

## TEAM TUESDAY Ride Schedule

**Sept. 3:** No Ride Leader.

**Sept. 10: Loop HWY 195/Cheney/FishLake trail** Start: 8:30 AM Meet: Yoke's Market Latah parking lot, 4235 Cheney-Spokane Rd. (adjacent to Hwy 195 Route: Moderate climb out 195 South to Paradise Rd. Curtis Rd. to Mason Jar for refreshments. Return Fish Lake Trail to short gravel section return to Yoke's. Distance: 34 miles. Pace: 12-14 Lighting, rain, extreme weather cancels. Leader: Harry Stickney (509) 230-8709

**Sept.17: Le Peeps/Upriver/Riverview** Start: 8:30 am Meet: Barker Rd. trailhead , little less than mile north of 90 on right. Pace: 12-14 mph avg. with hills Terrain: flats then 2 steep hills with lots of coasting in between. Distance: 45 miles Regroup: La Peeps and top of Upriver and Riverview and as needed. Route: Centennial to Le Peeps, to 95 to Upriver to Riverview to Centennial Trail to Barker Rd trailhead. Eat: Le Peeps .Rain cancels. Leader: Bill Olsen, 509-679-1962.

**Sept.24: Spangle - Rosalia - Malden** Start: 9:00. Meet: Harvester Restaurant, Spangle. Route: Old SR 195 to Rosalia; Malden; return via Wells Rd and Cheney-Spangle Rd. Distance: Approx. 42 miles. Pace: 12-15 mph. Terrain: Hills and rollers, approx. 1300 ft gain. Eat: Bring road snacks; lunch at Harvester Restaurant. Rain, heavy winds, or smoke cancel. Leader: Lori Smith, 509-954-9645.

**Oct. 1: .Spangle to Waverly to Prairie View Loop.** Start: 9 am, Meet: Harvester Restaurant Spangle parking lot. Pace: 12-14 mph on generally flat terrain. Climbs of 2% and 4% for a total of +1195 feet elevation. Distance: 31 miles. Route: Start at Spangle ride to East Spangle Waverly Road, then Prairie View Road and return to Spangle. Rain, heavy winds or poor air quality (greater than 131) cancels ride. Leader: Jim O'Hare, 509-251-4474.

**Oct. 8: Greenbluff Loop.** Start 10:00 AM Meet: Yokes Market Parking Lot 14202 N Market Street One Block east of Newport Hwy off Mt Spokane Park Drive Pace: 13-15 MPH Dist. 28 miles Terrain: Flat and Rolling Hills Mt Spokane Park Drive (State Route 206), Peone Rd, Bruce Rd., Day Mt Spokane Rd to the top of Green Bluff. Stop at Harvest House if it is open. Big Meadows Rd back to Yale Rd. Colbert. Heavy rain and or Smoke will cancel. Questions call ride leader, Joe Schretenthaler, 487-3412 Cell 389-9597.

**Oct.15: Centennial Trail East.** Meet10:00 at Mission Park. Ride Centennial Trail along Upriver Dr. to Arbor Crest stop and rest at the top of climb. Eat snacks. Ride downhill to Lehman then back on Centennial Trail to Mission Park. One steep climb up Fruithill Rd. to Arbor Crest . Pace 12 to 14 mph. Distance: 23 miles.. Rain cancels, Leader: Amina Giles, 509 844 4209.

**Oct. 22: Albertson's to Edgecliff Park to Madison Rd and return. Palouse loop.** Start: 9 am, Meet: Albertson's at East 57th north end of the parking lot. Pace: 12-14 mph on generally flat terrain with some climbing. Three climbs of 3% and one climb of 4% for a total of + 1465' elev. Distance: 28 miles. Route: 57th, to Glenrose Rd, S. Carnahan Rd., E.16th, Appleway Blvd., Dishman Mica Park Dr., Madison Rd.,to E. Palouse Hwy., Willow Springs Rd., Rural Rte 3 and return to Albertson's on E. 57th. Rain, heavy winds or poor air quality (greater than 131) cancels ride. Leader: Jim O'Hare, 509-251-4474.

**Oct. 29:** No Ride Leader.