

SATURDAY STEADY AND LEISURELY Ride Schedule

May 5 Charles, Tormey, Hedin Rds & C.T. Extension. Start: 10:00 am. (**Note: earlier start time**). Meet: Sontag Park. From Spokane take Francis & Hwy. 291 to Nine Mile Falls, turn left at Charles Road (bridge) & go 0.3 mile. Pace: 12-14 mph (steady). Distance: 18 miles (option to do more miles on South Bank Rd.). Terrain: Flat to rolling. Map: map and cues for faster or slower riders. Regroup: Occasional. Route: New boat put-in, C.T. (Centennial Trail), Tormey, Hedin, & Charles Rds. Eat: The Tin Cup, 10013 W. Charles Rd. If Rain: Eat first (still meet at Sontag Park), then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@hotmail.com.

May 12 South Hill Circle. Start: 10:00 am. Meet: Mackenzie River Pizza, 2910 E. 57th Ave. (jct. Regal St.), northwest corner of parking lot adjacent to intersection. Pace: 12-14 mph (steady). Distance: 24 miles. Terrain: Flat to a few small hills. Map: map and cues for faster or slower riders. Regroup: Frequent. Route: South Hill plateau meandering circle. Eat: Mackenzie River Pizza. If Rain: Eat first, then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@hotmail.com.

May 19 C.A.R.S.- C.O.S.T. Loop. Start: 10:00 am. Meet: Clark's Fork Restaurant, Hamilton & Cataldo, park along Cataldo. Pace: 12-14 mph (steady). Distance: 24 miles. Terrain: Flat to some hills. Map: map and cues for faster or slower riders. Regroup: Occasional. Route: C.A.R.S. stands for Cincinnati, Addison, Regal, and Standard, though not ridden in that order. C.A.R.S. plus the Children of the Sun Trail yields a thin oval from the Gonzaga area to Wandermere. Eat: Clark's Fork Restaurant. If Rain: Eat first (still meet at Clark's Fork), then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@hotmail.com.

May 26 Deer Park Loops. 2 Start: 10:00 am. Meet: Mix Park in Deer Park. Go north on Hwy. 395 toward Deer Park. Note odometer at the Monroe Rd. and Crawford Ave crossing & continue on 395 for 0.65 mile. Turn right on Dahl Rd. & go 0.75 mile. Turn right into Mix Park. Pace: 12-14 mph (steady). Distance: 20 or 25 miles. Terrain: Flat with gentle grades plus a few short hills. Map: map and cues for faster or slower riders. Regroup: when needed. Route: Country Club-Airport Loop, Montgomery Rd., Clayton, Williams Valley, Burroughs Rd. Monroe Rd. Eat: Rancho Alegre Restaurant, 117 N. Main St. If Rain: Eat first (still meet at Mix Park), then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@hotmail.com.

June 2 St. George's Rd - Fairwood - Wandermere - Peone Loop. Start: 9:30 am. (**Note: earlier start time**). **Note:** This is a State Parks Free Day, no pass needed. Meet: Trailhead located 0.2 mile south of the junction of Waikiki & St. George's Rd. (From northbound Wall St. the arterial becomes Waikiki. At the traffic circle go to Waikiki & continue to junction above, don't take Hatchery Rd, turn left). Pace: 12-14 mph (steady). Distance: 24 miles. Terrain: Flat to gentle grades with ~ 6 to 8 short hills. Map: map and cues for faster or slower riders. Regroup: -Frequent. Route: Fish Hatchery, St. George's Rd., Waikiki, Bellwood, Wandermere, Children of the Sun Trail, Peone Prairie, & return. Eat: Petit Chat Bakery, 9910 N. Waikiki Rd. (behind Exxon station). If Rain: Eat first (still meet at St. George's Rd. trailhead), then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@hotmail.com.

June 9 Riverside Park Loop. Start: 9:30 am. **Note:** This is a State Parks Free Day, no pass needed. Meet: Upper lot, Bowl n' Pitcher. Pace: 12-14 mph (steady). Distance: 17 or 27 miles. Terrain: Flat to some hills. Cue sheet for slower riders. Regroup: Frequent.

Route: Bowl n' Pitcher, then a clockwise loop through the Park. At Seven Mile Rd, choice of returning for a 17 mile option or to C.T. far point for 27 miles. Eat: Fieldhouse Pizza, at Assembly and Wellesley. If Rain: Eat first (still meet at Bowl n' Pitcher), then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@ hotmail.com.

June 16 Centennial Trail - Harvard to Argonne. Start: 9:30 am. Meet: True Legends Grill, 1803 N. Harvard Rd. Pace: go at your own speed. Distance: 23 or fewer miles. Terrain: Flat with some gentle grades. Regroup: Occasional. Route: C.T. to Argonne and return. Eat: True Legends Grill. If Rain: Eat first, then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@ hotmail.com.

June 23 North by Northwest Loop. Start: 9:30 am. Meet: Tom Sawyer Country Coffee, 608 N. Maple (from Monroe, go west on Broadway or College for 6 blocks & turn left). Pace: 12-14 mph (steady). Distance: 21 miles. Terrain: Flat, gentle grades, a few small hills. Map: none. Regroup: Frequent, stay together. Route: C.T., overlook Pettet Drive, Little Garden Café, Downriver G.C., Driscoll, Dwight Merkel, Northwest Blvd, Garland, Drumheller Springs, Corbin Park, Howard, Riverfront Park, Gonzaga, Mission Park, & C.T. Eat: Kendall Yards, t.b.d. If Rain: Eat first (still meet at Tom Sawyer), then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@ hotmail.com.

June 30 Cheney - Columbia Plateau Trail - Lance Hill – Mullinex Loop. Start: 9:30 am. Meet: Yokes (NE corner of Jct. of Hwy. 904 and Cheney-Spokane Rd). From Spokane take I-90 to Exit 270 & go south on Hwy. 904. Turn left at Cheney-Spokane Rd. Yokes is on left. Pace: 12-14 mph, steady. Distance: 28.6 miles. Terrain: Flat to rolling (all paved). Map: map and cues for faster or slower riders. Regroup: Frequent. Route: Cheney-Spokane Rd, C.P.T. (all paved), Cheney-Spangle Rd, 1st Street, Lance Hill Rd, Mullinex Rd., back streets to Yoke's. Eat: El Rodeo Restaurant, 505 2nd St, Cheney. If Rain: Eat first, (still meet at Yokes), then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@ hotmail.com.

July 7 Gateway Park - Riverstone. Start: 9:00 am. (**Note: earlier start time**). Meet: Gateway Park. Take exit 299 from I-90. Park is on north side of freeway. Pace: 12-14 mph (steady). Distance: 28 miles. Terrain: Flat to rolling. Cue sheet for faster or slower riders. Regroup: Occasional. Route: Centennial Trail, suburban streets, newly paved Seltice Way. Eat: Le Peep or Bardenay (mid-ride). If Rain: Eat first (still meet at Gateway Park), then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@ hotmail.com.