

THURSDAY MORNING Ride Schedule

May 3 C.O.S.T. Loop Start: 10:00 am Meet: Starbucks at Wandermere, 12519 N Division. Description: Children of the Sun Trail south to Fairview with a special view. Fairview to Stoneman to Bruce to Morgan Prairie View to Forkner, down Moffet to Peone, return to C.O.S.T. and Starbucks . Distance: 30 miles Pace: 12-14 mph Regroup when needed Terrain: hilly Eat: Taco Del Mar. Call leader with any questions.

Leader: Jaimie Sutherlin 509-742-0126

May 10 Hangman Loop Start: 9:00 am Meet: Rocket Market, 43rd and Scott (park on street) Pace: 12-14 mph on the flats Distance: 17miles Terrain: hilly Route: Down Hatch, Hangman/Baltimore, Windmill, Palouse, Jamison/Ben Burr, 44th, Cook, Thurston Eat: Rocket Market. Rain cancels. Leader: Don Carlton 509-747-5581

May 17 Deer Park Start: 9:00 am Meet: Starbucks at Wandermere, North Division and Hastings Pace: 12-14 mph on the flats. Distance: 35-40 miles Description: Mill to Dartford up Hazard. Lunch stop in Deer Park then back to Spokane via cedar to Dennison, Chattaroy to Perry, Little Spokane, Starbucks. Terrain: very hilly, one hill about 1/2mile at a 10.5 % grade. Regroup: often on turns and top of hills. Eat: in Deer Park. Rain cancels. Leader: Amina Giles 509-844-4209

May 24 Jaimie's Birthday Ride Start: 9:00 am Meet: The Little Garden Cafe on Northwest Blvd Pace: 12-14 mph Terrain: hilly Distance: ~18 miles Description: Audrey White to Seven Mile Bridge. Centennial Trail to Menach Bridge, Petite to Northwest Blvd. Eat: Euphrata Cafe to celebrate Jaimie's birthday Leader: Robin Walters 509-844-1639

May 31 Big Meadows loop Start: 9:00 am Meet: Safeway at Newport Highway and Hawthorn Distance: ~35 miles Pace: 12-14 mph Description: Hawthorne, Stoneman, Bruce, Peone, Mt Spokane Rd, Bruce, over Greenbluff backside to Big Meadows Rd, Yale to Safeway. Terrain: ne hill up to Greenbluff, rollers. Eat: Stop at The Harvest House for snacks or lunch. Leader: Amina Giles 509-844-4209

June 7 Newman/Hauser Lakes Start: 9:00 am Meet: Mirabeau Trailhead on the Centennial Trail Pace: 12-14 mph Distance: 50 miles Terrain: hilly Description: Newman Lake then Hauser. Bring snacks. Food stop at convenient store on the way. Regroup at turns and big hills. Heavy rain cancels. Leader: Amina Giles 509-844-4209

June 14 Riverside State Park Loop Start: 9:00 am Meet: Tom Sawyer coffee shop at 608 N Maple St in Kendall Yards. Pace: 12-14 mph Distance: ~30 miles Route: Pettet Dr to Riverside State Park. 9-Mile Falls, Charles to the Tin Cup Café and return on Audrey White Pkway. Eat: Tin Cup, 10013 W Charles Rd. Inclement weather of any kind cancels.

Leader: Lila Meglio 509-378-8665

June 21 South Hill Start: 9:00 am Meet: Huckleberrys parking lot at 926 S Monroe. Pace: 12-14 mph Distance: 23 miles Route: South Hill, Hangman Valley loop Terrain: 1196' elevation gain ride up the south hill and down to Latah Creek and back to Huckleberrys 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 Huckleberries. Map and cue sheet provided. Regroup at determined points. Eat: Huckleberries. Rain cancels. Leader: Barb Kehr 509-290-1967

June 28 Spangle/Paradise Loop Start: 9:00 am Meet: Harvester Restaurant in Spangle
Pace: 12-14 mph Distance: 28 miles Terrain: Mostly flat. Regroup at major intersections.
Route: 195 -Paradise-Smythe- Sherman- Anderson- Curtis- Cheney/Spangle. Eat:
Harvester Restaurant at the end of the ride. No one left behind. Sweep provided. Map
and Cue sheet provided. Heavy rain or winds cancel. Leader: Gary Kehr 509-990-1474