

September – October 2018

SATURDAY STEADY TO BRISK Ride Schedule

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. Down Freya to Upriver Drive and Paul's home. Eat: bring pocket snacks. We can find a place to get water, but not many food options. No map, but regroup as needed. Leader: Paul Brunton, 953-9564

September 8 Conkling Marina 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 or not-so-skinny tired road bike suggested Eat: Conkling Marina and Resort and/or casino after ride Leader: Ed Lee, 509 710 3875 and Sigrid Shearn, 509 999 6332

September 15 4th of July, Beauty Bay Mtn Bike Ride Start: 9:00 am Meet: Yokes at Sprague and McDonald. Carpool to Wolf Lodge Bay Point, 1/4 mile South I-90 from Highway 97 exit. Pace: 10-12 mph Distance: 25-50 miles, depending on the mood of the group. Terrain: hilly. Description: Fourth of July Pass on back roads, Killarney Peak, Beauty Saddle, Beauty Creek, Beauty Bay. Possible side trip to Killarney Lake, and the town of Rose Lake. Eat: tbd, bring water and snacks. Leader: Charlie Greenwood, 624-8617

September 22 Milan, Elk-Chattaroy Loop Start: 9:00 am Meet: Starbucks, 12519 N. Division Pace: 14-15 mph Distance: 45 miles Terrain: rolling and some hills Description: Milan-Elk/Chattaroy loop Eat: bring water and snacks Leader: Bob Bowley, 534-5501

September 29 Trails Post Falls to CDA (Cross or Mtn. Bike Ride) Start: 9:00 am Meet: Falls Park at 305 W. 4th Ave. Post Falls, Idaho. Pace: 12-15mph. Distance: 20-30 miles. Description/Terrain: Flat to a little climbing. Ride on some pavement through neighborhoods in PF to Mill River then on gravel trails along the river to Riverstone in CDA. Ride back on the Prairie Trail, past highlands and back to the park. Eat: CDA at a place in the Riverstone development. Call ride leader if it rain is predicted. Leaders: Sheila and Frank Ping 924-1814

October 6 Rockford, Fairfield, Latah Start: 10:00 am **Note time change!** Meet: Freeman High School, off Hwy 27 Pace: 15 mph Distance: 50 miles Terrain: rolling hills, 2216 ft of climb Description: Rockford, Fairfield, Latah. Hwy 27, with some backroads – Molter, Truax, Wheeler. Eat: convenience store in Fairfield. Map & regroup as needed. Leader: Sally Phillips 448-6271

October 13 2 Riverside State Park + Coulee Hite Start: 10:00 am Meet: Indaba Coffee at 419 N Nettleton St. Pace: 12-14 mph Hilly terrain. Will regroup at major turns. Route: Summit Parkway to Government Way to Old Trails Rd. -Inland Rd-Seven Mile -Wood Rd-Charles. Stop at Tin Cup Cafe in Nine Mile Falls. Seven Mile Rd back thru Riverside State Park. Pass golf course. Centennial Trail back to ride start. Ride leader's discretion to add miles on Four Mound-Coulee Hite if weather permits. Rain cancels. Distance: Short ride 32 miles, Long ride about 44 miles. Ride leader: Lila Meglio 509 378 8665

October 20 Cheney via Cedar, Andrus Start: 10:00 am Meet: west end of Coeur d'Alene Park, Browne's Addition Pace: 15 Distance: 41 Terrain: Long climb up Cedar, steep one on Grove, rolling hills, 1800 ft elevation gain. Description: Inland Empire Way, Cheney-Spokane, Cedar, Taylor, Washington Gardner, Grove, Andrus. Back on Fish Lake Trail. Eat: Mason Jar. Bring snacks and water. Leader: Sally Phillips 448-6271

October 27 Hauser Lake Fall Leaves Loop. Start: 10:00 am Meet: Yokes on corner of McDonald Rd. and E. Sprague. Pace: 15mph. Distance: 30-35 miles. Terrain/Description: Gradual climbs over and around Hauser Lake to see the fall colors. Option to do more climbing around Newman (53). Eat: after the ride, place TBD. Call or email if rain or snow is possible. Leaders: Frank and Sheila Ping 924-1814

November 3 John Wayne Trail Mtn Bike Ride. Start: 9:00 am **(Note time!)** Meet: Sandifur Bridge parking lot, off Clarke St. Carpool to Rosalia. Pace: 10-12 Distance: 35 Miles. Terrain: flat, but unpaved. Description: Mountain bike back roads from Rosalia to Tekoa. Return on the former John Wayne Trail (now called Palouse to Cascades Trail) Eat: Tekoa. Leader: Charlie Greenwood, 624-8617