

September – October 2018

## WOMEN'S FRIDAY Ride Schedule

**September 7 Downtown Centennial Trail** Start: 10:00 am Meet: Courtyard Marriott, 401 E Riverpoint Blvd Pace: 10-12 mph Distance: 20 miles Terrain: Flat trail  
Route: East from University District on the Centennial Trail Eat: Perkins  
Steady rain cancels. Leader: Betty Ledlin 509-747-4352

**September 14 Children of the Sun** Start: 9:30 am (**Note start time.**) Meet: On Decatur across from the Skatepark at Harmon Field (Market & Decatur) in Hillyard. Pace: 10-12 mph. Distance: 15 miles. Terrain: some hills. Regroup often. Route: We will ride from the park north on Children of the Sun Trail. Choose to descend and re-climb the last long & steep hill. Eat: DeLeon's Mexican Deli & Grocery, 102 E. Francis. Leader: Susan Strong 509-990-8877

**September 21 North and South Valley Ramble** Start: 10:00 am. Meet: Walmart South Valley - Broadway at Sullivan Southeast corner of parking lot near Lowe's  
Pace: 10-12 mph Distance: Approximately 20 miles Terrain: Mostly flat  
Route: Loop east and south, returning west and north Eat: Panera Bread - Sullivan  
Rain, excessive wind or poor air quality cancels.  
Leader: Margaret Watson H: 509-624-3793 (preferred/home) C: 509-279-9773

**September 28 Medical and Clear Lakes** Start: 10:00 am Meet: South of Medical Lake City Hall, intersection of Lefevre and Hancock Pace: 10-14 mph Distance: 17 miles Terrain: Flat to gentle hills Route: Highway 902, Salnave Rd, Clear Lake Rd loop Eat: Lefevre Bakery, 123 S Lefevre Street Rain cancels Leader: Karen Carlberg [karencarlberg@comcast.net](mailto:karencarlberg@comcast.net), H 624-6989, M 795-4479

**October 5 Mead to Chattaroy** Start: 10:00 am. Meet: Yoke's, Newport Hwy at Mt Spokane Hwy (206) Park in the NW corner of Yokes off Market. Pace: 10-12 mph  
Distance: Approximately 20 miles Terrain: Mostly flat Route: Boston, Colbert, Yale, Elk-Chattaroy - out and back Eat: Cinola's N 14712 Newport Hwy, Mead  
Rain, excessive wind or poor air quality cancels. Leader: Margaret Watson (509) 624-3793

**October 12 Riverside Park** Start: 10:00 am Meet: West Central Community Center, 1603 N Belt St Pace: 10-14 mph Distance: 17 miles Terrain: Moderately hilly with Pettet Drive hill at the end Route: Pettet, Downriver, Aubrey White, to Seven Mile Bridge and back  
Eat: Veraci Pizza, 1333 W Summit Pkwy, Kendall Yards. Rain cancels.  
Leader: Karen Carlberg [karencarlberg@comcast.net](mailto:karencarlberg@comcast.net), H 624-6989, M 795-4479

**October 19 Deer Park Prairies** Start: 10:30 am to allow for drive Meet: First Street Bar & Grill, 122 W 1st St, Deer Park, WA Pace 10-12mph or as you choose: map provided

Distance: 19 miles Terrain: Mostly flat, a few rolling hills. Regroup: As needed

Route: Prairies north and west of Deer Park Eat: First Street Grill Deer Park

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

**October 26 Mellow Valley Ride.** Start: 10:00 am. Meet: Albertsons 32nd and Hwy 27.

Pace: 10 to 12 mph. Distance: 19.8 miles. Terrain: Flat through Valley.

Route: 32nd to Evergreen – 16th – Conklin – Broadway – Flora – Euclid (east) Harvard – return. Neighborhood streets. Eat: TBD. Rain cancels. Call the ride leader if you have questions

Leader: Barb Kehr 509-290-1967.