

July - August 2021

WOMEN'S FRIDAY RIDE SCHEDULE

Note: Helmet required on all SBC rides

July 2

Northwest City Ride

Start Time: 10:00 am

Meet: Audubon Park - parking lot on west side

Terrain: Mostly flat bike lanes and neighborhood streets

Distance: 15 miles

Pace: 10-12 mph

Description: Northwest Blvd, Driscoll Blvd plus neighborhood streets by parks and schools.

Weather: Steady rain cancels

Leader: Eileen Hyatt Cell: 509-475-9328

July 9

Northeast Valley Ramble

NOTE START TIME: 9:00 am

Meet: Harvard Rd. Centennial Trail trailhead

Pace: 10-12 mph

Distance: 15-20 miles

Terrain: Mostly flat

Route: East through neighborhoods towards state line

Eat: Great Legends - Liberty Lake at Mission and Harvard (outdoor seating available)

Weather Cancellation: Rain, unhealthy air (smoke) or excessive heat

Leader: Margaret Watson (509) 624-3793 (home) (509) 279-9773 (cell)

Date: July 16

Post Falls to Riverstone

Start time: 9:00 am

Meet: Falls Park, Post Falls, ID - Parking lot. From I 90, Take Exit 5 , Spokane Street, in 400 feet turn right onto W. 4th Ave and into park.

Pace: 10-12mph

Distance: 16 miles

Terrain: mostly flat, some gentle hills Regroup: as needed Route: Falls Park to Riverstone Park,

Coeur d'alene, out and back on Idaho Centennial Trail, neighborhood streets to Johnson Mill

River Park, E. Seltice Way trail in to Riverstone .

Eat: brown bag, Falls Park Map/cue sheet: yes

Weather cancellation: rain cancels

Leader: Elaine Mayes Phone: 509-995-8982

July 23

Medical Lake to Clear Lake loop with a spur

Start Time: 9:00 am

Meet: South side of Medical Lake City Hall, intersection of Lefevre and Hancock

Pace: 10-14 mph

Distance: 15-16 miles

Terrain: Flat to gentle hills Route: Highway 902, Medical Lake - Tyler Rd, Clear Lake Rd loop

Weather cancellation: Heavy rain cancels. Note smoke reports

Eat: Outside seating available at LeFevre Bakery

Leader: Eileen Hyatt Cell: 509-475-9328

July 30

Trail of the Coeur d'Alenes from Cataldo

Start Time: 10:00 am start - allow 1 hour and 15 minutes to drive from central Spokane

Meet: Cataldo, ID, exit 40 from I-90 east of Spokane/CDA

Terrain: Flat paved trail Distance: 20 miles Pace: 10-12 mph

Description: Ride west on the trail from Cataldo; out-and-back

Weather: Heavy rain cancels

Leader: Kim Meyer Cell: 509-981-5223

August 6

West Valley Ramble

Start Time: 9:00 am

Meet: Felt's Field (east end of parking lot)

Pace: 10-12 mph

Distance: 15-20 miles

Terrain: Mostly flat

Route: East through Millwood and onto Trail toward east valley

Eat: Skyway Cafe/Felt's Field (outdoor seating available)

Weather Cancellation: Rain, unhealthy air (smoke) or excessive heat

Leader: Margaret Watson Phone: (509) 624-3793 (home) (509) 279-9773 (cell)

August 13

Westwood Ramble

Start: 9:00

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: About 20 miles

Terrain: Gentle to moderately hilly Regroup: At intersections

Route: Ramble on the West Plains Eat: no Map/cue sheet: No

Weather cancellation: Rain cancels

Leader: Karen Carlberg Phone: karenCarlberg@comcast.net, m 509-795-4479

August 20

Heyburn State Park to Harrison on Trail of the Coeur d'Alenes

Start: 11:00 am **NOTE START TIME**, Allow for drive from Spokane Meet: Heyburn State Park.

DIRECTIONS: From southbound Highway 95, 1.5 miles south of Worley, turn left onto Conkling Road. Continue east and then south; the road becomes Chatcolet Road (do NOT turn left toward Conkling Marina). When the road enters Heyburn State Park it becomes narrow, steep, and winding. At the first stop sign, make a sharp left turn onto Chatcolet Lower Road. Follow this to a large dirt parking lot. Parking fee is \$7.

Pace: 10-14 mph

Distance: 16 miles to Harrison and back. More if you choose.

Terrain: Flat Regroup: Occasionally

Route: TCDA from Heyburn northward, as far as you want to go

Eat: Lunch or ice cream available in Harrison Map/cue sheet: No

Weather cancellation: Rain cancels

Leader: Karen Carlberg Phone: karenCarlberg@comcast.net, m 509-795-4479

August 27

West Plains - Cheney Plateau

Start: 9:00 am

Meet: Fairways Golf Course parking lot, 9810 West Melville Rd, Cheney, 99004 (can be reached from I-90 Exit 292)

Terrain: Mostly flat. Andrus Rd has rollers. One gradual hill.

Distance: 19 miles

Pace: 10-12 mph, regrouping often.

Description: Melville Rd, right on Spotted, Cheney-Spokane Rd, Columbia Plateau Trail into Cheney. MASON JAR Coffee Shop rest stop. Ride through Cheney, Spokane-Cheney Rd to Andrus Rd. Ride 5 miles until rejoining Spotted, left on Melville to return to golf course.

Weather policy: Rain cancels

Leader: Susan Strong Cell: 509-990-8877