

SATURDAY STEADY Ride Schedule

All of these warm weather rides are along creeks, rivers, or lakes with shady trees and hopefully cooling breezes. **Note:** We will be leading an overnight bike tour on the Yakima Greenway on October 27-28. For info to make reservations, contact Mary & T.J. Badger, 467-8099 or badgermary@hotmail.com. (More info in Newsletter under Bike Tours)

July 7 Gateway Park - Riverstone. Start: 9:00 am. (**Note:** earlier time change). Meet: Gateway Park. Take exit 299 from I-90. Park is on north side of freeway. Pace: 12-14 mph (steady). Distance: 28 miles. Terrain: Flat to rolling. Cue sheet for faster or slower riders. Regroup: Occasional. Route: Centennial Trail, suburban streets, newly paved Seltice Way (Spokane River). Eat: Le Peep or Bardenay (mid-ride). If Rain: Eat first (still meet at Gateway Park), then ride. Leaders: Mary & T.J. Badger, 467-8099 or [badgermary@ hotmail.com](mailto:badgermary@hotmail.com).

July 14 Old River Road, N. Fork CdA River. Start: 9:00 am. Meet: Enaville Resort, a.k.a. the Snake Pit. (Take I-90 east to Idaho Exit 43, Kingston, turn left and go 1.5 miles. Note that this is 64 miles from downtown Spokane and you should allow an hour and 10 minutes of driving time). Pace: 12-14 mph (steady). Distance: 27.6 miles. (out and back, ride at your own pace and distance). Terrain: same as gentle gradient of the North Fork CdA River, flat to gentle grades. (all paved). Map or Cue Sheet: No. Regroup: Occasional. Route: up and back on Old River Rd. Eat: Snake Pit. If Rain: Eat first (still meet at Snake Pit), then ride. Leaders: Mary & T.J. Badger, 467-8099 or [badgermary@ hotmail.com](mailto:badgermary@hotmail.com).

July 21 Little Spokane River - 1898. Start: 9:00 am. Meet: "1898"/Kalispel Golf Course (formerly Spokane Country Club), 2010 W. Waikiki Rd. Park car in immediate right hand corner as you drive in. Pace: 12-14 mph (steady). Distance: 16 or 20 miles. Terrain: Flat to gentle slopes with 3 to 4 hills. Cue sheet for faster or slower riders. Regroup: Frequent. Route: Waikiki, Fairwood, Mill, Little Spokane River, Wandermere, Children of the Sun Trail, Hastings, Bellwood, plus optional Highlands, Fish Hatchery, & St. George's Rd. Eat: 1898 Restaurant (at Country Club). No dress code. Breakfast (as low as \$6) menu served until 2 pm. If Rain: Eat first, then ride. Leaders: Mary & T.J. Badger, 467-8099 or [badgermary@ hotmail.com](mailto:badgermary@hotmail.com).

July 28 Plummer – Harrison (31 mi or 16 mi). Start: 9:00 am for 31 mile option; 9:30 am for 16 mile option (wait for main group). Meet: Plummer Trailhead for 31 miles. For 16 mile option, meet at Heyburn State Park, north end. (Note: \$5 permit needed or

Annual Idaho State Parks Pass at Heyburn). From downtown Spokane allow 45 minutes driving time to Plummer via Mica & Rockford; 75 minutes to Heyburn. Pace: 12-14 mph (steady). Distance: 31 or 16 miles. Terrain: Flat to gentle grades, except 630 feet elevation gain for 31 mile return. Map: No. Regroup: Occasional. Route: all on smoothly paved Trail of the CdA's. (Plummer Creek & Lake CdA). Eat: Restaurant in Harrison, to be determined. If Rain: Eat first in Plummer, then ride. Leaders: Mary & T.J. Badger, cell 509-981-8398 or badgermary@ hotmail.com.

August 4 Riverside S.P. Loop – C.T. Far Point. Start: 9:00 am. Meet: Westgate Park, ~5432 W Conestoga Dr. From the intersection of W. Francis and N. Assembly, go north $\frac{3}{4}$ mi. on Nine Mile Rd. Turn left onto Rifle Club Rd, go 1 block, left on Old Fort Dr., go 1 block, and right on Conestoga Dr. Pace: 12-14 mph (steady). Distance: 16-26 miles. Terrain: gentle slopes to some hills. Cue sheet for faster or slower riders. Regroup: Often. Route: Clockwise route through Riverside State Park (16 mile option), loop plus Centennial Trail to Nine Mile Recreation Area for 26 mile option. (Spokane River & Long Lake). Eat: Fieldhouse Pizza, 4423 W. Wellesley Ave. (at Assembly and Wellesley). If Rain: Eat first (still meet at Westgate Park), then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@ hotmail.com.

August 11 Trail of the Coeur d'Alenes. Start: 9:00 am. Meet: Cataldo Trailhead of Trail of the CdA's. From downtown Spokane, allow 65 minutes driving time. Pace: 12-14 mph (steady). Distance: 27 miles or opt to do less. Terrain: Flat to gentle grade along CdA River. Map: No. Regroup: Occasional. Route: Out and back to Bull Run, then to Snake Pit (or less) and back Eat: Snake Pit or CdA location, TBD. If Rain: Eat first (still meet at Cataldo T.H.), then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@ hotmail.com.

August 18 Latah Creek. Start: 9:00 am. Meet: Chaps Restaurant, 4237 Cheney-Spokane Rd. (just south of Yokes). Pace: 12-14 mph (steady). Distance: 17 miles or 21.4 miles. Terrain: Flat with some hills. Map: No. Regroup: Occasional. Route: Hwy. 195, Hangman Valley, Qualchan G.C., Inland Empire Way. Eat: Chaps. If Rain: Eat first (still meet at Chaps), then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@ hotmail.com.

August 25 Columbia Plateau Trail - Lance Hill - Mullinex - Cheney Loop. Start: 9:00 am. Meet: Trailhead at Fish Lake on C.P.T. From Spokane go south on Hwy. 195, turn right on Cheney-Spokane Rd. & go ~8 miles. Turn left on Meyers Park Rd. & go 0.1 mi. **Note**: this is a Free Day for State Parks, so Discover Pass NOT needed to park here today. Pace: 12-14 mph (steady). Distance: 28.6 miles or 19.6 miles. Terrain: Flat to rolling. Regroup: Occasional. Route (All paved): C.P.T., Hwy. 904, Lance Hill Rd, & Mullinex Rd., (short route skips), Cheney. Cue sheet for faster or slower riders. Eat: El Rodeo Restaurant, 505 2nd. Street, Cheney. If Rain: Eat first, (still meet at trailhead at Fish Lake), then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@ hotmail.com.

September 1 Hauser Lake Loop – Newman Lake Vistas. Start: 9:30 am (Note time change). Meet: Curley's Restaurant, 26433 W. Hwy 53, in Idaho. Directions: From Trent & Starr, continue east on Trent for 3.0 miles. (1.6 miles from the WA-ID line). Park on west side of Curley's. Pace: 12-14 mph (steady). Distance: 23.4 miles. Terrain: Flat with some hills. Maps: for faster or slower riders. Regroup: Occasional. Route: Newman Lake Arm, Honeymoon Bay, E. Newman Lake Drive Boat Launch, Hauser Lake. Scenic views of 2 lakes. Eat: Curley's. If Rain: Eat first (still meet at Curley's), then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@ hotmail.com.