

## PICK UP RIDES

Club members who wish to lead a “pick up ride” should contact Cyrus McLean via email at [cyrusmcl@yahoo.com](mailto: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.

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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

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 (if open):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: May 6, Barb Kehr; May 13 through June, Don Barden. Home 509-808-2932; Cell 206-450-3576. Email: [Donald.barden@gmail.com](mailto:Donald.barden@gmail.com).

## MONDAY MORNING Paved Trail Recurring Rides

Start: 9:00 am **No ride on Memorial Day.**

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. If in question, call. Leader: Elaine Mayes 509-995-8982

## 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.**

**May 7 Hauser Loop – Newman Vistas Ride.** Start: 9:30 am Meet: Hauser Lake Boat Launch. Directions to start: from Trent, which becomes WA Hwy 290 & then ID Hwy 53, go 1.8 miles 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 & 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: Leisurely (10-12 mph.) Distance: 19.4 miles. Terrain: flat with a few small hills. Regroup: often. Route: Newman Lake Arm, Honeymoon Bay, E. Newman Lake Drive Boat Launch, Hauser Lake. Scenic views of 2 lakes. Eat: River City Pizza, 4707 N. Harvard Rd (across the road from Otis Grill.) Rain: cancels; if in doubt, call leaders.

Leaders: Mary & T.J. Badger 509.467.8099

**May 14 East Valley Ride.** Start: 9:00 am Meet: Shari's Café, 320 N. Sullivan Rd. Pace: 10-12 mph. Distance: 20 miles. Terrain: mostly flat. Regroup: often. Route: Ride through the valley areas of Greenacres, Otis Orchards, Post Falls, & Liberty Lake. Eat: Shari's Café (see address above.) Leader: Sharon Morrison 509.710.5650.

**May 21 Fish Lake Trail.** Start: 9:00 am Meet: Fish Lake Trailhead at Sunset Blvd. & Government Way. Pace: Leisurely 10-12 mph. Distance: approximately 15 miles. Terrain: flat. Regroup: often. Route: Ride the Fish Lake trail out & back (15 mi or 19 mi option) Eat: After ride drive to Chap's, 4237 S. Cheney-Spokane Rd. Leader: Jerry & Judy Malone 509.481.5613

**May 28 Maringo to Harvard Ride.** Start: 9:00 am Meet: Maringo Trailhead southeast of Argonne & Upriver Dr. Pace: 10-12 mph. Distance: 20 miles. Terrain: mostly flat with a few short hills. Regroup: often. Route: This is an easy spring ride on the Centennial Trail east from Maringo to Harvard & back. Eat: Caruso's Sandwich Company, 2314 N. Argonne Rd.

Leader: Jerry Etchison 509.599.3775

**June 4 Spokane Valley to Post Falls.** Start: 9:00 am Meet: Parking lot next to Krispy Kreme Doughnuts at the Valley Mall. Pace: 10-12 mph. Distance: 20 miles Terrain: flat, paved surface. Regroup: often. Route: Ride 10 mi east to the first outhouse in Idaho & back. Eat: Panera's Bread-Bakery Café, 15716 E. Indiana. Leader: Hershel Zellman 509.993.4274

**June 11 South Hill Gander.** Start: 9:00 am Meet: Parking lot just north of El Charrito Mexican Restaurant, 4304 S. Regal. (West side of the street before you get to 44<sup>th</sup> coming south from 37<sup>th</sup>.) Pace: Leisurely 10-12 mph. Distance: 16-18 miles Terrain: mostly flat except for the ups & downs around Manito Park. Regroup: often. Route: Ride through various areas of the south hill, mostly east & west. Eat: El Charrito (see address above.) Leader: Fred Strange 509.995.8192

**June 18 Northside to Valley.** Start: 9:00 am Meet: Old European Restaurant at 7640 N. Division. Pace: 10-12 mph. (leisurely) Distance: 21 miles Terrain: Some hills. Regroup: often. Route: Ride from the Northside to Millwood & back. Photo op at Buddhist Temple. Eat: Old European Restaurant (see address above.) Leader: Sharon Piper 509.927.8077

**June 25 Water-Lily Bike Ride from Heyburn Marina 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 Park pass or a \$5 charge. (Instructions to pay are posted.) Pace: 10-12 mph. Distance: 16 miles round trip. (To lengthen the ride, read Option 2 below.) Terrain: mostly flat. Regroup: often. Route: trail to Harrison. The colorful pink water lilies should be in bloom at this time, so we will ride a short distance beyond Harrison to see them, then return to Harrison. Eat: picnic in the city park at Harrison, so bring a lunch or buy a sandwich at the grocery store/deli. Then we will return to the marina.

Option 2: You can double the mileage on this ride by parking on the west side of Hwy 95 just north of Plummer off of Annie Antelope Dr. From here it is a 7-mile downhill ride where you will join the others at the marina for the ride into Harrison. On the return you continue past the marina & return to your car. If you choose option 2, you'll want to leave Annie Antelope at 9:30 am. Leader: Judy Waring 208.765.5378

**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: Follow the Centennial Trail west all the way to Stateline. At Stateline, follow trail to the right & go under I-90. Continue 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: TBA Rain: Heavy rain cancels. Light rain, meet at Falls Park and decide. Leader: JoAnn Schaller 208.818.9378

## TEAM TUESDAY Ride Schedule

**May 7 Green Bluff Loop** Start: 9:00 am Meet: Jane Shelly's house, 8006 E. Columbia Dr., in Northwood Pace: 12-14 mph Distance: 23 miles Terrain: rolling hills

Eat: treats and drinks at Harvest House Leader: Jane Schelly, 509-389-0484

**May 14 Burnhill Loop** Start: 9:00 am Meet: Jane Schelly's house, 8006 E. Columbia Dr., in Northwood Pace: 12-14 mph Distance: 28 miles Terrain: rolling hills Eat: pocket snacks, iced tea and snacks back at Jane's house Leader: Jane Schelly, 509-389-0484

**May 21 Centennial Trail – Mirabeau Point to Higgins Point.** Start: 9:00 am. Meet: Mirabeau Trail head SOUTH Route: Ride the CT to Higgins Point and back. Distance: 68 miles RT

Pace: 12-14 mph. Terrain: Mostly flat. Eat: Stop at bakery in Coeur d'Alene. Rain or high winds cancels. Leader: Virgil Dedas 509 270-2217

**May 28 Saltese Lake- Quininmose Hill Loop.** Start: 9:00 am, Meet: Skyway Café parking lot at Felts Field. Pace: Steady, 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: Garry Kehr 509-990-1474

**June 4 Centennial Trail – Newman/Hauser Lake** Start: 9:00 am Meet: Barker trailhead parking lot. Route: Centennial Trail to Harvard. Euclid to Star road to Newman/Hauser Lake Loop and return. Distance: about 45-50 miles Pace: 12-14 mph Terrain: Newman has moderate hills, generally flat, some hills around Hauser Lake. Eat: Food stop at the Quikkie Mart Gas station on Trent at Star Road for food and bathroom stop. Bring your own water and snacks.

Weather exceptions: Check with leader if there is high wind or rain in the forecast. Leader: Bill Olsen 509-679-1962

**June 11 Centennial Trail to Mirabeau Point**, Start 9:00 am Meet: Mission Park at 1208 E. Mission Ave. Description: Centennial Trail east to Millwood continue out to the Spokane Valley and loop back. Distance: 35 miles. Terrain: flat Pace: 12-14 mph Food: Bring pocket snacks, possible stop at Rocket Bakery on Argonne Rd. Weather questions?

Check with Leader: Jim O'Hare 509-251-4474

**June 18 SpokeFest route**, Start: 9:00 am Meet: Kendall Yards. Park behind or north of Yards Bruncheon and the Wandering Table Pace: 12-14 mph Distance: 70 miles Government/Centennial to Charles Rd. to West Long Lake, cross below Long Lake Dam and back via Tum Tum & Suncrest, stay along river back to Kendall Yards. Bring lots of water and snacks, no real services until Suncrest. Eat: The Yards or My Fresh Basket deli back at Kendall Yards. 12-14 mph average Terrain: significant hills. Regroup: Yes Weather? Call leader. Leader: Todd Hayes, 509-844-7354

**June 25: Centennial Trail – Hauser Lake** Start: 9:00 am Meet: Centennial Trail head at Mirabeau Point SOUTH. Route: Centennial Trail to Harvard. Euclid to Star road to Hauser Lake loop and return. Distance: about 35-40 miles Pace: 12-14 mph Terrain: generally flat, some hills around Hauser Lake. Eat: Food stop at the Quikkie Mart Gas station on Trent at Star Road for food and bathroom stop. Bring your own water and snacks. Weather exceptions: Call for weather exceptions. Leader: Jim O'Hare (509) 251-4474

**July 2 Fish Lake Trail- Cheney out and back** Start: 8:30 a.m. **(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 at Mason Jar.

Weather questions? Call Leader: Lila Meglio 509-378-8665

## THURSDAY MORNING Ride Schedule

**May 2 Fish Lake trail – Cheney** Start: 9:00 am Meet: Fish Lake trail head at Government Way and Lindeke Pace 12-14 mph Distance: 30 miles Terrain: Mostly flat with one moderate hill. Route: FLT and Cheney-Spokane Rd to Mason Jar, returning via Andrus Spotted Thorpe Grandview. Bring water and snacks. Eat: Mason Jar Rain or heavy wind cancels.

Leader: Jim O'Hare 509-251-4474

**May 9 Green Bluff – Big Meadows** Start: 9:00 am Meet: Jane's house: 8006 E Columbia Dr In Northwood Pace: 12-14 mph Distance: 35 miles Terrain: rolling hills Route: Green Bluff -Big Meadows loop Eat: Harvest House midway on ride. Will regroup at major turns.

Leader: Jane Schelley 509-389-0484

**May 16 2 Spangle-Plaza Loop** Start: 9:00 am Meet: Harvester restaurant in Spangle

Pace: 12-14 mph Distance: 28 miles (18 mile option) Terrain: hilly Route: Old 195 to Cheney-Plaza Rd. Wells Rd. then Cheney-Spangle Rd. Eat: Harvester after ride. Heavy rains or strong winds cancels. Leaders: Garry Kehr 509-990-1474 (18 mile ride led by Barb Kehr)

**May 23 Centennial Trail to Coeur d'Alene** Start: 8:30 am **(note time change!)** Meet: Centennial Trail Barker St. trail head. Distance: 45 miles Terrain: flat with 2 steep hills Pace:

12-14 mph Route: east on Centennial Trail to CDA. Stop at La Peeps for food. South on 95 to Upriver to Riverview to Centennial Trail. Rain cancels. Leader: Bill Olsen 509-679-1962

**May 30 Felts Field – Valley Loop** Start: 9:00 am Meet: Skyway cafe Felts Field

Pace: 12-14 mph on flat terrain Distance: 34 miles Terrain: Some significant hills. Regroup often. Route: Skyway Café, Euclid-CT-Flora Henry loop. Eat: Skyway Cafe at end of ride. Heavy rain or strong winds cancels. Leader: Garry Kehr 509-990-1474

**June 6 Saltese Loop** Start: 8:30 am (Note time change!!) Meet: Bills house 18110 E 11th Ave, Green Acres, go south on Barker 1 mile to 11<sup>th</sup>. Take a right. About 1/2 mile, turn left. “Seahawks only” parking sign. Pace: 10-14 mph Distance: 40 miles Terrain: Some hills, 1 steep hill. Route: Barker to Saltese, Quinomose. Coast into Starbucks on Appleway. Riverview return Centennial Trail, return on Barker to Bill’s house.

Leader: Bill Olsen 509-679-1962

**June 13 Western Plains** Start: 9:00 am Meet: CDA Park in Browns addition across from Lutheran church. Pace: 12-14 mph Distance: about 28 miles Terrain: hilly Route: Government Way to Old Trails Rd, Inland Rd to 7 mile. Aubrey White Parkway back to Doomsday Hill. Return Brown’s Addition. Bring water and snacks. Leader: Lila Meglio 509-378-8665

**June 20 Riverside State Park** Start: 9:00 am Meet: Kendall Yards Tom Sawyer Country Coffee. 608 North Maple St. Distance: 27 miles Pace: 12-14 mph Terrain: some hills Route: Government Way, Centennial Trail. Stop at the new version of the Tin Cup for snacks and return over 7 mile bridge via Audrey White Parkway. Rain or heavy winds cancel.

Leader: Lori Smith 509-954-9645

**June 27 Burnhill Loop** Start: 9:00 am Meet: Jane’s house, 8006 E Columbia Dr. in Northwood. Distance: 28 miles Pace: 12-14 mph Terrain: hilly. Bring pocket snacks.

Eat: Iced tea and snacks at Jane’s after ride. Leader: Jane Schelley 509-389-0484

## WOMEN’S FRIDAY Ride Schedule

**May 3 Deer Park Prairies** Start: 10:00 am Meet: First Ave Bar & Grill, 122 W 1st, Deer Park Pace: 10-14 mph Distance: 17 miles Terrain: Mostly flat, some rolling Regroup: As needed Route: Roads north and west of Deer Park Eat: First Ave Bar & Grill Map: Yes  
Weather cancellation: Rain and excessive wind cancels. Leader: Eileen Hyatt 509-475-9328

**May 10 Westwood to Cheney** Start: 10:00 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 Route: Hallett, Grove, Andrus, Spotted, Fish Lake Trail to Cheney, 1st, Andrus, Spotted, Hallett Map/cue sheet: No Terrain: Moderately hilly  
Eat: Mason Jar in Cheney or Spokane after ride Weather: Rain cancels  
Leader: Karen Carlberg [karencarlberg@comcast.net](mailto:karencarlberg@comcast.net), H 509-624-6989, M 509-795-4479

**May 17 Felt’s Field to South Valley Ramble** Start: 10:00 am Meet: Felt’s Field Parking Lot - East End Pace: 10-12mph Distance: 18-20 miles Terrain: Mostly flat with a couple of upslopes  
Regroup: At least twice Eat: Skyway Cafe - Felt’s Field Weather cancellation: Rain or excessive wind Leader: Margaret Watson (509) 624-3793 (Preferred-home); Cell: (509) 279-9773

**May 24 Felts Field-CT-Barker-Euclid Loop** Start: 10:00 am Meet: Felts Field near Skyway Café, 6105 E Rutter Ave. Pace: 10-12 mph Distance: 20.5 miles Terrain: mostly flat, 524 ft of

short climbs, some road and some CT riding Route: Felts Field-East to CT entering trail near Island Trailhead-Barker Rd across river, back along Wellesley to Island Trailhead-cross river and back to Felts Field the way we came. Eat: Skyway Café Map/cue sheet: yes

Weather: rain and serious wind cancels Leader: Barb Kehr 509-290-1967

**May 31 Harvester-Powers-Sherman Loop** Start: 10:00 am Meet: Harvester Restaurant in Spangle Pace: 10-12 mph Distance: 17.7 miles Terrain: 513 ft of elevation gain, Palouse all the way, starting with 6 miles on Old St Rte 195 Route: Main-Old St Rte 195-Powers-Sherman-Cheney Spangle Rd-across 195 back to Harvester Eat: Harvester Map/cue sheet: yes

Weather: rain, fierce wind cancels Leader: Barb Kehr 508-290-1967

**June 7 Cheney to Fish Lake Trail** Start: 10:00 am Meet: Cheney at Mason Jar Cafe on 1st Street Pace: 10-12 mph Distance: About 13mi; loop through town may be added

Terrain: nearly flat Route: South on Cheney-Spokane Rd to Fish Lake Trailhead; north on trail & back to Cheney. Eat: Mason Jar Map/Cue sheet: No Weather: heavy rain cancels

Leader: Eileen Hyatt 509-475-9328

**June 14 Trail of Coeur d'Alene from the Snake Pit** 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 Route: Trail west from Snake Pit Eat: Snake Pit Weather: Heavy rain cancels

Leader: Eileen Hyatt 509-475-9328

**June 21 North Valley Ramble toward Stateline** Start: 9:00 am Meet: WAL-MART - Broadway at Sullivan - East end parking lot near Lowe's Pace: 10-12 mph Distance: 15-20 miles

Terrain: Mostly flat with one short hill Eat: I-HOP - west end of Valley Mall off of main entrance on Indiana Leader: Margaret Watson (509) 624-3793 (Preferred - home); Cell: (509) 279-9773

**June 28 Heyburn State Park 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 Map/cue sheet: No Weather: Rain cancels

Leader: Karen Carlberg [karencarlberg@comcast.net](mailto:karencarlberg@comcast.net), H 624-6989, M 795-4479

**July 5 South City Park Ramble** Start: 9:00 am Meet: Comstock Park, 29th Ave & S Post Street parking area. Pace: 10-12 mph Distance: 20 miles Terrain: Loop with some gradual hills, plus optional hilly area. Route: South and east to 57th & Palouse, west to Comstock Park. Optional hilly loop to Manito & Cannon Hill and perhaps Polly Judd Park.

Eat: The Scoop Map/cue sheet: No Weather: Heavy rain cancels

Leader: Eileen Hyatt 509-475-9328

## **SATURDAY STEADY TO BRISK Ride Schedule**



**May 4 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

**May 11 Grand Coulee** Start: 9:00 am Meet: Wilbur, WA (Wilbur Park) Pace: 15 mph Distance: 69.6 miles Terrain: all paved roads, 5128ft elevation change Description: WA-21 N (includes Keller Ferry) west on Manila Creek Rd. to Elmer City, back to Wilbur via Old Grand Coulee Rd. Eat: bring snacks, stop at convenience store in Grand Coulee  
Leaders: Ed (710-3875) and Sigrid Lee (999-6332)

**May 18 Waitts Lake, Loon Lake** Start: 9:00 am Meet: Earl D. Mix Park, 301 E. 4th St., Deer Park, WA Pace: 12-14 mph Distance: 63-65 miles Terrain: hilly, 3066 ft. with 3 rated climbs & other assorted rollers Description: Deer Park-Jump Off Joe-Valley- Waitts Lk-Springdale-Loon Lk-Gardenspot loop Eat: several stores and marts on route; Springdale's Kountry Korner diner may still be open. Leader: Bob Bowley 534-5501

**May 25 Old Trails, Pine Bluff on dirt roads** Start: 9:00 am Meet: Sandifur Bridge parking lot at Clarke and Riverside. Pace: 10-12 mph Distance: 45 miles Terrain: hilly Description: Old Trails to Pine Bluff. Dirt road alternative to Four Mound Prairie. Return on South Bank and Inland Roads. Eat: Tin Cup Map: Follow the leader or <https://www.strava.com/routes/15982319>  
Leader: Charlie Greenwood, 624-8617

**June 1 2 Rosalia Battle Days Ride** Start: 8:00 am Meet: Latah Mall near Chaps and Yokes at 195 and Cheney Spangle Road, **or** 10:00 am in Spangle at The Harvester Restaurant. Pace: 10-12 mph Distance: 30 and 65 miles Terrain: Hill climb of four miles at four percent or one and one half miles at seven percent. 440 foot elevation gain. Otherwise fairly level with small hills. Description: Ride to Rosalia to enjoy Battle Days celebration. Battle Days events schedule: <https://bit.ly/2IYpKLw>  
Eat: Fire Station Leader: Charlie Greenwood 624-8617

**June 8 Coeur d'Alene via E and W Riverview** Start: 9:00 am Meet: Yokes on McDonald & Sprague. Pace: 12-14 mph Distance: @50 miles Terrain: couple big climbs on Riverview. Description: Ride to Coeur d'Alene on hilly route south of Spokane River. Eat: tbd in CdA  
Leaders: Sheila and Frank Ping, 924-1814.

**June 15 Hoo Doo Valley, Sandpoint** Start: 9:00 am Meet: Spirit Lake, Idaho City Park; Trent / (WA hwy #290) eastbound becomes Idaho #53 into Rathdrum. Then take #41 heading North to Spirit Lake City park is on your left @ Washington St. Pace: 14-16 mph Distance: 70-75 miles Terrain: Elevation Gain = 2600 ft. with one rated climb (4.3 miles @ 1.8% avg.) Description: Spirit Lake- Hoo Doo Valley-Sandpoint-Round Lake- Dufort Rd. loop NOTE: 3-4 miles packed dirt/gravel that has not been a problem in the past. Eat: someplace in Sandpoint Leader: Bob Bowley, 534-5501

**June 22 Steptoe Butte** Start: 9:30 am (**Note time!!**). Meet: Harvester in Spangle. Pace: 14-16 mph Distance: 83 miles Terrain: Rolling hills with one hard mile climb up the Butte. Regroup: at turns. Description: Spangle via Old 195 to Rosalia, scenic backroads to Oaksdale and Steptoe Butte. Eat: Oaksdale (twice). Bring pocket snacks and plenty of water. Map provided. Weather cancellation: nothing short of a tornado. Leader: Paul Brunton 953-9564

**June 29 Mt Spokane** Start: 9:00 am Meet: 7903 E Princeton, leader's home. OR at roundabout on Brice Rd and Hwy 206 at approximately 9:30 a.m. Pace: 14-16 mph (on flat, of which there is little) Distance: @50 miles Terrain: climb up Northwood hill, then Mt. Spokane (hardest climb in the area) Description: Mt Spokane. Eat: Snack and beverage at Paul's house.

Leader: Leader: Paul Brunton 953-9564

**July 6 Hilby, Big Rock Mountain Bike Ride** Start:10:00 am Meet: Sally's house, 3608 E. 35<sup>th</sup>. 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

## **SATURDAY STEADY Ride Schedule**

**May 4 Arboretum - Fish Lake Trail Loop.** Start: 10:00 am. (**Note earlier start time**). Meet: Finch Arboretum, "F" Street and Woodland Blvd. Look for Arboretum sign from Sunset Blvd, 0.5 mile west of Government Way. Pace: 12-14 mph. Distance: 19 miles. Terrain: Gentle grades with one steep but short hill. Alternate map for faster or slower riders. Regroup: Occasional. Route: Arboretum, F.L.T., Grove, Deska, West Drive. Eat: Pacific Avenue Pizza. If Rain: Eat first, then ride (still meet at Finch Arboretum).

Leaders: Mary & T.J. Badger, 467-8099 or badgermary@ hotmail.com.

**May 11 West Plains Loop.** Start: 10:00 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: 12-14 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. Cue Sheet: for faster or slower riders. 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.

**May 18 Deer Park Loops.** Start: 10:00 am. Meet: Mix Park in Deer Park. Go north on Hwy. 395 toward Deer Park. Note odometer at the Monroe Rd. and Crawford Ave crossing & 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.

**May 25 Sontag/West Shore Loop.** Start: 10:00 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.



**June 1 Riverside State Park Loop.** (State Parks Free Day- **no** Discover Pass needed). Start: 9:30 am. (Note earlier start time). Meet: Upper Parking Lot (adjacent to A.L. White Parkway), Bowl N' Pitcher. Pace: 12-14 mph. Distance: 16 or 24 miles. Terrain: Flat to some hills. Cue sheet: for faster or slower riders. Regroup: Frequent. Route: Bowl n' Pitcher, then a clockwise loop through the Park. At Seven Mile Rd, choice of returning for a 16 mile option or to Sontag Park for 24 miles. Eat: Fieldhouse Pizza, at Assembly and Wellesley. If Rain: Eat first (still meet at Bowl n' Pitcher), then ride.

Leaders: Mary & T.J. Badger, 467-8099 or badgermary@ hotmail.com.

**June 8 Columbia Plateau Trail – Mullinex – Cheney Loop.** (State Parks Free Day- **no** Discover Pass needed). Start: 9:30 am. Meet: Trail at Fish Lake on C.P.T. From Spokane go south on Hwy. 195, turn right on Cheney-Spokane Rd. & go ~8.5 miles. Turn left on Meyers Park Rd. & go 0.1 mi. Pace: 12-14 mph. Distance: 21.5 miles. Terrain: Flat to rolling. Cue Sheet: for faster or slower riders. Regroup: Occasional. Route: C.P.T. (all paved), Cheney-Spangle Rd, 1st Street, Mullinex Rd (views of Turnbull), back streets in Cheney, Cheney-Spokane Rd. Eat: El Rodeo Restaurant, 505 2<sup>nd</sup> 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.

**June 15 Spokane Valley.** Start: 9:30 am. Meet: Skyway Café parking lot at Felts Field, 6105 E. Rutter Ave, Spokane Valley. Pace: 12 -14 mph. Distance: Approx. 20 miles. Terrain: flat. Regroup: occasionally. Route: Skyway Café, Euclid-Empire-CT-Barker and return with lollipop loop. Eat: Skyway Café at Felts Field at end of ride. Rain or strong winds cancel. Leader: Lori Smith 509-954-9645 or dlsmith1259@msn.com.

**June 22 Post Falls/CdA Beach.** Start: 9:30 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: 12-14 mph. Distance: 22 miles. Terrain: Flat to rolling. Cue sheet for faster or slower riders. Regroup: Occasional. Route: Centennial Trail, suburban streets, newly paved trail. Eat: Republic Taphouse, 120 E. 4<sup>th</sup> Ave. in Post Falls. If Rain: Eat first, then ride (still meet at Falls Park). Leaders: Mary & T.J. Badger, 467-8099 or badgermary@ hotmail.com.

**June 29 Rustic Roads/Medical Lake** (long version). Start: 9:30 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, on Lefevre St. If Rain: Eat first, still meet at Coney Island Park), then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@ hotmail.com.

**July 6 Plummer to Harrison.** Start: 9:00 am (**Note earlier start time**). Meet: Plummer Trailhead. From downtown Spokane allow 45 minutes driving time to Plummer via Dishman-Mica & Rockford. Pace: 12-14 mph. Distance: 34 miles. Terrain: Flat to gentle grades, except for 640 feet elevation gain for return to Plummer. Regroup: Occasional. Route: all on smoothly paved Trail of the CdA's from Plummer to Harrison and back. Note that there is a 16 mile roundtrip option from the Chatcolet trailhead but this requires a \$5 daypass or Idaho S.P. Pass (still need to sign liability release first at Plummer trailhead). Eat: at Harrison City Park, bring lunch or buy one at Harrison Deli. If Rain: Heavy rain cancels, light rain - we'll decide at Plummer Trailhead. Leader: JoAnn Schaller, 1-208-818-9738 or [joannschaller@hotmail.com](mailto:joannschaller@hotmail.com).