

July - August 2021

**MONDAY TRADITIONAL RECURRING RIDE**

Name of ride: **Monday Riverside State Park Out and Back**

**New early start time: 8:00 am**

Meet: Little Garden Café (LGC), 2901 W NW Blvd

Terrain: Hilly

Distance: 26 miles

Pace: 12-14 mph on the level

Description: LGC to 9-mile Dam via Aubrey White Parkway, Centennial Trail, including 2.2-mile extension of Centennial Trail to Long Lake/Lake Spokane. Restrooms at LGC, McLellan trailhead N of Seven Mile bridge, and at Long Lake (Nine Mile Recreation Area) Bring your own water and snacks. If the group wishes we can have drinks and snacks at LGC at ride's conclusion.

Regroup: McClellan Trailhead, Carlson Rd., Long Lake, on outbound leg

Weather policy: Ride will be cancelled if steady/heavy rain, high winds, lightning, Snow/ice

Leader: Don Barden. Cell 206-450-3576; home 509-808-2932

**Note: Helmet required on all SBC rides**