

## **WOMEN'S FRIDAY MORNING Ride Schedule**

**May 4 Fish Lake Trail** Start: 10:00 am Meet: Fish Lake Trail, Milton Street Trailhead

Pace: 10-12 mph Distance: 12 - 17miles or more if desired. Terrain: flat Regroup: as needed

Route: Out and back to Scribner Rd & beyond Eat: Browne's Addition

Weather cancellation: steady rain cancels. Leader: Eileen Hyatt 509-475-9328

**May 11 Centennial Trail & Downtown Bike Routes** Start: 10:00 am Meet: Mission Park

(City of Spokane) Pace: 10 mph Distance: 20 miles Terrain: mostly flat Regroup: As

needed; no drop ride Route: Centennial Trail east; Return to meet up with City of

Spokane bike route demo ride noon at City Hall. Join city officials and others on a tour of

downtown bike facilities, new Centennial Trail signage, Kendall Yards, the upcoming

University District Bridge and navigating through/ around Riverfront Park. Eat: Group will

decide Map/cue sheet: No.

Weather cancellation: Call leader. Leader: Eileen Hyatt 509-475-9328

**May 18 Centennial Trail west from Harvard Road** Start: 10:00 am

Meet: Harvard Road Trailhead, Centennial Trail Pace: 10-14 mph Distance: 20 miles

Terrain: mostly flat. Regroup: Every 5 miles. Route: From Harvard Road Trailhead west for

10 miles, then back. Eat: Palenque's, Liberty Lake. Map/cue sheet: No. Weather

cancellation: Rain cancels. Leader: Karen Carlberg karencarlberg@comcast.net, H

624-6989, M 795-4479

**May 25 Centennial Trail east from Millwood** Start: 10:00 am Meet: Millwood Park - 9103

E. Fredrick Pace: 10-12 mph Distance: Approx 16-20 miles Terrain: mostly flat

Regroup: @ Maribeu Park and Harvard Trailhead Route: East on Centennial Trail from

Millwood to Harvard Rd Trailhead Eat: Caruso's @ Argonne & Montgomery Map/cue

sheet: no

Weather cancellation: Steady rain cancels. Leader: Dixie Girdner 509-368-4701

**June 1 Deer Park Prairies** Start: 10:00 am Meet: First Street Bar & Grill, 122 W 1st St,

Deer Park, WA Pace: 10-14 mph Distance: 19 miles Terrain: Many flat areas, a few

rolling hills.

Regroup: As needed - no drop ride Route: Prairies north and west of Deer Park

Eat: First Street Grill Deer Park Map/cue sheet: Yes Weather cancellation: Steady rain

cancels.

Leader: Eileen Hyatt 509-475-9328

**June 8 West Plains Ramble** Start: 10:00 am Meet: Karen's house, 927 S Azalea Dr Pace:

10-14 mph Distance: 17 miles Terrain: Flat to moderately hilly Regroup: At intersections

Route: Rural roads toward Cheney Eat: Bring sack lunch to Karen's house Map/cue sheet:

Yes Weather cancellation: Rain cancels.

Leader: Karen Carlberg karencarlberg@comcast.net, H 624-6989, M 795-4479

**June 15 Centennial Trail East** Start: 10:00 am Meet: Mirabeau Park Meadows (Enter from Pines Rd, south side of Mirabeau Parkway, lot with Park restroom building) Pace: leader 10-12, others self-determined Distance: 20 miles Terrain: mostly flat Regroup: at Gateway Park

Route: Centennial Trail east to Gateway Park, out and back Eat: Panera Bread on Indiana  
Map/cue sheet: no. Weather cancellation: rain cancels. Leader: Elaine Mayes 509-995-8982

**June 22 Northeast Valley Ramble** Start: 10:00 am Meet: Centennial Trail at Harvard Rd.  
Pace: 10-12mph Distance: Approximately 20 miles Terrain: mostly flat Regroup:  
Occasionally Route: Ramble to Stateline via Northeast Valley Roads Eat: Great Legends  
- Liberty Lake at Freeway. No map/cue sheet. Weather cancellation: Rain or excessive  
wind

Leader: Margaret Watson (509) 624-3793 (preferred) or Cell: (509) 279-9773

**June 29 Southeast Valley Ramble** Start: 9:00 am **NOTE TIME CHANGE!**

Meet: Felt's Field Pace: 10-12 mph Distance: Approximately 20 miles Terrain: mostly flat  
Regroup: occasionally Route: Southeast Valley utilizing bikeways Eat: Skyway Cafe  
Map/Cue Sheet: None. Weather: Rain/excessive wind cancels - call ride leader.

Leader: Margaret Watson (509) 624-3793 (preferred) or Cell: (509) 279-9773

**July 6 Trail of the Coeur d'Alenes** Start: 10:00 am - Allow 1 hour 20 minutes to drive from  
downtown Spokane Meet: I-90 to Kingston Exit 43. Trailhead near the Snake Pit, 1480  
Coeur d'alene River Rd, Enaville, ID. Pace: 10-14 mph Distance: Approx 20 miles;  
Riders may choose their own distance/pace on this out-and-back course. Terrain: flat  
Regroup: As needed

Route: West on trail. Eat: Snake Pit. Map/cue sheet: No. Weather cancellation: Steady  
rain cancels. Leader: Eileen Hyatt 509-475-9328

\*\*It would be *most helpful* for leader to know if you are planning on doing this ride.