

July-August 2018

SATURDAY STEADY TO BRISK Ride Schedule

July 7 Elder Road - Southside Hills (dirt roads – mtn bike suggested). Start: 9:00 am

Meet: Albertsons, 57th & S Regal. Pace: 10-15. Distance: 25 miles Terrain: very hilly. Regroup at turns, as needed. Description: Valley Chapel, Elder Road, Palouse Highway. About 1/3 of ride is on steep dirt rollers. Eat: Homemade ice cream sandwiches at Sally's house after ride.

Leader: Sally Phillips 448-6271.

July 14 Mount Spokane by Mountain Bike Start: 8:00 am **Note time change** Meet: Mt. Spokane High School Pace: slow ride up, fast ride down Distance: 52.65 miles Terrain: big climb up Mt. Spokane. Fast downhill. Description: Mt. Spokane on Forest Service Roads. See route: <https://www.strava.com/routes/13786632> Eat: Pack a lunch. You'll be hungry by the time we get there.

Leader: Charlie Greenwood, 624-8617

July 21 2 Hayden Lake Loop Start: 8:00 am Meet: Falls Park, 305 W 4th Ave., Post Falls, ID Pace: 13-15 mph Distance: 49 miles total **NOTE**: About 26 miles to ride ONLY the scenic "Hayden Lake loop". You are welcome to join us at Finucane Park, 550 E Prairie Ave, Hayden. We will stop there for water approximately 60-75 minutes after start time. Terrain: city streets, mostly flat, until Hayden Lake circuit, which features numerous ups, downs, on winding paved road. Description: Post Falls-CDA-Hayden Lake (counterclockwise) Eat: Daanen's Deli, @Prairie & Wayne Dr., (3-4 blocks east of Hwy 95), on our return trip. Bring snacks and WATER (Expect hot day).

Leader: Bob Bowley, 534-5501

July 28 CDA-Fernan Saddle Start: 8:00 am Meet: Starbucks in Liberty Lake, 1342 N. Liberty Lake Rd. Pace: 14-16 mph Distance: 55-65 +/- miles, depending on whether you climb Saddle. Terrain: flat route on the trail and quiet roads to Coeur d'Alene then on to Fernan Lake, with a sustained 5- mile climb to Fernan Saddle. Eat: Coeur d'Alene.

Leaders: Sheila and Frank Ping, 924-1814.

August 4 Cheney, Williams Lake Start: 8:00 am Meet: Milton St Fish Lake Trailhead. Pace: 14-16 mph Distance: 65 miles Terrain: Climb up to west plains, rolling hills. One steep climb out of Williams Lake. Regroup at turns. Description: West Plains, Cheney, Williams Lake, Mullinex, Return via Silver Lake and Four Lakes. Eat: Klinks at Williams Lake. Bring water and snacks. Leader: Sally Phillips, 448-6271.

August 11 Trail of the Coeur d'Alenes Start: 8:00 am Meet: Yokes at McDonald and E. Sprague then carpool to Plummer. Pace: 14-16 mph Distance: 50-60 miles Terrain: Flat, and a moderate climb back up to Plummer. Description: Trail of the Coeur d'Alenes. Eat: Harrison; bring plenty of water and snacks.
Leaders: Frank and Sheila Ping, 924-1814.

August 18 Deer Park, Williams Valley Start: 8:00 am Meet: Starbucks at Wandermere, 12408 N. Division. Pace: 12-14 mph. Distance: 40 miles. Terrain: Flat with some steeper hills. Description: Hastings Rd, Mill Rd, Little Spokane River Dr., Perry Rd, Deer Park Milan Rd, Crawford Rd, Short Rd, Montgomery Rd, Hwy. 2, Williams Valley Rd, Burroughs Rd, Monroe Rd, Austin Rd, Ballard Rd, Dartford Dr, Mill Rd, Hastings Rd. Eat: tbd. Regroup at turns.
Leader: Sally Phillips, 448-6271

August 25 Idaho Centennial Trail Mountain Bike Start: 8:00 am Meet: Yoke's at Sprague and McDonald. Carpool to Thompson Pass. Pace: 10-12 mph Distance: 22-25 miles Terrain: Hilly – see link to map. Description: Idaho Centennial Trail, Cooper Pass, F. S. 7623 to Cooper Gulch, Prospect Creek Road (Highway 471). Possible side trip to Glidden Lakes. Map: <https://goo.gl/maps/g7Ay3st3x8R2> Eat: Murray before or after the ride.
Leader: Charlie Greenwood, 624-8617

September 1 Greenbluff, Big Meadows, Little Spokane Loop. Start: 9:00 am. **Note time change.** Meet: 7903 E Princeton, leader's home. Pace: 12-14 mph Distance: @60 miles Terrain: a couple stout climbs, very scenic, usually light traffic. Return leg is easy riding...all the work is the first half. Description: Up Argonne to Bruce, Greenbluff Rd, Dunn Rd, Big Meadows, Sands, Tallman, Elk Chattaroy, Cross Hwy 2 to N. Glenn, Little Spokane Dr, Shady Slope and on to Children of the Sun Trail and home, down Freya to Upriver Drive and back to my house Eat: bring pocket snacks. We can find a place to get water, but not many food options. No map, but regroup as needed – nobody left to the vultures.
Leader: Paul Brunton, 953-9564