



The Spokane Bicycle Club

Spoke-N-Word

July - August 2019

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2018 Board of Officers		Staff Cont.	
President	Bill Olson (509-679-1962)	Programs	Jim O'Hare 251-4474
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Vice President	Jim O'Hare (509-251-4474)		Scott Schell 954-6788
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Secretary	Hershel Zellman 509-536-7745	Member	Rick Peller 624-7060
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Treasurer	Sally Phillips 448-6271	Web	Paul Swetik
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Board of Directors		Web	Serge Bulen 214-669-7109
Position1	Gerald Bergstrom 509-995-8118	Editor	viggenmarkATgmail.com
	Moongazer82849ATgmail.com		
Position 2	Lila Meglio 509-378-8665	<u>Board Meetings</u>	
	lfs452ATmsn.com	First Tuesday of every month REI: 1125 N. Monroe St. Spokane, WA 509-328-9900	
Position 3	Scott Schell 954-6788		
	cshellwsATcomcast.net		
Position 4	Russ Peters (907-268-7453)		
	Rhp.oldpupupATcomcast.net	<u>General Meetings</u>	
Ride Coordinators		6:30 PM (Unless otherwise noted) 2 nd Monday of every month (except June, July, August)	
Monday Recurring	Don Barden 206-450-3576 donald.bardenATgmail.com		
Monday Traditional	Elaine Mayes 922-1033 victoriamayesATmac.com	Mountain Gear Headquarters 621 E. Mansfield, Spokane, WA Click Here for map	
Tuesday Scenic	Jan Whaley 448-5645 whaleyj2618ATcomcast.net		
	Sharon Morrison 710-5650 morrisonranch@ptera.net		
	Lila Meglio 509-378-8665 lfs452ATmsn.com		
Team Tuesday	Amina Giles 467-1980 ridinusa2002ATyahoo.com		
Friday Women's Rides	Eileen Hyatt 475-9328 embicycleATAol.com		
Saturday Steady To Brisk	Sally Phillips 448-6271 phillips1948ATcomcast.net		
Saturday Steady (12-14)	Mary and T.J. Badger 467-8099 badgermaryAThotmail.com		
Pick Up Rides	Cyrus McLean 509-838-0649 cyrusmclATyahoo.com		
STAFF			
Ride	Susan Strong 990-8877 sublstrongAToutlook.com		
Newsletter	Barbara Beaton 590-3814 Bbeaton4769ATgmail.com		
	David Whipple 922-2719 dpwhipATgmail.com		

Presidents Letter



Hi Y'all,

I want to express gratitude for being part of the Spokane bike Club and how the members support one another. You have gotten on board and generously supported our SBC Ridge riders team fundraiser. Also, when one of our beloved member Barb Kehr had a significant bike accident many of you rose to the occasion in giving of your time and resources supporting Barb and Garry. This says a lot about our club. We are more like a community pitching in when there is a need.

Thanks Spokane Bike Club for supporting the SBC Ridge Riders fundraiser for World Relief. You donated about ¼ of our funds causing us to surpass our goal of 10,000 by over \$1600! I think I can speak for all the Ridge Riders, that we feel deeply honored by your generous support in getting behind us in this good cause. Unfortunately, Scott Schell wasn't able to do the ride with us. I want to thank you Scott for all your hard work raising funds and the big help you were in helping out with our potluck especially providing the music. Jaime and Paula Sutherlin, Lila Meglio, and myself can't thank you enough for your support.

On a sadder note, during our Colville tour Barb Kehr got a flat tire going down a hill and fell on her left side. She had sustained a broken left clavicle, pelvis fractures and exposed bone at the left elbow. Blair Strong and Barry Giles followed soon after and determined she was safe to transport to Mt. Carmel Hospital, then transported by ambulance to Sacred Heart. The good news is that her operation which addressed all three injuries was successful. I brought flowers and a 50.00 Starbucks gift card from all of you. While visiting Barb at Sacred Heart she said, "I have never felt so supported in all my life". A lot of members have sent cards, visited, and brought meals to Garry. She is now at St. Luke's for rehab. Here is a link if some of you want to keep up on her progress or drop a note of encouragement if you haven't already.

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https://www.caringbridge.org/visit/barbkehr?fbclid=IwAR1SHuOyqj9sfs_tsatOt-WzW0HI56IDgmPRgufMBh-zQjsVojsDK4z3JuA Hope you have a speedy recovery Barb!

Well I got to say the way the Spokane Bike Club has supported the Ridge Riders and Barb Kehr says a lot about who we are. We are a caring community supporting one another when needed. Also, the ride leaders all do a great job of supporting riders on the scheduled weekly rides. I know there are many other instances members have supported each other not mentioned here. As president I am encouraged to be supportive to club members and hope you are too. This is a great club to be a part of!

Hope you have all gotten out on your bikes and enjoyed some of the cooler days we've had. I am grateful for the cooler weather we had during the 426-mile SEATRIKAN ride I just finished Sunday! The whole trip was beautiful landscapes and the temp was somewhere between 50 and 70ish except for a small section around Chinook Pass where it was below freezing and snowing at the top of the pass!

Your President,

Bill Olsen

Sea Tri Kan Ride for Refugees



Forty four riders from Washington State , including Lila Meglio, Bill Olsen, and Paula and Jamie Sutherlin from SBC, completed the 425 mile SeaTriKan 'Ride for Refugee Resiliency' on Sunday June 23.

Each rider was required to pay their expenses and through generous donations from members of our extended community collectively raised \$160,000 seed dollars for refugee literacy, re-settlement, job placement, and health and wellness.

Through State Dept. aid these dollars are matched, based on employment success through World Relief, to extend around 1/2 million dollars in aid to our newest residents in their most vulnerable time of need.

After witnessing the beauty of back roads and a number of interesting communities though out our state all the riders were welcomed to Spokane at the downtown 'Y' by friends and family.

Fellow 'travelers', some of them former refugees, formed a bond and a closer appreciation of how our community is strengthened though this type of effort.

Team 'Ridge Riders' from SBC would like to thank all of you who supported us in whatever form for this opportunity to help make a difference in deserving people's lives.

Why Some Cities Are So Much Safer for Bike Riders -

From: <https://www.citylab.com/transportation/2019/06/protected-bike-lanes-safe-street-design-bicycle-road-safety/590722/>

If you encounter a Baltimore bicyclist who seems a little on edge of late, forgive her. On top of the usual risks posed by cycling in a city whose drivers have been convincingly ranked as the very worst in the United States, riders there are dealing with a special new psychological trauma: The city keeps ripping out protected bike lanes it only recently installed.

Why? To reclaim the streets for parking, of course, after complaints from car-using residents. Or, in the words of a city spokesperson upon the removal of a neighborhood cycle track in April: “We are looking to build bicycle tracks or infrastructure that works, not just for the bicyclist or the community, but everyone. That’s our main goal.”

Unmentioned in Baltimore’s latest bikelash is something that might conceivably make drivers more supportive of protected bike lanes: Protected lanes for cyclists make them safer, too. That’s according to a comprehensive new study published in the *Journal of Transport and Health*. Researchers at the University of Colorado, Denver and the University of New Mexico found that protected and separated bike lanes are strongly linked to lower fatality and injury rates not only for people on bikes, but for people in cars.

“If you’re going out of your way to make your city safe for a broader range of cyclists ... we’re finding that it ends up being a safer city for everyone,” Wesley Marshall, a University of Colorado Denver engineering professor and a co-author of the paper, told Streetsblog.

Marshall and his co-authors analyzed 13 years of crash and street design data from 12 large U.S. cities to understand what makes some more deadly than others. They tested three hypotheses. Is it “safety in numbers”—that is, do larger shares of bike riders make drivers more careful around bikes? Or do differences in a city’s socioeconomic and demographic composition—for example, fewer children and elderly folks, or more affluent residents—lower the risk of fatalities? Or, lastly, is it all about the built environment—do street design elements such as lots of intersections and protected bike lanes slow down drivers and keep crashes from happening?

The authors amassed a huge data set: 17,000 fatalities and 77,000 severe injuries between 2000 and 2012 in Minneapolis, Seattle, San Francisco, Denver, Portland, Dallas, Houston, Austin, Oklahoma City, Kansas City, Memphis, and

Chicago. All these cities have experienced a rise in cycling's popularity, have added bike amenities at various levels of investment, and have seen a range of safety outcomes over the years. (Due to a lack of available data, some cities that might have been included, such as Baltimore, were not.) They then tested those outcomes against features like census data and street design elements.

Though the study doesn't try to explain why, there's evidence that protected cycle tracks lower traffic safety risks for drivers, too.

The authors found that "safety in numbers" had very little statistical link to fatality rates; indeed, higher shares of cyclists were actually associated with worse rates of severe injuries. So strike that theory. But socioeconomic and demographic differences did seem to play a role. Where there are more white and affluent residents, there was less death and critical harm resulting from collisions—consistent with the body of research that suggests that people of color are more vulnerable to road violence for a host of reasons.

But the most important safety factor was right on the pavement. Separate and protected bikes lanes were the strongest indicator of lower fatality and injury rates. Where cycle tracks were most abundant on a citywide basis, fatal crash rates dropped by 44 percent compared to the average city, and injury rates were halved. While cyclists benefited from having painted bike lanes as well as fully separated bike lanes in terms of safety, what paid off the most for all road users—drivers included—were protected lanes fortified with stanchions, planters, and the like. To repeat: Though the study doesn't try to explain why, this is evidence that protected cycle tracks lower traffic safety risks for drivers, too. And by the way, those shared-lane markings, also known as "sharrows," were just as useless as ever. Marshall's previous research suggests they might even do harm: "You're better off doing nothing," he told *Streetsblog*. "It gives people a false sense of security that's a bike lane."

Alas, the short-term win of a curbside spot seems to be of utmost importance in the minds of many vocal residents in communities around the country. "Where does it stop?" asked Liz Cornish, head of the local advocacy group Bikemore, after portions of another protected lane was removed in early May. "If we keep conceding that parking is more important than the safety of people of people using bikes and motorized wheel chairs, that's an issue." And if parking turns out to be more important to drivers than their own safety? That's a bike lane debate that no one is winning

PICK UP RIDES

Club members who wish to lead a “pick up ride” should contact Cyrus McLean via email at cyrusmcl@yahoo.com Provide him with the date of the proposed ride and a ride description to include the following:


[start time] [meet place, with address or cross streets] [pace in mph on the level] [distance] [terrain] [route description] [water/snack/eat info if applicable] [map and cue sheet, if applicable] [weather cancellation, if applicable] [leader name and contact cell phone number] [directions to ride start if needed]

Don't forget you need to have riders sign the release statement. You can print statement off the website: Click on Rides Program/Rides Signup Sheet-for Printing

If you are not on the “pick up” list and wish to be added, email Cyrus with your name and email address. You will then be alerted when “pick up rides” are announced.

If you have any questions about this, contact Cyrus.

Reminders: The start time is the departure time, not the arrival time.

Note: The icon, , is added if there are two possible rides in one listing.

MONDAY MORNING Paved Trail Recurring Rides

Start: 9:00 am ***No ride on Labor Day. **No rides on August 19 and 26.**

Meet: Centennial Trail – East Maringo Drive Trailhead,

Description: Centennial Trail from East Maringo Drive Trailhead to Barker Road Trailhead and return. Mostly flat with 2 short, easy hills.

Pace: 10-12 mph, mostly flat

Distance: 19 miles round trip

Directions to trailhead: north on Argonne from I-90, turn right on E. Maringo Dr., the first street after crossing the Spokane River, or, from intersection of N. Argonne Rd. and E. Upriver Dr, go east on Upriver for .4 mile to Farr Road. Go south on Farr to Maringo, left on Maringo, 1 block to the trailhead.

Eat: This is a calorie-free ride.

Rain cancels and if Air Quality Index is over 100. If in question, call.

Leader: Elaine Mayes 509-995-8982

MONDAY TRADITIONAL RECURRING Ride Schedule

Start: 9:00 am Meet: Little Garden Café, 2901 W Norwest Blvd. Description: LGC to 9-mile Dam via Aubrey White Parkway, Centennial Trail, including 2.2-mile extension of Centennial Trail to Long Lake. Pace: 12-14 mph Distance: 26 miles. Terrain: Mostly flat with some hills. Regroup: Parking area/restroom at McLellan trailhead N of Seven Mile bridge and at Long Lake (Nine Mile Recreation Area). Midway Stop: Tin Cup for eats and coffee, otherwise bring snacks. Weather: Ride ordinarily goes rain or shine except for lightning and ice; final determination made by ride leader at start. Ride Leader: Don Barden. Home 509-808-2932; Cell 206-450-3576. Donald.barden@gmail.com.

SCENIC TUESDAY Ride Schedule

Call the leader in case of questionable weather. The Scenic Riders group also has occasional Thursday rides, always at Leisurely pace classification of 10-12 mph. If interested, call Jan Whaley—509.448.5645 or Sharon Morrison—509.710.5650. Reminder: the START time is the DEPARTURE time.

July 2 Two State Ride. Start: 9:00 am. Meet: Falls Park in Post Falls. To reach the park, take I-90 to Spokane Street, turn south to Fourth St & right on Fourth. (To shorten the ride, meet up at Stateline trailhead.) Pace: 10-12 mph. Distance: 20 miles Terrain: mostly flat. Regroup: often. Route: Leaving park, ride up the hill to trailhead on left. Follow the Centennial Trail west all the way to Stateline. At Stateline, follow trail to the right & go under I-90. Continue west along the Spokane River to the trailhead at Harvard Road. Go north on Harvard Road to Euclid. Right (east) on Euclid. Continue approximately 4 miles east on Euclid, renamed E. River Rd, to Wellesley. Turn right on Wellesley & continue a short distance (approx. 1 mi.) to Seltice. At Seltice turn right, (west) & continue under the freeway back to the Appleway Trail. Turn left onto the Centennial Trail & continue east back to Falls Park. Eat: Templin's Red Lion in Post Falls, 414 E. 1st Ave. We will ride one mile there & one mile back to total 20 mi., or you can drive after the 18 mi. ride. Rain: Heavy rain cancels. Light rain, meet at Falls Park and decide. Leader: JoAnn Schaller Phone: 208.818.9378

July 9 South Hill Meander. Start: 9:00 am. Meet: The overflow parking lot just south of the Rose Garden. Pace: Leisurely 10-12 mph. Distance: 16 mi. Terrain: flat. Regroup: often. Route: This ride starts from Manito Park & heads through quiet streets to Comstock Park & High Drive, then southwest to Ben Burr Park for a pit stop. From there the ride meanders through South Hill neighborhoods & back to Manito Park for lunch. Most of the route is easy riding, along flat

designated bike lanes & paths. Eat: Park Bench at Manito Park. Leader: Brian Duncan Phone: 509.290.8482

July 16 Rathdrum Prairie Trail Ride. Start: 9:00 am. Meet: Riverstone Park. Take exit 11 onto Northwest Blvd toward CDA. In about 0.5 mi. turn right onto N. Lakewood River Dr & then right onto W. Riverstone Dr. In 0.2 mi. turn left onto N. Beebe Blvd. & in 400 feet turn right onto Tilford Ln. Go 0.2 mi. to the parking lot. Pace: Leisurely 10-12 mph. Distance: about 20 miles Terrain: mostly flat, some ups & downs. Regroup: often. Route: We will ride west on the trail to the end of the trail, taking side trips through neighborhoods. Eat: Bardenay's 1710 W. Riverstone Dr. Leader: Shirley Sturts Phone: 208.664.5318

July 23 Liberty Lake Loop. Start: 9:00 am. Meet: City of Liberty Lake Town Square [take exit 296 from I-90 (Harvard Rd.) At intersection with Appleway, go east. After Taco Bell turn right at Farmers Market sign (Meadowwood Lane.) If you get to STCU or the Corkhouse restaurant, you've gone too far.] Pace: 10-12 mph. Distance: 19 miles Terrain: flat to rolling hills. Regroup: often. Route: Loops through Liberty Lake vicinity. Eat: "Eat Good" Deli (run by Wandering Table group.) If rain: Eat first (still meet at Town Square,) then ride. Leader: Mary & T.J. Badger Phone: 509.467.8099 or e-mail: badgermary@hotmail.com

July 30 South Hill Parks & Byways. Start: 9:00 am. Meet: Rosauer's parking lot on Lincoln & 14th Ave. Pace: 10-12 mph. Distance: 18 miles Terrain: Uphill to 29th Ave, then mostly flat. Regroup: often. Route: Ride to Manito Park. Slow upgrade to 29th Ave. – we'll take it easy. Eat: RUT bar & kitchen, gourmet vegetarian (Lincoln & 14th) – meat eaters will be surprised. They plan to be open on Tuesdays sometime soon; if not, a few steps up is Beneditto's Pizza. Leader: Fred Strange Phone: 509.995.8192

August 6 Harrison to Medimont. Start: 10:00 am. (Please note later start time due to driving time to Harrison.) Meet: Harrison, ID, at the parking area along the street below the ice cream shop. (Directions: Take I-90 east past CDA to Exit 22. Take Hwy 97 to Harrison.) Pace: 10-12 mph. Distance: 20.5 mi. Terrain: flat. Regroup: often. Route: Ride from Harrison to Medimont along the Trail of the Coeur d'Alene's & back to Harrison. Eat: The Landing Restaurant at Harrison next to the creamery. Then have ice cream at the creamery for dessert! Leader: Roberta Rich Phone: 208.819.6821

August 13 Valley Mall to Boulder Beach. Start: 9:00 am. Meet: Krispy Kreme Doughnuts in the Spokane Valley Mall, 15401 E. Indiana. Pace: 10-12 mph. Distance: About 20 mi. Terrain: mostly flat, some hills. Regroup: often. Route: Ride the Centennial Trail east to Boulder Beach & back. Eat: IHOP at the Spokane Valley Mall, 17406 E. Indiana. Leader: Evert Kooy Phone: 509.216.8023

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August 20 Centennial Trail Ride. Start: 9:00 am. Meet: Maringo Trailhead. Pace: 10-12 mph. Distance: 20 miles Terrain: mostly flat with a few short hills. Regroup: often. Route: Ride from Maringo Trailhead to Harvard & back. Eat: Caruso's at 2314 N. Argonne Rd. Leader: Clara Clark Phone: 509.209.1320

August 27 Maringo to Harvard Ride. Start: 9:00 am. Meet: Maringo Trailhead southeast of Argonne & Upriver Dr. Pace: 10-12 mph. Distance: 20 mi. Terrain: mostly flat with a few short hills. Regroup: often. Route: This is an easy ride on the Centennial Trail east from Maringo to Harvard & back. Eat: Longhorn Barbecue, 2315 N. Argonne Rd. Leader: Jerry Etchison Phone: 509.599.3775

September 3 – No ride planned

TEAM TUESDAY Ride Schedule

July 2 Fish Lake Trail- Cheney out and back Start: 8:30 am (**Note earlier start!**) Meet: Parking lot at Milton St. and Sunset Highway Route: FLT to Cheney Mason Jar. Return same, one big hill, then flat, Pace: 12-14 mph Distance: 25 miles Eat: Mason Jar. Weather questions? Call Leader: Lila Meglio 509-378-8665

July 9 Deer Park Start: 8:30 am Meet: Wandermere Starbucks. 12915 N Division Pace: 12 -14 mph Distance: 45 miles Terrain: extreme hill climbing: Hazard Rd, Perry and Mill Rd.. Regroup: at tops of hills and at turns. Eat: stop in Deer Park for coffee and sandwiches. Rain, winds or smoke cancels the ride. Leader: Amina Giles 509-844-4209

July 16 Burnhill Loop Start: 9:00 am (Note time change!) Meet: Jane Schelly's house, 8006 E. Columbia Dr., in Northwood Pace: 12-14 mph Distance: 28 miles Terrain: rolling hills Eat: Bring pocket snacks. Leader: Jane Schelly, 509-389-0484

July 23 Medical Lake - Cheney Start: 8:30 am (new time!) Meet: Medical Lake, Coney Island Park, E. Lake St and N Jefferson St. Route: Clear Lake, Salnave Rd, Cheney, Betz Rd, Granite Lake, Silver Lake. Distance: Approx. 26 miles. Pace: 13-15 mph. Terrain: Some rollers, approx. 650 ft gain. Eat: Lefevre Bakery. Rain or strong winds cancel. Leader: Lori Smith, 509-954-9645

July 30 No Ride Leader. Pick Up Ride encouraged.

August 06 "

August 13 "

August 20 "

August 27 Fish Lake Trail- Cheney out and back Start: 8:30 am Meet: FLT Parking lot at Milton St. and Sunset Highway. Route: FLT to Cheney Mason Jar. Return same, one big hill, then flat, Pace: 12-14 mph Distance: 30 miles. Eat: Mason Jar. Heavy smoke or high wind cancels ride.
Leader: Jim O'Hare, 251-4474

THURSDAY MORNING Ride Schedule

July 4 FLT to Williams Lake/BBQ Start: 8:00 am Meet: Fish Lake Trail Head, Milton and Lindeke Pace: 12-14 mph, Route: FLT to Cheney, EWU, Williams Lake and back. Return through Cheney and Spokane-Cheney Rd. Pace: 12-14 mph Terrain: Rolling hills, flat stretches. Swimming at Williams Lake @ 11:00. The last part of ride will be a trivia contest based on what you observed on the ride.

****Regardless whether you ride or not, you are all invited to Glen and his wife's first annual BBQ** at 1112 W. 9th Ave, near Huckleberries. Bring something if you want but no need. RSVP's are helpful. Drinks at 3:00, food at 4:00 pm. Plan to walk up the hill with 4th of July decorated bikes to watch the fireworks. Bring decorations. Leader: Glen Tanner 509-954-8774

July 11 Saltese Lake- Quininmose Hill Loop. Start: 9:00 am, Meet: Skyway Café parking lot at Felts Field. Pace: 12-14 mph on flat terrain. Distance: 34 miles. Quininmose is a significant hill; regroup often. Description: Skyway Café, Euclid-CT-Flora-Henry-Quininmose loop. Eat: Skyway Café at Felts Field at end of ride. Map and cue sheet will be available. Heavy rain- strong winds cancels. Leader: Jim O'Hare (509) 251-4474

July 18 South Regal - Windmill Start: 9:00 am. Meet: The Scoop, 1001 W 25th. Pace: 12-14 mph on the flats. Distance: about 15 miles Route: South to Windmill and Palouse Highway. Terrain: good climbs on Regal and Windmill. Eat: The Scoop has great ice cream, option to stay and enjoy a cold treat after the ride. Unhealthy air conditions, heavy rain/winds cancels the ride. Will provide a map and will regroup as often as needed. Leaders: Rick and Ellen Peller. 953-9468

July 25 South Regal - Windmill - Jamieson Start: 8:30 am. **(Note time change!)** Meet: Huckleberry's, 926 S Monroe. Route: High Drive, 63rd, South Regal, Windmill, Jamieson, Ben Burr and return. Distance: Approx. 20 miles. Pace: 12-14 mph. Terrain: Several hills, approx. 1050 ft gain. Eat: Huckleberry's. Rain, heavy winds, or smoke cancel. Leader: Dave Smith, 509-999-7257 or dlsmith1259@msn.com.

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August 1 Fish Lake Trail Ride. Start: 9:00 am. Meet: Milton Street Trailhead. Route: Ride the Fish Lake and Columbia Plateau Trails to Cheney and back. Distance: 30 miles. Pace: 12-14 mph. Terrain: Mostly flat. Eat: Stop at the Mason Jar for coffee and snacks. Smoke or high wind cancels. Leader: Virgil Dedas 509 270-2217

August 8 Morgan Acres to Greenbluff Start: 8:30 am Meet: Safeway at 10100 N Newport Highway, 99218. Pace 12-14 mph Distance: about 45 miles Terrain: very hilly Route: Children of the Sun Trail to Stoneman, Bruce Rd. to old Bruce. Morgan Acres then to Forker to go down Moffat to Peone. Up to Greenbluff to have lunch at the Harvest house. We can then go back or decide to do Big Meadows and the Secret Valley. Rain or smoke cancels. Leader: Amina Giles 509 844-4209

August 15 Fish Lake - Cheney Plateau - High Bridge Park Start: 8:00 am Meet: Fish Lake Trailhead at Government Way. Route: Fish Lake Trail/Cheney-Spokane Rd, stop in Mason Jar in Cheney; return via Curtis Rd, Eagle Ridge Whispering Pines Park, High Bridge Park. Distance: Approx. 36 miles. Pace: 12-14 mph. Terrain: Some hills, approx. 1100 ft gain; Rideable mile of gravel road. Eat: Mason Jar. Rain, heavy winds, or smoke cancel. Leader: Lori Smith, 509-954-9645

August 22 West Plains Start: 9:00 am Meet: Todd's house: 11919 S Greenfield Ln, Medical Lake. Distance: 45 miles Description: Medical Lake to Cheney to Tyler and back to Medical Lake. Map: Provided Terrain: West Plains, flat with rolling hills Pace: 14-16 mph Regroup: as needed. Will look for a sweep. Eat: BBQ Aidells Sausages and potato salad on Todd's deck at end of ride. Bring snacks and water. Leader: Todd Hays 509-844-7354

August 29 FLT to Cheney and back Start: 8:30 am Meet: Fish Lake Trail Head off Milton Street at Gov't. Way. Pace: 12-14 mph Distance: 31 miles Terrain: flat but for one big hill
Questions? Call Leader: Lila Meglio (509) 378-8665

WOMEN'S FRIDAY Ride Schedule

July 5 South City Park Ramble Start: 9:00 am (**NOTE TIME**) Meet: Comstock Park, 29th Ave & S Post Street parking area. Pace: 10-12 mph Distance: 15+ miles Terrain: Loop with some gradual hills, plus optional hilly area. Regroup: As needed Route: South and east to 57th & Palouse, Ben Burr, 37th Ave. Optional hilly loop to Manito & Cannon Hill Eat: The Scoop Map/cue sheet: No. Heavy rain cancels Leader: Eileen Hyatt 509-475-9328

July 12 Westwood to Cheney Start: 9:00 am Meet: Westwood Middle School, 6120 S Abbott Rd (just north of W Hallett Rd, and just east of Windsor Elementary School) Pace: 10-12 mph Distance: 20 miles Route: Hallett, Grove, Andrus, Spotted, Fish Lake Trail to Cheney, 1st, Andrus, Spotted, Hallett Map/cue sheet: No Regroup: At intersections Terrain: Moderately hilly Eat: Mason Jar in Cheney or Spokane after ride. Heavy rain cancels
Leader: Eileen Hyatt Phone: 509-475-9328

July 19 Mission to Maribeu Start: 9:00 am Meet: Mission Park -parking lot at E Mission Ave & Perry St Pace: 10-12 mph Distance: 17 miles Route: Centennial Trail east and return Map : no. Regroup as needed. Terrain: flat Eat: North Lights. Weather cancellation: heavy rain cancels Leader: Eileen Hyatt 509-475-9328

July 26 New Millwood Trail Start: 9:00 am Meet: Millwood Park Pace: 10-12 mph Terrain: flat. Route: Explore new Millwood Trail and Empire Way east toward Harvard Rd. Regroup as needed - no drop. Terrain: flat Eat: Rocket Bakery
Leader: Dixie Girdner 509-368-4701

August 2 Centennial Trail at Harvard Road Start: 10:00 am (**NOTE TIME**) Meet: Harvard Road Trailhead, Centennial Trail Pace: 10-14 mph Distance: 20 miles Terrain: mostly flat Regroup: Every 5 miles Route: From Harvard Road Trailhead west for 10 miles, then back Eat: Palenque's, Liberty Lake. Map/cue sheet: No. Rain cancels.
Leader: Karen Carlberg karenarlberg@comcast.net, H 624-6989, M 795-4479

August 9 Fish Lake Trail Start: 10:00 am Meet: Milton St Trailhead for Fish Lake Trail Pace: 10-14 mph Distance: 18 miles Route: Out and back on the FLT. Regroup as needed. Terrain: railroad grade flat. Eat: Browne's Addition Leader: Eileen Hyatt 509-475-9328


August 16 Cheney to Fish Lake Trail Start: 10:00 am Meet: Mason Jar in Cheney
Pace: 10-12 mph Distance: 20 miles Route: Downtown Cheney to Cheney-Spokane Rd, return on Fish Lake Trail, Cheney-Spangle Rd Regroup: At intersections Terrain: mostly flat
Eat: Mason Jar in Cheney or Spokane after ride. Heavy rain cancels.
Leader: Eileen Hyatt 509-475-9328

August 23 Heyburn to Harrison Start: 10:00 am Meet: Heyburn trailhead for Trail of the Coeur d'Alenes (From southbound Highway 95, a little more than a

mile south of Worley, turn left onto West Conkling Road. Continue east and then south; the road becomes Chatcolet Road (do NOT turn left toward Conkling Marina). After the lake is in view, continue to a stop sign. Make a sharp left turn there onto Chatcolet Lower Road. Follow this to a large dirt parking lot. Parking fee is \$5.) Pace: 10-14 mph Distance: 16 miles; more if you choose. Terrain: Flat Route: Trail of the Coeur d'Alenes to Harrison, and beyond if you choose. Eat: Lunch, snack, and/or ice cream in Harrison. Rain cancels. Leader: Karen Carlberg karencarlberg@comcast.net, H 624-6989, M 795-4479

August 30 Medical Lake to Clear Lake Start: 10:00 am Meet: City Hall, Medical Lake Hwy 902 (Lefevre) & Grace - park on north side Pace: 10-14 mph Distance: 15 miles Route: Hwy 902 past Lakeland Village to So. Clear Lake Road loop Regroup as needed - no drop ride. Terrain: moderately hilly Eat: Lefevre Bakery in Medical Lake Leader: Eileen Hyatt 509-475-9328

SATURDAY STEADY Ride Schedule

July 6  **Plummer (or Chatcolet) to Harrison.** **NOTE**: some changes since last newsletter. Start: 9:00 am (Note earlier start time, except for the short version). Meet: Plummer Trailhead. (Note alternative, shorter & easier version below). From downtown Spokane allow 45 minutes driving time to Plummer via Dishman-Mica & Rockford. Pace: 12-14 mph. Distance: 34 miles or 16 miles. Terrain: Flat to gentle grades for 16 mile ride, 640 feet elevation gain for return to Plummer for 34 mile ride. Regroup: Occasional. Route: all on smoothly paved Trail of the CdA's from Plummer (or Chatcolet) to Harrison and back. Note that the short riders meeting at Chatcolet will start at 9:30 am after the Plummer riders get there. The Chatcolet trailhead requires a \$5 day pass or Idaho S.P. Pass. There is no fee at the Plummer trailhead. The Chatcolet Trailhead is at the far north part of Heyburn State Park adjacent to the lakeshore. Eat: Harrison City Park, bring lunch or buy one at Harrison Deli. If Rain: Heavy rain cancels, light rain - we'll decide at trailhead. Leader: JoAnn Schaller, 1-208-818-9738 or joanschaller@hotmail.com.

July 13 Sontag/West Shore Loop. Start: 9:00 am. Meet: Sontag Park, west end near Tin Cup. Allow 30 minutes to drive from downtown Spokane. From Francis Avenue (Hwy. 291) proceed west, at Nine Mile Falls turn left on Charles Rd. (bridge) & go 0.3 mile. Pace: 12-14 mph. Distance: 18.5 to 24 miles. Terrain: Flat to gentle grades with 1 hill. Regroup: at turns. Route: Melding of C.T., Tormey, Hedin, & Nine Mile Recreation Area plus Charles and West Shore Roads into a lollipop loop. Many views of Lake Spokane. Eat: Tin Cup (note: recently remodeled with more food choices). If Rain: Eat first, then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@hotmail.com.

July 20 Medimont to Harrison. Start: 9:30 am. (**note** later start time due to 1 hour 20 minute driving time from downtown Spokane). Meet: Medimont Trailhead (Trail of Cda's). Take I-90 east to exit 34, Rose Lake. Proceed south on Hwy. 3 for about 11 miles. Turn right on Rainy Hill Road, go 1.5 miles. Turn right on Medimont Road, go 1 mile to trailhead (note if you reach milepost 105 or 104 on Hwy. 3, you've gone too far, turn around and turn left on Medimont Road). Pace: 12-14 mph. Distance: 25 miles. Terrain: Flat to gentle grade, all paved separate trail. Regroup: often. Route: Segment of the Trail of the Cda's, out and back, including 2 miles along Lake Cda. Eat: City Park at Harrison, bring lunch or buy at deli. If rain: contact leader. Leader: Dave Adams, 993-3496 or ptdadams@comcast.net.

July 27. Rustic Roads/Medical Lake (long version). Start: 9:00 am. Meet: Coney Island Park, W. 200 Lake Street (corner of Lake and Jefferson St.) in Medical Lake. It's a 20 minute drive from downtown Spokane via I-90 & Hwy. 902. Stay on Hwy. 902, turn right on Lake Street. Pace: 12-14 mph. Distance: 26 miles. Terrain: Flat to rolling with 2 small hills. Cue sheet for faster or slower riders. Regroup: Frequent. Route: All paved roads. Loop with 5 out and back spurs. Back roads & streets, only 3 miles are on high speed highways like Hwy. 902. Eat: Lefevre Bakery If Rain: Eat first, still meet at Coney Island Park), then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@hotmail.com.

August 3 Cataldo to Elizabeth Park (Trail of the Cda's). Start: 9:00 am. Meet: Cataldo trailhead (Cda's Trail). Allow 60 minutes driving time from downtown Spokane. Take I-90 east to exit 40. Pace: 12-14 mph (option to go faster or slower since it is out and back). Distance: 26.4 miles. Terrain: gentle grades, all on paved trail. Regroup: Occasional. Route: Trail of the Cda's segment. Eat: Timbers Roadhouse in Cataldo. If Rain: eat first, then ride. (still meet at trailhead). Leaders: Mary & T.J. Badger, 467-8099 or badgermary@hotmail.com.

August 10 Deer Park Loops. Start: 9:00 am. Meet: Mix Park in Deer Park. Go north on Hwy. 395 toward Deer Park. Note odometer at the Monroe Rd. and Crawford Ave round-about & continue on 395 for 0.65 mile. Turn right on Dahl Rd. & go 0.75 mile. Turn right into Mix Park. Pace: 12-14 mph. Distance: 20 or 25 miles. Terrain: Flat with gentle grades plus a few short hills. Map: map and cues for faster or slower riders. Regroup: when needed. Route: Country Club-Airport Loop, Montgomery Rd., Clayton, Williams Valley, Burroughs Rd. Monroe Rd. Eat: Rancho Alegre Restaurant, 117 N. Main St. If Rain: Eat first (still meet at Mix Park), then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@hotmail.com.

August 17 “1898” – Children of the Sun Trail (C.O.S.T.). Start: 9:00 am. Meet: at the former Spokane Country Club, now the Kalispel Golf Club, 2010 W. Waikiki Rd. “1898” is the restaurant. Allow for a 30 minute drive from downtown. From Division, turn left (west) on Hawthorne, right on Waikiki, continue on Waikiki thru round-about for another 0.8 mile. Pace: 12-14 mph. Distance: 25 miles. Terrain: Some short hills, gentle upgrades, will skip 2 biggest hills on C.O.S.T. using streets and roads. Regroup: frequently. Route: Fairwood-Wandermere area, C.O.S.T. Eat: “1898” (relaxed dress code, reasonable prices, breakfast available until 2 pm). If rain: eat first, then maybe “ride later. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@hotmail.com.

August 24 Cataldo to Medimont (Trail of CdA’s). Start: 9:00 am. Meet: Cataldo trailhead (CdA’s Trail). Allow 60 minutes driving time from downtown Spokane. Take I-90 east to exit 40. Pace: 12-14 mph (option to go faster or slower since it is out and back). Distance: 32.4 miles. Terrain: gentle grades, all on paved trail. Regroup: Occasional. Route: Trail of the CdA’s segment. Eat: Timbers Roadhouse in Cataldo. If Rain: eat first, then ride. (still meet at trailhead). Leader: Lori Smith 509-954-9645 or dlsmith1259@msn.com.

August 31 North by Northwest Loop. Start: 9:00 am. Meet: Cataldo & Columbus (1 block east of Clark’s Fork Restaurant). From Hamilton, Cataldo Avenue is about 2 blocks north of Trent & 3 blocks south of Sharp. Pace: 12-14 mph. Distance: 21 miles. Terrain: Flat, gentle grades, a few small hills. Map: none. Regroup: Frequent, stay together. Route: C.T., overlook Pettet Drive, Little Garden Café, Downriver G.C., Driscoll, Dwight Merkel, Northwest Blvd, Garland, Drumheller Springs, Corbin Park, Howard, Riverfront Park, Gonzaga, Mission Park, & C.T. Eat: Clark’s Fork Restaurant, 1018 N. Hamilton St. If Rain: Eat first, then ride (still meet at Cataldo & Columbus). Leaders: Mary & T.J. Badger, 467-8099 or badgermary@hotmail.com.

September 7 Fernan Lake – Higgens Point. Start: 9:30 am. Meet: Streets behind Michael D’s Restaurant in CdA. Allow 45 minutes to drive from downtown Spokane. From I-90 in Idaho, exit at Sherman Avenue, exit 15. Drive south (straight) at the traffic light at the junction of Sherman Ave. and CdA Drive. You will see Michael D’s on the right. Park on the streets behind Michael D’s. Note, do not mix up 15th Street, exit 14 or you will be 8 blocks west of where you should be. Pace: 12-14 mph Distance: 25 miles. Terrain: Flat to rolling, plus 2 hills. Regroup: Occasional. Route: Fernan Lake, out & back; Idaho C.T. to Higgens Point & back. Eat: Michael D’s (223 Coeur d’Alene Drive). If Rain: Eat first, then ride. Leader: Shirley Sturts, 208-664-5318. or shirley.sturts@gmail.com.

SATURDAY STEADY TO BRISK Ride Schedule

July 6 Hilby, Big Rock Mountain Bike Ride Start:10:00 am Meet: Sally's house, 3608 E. 35th. Pace: 10-12 mph Distance:17.8 miles Terrain: short steep hills, also rollers, 1374 ft of climb. Regroup at turns. Description: Southside hills, about 1/2 on dirt and gravel roads. Short ride, but with lots of climbing, then kick back at Sally's house – perfect for a holiday weekend. Eat: Sally's house - homemade ice cream sandwiches after ride. No map, regroup as needed. Leader: Sally Phillips 448-6271

July 13 Hayden Lake Loop Start: **8:00** am Meet: Falls Park, 305 W 4th Ave., Post Falls, Idaho

Pace: 13-15 mph. Distance: 49 miles Terrain: city streets, mostly flat, until Hayden Lake circuit, which features numerous ups, downs, on winding paved road. Description: Post Falls-CDA-Hayden Lake Eat: tbd, Bring snacks and WATER (Expect hot day). Leader: Sheila and Frank Ping, 924-1814.

July 20 Trail of the CDA's, St. Maries Start: **8:30** am (NOTE TIME!) Meet: Plummer Trailhead for Trail of the Coeur D'Alenes. Take Hwy# 27 to Rockford, then WA #278 East becomes ID #58 to merge into #95; continue South thru Worley, look for Anne Antelope Ave turnoff as you near Plummer. (about 47 miles from downtown Spokane). Pace: 14-16 mph on flat Distance: Jct. option (weather factor and group input)Hwy #97 = 55miles; Hwy #3 = 68 miles Terrain: rollers and HILLS as mentioned (over 4000 ft. Elev' gain) as well as scenic lakes Description: Trail of CDA's-Heyburn/Chatcolet Rd. to exit to #5; on to (1st climb)-Parkline-(2nd climb) & rollers to St.Maries for lunch. -Hwy3 across St. Joe takes us to (3rd climb;3.5 miles @ 4%)- -Jct.w/#97(Route choice options)To Harrison-Trail of CDA's to the elevated crossing of Chatcolet Lake-to(4th climb;7.5 miles @ only 1.4%)-back to start. Eat: tbd Leader: Bob Bowley 534-5501

July 27 Spangle the Back Way-MTB Start: 8:00 am Meet: 57th & Regal. Pace: 10-12 mph Distance: 47 miles Terrain: short hills, 1 steep one mile climb (have a good granny) Description: Baltimore, Hangman Valley, Valley Chapel, Spangle Creek , Yale to Spangle. Return: Watt, Parker, Depot Springs, Short, Curtis, Anderson, Goss, Scribner. Eat: Spangle. Leader: Charlie Greenwood 624-8617 <https://www.strava.com/routes/19807791>

August 3 Lake District/Cheney Start: 8:00 am Meet: Coeur d'Alene Park in Browne's Addition. Pace: 14-15 mph. Distance: @50 miles Terrain: Climb up to West Plains, then rolling hills. Regroup as needed. Map: yes. Description: Granite Lake, Silver Lake, Medical Lake, Clear Lake, Cheney. Eat: Cheney. Bring pocket snacks and water. Leader: Sally Phillips, 448-6271.

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August 10 West Plains – Highland, Valley - MTB Start: 8:00 am Meet: Sontag Park. Pace: 10-12 mph Distance: 20-30 miles Terrain: Big hill climb Description: Highland and Valley Roads to The Tin Cup. Highland Road hill climb. Have your granny in gear. Cruise the Prairie. Descend on Valley Road. Possible exploration of South Bank Road dirt section. Eat: Tin Cup. Leader: Charlie Greenwood 624-8617 <https://www.strava.com/routes/15982584>

August 17 Elder Rd, Rockford Bay Start: 8:00 am Meet: Yokes, corner of Sprague and McDonald. Pace: 14-16 mph. Distance: 55/68 miles Terrain: rolling with some testy ascents (climb out from beach includes 8-9 'tenths' mile on gravel). Regroup as needed. Description: Ride south on Hwy. 27, east on Elder Road, north Hwy. 95 to Rockford Bay Road. Eat: Shooters Grill @ the Marina Leaders: Sheila and Frank Ping, 924-1814

August 24 Shady Slope, Eloika Lake Start: 8:00 am Meet: Starbucks/Wandermere (west side/12519 N. Division) Pace:14-15 mph Distance: 58 miles Terrain: Rolling ,with 3 hills Description: Deer Park (THE LONG WAY) :Shady Slope-Little Spokane-Perry-Findley maze-Eloika-Garden Spot-Spotted, etc. Eat: Deer Park (@ 40+, so bring snacks) Leader: Bob Bowley 534-5501

August 31 Tour of Country and Industry – MTB ride Start: 8:00 am. Meet: Sandifur Bridge Pace: 10-12 mph Distance: 41 miles Terrain: hilly. Description: Stoughton to Bowdish to Yardley to Playfair.. MTB Ride: Hangman Valley, Valley Chapel to Stoughton Road. Return: Madison, Dishman-Mica, Bowdish, Valley Way, Park, Mission, Yardley, Broadway, MLK Way. Eat: Valleyford Leader: Charlie Greenwood 624- 8617 <https://www.strava.com/routes/19808029>

September 1 Cheney, Williams Lake Start: 9:00 am (NOTE TIME CHANGE!) Meet: Milton St. Fish Lake Trailhead. Pace: 14-16 mph Distance: 65 miles Terrain: Climb up to west plains, rolling hills. One short 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. (last day Klinks Lakeside is open). Bring water and snacks. Leader: Sally Phillips, 448-6271.

Government Affairs

Children of the Sun Charrette

Washington State Dept of Transportation (WSDOT) is sponsoring a charrette to get advice on where to route the southern portion of the Children of the Sun Trail, from Spokane River to I-90. A charrette is a collaborative, expert-led workshop to develop 'potential solutions of community-wide impact'. The charrette will be on July 13, 10 – 2:30 at Sheridan school, 3737 E 5th Ave. Among other topics there will be discussion on where to reposition existing bike/ped bridges over I-90, whether the Trail should run next to the North-South Freeway or diverge from it, should it be street-level or elevated in locations where the freeway is elevated.

WSDOT's bicycle advisory coordinator, Jerry Compton, emphasized that it's important for both recreational and commuter cyclists to show up at the July 13th charrette, to provide their insights.

The City of Spokane's Bicycle Coordinator, Colin Quinn-Hurst, led an exploration of a couple COS Trail options in lieu of the 6/18 Bicycle Advisory Board meeting. Interested community members were invited to attend (There was a notice in the Spokesman). Five people from SBC were on the ride, including Charlie Greenwood, who has recently joined the BAB. The map below includes a stop at Benneditos Pizza. To thank attendees, the City bought riders pizza after the ride, and took the opportunity to ask for their impressions.

Two routes were explored:

- Starting at Liberty Park, west end – under Freeway at Perry tunnel. Either this fall or next spring there will be bike/ped hawk lights at crossings on 2nd and 3rd, to make those crossings easier. Connect with Martin Luther King Jr Way, to Trent. We stopped to discuss plans for an underpass which will be created when Trent Bridge is replaced in next few years. Not all right of way north of Trent Bridge and next to river has been secured, but that's the trail plan. We stayed east of the Iron Bridge, along a short paved path that dead ends at elevated RR tracks. It's possible, but expensive to get round that (over,under?) and proceed next to the river to Mission. Another option is city streets away from the river, then back to Mission. Possible crossing point at Mission is Magnolia, then thru residential streets back to Riverton and Greene St.

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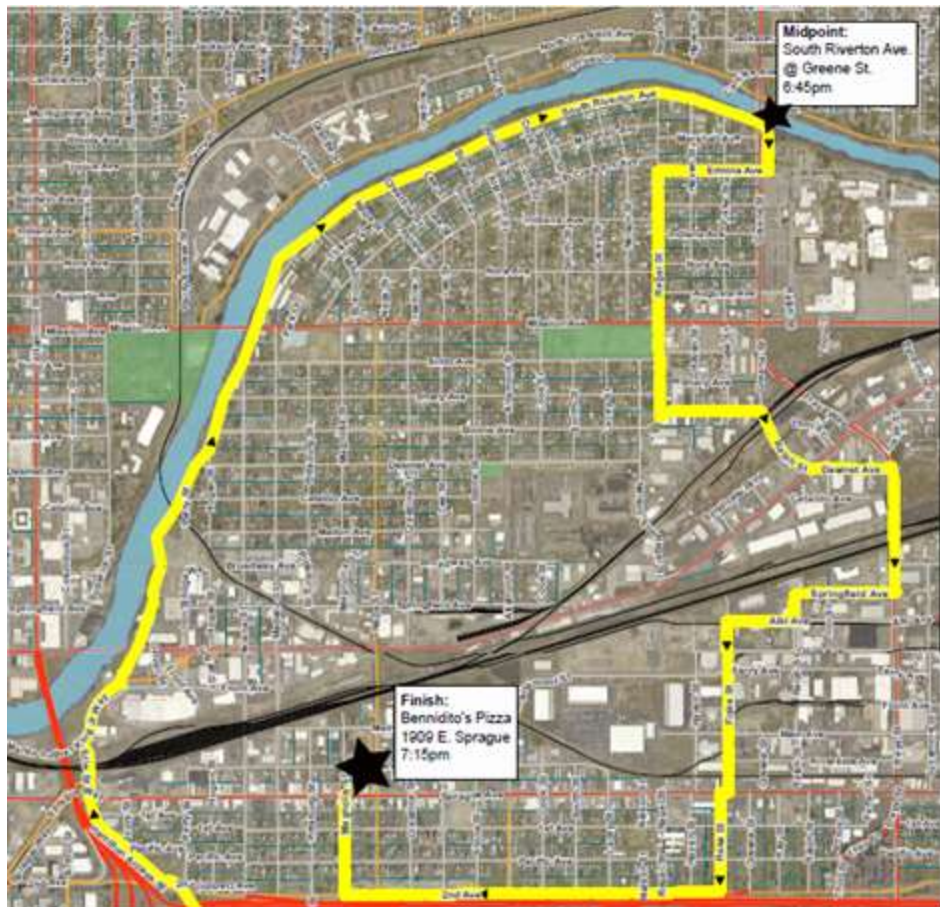
- Central option: under Greene St bridge, xing Greene at light on Ermina, then residential city streets – Regal, Ralph, Desmet, Freya Bridge (on sidewalk), Springfield, Alki, Fiske. It was noted that 3 bike/ped overpasses over the freeway will be rebuilt, and can be relocated to better fit with current activity. This route currently includes some undeveloped street, and a couple RR xings. RR does not like on-grade crossings, but can't stop existing ones.

Post-ride comments:

- Mention of how pleasant Riverton is to ride on – maybe does not need further development as trail?
- Need wayfinding – quite a maze of streets
- Importance of providing good connectivity from South to SCC
- Provide good connectivity from Trail to various places in Chief Garry and East Central neighborhoods, including schools
- Xings of busy streets felt unsafe
- Must meet the needs of both recreational and transportation cyclists
- Funding for trail, since related to N-S freeway, could allow for 'iconic' trail
- Trails adjacent to freeway are noisy.
- Interesting streets we found to traverse the industrial area – Alki, Ralph, Fiske

The scale of spending for this trail will probably not be seen again in our lifetimes – let's participate in the 7/13 charrette and help WSDOT make the best choices!

See Map on following page



May Bike Everywhere Month

May Bike Everywhere Month is over for 2019. We had good attendance at most events, especially our major ones – Bloomsday Bike Corral, Bike to Work Week pancake breakfast, Spokane in Motion lecture and charrette, Bike to Work Week pizza party, and East Central tour.

Many thanks to the committee working on the events: Scott Schell, Jim O'Hare, Dave Braun, Olga Herrera, Barb Kehr, Lila Meglio, Susan Strong, Charlie Greenwood. Thanks to donations from the following businesses, there were 25! prize bags handed out at our pizza party: North Division Bicycle, REI, Spoke

n' Sport, WheelSport, Bike Hub, Bicycle Butler, Mojo Cyclery, Cascade Bicycle Club, Spokane Public Radio, First Ave Coffee, Taco del Mar, BeYoutiful Hot Yoga. We had valuable donations from the City of Spokane, Spokane Public Radio, Roast House, Mountain Gear, and Commute Smart NW. It was simply great to have a chance to work with Spokane's ongoing 'Spokane in Motion' program, championed by Councilman Breann Beggs.

Highlights for me:

- Meeting cyclists outside our SBC realm.
- Doing a ride around with our City Bike coordinator where he took note of issues needing City attention.
- Connecting with Cascade Bicycle Club's board member in Spokane – Olga Herrera – and getting her abundant energy for Bike Everywhere.
- Listening to Odensk, Denmark city planner talking about how their city, motivated by the 70's oil crisis, developed cycling infrastructure that led to 60% of trips being done by bike.
- Attending a charrette where the gifted facilitator led both local govt staff and cycling enthusiasts in a discussion of how to promote cycling in our region by making it safe and accessible for everyone. The most immediate output of this will be a pilot testing various access routes to the U-District bridge. The pilot will happen in early September.
- Beautiful weather, except for May 16th, when was pedaling to the Danish lecture. Even that was fun, as the torrential rain was so memorable.
- Getting a guided tour from Branden Blankenagel, on routes being considered to connect the Sandifur Bridge with the Fish Lake trailhead. A public outreach will happen on the same topic this Fall.

Lime Bikes in the News

- Friends of the Centennial Trail has been named a 'Lime Hero Program Partner'. When people rent the bikes/scooters they have an opportunity to round up the rental fee to the next dollar. Proceeds go to the CT Trailbuilders Fund.
- Lime Bikes hired a 'magnet fisherman' to pull bikes and scooter from the Spokane River.
- Lime has hired patrols for the downtown area, starting with Hoopfest, to move improperly parked bikes/scooters, help people get started riding, and warn downtown users NOT to use the sidewalk. The Spokesman reports 130,000 rides taken 5/13 – 6/25.
- Getting started info at: scootspokane.com. Lime and the City's are

offering scooter training sessions 7/10 and 8/14. Details at:

<https://my.spokanecity.org/projects/wheelshare/>

<https://bit.ly/2U60HJ4> Note: SBC is a member of the LAB, which sponsors our insurance program



Rules to Roll

Help the WheelShare program be a success by following these guidelines. Remember, you have to be 18 to rent a WheelShare bike or scooter.



WA St Support for Bikes

WA Bikes (a state bike advocacy group that includes SBC as a member) reports cycling successes with the latest WA St legislature session:

- '\$5.7 million at the Department of Archaeology & Historic Preservation to protect and rehabilitate the Beverly Bridge a key connection along the Palouse to Cascades Trail. (Capital budget)
- \$85 million for the [WWRP](#), which go towards improving outdoor recreation opportunities, trail development and enhancing state parks. The original ask was \$180 million. (Capital budget)
- Two additional projects along the Palouse to Cascades Trail are funded on the WWRP list. New this year is a requirement that a mediation process be convened to address ownership, development and use conflicts along the Palouse to Cascades Trail in Adams and Whitman counties in order for the Malden to Rosalia project funding to be released.'

Washington State Dept of Transportation Walk and Roll

The annual safety report based on 2018 data has been published in [WSDOT Gray Notebook #73](#). Selected data points: '

- Pedestrian deaths continue to increase.
- Over the past five years total traffic deaths involving people walking and biking have increased 50% from 82 in 2014 to 123 in 2018. Serious injuries also continue to increase. [In 2018, 22% of traffic fatalities in Washington were to pedestrians or cyclists.]

- The vast majority of fatalities--87%--occur on roads with posted speeds of 30 mph or higher.
- Location of fatal and serious injury crashes: 11% on county roads, 27% on state routes, 61% on city streets.
- 59% of fatal and serious injury crashes occur in neighborhoods with poverty levels higher than the state average; these are places that also tend to have less infrastructure for walking and bicycling
- In evaluation of projects funded by WSDOT Safe Routes to School and Pedestrian and Bicycle Program grants we found a 36%-44% decrease in crashes involving bicyclists and pedestrians at project locations.'

The WA legislature combined Cooper Jones Bicyclist Safety Advisory Committee and the Pedestrian Safety Advisory Committee forming the Active Transportation Safety Advisory Committee (ATSAC). That group will evaluate bike/ped fatalities and serious injuries and recommend safety improvements.

Nationally, cyclist deaths have increased in the last two years, while car driver deaths have decreased. Safety advocates suggest lower speed limits and more vigorous traffic enforcement.

- Details at: <https://usa.streetsblog.org/2019/06/18/cyclist-and-pedestrian-deaths-skyrocket-in-2018-as-motorists-stay-safe/> also https://safetrec.berkeley.edu/sites/default/files/motorvehiclespeedre-searchbrief_2019.pdf Land on the southwest corner of Maringo has been cleared, to make way for the Trail underpass.



Figure 1. The effect of speed on a driver's field of vision and the risk of pedestrian death (Photo credit: LADOT)

- -Sally Phillips

July - August 2019



Please consider giving your business
to the following SBC sponsors

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MOUNTAIN GEAR

July - August 2019

Spokane Bicycle Club Board Meeting

June 4, 2019

REI

Board Members Present: Bill Olsen (President), Jim O'Hare (Vice-President), Hershel Zellman (Secretary), Sally Phillips (Treasurer), Lila Meglio, Scott Schell and Russ Peters.

Board Member Absent: No one

Quorum Achieved: Yes

Guests: None

Call to Order: at 6:05 pm by President Bill Olsen.

Approval of Agenda: Bill had emailed the agenda. One item was added.

Minutes of the April 2 Board meeting were approved without additions or corrections.

Treasurer's Report: Sally presented the Year-to-Date 2019 Cash Flow (Appendix A) and Account Balance (Appendix B) reports. Notes: Compared to this time last year, we are \$100 behind in dues collection, but \$250 ahead in account balance.

Unfinished Business:

A. Bike Everywhere Month (Sally):

1. Overall Evaluation: There were many events during the month (May) with variable participation. Sally felt that it was a worthwhile event and should be continued by the Club. M-S-P, without dissent, to form a BEM Committee, with Sally as chair. Sally will recruit Club members for the committee.
2. BEM Finances: Sally explained that before the Club agreed to take over BEM in 2017, it was run by an entity called "Bike Spokane," under the auspices of Spokefest. Operating funds were solicited from donors who benefitted from Spokefest's 501(c)(3) status. At the beginning of this year there was \$4400 in the fund which was maintained by Spokefest. BEM expenses came to \$760 and these were covered by the fund. We recommended that the fund remain with Spokefest, so that sponsor donations could continue to be tax deductible. The BEM Committee will do fund raising to boost the

amount in the account and Sally has our permission to approach the Club for funds.

- B. Walla Walla Wine Country Tour (Lila): The two-day tour ended yesterday and was very enjoyable. Organized by the Spokane Dept. of Parks and Rec, there were 13 participants, 5 of them Bike Club members. The Club promoted the event and offered to co-host it next year, but the City of Spokane organizer was not interested. We might consider hosting such an event on our own.
- C. SEA TRI KAN Ride to Benefit World Relief (Lila): To be held June 16-19, the Club has a team and held a fund-raiser pot luck dinner at Mtn. Gear HQ last month. There will be another fund raiser at the Manito Presbyterian Church tomorrow night as well as a "blessing of the bikes" on Sunday, June 16, 10:30am, at the same church. Furthermore, there will be a "finish line party" on Sunday, June 23, 3pm, at the YMCA. Everyone is invited, but it is necessary to register with the Y in order to attend. Scott volunteered to post all these events on our Facebook page.
- D. SBC Summer Picnic (Scott): Susan Strong has reserved the pavilion at Manito Park for Wednesday, July 17. More info will be in the Club newsletter.
- E. Administrative Authority for Facebook (Jim): Jim investigated this since the question came up at our last Board meeting. Administrators are able to post, delete, and alter the appearance of the page. Current administrators include: Garry Kehr, Scott Schell, Jim O'Hare, and "Spokane Bicyclist." Jim proposed that the latter person be someone who is currently on the Board or was on the Board and still involved in the Club and whose term is one year, renewable by Board approval. It was M-S-P unanimously to accept Jim's proposal.
- F. Concerning Our Satellite Phones (Bill): The Club owns 4 phones and pays \$24/year/phone. When activated for use we also pay \$54/month/phone. Garry Kehr needs to know how many phones we anticipate needing and for what period of time. Given the Club tour schedule, we recommend activation of 3 phones for 4 months, starting now. The satellite phone charges are covered by registration fees for our tours. Garry is conducting a satellite phone training course tomorrow at Forza Coffee House on the South Hill at 4pm. Scott plans to attend and will transmit these decisions to Garry.

July - August 2019

G. SBC Annual Banquet (Bill): Garry Kehr has taken responsibility for most of the organizational details for this year's Club's banquet. It will once again be held at Muka- gowa Fort Wright College on a Saturday night in October. Garry has negotiated a \$35/person fee for attending the event.

New Business:

- A. Board Vacancy: Bill recommends that we approach a certain Club member to fill the Board position vacated by Gerry Bergstrom. After consulting the Bylaws, Jim agreed to ask the member if they are interested. If so, then the Board will be called on for an email vote. There was consensus about approaching the member in question.
- B. Paying for Wild Apricot: We have been paying our annual fee for Wild Apricot services through Pay Pal. Wild Apricot has notified us, through Sally, that, unless we switch to Wild Apricot Payments, we will be charged an additional \$194/year. Sally will investigate the advisability of making this change, report her findings to us via email, then request an email vote on her recommendations.
- C. SBC Spokefest Booth: Bill reported that we need Club volunteers to staff our booth at the Spokefest Trade Fair which occur contemporaneously with the ride (Sunday, Sept 9). And Sally indicated that she will need Club volunteers to help with registration and packet distribution one and two days before the event. Together Sally and Bill will get the call out for volunteers.

Adjournment: 7:40 pm.

Next Meeting: Tuesday, August 6, 2019, 6 pm, at REI.

Respectfully submitted,
Hershel Zellman, Secretary

NOTE: Names highlighted in yellow indicate that those people are responsible for an action item.

APPENDIX A

Cash Flow – YTD
1/1/2019 through 6/3/2019

Category Description	1/1/2019- 6/3/2019
INFLOWS	
Member Dues	2,835.44
Newsletter Surcharge	90.00
Sponsorship Income	1,500.00
Tour Deposit	378.97
TOTAL INFLOWS	4,804.41
OUTFLOWS	
Bike Swap	135.00
Insurance	1,476.25
Memberships	
Bicycle Alliance of Washington	102.00
League of American Bicyclists	100.00
TOTAL Memberships	202.00
Misc Exp.	20.00
Newsletter Exp.	
Other Newsletter Exp.	309.88
TOTAL Newsletter Exp.	309.88
Rent	
Other Rent	46.00
TOTAL Rent	46.00
TOTAL OUTFLOWS	2,189.13
OVERALL TOTAL	2,615.28

APPENDIX B

Account Balances - As of 6/3/2019

Account	6/3/2019 Balance
Bank Accounts	
12 month CD	0.00
Bank of America Savings	0.00
BAW Contributions	0.00
Centennial Trail Contributions	0.00
Checking Bank of America	0.00
Sponsorship	4,989.23
STCU Checking	11,693.08
TOTAL Bank Accounts	16,682.31
OVERALL TOTAL	16,682.31

Spokane Bicycle Club

P.O. Box 8802

Spokane, WA 99203

Spoke-N-Word