

July - August 2021

TEAM TUESDAY RIDE

Note: Helmet required on all SBC rides

Date: July 6 **Mountain bike or Fat Tire Bike required.**
Name of Ride: **Rosalia to Malden on the Palouse to Cascade Trail**
Start Time: ~~9:00~~ 7:30 am at Rosalia.
Meet: City Park in Rosalia, West 9th street. Drive time from downtown Spokane is approximately 40 minutes
Distance: 9 miles on rails to trail surface, surface is flat but with gravel. Approximate time is 90 minutes. Then 6 miles on paved highway Pine City to Malden. Approximate time is 35 minutes.
Pace: 6-8 mph on Trail; 12-14 mph on Pine City to Malden paved road.
Description: Ride to Malden on gravel surface trail. Regroup as needed on trail. Return on Pine City to Malden road. Bring water and snacks
Weather policy: Rain/hail/snow/ or crazy wind cancels
Leader: Jim O'Hare 509-251-4474

Date: July 13
Name of Ride: **Hayden Lake loop**
Start Time: ~~9:00~~ 8:00 am
Meet: Finukane Park, N 4th and E. Prairie, Hayden, ID [Directions to Meet](#). Interstate 90 East to Rt 95 North in Coeur d'Alene. Turn right on E Prairie Ave off Rt 95 North in Hayden. Park is a few blocks on the left.
Terrain: Hilly
Distance: 23 miles total
Pace: 12-14 mph
Description: Regroup as needed Route-Hayden Lake Loop; [Eat] TBD, after ride
Weather policy: Rain/hail/snow/ or crazy wind or poor air quality cancels
Leader: Don Carlton 747-5581, cell-598-5386
Date: July 20

Name of Ride: **Mirabeau Point Park to Terra Coffee and Bakery in Post Falls**
Start Time: **8:00 am **Note early time to avoid hot weather**
Meet: Mirabeau Point Park on Centennial Trail (across from waterfall) north parking lot
Terrain: Flat on Centennial Trail
Distance: about 32 easy miles round trip
Pace: 12-14 mph
Description: Ride to Terra Coffee and Bakery, enjoy a treat, return home same route
Weather policy: Rain/hail/snow/ or crazy wind cancels or poor air quality
Leader: ~~Jane Schelly — Cell: 509.389.0484~~ Lori Smith Cell: 509-954-9645

Date: July 27
Name of Ride: **Spokefest 21-mile loop**
Start time: ~~9:00 am~~ 8:00 am
Meet: Nest at Kendall Yards
Terrain: some hills in Riverside State Park and a climb up Doomsday Hill
Distance: 21 miles
Pace: 12-14 mph
Description: Start at the Nest in Kendall Yards, proceed east to Monroe Street, turn right and cross the Monroe St. bridge, turn right on Riverside Avenue and proceed west to Clark Avenue, up a short hill to Government Way. Stay on Government Way to Trail West and turn right to enter Riverside State Park. Proceed to Wilber Trailhead and regroup. Proceed on to Seven Mile Bridge and turn right, cross the bridge and turn at first right on to N. Aubrey White Way. Continue on thru Riverside State Park, past entrance for Park, continue on past Down River Golf course to bottom of Doomsday Hill. Climb hill and take detour signs thru residential streets to Boone Avenue. Turn left at Boone and Summit, proceed on Centennial Trail back to Nest.
Place to eat: TBD
Weather policy: Rain/hail/snow/ crazy wind or smoke-caused poor air quality cancels
Leader: Jim O'Hare Cell: 509-251-4474

Date: August 3
Name of Ride: **Fish Lake Trailhead to Cheney**
Start Time: 9:00 am
Meet: Fish Lake Trailhead
Terrain: Flat with a gradual increase over the length of the Fish Lake Trail
Distance: about 30 easy miles round trip, out and back
Pace: 12-14 mph
Description: Ride to the 7.5 mile marker, regroup as necessary. Turn right and ride up a steep but short hill (Scribner Road) to Spokane-Cheney Highway. Turn left. Ride for approximate 2.5 mile to turn left at Fish Lake, regroup at bathrooms. Proceed on Columbia Plateau Trail. At the end, turn right for 1 mile to Cheney. Stop at Mason Jar coffee shop, eat and regroup. Return with reverse directions to Fish Lake Trail head-Spokane. Bring water and snacks.
Weather policy: Rain/hail/snow/ crazy wind or smoke-caused poor air quality cancel
Leader: Marty November Cell: 323-286-5993

Date: August 10
Name of Ride: **Medical Lake – Cheney Loop**
Start Time: 9:00 am
Meet: Coney Island Park, N Jefferson St and E Lake St, Medical Lake.
Terrain: Rollers with an approximate 800 ft gain in elevation.
Distance: 26 miles total
Pace: 13-15 mph
Description: From Medical Lake proceed to Salnave Rd, cross over freeway and proceed to Cheney; return via Betz Rd and Silver Lake Rd. Bring water and snacks. Eat: TBD
Weather policy: Rain/hail/snow/ crazy wind or smoke-caused poor air quality cancels
Leader: Lori Smith Cell: 509-954-9645

Date: August 17
Name of Ride: **Fish Lake Trailhead to Cheney**
Start Time: 9:00 am
Meet: Fish Lake Trailhead
Terrain: Flat with a gradual increase over the length of the Fish Lake Trail
Distance: about 30 easy miles round trip
Pace: 12-14 mph
Description: Ride to the 7.5 mile marker, regroup as necessary. Turn right and ride up a steep but short hill (Scribner Road) to Spokane-Cheney Highway. Turn left. Ride for approximate 2.5 mile to turn left at Fish Lake, regroup at bathrooms. Proceed on Columbia Plateau Trail. At the end, turn right for 1 mile to Cheney. Stop at Mason Jar coffee shop, eat and regroup. Return with reverse directions to Fish Lake Trail head-Spokane. Bring water and snacks.
Weather policy: Rain/hail/snow/ crazy wind or smoke-caused poor air quality cancel
Leader: Jim O'Hare Cell: 509-251-4474

Date: August 24
Ride Name: **Wandermere to Deer Park**
Start time: 9:00 am
Meet: Wandermere Starbucks 12519 N. Division
Distance: ~40 miles
Pace: 12-14 mph
Terrain: Hilly with a couple of sustained hills; Regroup at turns; Map included.
Eat: Deer Park.
Weather policy: Rain/hail/snow/ crazy wind or smoke-caused poor air quality cancels
Leader: Don Carlton 747-5581, cell-598-5386.

Date: August 31
Name of Ride: **Felts Field - Quinimose Hill- CT-Barker-Euclid loop**
Start Time: **8:00 am PLEASE NOTE: EARLIER START TIME**
Meet: Felts Field
Terrain: Some gradual hills, elevation gain is 1400 ft total for route, otherwise flat.
Distance: 39 miles
Pace: 12-14 mph
Description: East to Millwood, route travels up Quinimose Hill on Centennial Trail and thru Liberty Lake; returning on Barker and E. Euclid and completing loop on Centennial for a return to Felts Field.
DETAILED MAP WITH MILEAGE DIRECTIONS WILL BE PROVIDED. Bring water and snacks.
Weather policy: Rain/hail/snow/ or crazy wind cancels
Leader: Jim O'Hare Cell: 509-251-4474