

TEAM TUESDAY Ride Schedule

May 8 Idaho Centennial Trail Start: 9:00 am Meet: Falls Park, Post Falls exit 5 off Hwy 90 Pace: Out and back so choose your own pace Distance: 37 miles Terrain: Flat with one medium hill Regroup: occasionally Route: Idaho Centennial Trail east to Higgins Point

Eat: on return in Coeur d'Alene

Alternate: Those wishing a shorter ride join group at 9:45 across from Bardenay Restaurant in Riverstone Park, 20 miles

Rain cancels. Leader: Don Carlton 509-747-5581 or doncarlton@msn.com

May 15 FLT - Cheney-Medical Lake-Vet Cemetery -Loop Start: 9:00 am Meet: Fish Lake Trailhead – Milton Street Trailhead off Government Way, south of Sunset Blvd. Pace: Steady, 12 – 14 mph w/ 16mph on some brief stretches. No-one left behind. Sweep provided. Distance: 48.6 miles. Terrain: some hills, some flat. (1440ft. climb over 48 miles), ending with a fast 2-mile downhill to finish. Regroup: Often. Description: FLT, Cheney-Spokane Hwy, Cheney-Spangle Hwy, Salnave RD, Medical Lake/Four Lakes Rd., Hayford, Westbow, Hallett, Assembly, Grandview, return to start. Eat: bring water and snacks. Lunch afterward TBD by group. Map available. Heavy rain or strong wind cancels. Leader: Garry Kehr 509-990-1474.

May 22nd, Felts-Saltese-Quinimose Hill-Liberty Lake Loop Start: 9:00 am Meet: Felts Field Skyway Restaurant. Pace: Steady, 12 – 14 mph w/ 16mph on some brief stretches. No-one left behind. Sweep provided. Distance: 34 miles. Terrain: Hilly. (1126 ft. climb over 34 miles),. Regroup: Often. Description: Felts Field – Centennial Trail – Henry-Quinimose Rd, Centennial and back. Eat: bring water and snacks. Lunch afterward Skyway Restaurant. Map available. Heavy rain or strong wind cancels. Leader: Garry Kehr 509-990-1474

May 29 Four Mounds Start: 9:00 am Meet: Coeur d'Alene Park in Browne's Addition Route: Government Way to Old Trails Rd. 7-Mile Rd. to the Four-Mounds loop and return. Terrain: hilly Pace: 12-14 mph Distance: +/- 35 miles Eat: carry water and food. Inclement weather cancels ride, call leader if unsure. Leader: Lila Meglio (509) 378-8665

June 5 Saltese- Riverview Loop Start: 8:00 am (Note change of time!)

Meet: Bill Olsen's house 18110 E 11th Ave Greenacres (Head south of freeway on Barker, one mile right on 11th Ave about ½ mile on left) Pace: 10-14 mph Distance: 40 miles. Terrain: flat with some hills including 1 steep climb up Quinimose. Description: Barker, Saltese, Quinimose, coast into Starbucks, Appleway, Riverview, Centennial Trail, Barker, return to start at Bills's house. Leader: Bill Olsen 509-679-1962

June 12 Liberty Lake to Couer d'Alene Start: 9:00 am Meet: Starbucks, 1342 N. Liberty Lake Rd, south of I-90 at the Liberty Lake exit, also accessible also from E Appleway Ave, behind McDonald's in the Safeway strip mall. Pace: 12-14 mph Distance: ~40 miles

Terrain: first half is extremely hilly, last half is flat Route: head east to Post Falls via back roads, W. Riverview from Post Falls with steep ascent to W. Upriver which has a steep descent, then a mile on Highway 95 to Cd'A Centennial Trail to the Bakery By the Lake, next to the Cd'A Library. Return on Centennial Trail. Eat: Bakery By the Lake midway, Starbucks at end of ride

Regroup often. No-one left behind. Sweep provided. Rain cancels.

Leader: Blair Strong 509-220-9082

June 19 Fish Lake Trail-Cheney Plateau-High Bridge Park Start: 9:00 am Meet: Fish Lake Trailhead Government Way/Milton Pace: 12-14 mph Distance: ~32 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 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. Regroup often. No one left behind. Map provided. Eat: Mason Jar midway. Rain cancels.

Leader: Susan Strong 509-990-8877

June 26 Fish Lake Trail to Cheney Start: 9:00 am Meet: Fish Lake Trailhead off Milton Street/Sunset. Route: Fish Lake Trail to Cheney and return Distance: 31 miles Pace: 12-14 mph. Terrain: mostly flat except the short Scribner climb and the slog up the Cheney- Spokane highway. Carry water Eat: Mason Jar midway. Leader: Lila Meglio (509)378-8665