

July - August 2021

SATURDAY STEADY TO BRISK RIDES SCHEDULE

Note: Helmet required on all SBC rides

Date: July 3
Name of ride: **Elder Road/Ice Cream Sandwich Ride**
Start time: 9:00 AM
Meet: Albertsons, 57th & Regal
Terrain: LOTS of short steep hills
Distance: 25 miles
Pace: 10-15 mph
Description: Valley Chapel, Elder Road, Palouse Highway.
About 1/3 of ride is on steep dirt rollers - mtn bike or gravel bike suggested.
Homemade ice cream sandwiches at Sally's house after ride.
Weather policy: Extreme heat/rain/wind/smoke will cancel ride. Please call leader if in doubt.
Leader(s): Sally Phillips 448-6271

Date: July 10
Name of ride: **Riverview, Post Falls, Newman and Houser Lakes**
Start time: ~~9:00~~ 8:00 AM
Meet: Leader's home, 7903 E. Princeton
Terrain: hilly on Riverview, Newman Lake
Distance: 65 miles, with options for shorter rides:
Pace: 14-16 mph
Description: Riverview, Post Falls, Newman and Houser Lakes. several good options if you want a little less. (Skip Riverview, and ride the trail to Post Falls, Skip Newman hills and meet up at the re-group at the Trent and Starr Rd. Mini Mart) We will stop at the mini mart in Post Falls and the Trent and Starr Rd mini mart. Late Lunch (Probably bbq'ed beast of some sort) at Brunton's post ride, so don't overdo the snacks! Bring your favorite beverage and hang out in the yard. Either map or cue sheet provided.
Weather policy: Extreme heat/rain/wind/smoke will cancel ride. Please call leader if in doubt.
Leader(s): Paul Brunton 953-9564

Date: July 17
Name of ride: **Liberty Lake to Higgins Point**
Start time: 9:00 AM
Meet: Liberty Lake Starbucks, Appleway and Liberty Lake Rd. - the location next to Barlow's restaurant
Terrain: flat and rolling hills, with a couple of longer climbs on Riverview and east of CDA
Distance: @55 miles
Pace: 14-16 mph
Description: Scenic ride from Liberty Lake via Riverview/neighborhoods/trail to Higgins Point, and back via neighborhoods/trail. On the return, we will stop at Culinary Stone in Riverstone for snacks/coffee.
Weather policy: Extreme heat/rain/wind/smoke will cancel ride. Please call leader if in doubt.
Leader(s): Lori Graham 509-891-1052

Date: July 24
Name of ride: **Centennial Trail and backroads, Post Falls to CdA**
Start time: 9:00 AM
Meet: Falls Park in Post Falls (4th St. & Spokane St.)
Terrain: moderate hills to flat
Distance: 30 +/- with option to add 10 more miles with a Fernan lake loop
Pace: 12mph +/-
Description: Ride the Centennial Trail and neighborhood roads to Coeur d'Alene, stop for food and water, then ride back on the Prairie trail to Huetter Road, Maplewood Ave and back.
Weather policy: Extreme heat/rain/wind/smoke will cancel ride. Please call leader if in doubt
Leader(s): Sheila and Frank Ping 924-1814

Date: July 31
Name of ride: **Bays of CDA Lake**
Start time: 9:00 AM
Meet: Fightin' Creek Smoke Shop/gas station; From I-90 Spokane Valley, drive S. on #27 for 13.5 miles, Left on Elder Rd., East to FC shop just before Jct. with Idaho HWY #95. park out back on west side.
Terrain: Somewhat hilly,(4 Climbs), toughest is .9 miles of gravel.
Distance: 41 miles, with about 16 miles of Hwy 95's wide shoulder.
Pace: 12-14 mph
Description: New route allows views of Mica & Kid Island Bays as well as old fav, Rockford Bay. Golf courses abound. Plan to dine at Shooter's @ Black Rock Marina. (but wise to bring some snacks along)
Weather policy: Extreme heat/rain/wind/smoke will cancel ride. Please call leader if in doubt.
Leader(s): Bob Bowley 534-5501

Date: August 7
Name of ride: **Palouse countryside, Thornton, Malden**
Start time: 9:00 AM
Meet: Harvester Restaurant in Spangle
Terrain: Rolling w/Palouse hills on Wells Rd.
Distance: 58 miles
Pace: 13-15 mph
Description: Mostly quiet backroads, w/new route out of Thornton, to loop up to see what remains in Malden. Bring snacks, possible post-ride patronage at Harvester.
Weather policy: Extreme heat/rain/wind/smoke will cancel ride. Please call leader if in doubt.
Leader(s): Bob Bowley 534-5501

Date: August 14
Name of ride: **Mount Spokane Climb**
Start time: **8:00 AM (NOTE early start)**
Meet: Mt. Spokane High School
Terrain: Climbing all the way. Hardest grade starts after Bear Creek Lodge
Distance: 40 miles
Pace: whatever your legs crank out.

Description: This is a hard ride. Bring snacks and water. Minimal regrouping on this ride...
Weather policy: Extreme heat/rain/wind/smoke will cancel ride. Please call leader if in doubt.
Leader(s): Paul Brunton 953-9564

Date: August 21
Name of ride: **Fish Lake-Cheney Plateau-High Bridge Park**
Start time: 9:00 AM
Meet: Fish Lake Trailhead, Milton St
Terrain: Some hills, approximately 1100 ft gain
Distance: 36+/- miles
Pace: 13-15 mph
Description: Fish Lake Trail/Cheney-Spokane Rd, stop in Mason Jar in Cheney; return via Curtis Rd, Eagle Ridge Whispering Pines Park, High Bridge Park. Rideable mile of gravel road in High Bridge Park.
Weather policy: Extreme heat/rain/wind/smoke will cancel ride. Please call leader if in doubt.
Leader(s): Lori Smith 509-954-9645

Date: August 28
Name of ride: **Post Falls to Coeur d'Alene & Hayden Lake**
Start time: 9:00 AM
Meet: Thomas Hammer coffee near Hwy. 41 Post Falls, 3904 E. Mullen Ave.
Terrain: Moderate to steep climbing on parts of Hayden Lake roads
Distance: 50+/- miles
Pace: 12 mph
Description: Ride on neighborhood roads, Maplewood Ave., Seltice and trail to Coeur d'Alene. Ride up 4th Street to Hayden and ride around Hayden Lake. Eat lunch in Hayden area then ride back to coffee shop.
Weather policy: Extreme heat/rain/wind/smoke will cancel ride. Please call leader if in doubt.
Leader(s): Sheila and Frank Ping 924-1814

Date: September 4
Name of Ride: **Spokefest Half-Century**
Start time: 9:00 AM
Meet: Riverfront Park, next to Numerica Skate Ribbon
Terrain: Hilly
Distance: 50 miles
Pace: 14 mph
Description: Spokefest is virtual this year. We'll ride the course during the virtual ride window (Sept 4-10) Optional: Enter Spokefest event, at no cost, at <https://spokefest.org/virtual-ride-info/>. (Registrants in drawing for incentive prizes) Ride includes gorgeous route along the Spokane River, plus a West Plains ramble. Bring water and snacks.
Weather policy: Extreme heat/rain/wind/smoke will cancel ride. Please call leader if in doubt.
Leader: Sally Phillips 448-6271