

## THURSDAY MORNING Ride Schedule

**July 5 Huckleberry's to Palouse** Start: 9:00 am Meet: Huckleberry's 926 South Monroe St./Eat at the Bistro Pace: 14-16 mph Distance: 23 miles Terrain: Rolling with flats Regroup: We will regroup at determined points Route: from Huckleberry's parking lot on Monroe go south on Lincoln to 25<sup>th</sup> to Bernard. High Drive to Hatch to 57<sup>th</sup> and Helena. 63<sup>rd</sup> to Regal to 65<sup>th</sup> to Regal to Palouse Hwy. Up Windmill to Willow Springs to Palouse. Down Baltimore to Hangman Valley. Highway 195 to Inland Empire Way. Up 7<sup>th</sup> to Oak to 9<sup>th</sup> to Madison and back to Huckleberry's. Rain and excessive winds cancel.

Leader: Gloria Castellaw 509 991-4643

**July 12 Dartford-Half Moon- Greenbluff-CST** Start: 9:00 am Meet: Starbucks at Wandermere {North Division and Hastings} Pace: 12-14 mph Terrain: extremely hilly Distance: 46 miles Description: Dartford to Austin and Half Moon Rd over Highways 395 and 2 to Mt Spokane Rd. Up to Greenbluff for snack /lunch at Harvest House. Continue to Big Meadows Rd. Yale, Bruce, Peone to "Children of the Sun Trail" and finish. Regroup at turns, hills and highways. Heavy rain cancels.

Leader: Steve Lewis 951-295-3534

**July 19 Saltese Loop** Start: 8:30 am (**Note new time**) Meet: Felts Field Pace: 12-14 mph on the flats Distance: 34 miles Terrain: Mostly flat with two moderate hills Description: Felts Field -Euclid-Centennial Trail- Flora-8th Ave -Henry -E 32<sup>nd</sup> and return. Eat: Skyway Cafe Felts Field. Heavy rain cancels. Map provided. Call leader with any questions.

Leader: Garry Kehr 509-990-1474

**July 26 Cheney to Medical Lake Loop** Start: 9:00 am (**Note new time**) Meet: Starbucks in shopping complex on 2816 1st St. Cheney, WA 99004 (about a 25 min. drive from the Perry/29<sup>th</sup> St. area of the South Hill using I-90, exit 270, continuing on to Michael Anderson Mem. Highway for 4.4. miles into Cheney) Pace: 12-14 mph Distance: 27 miles Terrain: country roads, rollers, one long hill from Silver Lake to Granite Lake Description: Betz, Salnave, east side of Clear Lake, rest stop at Medical Lake Waterfront Park. E. Lake St. drop south east of Silver Lake, under I-90, S. Granite Lake Rd to Betz. Eat: Taco Bell close to Starbucks Regroup: At turns and tops of hills. Rain cancels. Leader: Barb Kehr 509-290-1967

**August 2 Medical Lake Loop** Start: 9:00 am Meet: LeFevre Street Bakery 123 S. Lefevre St. in Medical Lake. Pace: 12-14 mph Route: This ride will go to Cheney and back to Medical Lake. Terrain: mostly flat with some rolling hills Distance: 38 miles Eat: Bakery at the end of ride. Heavy rain cancels.  
Leader: Todd Hayes 509-844-7354

**August 9 Greenbluff** Start: 8:30 am **(Note new time.)** Meet: Safeway 10100 N. Newport Highway Description: Children of the Sun Trail south to Fairview with a special view. Fairview to Stoneman to Morgan Prairie View to Forkner, down Moffet to Mt. Spokane, Greenbluff and back to Safeway. Terrain: very hilly Distance: 35-40 miles Pace: 12-14 mph Regroup when needed Eat: lunch on Greenbluff. Heavy rain or smoke cancels.  
Leader: Amina Giles 509-844-4209

**August 16 Hauser Lake** Start: 9:00 am **(Note time change.)** Meet: Mirabeau trail head on the Centennial Trail. From either Pines or Evergreen exits on I-90, go slightly north to E. Indiana and head towards Mirabeau Parkway, also the road to the Valley YMCA. Pace: 12-14 mph Distance: 40 miles Terrain: mostly flat Description: Centennial Trail - Harvard - Euclid - Starr - around Hauser Lake and return same way. Regroup at turns. Stop at convenience store on the way. Eat: Panera Bread. Rain or poor air quality cancels.  
Leader: Lori Carlton Smith 509-954-9645

**August 23 Spangle – Waverly – Prairie View Loop.** Start: 9:00 am Meet: Harvester Restaurant in Spangle. Pace: Steady 12–14 mph. Distance: 31 miles. Terrain: Palouse rollers, +1195 / -1190 ft. Regroup: at turns. Route: Spangle –E Spangle-Waverly Rd – S. Prairie View Rd – S. Old Hwy 195. Eat: Harvester. Map/cue sheet: yes. Rain and/or strong wind cancels.  
Leader: Barb Kehr 509-290-1967.

**August 30 South Hill – Hangman Valley** Start: 8:30 am Meet: Huckleberry's parking lot at 926 S Monroe. Pace: 12-14 mph Distance: 23 miles Terrain: 1196' elevation gain ride up the south hill and down to Latah Creek and back to Huckleberry's Route: Huckleberrys-Madison-High Drive-south and east to Regal Rd -Palouse Highway-Windmill-Willow Springs Baltimore-Hangman Valley up 195-Inland Empire Way, back up to the South Hill to Huckleberry's. No map and cue sheet provided. Regroup at determined points. Eat: Huckleberry's. Heavy smoke, lightening or rain cancels.  
Leader: Lila Meglio 509-378-8665