

WOMEN'S FRIDAY Ride Schedule

May 3 Deer Park Prairies Start: 10:00 am Meet: First Ave Bar & Grill, 122 W 1st, Deer Park
Pace: 10-14 mph Distance: 17 miles Terrain: Mostly flat, some rolling Regroup: As needed
Route: Roads north and west of Deer Park Eat: First Ave Bar & Grill Map: Yes
Weather cancellation: Rain and excessive wind cancels. Leader: Eileen Hyatt 509-475-9328

May 10 Westwood to Cheney Start: 10:00 am Meet: Westwood Middle School, 6120 S Abbott Rd (just north of W Hallett Rd, and just east of Windsor Elementary School)
Pace: 10-14 mph Distance: 20 miles Route: Hallett, Grove, Andrus, Spotted, Fish Lake Trail to Cheney, 1st, Andrus, Spotted, Hallett Map/cue sheet: No Terrain: Moderately hilly
Eat: Mason Jar in Cheney or Spokane after ride Weather: Rain cancels
Leader: Karen Carlberg karencarlberg@comcast.net, H 509-624-6989, M 509-795-4479

May 17 Felt's Field to South Valley Ramble Start: 10:00 am Meet: Felt's Field Parking Lot - East End Pace: 10-12mph Distance: 18-20 miles Terrain: Mostly flat with a couple of upslopes
Regroup: At least twice Eat: Skyway Cafe - Felt's Field Weather cancellation: Rain or excessive wind Leader: Margaret Watson (509) 624-3793 (Preferred-home); Cell: (509) 279-9773

May 24 Felts Field-CT-Barker-Euclid Loop Start: 10:00 am Meet: Felts Field near Skyway Café, 6105 E Rutter Ave. Pace: 10-12 mph Distance: 20.5 miles Terrain: mostly flat, 524 ft of short climbs, some road and some CT riding Route: Felts Field-East to CT entering trail near Island Trailhead-Barker Rd across river, back along Wellesley to Island Trailhead-cross river and back to Felts Field the way we came. Eat: Skyway Café Map/cue sheet: yes
Weather: rain and serious wind cancels Leader: Barb Kehr 509-290-1967

May 31 Harvester-Powers-Sherman Loop Start: 10:00 am Meet: Harvester Restaurant in Spangle Pace: 10-12 mph Distance: 17.7 miles Terrain: 513 ft of elevation gain, Palouse all the way, starting with 6 miles on Old St Rte 195 Route: Main-Old St Rte 195-Powers-Sherman-Cheney Spangle Rd-across 195 back to Harvester Eat: Harvester Map/cue sheet: yes
Weather: rain, fierce wind cancels Leader: Barb Kehr 508-290-1967

June 7 Cheney to Fish Lake Trail Start: 10:00 am Meet: Cheney at Mason Jar Cafe on 1st Street Pace: 10-12 mph Distance: About 13mi; loop through town may be added
Terrain: nearly flat Route: South on Cheney-Spokane Rd to Fish Lake Trailhead; north on trail & back to Cheney. Eat: Mason Jar Map/Cue sheet: No Weather: heavy rain cancels
Leader: Eileen Hyatt 509-475-9328

June 14 Trail of Coeur d'Alene from the Snake Pit Start: 10:00 am - Allow 1 hour 20 minutes to drive from downtown Spokane Meet: I-90 to Kingston Exit 43. Trailhead near the Snake Pit, 1480 Coeur d'alene River Rd, Enaville, ID. Pace: 10-14 mph Distance: Approx 20 miles; Riders may choose their own distance/pace on this out-and-back course. Terrain: flat Route: Trail west from Snake Pit Eat: Snake Pit Weather: Heavy rain cancels

Leader: Eileen Hyatt 509-475-9328

June 21 North Valley Ramble toward Stateline Start: 9:00 am Meet: WAL-MART - Broadway at Sullivan - East end parking lot near Lowe's Pace: 10-12 mph Distance: 15-20 miles

Terrain: Mostly flat with one short hill Eat: I-HOP - west end of Valley Mall off of main entrance on Indiana Leader: Margaret Watson (509) 624-3793 (Preferred - home); Cell: (509) 279-9773

June 28 Heyburn State Park to Harrison Start: 10:00 am

Meet: Heyburn trailhead for Trail of the Coeur d'Alenes (From southbound Highway 95, a little more than a mile south of Worley, turn left onto West Conkling Road. Continue east and then south; the road becomes Chatcolet Road (do NOT turn left toward Conkling Marina). After the lake is in view, continue to a stop sign. Make a sharp left turn there onto Chatcolet Lower Road. Follow this to a large dirt parking lot. Parking fee is \$5.)

Pace: 10-14 mph Distance: 16 miles; more if you choose Terrain: Flat Route: Trail of the Coeur d'Alenes to Harrison, and beyond if you choose Eat: Lunch, snack, and/or ice cream in Harrison Map/cue sheet: No Weather: Rain cancels

Leader: Karen Carlberg karencarlberg@comcast.net, H 624-6989, M 795-4479

July 5 South City Park Ramble Start: 9:00 am Meet: Comstock Park, 29th Ave & S Post Street parking area. Pace: 10-12 mph Distance: 20 miles Terrain: Loop with some gradual hills, plus optional hilly area. Route: South and east to 57th & Palouse, west to Comstock Park. Optional hilly loop to Manito & Cannon Hill and perhaps Polly Judd Park.

Eat: The Scoop Map/cue sheet: No Weather: Heavy rain cancels

Leader: Eileen Hyatt 509-475-9328