

July - August 2021

SATURDAY STEADY RIDES SCHEDULES

Note: Helmet required on all SBC rides

Date: July 3

Name: **Trail of the Coeur d'Alenes - Plummer to Harrison**

Start Time: 8:00 am

From downtown Spokane allow 45 minutes driving time to Plummer via Mica & Rockford;

Pace: 12-14 mph (steady).

Distance: 31 miles

Terrain: Flat to gentle grades, except 630 feet elevation gain on the return.

Regroup: Occasional.

Route: all on smoothly paved Trail of the CdA's. (Plummer Creek & Lake CdA).

Eat: Restaurant in Harrison, to be determined.

Weather cancellation: Extreme heat, smoke or heavy rain. Call leader with any questions.

Leaders: Sue & David Smith Phone: 509-844-4915, 509-844-4914

Date: July 10

Name: **West Spokane Loop and Fish Lake Trail**

Start time: 8:00 am

Meet: Fish Lake Trail Head on Lindeke Rd (off Government Way)

Terrain: Except for a moderate (300 ft) climb at the start of the ride, the terrain is mostly gentle with few small hills and a nice slightly downhill, and mostly shady return on the Fish Lake Trail.

Distance: Approximately 26 miles

Pace: 12-14 mph

Description: Pleasant loop up to West Plains, returning via Fish Lake Trail.

Route: Fish Lake Trail Head to Lindeke to W 13th and across bridge over I-90, Southwest, Westcliff, Assembly, Greenwood, Spotted Rd, Cheney Spokane Rd, Scribner and on to Fish Lake Trail.

Weather cancellation: Extreme heat, smoke or heavy rain. Call leader with any questions.

Leaders: Sue & David Smith Phone: 509-844-4915, 509-844-4914

Date: July 17

Name: **Cheney to Williams Lake via Turnbull Wildlife Refuge**

Start: 8:00 am

Meet: Mitchell's Harvest Foods, 116 W 1st St (at J St), Cheney

Pace: 12-14 mph

Distance: 29 miles

Terrain: A Mostly gentle rolling hills, with one steep climb out of Williams Lake

Regroup: At turns and top of Williams Lake climb

Route: Cheney Plaza Rd, to Williams Lake Rd, and return via Mullinex Rd.

Eat: Mason Jar, 101 F St, Cheney

Weather cancellation: Extreme heat, smoke or heavy rain. Call leader with any questions.

Leader: Sue & David Smith Phone: 509-844-4915, 509-844-4914

Date: July 24

Name: **Fish Lake Trail to Cheney and Return on country roads**

Start: 8:00 am

Meet: Fish Lake (FLT) trailhead at Milton St., just off Government Way and Sunset Blvd

Distance: 30 miles.

Terrain: Mostly flat with some small hills.

Stopping point: At Scribner trailhead at 7.7 miles.

Eat: at Mason Jar, Cheney.

Route Description: Fish Lake trail/Columbia Plateau trails to Cheney. Return via Cheney Spokane Road, Andrus, Grove, Thorpe, Abbott, Garden Springs, Grandview, W 16th Ave, Milton to trailhead.

Weather cancellation: Extreme heat, smoke or heavy rain. Call leader with any questions.

Leader: Sue & David Smith Phone: 509-844-4915, 509-844-4914

Date: July 31

Name: **Spangle-Paradise Loop**

Start time: 8:00 am

Meet: Harvester Restaurant, Spangle, 17 miles south on Hwy 195 from intersection with I-90.

Terrain: flat to gently rolling.

Distance: 28 miles

Pace: 12-14 mph

Description: This is a pleasant ride though flat and gently rolling farm country, mostly on little-used country roads.

Weather cancellation: Extreme heat, smoke or heavy rain. Call leader with any questions.

Leaders: Sue & David Smith Phone: 509-844-4915, 509-844-4914

Date: August 7

Name: **Cheney to Medical Lake Loop**

Start: 8:00 am

Meet: Starbucks in shopping complex on 2816 1st St., Cheney, WA 99004 (about a 25 min. drive from downtown Spokane via 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. Granite Lake Rd to Betz.

Eat: Taco Bell, other fast food options close to Starbucks

Regroup: At turns and tops of hills.

Weather cancellation: Extreme heat, smoke or heavy rain, Call leader with any questions.

Leader: Sue & David Smith Phone: 509-844-4915, 509-844-4914

Date: August 14

Name: **South Hill, Palouse Hwy, Baltimore, Hangman Valley Rd, Hwy 195 & Empire Way**

Start time: 8:00 am

Meet: Albertson's 2910 E 57th Ave (57th & Regal) Park in NW corner of parking lot.

Terrain: Rolling with a few hills, and a climb up to Monroe

Distance: approximately 22 miles

Pace: 12-14 mph

Description: Popular ride with Spokane cyclists. The scenery is beautiful, with views of the rolling hills of the Palouse and Latah Creek. The ride has a great long downhill on Baltimore, but this is somewhat offset by the steady climb back up High Drive to the starting point.

Weather cancellation: Extreme heat, smoke or heavy rain, Call leader with any questions.

Leader: Sue & David Smith Phone: 509-844-4915, 509-844-4914

Date: August 21

Name: **Saltese - 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.

Weather cancellation: Extreme heat, smoke or heavy rain, Call leader with any questions.

Leader: Sue & David Smith Phone: 509-844-4915, 509-844-4914

August 28

Name of Ride: **Riverstone Park to Higgins Point in Coeur d'Alene**

Start time: 8:00 am

Meet: Start at Riverstone Park, 1805 W Tilford Ln, Coeur d'Alene.

Directions: Take NW Boulevard exit from I-90, then right on Lakewood Dr. into Riverstone

Terrain: Mostly flat with an optional hill climb at Higgins

Distance: Approximately 20 miles

Pace: 12-14 mph

Description: Nice cruise on the Centennial Trail from Coeur d'Alene to Higgins Point and back.

Weather cancellation: Extreme heat, smoke or heavy rain. Call leader with any questions.

Leaders: Sue & David Smith Phone: 509-844-4915, 509-844-4914

Cell Phone: 509-844-4915 – 509-844-4914