

September – October 2018

## TEAM TUESDAY Ride Schedule

**September 4 FLT to Mason Jar, Cheney** Start: 9:00 am Meet: Fish Lake Trailhead Government Way/Milton Pace: 12-14 mph Distance: 32 miles Route: FLT, Cheney- Spokane Rd, Columbia Plateau Trail to Cheney and return. Terrain: gradual grade up to Cheney and down on the return. Heavy smoke or rain cancels. Eat: Mason Jar in Cheney

Leader: Lila Meglio 509-378-8665

**September 11 Post Falls to Higgins Point** Start: 10:00 am Meet: Post Falls Park

Pace: Leisurely 10-12 mph Distance: 36 miles Terrain: Flat, one hill. Route: Post Falls to CDA via Centennial Trail, CDA to Higgins Point on bike trail. Regroup: as needed. Eat CDA then return. Alternative Meet: Riverstone Park in CDA at 10:45 am

Rain cancels. Leader: Don Carlton 509-747-5581

**September 18 - No Ride Scheduled** - Pick Up Ride encouraged

**September 25 Palouse-Valley-South Hill** Start: 9:00 am Meet: Albertsons at 57th & S. Regal, Pace: 12-14 mph Distance: 29 miles, Description: S. Regal, Windmill, Palouse Hwy, Madison, Dishman-Mica, Sprague, Havana-Yale, Ben Burr Trail, Eat: tbd, No map - regroup as needed, Leader: Sally Phillips 448-6271

**October 2 - No Ride Scheduled** - Pick Up Ride encouraged

**October 9 Cheney to Medical Lake Loop** Start: 10:00 am Meet: Starbucks in shopping complex on 2816 1st St. Cheney, WA 99004 (about a 25 min. drive from the Perry/29th St. area of the South Hill using I-90, exit 270, continuing on to Michael Anderson Mem. Highway for 4.4. miles into Cheney) Pace: 12-14 mph Distance: 26 miles Terrain: country roads, rollers, one long hill from Silver Lake to Granite Lake Description: Betz, Salnave, east side of Clear Lake, rest stop at Medical Lake Waterfront Park. E. Lake St. drop south east of Silver Lake, under I-90, S. Granite Lake Rd to Betz. Eat: Lefevre Bakery and Cafe Regroup: At turns and tops of hills. Map and Cue sheet provided. Rain cancels. Leader: Garry Kehr 509-990-1474

**October 16 Saltese Lake Loop.** Start: 10:00 am Meet: Skyway Café parking lot at Felts Field. Pace: Steady, 12-14 mph on flat terrain. Distance: 36 miles. Terrain: Some significant hills; regroup often. Description: Skyway Café, Euclid-CT-Flora-Henry- loop. Eat: Skyway Café at Felts Field at end of ride. Map and cue sheet will be available. Heavy rain- strong winds cancels. Leader: Garry Kehr 509-990-1474.

**October 23 No Ride Scheduled** - Pick Up Ride encouraged

**October 30 Baltimore Loop.** Start: 10:00 am, Meet: Rocket Market, 43rd and Scott (park on street); Pace: 12-14 mph Distance: 17 miles; Terrain: hilly; Route: down Hatch, Hangman, up Baltimore, Windmill, Willow, Palouse, Jamison, Ben Burr, Myrtle, Julia, 44th, Cook, Thurston, Return. Eat: Rocket Market; Inclement weather cancels!

Leader: Don Carlton; 509-747-5581, [doncarlton@msn.com](mailto:doncarlton@msn.com)