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Read about it in Government Affairs

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* "AT" replaces @ so that the emails cannot be scammed. To use, copy and paste then replace the "AT" with "@".	

Board Meetings

First Tuesday of every even month

Location: REI, 1125 N Monroe St, Spokane, WA 99201 (509) 328-9900

General Meetings:

6:30 PM (unless otherwise noted), Second Monday of Every Month (except June, July and August)

Mountain Gear Headquarters
6021 E. Mansfield, Spokane, WA

Click [HERE](#) for map

Letter from the President



Sometimes I have to remind myself of all the great benefits there are to bicycling. Some of the benefits come to mind quickly-like having fun and getting into better physical shape.

There are lots of other benefits to bicycling that don't come to mind as quickly. When I went online to explore this topic, I soon came to realize there were many, many other benefits I had never really thought much about.

"Men's Fitness" magazine (www.mensfitness.com/weight-loss/burn-fat-fast/) detailed, "10 Reasons to Get on a Bike-There are a lot of ways cycling is good for the body and the soul." Some of my favorites included, "It's much easier on your legs, ankles, knees and feet than running." Andy Clark, the president of the League of American Bicyclists at that time, was quoted: "...cycling gets your legs moving and your heart pumping without pounding your joints."

Another of my favorites included, "It's a better time than ever for cyclists." "In each of the last five years, federal money has supported 3,000 projects a year for bike lanes, paths and things like that," Tim Blumenthal, president of Bikes Belong at that time, was quoted as saying. They emphasized that as our country becomes better equipped to support biking, it's only becoming more and more popular.

Also, "It's an activity you'll be able to do the rest of your life." Age doesn't seem to matter when it comes to biking. I am not surprised, anymore, at the amazing condition some of the SBC riders are in. Many of them are in their 60s, 70s and 80s. I am more aware of them when they pass me on hills.

Another favorite, "It can reduce stress." Being a stress sensitive person, I have been aware of the stress-reducing impact of exercise. But what I didn't know, according to research: "Bike commuters have reported lower stress levels than their counterparts using cars and mass transit," as found in a recent study by the New Economics Foundation. This is important information for "Bike Everywhere" riders in the month of May. Maybe it should be called, "Bike Everywhere, All of the Time," throughout the year.

Of course, another reason is, "For your sense of freedom and above all, for fun." No explanation needed here. I am all about having fun and the SBC is a great place to do it.

Not to be out done by the 10 Reasons, "BikeRadar USA," (www.bikeradar.com) lists, "30 great benefits of cycling," (all based on good research studies). "You'll sleep more deeply, you'll look

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younger, Beat illness, Live longer, Lose weight, and Burn more fat,” were not surprises to me. “Boost your bowels, Cycling improves your sex life, and You’ll make More Money,” were new.

Regarding making more money, in a large study examining how wealth was related to weight loss, “Zagorsky (researcher) concluded that a one unit increase in body mass (BMI) corresponded to an eight percent reduction in wealth.” Shed a few BMI points on the bike and start earning, the article suggested.

“Make friends and stay healthy,” reminded me of the importance of the SBC. “The social side of riding could be doing you as much good as the actual exercise and health benefits,” they stressed. “Not having friends or confidants is as detrimental to your health as smoking or carrying extra weight,” they concluded.

Still not to be done, (www.ibike.org) listed 60+Benefits (Advantages) of Bicycling. One of my favorites summarizes it all: “Bicycling is cool.”

Scott Schell

Volunteer Opportunities

Bloomsday Bike Corral

- Sunday May 7th
- Located in Riverfront Park
- Two Shifts:
 - 7:00 - 10:30 AM - Takes bikes in
 - 10:30 - 2:00 PM - Distributes bikes back to owners

It's a fun activity and cyclists are grateful for the service.

May Bike Everywhere Month

The Club is sponsoring this event and it would be great to have volunteers helping with:

- 5/1 pancake breakfast setup/teardown
- 'Special' evening and Sunday afternoon rides we have planned
- 5/16 energizer stations
-

It would also be great to have SBC'ers **attend** Bike Everywhere events. Read more about it under Government Affairs.

Contact Sally, 448-6271 or phillips1948@comcast.net, to volunteer or for more information.

Bike Tours

Tibetan Bicycle Tour

I have a friend in Shanghai who is developing a bicycle tour to Lhasa. Lhasa is the center of government for Tibet. The ride will be completely on the Tibetan Plateau. Currently the riders are Mel and his son Kevin. They would like to get some foreigners to ride with them. They have reached out to me and another friend in Canada. The trip is still in the early planning stages. Trip will probably be 10 to 15 days in length probably in August of this year. Mel will be providing me some more information about trip in the next few days. This is not a club sponsored ride. The ride should be an epic adventure. There may have never been foreign riders to Lhasa, because of the Chinese government restrictions on foreigners travel to Tibet. However Mel is confident that he has some contacts that can help us through the governmental challenges. If you have interest in a trip like this this summer, please forward me your email address and phone number and I will share the information as it is received.

Dudley Bowers [509-919-2076](tel:509-919-2076)
bdelaine2@gmail.com


PICK UP RIDES

Club members who wish to lead a “pick up ride” should contact Cyrus McLean via email at cyrusmcl@yahoo.com Provide him with the date of the proposed ride and a ride description. Cyrus will email “pick up riders” alerting them of the ride.

If you are not on the “pick up” list and wish to be added, email Cyrus with your name and email address. You will then be alerted when “pick up rides” are announced.

If you have any questions about this, contact Cyrus.

Reminders: The start time is the departure time, not the arrival time.

Note: The icon,  , is added if there are two possible rides in one listing.

MONDAY MORNING Traditional Recurring Rides

Start time: 10:00 am, March 6 through May 1st

Meet: Little Garden Cafe 2901 W Northwest Blvd

Description: LGC to 9 Mile Dam via Aubrey White Parkway, Centennial Trail adding 2 mile extension of Centennial Trail to Long Lake

Stop: Tin Cup for eats & coffee

Pace: 14-16 mph on level with some hills

Distance: 26 miles. Ride goes rain or shine, except for lightning or ice

Leaders: Bill Mullins 509-325-1692 and Don Barden 206-450-3576

MONDAY MORNING Paved Trail Recurring Rides

*Will start again in April due to changing weather conditions.

Start time: 10:00 a.m. April 3rd thru May 1st

Meet: Centennial Trail - East Maringo Drive Trailhead

Description: Centennial Trail from East Maringo Drive Trailhead to Harvard Road Trailhead, 19 miles round trip.

Pace: 10-12 mph mostly flat.

Distance: 19 miles

Directions to Trail Head: north on Argonne from I-90, turn right on E. Maringo Drive, the first street after crossing the Spokane River; or, from the intersection of N. Argonne Rd. and E. Upriver Drive, go east on Upriver for .4 mile to Farr Road. Go south on Farr to Maringo, left on Maringo, 1 block to the trailhead.

Eat: This is a calorie free ride.

Leaders: Elaine Mayes 995.8982 or 922.1033. Rain cancels. If in question, call ride leader.

SCENIC TUESDAY Ride Schedule

*Scenic Riders also has occasional Thursday rides. Call Jan Whaley 509.448.5645 or Sharon Morrison 509.710.5650 if interested. **REMINDER:** The **START** time is the **DEPARTURE** time.

Please feel free to call the leader in case of questionable weather.

March 7 PRAIRIE TRAIL RIDE CDA Start: 9:00 am. Meet: Riverstone Park off Northwest Blvd in Coeur d'Alene. Pace: Leisurely 10-12 mph Distance: 15 or 20 mi. Terrain: flat Regroup often. Route: We will head out on the Prairie Trail & back. A longer option: ride into Post Falls; then come back on the Centennial Trail. Eat: Anthony's Leader: Mary Ayers 208.667.7342 (H) or 208.660.8246 (C)

March 14 CDA MEANDER. Start: 9:00 am Meet: behind Michael D's (223 Coeur d'Alene Lake Dr. Coeur d'Alene, ID) Directions: If you are coming from Spokane, take I-90 east. Take exit 15 – Sherman St (**Warning:** Do not take 15th St exit!) Drive through the traffic light on Sherman St. You will see Michael D's on the right. Park on the street behind Michael D's. Pace: Leisurely 10-12 mph Distance: 15 mi. Terrain: mostly flat. Regroup often. Route: Ride through areas of Coeur d'Alene. Eat: Michael D's. Leader: Jackie McNeel 509.939.2661

March 21 SPOKANE VALLEY CENTENNIAL TRAIL RIDE Start: 9:00 am Meet: Parking lot next to Krispy Kreme Doughnuts at the Valley Mall, accessed at Sullivan Rd I-90 exit. Pace: Leisurely 10-12 mph Distance: 20 mi Terrain: flat, paved surface. Regroup often. Route: Ride 10 mi east to the first outhouse in Idaho & back. Eat: Twigs at Valley Mall. Leader: Hershel Zellman 509.993.4274

March 28 NORTH CENTRAL LOOP Start: **9:30 am** (Note different start time!) Meet: Tom Sawyer Country Coffee, 608 N. Maple St. in Kendall Yards. Directions: From Monroe, go west 6 blocks on Broadway, turn left on Maple & go 2 blocks. (Note: if you'd like coffee, etc. show up early at 9 am.) Pace: 10-12 mph Distance: Rider's choice of 10 or 16 mi. Terrain: flat to gentle slopes. Regroup often. Route: Kendall Yards Centennial Trail, Nettleton Overlook, North Central, north bank Riverfront Park, Gonzaga, Mission Park (10 mi. option returns on C.T.), Iron Bridge, SCC, Tuffy's Trail Overlook, return on C.T. Eat: Veraci Pizza in Kendall Yards. If rain: Eat first (meet at Tom Sawyer's), then ride later. Leaders: Mary & TJ Badger 509.467.8099 or badgermary@hotmail.com

April 4 CDA MEANDER Start: 9:00 am Meet: Riverstone Park off Northwest Blvd in Coeur d'Alene. Pace: Leisurely 10-12 mph Distance: 15 mi Terrain: mostly flat. Regroup often. Route: Take the trail into CDA & out toward Higgins Point. Enjoy the scenery along the lake. Eat: Bardenay's Leader: Shirley Sturts 208.664.5318

April 11 FISH LAKE TRAIL RIDE Start: 9:00 am Meet at Fish Lake Trailhead, Sunset Blvd. & Government Way. Pace: Leisurely 10-12 mph. Distance: approximately 15 mi. Terrain: flat. Regroup often. Route: Ride the Fish Lake trail out & back (15 mi or 19 mi option) Eat: After ride drive to Chap's. Leader: Brian Duncan 509.290.8482

April 18 KENDALL YARD RIDE Start: 9:00 am Meet: Olmstead Park (Nettleton & Summit Parkway) in Kendall Yards. Pace: Leisurely 10-12 mph. Distance: 15-20 mi. Terrain: mostly flat. Regroup often. Route: Take a very pleasant ride on a spring morning along the Spokane River, Riverfront Park, & out to Boulder Beach & back. Eat: – Veraci Pizza at Kendall Yards. Leader: Judy Waring 208.691.6445 or 208.765.5378

April 25 SOUTH HILL RAMBLE Start: 9:00 am Meet: Duck Pond at Manito Park. Pace: Leisurely 10-12 mph. Distance: 15 mi. Terrain: flat. Regroup often. Route: Ride through areas of the south hill. Eat: Rockwood Bakery. Leader: Sharlene Lundal 509.624.1539

May 2 VALLEY RIDE Start: 9:00 am Meet: Felt's Field by Skyway Café. Pace: Leisurely 10-12 mph. Distance: 15 mi. Terrain: mostly flat with a few gentle hills. Regroup often. Route: We will be riding on many of the valley's bike lanes. Eat: Skyway Café. Leader: Jan Whaley 509.448.5645 or 509.994.8173.

TEAM TUESDAY Ride Schedule

March 7: No Scheduled Ride

March 14 Centennial Trail Start: 11:00 am (**NOTE:** later start time!) Meet: Cafe Capri in Browne's Addition, 2001 W. Pacific Ave. at Cannon Street. If conditions are suited to road or mountain bikes then 15-20 miles on the Centennial Trail, out & back, or through town if dry. This is intended to be an early spring training ride, pace 10-14 if conditions are safe. Otherwise this ride will morph into a 8-mile **roundtrip walk** through downtown out through the University district to a turnaround at Hamilton and Boone and return. Eat or stop along the way. Terrain: flat. Changes: Rain, snow, thunder, ice, sleet, hail, wind cancels the bikes although will walk in any conditions but thunder/lightening/ice. Call if uncertain. Leader: Lila Meglio 378-8665

March 21 Centennial Trail Start: 10:00 am Meet: Maringo Trailhead on Centennial Trail. Description: Maringo to Stateline and back. Pace 12-14 . Eat: TBD, Distance: 26 miles Leader: Garry Kehr. 509-990-1474.

March 28 Maringo Trailhead to Stateline and Back, Start: 10:00 a.m., Meet: Maringo Trlhnd on CT, Pace: 11-13, Distance: 26 miles, Terrain: flat, Regroup: when necessary, Route: out on north side of river, back on Centennial Trail, Eat: Rocket Bakery on Argonne, Map/cue sheet: yes, Cancellation: Rain and strong wind cancel, Leader: Barb Kehr, 509-290-1967 Directions to Start: Take Upriver east past Argonne, right on Farr, left on Maringo.

April 4 Fish Lake Trail to Cheney Start: 10:00 am Meet: Fish Lake trailhead at Sunset Highway and Government Way Distance: 30+ miles Route: Fish Lake Trailhead to Mason Jar in Cheney and back. Slight hill climb up to Cheney and mostly downhill back. Pace: 12-14 mph, with periodic

stops. Bring water and snacks. Eat: Mason Jar. Rain and snow or ice on trail cancels ride. Questions? Call Leader: Gerry Bergstrom 509-995-8118

April 11 Deer Park Start: 10:00 am Meet: Starbucks at Wandermere, 12519 N Division St. Pace: 12-14 mph on flat Route: Dartford to Monroe to Deer Park and return on same route Eat: coffee shop in Deer Park Distance: approx. 40 miles. Heavy rain cancels. Leader: Amina Giles, 467-1980

April 18 Fish Lake Trail to Cheney Start: 10:00 am Meet: Fish Lake trailhead at Sunset Highway and Government Way Distance: 30+ miles Route: Fish Lake Trailhead to Mason Jar in Cheney and back. Slight hill climb up to Cheney and mostly downhill back. Pace: 12-14 mph, with periodic stops. Bring water and snacks. Eat: Mason Jar. Rain and snow or ice on trail cancels ride. Questions? Call Leader: Gerry Bergstrom 509-995-8118

April 25 Spangle-Paradise Loop Start: 10:00 am Meet: Harvester Restaurant in Spangle, Directions to start: South 17 miles on Hwy 195 from I-90 intersection Pace: 12-14 mph, Distance: 29 miles, Terrain: Mostly flat with a few rolling hills, Regroup: At major intersections and as needed, Route: Hwy 195, Paradise, Smythe, Sherman, Anderson, Curtis, Cheney-Spangle Loop. Eat: Harvester after the ride. Map/cue sheet: yes, Cancellation: rain and strong wind Leader: Barb Kehr 509-290-1967

WEDNESDAY WOMEN'S Ride Schedule

NOTE: Riders, if a ride is not scheduled for the week, please join the Wed. Women's Walk Group for exercise, fun, and lunch.

Disclaimer: The Walker's Group is **NOT** a Spokane Bicycle Club sponsored activity, PARTICIPATE AT YOUR OWN RISK. Waiver sheets will be available if you wish to lead a ride, weather permitting, and then join the walkers for lunch. Please wear boots, snowshoes, cleats, walking sticks, etc. for extra stability. Call walk/ride leader if any questions. **All walks/rides start at 10:00 am.** *Please carpool whenever possible.*

March 1 Centennial Trail Meet: Ripples Red Lion on the River parking lot. Bike Route: *Weather permitting*: Ride from Red Lion to Upriver Dam via CT and return. Terrain: Mostly flat, a beautiful spring ride along the river, frequent regroupings. Eat: Ripples on the River Ride Leader: TBD Walkers: 3-5 miles on flat trail. Walk Leader: Patty 998-2161

March 8 Five Mile Area Meet: Sky Prairie Park, 8501 N Nettleton Ct Distance: 3-5 miles, Route: TBD Walk Leader: Suzanne Cordell, 954-6910. **No planned ride today.**

March 15 Centennial Trail Meet: Kendall Yards in front of Central Foods by statue. Distance: 3-4 miles on CT Eat: Veraci Pizza Walk Leader: Katie Albertson, 344-9502 **No planned ride today.**

March 22 Riverside State Park Meet: R.S.P. Bowl and Pitcher, lower parking lot by picnic tables. Must have DISCOVER PASS. Please carpool. Description: rocky, could be muddy, trail, wear boots, some hills. Distance: 3-5 miles Eat: Sundance Golf Course, off HWY 291 Walk Leader: Jude Holden 466-1127 **if muddy, may do Cent.Tr.** Ride: TBD

March 29 Centennial Trail Meet: CT/Harvard Rd trailhead Distance: 3-5 flat miles Eat: Legends Sports Grill Walk Leader: Pat Cwik, 714-9707
Riders: 15-20 miles out and back on CT. Ride Leader: Margaret Watson 624-3793 or 279-9773

April 5 Painted Rocks Meet: Painted Rocks Parking area. DISCOVER PASS REQUIRED.
Distance: 3-5 miles Route: St. George Trail, some hills, could be muddy, wear boots. Eat: Brown Bag at Jackie's house, directions in Sunday e-mail
Walk Leader: Jackie Richardson, 467-9707 **No planned ride today.**

April 12 Turnbull Wildlife Refuge Meet: parking \$3.00 per carload, Nat'l Parks Pass = free entrance. Walk: 3-5 miles, be prepared for ticks and mosquitoes Eat: TBD
Walk Leader: Sue Whitney, 991-7288
Ride Leader: TBD, weather permitting, ride out Cheney-Spangle Rd. and return. Mostly flat. Parking for riders at the IGA store, 116 W. 1st St. Cheney.

April 19 Painted Rocks Meet: Painted Rocks Parking area. DISCOVER PASS REQUIRED.
Distance: approximately 6 miles Route: Hike the scenic trail to the top for brown bag lunch with spectacular views. Hilly, wear boots, walking sticks. Walk Leader: Jill Kassa 342-9198
No planned ride today.

April 26 Centennial Trail Meet: Mukagowa Cultural Center/Ft. George Wright Route: Centennial Trail to Cemetery Trail Distance: 3-5 miles Terrain: some hills, wear boots
Eat: Cultural Center, brown bag. Walk Leader: Kiyomi, 723-8592 or Joy, 714-623-2675
Riders: Seven Mile Loop - Government Way from Cultural Center, to Aubrey Parkway, Seven Mile Bridge, return on east side of the river, hilly, Distance: 15 miles Ride Leader: TBD

May 3 South Hill Walk Meet: Donna's house, 1944 So. Post, Spokane Route: Manito/Canon Hill Parks Distance: 3 miles, easy walk Terrain: Mostly flat. Eat: Brown bag at Donna's house, drinks and dessert provided. Walk Leader: Donna Sinks, 303-842-1196
Riders: South Hill Ramble, leader and route TBD

THURSDAY MORNING Ride Schedule

March 2 Fish Lake Trail and Cheney Plateau Start: 10:00 am Meet: Fish Lake Trailhead (Milton St and Government Way) Pace: 12-14 mph on the level. Distance: 30 miles Terrain: Mostly level with some gentle up and down on the return. Regroup: as needed Eat: Mason Jar in Cheney. Return via Andrus, Spotted Rd, Thorpe, Garden Springs, Grandview, Lindeke to Milton. Snow, ice or steady rain cancels. Leader: Don Barden 206-450-3576

March 9 Centennial Trail Start: 10:00 am Meet: Maringo trailhead on Centennial Trail. Route: to Post Falls and back Distance: about 40 miles Pace: 12-14 mph Terrain: mostly flat Heavy rain cancels. Leader: Gerry Bergstrom 509-995-8118 (cell)

March 16 South Hill-Palouse Loop Start: 10:00 am Meet: Rocket Market 43rd and Hatch Parking OK on side streets. Pace: steady 12-14mph on the level Distance: approx 22miles Terrain: some hills Regroup: at tops of hills and turns. Route: Hatch to 57th, Helena, 63rd to Regal, Palouse Hwy, Windmill and back to Palouse Inland Empire Rd, 7th Maple/High Drive to start. Eat: Rocket Market at end of ride. Snow, ice or steady rain cancels.
Leader: Don Barden 206-450-3576

March 23 Amina's Birthday Ride Start: 10:00 am Meet: Safeway at 10100 N. Newport Highway Pace: 12-14 mph on level Distance: approximately 25 miles Route: Hawthorn to Mill Rd to Dartford, Austin to Perry, Little Spokane and return Mill Road (fairly steep but short) to Hawthorne. Drive to Amina's house for her famous vegetarian bean soup. Steady rain cancels ride. However lunch is still on at noon. Leader: Amina Giles 467-1980

March 30 Fish Lake Trail and Cheney Plateau Start: 10:00 am Meet: Fish Lake Trailhead (Milton St and Government Way) Pace: 12-14 mph on the level. Distance: 30 miles Terrain: Mostly level with some gentle up and down on the return. Regroup: as needed Eat: Mason Jar in Cheney. Return via Andrus, Spotted Rd, Thorpe, Garden Springs, Grandview, Lindeke to Milton. Heavy rain or winds cancels. Leader: Garry Kehr 509-990-1474

April 6 Centennial Trail Start: 10:00 am Meet: Maringo trailhead on Centennial Trail. Route: to Post Falls and back Distance: about 40 miles Pace: 12-14 mph Terrain: mostly flat Heavy rain cancels. Leader: Gerry Bergstrom 509-995-8118 (cell)

April 13 2 Spangle Plaza Loop Start: 10:00 am Meet: Harvester Restaurant, 410 W 1st Spangle, WA - approx 15 miles south on 195. Turn east onto Cheney Spangle Rd. Restaurant on left. Pace: 10 – 14 mph *You get to choose how fast and how far.* Distance: 18 or 28 miles. 18-Mile Route: 1st to Main, right on Main. Stay left to get on Old 195. Rt on Powers Rd. Bear right on Sherman. Right on Cheney-Spangle Rd. Cross Hwy 195 - back to Harvester. 28-mile Route: 1st to Main, right on Main. Stay left to get on Old 195. Ride through Plaza. Right on Cheney -Spokane Rd and pass under Hwy 195. Right on Wells Rd, right on Cheney-Spangle Rd. which becomes Bradshaw. Cross Hwy 195. Return to Harvester to eat. Map provided. Rain or strong winds cancels. Leader: Barb Kehr (Cell) 509-290-1967

April 20 Greenbluff Start: 10:00 am Meet: Safeway at 10100 N. Newport Highway Pace: 12-14 mph Distance: approx. 30 miles Route: Hawthorne to Stoneman. Bruce to Peone to Mt Spokane. Then Bruce to Day Mt Spokane to Greenbluff and return. Eat: Bring snacks. We can try stopping at Harvest House(not sure if open yet). After ride, stop at Starbucks for snack. Rain cancels. Leader: Amina Giles 467-1980

April 27 Fish Lake Trail and Cheney Plateau Start: 9:00 am **(Note! Change of start time!)** Meet: Fish Lake Trailhead (Milton St and Government Way) Pace: 12-14 mph on the level. Distance: 30 miles Terrain: Mostly level with some gentle up and down on the return. Regroup: as needed Eat: Mason Jar in Cheney. Return via Andrus, Spotted Rd, Thorpe, and back. Heavy rain or winds cancels. Leader: Garry Kehr 509-990-1474

May 4th Centennial Trail to State Line Start: 10:00 Meet: Fountain in Riverfront Park Pace: 12-14 Distance: about 45 ish miles Route: Centennial trail to State Line and back People can go as far as they want and then turn around. Regroup: Various times. Eat: Bring snacks and water – may eat out at end - tba. Leader: Lila [509 378-8665](tel:5093788665) (cell) rain cancels

SATURDAY STEADY TO BRISK Ride Schedule

March 4 Cheney Ride Start: 10:00 am Meet: Caffè Capri in Brownes Addition, 2001 W. Pacific. Pace: 12-14mph. Mileage: 30. Terrain: gradual climb onto West Plain, then mostly flat. Regroup at turns. Description: Ride to Cheney, either on Fish Lake Trail or Spokane-Cheney Rd, depending on road conditions. Eat: bring pocket snacks. Probably a lunch stop as well. Leader: Bob Massie, 489-4914.

March 11 Madison/Dishman-Mica Start: 10:00 am Meet: Trading Company, 13014 E. Sprague. Pace: 14-16mph. Mileage: 21. Terrain: one long climb on Hwy 27, Palouse hills. Regroup at turns. Description: Hwy 27, Palouse Highway, Madison, Dishman-Mica. Eat: TBD, bring pocket snacks. Leaders: Frank and Sheila Ping, 924-1814.

March 18 Post Falls via Riverview, Centennial Trail Start: 10:00 am Meet: Trading Company at Sprague & McDonald, 13014 E. Sprague Pace: 15 mph. Mileage: 35 +/- . Terrain: moderate with 1 sustained climb. Regroup at turns. Description: East over Riverview to Post Falls & return on the trail. Eat: bring water and pocket snacks. Leader: Sally Phillips, 448-6271.

March 25 Ritzville-Lind Start: 9:00 am, to carpool to Ritzville City Park. Meet: Sandifur Bridge parking lot at Riverside and Clarke. Pace: 12-14mph. Mileage: 50 miles. Terrain: rolling farmland hills. Regroup at turns. Description: Ritzville to Lind and back on quiet country roads. Eat: tbd, snack stop in Lind. Leader: Charlie Greenwood 624-8617, 280-8135.

April 1 Rockford loop Start: 9:00 am Meet: Albertsons, 57th & S. Regal. Pace: 15 mph. Mileage: 45. Terrain: rolling hills. One long climb up Valley Chapel. Regroup at turns. Description: Regal, Palouse Highway, Valley Chapel, Hwy 27, Stringham, Molter, Elder. Eat: tbd, convenience or cafe stop in Rockford. Leader: Sally Phillips, 448-6271.

April 8 Deer Park Start: 9:00 am Meet: Wandermere Starbucks at 12519 N Division St. Pace: 12-14 mph. Mileage: 40. Terrain: some hills, one about a mile long, on Perry. Regroup at turns. Description: Hazard Rd to Deer Park, back via Cedar and Perry. Heavy rain cancels. Eat: coffee shop in Deer Park. Leader: Amina Giles, 467-1980.

April 15 Tax Day Ride Start: 9:00 am Meet: Forza coffee shop at south Sullivan and 4th Avenue. Pace: 12-15 mph. Mileage: 20-30, depending on weather. Terrain: Tour moderate hills of the valley. Regroup at turns. Description: Ridgemont, Chapman, Jackson, Linke, Saltese, Barker Rd. and Chapman. Eat: After the ride at Forza. Bring water and snack. Leaders: Sheila and Frank Ping, 924-1814.

April 22 Cheney dirt road loop Start: 9:00 am Meet: Yokes in Cheney (formerly The Trading Company next to Jarms Hardware) in the coffee shop. Pace: 12-14 mph. Mileage: 40 Terrain: rolling hills. Ride: Dirt road loop around Cheney. Leader: Charlie Greenwood 624-8617 or 285-8135.

April 29 Post Falls-CdA. Start: 9:00 am Meet: Liberty Lake mall (Barlow's/ Starbucks area) Pace: 14-16 mph. Mileage: 52(less if rainy). Terrain: mostly flat to gentle rolling; gulch climb has some steep spots, but only 1.2% avg, 6miles. Description: Appleway, CT, thru Post Falls, S Ross PT Rd cut, Maplewood, Mill River Park, Frontier Ice Arena trailhead, CT to CDA, Riverstone, W River/W Lakeshore(beach route), Sherman, then N 21st-Penn-N 23rd to access French Gulch Rd, cc loop, E Harrison, Royal Anne Dr. to Cherry Hill. Eat: leader's fav is Daanen's Deli @ Prairie & N Wayne Dr.(1 block east of Govt Way) Leader: Bob Bowley, 534-5501.

May 6 Hauser-Newman Lakes Start: 9:00 am Meet: Centennial Trail, Mirabeau trailhead, east end. Pace: 14-15 mph. Mileage: 48. Terrain: rolling hills with sustained climbs. Description: CT, East River Road, Starr, ride around Newman and Hauser Lakes, Euclid. Eat: bring pocket snacks. We'll stop at a convenience store along the way. Leader: Sally Phillips, 448-6271.

SATURDAY STEADY AND LEISURELY Ride Schedule

March 4-5. Clearwater & Snake River Rides (overnighter) [**Note: open to all SBC members**]. Start: 8:00 am, Saturday Meet: at a restaurant to be determined for breakfast. Pace: 10-12 mph or 12-14 mph (all rides are out and back so you may go at whatever pace you wish). Distance: 10 - 20 miles per day (fit riders may ride further as far as they want on the Snake River Road or the Wawawai Road along Lower Granite Lake). Terrain: Flat to gently rolling (superfit riders may choose to tackle the Spiral Highway, a.k.a. the Old Lewiston Grade). Regroup: Often. Route: (all are paved) Depending on weather, we will ride trails on levees or along rivers, similar to the Centennial Trail. (Maps available). Eat: various restaurants chosen by consensus or trail lunches. If Rain: There are several museums riders can opt to do or choose their own short rides. Lodging: riders will choose their own motels either in Clarkston or Lewiston and make their own arrangements. Prices range from \$60 to \$120 per night. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@hotmail.com.

March 11. Liberty Lake to Post Falls on Centennial Trail. Start: 11:00 am. Meet: Liberty Lake parking lot between McDonald's & Starbucks (~1340 N. Liberty Lk. Rd.). Pace: 10-14 mph (go at your own pace, out and back). Distance: 15 to 20 miles. Terrain: Flat to rolling. Regroup: Often. Route: Appleway to C.T., stateline area, ID C.T. to Post Falls & return (same route or Seltice Way or WA C.T. & Harvard Rd.) Eat: Cork House, 1400 N. Meadowwood Lane, (corner of Mission & Meadowwood) Liberty Lake (southeast of meeting spot). If Rain: eat first (still meet by Starbucks/McDonalds), ride later. Leaders: Mary & T.J. Badger, 467-8099.

March 18. Reservation Road. Start: 11:00 am. Meet: Kurt's Corner (convenience store); from downtown Spokane go west 21 miles on Hwy. 2 to Reardan, turn right (north) on Hwy. 231 & go 19 miles to Ford. Turn left on Ford-Wellpinit Road and go 2.1 miles to Kurt's Corner. **Note:** be sure to clock mileage from Ford, dirt parking lot is easy to miss. Northsiders can get to the meet spot via Hwy. 291(about 37 miles, call for directions). Pace: 10-14 mph. (Map provided, out and back route, go at own speed). Distance: 17.2 or 20 miles. Terrain: Almost flat. Regroup: As needed. Eat: Pizza Factory in Suncrest. If rain: eat first (still meet at Kurt's Corner), then ride. Leaders: T.J. Badger, 467-8099 and Lam Chan, (509) 435-7323 or lchan@spokanetribe.com.

March 25. North Central Loop. Start: 11:00 am. Meet: Tom Sawyer Country Coffee, 608 N. Maple St. in Kendall Yards. From Monroe, go west 6 blocks on Broadway, turn left on Maple & go 2 blocks. [Note: If you'd like coffee, etc. show up early at 10 am]. Pace: 10-12 mph. Distance: Rider's choice of 10 or 16 miles. Terrain: Flat to gentle slopes. Regroup: Often. Route: Kendall Yards C.T. (Centennial Trail), Nettleton Overlook, North Central, north bank Riverfront Park, Gonzaga, Mission Park, (10 mile option returns on C.T.), Iron Bridge, S.C.C., Tuffy's Trail Overlook, return on C.T. Eat: Veraci Pizza in Kendall Yards. If Rain: Eat first (still meet at Tom Sawyer's), then ride later. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@hotmail.com.

April 1. Arboretum – Fish Lake Trail. Start: 10:30 am. **[Note: change in start time].** Meet: Finch Arboretum, "F" Street and Woodland Blvd. Look for Arboretum sign from Sunset Blvd., half mile west of Government Way. Pace: 10-14 mph. Distance: 20 miles or less, out and back route. Terrain: gentle grades. Regroup: If necessary. Rte. Description: Arboretum to Fish Lake Trail terminus and return same way. Eat: Pacific Ave. Pizza. If rain, eat first (still meet at Arboretum), then ride. Leaders: Mary & T.J. Badger, 467-8099.

April 8. Sky Prairie Loop. Start: 10:30 am. Meet : Sky Prairie Park. From Maple & Francis, go north 1 block, turn left on Five Mile Road. Go almost 2 miles, turn right on Strong Road and go 0.4 miles. Turn right on Nettleton and go 0.2 miles. Meet near restrooms. Pace: 12-14 mph. Distance: 17 miles. Terrain: flat with a few minor hills. Regroup: Often. Route description: Combined loops on top of Five Mile Prairie. Eat: Boiler Room Pizza, 6501 N. Cedar Street in the Cedar Crossing Area. If rain, eat first, then ride. (Still meet at Sky Prairie Park). Leaders: Mary & T.J. Badger, 467-8099

April 15. Nine Mile Falls. Start :10:30 am. Meet: Sontag Park; from downtown Spokane go to Francis & head west, this is Nine Mile Road or Hwy 291. At about 9 miles from downtown, turn left on Charles Road (bridge) & go 0.3 mile. Pace: 10-14 mph. Distance: 18 miles. Terrain: flat to gently rolling. Regroup: Often. Rte.Description: Do **new** segment of C.T. to Nine Mile Resort, Tormey Rd., Hedin Rd., Charles Rd. Views of Long Lake. Eat: Tin Cup Café (across road from Sontag). If rain, eat first, then ride. Leaders: Mary & T.J. Badger, 467-8099.

April 22. Mirabeau- Centennial Trail East. Start: 10:30 am. Meet: Mirabeau Meadows adjacent to flush toilets (~0.8 mi from Pines on Mirabeau Pkwy). NOT by Centerplace. Pace: Rider's choice. Distance: Depends on rider's pace. Terrain: Flat. Regroup: If necessary. Eat: Twigs, 14728 E. Indiana in Spokane Valley Mall. If rain: Eat first, then ride. Still meet at Mirabeau Meadows. Leaders: Mary & T.J. Badger, 467-8099.

April 29. Devils Gap Overlook. Start: 10:30 am. Note: There are 2 different ride choices. They meet at slightly different locations. The Steady ride has a big hill and the Leisurely ride does not. The Steady ride is also longer. Otherwise groups can ride together and eat together at the conclusion of the ride.

Steady Version: Meet: Long Lake Dam Avista Park: from downtown go west on Hwy. 2 to Reardan, turn right(north) on Hwy. 231 and go 13 miles, turn right before bridge over Spokane River and go 0.25 mile. Northsiders can get to the meet spot via Hwy. 291 (call leaders). Pace:

Steady 12-14 mph. Distance: 20.6 miles Terrain: flat except for one hill with 280 feet elevation gain plus the Red Lake Hill. Regroup: Often. Description: Avista Park, Hwy 291, Red Lake and back. Vistas of dam, lake, and river. Also see Indian pictographs (rock paintings). Eat: Pizza Factory in Suncrest on Hwy. 291. If rain, we'll eat first, then ride (still meet at spots listed). Leader: T.J. Badger, 467-8099.

Leisurely Version: Meet: Devils Gap Overlook. Call for directions. Distance: 16.2 miles. Ride is similar to Steady option but skips the big hill and is fewer miles. Leader: Nancy Tressler, 688-7506.

May 6. Hauser Lake Loop – Newman Lake Views. Start: 10 am. **[Note: new start time]**. Meet: Hauser Lake Boat Launch. Directions to start: from Trent, which becomes WA Hwy 290 and then ID Hwy. 53, go 1.8 mi. east from state line. (Also 0.3 mi. from Curley's Restaurant). Turn north onto Hauser Lake Rd. Look for the "Embers" or "Mattheus Lumber" signs. (If you reach Pleasant View Road, you've gone too far; turn around and go back 0.25 mi.) Go 1.1 mi. on Hauser Lake Road. Continue straight on Hauser at the Cliff House Rd. jct. Go 0.3 mi. Turn right at Fay Place and go 0.25 mi. Park near the toilets. There is no charge or pass needed to park in this exact location. Pace: 10-14 mph. Distance: 19.4 miles. Terrain: Flat with a few small hills. Regroup: Often. Route: Newman Lake Arm, Honeymoon Bay, E. Newman Lake Drive Boat Launch, Hauser Lake. Scenic views of 2 lakes. Eat: Rainbow Resort. If rain, eat first (still meet at Boat Launch), then ride. Leaders: Mary and T.J. Badger, 467-8099.

MOUNTAIN BIKING Ride Schedule

This is a new ride program to see if it generates any interest. Two rides will be scheduled for the end of April – Tuesday evening will be a possibility for May. These rides will be for beginner to intermediate. Rider will need to have a minimum of a hybrid bike with fairly decent tires as we will be going over rocks and rough road and a helmet is a must. Will meet at the Wilbur Trailhead on the Centennial Trail. **You will need a Discover Pass for parking.** The rides will be about 1.25 to 2 hours (might be more stopping depending on participants).

Beginner: Mostly flat, small hills, double track, some maneuverable non-rocky single track. 8 or less mph.

Intermediate: Will also include Intermediate size hills, rocky and twisty single tracks. 8 or more mph.

Dates: Sundays – April 16th and April 23rd at 1:30 PM

Directions to Trailhead: Take 7 mile road north – take first left after crossing Spokane River bridge – park at first parking lot on right.

Leaders: Barbara and John Beaton 465-1952 or 590-3814. Rain will cancel or extremely muddy conditions. Please call if unsure about weather conditions or for any additional information.

Government Affairs

Get ready for **May Bike Everywhere Month**, which our Club is sponsoring. We're planning special events and rides all month long. Again this year, there will be a National Bike Challenge. Check out spokanebikes.org after April 1st, to sign up for this year's Challenge.

It's back by popular demand - I am offering a dozen home-made cookies to anyone who participates in the Bike Challenge and bikes each day in May. This was a fun offer for me last year – not an overwhelming number of takers (I dare you!), plus a chance to roll out some recipes I haven't used in a while.

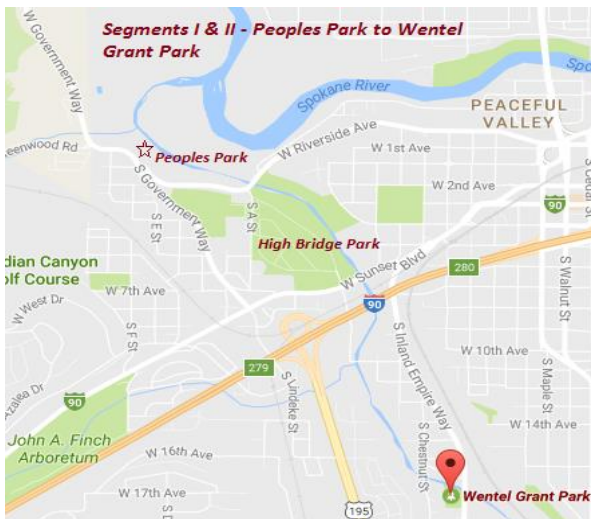
Fun stuff to look forward to in May:

- 5/1, 7-9 AM Pancake breakfast in Riverfront Park (north picnic shelter).
- 5/2, 6-7 PM East Side Library – presentations on buying a bike, making sure your ride is roadworthy, route-planning maps, etc.
- 5/7, 7:30 – 2:00 PM Bloomsday Bike Corral, since a bike is the very BEST way to get to the starting line for the Bloomsday run.
- Extra bonus rides on Sunday afternoons and some weekday evenings. Rides will be short, focused on the freedom to explore that so many of us liked best when we first got bikes. Look for: a progressive dinner ride, an exploration of Latah Creek dirt (see info about the big plans below), pub & grub ride to spots that give ride-in cyclists a discount, Ben Burr Trail rides, etc.
- 5/17 Energizer station rides
- 5/18 Ride of Silence, remembering fallen cyclists.
- 5/19 Bike Everywhere Day pizza and beer party
- Check out our website at spokanebikes.org for the evolving list.

Barb Chamberlain gave Spokane's Bike to Work Week a great start, before taking on a job as executive director of Washington Bikes. Per Barb, *'You make a difference when you simply get out and ride — more people on the streets creates more safety for everyone who rides.'*

Barb has now accepted a job with Washington State Dept of Transportation, as head of the newly created **Division of Active Transportation**. She said *"I wouldn't consider leaving if it weren't for this incredible opportunity to set the direction of a new division, from its inception. I look forward to continued collaboration with biking, walking and trail groups all across the state as partners in the future."*

Inland Northwest Trails Coalition has been working on a **trail project in the Latah Creek area**. When fully realized, it will be a nine-mile land and water trail running from the bridge intersection of Hwy 195 and Hatch Rd, to where Latah Creek runs into the Spokane River. There will be connections to the Fish Lake Trail and to the Centennial Trail. The project is divided into 5 segments. Funding has been secured for pre-design of segments I and II. Organizers are working with property owners who want to contribute easements. Included in the first two segments:



“SEGMENT I (Parks) begins at People’s Park and is a collaboraton with the City of Spokane. Peaceful Valley neighborhood residents and community input has been, and will contnue to be, solicited. This northern-most area also includes High Bridge Park, which straddles open stretches of Latah/Hangman Creek. There are multple trail linkage points in this segment as well as open space for users and wildlife. The property is city-owned with a doubletrack right of way utlity easement that can be incorporated into a trail. It has a built-up protective embankment of gabion walls.”

SEGMENT II (Vinegar Flats) links High Bridge Park and Wentel Grant Park, taking users through the historic community of Vinegar Flats. This area is characterized by a mixture of residential and commercial areas with views of basalt bluffs across winding stretches of creek. A rip rap armored wall of salvaged concrete separates the riparian area from the community. This segment of trail may be pieced together with sidewalks, sewer utlity corridor and private easements, creating a hybrid trail and sidewalk routng when land easement agreements cannot be secured.”

Further segments will connect to Polly Judd Park, Qualchan Golf Course, the Bluff Trail System, and Hangman Park Conservation area. One of the challenges for Segments III-V is how to navigate the eroding High Drive Bluff. The project organizers include Lunell Haupt (Inland Northwest Trails) and Dan Schaffer (long-time champion for the Fish Lake Trail).

Bits

Friends of the John Wayne Trail have been lobbying hard for inclusion in the State Parks Budget for 2017-19. The current funding request is for 2 trestles and 9 miles of trail grading and graveling. Also, the State Parks budget now includes funds for noxious weed spraying contracts, sterlant application for the trail surface, signs, fencing and gates. These are all issues brought up by adjacent landowners as reasons for opposing retention of the public trail. State Parks has already secured funding for a JWT trailhead in Tekoa. People are urged to let their state legislators know that they support JWT projects. Details at: <http://friendsofjohnwaynepioneertrail.org/index.html>

Mar - Apr Newsletter 2017

City of Spokane is designing a trail from Greene St to Felts Field. The design will go to a stakeholder group soon, then on to public meetings in April. When built, this will connect with the Millwood Trail. The latter is being overseen by the City of Millwood, and encompasses 1+ miles on an abandoned rr line. Originally Spokane Valley had plans to pick up the Trail at the edge of Millwood, to run it through Spokane Valley, but right of way issues have stopped their planning.

Walk.Bike.Bus, a Health Dept program that promotes alternative transportation, will be working in Millwood this summer. The program will include bicycle safety training by certified instructors. The public at large can participate in the training, which happens 7/26 and 7/29, and involves 12 hours of training. If interested, contact Annie Szotkowski aszotkowski@srhd.org. Training will happen in the Millwood area. There will be a fee, but the amount has not yet been settled.

From the Bicycle Advisory Board:

Riverfront Park renovation is continuing apace. The south portion will reopen in early 2018. Havermale Island will be fenced off Sept 2017. This will close off a popular cycling route across the river. How to cyclists get across the river downtown, during construction? There is discussion about providing Post St bike lanes (both directions) or inviting southbound cyclists to use sidewalk adjacent to Post St. RFP expects pedestrian activity in the park to triple, once renovation is complete. They believe cyclists will probably want to avoid the congestion by using a new bypass route from Post St, to King Cole Bridge. That route is currently being planned. An open house on the Riverfront Park renovation is planned in April.

– Sally Phillips



Sponsorship Program

Objective:

Fund a speaker's bureau for Spokane Bicycle Club

Support The League of American Bicyclists training program

Collaborate with governmental and non-governmental organizations with common bicycling advocacy goals.

Platinum Sponsors



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Gold Sponsors



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Spokane Bicycle Club Board Meeting

February 7, 2017

REI

Board Members Present: Scott Schell (President), Barb Kehr (Immediate Past President), Gerry Bergstrom (Vice-President), Hershel Zellman (Secretary), Sally Phillips (Treasurer), Amina Giles, Dud Bowers, and Margaret Watson.

Board Member Absent: none

Guests: Barbara Beaton (newsletter editor), Ellen Peller (new member welcome), and Susan Strong (rides coordinator)

Call to Order: at 6:05 pm by President Scott Schell.

Minutes: of December 6, 2016 meeting were approved without additions or corrections.

Treasurer's Report:

- A. Sally presented the One Year Cash Flow and Account Balance reports (see Appendix A and B). Note: \$500 was paid to the Friends of the Centennial Trail on December 16, 2016 for our Adopt-a-Mile assessment.
- B. Sally presented info on this year's Club liability policy renewal thru American Specialties. An administrative fee of \$35 was added. There is additional coverage available for mountain bike rides on backcountry trails for \$100. Consensus of the Board was to purchase it.
- C. Sally asked if we wanted to donate \$100 again this year to Washington Bikes to support their cycling advocacy program. Consensus of the Board was yes.

Committee Reports:

- A. Rides: Susan will be gone when rides info needs to be submitted for the May/June newsletter. Barb K. volunteered to do it. Susan also announced her "potential retirement" from her coordinator position this December. We encouraged her to stay on. She'll give it some consideration and let us know.
- B. Newsletter:
 - 1. Hardcopy Newsletters: Barbara B. discussed the shortfall on covering the costs of publishing and mailing hard copies of the newsletter. Currently 42 are printed/mailed every 2 months to 40 members at a cost of \$600/year. We assess the 40 members an additional \$10/ year to receive the hard copies at a loss of \$200/year. It was M-S-P to increase the assessment to \$15/year and Barbara B. will notify the 40 members of this change.
 - 2. Newsletter vs. Website: Barbara B. discussed the difficulty of coordinating info between the newsletter and Club website. Most of thought the web-

site should be simplified considerably and that redundant and outdated info should be removed now, and then periodically in the future. **Scott, Barb K, and Barbara B.** plan to meet to address this issue.

C. New Member Welcome:

1. Overview: Ellen reported that the Club gained 46 new members in 2016. Within 2 weeks of joining Ellen calls the new member to welcome them, inform them about how to access the website and newsletter, and answer any questions.
2. Members New to Cycling: Lots of potential issues here were discussed. Buddying-up new riders with seasoned riders was encouraged. **Ellen** committed to research what bike shops might be able to do to teach riding and basic bike maintenance skills.

New Business:

- A. Ride Coordinators Event: Scott would like to hold a pot luck for all the Ride Coordinators this March or April to discuss how to be more welcoming to our members and to discuss special rides in lead up to Bike Everywhere month (May). **Susan** offered to host at her home.
- B. Bike Touring Class: Scott suggests the club sponsor a bike touring class at REI and feature some of our members with experience in organizing tours (Garry, Amina, others). There was general agreement.
- C. Summer Club-Sponsored Tour: Scott announced that he, Amina, Margaret, Dud, and Mary Rosner will be meeting to start the planning for one this summer.
- D. Bike Everywhere Month:
 1. General: Sally is again organizing and reported that the following events are planned: Kickoff breakfast at the Northside Shelter in Riverfront Park on May 1; "Why Bike?" talk at East Side City Library on May 2; Bloomsday Bike Corral in Riverfront Park on May 7; BEM celebration at the River City Brewery on May 19. There will also be several kid-oriented events. Sally, Barb K, and Susan are planning special once-a-week evening rides during the month. REI will be offering a "Wrench Day" for learning bike maintenance sometime during the month.
 2. National Bike Challenge Prizes: Last year the Club sponsored five \$100 prizes. Consensus is that the Club not fund these prizes this year.
- E. Spokane Bike Swap and Expo (April 8 at Spokane County Fairgrounds): **Scott** reported that we plan to participate. He will investigate the entry fee, etc. and seek volunteers to staff our booth.

Unfinished Business:

- A. Facebook: Scott wants to expand his and other Club members' knowledge of FB in order to use it more effectively as a communication tool for the Club.
- B. Jerseys: The "Admin Team" (Scott, Gerry, and Barb K.) are working with Don Barden, Mary Rosner, and Primal Wear on design and ordering details. Getting close.

C. 2017 Banquet: **Scott** will reserve Mukagawa again, with the understanding that if a different venue is chosen, we can cancel without penalty.

D. REI Outdoor Org Reception (January 28, 2017): Scott reported that our booth attracted 20 potential new Club members.

Adjournment: 7:55 pm.

Next Meeting: Tuesday, April 4, 2017, 6 pm, at REI.

Respectfully submitted,

Hershel Zellman, Secretary

NOTE: Names highlighted in **yellow** indicate those people are responsible for an action item.

APPENDIX A

Cash Flow - Last 12 months
2/7/2016 through 2/6/2017

INFLOWS	
Banquet Income 2016	1,105.04
Deposit Return	50.00
Donation	20.00
Member Dues	4,830.39
Newsletter Surcharge	330.00
Oregon Coast Tour 2016	1,941.26
Rental Income	34.00
Sale of equipment	60.00
Sponsorship Income	1,000.00
T O T A L	9,370.69
OUTFLOWS	
Banquet 2016	1,498.68
Bike to Work Awards	500.00
Contributions	
Centennial Trail Adopt-A-Mile	500.00
TOTAL Contributions	500.00
Memberships	
Other Memberships	100.00
TOTAL Memberships	100.00
Misc Exp.	10.00
Newsletter Exp.	
Other Newsletter Exp.	575.33
TOTAL Newsletter Exp.	575.33
Projector	374.79
Rent	
Other Rent	130.00
TOTAL Rent	130.00
Tour Expense	2,099.67
Tour Refund	250.00
TOTAL OUTFLOWS	6,038.47
OVERALL TOTAL	3,332.22

APPENDIX B

Account Balances
As of 2/5/2017

Bank Accounts	
12 month CD	0.00
Bank of America Savings	0.00
BAW Contributions	0.00
Centennial Trail Contributions	0.00
Checking Bank of America	0.00
Sponsorship	2,391.28
STCU Checking	10,640.27
TOTAL Bank Accounts	13,031.55

OVERALL TOTAL	13,031.55
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