

March – April 2019

WOMEN'S FRIDAY Ride Schedule

Dates: **March 1, 8, 15, 22 & 29**

Early Spring Centennial Trail ramble ~ if it's a nice day, let's ride!

Start: 10:00 am Meet: Mission Park, City of Spokane on Mission Ave & Perry St.

Pace: 10-12 mph Distance: 10-20; Group's choice

Terrain: Flat to the east; a few rises at bridges to the west Regroup: Yes

Route: Centennial Trail either west or east; group decides Eat: Group choice Map: No

LEADER: MARCH RIDES WILL BE LEADERLESS, AND WEATHER DEPENDENT

Disclaimer: When there is no leader, PARTICIPATE AT YOUR OWN RISK.

April 5 South Side Cruise Start: 10:00 am Meet: Comstock Park – 29th & Howard

Pace: 10-12 mph Distance: 14-15 miles Terrain: Basically flat; some minor hills

Regroup: Occasionally Eat: Lindaman's – 1235 S. Grand Weather: anything except snow

Leader: Betty Ledlin 747-4352

April 12 Mirabeau Park to Stateline Start: 10:00 am. Meet: Mirabeau Park off Pines Road, Mirabeau Parkway (lower parking lot near restrooms) Pace: 10-12 mph Distance: 20 Miles

Terrain: Mostly flat Regroup: Occasionally

Route: Ride will combine both trail and road and heading east to state line. Eat: I-Hop - Valley Mall

Weather: Rain or excess wind cancels

Leader: Margaret Watson (509) 624-3793 (until 1 hour before ride) Cell:(509) 279-9773

April 19 Centennial Trail from Harvard Road to Post Falls Start: 10:00 am

Meet: Harvard Road Trailhead Pace: 10-14 mph Distance: Out and back, 15-18 miles, choose your distance

Terrain: Flat Route: Centennial Trail eastward toward Post Falls Eat: Palenque's, 1102 N Liberty

Lake Rd, Liberty Lake Weather: Rain cancels Leader: Karen Carlberg karencarlberg@comcast.net, H 624-6989, M 795-4479

April 26 Medical Lake Loop Start: 10:00 am Meet: LeFavre Street Bakery, 123 S Lefevre Street, Medical Lake

Pace: 10-12 mph Distance: 15 miles Terrain: Flat to gentle hills Route: Highway 902, Salnave Rd, Clear Lake Rd loop

Eat: Lefevre Bakery. Rain cancels. Leader: Susan Strong 990-8877

May 3 Deer Park Prairies Start: 10:00 am Meet: First Ave Bar & Grill, Deer Park

Pace: 10-14 mph Distance: 17 miles Terrain: Mostly flat, some rolling Regroup: As needed Route: Roads north and west of Deer Park

Eat: First Ave Bar & Grill Map: Yes Weather cancellation: Rain and excessive wind cancels.

Leader: Eileen Hyatt 509-475-9328