

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 Ride (Dave Killen's Ride*)

****Dave Killen created this weekly Monday ride and led it for several years until his death in 2015. With some route modifications, it continues as a popular weekly club ride***

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. 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.

MONDAY MORNING Paved Trail Recurring Rides

Start: 9:00 am

(No ride on Labor Day, September 3)

Meet: Centennial Trail – East Maringo Drive Trailhead

Description: Centennial Trail from East Maringo Drive Trailhead to Harvard Road Trailhead and return

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 or Air Quality Index above 150 (smoke) cancels. Rain cancels. If in question, call.

Leader: Elaine Mayes 995-8982 or 922-1033.

SCENIC TUESDAY Ride Schedule

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

July 3 Tower Perennial Garden Tour. Start: 9:00 am Meet: Round Table Pizza, 44th & Regal. Pace: Leisurely 10-12 mph. Distance: 15-20 mi. Terrain: mostly flat with an uphill climb going north on Palouse Hwy after tour. Regroup often. Route: Ride south-hill to Tower Perennial Gardens on the Palouse Highway & Jamieson Rd. Tour the gardens. Afterward ride south-hill. Eat: Round Table Pizza, 4510 S. Regal. Leader: Jan Whaley 509.448.5645 or 509.994.8173

July 10 Harrison to Medimont. Start: 9:30 am **Note** time change due to driving time to Harrison. Meet: Harrison, ID, at trailhead. (Directions: Take I-90 east past Cd'A to exit 22. Take Hwy 97 to Harrison). Pace: Leisurely 10-12 mph. Distance: 20 mi. Terrain: flat. Regroup often. Route: Ride east from Harrison on the Trail of the Coeur d'Alenes to Medimont. Turn around & come back. Eat: Landing Restaurant at Harrison next to the creamery. Have an ice cream cone for dessert. Leader: Roberta Rich 208.819.6821

July 17 Water Lily Bike Ride from Heyburn to Harrison. Start: 10:00 am **Note** time change due to driving time to Heyburn State Park. Meet: Heyburn Park at the marina. (Parking here requires an Idaho State Parks pass or a \$5 charge, so you might want to double up at the Plummer parking lot on the west side of Hwy. 95 on Anne Antelope Dr.) Pace: 10-12 mph. Distance: 18 mi. round trip. Terrain: mostly flat. Regroup often. Route: We will ride the pleasant trail along the lake into Harrison. The beautiful pink water lilies should be in bloom at this time, so we'll ride beyond Harrison to see them. Turn around & come back to Harrison. Eat: We'll picnic in the park at Harrison, so bring a lunch or buy a sandwich at the grocery/deli. Leader: Judy Waring 208.765.5378

July 24 North Side Ride. Start: 9:00 am Meet: Yoke's Grocery in Mead, 14202 N. Market St. NW corner of parking lot. Pace: 10-12 mph. Distance: 20 mi. Terrain: mostly flat, with a few small hills. Regroup often. Route: Ride east using connecting roads to Yale Rd, then north to Elk-Chattaroy Rd. for 10 miles. Out & back. Eat: Arby's Leader: Dixie Girdner 509.368.4701

July 31 Five-Mile Prairie Ride. Start: 9:00 am Meet: Sky Prairie Park on 5-Mile Prairie. Directions to start: from Maple & Francis, go north 1 block, turn left on Five Mile Road. Go almost 2 miles, turn right on Strong Road & go to Nettleton Ct. Turn right. Meet near restrooms. Pace: 10-12 mph. Distance: 20 mi. Terrain: some hills. Regroup often. Route: We will meander throughout the area. Eat: Suzi's house at 1315 W. Woodside. Please bring 1 cup of something for a salad. Surprise us! Two people could bring rolls and 2 could bring desserts. Beverage and fresh garden greens provided. Leader: Suzi Hokonson 509.326.2216

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August 7 South Hill Meander Start: 9:00 am Meet: Manito Park just west of Duncan Gardens & Perennial Gardens in overflow parking area. Pace: Leisurely 10-12 mph. Distance: about 20 mi. Terrain: flat, with some moderate hills. Regroup often. Route: Ride areas of the south hill. Eat: The Park Bench in Manito Park. Leader: Brian Duncan 509.290.8432

August 14 Millwood & East Start: 9:00 am Meet: Millwood Park (east of Argonne on Frederick.) Pace: Leisurely 10-12 mph. Distance: 20 mi. Terrain: mostly flat. Route: Ride to Centennial Trail via Empire to Pines & then on to Harvard. Eat: Group choice - Caruso's or Timber Creek Grill. Leader: Dixie Girdner 509.368.4701

August 21 Audubon Park Start: 9:00 am Meet: Audubon Park off of Northwest Blvd. Pace: Leisurely 10-12 mph Distance: 18-20 mi. Terrain: a few hills & one major hill by Downriver Golf Course. Regroup often. Route: Ride along river to 7-Mile & back. Eat: Rancho Chico, 2023 W. Northwest Blvd. Leader: Marie Johnson 509.467.0369 or 509.953.8086

August 28 Park to Park Start: 9:00 am Meet: Round Table Pizza, 44th & Regal. Pace: Leisurely 10-12 mph. Distance: approximately 20 mi. Terrain: some hills. Regroup often. Route: Enjoy riding through many of the parks on the South Hill. Eat: Round Table Pizza Leader: Jan Whaley 509.448.5645 or 509.994.8173

September 4 Coeur d'Alene Meander Start: 9:00 am Meet: Riverstone Park off Northwest Blvd. in CDA. (If coming from Spokane, take Exit 11 off I-90 east.) Pace: Leisurely 10-12 mph. Distance: 20 mi. Terrain: mostly flat with a few gentle hills. Regroup often. Route: From Riverstone Park ride the Prairie Trail taking side trips through neighborhoods. Eat: Le Peep at Riverstone, 1884 W. Bellerive Ln. Leader: Shirley Sturts 208.664.5318

TEAM TUESDAY Ride Schedule

July 3 Old Trails/Coulee Heights Start: 9:00 am. Meet: West side of Coeur D'Alene Park in Browne's Addition Pace: 12-14 mph Distance: ~35 miles Terrain: Flats with some long gradual climbs Regroup: We will regroup at determined points Route: Coeur D'Alene Park to Sunset Blvd. to Government Way continuing up W Trails Rd to N Old Trails Rd to 7-mile Rd to Coulee Hite to N Wood Rd to Four Mound to 7-mile Rd to W Aubrey White to Government Way to Sunset Blvd. to Hemlock back to start. No Map/cue sheet. Rain and excessive winds cancel. Leader: Gloria Castellaw 509 991-4643

July 10 "Knife and Forker" Start: 9:00 am Meet: Starbucks at Windermere: 12519 N. Division, Ride to Fairview via the COTS Trail and go around Old Bruce Rd., Morgan, Pleasant Prairie, Forker Rd and Moffat. Return around Peone Rd, Mt Spokane, Bruce, Peone and back to COTS off of E 1st in Mead using the Eileen Hyatt connector. Pace: 12-14 mph Distance: 30 miles Terrain: Moderately hilly with frequent regroups. No map. Leader: Jamie Sutherlin 509-742-0126

July 17 Saltese Lake Loop. Start: 9:00 am Meet: Skyway Café parking lot at Felts Field. Pace: Steady, 12-14 mph on flat terrain. Distance: 36 miles. Some significant hills; regroup often. Description: Skyway Café, Euclid-CT-Flora-Henry- loop. Eat: Skyway Café at Felts Field at end of ride. Map and cue sheet will be available. Heavy rain- strong winds cancels. Leader: Garry Kehr 509-990-1474.

July 24 Big Meadows Loop, Clockwise Start: 9:00 am Meet: Linwood Park, 1100 W Eastmont Way , Pace: 12-14 mph Distance: About 41 miles Terrain: Rolling + some climbing Regroup: As needed Route: Linwood Park - Little Spokane River Dr. - Big Meadows - Harvest House - Lincoln Rd - Linwood Park Eat: Harvest House at about 28 Miles out.
Map/cue: None Leader: Rudie Neumann, 509- 951-7753

July 31 Centennial Trail to Le Peep Start: 8:30 am (**Note start time.**) Meet: Centennial Trail Barker trail head , little less than mile north of I 90 on right. Pace: 12-14 mph avg. with hills. Distance: 45 miles Terrain: flats then 2 steeps with lots of coasting in between. Regroup: Le Peep and top of Upriver and Riverview and as needed. Route: Centennial Trail to Le Peep, 1884 W Bellerive Ln in Coeur D Alene. South on 95 to Upriver to Riverview to Centennial Trail to Barker Rd.trail head. Eat: Le Peep Rain cancels. Leader: Bill Olsen 509-679-1962

August 7 2 Spangle - Plaza - Wells Rd. Loop. Start: 9:00 am Meet: Harvester Restaurant, 410 W 1st, Spangle, WA 99031, Directions to start: Approximately 15 miles south of Spokane, from Hwy 195, turn east onto Cheney-Spangle Rd. Harvester Restaurant is on left. Pace: 10-14 mph. You get to choose how fast and how far. Distance: 18 or 28 miles, Terrain: rolling wheat fields, Regroup: When necessary. **18-mi. Route**: Follow 1st St. to Main, right on Main, stay left to get on Old 195, right on Powers Rd., bear right on Sherman Rd, right on Cheney-Spangle Rd, cross Hwy 195 back to Harvester. **28-mi. Route**: Follow 1st St. to Main, right on Main, stay left to get on Old 195, ride through Plaza, right on Cheney-Plaza Rd (pass under Hwy 195), right on Wells Rd, right on Cheney-Spangle Rd, in 2.7 mi. turn left to stay on Cheney-Spangle as the road ahead becomes Bradshaw, cross Hwy 195, return to Harvester. Eat: Harvester. Map provided. Heavy smoke, rain, or strong wind cancels.
Leader: Barb Kehr 509-290-1967

August 14 Fish Lake Trail-Cheney-Betz-Melville Loop. Start: 9:00 am, Meet: Fish Lake Trailhead (Milton St. off Government Way) Pace: Steady, 12-14 mph, Distance: 35.5 miles, Terrain: some hills (rollers), mostly flat, Regroup: when necessary, Route: FLT-Cheney to Washington-Betz-Melville-Hallett-Assembly back to FLT parking lot. Eat: TBD, Map and cue sheet provide. Heavy smoke, rain, or heavy wind cancels. Leader: Barb Kehr 509-290-1967

August 21 Fish Lake Trail-Cheney Plateau-High Bridge Park Start: 8:00 am (**Note time change!**) Meet: Fish Lake Trailhead Government Way/Milton Pace: 12-14 mph Distance: ~36 miles Terrain: paved trail, hills, flats, steep descent, a mile of gravel road, easy climb Route: Fish Lake Trail, Scribner Junction, Cheney-Spokane Rd. back to Fish Lake Trail, stop at Mason Jar in Cheney. Return on Curtis, Anderson, Smythe/Sherman, Taylor, Cedar, rest stop at Eagle Ridge Pines Park, steep descent on Lincoln Way, Qualchan, Cheney/Spokane Rd. over Highway 195, Inland Empire Way, left on 12th, right on Spruce, left on 11th into High Bridge Park. Rideable mile of gravel road then easy climb on W Riverside to Government Way. A paved half-mile back to start. Eat: Mason Jar midway. Inclement weather including heavy smoke cancels.
Leader: Lori Carlton Smith 509-954-9645

August 28 Deer Park Start: 9:00 am Meet: Starbucks at Windermere North Division and Hastings Pace:12 -14 mph on flats Distance: 40 miles Description: Mill to Dartford up Hazard to

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Monroe to Deer Park. Lunch in Deer Park. Return via Cedar, Dennison, Chattaroy to Perry, Little Spokane to Starbucks. Terrain: quite hilly, one hill about a 10% grade. Regroup: often

Rain or heavy smoke cancels. Leader: Amina Giles 509-844-4209

September 4 FLT to Mason Jar, Cheney Start: 9:00 am Meet: Fish Lake Trailhead Government Way/Milton Pace: 12-14 mph Distance: 18 miles out & back, or 32 miles if going all the way to Cheney via Cheney Spokane & the trail. Terrain: gradual grade up to Cheney and down on the return. Heavy smoke or rain cancels. Eat: Mason Jar
Leader: Lila Meglio 509-378-8665

THURSDAY MORNING Ride Schedule

July 5 Huckleberry's to Palouse Start: 9:00 am Met: Huckleberry's 926 South Monroe St. / Eat at the Bistro Pace: 14-16 mph Distance: 23 miles Terrain: Rolling with flats Regroup: We will regroup at determined points Route: from Huckleberry's parking lot on Monroe go south on Lincoln to 25th to Bernard. High Drive to Hatch to 57th and Helena. 63rd to Regal to 65th to Regal to Palouse Hwy. Up Windmill to Willow Springs to Palouse. Down Baltimore to Hangman Valley. Highway 195 to Inland Empire Way. Up 7th to Oak to 9th to Madison and back to Huckleberry's. Rain and excessive winds cancel.
Leader: Gloria Castellaw 509 991-4643

July 12 Dartford-Half Moon- Greenbluff-CST Start: 9:00 am Meet: Starbucks at Wandermere {North Division and Hastings} Pace: 12-14 mph Terrain: extremely hilly Distance: 46 miles
Description: Dartford to Austin and Half Moon Rd over Highways 395 and 2 to Mt Spokane Rd. Up to Greenbluff for snack /lunch at Harvest House. Continue to Big Meadows Rd. Yale, Bruce, Peone to "Children of the Sun Trail" and finish. Regroup at turns, hills and highways. Heavy rain cancels.
Leader: Steve Lewis 951-295-3534

July 19 Saltese Loop Start: 8:30 am (**Note new time**) Meet: Felts Field Pace: 12-14 mph on the flats Distance: 34 miles Terrain: Mostly flat with two moderate hills Description: Felts Field - Euclid-Centennial Trail- Flora-8th Ave -Henry -E 32nd and return. Eat: Skyway Cafe Felts Field. Heavy rain cancels. Map provided. Call leader with any questions.
Leader: Garry Kehr 509-990-1474

July 26 Cheney to Medical Lake Loop Start: 9:00 am (**Note new time**) Meet: Starbucks in shopping complex on 2816 1st St. Cheney, WA 99004 (about a 25 min. drive from the Perry/29th St. area of the South Hill using I-90, exit 270, continuing on to Michael Anderson Mem. Highway for 4.4. miles into Cheney) Pace: 12-14 mph Distance: 27 miles Terrain: country roads, rollers, one long hill from Silver Lake to Granite Lake Description: Betz, Salnave, east side of Clear Lake, rest stop at Medical Lake Waterfront Park. E. Lake St. drop south east of Silver Lake, under I-90, S.

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Granite Lake Rd to Betz. Eat: Taco Bell close to Starbucks Regroup: At turns and tops of hills. Rain cancels. Leader: Barb Kehr 509-290-1967

August 2 Medical Lake Loop Start: 9:00 am Meet: LeFevre Street Bakery 123 S. Lefevre St. in Medical Lake. Pace: 12-14 mph Route: This ride will go to Cheney and back to Medical Lake. Terrain: mostly flat with some rolling hills Distance: 38 miles Eat: Bakery at the end of ride. Heavy rain cancels. Leader: Todd Hayes 509-844-7354

August 9 Greenbluff Start: 8:30 am (**Note new time.**) Meet: Safeway 10100 N. Newport Highway Description: Children of the Sun Trail south to Fairview with a special view. Fairview to Stoneman to Morgan Prairie View to Forkner, down Moffet to Mt. Spokane, Greenbluff and back to Safeway. Terrain: very hilly Distance: 35-40 miles Pace: 12-14 mph Regroup when needed Eat: lunch on Greenbluff. Heavy rain or smoke cancels. Leader: Amina Giles 509-844-4209

August 16 Hauser Lake Start: 9:00 am (**Note time change.**) Meet: Mirabeau trail head on the Centennial Trail. From either Pines or Evergreen exits on I-90, go slightly north to E. Indiana and head towards Mirabeau Parkway, also the road to the Valley YMCA. Pace: 12-14 mph Distance: 40 miles Terrain: mostly flat Description: Centennial Trail - Harvard - Euclid - Starr - around Hauser Lake and return same way. Regroup at turns. Stop at convenience store on the way. Eat: Panera Bread. Rain or poor air quality cancels. Leader: Lori Carlton Smith 509-954-9645

August 23 Spangle – Waverly – Prairie View Loop. Start: 9:00 am Meet: Harvester Restaurant in Spangle. Pace: Steady 12–14 mph. Distance: 31 miles. Terrain: Palouse rollers, +1195 / -1190 ft. Regroup: at turns. Route: Spangle –E Spangle-Waverly Rd – S. Prairie View Rd – S. Old Hwy 195. Eat: Harvester. Map/cue sheet: yes. Rain and/or strong wind cancels. Leader: Barb Kehr 509-290-1967.

August 30 South Hill – Hangman Valley Start: 8:30 am Meet: Huckleberry's parking lot at 926 S Monroe. Pace: 12-14 mph Distance: 23 miles Terrain: 1196' elevation gain ride up the south hill and down to Latah Creek and back to Huckleberry's Route: Huckleberrys-Madison-High Drive-south and east to Regal Rd -Palouse Highway-Windmill-Willow Springs Baltimore-Hangman Valley up 195-Inland Empire Way, back up to the South Hill to Huckleberry's. No map and cue sheet provided. Regroup at determined points. Eat: Huckleberry's. Heavy smoke, lightening or rain cancels. Leader: Lila Meglio 509-378-8665

WOMEN'S FRIDAY Ride Schedule

July 6 Trail of the Coeur d'Alenes Start: 10:00 am - Allow 1 hour 20 minutes to drive from downtown Spokane Meet: I-90 to Kingston Exit 43. Trailhead near the Snake Pit, 1480 Coeur d'Alene River Rd, Enaville, ID. Pace: 10-14 mph Distance: Approx 20 miles; Riders may choose their own distance/pace on this out-and-back course. Terrain: flat Regroup: As needed Route: West on trail. Eat: Snake Pit Map/cue sheet: No. Steady rain cancels Leader: Eileen Hyatt 509-475-9328

July 13 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: 10-14 mph Distance: 20 miles Terrain: Flat to moderately hilly Regroup: At intersections Route: Rural roads north of Cheney Eat: Mason Jar, Cheney Map/cue sheet: No. Rain cancels Leader: Karen Carlberg 624-6989, 795-4479

July 20 Mead to Chattaroy Start: 9:00 am Meet: Yoke's, Newport Hwy at Mt. Spokane Hwy (206) PARK in the NW corner of Yokes off Mt Spokane Park Dr. Pace: 10-12 mph Distance: 20 miles Terrain: Mostly flat Route: Boston, Colbert, Yale, Elk-Chattaroy and Hardestry out and back Eat: Cinola's, N. 14712 Newport Hwy, Mead Rain or excessive wind cancels. Leader: Margaret Watson (preferred) 624-3793, cell 279-9773

July 27 Hauser Lake/Newman Lake Ride. Start: 9:00 am. Meet: Hauser Lake Boat Launch. Directions to start: from Trent, which becomes WA Hwy 290 & then ID Hwy 53, go 1.8 mi. east from state line. (Also 0.3 mi. from Curley's Restaurant. If you reach Pleasant View Road, you've gone too far; turn around & go back 0.25 mi.) Turn north onto Hauser Lake Rd. (Look for "Embers" or "Mattheus Lumber" signs.) Go 1.1 mi. Continue straight on Hauser at the Cliff House Rd. jct. Go for 0.3 mi. Turn right at Fay Place & go 0.25 mi. Park near toilets. Pace: 10-12 mph. Distance: 19.4 miles Terrain: mostly flat with some hills. Regroup: Often. Route: Newman Lake Arm, Honeymoon Bay, E. Newman Lake Drive Boat Launch, Hauser Lake. Eat: Otis Grill at Harvard Rd & Wellesley. Leader: Dixie Girdner 509-368-4701

August 3 Heyburn to Harrison Start: 10:00 am (**Note change of time**) 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 Regroup: As needed Route: Trail of the Coeur d'Alenes to Harrison, and beyond if you choose Eat: Harrison Map/cue sheet: No. Rain cancels Leader: Karen Carlberg karencarlberg@comcast.net 624-6989, 795-4479

August 10 Centennial Trail east Start: 9:00 am Meet: Harvard Road Centennial Trailhead Pace: 10-12 mph Distance: about 20 miles Terrain: mostly flat trail Regroup: as needed Route: East on Centennial Trail to Post Falls Eat: Palenque Mexican Restaurant at The Trailhead Golf Course in Liberty Lake. Rain cancels Leader: Elaine Mays 509-995-8982 or 509-922-1033

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August 17 Deer Park Prairies Start: 9:00 am Meet: First Street Bar & Grill, 122 W 1st St, Deer Park, WA Distance: 19 miles Terrain: Mostly flat, a few rolling hills. Pace: 10-12 mph or as you choose Regroup: As needed - no drop ride Route: Prairies north and west of Deer Park Eat: First Street Grill Deer Park Map/cue sheet: Yes. Steady rain cancels.
Leader: Eileen Hyatt 509-475-9328

August 24 West Plains Ramble Start: 9:00 am Meet: Petro Station - I90 Medical Lake Exit south side of freeway. Park on north end. Pace: 10-12 mph Distance: Approx. 20 miles Terrain: Mostly flat with some upslopes Route: Rural roads south and east of the freeway Eat: Iron Skillet - Petro Station. Rain or excessive wind cancels.
Leader: Margaret Watson (preferred) H 509-624-3793, C 509-279-9773

August 31 Coeur d'Alene to Post Falls ID Ramble Start: 9:00 am Meet: Riverstone Park - CdA, Riverstone. I-90, Northwest Blvd exit. Pace: 10-12 mph. Distance: Approximately 20 miles. Terrain: Mostly flat with a few upslopes. Route: CdA to Post Falls on trails and back roads. Eat: Le Peep - Riverstone - CdA. Rain or excessive wind cancels.
Leader: Margaret Watson 509-624-3793 preferred; 509-279-9773

September 7 Downtown Centennial Trail Start: 10:00 am (**Note** time change)
Meet: Courtyard Marriott, 401 E Riverpoint Blvd Pace: 10-12 mph Distance: 20 miles Terrain: Flat trail Route: East from University District on the Centennial Trail Eat: Perkins. Steady rain cancels.
Leader: Betty Ledlin 509-747-4352

SATURDAY STEADY Ride Schedule

All of these warm weather rides are along creeks, rivers, or lakes with shady trees and hopefully cooling breezes. **Note**: We will be leading an overnight bike tour on the Yakima Greenway on October 27-28. For info to make reservations, contact Mary & T.J. Badger, 467-8099 or badgermary@hotmail.com. (Check out Bike Tours in July/August Newsletter for more info)

July 7 Gateway Park - Riverstone. Start: 9:00 am. (**Note**: earlier time change). Meet: Gateway Park. Take exit 299 from I-90. Park is on north side of freeway. Pace: 12-14 mph (steady). Distance: 28 miles. Terrain: Flat to rolling. Cue sheet for faster or slower riders. Regroup: Occasional. Route: Centennial Trail, suburban streets, newly paved Seltice Way (Spokane River). Eat: Le Peep or Bardenay (mid-ride). If Rain: Eat first (still meet at Gateway Park), then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@hotmail.com.

July 14 Old River Road, N. Fork CdA River. Start: 9:00 am. Meet: Enaville Resort, a.k.a. the Snake Pit. (Take I-90 east to Idaho Exit 43, Kingston, turn left and go 1.5 miles. Note that this is 64 miles from downtown Spokane and you should allow an hour and 10 minutes of driving time). Pace: 12-14 mph (steady). Distance: 27.6 miles. (out and back, ride at your own pace and distance).

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Terrain: same as gentle gradient of the North Fork CdA River, flat to gentle grades. (all paved).

Map or Cue Sheet: No. Regroup: Occasional. Route: up and back on Old River Rd.

Eat: Snake Pit. If Rain: Eat first (still meet at Snake Pit), then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@ hotmail.com.

July 21 Little Spokane River - 1898. Start: 9:00 am. Meet: "1898"/Kalispel Golf Course (formerly Spokane Country Club), 2010 W. Waikiki Rd. Park car in immediate right hand corner as you drive in. Pace: 12-14 mph (steady). Distance: 16 or 20 miles. Terrain: Flat to gentle slopes with 3 to 4 hills. Cue sheet for faster or slower riders. Regroup: Frequent. Route: Waikiki, Fairwood, Mill, Little Spokane River, Wandermere, Children of the Sun Trail, Hastings, Bellwood, plus optional Highlands, Fish Hatchery, & St. George's Rd. Eat: 1898 Restaurant (at Country Club). No dress code. Breakfast (as low as \$6) menu served until 2 pm. If Rain: Eat first, then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@ hotmail.com.

July 28 Plummer – Harrison (31 mi or 16 mi). Start: 9:00 am for 31 mile option; 9:30 am for 16 mile option (wait for main group). Meet: Plummer Trailhead for 31 miles. For 16 mile option, meet at Heyburn State Park, north end. (Note: \$5 permit needed or Annual Idaho State Parks Pass at Heyburn). From downtown Spokane allow 45 minutes driving time to Plummer via Mica & Rockford; 75 minutes to Heyburn. Pace: 12-14 mph (steady). Distance: 31 or 16 miles. Terrain: Flat to gentle grades, except 630 feet elevation gain for 31 mile return. Map: No. Regroup: Occasional. Route: all on smoothly paved Trail of the CdA's. (Plummer Creek & Lake CdA). Eat: Restaurant in Harrison, to be determined. If Rain: Eat first in Plummer, then ride. Leaders: Mary & T.J. Badger, cell 509-981-8398 or badgermary@ hotmail.com.

August 4 Riverside S.P. Loop – C.T. Far Point. Start: 9:00 am. Meet: Westgate Park, ~5432 W Conestoga Dr. From the intersection of W. Francis and N. Assembly, go north $\frac{3}{4}$ mi. on Nine Mile Rd. Turn left onto Rifle Club Rd, go 1 block, left on Old Fort Dr., go 1 block, and right on Conestoga Dr. Pace: 12-14 mph (steady). Distance: 16-26 miles. Terrain: gentle slopes to some hills. Cue sheet for faster or slower riders. Regroup: Often. Route: Clockwise route through Riverside State Park (16 mile option), loop plus Centennial Trail to Nine Mile Recreation Area for 26 mile option. (Spokane River & Long Lake). Eat: Fieldhouse Pizza, 4423 W. Wellesley Ave. (at Assembly and Wellesley). If Rain: Eat first (still meet at Westgate Park), then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@ hotmail.com.

August 11 Trail of the Coeur d'Alenes. Start: 9:00 am. Meet: Cataldo Trailhead of Trail of the CdA's. From downtown Spokane, allow 65 minutes driving time. Pace: 12-14 mph (steady). Distance: 27 miles or opt to do less. Terrain: Flat to gentle grade along CdA River. Map: No. Regroup: Occasional. Route: Out and back to Bull Run, then to Snake Pit (or less) and back Eat: Snake Pit or CdA location, TBD. If Rain: Eat first (still meet at Cataldo T.H.), then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@ hotmail.com.

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August 18 Latah Creek. Start: 9:00 am. Meet: Chaps Restaurant, 4237 Cheney-Spokane Rd. (just south of Yokes). Pace: 12-14 mph (steady). Distance: 17 miles or 21.4 miles. Terrain: Flat with some hills. Map: No. Regroup: Occasional. Route: Hwy. 195, Hangman Valley, Qualchan G.C., Inland Empire Way. Eat: Chaps. If Rain: Eat first (still meet at Chaps), then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@ hotmail.com.

August 25 Columbia Plateau Trail - Lance Hill - Mullinex - Cheney Loop. Start: 9:00 am. Meet: Trailhead at Fish Lake on C.P.T. From Spokane go south on Hwy. 195, turn right on Cheney-Spokane Rd. & go ~8 miles. Turn left on Meyers Park Rd. & go 0.1 mi. **Note:** this is a Free Day for State Parks, so Discover Pass NOT needed to park here today. Pace: 12-14 mph (steady). Distance: 28.6 miles or 19.6 miles. Terrain: Flat to rolling. Regroup: Occasional. Route (All paved): C.P.T., Hwy. 904, Lance Hill Rd, & Mullinex Rd., (short route skips), Cheney. Cue sheet for faster or slower riders. Eat: El Rodeo Restaurant, 505 2nd. Street, Cheney. If Rain: Eat first, (still meet at trailhead at Fish Lake), then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@ hotmail.com.

September 1 Hauser Lake Loop – Newman Lake Vistas. Start: 9:30 am (Note time change). Meet: Curley's Restaurant, 26433 W. Hwy 53, in Idaho. Directions: From Trent & Starr, continue east on Trent for 3.0 miles. (1.6 miles from the WA-ID line). Park on west side of Curley's. Pace: 12-14 mph (steady). Distance: 23.4 miles. Terrain: Flat with some hills. Maps: for faster or slower riders. Regroup: Occasional. Route: Newman Lake Arm, Honeymoon Bay, E. Newman Lake Drive Boat Launch, Hauser Lake. Scenic views of 2 lakes. Eat: Curley's. If Rain: Eat first (still meet at Curley's), then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@ hotmail.com.

SATURDAY STEADY TO BRISK Ride Schedule

July 7 Elder Road - Southside Hills (dirt roads – mtn bike suggested). Start: 9:00 am Meet: Albertsons, 57th & S Regal. Pace: 10-15. Distance: 25 miles Terrain: very hilly. Regroup at turns, as needed. Description: Valley Chapel, Elder Road, Palouse Highway. About 1/3 of ride is on steep dirt rollers. Eat: Homemade ice cream sandwiches at Sally's house after ride. Leader: Sally Phillips 448-6271.

July 14 Mount Spokane by Mountain Bike Start: 8:00 am **Note time change** Meet: Mt. Spokane High School Pace: slow ride up, fast ride down Distance: 52.65 miles Terrain: big climb up Mt. Spokane. Fast downhill. Description: Mt. Spokane on Forest Service Roads. See route: <https://www.strava.com/routes/13786632> Eat: Pack a lunch. You'll be hungry by the time we get there. Leader: Charlie Greenwood, 624-8617

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July 21 2 Hayden Lake Loop Start: 8:00 am Meet: Falls Park, 305 W 4th Ave., Post Falls, ID
Pace: 13-15 mph Distance: 49 miles total **NOTE:** About 26 miles to ride ONLY the scenic "Hayden Lake loop". You are welcome to join us at Finucane Park, 550 E Prairie Ave, Hayden. We will stop there for water approximately 60-75 minutes after start time. Terrain: city streets, mostly flat, until Hayden Lake circuit, which features numerous ups, downs, on winding paved road.
Description: Post Falls-CDA-Hayden Lake (counterclockwise) Eat: Daanen's Deli, @Prairie & Wayne Dr., (3-4 blocks east of Hwy 95), on our return trip. Bring snacks and WATER (Expect hot day). Leader: Bob Bowley, 534-5501

July 28 CDA-Fernan Saddle Start: 8:00 am Meet: Starbucks in Liberty Lake, 1342 N. Liberty Lake Rd. Pace: 14-16 mph Distance: 55-65 +/- miles, depending on whether you climb Saddle. Terrain: flat route on the trail and quiet roads to Coeur d'Alene then on to Fernan Lake, with a sustained 5- mile climb to Fernan Saddle. Eat: Coeur d'Alene.

Leaders: Sheila and Frank Ping, 924-1814.

August 4 Cheney, Williams Lake Start: 8:00 am Meet: Milton St Fish Lake Trailhead. Pace: 14-16 mph Distance: 65 miles Terrain: Climb up to west plains, rolling hills. One 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. Bring water and snacks. Leader: Sally Phillips, 448-6271.

August 11 Trail of the Coeur d'Alenes Start: 8:00 am Meet: Yokes at McDonald and E. Sprague then carpool to Plummer. Pace: 14-16 mph Distance: 50-60 miles Terrain: Flat, and a moderate climb back up to Plummer. Description: Trail of the Coeur d'Alenes. Eat: Harrison; bring plenty of water and snacks. Leaders: Frank and Sheila Ping, 924-1814.

August 18 Deer Park, Williams Valley Start: 8:00 am Meet: Starbucks at Wandermere, 12408 N. Division. Pace: 12-14 mph. Distance: 40 miles. Terrain: Flat with some steeper hills. Description: Hastings Rd, Mill Rd, Little Spokane River Dr., Perry Rd, Deer Park Milan Rd, Crawford Rd, Short Rd, Montgomery Rd, Hwy. 2, Williams Valley Rd, Burroughs Rd, Monroe Rd, Austin Rd, Ballard Rd, Dartford Dr, Mill Rd, Hastings Rd. Eat: tbd. Regroup at turns. Leader: Sally Phillips, 448-6271

August 25 Idaho Centennial Trail Mountain Bike Start: 8:00 am Meet: Yoke's at Sprague and McDonald. Carpool to Thompson Pass. Pace: 10-12 mph Distance: 22-25 miles Terrain: Hilly – see link to map. Description: Idaho Centennial Trail, Cooper Pass, F. S. 7623 to Cooper Gulch, Prospect Creek Road (Highway 471). Possible side trip to Glidden Lakes. Map: <https://goo.gl/maps/g7Ay3st3x8R2> Eat: Murray before or after the ride. Leader: Charlie Greenwood, 624-8617

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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 and home, down Freya to Upriver Drive and back to my house Eat: bring pocket snacks. We can find a place to get water, but not many food options. No map, but regroup as needed – nobody left to the vultures. Leader: Paul Brunton, 953-9564