

September – October 2018

## **MONDAY MORNING Paved Trail Recurring Rides**

***(No ride on Labor Day, September 3)***

Start: 9:00 am for September 10, 17 and 24. **No** scheduled rides in October.

Meet: Centennial Trail – East Maringo Drive Trailhead

Description: Centennial Trail from East Maringo Drive Trailhead to Barker Road Trailhead and return. Mostly flat with 2 short, easy hills.

Pace: 10-12 mph, mostly flat

Distance: 15 miles round trip

Directions to trailhead: north on Argonne from I-90, turn right on E. Maringo Dr., the first street after crossing the Spokane River, or, from intersection of N. Argonne Rd. and E. Upriver Dr, go east on Upriver for .4 mile to Farr Road. Go south on Farr to Maringo, left on Maringo, 1 block to the trailhead.

Eat: This is a calorie-free ride.

***Rain or Air Quality Index above 150 (smoke) cancels.*** Rain cancels. If in question, call.

Leader: Elaine Mayes 995-8982 or 922-1033.