

## **SATURDAY STEADY TO BRISK Ride Schedule**

**March 4 Cheney Ride** Start: 10:00 am Meet: Caffe Capri in Brownes Addition, 2001 W. Pacific. Pace: 12-14mph. Mileage: 30. Terrain: gradual climb onto West Plain, then mostly flat. Regroup at turns. Description: Ride to Cheney, either on Fish Lake Trail or Spokane-Cheney Rd, depending on road conditions. Eat: bring pocket snacks. Probably a lunch stop as well. Leader: Bob Massie, 489-4914.

**March 11 Madison/Dishman-Mica** Start: 10:00 am Meet: Trading Company, 13014 E. Sprague. Pace: 14-16mph. Mileage: 21. Terrain: one long climb on Hwy 27, Palouse hills. Regroup at turns. Description: Hwy 27, Palouse Highway, Madison, Dishman-Mica. Eat: TBD, bring pocket snacks. Leaders: Frank and Sheila Ping, 924-1814.

**March 18 Post Falls via Riverview, Centennial Trail** Start: 10:00 am Meet: Trading Company at Sprague & McDonald, 13014 E. Sprague Pace: 15 mph. Mileage: 35 +/- . Terrain: moderate with 1 sustained climb. Regroup at turns. Description: East over Riverview to Post Falls & return on the trail. Eat: bring water and pocket snacks. Leader: Sally Phillips, 448-6271.

**March 25 Ritzville-Lind** Start: 9:00 am, to carpool to Ritzville City Park. Meet: Sandifur Bridge parking lot at Riverside and Clarke. Pace: 12-14mph. Mileage: 50 miles. Terrain: rolling farmland hills. Regroup at turns. Description: Ritzville to Lind and back on quiet country roads. Eat: tbd, snack stop in Lind. Leader: Charlie Greenwood 624-8617, 280-8135.

**April 1 Rockford loop** Start: 9:00 am Meet: Albertsons, 57<sup>th</sup> & S. Regal. Pace: 15 mph. Mileage: 45. Terrain: rolling hills. One long climb up Valley Chapel. Regroup at turns. Description: Regal, Palouse Highway, Valley Chapel, Hwy 27, Stringham, Molter, Elder. Eat: tbd, convenience or cafe stop in Rockford. Leader: Sally Phillips, 448-6271.

**April 8 Deer Park** Start: 9:00 am Meet: Wandermere Starbucks at 12519 N Division St. Pace: 12-14 mph. Mileage: 40. Terrain: some hills, one about a mile long, on Perry. Regroup at turns. Description: Hazard Rd to Deer Park, back via Cedar and Perry. Heavy rain cancels. Eat: coffee shop in Deer Park. Leader: Amina Giles, 467-1980.

**April 15 Tax Day Ride** Start: 9:00 am Meet: Forza coffee shop at south Sullivan and 4th Avenue. Pace: 12-15 mph. Mileage: 20-30, depending on weather. Terrain: Tour moderate hills of the valley. Regroup at turns. Description: Ridgemont, Chapman, Jackson, Linke, Saltese, Barker Rd. and Chapman. Eat: After the ride at Forza. Bring water and snack. Leaders: Sheila and Frank Ping, 924-1814.

**April 22 Cheney dirt road loop** Start: 9:00 am Meet: Yokes in Cheney (formerly The Trading Company next to Jarms Hardware) in the coffee shop. Pace: 12-14 mph. Mileage: 40 Terrain: rolling hills. Ride: Dirt road loop around Cheney. Leader: Charlie Greenwood 624-8617 or 285-8135.

**April 29 Post Falls-CdA.** Start: 9:00 am Meet: Liberty Lake mall (Barlow's/ Starbucks area) Pace: 14-16 mph. Mileage: 52(less if rainy). Terrain: mostly flat to gentle rolling; gulch climb has some steep spots, but only 1.2% avg, 6miles. Description: Appleway, CT, thru Post Falls, S Ross PT Rd cut, Maplewood, Mill River Park, Frontier Ice Arena trailhead, CT to CDA, Riverstone, W River/W Lakeshore(beach route), Sherman, then N 21st-Penn-N 23rd to access French Gulch Rd, cc loop, E Harrison, Royal Anne Dr. to Cherry Hill. Eat: leader's fav is Daanen's Deli @ Prairie & N Wayne Dr.(1 block east of Govt Way) Leader: Bob Bowley, 534-5501.

**May 6 Hauser-Newman Lakes** Start: 9:00 am Meet: Centennial Trail, Mirabeau trailhead, east end. Pace: 14-15 mph. Mileage: 48. Terrain: rolling hills with sustained climbs. Description: CT, East River Road, Starr, ride around Newman and Hauser Lakes, Euclid. Eat: bring pocket snacks. We'll stop at a convenience store along the way. Leader: Sally Phillips, 448-6271.