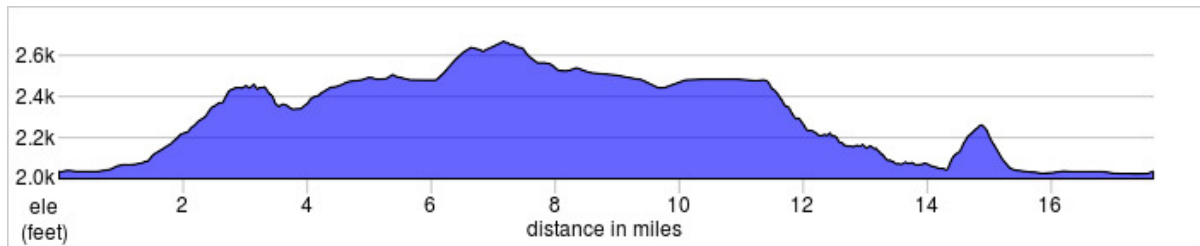


Spokane Bicycle Club Sunday Ride Program

The SBC Sunday Ride Program is a pilot for the month of June, 2018. Rides located in Spokane Valley and a central location in Spokane. Each ride will have two components starting from the same location. One component will have a steady pace of 12 -14 and the other leisurely at 10 – 12. Distances will vary.

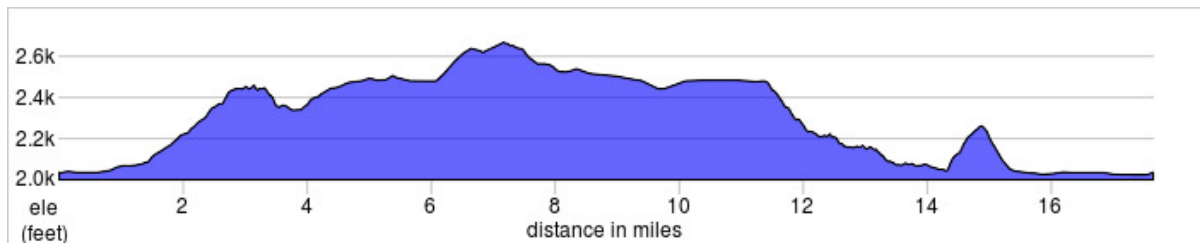
Leisurely. Date: 06/03/2018 Ride Name: Dud's Albertsons at 32 Valley Ride Start: 1:00 PM Meet: Albertsons 32 and Hwy 27 Pace: 10 to 12 Distance: 19 miles Terrain: Flat through Valley Description: Spokane Valley Loop Eat: Brothers Office Pizza Leader: Garry Kehr, 509-990-1474. Rain cancels. Call the ride leader if you have questions

Steady. Date: 06/03/2018 Ride Name: 32 to Mica to Valley Ford to Dishman Mica to Mohawk to 32 Start: Albertsons 32 and Hwy 27 Time 1:00 PM Pace 12 to 14 on flat Distance 17 mi Terrain Hilly Description: For those who like to climb hills. But not too many miles. Eat: Brothers Office Pizza Ride Leader Dud 509-919-2076. Rain cancels. Call the ride leader if you have questions



Leisurely. Date: 06/10/2018 Ride Name: Sunday Valley Ride. Start: 1:00 PM Meet: Albertsons 32 and Hwy 27 Pace: 10 to 12 Distance: 19.8 miles Terrain: Flat through Valley Description: 32nd to Evergreen – 16th – Conklin – Broadway – Flora – Euclid (east) Harvard – return. Neighborhood streets. Eat: Brothers Office Pizza Leader: Garry Kehr 509-990-1474. Rain cancels. Call the ride leader if you have questions

Steady. Date: 06/10/2018 Ride Name: 32 to Mica to Valley Ford to Dishman Mica to Mohawk to 32 Start: Albertsons 32 and Hwy 27 Time 1:00 PM Pace 12 to 14 on flat Distance 17 mi Terrain Hilly Description: For those who like to climb hills. But not too many miles. Eat: Brothers Office Pizza Ride Leader Dud 509-919-2076. Rain cancels. Call the ride leader if you have questions



Spokane Bicycle Club Sunday Ride Program

Leisurely. Date: 06/17/18 Ride: Fish lake Trail Out and Back, Start: Fish Lake Trailhead
Time: 1:00 PM Meet: Fish Lake Trail Head Pace: 10 – 12 on the flats Distance: 18.8 miles
Terrain: Flat (railroad grade) . Description: Out and back on paved trail from the trailhead to end
of trail and back Eat: Bring water and snacks Leader: Dudley Bowers, 509-919-2076 . Rain
Cancels. Call leader if you have questions.

Steady. Date: 06/17/18 Ride: Fish lake Trail Cheney Loop, Start: Fish Lake Trailhead Time:
1:00 PM Meet: Fish Lake Trail Head Pace: 12 -14 on the flats Distance: 29.4 miles Terrain:
Mostly flat with one moderate hill. description: FLT and Cheney Spokane Rd to Mason Jar
returning via Andrus - Spotted-Thorpe-Grandview Eat: Bring water and snacks. Coffee and
treats at Mason Jar in Cheney Leader: Lila Meglio 509-378-8665 . Rain Cancels. Call leader if
you have questions.

Leisurely. Date: 06/24/18 Ride: Fish lake Trail Out and Back, Start: Fish Lake Trailhead
Time: 1:00 PM Meet: Fish Lake Trail Head Pace: 10 – 12 on the flats Distance: 18.8 miles
Terrain: Flat (railroad grade) . Description: Out and back on paved trail from the trailhead to end
of trail and back Eat: Bring water and snacks Leader: Dudley Bowers 509-919-2076 . Rain
Cancels. Call leader if you have questions.

Steady. Date: 06/24/18 Ride: Fish lake Trail Cheney Loop, Start: Fish Lake Trailhead Time:
1:00 PM Meet: Fish Lake Trail Head Pace: 12 -14 on the flats Distance: 29.4 miles Terrain:
Mostly flat with one moderate hill. description: FLT and Cheney Spokane Rd to Mason Jar
returning via Andrus - Spotted-Thorpe-Grandview Eat: Bring water and snacks. Coffee and
treats at Mason Jar in Cheney Leader: Garry Kehr, 509-990-1474 . Rain Cancels. Call leader if
you have questions.
