

THURSDAY MORNING Ride Schedule

March 2 Fish Lake Trail and Cheney Plateau Start: 10:00 am Meet: Fish Lake Trail Head (Milton St and Government Way) Pace: 12-14 mph on the level. Distance: 30 miles Terrain: Mostly level with some gentle up and down on the return. Regroup: as needed Eat: Mason Jar in Cheney. Return via Andrus, Spotted Rd, Thorpe, Garden Springs, Grandview, Lindeke to Milton . Snow, ice or steady rain cancels. Leader: Don Barden 206-450-3576

March 9 Centennial Trail Start: 10:00 am Meet: Maringo trailhead on Centennial Trail. Route: to Post Falls and back Distance: about 40 miles Pace: 12-14 mph Terrain: mostly flat Heavy rain cancels. Leader: Gerry Bergstrom 509-995-8118 (cell)

March 16 South Hill–Palouse Loop Start: 10:00 am Meet: Rocket Market 43rd and Hatch Parking OK on side streets. Pace: steady 12-14mph on the level Distance: approx 22miles Terrain: some hills Regroup: at tops of hills and turns. Route: Hatch to 57th, Helena, 63rd to Regal, Palouse Hwy, Windmill and back to Palouse Inland Empire Rd, 7th Maple/High Drive to start. Eat: Rocket Market at end of ride. Snow, ice or steady rain cancels. Leader: Don Barden 206-450-3576

March 23 Amina’s Birthday Ride Start: 10:00 am Meet: Safeway at 10100 N. Newport Highway Pace: 12-14 mph on level Distance: approximately 25 miles Route: Hawthorn to Mill Rd to Dartford, Austin to Perry, Little Spokane and return Mill Road (fairly steep but short) to Hawthorne. Drive to Amina’s house for her famous vegetarian bean soup. Steady rain cancels ride. However lunch is still on at noon. Leader: Amina Giles 467-1980

March 30 Fish Lake Trail and Cheney Plateau Start: 10:00 am Meet: Fish Lake Trail Head (Milton St and Government Way) Pace: 12-14 mph on the level. Distance: 30 miles Terrain: Mostly level with some gentle up and down on the return. Regroup: as needed Eat: Mason Jar in Cheney. Return via Andrus, Spotted Rd, Thorpe, Garden Springs, Grandview, Lindeke to Milton. Heavy rain or winds cancels. Leader: Garry Kehr 509-990-1474

April 6 Centennial Trail Start: 10:00 am Meet: Maringo trailhead on Centennial Trail. Route: to Post Falls and back Distance: about 40 miles Pace: 12-14 mph Terrain: mostly flat Heavy rain cancels. Leader: Gerry Bergstrom 509-995-8118 (cell)

April 13 **2 Spangle Plaza Loop** Start: 10:00 am Meet: Harvester Restaurant, 410 W 1st Spangle, WA - approx 15 miles south on 195. Turn east onto Cheney Spangle Rd. Restaurant on left. Pace: 10 – 14 mph *You get to choose how fast and how far.* Distance: 18 or 28 miles.
18-Mile Route: 1st to Main, right on Main. Stay left to get on Old 195. Rt on Powers Rd. Bear right on Sherman. Right on Cheney-Spangle Rd. Cross Hwy 195 - back to Harvester.
28-mile Route: 1st to Main, right on Main. Stay left to get on Old 195. Ride through Plaza. Right on Cheney -Spokane Rd and pass under Hwy 195. Right on Wells Rd, right on Cheney-Spangle Rd. which becomes Bradshaw. Cross Hwy 195. Return to Harvester to eat. Map provided. Rain or strong winds cancels. Leader: Barb Kehr (Cell) 509-290-1967

April 20 Greenbluff Start: 10:00 am Meet: Safeway at 10100 N. Newport Highway
Pace: 12-14 mph Distance: approx. 30 miles Route: Hawthorne to Stoneman. Bruce to Peone to Mt Spokane. Then Bruce to Day Mt Spokane to Greenbluff and return. Eat: Bring snacks. We can try stopping at Harvest House(not sure if open yet). After ride, stop at Starbucks for snack. Rain cancels. Leader: Amina Giles 467-1980

April 27 Fish Lake Trail and Cheney Plateau Start: 9:00 am **(Note! Change of start time!)**
Meet: Fish Lake Trail Head (Milton St and Government Way) Pace: 12-14 mph on the level.
Distance: 30 miles Terrain: Mostly level with some gentle up and down on the return. Regroup: as needed Eat: Mason Jar in Cheney. Return via Andrus, Spotted Rd, Thorpe, and back. Heavy rain or winds cancels. Leader: Garry Kehr 509-990-1474

May 4th Centennial Trail to State Line Start: 10:00 Meet: Fountain in Riverfront Park
Pace: 12-14 Distance: about 45 ish miles Route: Centennial trail to State Line and back People can go as far as they want and then turn around. Regroup: Various times. Eat: Bring snacks and water – may eat out at end - tba. Leader Lila [509 378-8665](tel:5093788665) (cell) rain cancels