



THE SPOKANE BICYCLE CLUB

SPOKE-N-WORD

September - October 2010

23RD ANNUAL LABOR DAY TANDEM RALLY and RATHDRUM LION'S CLUB PANCAKE FEED

SINGLE BIKES ARE WELCOME

Date: Monday, September 6, 2010 Time: 9:00 a.m.

Start: East Valley High School
15711 East Wellesley, Spokane, Washington

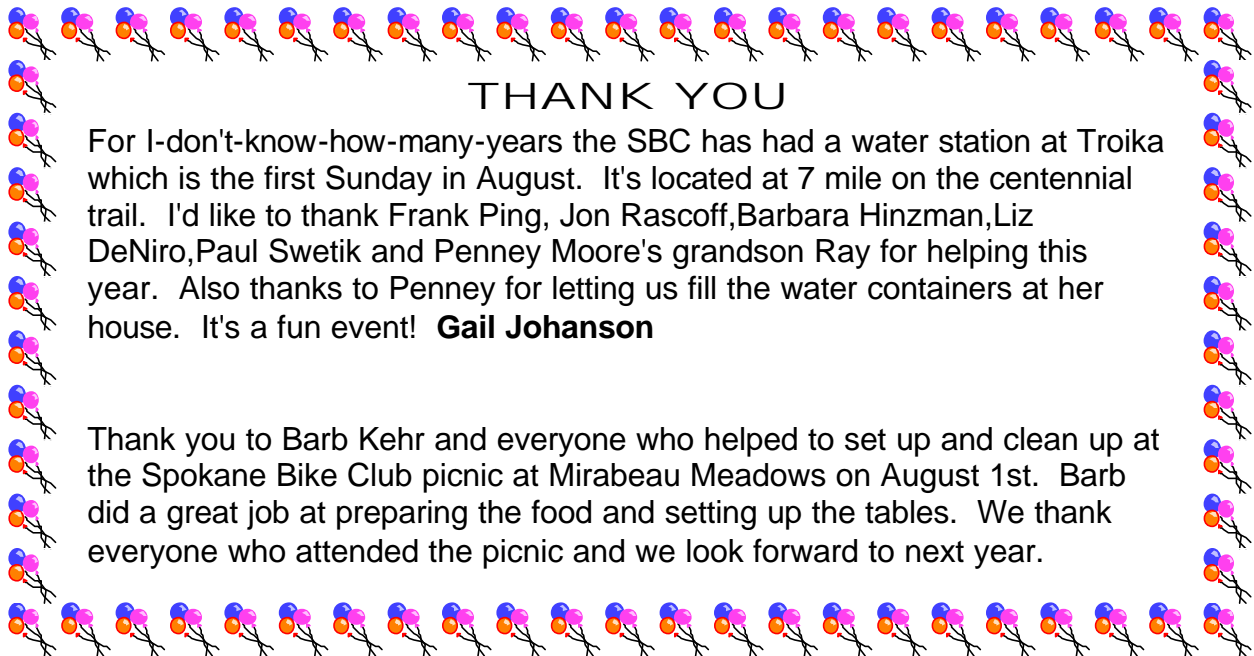
Route: Approximately 30 miles, mostly flat

Fee: Ride is free; breakfast is cheap (probably under \$7.00)

Sponsor: Spokane Bicycle Club

Contacts: Ian Ledlin (509) 747-4352 (eves), (509) 838-6055 (days)

HELMETS REQUIRED



THANK YOU

For I-don't-know-how-many-years the SBC has had a water station at Troika which is the first Sunday in August. It's located at 7 mile on the centennial trail. I'd like to thank Frank Ping, Jon Rascoff, Barbara Hinzman, Liz DeNiro, Paul Swetik and Penney Moore's grandson Ray for helping this year. Also thanks to Penney for letting us fill the water containers at her house. It's a fun event! **Gail Johanson**

Thank you to Barb Kehr and everyone who helped to set up and clean up at the Spokane Bike Club picnic at Mirabeau Meadows on August 1st. Barb did a great job at preparing the food and setting up the tables. We thank everyone who attended the picnic and we look forward to next year.

"Go Green, save paper, help the planet and reduce print costs" by signing up to receive your newsletter electronically.

Homepage: www.spokanebicycleclub.org / Address: Box 62, Spokane, WA 99210

2009 BOARD OFFICERS

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RIDE COORDINATORS

Saturday Road Sally Phillips 448-6271

Sunday Barb Kehr 290-1967

Tuesday Scenic Alice Hostetter 928-4198

Team Tuesday Paul Swetik
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Wednesday Womens Betty Ledlin 747-4352

Thursday Morning Charlie Greenwood
624-8617

Thursday Evening Joe Schretenthaler
487-3412

STAFF

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Send e-mail to sbcnewseditor@yahoo.com

WELCOME TO SPOKANE BIKE CLUB

Margaret Watson 624-3793

MEMBERSHIP Ian Ledlin 838-6055

PROGRAMS Eileen Hyatt 747-3778

EDUCATION Eileen Hyatt 747-3778

EVENT COORDINATORS

The Spokane Bike Club appreciates members who want to take leadership and volunteer roles in club ride events.

LOCATION FOR BOARD MEETINGS FIRST MONDAY OF EVERY OTHER MONTH

October Board Meeting at Linnie's Thai restaurant on 3rd Avenue. Dinner at 5:30 pm, Business meeting starts at 6:00 pm
The location is on west 3rd in downtown Spokane.

CONTACT INFORMATION

Spokane Bicycle Club
P.O. Box 62
Spokane, WA 99210

Address Change Attn: Ian Ledlin
Advertising & Newsletter Information:
Sheila Gates-Ping, sbcnewseditor@yahoo.com

Webmaster: Paul Swetik, pswetik@hotmail.com
And Frank Ping, pingfr@earthlink.net

GENERAL MEETINGS

Business and a program Second Monday of every month,
NOTE MEETING TIME IS 6:30 P.M.

SBC GENERAL MEETING LOCATION

We are back at the Riverview Retirement Center 1801 E. Upriver Drive, and we are in a different room.

PROGRAMS

Monday, September 13th
Bicycle club members are well known for their desire to combine fun, riding, and good food. A Bike-and-Cruise is a great way to experience both. Jennifer Calvert (and friends) will present a slide show of two cruises: to the Caribbean and to Alaska. Get excited about what could be your next big adventure in cycling.

Monday, October 11th
Barb and Chuck Hinzman cruised to Denmark, Ireland and Greenland. They will share their photos, including lots of bikes, at this month's general meeting.

Programs needed! To schedule a presentation, contact Eileen, 747-3778 or embicycle@aol.com

PRESIDENT'S MESSAGE

SBC Presidents Message September/October 2010

Summer rides have ended, but we have some great fall riding planned for September and October, so keep the bike out and join us! Fall has some of the best riding of the year, warm days with beautiful changing colors of our landscape. We have some of the greatest biking anywhere in the country. Enjoy!

I've been gone a lot this summer and missed three successful club activities - the pizza ride, the ice cream social ride and the August picnic/ride. We have almost 200 club members, but it seems difficult to get but a few out for these activities. I thought that by the club providing food as an incentive (bribing), more might turn out. Not so. As most clubs, we have trouble getting volunteers to cover club activities, but I thought free pizza would fix the problem. As for volunteers, filling the ride leaders slots is always a concern. The same few lead most of the rides. As a result, our Sunday rides are reduced because of a lack of leaders. What could the club offer to get more participation?

Join Spokefest on September 12th and celebrate the joy of cycling, the beauty of Spokane, healthy lifestyles and the environment. Last year 1,700 cyclists of every age and ability took part in the second annual SpokeFest! Help make this third annual SpokeFest an even bigger celebration by getting out your wheels and joining them. The ride date is Sunday, September 12th, and there is something for every rider, from the racers to the folks dusting off bikes for the first time this year! Log onto spokefest.org for details and registration information. The club is also looking for volunteers to help with registration and with a SBC booth. This is one way for you to get involved and support the club and your community. Contact Sally Phillips or me if you can help that weekend.

Miscellaneous SBC Trivia - Did you know that:

1991 - first Thursday night rides

1992 - TJ Badger did the most rides

1993 - the newsletter had 10 ads

1997 - the SBC web site opened

1999 - the January/February 1999 newsletter had 24 pages with a table of contents



Bike Stuff for Sale

48cm Cannondale R500t road bike for sale. Triple crank and 21 speeds. Shimano RSX components, SDI shifters, MAVIC CXP-10 rims and 700c x 23 original tires. Low miles and in excellent condition. Call Dick or Kathy Whiteaker at 448-1707.

HELMETS REQUIRED ON ALL CLUB SCHEDULED RIDES

RIDE DESCRIPTIONS: **A** - Mostly flat with possible gentle upgrade. **B** - Rolling hill climbs are short & easy, not too many. **C** - long gentle climbs or short steep hills, moderate upgrades. **D** - Long steep climbs, lots of hill climbing.

Ride leaders—Please use a little more description for rides in addition to the alphabetical indication.

PLEASE MAIL RIDE WAIVERS TO: Barb Kehr at 917 E. 31st Avenue, Spokane, WA. 99203

NOTE: FOR ALL RIDES, WEATHER MAY CANCEL - CALL RIDE LEADER IF IN DOUBT.

When attending rides, please be punctual, meaning arriving so you are ready to ride at the listed time. Allow extra time for signing in, preparing yourself and your bike for the ride. People who arrive late are putting the leader in a bind – either he starts without the late arrival (seems rude to that person), or makes the rest of the group wait for the tardy person to get ready (kind of rude to all the on-time folks). NOTE THE RIDE TIME WHICH IS THE STARTING TIME. (not all rides in a series start at the same time).

SATURDAY ROAD BIKE RIDES

Saturday Road rides vary in pace, but the average is from 14-17 mph. Riders are given a map and occasionally re-group. There is an opportunity to rest and chat at the food stop, usually mid-ride. Note: Pay attention! Times vary, depending on the needs of the ride and the leader.

Sept. 4, 9:00 AM Meet: Rocket Bakery 318 W. Hastings Rd. Description: Deer Park, Eloika Lake, Elk. Rated: B. Mileage: 55 Bring snacks. Leader: Robert Bowley. Phone: 534-5501

Sept. 11, 9:00 AM Meet: Trading Company, 13014 E. Sprague. Description: Hauser and Newman Lakes. Mileage: 55. Rated: C. Leader: Frank and Sheila Ping. Phone: 924-1814

Sept. 18, 9:00 AM Meet: Rosalia Coffee 'N' More. Ride : Palouse for Palouse Days, Kamiak Butte option (Bring hiking shoes). Eat: Bank Left Tea Room or at City Park. Drink: Grumpy's in Garfield on return. Mileage: 65-75. Carpool: 8 AM Coeur D'Alene Park in Browne's Addition. Rated: B. Leader: Charlie Greenwood. Phone: 624-8617

Sept. 25, 9:00 AM . Meet: Falls Park in Post Falls. Take Spokane St exit from freeway, going south. Right turn at first street you come to. Proceed west to parking lot. Description: Post Falls prairie, including new trail, also Liberty Lake. Mileage: 43. Rated: B/C. Eat: somewhere in Liberty Lake. Leader: Gil Walker 208-457-8965

Oct. 2, 10:00 AM . Meet: Trading Company, 13014 E. Sprague. Description: Rockford. Mileage: 40. Rated: B+. Leader: Frank and Sheila Ping. 924-1814.

Oct. 9, 10:00 AM - Meet: Rocket Bakery at 319 W. Hastings Road. Description: Peone, Green Bluff, Little Spokane Loop. See the map at <http://bit.ly/ckruoJ> Rated: C. Mileage: 32. Leader: Hank Greer. Ph: 465-2748. Note: A friend of mine has a peregrine falcon. *IF* he can make it we will stop on Peone Prairie where we will watch him fly the falcon. Check the online version of the ride schedule for an update.

Oct. 16, 10:00 AM . Meet: End of pavement Twin Lakes Road. Ride: Mt. Spokane from the backside on dirt roads. Rated: C-D. Mileage: 40-45. Carpool 9AM Mirabeau Park. Leader: Charlie Greenwood 624-8617.

Oct. 23, 10:00 AM Meet: Albertsons, 57th and S. Regal. Ride: Mt. Hope, Spangle. Rated: C. Mileage: 45. Eat: Harvester. Leader: Bob Massie. Phone: 489-4914.

Oct. 30, 10:00 AM Meet: Freeman High School. Description: Rockford, Fairfield, Worley. Note: expect some dirt road on some of this loop. Mileage: 60 Rated: C. Leader: Sally Phillips Phone: 448-6271

Nov. 6th, 10:00 AM Meet: Rocket Bakery, 1st & Cedar in downtown Spokane. Description: Cheney, Medical Lake via Fish Lake Trail, Clear Lake, Silver Lake Mileage: 52 Rated: B. Leader: Sally Phillips. Phone: 448-6271.

SATURDAY CRUISE RIDES

These rides are an alternative to the longer, faster Saturday rides. They are for all cyclists interested in a casual, moderate mileage (20-40 miles), moderate paced ride. Riders will occasionally regroup. Start points will usually be the same each month but may vary as will start times, so be sure to check each ride description for time and starting location.

September 4, 8:00 AM – Meet: West side of Coeur D'Alene Park, in Browne's Addition. Leader: Jon Rascoff, 447-2767

September 11, 9:00 AM - Meet: Mirabeau Park south parking lot. Leader: Jan Absher, 747-0396

September 18, 9:00 AM - Meet: East side of Mission Park. Leader: Cyrus McLean, 838-0649

September 25, 9:00 AM - Meet: Harvester parking lot right off Hwy 195, Spangle. Leader: Kent Holbrook, 844-7674

October 2, 10:00 AM - Meet: East side of Mission Park. Description: Post Falls, lunch at Templins. Leader: Kathy & Michael Roff, 220-6853

October 9, 10:00 AM – Meet: West side of Coeur D'Alene Park, in Browne's Addition. Leader: Charlie Greenwood, 624-8617

October 16, 10:00 AM -- Meet: Mirabeau Park south parking lot. Leader: Jennifer Calvert, 536-3839

October 23, 10:00 AM – Meet: East side of Mission Park. Leader: Barb Kehr, 290-1967

October 30, 10:00 AM – Meet: Harvester parking lot right off Hwy 195, Spangle. Leader: Jan Absher, 747-0396

SUNDAY RIDES

Note: start times vary. Contact the ride leader for detailed ride information.

Sept. 5th 8:00 AM - Meet: Mirabeau Park to carpool to the Wallace Visitor's Center I-90 exit 61 to arrive between 9:30-10:00. Ride: **CDA Trail to Murray and Northern Pacific Trail to the East Portal of the Taft Tunnel on Lookout Pass**. Eat: Wallace or Mullan. Bring snacks and water for trail. Mileage: 32. Rated: C. Note: Anyone desiring a shorter ride can turn back or intercept the group at Mullan.

Sept. 12th 9:30 AM - SpokeFest in Riverfront Park, Spokane. A family friendly event with a 1 mile, 2.5, 9, 21 and 47 mile options through Riverfront Park and/or Riverside State Park. Register online at www.spokefest.org

October 3rd, 1:00PM - Meet: Coeur d' Alene Park in Brown's Addition. Ride: Fish Lake Trail. Option: Join Cruiser Bike Ride 3PM at the Elk. Mileage: 20. Rated: A. Leader: Charlie Greenwood 624-8617

Deadline is the 18th of the month before publication for all ads, articles and ride events. Please e-mail the newsletter editor, Sheila Gates-Ping at sbcnewseditor@yahoo.com Want or Don't Want Sell Ads are free to club members.

TUESDAY SCENIC RIDES

Pace for the rides is 10-12 mph. All rides meet at 9 A.M. and are 15-20 miles in length. Rides conclude with lunch. Sightseeing excursions are sometimes featured. Riders should wear helmets and bring water. CALL THE LEADER IN CASE OF QUESTIONABLE WEATHER OR FOR ADDITIONAL INFORMATION.

Thursday rides are offered approximately every other week. Call Alice Hostetter (928-4198) for information.

Sept 7, 2010, 9:00 AM, Meet: Sontag Park, Directions: at Nine Mile Falls, Rating: A/C, Mileage: 18-20 mi, Description: Nine Mile Falls Ride, Ride Details: Ride Centennial Trail and Aubrey White Parkway, Eat: TBD, Ph.: 532-1244, Leader: Art and Mary Crane

Sept 14, 2010, 9:00 AM, Meet: Moab Junction: Trent and Starr Rd, Directions: Park on west side of parking lot, Rating: A+, Mileage: 15-20 mi, Description: Hauser Lake Ride, Ride Details: You don't want to miss this popular ride. Eat: Otis Grill (Harvard and Wellesley), Ph.: 536-7292, Leader: Werner Sandross

Sept 21, 9:00 AM, Meet: Petro Station, Directions: I-90 going west. Take Medical Lake exit. Make a left and cross over I-90, Rating: A, Mileage: 16-18 mi, Description: West Plains Ramble, Ride Details: This is a great country ride. Eat: Iron Skillet at the Petro Station, Ph.: 455-7820, Leader: Jerry and Judy Malone

Sept 28, 9:00 AM, Meet: Barlows at Liberty Lake, Directions: From I-90 take Liberty Lake exit. Go left on Appleway. Go right on N. Meadowwood Lane. Park on north side of restaurant. Rating: A+, Mileage: 15-20 mi, Description: Stateline Ride, Ride Details: This ride will include Liberty Lake and beyond (east), Eat: Barlows – 1400 N Meadowwood Lane, Ph.: 928-4198, Leader: Lynn and Alice Hostetter

Oct 5, 9:00 AM, Meet: Riverstone, Directions: off of Northwest Blvd in Coeur d'Alene, Rating: A/B, Mileage: 15-20 mi, Description: Historic Trees #2, Ride Details: This ride will feature historical, unusual, and big trees of Coeur d'Alene, Eat: Bardenay's at Riverstone, Ph.: 1-208-664-5318, Leader: Shirley Sturts

Oct 12, 9:00 AM, Meet: McGlades, Directions: at Day Mt Spokane Rd and Newport Hwy, Rating: B, Mileage: 18 mi, Description: Peone Prairie Loop, Ride Details: Come out and experience a brand new ride in the lovely Peone Prairie, Eat: McGlades, Ph.: 238-6561, Leader: Liz De Niro

Oct 19, 9:00 AM, Meet: Round Table Pizza, Directions: 44th and Regal, Rating: B, Mileage: 18-20 mi, Description: Park to Park, Ride Details: Enjoy many of Spokane's city parks. Eat: Round Table Pizza, Ph.: 448-5645, Leader: Jan Whaley

Oct 26, 9:00 AM, Meet: Argonne Library, Directions: Argonne and Upriver Drive, Rating: A, Mileage: 18-20 mi, Description: Halloween Ride, Ride Details: Ride to downtown and back via the Centennial Trail, Eat: Cyrus O'Leary's, Ph.: 928-4198, Leader: Alice and Lynn Hostetter

TEAM TUESDAY

Team Tuesday rides are for bikers looking for more challenging rides, usually longer and in more difficult terrain than the Tuesday Scenic rides. This is a group ride and the leader will determine the pace and regrouping points, and keep track of riders. Call ride leader if there is a question, as there might be a ride cancellation due to bad weather. Maps may be provided. Starting times will change during the year, so carefully read the scheduled START TIME!

Sept 7 9:00 Team Tuesday Meet: Falls Park in Post Falls. Ride to Higgins Point and return. Rating: A. Mileage 36. Eat: TBD, Leader: Jennifer Calvert, 536-3839

September 14 9:00 Team Tuesday Meet: Diamond Lake Grange - Hwy 2, 30 miles north of the Y, Ride back roads to Newport, Mileage: 30 w/ another 30 option along Pend Oreille River, Eat: Owens Deli or Pizza Place in Newport, Leader: Jamie and Paula Sutherlin 680-3349

September 21 9:00 Team Tuesday Meet: behind (southeast side) Super 1 grocery store on 31st Ave East & Garfield. Ride to scenic Hangman Valley via High Drive, Regal, Palouse Hwy, Windmill, Baltimore, Hangman Valley to Hatch Rd. and back. Mileage: ~28 miles. Rating: B (total ascent ~1530') Eat: Homemade chili and cornbread at Barb Kehr's after ride. Barb Kehr 509-290-1967

September 28 9:00 Team Tuesday Meet: Yokes at Hwy 2 & Market, Ride to Reflection Lake, Mileage: 38, Rated: B+, Leader: Kay Putnam 456-2351

October 5 10:00 AM (note time) Team Tuesday Meet: city park in Fairfield off Hwy 27. Ride: Fairfield - Tekoa Mountain – Waverly. Mileage: 33 with an optional 6 mile out-back trip along Hangman Creek. Truax Rd-Wheeler Rd –Spring Valley Rd - Prairie View. This is Route 10 in the Greater Spokane and Palouse Region Back Roads Cycling Guide. Rated: A/B, Eat: Harvest Moon in Rockford after ride. Leader: Barb Kehr, Cell: 509-290-1967

October 12 0900 Team Tuesday Saltese Lake Ramble, Meet: Leave from Edgecliff Park (corner S. Park and E. 6th Ave.), Route: Dishman Rd., 32nd, Saltese Lake Rd, Barker, Valleyway and Park Rd, Eat: High Noon on Pines, Mileage: Approx. 32 mi., rated "B", Leader: Ken Absher. cell 208-948-5191 home 747-0396

October 19 0900 Team Tuesday Meet: Rocket Bakery near Fairwood on North Side, 319 West Hastings Road, Ride back roads to Deer Park, Mileage: 35, Rated: B, Eat: TBD, Leader: Tim Arneson 991-8917

October 26 1000 (note time) Team Tuesday Meet: Fishlake trail head just off Sunset Hwy., 7.5 Mi. on trail then Spokane-Cheney Hwy. to Cheney. Stop at Chinese Buffet. Leave town on Cheney Spangle Hwy., ride to Curtis Road. Curtis to Anderson to Smyth to Washington to Marshal. Carry bikes over RR tracks to Fish Lake trail and return to start. Approx 33 Mi. rated A-. Leader: Kent Holbrook 844-7674

TUESDAY EVENING PM - RIDE WITH THE MOUNTAINEERS

Note: Rides average 15-20 miles. All rides return before darkness but headlamps are recommended. Helmets required.

September 7th, 6:00 PM—Meet: Church at Bigelow Gulch and Argonne Road. Route: Pleasant Prairie, Forker Road and Bruce/Argonne Road. Rated: B Mileage: 20 miles. Leader: Jane Schelly or Al Koscal 922-3496

September 14th, 6:00 PM—Meet: Church at Bigelow Gulch and Argonne road. Route: Old Argonne Road, Peone Prairie, west on Stoneman Road towards Mead and return on Peone or Mt. Spokane Park Drive and Bruce/Argonne. Rated: B Mileage: 20+ miles. Leader: Jane Schelly or Al Koscal 922-3496

WEDNESDAY WOMENS' AM RIDE/WALK SERIES

NOTE: BEGINNING CYCLISTS ARE WELCOME. On each ride, a shorter route will be offered to women who prefer a less strenuous ride.

September 1, 10:00 AM - FISH LAKE TRAIL, SW COUNTY ROADS

MEET: 2922 West 19th Ave Cyclists: Approximately 14 to 20 miles with longer options. Walkers: Trolley Trail & Neighborhood roads - Approx. 4 miles. EAT: Karen's home, 2922 West 19th Ave Bring your choice of food. LEADER: Karen Carlberg, 624-6989.

September 8, 9:00 AM - FISH LAKE TRAIL & WEST PLAINS

MEET: Fish Lake Trailhead (Just south of Sunset Hwy & Government Way). Cyclists: 20 to 35 miles. Walkers: Approx 4 to 5 miles. EAT: Chaps Restaurant, 4235 S. Cheney-Spokane Road. LEADER: Mary Margaret Boardman, 443-0658.

September 15, 8:00 AM - HEYBURN STATE PARK & CHATCOLAT LAKE BRIDGE

MEET: Betty Ledlin's home, 106 W. 24th for car pooling. Cyclists: 25 - 30 miles. Walkers: 4 to 5 miles LEADER: Betty Ledlin, 747-4352. EAT: Heyburn State Park - bring brown bag for picnic lunch.

September 22, 10:00 AM - CENTENNIAL TRAIL

MEET: Elaine's home, 4223 N. Van Marter. Cyclists: 20 miles. Walkers: 4 to 5 miles LEADER: Elaine Mayes, 922-1033. EAT: Elaine's for lunch.

September 29, 10:00 AM - SOUTH SPOKANE RAMBLE

MEET: Lindaman's Restaurant, 13th & Grand. Cyclists: Approx. 16 miles. Walkers: 4 to 5 miles. LEADER: Stephanie Schuler, 624-4571. EAT: Lindaman's

October 6, 10:00 AM - NORTHSIDE TOUR

MEET: Suzi's home, 1315 W. Woodside. 16 miles. Walkers: 4 miles. LEADER: Suzi Hokonson, 326-2216. EAT: Lunch provided by Suzi.

October 13, 10:00 AM - VALLEYFORD - MICA BIKE TOUR

MEET: Eunie's House, 14912 E Belle Terra, Veradale. Cyclists: 15 to 20 miles. Walkers: Four miles walk on Belle Terre. LEADER: Eunie Hubble. EAT: Eunie's house - bring salad or dessert.

October 20, 10:00 AM - CENTENNIAL TRAIL AND BRIDGE WALK

MEET: Courtyard by Marriott, 401 N River Point Blvd.. Cyclists: Centennial Trail - 20 miles. Walkers: Downtown Bridge Walk - 4.5 miles. LEADER: Gloria Fraser - 979-2652. EAT: Perkins Restaurant, 12 E. Olive.

October 27, 10:00 AM - LIBERTY LAKE TRAIL - HIKE ONLY

MEET: Palenque Restaurant, 1102 N Liberty Lake Road - carpool to trailhead at Liberty Lake Trail. Lakeside Road to Park entrance, then to trailhead. 6.6 mile loop (or shorter distance of out & back). LEADER: Betty Ledlin, 747-4352. EAT: Palenque Restaurant.

THURSDAY AM RIDE SERIES

- pace is 12-15 mph.

September 2nd 10:00AM – Meet: Chewelah City Park. Ride: Waitts Lake. Eat: ? Mileage: 30. Rated: B. Carpool: 9:00AM Wandermere Mall Albertson's. Leader: Wayne Brown 238-6754

Sept 9th, 9:00AM - Mirabeau Trailhead to Hauser Lake - Eat at Hauser Lake - 40 miles - Leader: Tim Arneson 509-991-8917

Sept 16th, 9:00 AM - It will start at the trailhead on Govt. Way and Houston (north of Ft Wright) and do a loop to Medical Lake. We will eat on the way back (near the end of the ride) at Northern Quest Casino. It will be approx. 30 miles and a B. Any questions, let me know. Kay Putnam 456-2351

Sept 23rd, 9:00AM - Meet: Emerson Park in Wilbur. Ride: Keller Ferry, Grand Coulee, Almira Highway, Bagdad Road. Mileage: 72. Rated: C. Carpool: 7:30AM Airway Heights Yoke's bus stop. Leader: Charlie Greenwood 624-8617

Sept 30th, Meet: 9:00AM – Meet Sontag Park at Nine Mile Falls. Ride: Four Mound Prairie: Sontag Park-Riverside Park-Seven Mile Rd-Four Mound Rd-Dover Rd-Charles Rd-Wood Rd-Coulee Hite Rd-Seven Mile Rd-Hwy 291-Sontag Park, Rated: B/A, Mileage: ~38, Eat: TBD, Leader: Barb Kehr 290-1967 NOTE: Bathrooms available only at Sontag Park or Carlson Trailhead (unless a miracle Port-a-Potty appears).

October 7th, 9AM - Leave from Edgecliff Park, 6th & Park Rd. Route and distance dictated by weather. Jan and Ken Absher cell: 208-948-5191.

Oct. 14th, 9AM - Leave from Edgecliff Park, 6th & Park Rd., Dishman-Mica, Palouse Hwy, eat at Maggie's on the South Hill. Level B, 35 miles. Leader: Ken Absher, cell: 208-948-5191.

October 21st, 10:00 AM - Meet: South side of Corbin Park (2900 N. Washington). Ride: North Side Ramble with a "Field Trip". Mileage: 20ish. Rated: A+. Eat: After the ride. Leader: Cyrus McLean, 838-0649. Note: If you are a coffee fan, you don't want to miss the field trip.

Oct 28th, 10:00AM - Meet: Fish Lake Trailhead on Government Way. Ride: Cheney and Betz Road. Mileage: 35-40. Rated: B. Leader: Al Koscal 570-3105, 922-3496

THURSDAY EVENING 6PM RIDES

Note that we don't have a lot of daylight for our evening rides. Please show up ready to ride at 6:00 PM.

September 2nd, 6:00 PM - Meet: Church at Argonne Rd and Bigelow Gulch. Description: Ride the rolling hills of Pleasant and Peone Prairies including a free downhill on Forker Rd to Mount Spokane Park Dr. Distance 20 miles. Leader: Jane Schelly 922-3496.

September 9th, 6:00 PM - SKY PRAIRIE SUNSET RIDE Meet: Just west of Sky Prairie Park at Parkway Avenue and Kyle Street. (From Ash or Maple turn west on Five Mile Road & go about 2.1 miles. Turn right at Parkway and go 0.16 mile to Kyle.) Description: 11 miles, rated "A". Sunset at 7:14 pm. No moonlight, so bring headlamp and rear blinky light. Great sunset views. Eat: Round Table Pizza, 1908 W. Francis Ave. (note: this is 0.25 mile west of Five Mile Hts. Pizza). Leaders: Mary & T.J. Badger, 467-8099.

September 16th, 6:00 PM- Meet: Mission Park Parking Lot Mission & Perry Description: Centennial Trail, Argonne, Liberty, Vista, Euclid, Dora, Rutter, Fancher, Union, Waterworks, Trent, Mission, through Spokane Community College to Greene St, Carlisle to Upriver Dr, and back to Mission Park. Distance: 12-14 miles. Rated A. Eat tbd Leader: Joe Schretenthaler 487-3412

SPOKANE & NORTHWEST AREA RIDE EVENTS

Sunday, September 5th - Great Northwest Fall Tour in Newport, WA. Choose 15, 30, 50 or 85 mile routes through rural Pend Oreille County with food stops along the way and a meal at the finish. Visit the website at www.gnwf.homestead.com

Monday, Sept. 6th - Annual Labor Day Tandem Rally & Rathdrum Lion's Club Breakfast, 9am at East Valley High School. Contact Ian Ledlin for information, call (509) 747-4352 (evenings), 838-6055 (days)

Saturday, Sept. 11th—Kootenai River Ride starts at the Bonners Ferry Fairgrounds with 16, 60 or 100 Kilometer routes near the Kootenai River. Visit the website at www.ruralnorthwest.com/rotary

Sat. & Sun., Sept. 11th and 12th - P.A.G.E Pedal Around a Glacier Eh starts in Nelson, B.C. Canada. A 2-day, 140 mile ride along the Kokanee and Slocan Lakes and over the Selkirk Mountains with an overnight in New Dever. Call (250) 352-7199 or visit www.firstbaptist.kics.be.ca

Sat. & Sun., Sept. 11-12: Cycling for Cystinosis Fundraiser in Sandpoint, ID, 24 hr. team relay ride, 19 mile loop. For more information, to register, or to make a donation, call 208-610-2131 or visit www.24hoursforhank.org.

Sunday, Sept. 12th SPOKEFEST in Riverfront Park, Spokane. A family friendly event with a 1 mile, 2.5, 9, 21 and 47 mile options through Riverside State Park. Register online at www.spokefest.org

Sunday, Sept. 12th - High Pass Challenge. A Cascade Bicycle Club ride gives up to 600 riders 10 hours to pedal 114 miles and 7,500 feet of climbing around Mount St. Helens. Visit www.cascade.org

Sat. & Sunday, Sept. 18th and 19th - Tour de Lacs starts in Spokane with various routes from 40 to 122 miles over 1 or 2 days to the Coeur d' Alene area and back. Some routes include the Centennial Trail and/or a boat cruise on Lake Coeur d' Alene. Visit www.roundandround.com

Sat. & Sunday, Sept. 18-19, MS 150 - Trail of the Coeur D'Alenes in 2 days - 150 miles Web: www.bikems.org benefits the local Multiple Sclerosis Society.

September 21st - 25th WaCanid Ride. A rare international bike tour on the International Selkirk Loop, up to 340 miles or shorter segments. Start in Sandpoint, ID, or at Creston or Nelson British Columbia. Call (888) 823-2626 or visit www.selkirkloop.org

September 25th - 26th Swan Lake Mountain Bike Festival in Republic, WA. A family event with bike clinics, a kids course, poker rides and more. Call (509) 775,7400 or visit www.republicwa.com

Sunday, Sept. 26th - Valleyfest Trail Ride family bike tour on the Centennial Trail starting at 10:00AM with other festivities in Mirabeau Point Park. Choose from 6.8, 8.8 and 15.6 mile routes. Cost is \$10 or \$5 for kids under 11. Visit the website at www.valleyfest.org

Saturday, October 1st - 3rd, Methow Fall Bike and Film Festival. Numerous self-guided and organized rides, including a century and kids bike rodeo. Visit ww.mvsta.com

Sat., October 2nd - Tour de Rock Mountain Bike & Rough Ride at 49 Degrees North Mountain Resort beginning at 11:00 AM. Rides start in Chewelah, up to 10.2 miles of pavement then to top of ski area, with a 4,000 foot climb. Benefits the ski patrol. Call (509) 937-4922 or e-mail doug@shirewood.com

Sat., October 2nd - Manastash Metric Century 50 mile or 62 mile options in a ride along the Yakima River from Ellensburg to Cle Elum and back. Cost \$30. Visit www.drier-ride.org

Sunday, October 3rd - Chewelah Valley Bike Tour Starts 10:00AM in the City Park, choose 25 or 50 mile options from Chewelah to Springdale and back through Stevens County. Supports the Chewelah Lions Club. Contact Becky Washington at rebecca214@centurytel.net

SPOKEFEST 2010

Join us in celebrating the joy of cycling, the beauty of Spokane, healthy lifestyles and the environment. Last year 1,700 cyclists of every age and ability took part in the second annual SpokeFest! Help us make this SpokeFest an even bigger celebration, so get out your wheels and join us. This ride has something for every rider, from the racers to the folks dusting off bikes for the first time this year!

Starting in Spokane's downtown and finishing at SpokeFair on the Post Street Bridge and next to Riverfront Park, SpokeFest riders will travel along some of the region's most memorable roads. SpokeFest was developed with the non-bicycle enthusiast in mind just as much as experienced cyclists. We welcome anyone interested in riding a bicycle and families going out on a group ride for the first time. The route was carefully chosen to be interesting, beautiful and challenging, but not so challenging that first-timers can't make it. The route is easier with training, but it is not required.

Registration: If you have pre-registered, or still need to register, come pick up your packet at **Mountain Gear**, 2002 N Division, Spokane. We will be there on Friday, 9/10 from 5pm-8pm, and Saturday, 9/11 from 3pm-5pm. You can also register and get a packet on the morning of SpokeFest, at the North Entrance to River Park Square on Spokane Falls Blvd, starting at 7am until the ride starts at 9:30 am, if you particularly like waiting in lines. Visit the website at www.spokefest.com for registration and more information.

Volunteers for the SpokeFest are what makes OUR wheels go round.

SpokeFest is a 501(c)(3) non-profit organization which supports bicycle education, bicycle safety, and promotes the many beneficial uses of bicycles for transportation and a healthy, active lifestyle.

Our organization and its goals are supported by sponsorships and donations. Rider registration fees do not cover all of the expenses of SpokeFest. Please consider volunteering or making a donation to support the SpokeFest Association. Donations to SpokeFest are deductible under federal tax law. If you would like to become a sponsor or donor, please contact us.

If you would like to be part of the planning process, or help in the weeks leading up to the event, the day before, or day of the ride, please contact us.

Spok-ed Day

Be ready for Spokefest . . . and beyond. Saturday, September 11, 12:00-4:00 p.m.

Join REI and our local partners for an afternoon of fun and cycling education! On Saturday, September 11 from 12:00-4:00 p.m., our patio will be filled with the people who know about cycling in Spokane! An REI bicycle technician will assist you with a safety tune-up on your bike in preparation for Spokefest. One of our sales specialists will educate you about proper bike fit for all ages and our local chapter of the Fat Tire Trail Riders will give you a hand with the proper fit for your helmet.

In addition to bike safety information, many of our local trail organizations will be in attendance. Spend some time chatting with folks from Fish Lake Trail, the Centennial Trail, the Trail of the Coeur d'Alenes and Riverside State Park. Find new ways to involve your family in Spokane's dynamic cycling community from organizations like Spokefest, the Sunflower Society, Sierra Club Inner City Outings and the Spokane Parks & Recreation Department. The location is at the REI patio, 1125 N. Monroe. For more info, go to [our website](#).

This is a free event so bring your bike, your questions, your friends and your family and spend an afternoon with REI and your Spokane community!

Before the Ride - Come join us for baked goodies, and coffee courtesy of Roast House Coffee, on the morning of SpokeFest, before the ride. Look for us on Spokane Falls Blvd between the Bloomsday statues and the Balazs Fountain.

Four Routes for 2010

- **The Classic River Loop:** This 21-mile route covers some of Spokane's most beautiful riding, including the Aubrey L. White Parkway, Riverside State Park and a finish atop of the Spokane Falls. Start: 9:30 am on Post and Spokane Falls Blvd.
- **Park Loop :** A 1-mile loop entirely within Riverfront Park with an option to extend it to a 2.5-mile loop along the Centennial trail. Neither option will cross or enter any streets. Volunteers will be spread along the route to watch and assist riders. Start: 10:00 am
- **Spokane Falls Option:** Shortcut the Classic River Loop into a 9 mile ride. Start: 9:30 am on Post and Spokane Falls Blvd.
- **Four Mounds Option:** A 26 mile add-on to the Classic River Loop, for a total of 47 miles. Start: 9:30 am on Post and Spokane Falls Blvd.

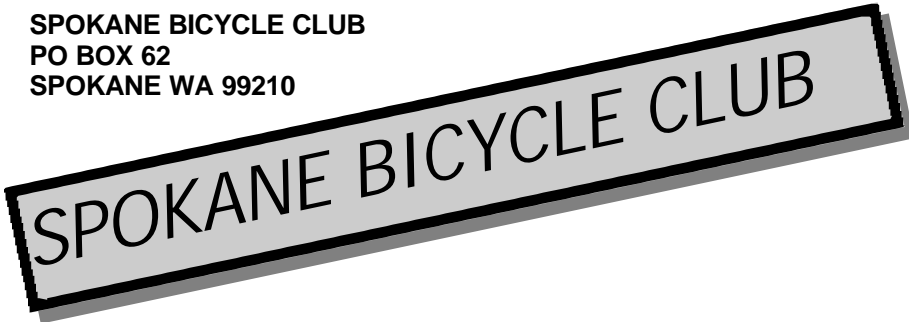
Experience the SpokeFest Park Loop this year. It is a great way to participate in the 3rd annual SpokeFest ride. It is perfect for children, families, and casual riders! The 2.5-mile loop can be repeated if desired (or can be shortened to a 1-mile loop) all within beautiful Riverfront Park and along the Centennial Trail, not crossing any city streets. Along the way there will be plenty of activities including a bike safety rodeo, beanbag-bikebasket-toss, face painting, Hula Hooping, musical performers, and Bubbleman. Kids 12 and under who complete the Bike Rodeo get a cinch sack stuffed with goodies and enter a drawing to win a bike donated by REI. Don't miss it! Starting at 10 a.m. at the Fountain!

After the Ride....

Experience SpokeFair, our finish line festival with live music, food vendors and a group of cycling and sponsor booths. Have fun riding and have fun celebrating cycling in Spokane!

SPOKANE BICYCLE CLUB
PO BOX 62
SPOKANE WA 99210

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SPOKANE, WA
PERMIT #1255



PLEASE PAY DUES WITH YOUR MEMBERSHIP RENEWAL FORM.
~~~ PLEASE RETURN ENTIRE PAGE WITH APPLICATION ~~~

**SPOKANE BICYCLE CLUB APPLICATION FOR MEMBERSHIP**  
(Please print legibly - Expires December 31)

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (     ) \_\_\_\_\_

Email: \_\_\_\_\_

|                                                          |          |
|----------------------------------------------------------|----------|
| <input type="checkbox"/> Individual membership           | \$20.00  |
| <input type="checkbox"/> Family Membership               | \$25.00  |
| Optional Contribution to                                 |          |
| <input type="checkbox"/> bicycle Alliance of Washington  | \$ _____ |
| <input type="checkbox"/> Friends of the Centennial Trail | \$ _____ |
| Total \$ _____                                           |          |

- Check here to be excluded from the published roster.
- Check here to receive the Newsletter by U.S. Mail instead of by e-mail.  
U.S. Mail is slower and the photos are in black & white.

**MEMBERSHIP APPLICATION, RELEASE AND WAIVER OF LIABILITY,  
ASSUMPTION OF RISK AND INDEMNITY AGREEMENT**

In consideration of being permitted to participate in any way in Spokane Bicycle Club ("Club") sponsored activities ("Activity"), I, for myself, my personal representatives, assigns, heirs, and next of kin:

Acknowledge, agree and represent that I understand the nature of bicycling Activity and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe the conditions to be unsafe, I will immediately discontinue further participation in the Activity.

Fully understand that: (a) bicycling Activity involves risks and dangers of serious bodily injury, including permanent disability, paralysis and death ("Risks"); (b) these Risks and dangers may be caused by my own actions, or inactions, the actions of inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the "Releasees" named below; (c) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and responsibility for losses, costs and damages I incur as a result of my participation in the Activity.

Hereby release, discharge and covenant not to sue the Club, the League of American Bicyclists, their respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, any advertisers, and, if applicable, owners and lessors of the premise on which the Activity takes place, (each considered one of the Releasees herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations; and I further agree that if, despite this Release and Waiver of Liability Assumption of Risk and Indemnity Agreement I, or anyone on my behalf, makes a claim against any of the Releasees, I will indemnify, save, and hold harmless each of the Releasees from any litigation expenses, attorney fees, loss, liability damage, or cost which any may incur as the result of such claim.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect. The foregoing applies to all club activities whether or not they involve riding a bicycle.

Participant's signature \_\_\_\_\_ Printed Name \_\_\_\_\_

Participant's signature \_\_\_\_\_ Printed Name \_\_\_\_\_

(Each adult of family membership must sign. Parent or legal guardian must sign if participant is under 18 years.)

Mail completed application and check (20.00 individual, \$25.00 family) to: Spokane Bicycle Club, Box 62, Spokane, WA 99210