

SATURDAY STEADY TO BRISK Ride Schedule

May 5 Newman Lake Start: 9:00 am Meet: Mirabeau trailhead on CT, east lot Pace: 12-14 mph Distance: 42 miles Terrain: Hilly around the lake. Description: east on CT, loop around lake, back on Wellesley, Mission Eat: bring pocket snacks. Stop at convenience store.

Leader: Sally Phillips, 448-6271

May 12 Rockford-Spangle on dirt and gravel roads Start: 9:00 am Meet: Rockford at HydroStraw, 22110 S State Route 27 (on your right entering Rockford) Pace: about 10 mph Distance: 39.8 miles Terrain: hilly, challenging, steep Description: Rockford to Spangle via E Keevy Rd and back to Rockford via E Watt Rd through Fairfield on dirt and gravel roads (might adjust route depending on weather). Mtn bike recommended. Eat: tbd, we ride by Spangle Saloon and by store in Fairfield and/or we can eat after ride in Rockford

Leaders: Ed Lee, 509-710-3875 Sigrid Shearn, 509-999-6332

May 19 Greenbluff Loop Start: 9:00 am Meet: Mt. Spokane high school on E. Mt. Spokane Park Dr./206. Pace: 12-15 mph. Distance: 50+/- miles. Terrain: Hilly. Description: Bruce Rd., Greenbluff loop, Big Meadows, Yale, Woodard, Bernhill, Boston, and Greenbluff Rd. Eat: Bring plenty of water and snacks. We will stop at the Harvest House to refill water etc.

Leaders: Sheila and Frank Ping, 924-1814.


May 26 Wolf Lodge Bay Loop Start: 9:00 am Meet: Falls Park, Post Falls. Pace: 14-15 mph Distance: 48-60 miles, weather permitting Terrain: Mostly flat to rolling... until 2 testy climbs east of CDA (2nd Climb is 1 mile of gravel). Description: Post Falls-CDA- Wolf Lodge Bay Loop. Note: Route includes 2 miles on I-90 shoulder (at least once) Eat: tbd

Leader: Bob Bowley, 534-5501

June 2 Mtn bike ride to Reardan Mule Days Start: 9:00 am Meet: Sandifur Bridge parking lot, Riverside and Clarke. Pace: 10-12 mph Distance: 54 miles Terrain: rollers. Regroup as needed. Description: Rollicking, possibly muddy but definitely scenic dirt roads to Reardan to enjoy the community Mule Days celebration. Eat: Dean's Drive In. Map: maybe. Bad weather, call leader to confirm. Leader: Charlie Greenwood 624-8617

June 9 Coeur D'Alene Casino to Trail of CdA loop on paved and gravel roads

Start: 9:00 am Meet: Coeur D'Alene Casino Resort parking lot (towards the back) near Circling Raven Golf Club Pace: around 15 mph, slower on the gravel Distance: 56.6 miles Terrain: hilly Description: paved and gravel roads from Casino to Conkling Marina and Resort, Trail of the Coeur D'Alenes from Chatcolet to Plummer, gravel and paved roads back to casino. Hybrid, cyclocross or no-so-skinny tire road bike suggested Eat: Conkling Marina and Resort and/or casino after ride Leaders: Ed Lee, 509-710-3875 and Sigrid Shearn, 509-999-6332

June 16 Suncrest – Tum Tum  NOTE- There are 2 options for this ride. Start: For leader's option: 9:00 am at Midway Elementary School, 821 E Midway Rd, Colbert, WA

Self-start (shorter) option: 10:00 am at intersection of Swenson Rd & Jergens Rd. Directions: Drive Hwy #291 ("9 Mile Rd") from NW Spokane passing by "9 Mile Falls/ DAM" and up "Big Sandy" hill. Swenson Rd is on the right after you crest the hill. PARK at the S end of Rosauers lot. RIDE North (yes, uphill) approx. 1.5 mile. Jergens Rd will be on left (west) side. Long

riders will come out from McKenzie Rd (1 mile further north) turning south to meet you at Jergens Rd. **NOTE: Let Bob know if you are doing the shorter option, so he will know to watch for you.** Pace: 14-16 mph Distances: Returning to Rosauers (via Double Trouble)=60; Rosauers (w/DT bypass)=65; Long= 77 miles Terrain: some flat, mostly rolling and at least 3 low gear climbs.(Yes, descents too.) Description: Suncrest-Tum Tum- Corkscrew Canyon-Ford-Springdale-Loon Lake-Williams Valley Loop. Eat: Bring snacks; we may find food in Tum Tum. Stops in Springdale & Loon Lake are planned.

Leader: Bob Bowley , 534-5501

June 23 Coeur d'Alene via Riverview Start: 9:00 am Meet: Yokes grocery store at McDonald and Sprague. Pace 12-15 mph. Distance: 50+/- miles. Terrain: Hilly, long climbs, to moderate. Description: Ride to Liberty Lake, Stateline then over W. and E. Riverview to Coeur d'Alene, and back on Seltice, Centennial trail and by the river. Eat: TBD in Coeur d'Alene. Bring water. Leaders: Sheila and Frank Ping, 924-1814

June 30 Steptoe Butte Start: 9:30 am (**Note time!!**) Meet: Harvester in Spangle.

Pace: 14-16 mph Mileage: 83 miles Terrain: Rolling hills with one hard mile climb up the Butte. Regroup: at turns. Description: Spangle via Old 195 to Rosalia, scenic backroads to Oaksdale and Steptoe Butte. Eat: Oaksdale (twice). Bring pocket snacks and plenty of water. Map provided. Weather cancellation: nothing short of a tornado. Leader: Paul Brunton 953-9564

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

Meet: Albertsons, 57th & S Regal. Pace: 10-15 mph 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.