

July - August 2021

## TEAM THURSDAY RIDE SCHEDULE

**Note: Helmet required on all SBC rides**

Date: July 1  
Ride Name: **Centennial Trail from Jane and Jim's**  
Start Time: 7:00 am  
Meet: Jane and Jim's, 8508 East Broad Court, between Boulder Beach and Argonne, near Pasadena Park Elementary School  
Terrain: mostly flat  
Distance: 20– 30 miles flexible  
Pace: 10 – 14 mph on flats  
Description: An out and back going East on the Centennial Trail. We will start riding promptly at 7:00 a.m. so if anybody wants to join us anywhere on the trail they can join along the way and figure out timing approximately. Return here afterwards for coffee, iced coffee, breakfast treats. It will not be a long ride, 30 miles max but most probably shorter given the heat., maybe 10 out and 10 back. This is an out and back ride, so if you start getting warm, turn around and meet us back at the house.  
**RSVP please by 6:30 a.m. Thursday** so I can do a bit of set up. **BRING WATER!!!** Snack and beverages after ride at Jane and Jim's house.  
Cancellation: Extreme temperature, winds or smoke to be communicated before ride  
Ride Leaders: Jane Schelly, Jim.  
Phone: 509-389-0484

Date: July 8  
Ride Name: **Falls Park to Higgins Point out and back**  
Start Time: 8:00 am  
Meet: Falls Park, Post Falls  
Terrain: Mostly flat with a few hills along the lake  
Distance: 36 miles  
Pace: 12 – 14 mph on flats  
Description: Out and back starting at Falls Park in Post Falls ID and following Centennial Trail to Higgins Point on Lake Coeur d'Alene.  
Recommended stop: Abi's Ice Cream in CdA on the way back.  
Cancellation: Extreme temperature, winds or smoke to be communicated before ride  
Ride Leader: Tim Hunt (503) 880-9896

Date: July 15  
Ride Name: **Kendall Yards, Riverside Park via Centennial Trail**  
Start Time: 8:00 am  
Meet: Indaba Coffee, Kendall Yards, 419 N Nettleton St  
Terrain: A couple of short leg burners, big hill on the west, Doomsday Hill  
Distance: 21 miles  
Pace: 12 – 14 mph on flats  
Description: Counterclockwise loop: North along Centennial Trail down to Downriver Drive and N. Aubrey L. White Parkway out to Seven Mile Rd and then back along the Centennial Trail along the west side of the river.  
Cancellation: Extreme temperature, winds or smoke to be communicated before ride  
Ride Leader: Tim Hunt (503) 880-9896

Date: July 22  
Ride Name: **Green Bluff/Big Meadows**  
Start Time: 8:00 am  
Meet: Safeway at 10100 N Newport Hwy.  
Terrain: A climb to Green Bluff then some rollers  
Distance: 35 miles  
Pace: 12 – 14 mph on flats  
Description: Hawthorne/Bruce/Peone/Big Meadows, return back to Safeway. Bring plenty of water and a snack.  
Cancellation: Extreme temperature, winds or smoke to be communicated before ride  
Ride Leader: Amina Giles 844-4209

Date: July 29  
Ride Name: **Arbor Crest, the back way**  
Start Time: 8:00 am  
Meet: Safeway, 10100 N Newport Highway  
Terrain: Hilly, but doable  
Distance: 32 miles  
Pace: 12 – 14 mph on flats  
Description: Ride out Hawthorne/Parksmith/Peone. Climb Moffat to Forker and through Pleasant Prairie to the Arbor Crest vineyard overlook. Downhill to Upriver Drive and connect to Children of the Sun Trail and back to Safeway. Bring plenty of water and a snack.  
Cancellation: Extreme temperature, winds or smoke to be communicated before ride  
Ride leader: Tim Hunt (503) 880-9896

Date: August 5  
Ride Name: **Coulee Hite Loop**  
Start Time: 8:00 am  
Meet: Riverside Park ORV parking area on N Inland Road, south of Seven Mile Rd  
Discover Pass required.  
Terrain: Long gradual climb to Four Mound Prairie then mostly flat and downhill.  
Distance: 27 miles  
Pace: 12 – 14 mph on flats  
Description: Fields and mountain views. Seven Mile Rd to Coulee Hite to Wood Rd / Charles Rd / Dover Rd / Four Mound back to Seven Mile. Bring plenty of water and a snack.  
Cancellation: Extreme temperature, winds or smoke to be communicated before ride  
Ride Leader: Tim Hunt (503) 880-9896

Date: August 12  
Ride Name: **Half Moon sunflower fields**  
Start Time: 8:00 am  
Meet: Wandermere Starbucks at 12519 N Division St.  
Terrain: A couple of long, gentle climbs and rollers (mostly in the first half)  
Distance: 25 miles  
Pace: 12 – 14 mph on flats

Description: Mill/Dartford/Austin/Half Moon/Little Spokane River. Sunflower fields have been planted but there's no guarantee they'll be in full bloom. Still, a very pretty ride.  
Cancellation: Extreme temperature, winds or smoke to be communicated before ride  
Ride Leader: Amina Giles 844-4209

Date: August 19  
Ride Name: **Five Lake Cheney Loop**  
Start Time: 8:00 am  
Meet: Medical Lake Waterfront Park at south end of lake.  
Terrain: Mostly flat with a few rollers  
Distance: 26 miles  
Pace: 12 – 14 mph on flats  
Description: Go along Clear Lake and head east to Cheney. Return via beautiful Betz Rd, skirting between Granite and Willow lakes, and down along Silver Lake, back to the start. If you want to leave a cooler of picnic fare at the start, we can enjoy a picnic on the Medical Lake lawn after the ride.  
Cancellation: Extreme temperature, winds or smoke to be communicated before ride  
Ride Leader: Tim Hunt (503) 880-9896

Date: August 26  
Ride Name: **Kendall Yards-Long Lake Loop**  
Start Time: 8:00 am  
Meet: Indaba Coffee in Kendall Yards at 419 N Nettleton St.  
Terrain: Some hills, short but steep, west side hill, Doomsday hill  
Distance: 31 miles  
Pace: 12 – 14 mph on flats  
Description: Head out North along Centennial Trail down to Downriver Drive and Aubrey L. White Parkway out to Seven Mile Rd, then connect to Centennial Trail to terminus at Long Lake. Return via Centennial Trail through Riverside Park and up Doomsday Hill back to start. Snack stop either at Long Lake or Tin Cup Café near Sontag Park. Enjoy some of the best riding Spokane has to offer.  
Cancellation: Extreme temperature, winds or smoke to be communicated before ride  
Ride Leader: Tim Hunt (503) 880-9896