

July-August 2018

TEAM TUESDAY Ride Schedule

July 3 Old Trails/Coulee Heights Start: 9:00 am. Meet: West side of Coeur D'Alene Park in Browne's Addition Pace: 12-14 mph Distance: ~35 miles Terrain: Flats with some long gradual climbs Regroup: We will regroup at determined points Route: Coeur D'Alene Park to Sunset Blvd. to Government Way continuing up W Trails Rd to N Old Trails Rd to 7- mile Rd to Coulee Hite to N Wood Rd to Four Mound to 7-mile Rd to W Aubrey White to Government Way to Sunset Blvd. to Hemlock back to start. No Map/cue sheet.

Rain and excessive winds cancel. Leader: Gloria Castellaw 509 991-4643

July 10 "Knife and Forker" Start: 9:00 am Meet: Starbucks at Windermere: 12519 N. Division, Ride to Fairview via the COTS Trail and go around Old Bruce Rd., Morgan, Pleasant Prairie, Forker Rd and Moffat. Return around Peone Rd, Mt Spokane, Bruce, Peone and back to COTS off of E 1st in Mead using the Eileen Hyatt connector. Pace: 12-14 mph Distance: 30 miles Terrain: Moderately hilly with frequent regroups. No map. Leader: Jamie Sutherlin 509-742-0126

July 17 Saltese Lake Loop. Start: 9:00 am Meet: Skyway Café parking lot at Felts Field. Pace: Steady, 12-14 mph on flat terrain. Distance: 36 miles. Some significant hills; regroup often. Description: Skyway Café, Euclid-CT-Flora-Henry- loop. Eat: Skyway Café at Felts Field at end of ride. Map and cue sheet will be available. Heavy rain-strong winds cancels.

Leader: Garry Kehr 509-990-1474.

July 24 Big Meadows Loop, Clockwise Start: 9:00 am Meet: Linwood Park, 1100 W Eastmont Way , Pace: 12-14 mph Distance: About 41 miles Terrain: Rolling + some climbing Regroup: As needed Route: Linwood Park - Little Spokane River Dr. - Big Meadows - Harvest House - Lincoln Rd - Linwood Park Eat: Harvest House at about 28 Miles out.

Map/cue: None Leader: Rudie Neumann, 509- 951-7753

July 31 Centennial Trail to Le Peep Start: 8:30 am (**Note start time.**) Meet: Centennial Trail Barker trail head , little less than mile north of I 90 on right. Pace: 12-14 mph avg. with hills. Distance: 45 miles Terrain: flats then 2 steeps with lots of coasting in between. Regroup: Le Peep and top of Upriver and Riverview and as needed. Route: Centennial Trail to Le Peep, 1884 W Bellerive Ln in Coeur D Alene. South on 95 to Upriver to Riverview to Centennial Trail to Barker Rd.trail head. Eat: Le Peep Rain cancels.

Leader: Bill Olsen 509-679-1962

August 7 **2 Spangle - Plaza - Wells Rd. Loop.** Start: 9:00 am Meet: Harvester Restaurant, 410 W 1st, Spangle, WA 99031, Directions to start: Approximately 15 miles south of Spokane, from Hwy 195, turn east onto Cheney-Spangle Rd. Harvester Restaurant is on left. Pace: 10-14 mph. You get to choose how fast and how far. Distance: 18 or 28 miles, Terrain: rolling wheat fields, Regroup: When necessary. **18-mi. Route:** Follow 1st St. to Main, right on Main, stay left to get on Old 195, right on Powers Rd., bear right on Sherman Rd, right on Cheney-Spangle Rd, cross Hwy 195 back to Harvester. **28-mi. Route:** Follow 1st St. to Main, right on Main, stay left to get on Old 195, ride through Plaza, right on Cheney-Plaza Rd (pass under Hwy 195), right on Wells Rd, right on Cheney-Spangle Rd, in 2.7 mi. turn left to stay on Cheney-Spangle as the road ahead becomes Bradshaw, cross Hwy 195, return to Harvester. Eat: Harvester. Map provided. Heavy smoke, rain, or strong wind cancels. Leader: Barb Kehr 509-290-1967

August 14 Fish Lake Trail-Cheney-Betz-Melville Loop. Start: 9:00 am, Meet: Fish Lake Trailhead (Milton St. off Government Way) Pace: Steady, 12-14 mph, Distance: 35.5 miles, Terrain: some hills (rollers), mostly flat, Regroup: when necessary, Route: FLT-Cheney to Washington-Betz-Melville-Hallett-Assembly back to FLT parking lot. Eat: TBD, Map and cue sheet provide. Heavy smoke, rain, or heavy wind cancels. Leader: Barb Kehr 509-290-1967

August 21 Fish Lake Trail-Cheney Plateau-High Bridge Park Start: 8:00 am (**Note time change!**) Meet: Fish Lake Trailhead Government Way/Milton Pace: 12-14 mph Distance: ~36 miles Terrain: paved trail, hills, flats, steep descent, a mile of gravel road, easy climb Route: Fish Lake Trail, Scribner Junction, Cheney-Spokane Rd. back to Fish Lake Trail, stop at Mason Jar in Cheney. Return on Curtis, Anderson, Smythe/Sherman, Taylor, Cedar, rest stop at Eagle Ridge Pines Park, steep descent on Lincoln Way, Qualchan, Cheney/Spokane Rd. over Highway 195, Inland Empire Way, left on 12th, right on Spruce, left on 11th into High Bridge Park. Rideable mile of gravel road then easy climb on W Riverside to Government Way. A paved half-mile back to start. Eat: Mason Jar midway. Inclement weather including heavy smoke cancels. Leader: Lori Carlton Smith 509-954-9645

August 28 Deer Park Start: 9:00 am Meet: Starbucks at Windermere North Division and Hastings Pace: 12-14 mph on flats Distance: 40 miles Description: Mill to Dartford up Hazard to Monroe to Deer Park. Lunch in Deer Park. Return via Cedar, Dennison, Chattaroy to Perry, Little Spokane to Starbucks. Terrain: quite hilly, one hill about a 10% grade. Regroup: often
Rain or heavy smoke cancels. Leader: Amina Giles 509-844-4209

September 4 FLT to Mason Jar, Cheney Start: 9:00 am Meet: Fish Lake Trailhead Government Way/Milton Pace: 12-14 mph Distance: 18 miles out & back, or 32 miles if going all the way to Cheney via Cheney Spokane & the trail. Terrain: gradual grade up to Cheney and down on the return. Heavy smoke or rain cancels. Eat: Mason Jar
Leader: Lila Meglio 509-378-8665