

## WEDNESDAY WOMEN'S Ride Schedule

**NOTE:** Riders, if a ride is not scheduled for the week, please join the Wed. Women's Walk Group for exercise, fun, and lunch.

**Disclaimer:** The Walker's Group is **NOT** a Spokane Bicycle Club sponsored activity, PARTICIPATE AT YOUR OWN RISK. Waiver sheets will be available if you wish to lead a ride, weather permitting, and then join the walkers for lunch. Please wear boots, snowshoes, cleats, walking sticks, etc. for extra stability. Call walk/ride leader if any questions. **All walks/rides start at 10:00 am. Please carpool whenever possible.**

**March 1 Centennial Trail** Meet: Ripples Red Lion on the River parking lot. Bike Route: *Weather permitting:* Ride from Red Lion to Upriver Dam via CT and return. Terrain: Mostly flat, a beautiful spring ride along the river, frequent regroupings. Eat: Ripples on the River  
Ride Leader: TBD Walkers: 3-5 miles on flat trail. Walk Leader: Patty 998-2161

**March 8 Five Mile Area** Meet: Sky Prairie Park, 8501 N Nettleton Ct Distance: 3-5 miles, Route: TBD Walk Leader: Suzanne Cordell, 954-6910. **No planned ride today.**

**March 15 Centennial Trail** Meet: Kendall Yards in front of Central Foods by statue. Distance: 3-4 miles on CT Eat: Veraci Pizza Walk Leader: Katie Albertson, 344-9502  
**No planned ride today.**

**March 22 Riverside State Park** Meet: R.S.P. Bowl and Pitcher, lower parking lot by picnic tables. Must have DISCOVER PASS. Please carpool. Description: rocky, could be muddy, trail, wear boots, some hills. Distance: 3-5 miles Eat: Sundance Golf Course, off HWY 291  
Walk Leader: Jude Holden 466-1127 **\*\*if muddy, may do Cent.Tr.\*\*** Ride: TBD

**March 29 Centennial Trail** Meet: CT/Harvard Rd trailhead Distance: 3-5 flat miles Eat: Legends Sports Grill Walk Leader: Pat Cwik, 714-9707  
Riders: 15-20 miles out and back on CT. Ride Leader: Margaret Watson 624-3793 or 279-9773

**April 5 Painted Rocks** Meet: Painted Rocks Parking area. DISCOVER PASS REQUIRED. Distance: 3-5 miles Route: St. George Trail, some hills, could be muddy, wear boots. Eat: Brown Bag at Jackie's house, directions in Sunday e-mail  
Walk Leader: Jackie Richardson, 467-9707 **No planned ride today.**

**April 12 Turnbull Wildlife Refuge** Meet: parking \$3.00 per carload, Nat'l Parks Pass = free entrance. Walk: 3-5 miles, be prepared for ticks and mosquitoes Eat: TBD  
Walk Leader: Sue Whitney, 991-7288  
Ride Leader: TBD, weather permitting, ride out Cheney-Spangle Rd. and return. Mostly flat. Parking for riders at the IGA store, 116 W. 1<sup>st</sup> St. Cheney.

**April 19 Painted Rocks** Meet: Painted Rocks Parking area. DISCOVER PASS REQUIRED. Distance: approximately 6 miles Route: Hike the scenic trail to the top for brown bag lunch with spectacular views. Hilly, wear boots, walking sticks. Walk Leader: Jill Kassa 342-9198  
**No planned ride today.**

**April 26 Centennial Trail** Meet: Mukagowa Cultural Center/Ft. George Wright Route: Centennial Trail to Cemetery Trail Distance: 3-5 miles Terrain: some hills, wear boots Eat: Cultural Center, brown bag. Walk Leader: Kiyomi, 723-8592 or Joy, 714-623-2675 Riders: Seven Mile Loop - Government Way from Cultural Center, to Aubrey Parkway, Seven Mile Bridge, return on east side of the river, hilly, Distance: 15 miles Ride Leader: TBD

**May 3 South Hill Walk** Meet: Donna's house, 1944 So. Post, Spokane Route: Manito/Canon Hill Parks Distance: 3 miles, easy walk Terrain: Mostly flat. Eat: Brown bag at Donna's house, drinks and dessert provided. Walk Leader: Donna Sinks, 303-842-1196 Riders: South Hill Ramble, leader and route TBD