

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

Start time: 10:00 am, March 12 only, and April Meet:

Little Garden Café, 2901 W Northwest 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 on level

Distance: 26 miles. Ride goes rain or shine, except for lightening and ice

Terrain: Most 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

March-April ride dates:

March 5 – **No ride scheduled** , March 12 – Ride Leader Garry Kehr, 509-990-1474

March 19 – **No ride scheduled**, March 26 – **No ride scheduled**

April 2 – Ride Leader Garry Kehr, 509-990-1474

April 9 – Ride Leader Amina Giles, 509-844-4209, April 16 -- Same

April 23 – Same, April 30 -- Same

MONDAY MORNING Paved Trail Recurring Rides

*Will start again in May

SCENIC TUESDAY Ride Schedule

****Call the leader in case of questionable weather. Scenic Riders also has occasional Thursday rides. Call Jan Whaley, if interested—509.448.5645. Reminder: the START time is the DEPARTURE time.**

March 6 No ride scheduled

March 13 Spokane River Ride. Start: 9:00 am. Meet: Perkins on Division & Riverfront Blvd. Pace: Leisurely 10-12 mph. Distance: 15 mi. Terrain: mostly flat. Regroup: often. Route: Take Centennial Trail east along the river. Return same route. Eat: Perkins downtown. If rain: Eat first at Perkins & ride later. Leader: Jan Whaley 509.448.5645 h, 509.994.8173 c, whaleyj2618@comcast.net

March 20 No ride scheduled

March 27 Iron Bridge River Ride. Start: 9:30 am (**Please note change in time.**) Meet: Tom Sawyer Country Coffee, 608 N. Maple St. in Kendall Yards. Directions: From Monroe, go west 6 blocks on Broadway, turn left on Maple & go 2 blocks. (Note: if you'd like coffee, etc. show up early at 9 am.) Pace: Leisurely 10-12 mph. Distance: Rider's choice of 10 or 16 mi. Terrain: flat to gentle slopes. Regroup: often. Route: Meenach Overlook Loop, Kendall Yards, Riverfront Park, Gonzaga, Mission Park (10 mi. option returns on C.T.), Iron Bridge, Stone Street Park, SCC, Tuffy's Trail Overlook, return on Centennial Trail. Eat: Veraci Pizza in Kendall Yards. If rain: Eat first (meet at Tom Sawyer's), then ride later. Leaders: Mary & TJ Badger Contact: 509.467.8099 or badgermary@hotmail.com

April 3 South Hill Jaunt. Start: 9:00 am Meet: 44th and Regal in front of Round Table Pizza. Pace: Leisurely 10-12 mph. Distance: 15 mi. Terrain: mostly flat with a few hills. Regroup: often. Route: Enjoy various areas of the south hill. Eat: Round Table Pizza. Leader: Jan Whaley Contact: 509.448.5645 h, 509.994.8173 c, or whaleyj2618@comcast.net

April 10 CDA Meander. Start: 9:00 am Meet: Riverstone Park off Northwest Blvd in Coeur d'Alene. (If coming from Spokane, take Exit 11 off I-90 east.) Pace: Leisurely 10-12 mph. Distance: 15 mi. Terrain: mostly flat. Regroup: often. Route: Ride into CDA & then take the road along Fernan Lake. Enjoy the scenery of both lakes. Eat: Anthony's at Riverstone. Leader: Shirley Sturts 208.664.5318

April 17 Spokane Valley to Post Falls. Start: 9:00 am Meet: Parking lot next to Krispy Kreme Doughnuts at the Valley Mall. Pace: Leisurely 10-12 mph. Distance: 20 mi Terrain: flat, paved surface. Regroup: often. Route: Ride 10 mi east to the first outhouse in Idaho & back. Eat: Panera's Bread Co. Leader: Hershel Zellman 509.993.4274

April 24 Maringo to Harvard Ride. Start: 9:00 am Meet: Maringo Trailhead southeast of Argonne & Upriver Dr. Pace: Leisurely 10-12 mph. Distance: approximately 20 mi. Terrain: a few short hills. Regroup: often. Route: an easy spring ride on the Centennial Trail east to Harvard & back. Eat: Longhorn Barbecue. Leader: Jerry Etchison 509.599.3775

May 1 Heyburn State Park to Harrison. Start: 10:00 am (Please note change in time.) 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 Annie Lane.) Pace: Leisurely 10-12 mph. Distance: 16 mi. round trip. Terrain: mostly flat. Regroup: often.

Route: We will ride the pleasant trail along the lake into Harrison for lunch in the park. Eat: Bring a lunch or buy a sandwich at the grocery/deli. Of course, you won't want to pass up the over-the-top ice cream cones at the little shop on the main road. Leader: Judy Waring 208.765.5378

TEAM TUESDAY Ride Schedule

March 6 No ride scheduled.

March 13 Centennial Trail Start: 10:00 am Meet: John Shields Park (Minnehaha Rocks)
Description: ride east on the Centennial Trail for about 2 hours, Pace: 12-14 mph. Varied paces can be accommodated by turning around at a given time. Regroup: Argonne Library for a bathroom stop. Eat: Rocket Bakery for coffee. Leader: Jane Schelly 509-389-0484

March 20 No ride scheduled

March 27 Maringo to Stateline and Back Start: 10:00 am Meet: Maringo Trail Head on CT,
Directions to Start: Take Upriver Dr. east past Argonne, right on Farr, left on Maringo.
Pace: 11-13 mph Distance: 26 miles, Terrain: flat, Regroup: when necessary, Route: out on north side of river, back on Centennial Trail, Eat: Rocket Bakery on Argonne, Map/cue sheet: yes, Cancellation: Rain and strong wind cancel, Leader: Barb Kehr 509-290-1967

April 3 Peone Prairie Start: 10:00 am Meet: Jane's home, 8006 E. Columbia Dr. off of Argonne in Northwood. Distance: 23 miles Pace: 12-14 mph Regroup: occasionally.
Route: across Pleasant Prairie, north on Forker, back towards Peone. Bring your own snacks if needed. You are invited to meet at Jane's at **9:00 am** for coffee and biscuits but please **RSVP!** Leader: Jane Schelly 509-389-0484

April 10 Fish Lake Trail – Cheney – Betz Rd – Melville Loop. Start: 10:00 am Meet: Fishlake Trailhead (Milton) Pace: Moderate, 12-14 mph. Distance: 35.5 mi. Terrain: Some hills (rollers) mostly flat. Regroup: Occasional. Route: Fish Lake Trail – Cheney-Spangle Road – Washington – Betz – Melville – Hallet – Assembly – 16th Ave. S. Eat: TBD. Directions to start: West on 2nd Ave. cross bridge across Latah Creek and left on S. Lendeke to FLT parking lot. Map and Cue Sheet provided. Heavy rain cancels. Leader: Garry Kehr 509-990-1474

April 17 Peone Prairie Start: 10:00 am Meet: Petit Chat Bakery 9910 Waikiki Rd. Route: east on Hawthorne, pass Market, to Stoneman, south on Argonne to Old Bruce Rd climb up Morgan Acres to Forker Rd then down Moffat to Peone to Mt Spokane Rd to Bruce Rd to Peone to Hawthorne back to ride start. Eat: coffee at Petit Chat. Regroup on turns and top of climbs, Terrain: Hilly with one good climb. Pace: 12 - 14 mph Distance: 25 miles. Heavy rain cancels Leader: Amina Giles 509-844-4209

April 24 No ride scheduled.

May 1 Cheney to Medical Lake Loop Start: 9:30 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: 25 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. Granite Lake Rd to Betz. Eat: Starbucks Regroup: At turns and tops of hills. Rain cancels. Leader: Blair Strong 509-220-9082

THURSDAY MORNING Ride Schedule

March 1 No ride scheduled

March 8 No ride scheduled

March 15 Centennial Trail Start: 10:00 am Meet: John Shields Park(Minnehaha rocks)
Ride east and return on the Centennial Trail for about 2 hours roughly 12-14 pace. Varied paces can be accommodated by turning around at a given time. Regroup after the start at the Argonne Library for a bathroom stop. Eat: Rocket Market Bakery for coffee
Call leader if raining. Jane Schelley 509-389-0484

March 22 Amina's Belated Birthday Ride Start: 10:00 am Meet: Safeway at 10100 N. Newport Highway. Description: Waikiki to Dartford across Half Moon up Perry to Little Spokane up Waikiki and back to Safeway. Distance: about 25 miles with some hills Pace:12-14 mph on flats Regroup: after hills and turns. Eat: Invitation to Amina's house for her famous beans. If raining come for walk and then to her house for soup at 10708 N Humboldt Dr
Leader: Amina Giles 509-844-4209

March 29 Fish Lake Trail to Cheney Start: 10:00 am Meet: Fish Lake Trail Head (Milton Street and Government Way) Ride to Cheney via FLT and back. Distance: about 30miles
Pace: 12-14 mph. Regroup when needed. Eat: Mason Jar in Cheney. Heavy rain cancels. Leader: Kiyomi Walker 509-723-8952

April 5 2 Spangle-Plaza-Wells Rd. Loop Start: 10:00 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. **#1 18-mi. Route:** Old 195, right on Powers Rd., bear right on Sherman Rd, right on Cheney-Spangle Rd, cross Hwy 195 back to Harvester. **#2 28-mi. Route:** 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. Rain/strong wind cancels. Leader: Barb Kehr, 509-290-1967

April 12 Paradise Loop Start: 10:00 am Meet: Harvester Restaurant, 410 W 1st, Spangle, WA 99031 Pace: 12-14 mph Distance: 29 miles Terrain: mostly flat. Regroup at major intersections and as needed. Route: Hwy 195 to Paradise, Smythe, Sherman, Anderson, Curtis, Cheney - Spangle loop. Eat: Harvester after the ride Leader: Garry Kehr 509-990-1474 Call with any concerns.

April 19 Green Bluff Start: 10:00 am Meet: Safeway at 10100 N. Newport Highway. Route: Green Bluff and back. Terrain: one large hill, the rest mostly flat. Distance: about 25 miles Pace: 12-15 mph. Regroup at turns and top of hill. Bring snacks. Eat: Petit Chat Bakery 9910 Waikiki Rd. afterwards. Heavy rain cancels. Leader: Amina Giles 509-844-4209

April 26 Arbor Crest Start: 10:00 am Meet: Mission Park parking lot Description: Ride the Centennial Trail to Upriver Drive then left on Fruithill Rd. Ride to the Arbor Crest winery at the top. Bring lunch to eat at Arbor Crest then return. If riders want a longer trip in a group decision, they could go further east on CT. Distance: about 30miles Stop at Argonne Library for bathroom and water. Rain cancels. Leader: Lila Meglio 509-378-8665 Call leader to confirm ride.

Women's Friday Rides

April 6 Re-occurring Centennial Trail Ride Start: 10:00 am Meet: Mission Park - Perry & Mission Pace: 10-12mph Distance: Approx 12 miles Terrain: flat Regroup: as needed Eat: group will decide Map/cue sheet: No designated leader

April 13 Re-occurring Centennial Trail Ride Start: 10:00 am Meet: Mission Park - Perry & Mission Pace: 10-12mph Distance: Approx 12 miles Terrain: flat Regroup: as needed Eat: group will decide Map/cue sheet: No designated leader

April 20 West Plains Ramble Start: 10:00 am Meet: Petro Station (Iron Skillet.) Take I-90 west to Medical Lake exit 272. Turn left & go over the freeway to the Petro Station. Park at the Petro Station lot. Pace: Leisurely 10-12 mph Distance: 18 miles Terrain: mostly flat /gentle up slopes. Route: Enjoy riding the west plains. Occasional breaks. Eat: Iron Skillet. Leader: Susan Strong 509-990-8877

April 27 Medical and Clear Lakes Start: 10:00 am Meet: Medical Lake City Hall, 124 S Lefevre St (park on Hancock St) Pace: 10-14 mph Distance: 13 miles Terrain: flat to gentle hills Regroup: at intersections Route: Loop: Lefevre, Hwy 902, Clear Lake Rd, Hwy 902, Lefevre Eat: Lefevre Bakery, 123 S Lefevre St Map/cue sheet: no Weather cancellation: rain cancels Leader: Karen Carlberg h 509-624-6989, m 509-795-4479

May 4 Fish Lake Trail Start: 10:00 am Meet: Fish Lake Trail, Milton Street Trailhead Pace: 10-12 mph Distance: Approx 12 mi Terrain: flat Regroup: as needed Route: out and back to Scribner Rd & beyond Eat: Browne's Addition Weather cancellation: call leader Leader: Eileen Hyatt 509-475-9328

SATURDAY STEADY TO LEISURELY Ride Schedule

March 3-4. Snake & Clearwater Rivers Levee Trails Overnighter in Lewiston/Clarkston.

Temperatures are 5-10 degrees warmer than Spokane and spring arrives 2 weeks earlier. All riders must be current SBC members. Start: Leave (in car) Spokane or Coeur d'Alene ~ 8:00 am, Saturday and meet the group in Lewiston/Clarkston. Meet: at a restaurant to be determined for brunch. Maps and museum info given out and SBC waiver signed at brunch. Pace: All rides are out and back, so you may go at whatever pace you wish. Distance: All rides are out and back, so you can choose your own distance to ride. (fit riders may ride as far as they want on the Snake River Road or the Wawawai Road along Lower Granite Lake). Terrain: Flat to gently rolling (superfit riders may choose to tackle the steep Spiral Highway, a.k.a. the Old Lewiston Grade). Regroup: Optional. Route: (all are paved) Depending on weather, we will ride trails on levees or along rivers, similar to the Centennial Trail. Maps: Provided. Eat: various restaurants chosen by consensus or trail lunches. If Rain: There are several museums riders can opt to do or choose their own short rides. Lodging: riders will choose their own motels and make their own arrangements. Prices range from \$60 to \$120 per night. Non-riding spouses are welcome (plenty of activities to do). Leaders: Mary & T.J. Badger, 467-8099 or badgermary@hotmail.com.

March 10. Post Falls - Riverstone. Start: 11:00 am. Meet: Falls Park in Post Falls. From I-90 in Idaho take Exit 5 (Spokane St.), go south on Spokane St., turn right on 4th Ave., go 0.5 mi, turn left into Falls Park. Pace: 10-14 mph. Distance: 17 miles. Terrain: Flat to rolling. Regroup: Occasional. Route: Centennial Trail, suburban streets, newly paved Seltice way. Eat: Le Peep or the Bardenay (mid-ride). If Rain: Eat first (somewhere in Post Falls), then ride, still meet at Falls Park. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@hotmail.com.

March 17. Fish Lake Trail (out and back). Start: 11:00 am. Meet: North side of CdA Park by Patsy Clark Mansion (~2100 W. 2nd Ave.). Pace: Any. Distance: Choose any (up to 20 miles). Terrain: Flat to rolling. Regroup: Occasional. Route: Browne's Addition & Fish Lake Trail. Eat: Pacific Avenue Pizza, 2001 W. Pacific Ave. If Rain: Eat first, then ride. Still meet at CdA Park. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@hotmail.com.

March 24. Reservation Road. Start: 11:00 am. Meet: KURT'S CORNER (convenience store); from downtown Spokane go west 21 miles on Hwy. 2 to Reardan, turn right (north) on Hwy. 231 & go 19 miles to Ford. Turn left on Ford-Wellpinit Road and go 2.1 miles to Kurt's Corner (junction of Reservation Rd). Note: be sure to clock mileage from Ford, dirt parking lot is easy to miss. Northsiders can get to the meet spot via Hwy. 291 (about 37 miles, call for directions). Pace: 10-14 mph. (Map provided, out and back route, go at own speed). Distance: 17.2 miles, option to do more. Terrain: Almost flat. Regroup: Occasional. Eat: Pizza Factory in Suncrest. If rain: eat first (still meet at Kurt's Corner), then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@hotmail.com.

March 31. Iron Bridge River Ride. Start: 11:00 am. Meet: Tom Sawyer Country Coffee, 608 N. Maple St. in Kendall Yards. From Monroe, go west 6 blocks on Broadway, turn left on Maple & go 2 blocks. [Note: If you'd like coffee, etc. show up early at 10 am]. Pace: 10-12 mph. Distance: Rider's choice of 10 or 16 miles. Terrain: Flat to gentle slopes. Regroup: Often. Route: Kendall Yards C.T. (Centennial Trail), Nettleton Overlook, Summit Parkway, north bank Riverfront Park, Gonzaga, Mission Park, (10 mile option returns on C.T.), Iron Bridge, S.C.C., Tuffy's Trail Overlook, return on C.T. Eat: Veraci Pizza in Kendall Yards. If Rain: Eat first (still meet at Tom Sawyer's), then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@hotmail.com.

April 7. Devil's Gap - Red Lake. Start: 10:30 am. **Note:** earlier time change. Meet: Devils Gap Overlook. From Spokane, go west ~21 miles on Hwy. 2 to Reardan. Turn right on Hwy. 231 + go 14 miles, turn right on Hwy. 291 & 0.9 mile to top of hill. Turn right into dam overlook parking lot. (Note: Northsiders may take Hwy 291, call leaders for info.) Pace: 10-12 or 12-14 mph. Distance: 16.2 miles (Leisurely pace) or 20.6 miles (Steady pace). Terrain: Flat with 1 hill (Leisurely) or 2 hills (Steady). Regroup: Occasional. Route: Long Lake Campground, Pictographs, Red Lake, & Devil's Gap vista. Steady riders will also do Avista Park & Spokane River bridge. Eat: Pizza Factory in Suncrest. If Rain: Eat first (Still meet at overlook), then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@hotmail.com.

April 14. Columbia Plateau Trail - Lance Hill- Mullinex. Start: 10:30 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: 10-14 mph. Distance: Choose from 9 to 28 miles. Terrain: Flat to rolling. Regroup: Occasional. Route (All paved): Out and back on C.P.T., Hwy. 904, Lance Hill Rd, & Mullinex Rd. thru Turnbull N.W.R. Map: Provided. Eat: Mason Jar in Cheney at 1st St. & F St. mid-ride. If Rain: Eat first, (still meet at trailhead at Fish Lake), then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@hotmail.com.

April 21. Airway Heights Loop. Start: 10:30 am. Meet: Sunset Park at Lawson and 9th in Airway Heights. (~8 mi. from Spokane). From Spokane take Hwy. 2 west. After crossing Hayford, go 1.3 miles and turn right on Lawson (traffic light by Motion Auto Supply). Go 5 blocks and park near bathrooms on left. Pace: 10-14 mph. Distance: 23 miles. Terrain: Flat with gentle slopes. Regroup: Occasional. Route: Generally clockwise loop on little used roads around Airway Heights and the airport. Map: for Leisurely speed only (~15 mi.). Eat: La Presa Mexican Restaurant, 13308 W. Sunset Hwy. If Rain: Eat first (still meet at Sunset Park), then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@hotmail.com.

April 28. Standard – C.O.S.T. Loop. Start: 10:30 am. Meet: Northside Medical Building, N. 6120 Mayfair (southeast of Division and Francis). Pace: 10-14 mph. Distance: 17 miles. Terrain: Flat to rolling with a few hills. Regroup: Frequent. Route: Addison, Rowan, Children of the Sun Trail (C.O.S.T.), Camelot, Northpointe, and Standard. Eat: DeLeon's Mexican, E. 102 Francis. If Rain: Eat first (still meet at Northside Medical Building), then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@hotmail.com.

May 5. Charles, Tormey, Hedin Rds & C.T. Extension. Start: 10:00 am. (**Note:** earlier time change). Meet: Sontag Park. From Spokane take Francis & Hwy. 291 to Nine Mile Falls, turn left at Charles Road (bridge) & go 0.3 mile. Pace: 10-14 mph. Distance: 18 miles (option to do more miles on South Bank Rd.). Terrain: Flat to rolling. Regroup: Occasional. Route: New boat put-in, C.T. (Centennial Trail), Tormey, Hedin, & Charles Rds. Eat: The Tin Cup, 10013 W. Charles Rd. If Rain: Eat first (still meet at Sontag Park), then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@hotmail.com.

SATURDAY STEADY TO BRISK Ride Schedule

March 3 Rathdrum Loop Start: 10:00 am Meet: Liberty Lake Mall, Starbucks area. Pace: 14-15 mph Distance: 50 +/- 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

March 10 Pleasant Prairie/Children of the Sun Start: 10:00 am Meet: Yokes Store on E. Sprague and McDonald. Pace: 10-15 mph. Distance: 20-30. Terrain: Rolling Hills. Description: Ride to Mirabeau Park, Centennial trail, Fruithill Road, Pleasant Prairie/Morgan, Bruce Road, Stoneman, Fairview Rd. over to Children of the Sun trail down to Freya, Upriver Drive and back on the C. trail. Eat: After the ride, TBD. Bring pocket snacks and water. Rainy weather affects ride route. Leader: Sheila and Frank Ping, 924-1814.

March 17 Orchard Orchard Bluff loop on dirt roads Start: 10:00 am Meet: Mount Spokane High School, 6015 East Mt. Spokane Park Dr. Pace: 10-12 mph Distance: 33.66 miles Terrain: 1 big climb, rolling hills Description: Orchard Bluff on **dirt** roads Eat: Colbert Trading Company Leader: Charlie Greenwood, 624-8617 <https://www.strava.com/routes/11987442>

March 24 Post Falls via Riverview, Centennial Trail. Start: 10:00 am Meet: Yokes Store at Sprague & McDonald, 13014 E. Sprague. Pace: 15 mph. Distance: 35 +/- Terrain: moderate with 1 sustained climb. Regroup at turns. Description: East over Riverview to Post Falls & return on the trail. Eat: bring water and pocket snacks. Leader: Sally Phillips, 448-6271.

March 31 Four Mounds Start: 10:00 am Meet: Fish Lake Trail head off Milton St. Pace: 12-14 mph. Distance: 55 miles Terrain: hilly long climb up Four Mounds, other rollers & hills. Description: Government Way, CT to Seven Mile Rd to Four Mounds Rd to Wood Rd to Espanola Rd to Medical Lake to Medical Lake Four lakes Rd to Four Lakes to Melville Rd to Spotted Rd to Hallett Rd to Grove Rd to Abbott Rd. to Trail head. Regroup as necessary. Bring water & snacks - will stop at Medical Lake at the Market for eats. Leader: Sally Phillips, 448-6271

March-April 2018

April 7 Valley Chapel/ Spangle Start: 9:00 am Meet: Albertsons at 57th & Regal. Pace: 12-14 mph Distance: 51 miles Terrain: Hilly. Two longer climbs up Valley Chapel hill, and South Hill. Description: Mt. Hope, Spangle, back on highway, to 7th and up South Hill. Leader: Sally Phillips 448-6271

April 14 Pleasant Prairie/Greenbluff Start: 9:00 am Meet: Mt Spokane High School 6015 E Mt Spokane DR Pace: 14-16 mph Distance: 45 miles Terrain: rolling hills. Description: Peone Prairie, Bruce Rd, Pleasant Prairie, Forker Rd, to State Route 206 (Mt Spokane PK DR). The ride will continue on Day Mt Spokane Rd to the top of Green Bluff. Eat: Will stop at Harvest House if it is open. The ride will go to Big Meadows Rd and travel back to start by way of Yale Rd through Colbert. Heavy rain will cancel. Call ride leader. Leader: Joe Schretenthaler 487-3412, cell 389-9597.

April 21 Paradise/Cheney Start: 9:00 am Meet: CDA Park in Browne's Addition. Pace: 14-16 mph Distance: 51 or less miles Terrain: Steep climb up the ridge, then rolling. Description: Eagle Ridge- Paradise-Curtis(W/SIDE LOOP) to Cheney; Gardner-Cedar return. Eat: Mason Jar. Leader: Bob Bowley, 534-5501

April 28 Rockford Start: 9:00 am Meet: Yokes at McDonald and E. Sprague Ave. Pace: 10-15 mph. Distance: 32-35 mph Terrain: Rolling hills Description: south on Hwy. 27, Elder Rd., Molter over hills south to Rockford and back on the Hwy. A brief stop in Rockford at coffee shop. Eat: Bring snacks and water. Rainy weather affects ride route. Leaders: Sheila and Frank Ping, 924-1814.

May 5 Newman Lake Start: 9:00 am Meet: Mirabeau trailhead on CT, east lot Pace: 12-14 mph Distance: 42 miles Terrain: Hilly around the lake. Description: east on CT, loop around lake, back on Wellesley, Mission Eat: bring pocket snacks. Stop at convenience store. Leader: Sally Phillips, 448-6271

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. Will meet at the Wilbur Trailhead **You will need a Discover Pass for parking**. The rides will be about 1.5 to 2 hours (might be more stopping depending on participants).

Beginner: Mostly flat, small hills, double track, some maneuverable low-rocky single track. 8 or less mph.

Intermediate: Will also include Intermediate size hills, rocky and twisty single tracks. 8+ mph.

March-April 2018

Directions to Trailhead: Take 7 mile road north – take first left after crossing Spokane River bridge – park at second parking lot on right (end of road).

PLEASE NOTE: March and April will be different days and times- be sure to check schedule. Because the weather can be a little dicey – please call the leader prior to the ride to make sure it is a “go”. If we cancel we will try to send an email.

Feel free to do pick up Mt. rides and/or Fat Tire rides during this time Dates

March 18th (Sunday) – Start Time: 1:30 pm.

Leader: Barbara/John Beaton 465-1952 or 590- 3814 (Barb's Cell)

April 1st (Sunday) – Start Time: 1:30 pm.

Leader: Barbara/John Beaton 465-1952 or 590- 3814 (Barb's Cell)

April 6th (Friday) – Start Time: 10:00 am

Leader: Garry Kehr Phone: 509-990-1474

April 29th (Sunday) – Start Time: 3:00 pm

Leader: Dave Braun Phone: 509-768-4258