meet: Petro Station - I90 Medical Lake Exit south side of freeway. Park on north end. Pace: 10-12 mph Distance: Approx. 20 miles Terrain: Mostly flat with some upslopes Route: Rural roads south and east of the freeway Eat: Iron Skillet - Petro Station. Rain or excessive wind cancels.

Leader: Margaret Watson (preferred) H 509-624-3793, C 509-279-9773

**August 31 Coeur d'Alene to Post Falls ID Ramble** Start: 9:00 am Meet: Riverstone Park - CdA, Riverstone. I-90, Northwest Blvd exit. Pace: 10-12 mph. Distance: Approximately 20 miles. Terrain: Mostly flat with a few upslopes. Route: CdA to Post Falls on trails and back roads. Eat: Le Peep - Riverstone - CdA. Rain or excessive wind cancels.

Leader: Margaret Watson 509-624-3793 preferred; 509-279-9773

**September 7 Downtown Centennial Trail** Start: 10:00 am (**Note time change**)

Meet: Courtyard Marriott, 401 E Riverpoint Blvd Pace: 10-12 mph Distance: 20 miles

Terrain: Flat trail Route: East from University District on the Centennial Trail Eat: Perkins. Steady rain cancels.

Leader: Betty Ledlin 509-747-4352