

September – October 2019

THURSDAY MORNING Ride Schedule

September 5. Centennial Trail East. Meet at 9:30 at Mission Park .Ride: the Centennial Trail East to Arbor Crest up to Fruit Hill Rd. Enjoy snacks and view. Ride to Lehman to Centennial Trail East and back to Mission Park. Distance 20 miles. Pace 12 -14 mph .Rain cancels. Leader: Amina. 509 844 4209.

September 12 No ride scheduled.

September 19th. Fairfield to Latah to Waverly Loop. Start: 9 am, Meet: Thiel Park center location in Fairfield. Pace: 12-14 mph on generally flat terrain. Two climbs of 2% and one climb of 3% for a total of +1197 feet elevation. Distance: 26 miles. Route: Start at N. Railroad Ave, to Gov Moore St., to Truax Rd, to Starr Rd., to S. Wheeler Rd., to E. Market St., to WA-27-N., To S. Prairie View Rd., to W. Portland Ave, to 1st to E. Main St., to S. Railroad Ave to S. Good Samaritan Rd. Cancels: Rain, heavy winds or poor air quality (greater than 131) Leader: Jim O'Hare 509-251-4474

September 26th. Saltese/Quinimose/Riverview loop Start: 9am Meet: Bills house 18110 E 11th Ave, Green Acres, go south on Barker 1 mile to 11th. Take a right. About 1/2 mile, turn left. "Seahawks only" parking sign. Pace: 10-14 mph Distance: 40 miles Terrain: Some hills 1 steep hill. Route: Barker to Saltese, Quinimose. Coast into Starbucks on Appleway. Riverview return Centennial Trail, Country vista to Barker to Bill's house. Leader: Bill Olsen 509-679-1962

October 3rd South Cheney Loop Start: 9:00. Meet: Mitchell's Harvest Foods, 116 W 1st St, Cheney. Route: Mullinix Rd, Williams Lake Rd, Cheney-Plaza Rd, Pine Grove Rd, Cheney Spangle Rd. Distance: Approx. 35 miles. Pace: 12-15 mph. Terrain: Rollers, approx. 800 ft gain. Eat: Mason Jar. Rain, heavy winds, or smoke cancel. Leader: Lori Smith, 509-954-9645

October 10th Greenbluff Loop. Start: 9:00. Meet At Safeway on Newport Hwy, 10100 north of Newport Hwy. Pace 12-14. Distance 45 miles Terrain very hilly. Route Hawthorne Rd to Children of the Sun Trail to Fairwood to see the tigers and bears and lions, to Stoneman to Bruce to Morgan Acres to Forkner to Moffit to Peone up to Greenbluff and back to Safeway . Eat: Harvest House for lunch. Rain cancels. Leader: Amina 509 844 4209

October 17th. Fish Lake Trail to Cheney and return. Start: 9 am, Meet: Milford St off Government Way. Pace: 12-14 mph on generally flat terrain, one hill. Distance: 30 miles. Route: Fish Lake Trail to Cheney. Stop at Mason Jar and return. Rain, heavy winds or poor air quality (greater than 131) cancels ride. Leader: Jim O'Hare 509-251- 4474

October 24 Fish Lake Trial to Cheney and return. Start time: 10 a.m. Ride to Cheney Mason Jar on Fish Lake trail off Milton Street/Govt Way. Distance 30 miles, terrain flat with one big hill, pace 12-14 avg., return on trail, Rain cancels ride Leader: Lila Meglio 509-378-8665

Oct 31 Halloween Ride Start time 10:00. Meet at Indaba Coffee shop by Nettleton St. and Centennial Trail {in Kendall Yards by the playground} WEAR COSTUMES. Ride Centennial Trail to Argonne and back or as far as one likes. Distance: 20+ miles. Pace: Faster enough not to be caught, slow enough to enjoy the looks from others. Treats will be provided. Rain cancels. Leader Amina 509 844 4209