

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 Traditional Recurring Rides

No rides scheduled for January or February

MONDAY MORNING Paved Trail Recurring Rides

No rides scheduled for January or February

SCENIC TUESDAY Ride Schedule

No rides scheduled for January or February

TEAM TUESDAY Ride Schedule

No rides scheduled for January or February. Pick up rides are encouraged.

WEDNESDAY WOMEN'S Ride Schedule

No Rides scheduled for January or February

THURSDAY MORNING Ride Schedule

No Rides scheduled for November and December.

SATURDAY STEADY TO LEISURELY Ride Schedule

Winter hiatus will continue through February. The 2018 rides will begin with an overnight trip on **March 3 and 4** in Lewiston and Clarkston. Riders are free to do any length ride on both Saturday and Sunday.

Any club member, including non-riding spouses, are welcome. There are many museums and other activities available. Faster and/or more fit riders are free to do any speed or distance they wish. Leaders: Mary & T.J. Badger, 467-8099 or badgermary AT hotmail.com.

SATURDAY STEADY TO BRISK Ride Schedule

Note: Saturday Rides and Winter Weather

We're tough, but not altogether fond of hours of discomfort. If the roads are snowy, call the leader to confirm that the ride is happening. January

January 6 See snowshoe trip below

January 13 See snowshoe/ski trip below

January 20 See snowshoe trip below

January 27 Bike and Hike in Dishman Hills area Start: 10:00 am Meet: Starbucks on 57th Pace: 12+ Distance: 11 miles Terrain: hilly. Description: Short bike ride to Dishman Hills' Thierman Rd trailhead. Potential 5 mile out-and-back, with distance dependent on weather. Trail is hilly – trekking poles suggested, maybe snowshoes depending on weather. Bring a lock for your bike, as we will lock up at the trailhead entrance. Eat: bring pocket snacks. Leader: Sally Phillips 448-6271.

February 3 South Hill Neighborhoods, Baltimore Start: 10:00 am Meet: The Scoop, 1001 W. 25th. Pace: 12-14 mph Distance: 23 miles Terrain: some small hills, plus one long one on Baltimore. Regroup at turns. Description: High Drive, Hatch, 63rd, Palouse Hwy, Valley Chapel, Hangman Valley (**gravel**), Baltimore, 57th, Crestline. Eat: bring pocket snacks. Leader: Sally Phillips 448-6271

February 10 Valley Ramble Start: 10:00 am Meet: Yokes at Sprague and McDonald. Distance: <20 mph Terrain: flat. Group stays together. Description: ***This might become a ski/snowshoe trip***, depending on road conditions. See ski/snowshoe section below. Eat: bring pocket snacks. Leaders: Sheila and Frank Ping, 924-1814. Check with leaders to find out if the bike ride becomes a ski trip.

January- February 2018

February 17 Spangle with some unpaved roads Start: 10:00 am Meet: Caffe Capri in Browne's Addition, 2001 W. Pacific. Pace: 10-12 mph Distance: 40 miles Terrain: rolling hills. Description: Spangle via backroads/dirt. Regroup at turns. Eat: Spangle. Bring pocket snacks. Leader: Charlie Greenwood, 624-8617

February 24 Elder Road Rollers Start: 10:00 am Meet: Great Harvest Bakery, 29th & SE Blvd. Pace: 10-12 mph. Distance: 25 miles Terrain: a dozen short, steep hills on unpaved dirt and gravel. Regroup at turns. Description: Palouse Hwy and Elder Road rollers. Eat: Chili and homemade cinnamon rolls at Sally's house after the ride. Leader: Sally Phillips 448-6271

March 3 Rathdrum Loop Start: 10:00 am Meet: Liberty Lake Mall, Starbucks area. Pace: 14-15 mph Distance: 50 +/- miles Terrain: Mostly flat to rolling, some mild hills may arise. Regroup as needed. Description: Liberty Lake to Rathdrum and back. Eat: Popeyes? Leader: Bob Bowley 534-5501

Ski/Snowshoe Trips – ***NOT sponsored by Spokane Bicycle Club***, but organized by congenial SBC folks. Participate at your own risk

January 6 Snowshoeing on Mt Spokane. Start: Leave at 9:00 am Meet: Rocket Bakery on N. Argonne Road. Carpool if possible. Description: Park at the snowmobile lot. Snow Park permit req'd. Hike Trail 130 to the CCC cabin. Eat: Bring sack lunch. Leader: Steve Sauser 499-6567

January 13 Snowshoeing/Skiing on Mt Spokane. Start: 10:00 am Meet: Rocket Bakery on N. Argonne Road. Leaders: Frank and Sheila Ping, 924-1814.

January 20 Snowshoe trip in Mica Peak Conservation area Start: 10:00 am Meet: Albertson's 13606 E 32nd. Snowshoeing in Mica Conservation area. Leaders: Ed Lee 710-3875, Sigrid Shearn 235-4993. Have a bite to eat after the ride at Ed's house.

February 10 Possible Mt. Spokane snowshoe/ski trip to Mt. Spokane (alternate activity, if road conditions are too snowy.) Start: 10:00 am Meet: Rocket Bakery in Millwood. Carpool to Mt. Spokane. Leaders: Sheila and Frank Ping, 924-1814. Check with leaders to determine if it's a bike ride or a snow trip.

MOUNTAIN BIKING Ride Schedule

Rider will need to have a minimum of a hybrid bike with fairly decent tires as we will be going over rocks and rough road and a helmet is a must. If meeting at any of the Riverside State Park trail heads, **you will need a Discover Pass for parking**. The rides typically 1.5 to 2 hours (might be more stopping depending on participants).

Fat Tire Enthusiasts

Feel free to do Pickup Rides anywhere or any day of the week.