

Table of Contents

Board, Staff and Meetings	2
Letter from the President	3
Weiser River Rail Trail	4
Trail of the Coeur d'Alenes	5
Rides	
Overview	6
Monday Traditional	6
Monday Paved Trail	6
Scenic Tuesday	7
Team Tuesday	8
Thursday Morning	9
Women's Friday Morning	11
Saturday S to B	12
Saturday S and L	14
Sunday Mountain Biking	16
Government Affairs	17
Volunteer Opportunities	22
SBC Sponsors	23



Late Registration is still available for the Weiser River Trail ride. See inside for details.



Saturday Steady and Leisurely Ride to the Iron Bridge

May-June Newsletter 2018

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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



In the next couple of weeks the Spokane Bike Club will be involved with Bike Swap Meet, the Bike Summit, Bike everywhere month, Weiser ride, and Club ride from Plummer to Wallace or Roselake to Wallace, Idaho. In addition, we have our weekly bike ride schedules. There are plenty of opportunities for anyone in the club to volunteer to help. Ride Coordinators met to discuss ways to insure that ride descriptions were clear and helpful to our members. I sure appreciate all their hard work for the club. Be on the lookout in the upcoming months for announcements concerning ride leader recruitment and training. The Weiser Tour has increased membership in the Spokane Bike Club; this is exciting development. Also this summer's Club tour (29 June to 1 July) is from Plummer to Wallace and has three options. Option one: ride from Plummer to Kellogg with overnight stay and next day ride to Wallace with overnight stay in Wallace and return. Option two: like option one but return over Dobson pass. Option three: Rose Lake on to Wallace on 30 June with

overnight stay in Wallace and return to Rose Lake 1 July. We need at least 12 members to sign up for this club ride to be a go. So go to our web site, sign up, and get your hotel or camping site reservations set up now. This is a great opportunity for our members and club in general. Thank you for all who are working to accomplish this tour and those who will be participating.

I know many of us enjoy cycling a lot but this last winter I went Snowshoeing and we climbed Mt Spokane and back down. I was so exhausted after that adventure but was not sore the next day. My friend stated that I was in good shape to be able to handle this adventure - I think more hiking and possibly mountain climbing is in my future. These kinds of activities require strength and endurance. Therefore, it helped me to see where I can improve my physical conditioning when I go to the gym. I look forward to kayaking this summer as well as riding my bike. I have another friend who believes, especially as we get older, we need more variety in our exercising to insure that we don't injure ourselves. In the book "Younger Next Year", by Chris Crowley and Henry Lodge MD they suggest that we can change the effects of aging if we use interval training in our gym workouts. This helps me to see why interval training is important for health and recovery. They shared their personal stories and how they struggle with exercising, I have found because of this change in my training I recover faster even though I am diabetic. In addition, my blood pressure stays quite low and that was not always the case. Just ask my wife. She said after I had lost weight that she had to figure out how to live with me another twenty years because she expected me to become deceased by my poor health choices. I am not trying to preach but just say how thankful I am for my friends and family helping me to see how I needed to make changes, so I could enjoy a walk on the beach or go up a flight of stairs or walk across airport. We as club are a recreational cycling club that wants to be healthy and have fun. Therefore, I thought I would share this book with you and let me know what you think. Thanks.

Gerry Bergstrom, President

Upcoming Events

Weiser River Rail Trail Ride

The early registration deadline of March 15th has passed, so the late registration fee is an additional \$10.00 (\$60 vs. \$50). Pay on line (preferred) or send your check to PO Box 62, Spokane, WA 99210.

This is a supported ride. Luggage will be transported. Lodging and Meals are up to the rider to schedule and/or purchase.

We currently have 38 members signed up for this wonderful overnight tour. For registration and more information go to the SBC website. (Click [HERE](http://www.spokanebicycleclub.org/event-2783771)) (<http://www.spokanebicycleclub.org/event-2783771>)

Transportation from Weiser, ID (where you will park) to the start will be provided. Bicycle and luggage transportation will also be provided.

Event dates: May 18, 2018 (travel day) – May 20, 2018.(two riding days)

For accommodations for May 19th at Mundo Hot Springs: Click [Here](http://www.mundohotsprings.com) (<http://www.mundohotsprings.com>)

- Tent camping
- RV camping
- Indoor accommodations

For accommodations for May 18th: Camp free at WYE Trailhead or find lodging in New Meadows, ID

- Meadows Valley Motel (click [HERE](http://meadowsvalleymotel.com/index.html)) (<http://meadowsvalleymotel.com/index.html>)
- Hartland Inn (click [HERE](http://thehartlandinn.com/)) (<http://thehartlandinn.com/>)

Questions: call or text Garry Kehr (509-990-1474). Email: gkehr.sbc@gmail.com

SBC local tour: Trail of the Coeur d'Alenes

This Spokane Bicycle Club offers this two night / three day local tour. Option three is two days / one night.

Key features & Maps:

Three choices to make the tour accessible to all of our members

- Plummer to Wallace on CD'A trail returning over Dobson Pass and back to the trail (148.2 miles). Day one: Plummer to Kellogg (54.4 mile) (camp or motel). Day two: Kellogg to Wallace (11 miles) spend the day in Wallace and evening exploring and socializing. Day three: Wallace - Dobson Pass - CD'A trail - Plummer. (83.9 miles) For Map and Cue Sheet click [HERE](#).
- Plummer to Wallace and back on the CD'A trail (132.2 miles) Day one: Plummer to Kellogg (54.4 mile) (camp or motel). Day two: Kellogg to Wallace (11 miles) spend the day in Wallace and evening exploring and socializing. Day three: Wallace - Plummer on the CD'A trail. (65.1 miles). For Map and Cue Sheet click [HERE](#)
- Rose lake (trailhead on the CD'A trail) to Wallace and back. (62.2 miles round trip). Day one: June 30 - Rose lake Trailhead to Wallace (31.3 mile). Spend the day in Wallace and evening exploring and socializing. Day two: return to Rose Lake Trailhead. For Map and Cue Sheet click [HERE](#)
- This tour will be cancelled in the unlikely chance that less than 12 members register by June 15, 2018
- Luggage support is provided

Normal registration is open now, with a deadline of May 15, 2018 with a fee of \$50. After that, late registration will still be available, but there is a late fee of \$10, making the total \$60. Participants are also responsible for making their own camping or motel arrangements. Registration is open online, or contact a member of the tour committee.

The 2018 tour committee

Gerry Bergstrom, Dud Bowers, Barb Beaton & Garry Kehr

Spoke-n-Word ride, Bellingham, WA

Stay tuned for details on an upcoming club ride in Bellingham with other Cascade Club members invited. Date is sometime in September, details TBD.

Pick Up Rides

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 to include the following:

[start time] [meet place, with address or cross streets] [pace in mph on the level] [distance] [terrain] [route description] [water/snack/eat info if applicable] [map and cue sheet, if applicable] [weather cancellation, if applicable] [leader name and contact cell phone number] [directions to ride start if needed]


Don't forget you need to have riders sign the release statement. You can print statement off the website: Click on Rides Program/Rides Signup Sheet-for Printing

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.

Scheduled Rides

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 Ride (Dave Killen's Ride*)

**Dave Killen created this weekly Monday ride and led it for several years until his death in 2015. With some route modifications, it continues as a popular weekly club ride*

Start: 9:00 am Meet: Little Garden Café, 2901 W Norwest Blvd. Description: LGC to 9-mile Dam via Aubrey White Parkway, Centennial Trail, including 2.2-mile extension of Centennial Trail to Long Lake. Pace: 12-14 mph on level (early season pace). Distance: 26 miles. Terrain: Mostly flat with some hills. Regroup: Parking area/restroom at McLellan trailhead N of Seven Mile bridge and at Long Lake (Nine Mile Recreation Area). Midway Stop: Tin Cup for eats and coffee. Weather: Ride ordinarily goes rain or shine except for lightning and ice; final determination made by ride leader at start.

Ride Leader: Don Barden. Home 509-808-2932; Cell 206-450-3576.

MONDAY MORNING Paved Trail Recurring Rides

May - Start time 10:00 am

June - Start time 9:00 am

Meet: Centennial Trail – East Maringo Drive Trailhead

Description: Centennial Trail from East Maringo Drive Trailhead to Harvard Road Trailhead and return

Pace: 10-12 mph, mostly flat

Distance: 19 miles round trip

Directions to trailhead: north on Argonne from I-90, turn right on E. Maringo Dr., the first street after crossing the Spokane River, or, from intersection of N. Argonne Rd. and E. Upriver Dr, go east on

May-June Newsletter 2018

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.

Leader: Elaine Mayes 995-8982 or 922-1033. Rain cancels. If in question, call.

SCENIC TUESDAY Ride Schedule

****Call the leader in case of questionable weather. Scenic Riders also has occasional Thursday rides. Call Jan Whaley, if interested—509.448.5645 or Sharon Morrison—509.710.5650. Reminder: the START time is the DEPARTURE time.**

May 1 Heyburn State Park to Harrison. Start: 10:00 am (Please note change in time.) Meet: Heyburn Park at the marina. (Parking here requires an Idaho State Parks pass or a \$5 charge, so you might want to double up at the Plummer parking lot on the west side of Hwy. 95 on Annie Lane.) Pace: 10-12 mph. Distance: 16 mi. round trip. Terrain: mostly flat. Regroup: Often. Route: We will ride the pleasant trail along the lake into Harrison for lunch in the park. Eat: Bring a lunch or buy a sandwich at the grocery/deli. Ice cream cones destination shop as well. Leader: Judy Waring 208.765.5378

May 8 Fish Lake Trail. Start: 9:30 am (Please note change of time.) Meet: Trailhead at Government Way & bottom of Sunset Blvd. Pace: 10-12 mph. Distance: Choice of 15 or 19 mi. Terrain: flat. Regroup: Often. Route: Ride the Fish Lake Trail for 7.5 or 9.5 mi. & back. Eat: After ride, drive to Chap's. Leader: Dave Adams 509.993.3496

May 15 Spokane Valley to Post Falls. Start: 9:00 am Meet: Parking lot next to Krispy Kreme Doughnuts at the Valley Mall. Pace: 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: Panera's Bread Co. Leader: Hershel Zellman 509.993.4274

May 22 East Valley Ride. Start: 9:00 am Meet: Shari's on Sullivan. Pace: 10-12 mph. Distance: 20 mi. Terrain: mostly flat. Regroup: Often. Route: Ride through the valley areas of Greenacres, Otis Orchards, & Post Falls. Eat: Shari's on Sullivan. Leader: Sharon Morrison 509.710.5650.

May 29 CdA-Post Falls Loop. Start: 9:00 am. Meet: Riverstone Park pond area. Directions to start: Take I-90 to Coeur d'Alene. Take Northwest Blvd. exit. Turn right at McDonald's. Left at stop sign. Right again on access road to parking lot. Pace: 10-12 mph. Distance: 20 mi. Terrain: mostly flat, with a few hills. Regroup: Often. Route: Take Prairie Trail & roads into Post Falls. Return by trails, roads, Centennial Trail. Eat: LePeep's in Riverstone. Leader: Mary Ayers. 209.667.7342 (home) or 208.660.8246 (cell)

June 5 Cd'A Centennial Trail/Prairie Trail Loop. Start: 9:00 am Meet: Michael D's restaurant. Take Exit 15 off I-90 in Cd'A. Cross Sherman onto Coeur d'Alene Lake Drive. It's on your immediate right. Park behind restaurant in the cul-desac or on the street. Pace: 10-12 mph. Distance: 20 mi. Terrain: mostly flat. Route: Ride west on the Centennial Trail, through McKuen Park and City Park past Riverstone and connect with the Prairie Trail west to Huetter. Connect with the Centennial Trail coming east back to Michael D's. Eat: Michael D's. Leader: Joann Schaller 208.818.9378

June 12 Hauser Lake/Newman Lake Ride. Start: 9:00 am Meet: Hauser Lake Boat Launch. Directions to start: from Trent, which becomes WA Hwy 290 & then ID Hwy 53, go 1.8 mi. east from state line. (Also 0.3 mi. from Curley's Restaurant. If you reach Pleasant View Road, you've gone too far; turn around & go back 0.25 mi.) Turn north onto Hauser Lake Rd. (Look for "Embers" or "Mattheus Lumber" signs.) Go 1.1 mi. Continue straight on Hauser at the Cliff House Rd. jct. Go for 0.3 mi. Turn right at Fay Place & go 0.25 mi. Park near toilets. Pace: 10-12 mph. Distance: 19.4 mi. Terrain: mostly flat with a few gentle hills. Regroup: Often. Route: Newman Lake Arm, Honeymoon Bay, E. Newman Lake Drive Boat Launch, Hauser Lake. Eat: Otis Grill at Harvard Rd & Wellesley. Leader: Jerry Etchison 509.599.5398

June 19 CDA Meander. Start: 9:00 am Meet: Riverstone Park off Northwest Blvd in Coeur d'Alene. (If coming from Spokane, take Exit 11 off I-90 east.) Pace: Leisurely 10-12 mph. Distance: 15 mi. Terrain: mostly flat. Regroup: Often. Route: Ride into CDA & then take the road along Fernan Lake. Enjoy the scenery of both lakes. Eat: LePeep's at Riverstone. Leader: Shirley Sturts 208.664.5318

June 26 Sky Prairie Loop. Start: 9:00 am Meet: Sky Prairie Park. From Maple & Francis, go north 1 block, turn left on Five Mile Road. Go almost 2 miles (mostly uphill,) turn right on Strong Road & go 0.4 mi. Turn right on Nettleton & go 0.2 mi. Pace: 10-12 mph. Distance: 17 mi. Terrain: Flat with a few small hills. Regroup: Often. Route: Combined loops on top of Five Mile Prairie. Eat: Petit Chat Bakery, 9910 N. Waikiki Rd. (behind Exxon station.) If Rain, eat first, then ride. (Still meet at Sky Prairie Park.) Leaders: Mary & TJ Badger 509.467.8099 or e-mail: badgermary@hotmail.com

July 3 Tower Perennial Garden Tour. Start: 9:00 am Meet: Round Table Pizza, 44th & Regal. Pace: 10-12 mph. Distance: 15 mi. Terrain: a few hills. Regroup: Often. Route: Ride to the Tower Perennial Gardens on the Palouse Highway & Jamieson Rd. Tour the gardens. Afterward ride Glenrose area. Eat: Round Table Pizza. Leader: Jan Whaley 509.448.5645 (home) or 509.994.8173 (cell)

TEAM TUESDAY Ride Schedule

May 8 Idaho Centennial Trail Start: 9:00 am Meet: Falls Park, Post Falls exit 5 off Hwy 90 Pace: Out and back so choose your own pace Distance: 37 miles Terrain: Flat with one medium hill Regroup: occasionally Route: Idaho Centennial Trail east to Higgins Point

Eat: on return in Coeur d'Alene

Alternate: Those wishing a shorter ride join group at 9:45 across from Bardenay Restaurant in Riverstone Park, 20 miles

Rain cancels. Leader: Don Carlton 509-747-5581 or doncarlton@msn.com

May 15 FLT - Cheney-Medical Lake-Vet Cemetery -Loop Start: 9:00 am Meet: Fish Lake Trailhead – Milton Street Trailhead off Government Way, south of Sunset Blvd. Pace: Steady, 12 – 14 mph w/ 16mph on some brief stretches. No-one left behind. Sweep provided. Distance: 48.6 miles. Terrain: some hills, some flat. (1440ft. climb over 48 miles), ending with a fast 2-mile downhill to finish. Regroup: Often. Description: FLT, Cheney-Spokane Hwy, Cheney-Spangle Hwy, Salnave RD, Medical Lake/Four Lakes Rd., Hayford, Westbow, Hallett, Assembly, Grandview, return to start. Eat: bring water and snacks. Lunch afterward TBD by group. Map available. Heavy rain or strong wind cancels. Leader: Garry Kehr 509-990-1474.

May 22nd, Felts-Saltese-Quinimose Hill-Liberty Lake Loop Start: 9:00 am Meet: Felts Field Skyway Restaurant. Pace: Steady, 12 – 14 mph w/ 16mph on some brief stretches. No-one left

May-June Newsletter 2018

behind. Sweep provided. Distance: 34 miles. Terrain: Hilly. (1126 ft. climb over 34 miles),. Regroup: Often. Description: Felts Field – Centennial Trail – Henry- Quinimose Rd, Centennial and back. Eat: bring water and snacks. Lunch afterward Skyway Restaurant. Map available. Heavy rain or strong wind cancels. Leader: Garry Kehr 509-990-1474

May 29 Four Mounds Start: 9:00 am Meet: Coeur d'Alene Park in Browne's Addition Route: Government Way to Old Trails Rd. 7-Mile Rd. to the Four-Mounds loop and return. Terrain: hilly Pace: 12-14 mph Distance: +/- 35 miles Eat: carry water and food. Inclement weather cancels ride, call leader if unsure. Leader: Lila Meglio (509) 378-8665

June 5 Saltese- Riverview Loop Start: 8:00 am (Note change of time!)

Meet: Bill Olsen's house 18110 E 11th Ave Greenacres (Head south of freeway on Barker, one mile right on 11th Ave about ½ mile on left) Pace: 10-14 mph Distance: 40 miles. Terrain: flat with some hills including 1 steep climb up Quinimose. Description: Barker, Saltese, Quinimose, coast into Starbucks, Appleway, Riverview, Centennial Trail, Barker, return to start at Bills's house. Leader: Bill Olsen 509-679-1962

June 12 Liberty Lake to Couer d'Alene Start: 9:00 am Meet: Starbucks, 1342 N. Liberty Lake Rd, south of I-90 at the Liberty Lake exit, also accessible also from E Appleway Ave, behind McDonald's in the Safeway strip mall. Pace: 12-14 mph Distance: ~40 miles

Terrain: first half is extremely hilly, last half is flat Route: head east to Post Falls via back roads, W. Riverview from Post Falls with steep ascent to W. Upriver which has a steep descent, then a mile on Highway 95 to Cd'A Centennial Trail to the Bakery By the Lake, next to the Cd'A Library. Return on Centennial Trail. Eat: Bakery By the Lake midway, Starbucks at end of ride

Regroup often. No-one left behind. Sweep provided. Rain cancels.

Leader: Blair Strong 509-220-9082

June 19 Fish Lake Trail-Cheney Plateau-High Bridge Park Start: 9:00 am Meet: Fish Lake Trailhead Government Way/Milton Pace: 12-14 mph Distance: ~32 miles Terrain: paved trail, hills, flats, steep descent, a mile of **gravel road**, easy climb Route: Fish Lake Trail, Scribner Junction, Cheney-Spokane Rd. back to Fish Lake Trail, stop at Mason Jar in Cheney. Return on Curtis, Anderson, Smythe/Sherman, Taylor, Cedar, rest stop at Eagle Ridge Pines Park, steep descent on Lincoln Way, Qualchan, Cheney/Spokane Rd. over Highway 195, Inland Empire Way, left on 11th into High Bridge Park. Rideable mile of gravel road then easy climb on W Riverside to Government Way. A paved half-mile back to start. Regroup often. No one left behind. Map provided. Eat: Mason Jar midway. Rain cancels.

Leader: Susan Strong 509-990-8877

June 26 Fish Lake Trail to Cheney Start: 9:00 am Meet: Fish Lake Trailhead off Milton Street/Sunset. Route: Fish Lake Trail to Cheney and return Distance: 31 miles Pace: 12-14 mph. Terrain: mostly flat except the short Scribner climb and the slog up the Cheney- Spokane highway. Carry water Eat: Mason Jar midway. Leader: Lila Meglio (509)378-8665

THURSDAY MORNING Ride Schedule

May 3 C.O.S.T. Loop Start: 10:00 am Meet: Starbucks at Wandermere, 12519 N Division. Description: Children of the Sun Trail south to Fairview with a special view. Fairview to Stoneman to Bruce to Morgan Prairie View to Forkner, down Moffet to Peone, return to C.O.S.T. and

May-June Newsletter 2018

Starbucks . Distance: 30 miles Pace: 12-14 mph Regroup when needed Terrain: hilly Eat: Taco Del Mar. Call leader with any questions.

Leader: Jaimie Sutherlin 509-742-0126

May 10 Hangman Loop Start: 9:00 am Meet: Rocket Market, 43rd and Scott (park on street) Pace: 12-14 mph on the flats Distance: 17miles Terrain: hilly Route: Down Hatch, Hangman/Baltimore, Windmill, Palouse, Jamison/Ben Burr, 44th, Cook, Thurston Eat: Rocket Market. Rain cancels. Leader: Don Carlton 509-747-5581

May 17 Deer Park Start: 9:00 am Meet: Starbucks at Wandermere, North Division and Hastings Pace: 12-14 mph on the flats. Distance: 35-40 miles Description: Mill to Dartford up Hazard. Lunch stop in Deer Park then back to Spokane via cedar to Dennison, Chattaroy to Perry, Little Spokane, Starbucks. Terrain: very hilly, one hill about 1/2mile at a 10.5 % grade. Regroup: often on turns and top of hills. Eat: in Deer Park. Rain cancels. Leader: Amina Giles 509-844-4209

May 24 Jaimie's Birthday Ride Start: 9:00 am Meet: The Little Garden Cafe on Northwest Blvd Pace: 12-14 mph Terrain: hilly Distance: ~18 miles Description: Audrey White to Seven Mile Bridge. Centennial Trail to Menach Bridge, Petite to Northwest Blvd. Eat: Euphrata Cafe to celebrate Jaimie's birthday Leader: Robin Walters 509-844-1639

May 31 Big Meadows loop Start: 9:00 am Meet: Safeway at Newport Highway and Hawthorn Distance: ~35 miles Pace: 12-14 mph Description: Hawthorne, Stoneman, Bruce, Peone, Mt Spokane Rd, Bruce, over Greenbluff backside to Big Meadows Rd, Yale to Safeway. Terrain: ne hill up to Greenbluff, rollers. Eat: Stop at The Harvest House for snacks or lunch. Leader: Amina Giles 509-844-4209

June 7 Newman/Hauser Lakes Start: 9:00 am Meet: Mirabeau Trailhead on the Centennial Trail Pace: 12-14 mph Distance: 50 miles Terrain: hilly Description: Newman Lake then Hauser. Bring snacks. Food stop at convenient store on the way. Regroup at turns and big hills. Heavy rain cancels. Leader: Amina Giles 509-844-4209

June 14 Riverside State Park Loop Start: 9:00 am Meet: Tom Sawyer coffee shop at 608 N Maple St in Kendall Yards. Pace: 12-14 mph Distance: ~30 miles Route: Pettet Dr to Riverside State Park. 9-Mile Falls, Charles to the Tin Cup Café and return on Audrey White Pkway. Eat: Tin Cup, 10013 W Charles Rd. Inclement weather of any kind cancels.

Leader: Lila Meglio 509-378-8665

June 21 South Hill Start: 9:00 am Meet: Huckleberrys parking lot at 926 S Monroe. Pace: 12-14 mph Distance: 23 miles Route: South Hill, Hangman Valley loop Terrain: 1196' elevation gain ride up the south hill and down to Latah Creek and back to Huckleberrys Route: Huckleberrys-Madison-High Drive-south and east to Regal Rd -Palouse Highway-Windmill-Willow Springs Baltimore-Hangman Valley up 195-Inland Empire Way, back up to the South Hill to Huckleberrys. Map and cue sheet provided. Regroup at determined points. Eat: Huckleberrys. Rain cancels. Leader: Barb Kehr 509-290-1967

June 28 Spangle/Paradise Loop Start: 9:00 am Meet: Harvester Restaurant in Spangle Pace: 12-14 mph Distance: 28 miles Terrain: Mostly flat. Regroup at major intersections. Route: 195 - Paradise-Smythe- Sherman- Anderson- Curtis- Cheney/Spangle. Eat: Harvester Restaurant at the end of the ride. No one left behind. Sweep provided. Map and Cue sheet provided. Heavy rain or winds cancel. Leader: Gary Kehr 509-990-1474

WOMEN'S FRIDAY MORNING Ride Schedule

May 4 Fish Lake Trail Start: 10:00 am Meet: Fish Lake Trail, Milton Street Trailhead

Pace: 10-12 mph Distance: 12 - 17miles or more if desired. Terrain: flat Regroup: as needed

Route: Out and back to Scribner Rd & beyond Eat: Browne's Addition

Weather cancellation: steady rain cancels. Leader: Eileen Hyatt 509-475-9328

May 11 Centennial Trail & Downtown Bike Routes Start: 10:00 am Meet: Mission Park (City of Spokane) Pace: 10 mph Distance: 20 miles Terrain: mostly flat Regroup: As needed; no drop ride Route: Centennial Trail east; Return to meet up with City of Spokane bike route demo ride noon at City Hall. Join city officials and others on a tour of downtown bike facilities, new Centennial Trail signage, Kendall Yards, the upcoming University District Bridge and navigating through/ around Riverfront Park. Eat: Group will decide Map/cue sheet: No.

Weather cancellation: Call leader. Leader: Eileen Hyatt 509-475-9328

May 18 Centennial Trail west from Harvard Road Start: 10:00 am

Meet: Harvard Road Trailhead, Centennial Trail Pace: 10-14 mph Distance: 20 miles

Terrain: mostly flat. Regroup: Every 5 miles. Route: From Harvard Road Trailhead west for 10 miles, then back. Eat: Palenque's, Liberty Lake. Map/cue sheet: No. Weather cancellation: Rain cancels. Leader: Karen Carlberg karencarlberg@comcast.net, H 624-6989, M 795-4479

May 25 Centennial Trail east from Millwood Start: 10:00 am Meet: Millwood Park - 9103 E. Fredrick Pace: 10-12 mph Distance: Approx 16-20 miles Terrain: mostly flat

Regroup: @ Maribeu Park and Harvard Trailhead Route: East on Centennial Trail from Millwood to Harvard Rd Trailhead Eat: Caruso's @ Argonne & Montgomery Map/cue sheet: no

Weather cancellation: Steady rain cancels. Leader: Dixie Girdner 509-368-4701

June 1 Deer Park Prairies Start: 10:00 am Meet: First Street Bar & Grill, 122 W 1st St, Deer Park, WA Pace: 10-14 mph Distance: 19 miles Terrain: Many flat areas, a few rolling hills.

Regroup: As needed - no drop ride Route: Prairies north and west of Deer Park

Eat: First Street Grill Deer Park Map/cue sheet: Yes Weather cancellation: Steady rain cancels.

Leader: Eileen Hyatt 509-475-9328

June 8 West Plains Ramble Start: 10:00 am Meet: Karen's house, 927 S Azalea Dr Pace: 10-14 mph Distance: 17 miles Terrain: Flat to moderately hilly Regroup: At intersections

Route: Rural roads toward Cheney Eat: Bring sack lunch to Karen's house Map/cue sheet: Yes Weather cancellation: Rain cancels.

Leader: Karen Carlberg karencarlberg@comcast.net, H 624-6989, M 795-4479

June 15 Centennial Trail East Start: 10:00 am Meet: Mirabeau Park Meadows (Enter from Pines Rd, south side of Mirabeau Parkway, lot with Park restroom building) Pace: leader 10-12, others self-determined Distance: 20 miles Terrain: mostly flat Regroup: at Gateway Park

Route: Centennial Trail east to Gateway Park, out and back Eat: Panera Bread on Indiana

Map/cue sheet: no. Weather cancellation: rain cancels. Leader: Elaine Mayes 509-995-8982

June 22 Northeast Valley Ramble Start: 10:00 am Meet: Centennial Trail at Harvard Rd. Pace: 10-12mph Distance: Approximately 20 miles Terrain: mostly flat Regroup: Occasionally Route: Ramble to Stateline via Northeast Valley Roads Eat: Great Legends - Liberty Lake at Freeway. No map/cue sheet. Weather cancellation: Rain or excessive wind

Leader: Margaret Watson (509) 624-3793 (preferred) or Cell: (509) 279-9773

June 29 Southeast Valley Ramble Start: 9:00 am **NOTE TIME CHANGE!**

Meet: Felt's Field Pace: 10-12 mph Distance: Approximately 20 miles Terrain: mostly flat

Regroup: occasionally Route: Southeast Valley utilizing bikeways Eat: Skyway Cafe

Map/Cue Sheet: None. Weather: Rain/excessive wind cancels - call ride leader.

Leader: Margaret Watson (509) 624-3793 (preferred) or Cell: (509) 279-9773

July 6 Trail of the Coeur d'Alenes Start: 10:00 am - Allow 1 hour 20 minutes to drive from downtown Spokane Meet: I-90 to Kingston Exit 43. Trailhead near the Snake Pit, 1480 Coeur d'alene River Rd, Enaville, ID. Pace: 10-14 mph Distance: Approx 20 miles; Riders may choose their own distance/pace on this out-and-back course. Terrain: flat Regroup: As needed

Route: West on trail. Eat: Snake Pit. Map/cue sheet: No. Weather cancellation: Steady rain cancels. Leader: Eileen Hyatt 509-475-9328

**It would be *most helpful* for leader to know if you are planning on doing this ride.

SATURDAY STEADY TO BRISK Ride Schedule

May 5 Newman Lake Start: 9:00 am Meet: Mirabeau trailhead on CT, east lot Pace: 12-14 mph Distance: 42 miles Terrain: Hilly around the lake. Description: east on CT, loop around lake, back on Wellesley, Mission Eat: bring pocket snacks. Stop at convenience store.

Leader: Sally Phillips, 448-6271

May 12 Rockford-Spangle on dirt and gravel roads Start: 9:00 am Meet: Rockford at HydroStraw, 22110 S State Route 27 (on your right entering Rockford) Pace: about 10 mph Distance: 39.8 miles Terrain: hilly, challenging, steep Description: Rockford to Spangle via E Keevy Rd and back to Rockford via E Watt Rd through Fairfield on dirt and gravel roads (might adjust route depending on weather). Mtn bike recommended. Eat: tbd, we ride by Spangle Saloon and by store in Fairfield and/or we can eat after ride in Rockford

Leaders: Ed Lee, 509-710-3875 Sigrid Shearn, 509-999-6332

May 19 Greenbluff Loop Start: 9:00 am Meet: Mt. Spokane high school on E. Mt. Spokane Park Dr./206. Pace: 12-15 mph. Distance: 50+/- miles. Terrain: Hilly. Description: Bruce Rd., Greenbluff loop, Big Meadows, Yale, Woodard, Bernhill, Boston, and Greenbluff Rd. Eat: Bring plenty of water and snacks. We will stop at the Harvest House to refill water etc.

Leaders: Sheila and Frank Ping, 924-1814.

May 26 Wolf Lodge Bay Loop Start: 9:00 am Meet: Falls Park, Post Falls. Pace: 14-15 mph Distance: 48-60 miles, weather permitting Terrain: Mostly flat to rolling... until 2 testy climbs east of CDA (2nd Climb is 1 mile of gravel). Description: Post Falls-CDA- Wolf Lodge Bay Loop. Note: Route includes 2 miles on I-90 shoulder (at least once) Eat: tbd

Leader: Bob Bowley, 534-5501

June 2 Mtn bike ride to Reardan Mule Days Start: 9:00 am Meet: Sandifur Bridge parking lot, Riverside and Clarke. Pace: 10-12 mph Distance: 54 miles Terrain: rollers. Regroup as needed. Description: Rollicking, possibly muddy but definitely scenic dirt roads to Reardan to enjoy the community Mule Days celebration. Eat: Dean's Drive In. Map: maybe. Bad weather, call leader to confirm. Leader: Charlie Greenwood 624-8617

June 9 Coeur D'Alene Casino to Trail of CdA loop on paved and gravel roads

Start: 9:00 am Meet: Coeur D'Alene Casino Resort parking lot (towards the back) near Circling Raven Golf Club Pace: around 15 mph, slower on the gravel Distance: 56.6 miles Terrain: hilly Description: paved and gravel roads from Casino to Conkling Marina and Resort, Trail of the Coeur D'Alenes from Chatcolet to Plummer, gravel and paved roads back to casino. Hybrid, cyclocross or no-so-skinny tire road bike suggested Eat: Conkling Marina and Resort and/or casino after ride Leaders: Ed Lee, 509-710-3875 and Sigrid Shearn, 509-999-6332

June 16 Suncrest – Tum Tum 2 NOTE- There are 2 options for this ride. Start: For leader's option: 9:00 am at Midway Elementary School, 821 E Midway Rd, Colbert, WA

Self-start (shorter) option: 10:00 am at intersection of Swenson Rd & Jergens Rd. Directions: Drive Hwy #291 ("9 Mile Rd") from NW Spokane passing by "9 Mile Falls/ DAM" and up "Big Sandy" hill. Swenson Rd is on the right after you crest the hill. PARK at the S end of Rosauers lot. RIDE North (yes, uphill) approx. 1.5 mile. Jergens Rd will be on left (west) side. Long riders will come out from McKenzie Rd (1 mile further north) turning south to meet you at Jergens Rd.

NOTE: Let Bob know if you are doing the shorter option, so he will know to watch for you. Pace: 14-16 mph Distances: Returning to Rosauers (via Double Trouble)=60; Rosauers (w/DT bypass)=65; Long= 77 miles Terrain: some flat, mostly rolling and at least 3 low gear climbs.(Yes, descents too.) Description: Suncrest-Tum Tum- Corkscrew Canyon-Ford-Springdale-Loon Lake-Williams Valley Loop. Eat: Bring snacks; we may find food in Tum Tum. Stops in Springdale & Loon Lake are planned.

Leader: Bob Bowley , 534-5501

June 23 Coeur d'Alene via Riverview Start: 9:00 am Meet: Yokes grocery store at McDonald and Sprague. Pace 12-15 mph. Distance: 50+/- miles. Terrain: Hilly, long climbs, to moderate. Description: Ride to Liberty Lake, Stateline then over W. and E. Riverview to Coeur d'Alene, and back on Seltice, Centennial trail and by the river. Eat: TBD in Coeur d'Alene. Bring water. Leaders: Sheila and Frank Ping, 924-1814

June 30 Steptoe Butte Start: 9:30 am (**Note time!!**) Meet: Harvester in Spangle.

Pace: 14-16 mph Mileage: 83 miles Terrain: Rolling hills with one hard mile climb up the Butte. Regroup: at turns. Description: Spangle via Old 195 to Rosalia, scenic backroads to Oaksdale and Steptoe Butte. Eat: Oaksdale (twice). Bring pocket snacks and plenty of water. Map provided. Weather cancellation: nothing short of a tornado. Leader: Paul Brunton 953-9564

July 7 Elder Road - Southside Hills (dirt roads – mtn bike suggested). Start: 9:00 am

Meet: Albertsons, 57th & S Regal. Pace: 10-15 mph Distance: 25 miles Terrain: very hilly. Regroup at turns, as needed. Description: Valley Chapel, Elder Road, Palouse Highway. About 1/3 of ride is on steep dirt rollers. Eat: Homemade ice cream sandwiches at Sally's house after ride. Leader: Sally Phillips 448-6271.

SATURDAY STEADY AND LEISURELY Ride Schedule

May 5 Charles, Tormey, Hedin Rds & C.T. Extension. Start: 10:00 am. (**Note: earlier start time**). Meet: Sontag Park. From Spokane take Francis & Hwy. 291 to Nine Mile Falls, turn left at Charles Road (bridge) & go 0.3 mile. Pace: 12-14 mph (steady). Distance: 18 miles (option to do more miles on South Bank Rd.). Terrain: Flat to rolling. Map: map and cues for faster or slower riders. Regroup: Occasional. Route: New boat put-in, C.T. (Centennial Trail), Tormey, Hedin, & Charles Rds. Eat: The Tin Cup, 10013 W. Charles Rd. If Rain: Eat first (still meet at Sontag Park), then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@ hotmail.com.

May 12 South Hill Circle. Start: 10:00 am. Meet: Mackenzie River Pizza, 2910 E. 57th Ave. (jct. Regal St.), northwest corner of parking lot adjacent to intersection. Pace: 12-14 mph (steady). Distance: 24 miles. Terrain: Flat to a few small hills. Map: map and cues for faster or slower riders. Regroup: Frequent. Route: South Hill plateau meandering circle. Eat: Mackenzie River Pizza. If Rain: Eat first, then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@ hotmail.com.

May 19 C.A.R.S.- C.O.S.T. Loop. Start: 10:00 am. Meet: Clark's Fork Restaurant, Hamilton & Cataldo, park along Cataldo. Pace: 12-14 mph (steady). Distance: 24 miles. Terrain: Flat to some hills. Map: map and cues for faster or slower riders. Regroup: Occasional. Route: C.A.R.S. stands for Cincinnati, Addison, Regal, and Standard, though not ridden in that order. C.A.R.S. plus the Children of the Sun Trail yields a thin oval from the Gonzaga area to Wandermere. Eat: Clark's Fork Restaurant. If Rain: Eat first (still meet at Clark's Fork), then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@ hotmail.com.

May 26 Deer Park Loops. **2** Start: 10:00 am. Meet: Mix Park in Deer Park. Go north on Hwy. 395 toward Deer Park. Note odometer at the Monroe Rd. and Crawford Ave crossing & continue on 395 for 0.65 mile. Turn right on Dahl Rd. & go 0.75 mile. Turn right into Mix Park. Pace: 12-14 mph (steady). Distance: 20 or 25 miles. Terrain: Flat with gentle grades plus a few short hills. Map: map and cues for faster or slower riders. Regroup: when needed. Route: Country Club-Airport Loop, Montgomery Rd., Clayton, Williams Valley, Burroughs Rd. Monroe Rd. Eat: Rancho Alegre Restaurant, 117 N. Main St. If Rain: Eat first (still meet at Mix Park), then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@ hotmail.com.

June 2 St. George's Rd - Fairwood - Wandermere - Peone Loop. Start: 9:30 am. (**Note: earlier start time**). **Note:** This is a State Parks Free Day, no pass needed. Meet: Trailhead located 0.2 mile south of the junction of Waikiki & St. George's Rd. (From northbound Wall St. the arterial becomes Waikiki. At the traffic circle go to Waikiki & continue to junction above, don't take Hatchery Rd, turn left). Pace: 12-14 mph (steady). Distance: 24 miles. Terrain: Flat to gentle grades with ~ 6 to 8 short hills. Map: map and cues for faster or slower riders. Regroup: - Frequent. Route: Fish Hatchery, St. George's Rd., Waikiki, Bellwood, Wandermere, Children of the Sun Trail, Peone Prairie, & return. Eat: Petit Chat Bakery, 9910 N. Waikiki Rd. (behind Exxon station). If Rain: Eat first (still meet at St. George's Rd. trailhead), then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@ hotmail.com.

June 9 Riverside Park Loop. Start: 9:30 am. **Note:** This is a State Parks Free Day, no pass needed. Meet: Upper lot, Bowl n' Pitcher. Pace: 12-14 mph (steady). Distance: 17 or 27 miles. Terrain: Flat to some hills. Cue sheet for slower riders. Regroup: Frequent. Route: Bowl n' Pitcher, then a clockwise loop through the Park. At Seven Mile Rd, choice of returning for a 17 mile option or to C.T. far point for 27 miles. Eat: Fieldhouse Pizza, at Assembly and Wellesley. If Rain: Eat first (still meet at Bowl n' Pitcher), then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@ hotmail.com.

June 16 Centennial Trail - Harvard to Argonne. Start: 9:30 am. Meet: True Legends Grill, 1803 N. Harvard Rd. Pace: go at your own speed. Distance: 23 or fewer miles. Terrain: Flat with some gentle grades. Regroup: Occasional. Route: C.T. to Argonne and return. Eat: True Legends Grill. If Rain: Eat first, then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@ hotmail.com.

June 23 North by Northwest Loop. Start: 9:30 am. Meet: Tom Sawyer Country Coffee, 608 N. Maple (from Monroe, go west on Broadway or College for 6 blocks & turn left). Pace: 12-14 mph (steady). Distance: 21 miles. Terrain: Flat, gentle grades, a few small hills. Map: none. Regroup: Frequent, stay together. Route: C.T., overlook Pettet Drive, Little Garden Café, Downriver G.C., Driscoll, Dwight Merkel, Northwest Blvd, Garland, Drumheller Springs, Corbin Park, Howard, Riverfront Park, Gonzaga, Mission Park, & C.T. Eat: Kendall Yards, t.b.d. If Rain: Eat first (still meet at Tom Sawyer), then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@ hotmail.com.

June 30 Cheney - Columbia Plateau Trail - Lance Hill – Mullinex Loop. Start: 9:30 am. Meet: Yokes (NE corner of Jct. of Hwy. 904 and Cheney-Spokane Rd). From Spokane take I-90 to Exit 270 & go south on Hwy. 904. Turn left at Cheney-Spokane Rd. Yokes is on left. Pace: 12-14 mph, steady. Distance: 28.6 miles. Terrain: Flat to rolling (all paved). Map: map and cues for faster or slower riders. Regroup: Frequent. Route: Cheney-Spokane Rd, C.P.T. (all paved), Cheney-Spangle Rd, 1st Street, Lance Hill Rd, Mullinex Rd., back streets to Yoke's. Eat: El Rodeo Restaurant, 505 2nd St, Cheney. If Rain: Eat first, (still meet at Yokes), then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@ hotmail.com.

July 7 Gateway Park - Riverstone. Start: 9:00 am. (**Note: earlier start time**). Meet: Gateway Park. Take exit 299 from I-90. Park is on north side of freeway. Pace: 12-14 mph (steady). Distance: 28 miles. Terrain: Flat to rolling. Cue sheet for faster or slower riders. Regroup: Occasional. Route: Centennial Trail, suburban streets, newly paved Seltice Way. Eat: Le Peep or Bardenay (mid-ride). If Rain: Eat first (still meet at Gateway Park), then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@ hotmail.com.

SUNDAY MOUNTAIN BIKING Ride Schedule

Riders will need to have a minimum of a hybrid bike with fairly decent tires as we will be going over rocks and rough roads. A helmet is required. We will meet at the Wilbur Trailhead unless otherwise noted. **You will need a Discover Pass for parking.** The rides will be about 1.5 to 2 hours (might be more stopping depending on participants).

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

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

Directions to Trailhead: Take Seven Mile Road off Nine Mile Rd – take first left after crossing Spokane River bridge – park at second parking lot on right (end of road).

Start time is 3:00 pm unless otherwise noted.

May 6th – Leader: Leonard Parks. Email lparks.nidaho@outlook.com, home 509-413-1035, cell 509-280-3397

May 13th - Leader: Barbara/John Beaton 465-1952 or 590- 3814 (Barb's Cell)

May 20th - **No scheduled ride – Need leader**

May 27th – **No scheduled ride – Need Leader**

June 3rd – **No scheduled ride – Need leader**

June 10th - Leader: Dave Braun Phone: 509-768-4258

June 17th - Leader: Barbara/John Beaton 465-1952 or 590- 3814 (Barb's Cell)

June 24th - Leader: Barbara/John Beaton 465-1952 or 590- 3814 (Barb's Cell)

July 1st - **No scheduled ride – Need leader**

Government Affairs

May Bike Everywhere Month is upon us. The Club is sponsoring a month of special cycling activities, focused on finding ways to cycle for transportation, as well as recreation.

Check out the 'SpokaneBikes' section of our website, which has tips for new riders, as well as reminders for the rest of us. In that section, we list:

- Bike shops doing free safety checks
- Energizer station locations
- Flat-fixing clinic at REI
- Videos of local riders
- Maps
- Contests/Prizes
- Special Events and Rides

Not to miss:

- Pancake breakfast in Riverfront Park on May 14th, 7-9 AM.
- Energizer stations scattered around town, May 15, 7-9 AM
- Beer and FREE pizza at RiverCity Brewing, May 18, 5-7 PM

This year we're offering a couple contests to folks who participate in Bike Everywhere Month. One is a photo contest – a prize will go to the 'best' photo of a local cyclist, that represents our goal of expanding cycling into everyday life. The other contest is a bingo sheet – find it at: http://spokanebikes.org/resources/Pictures/SpokaneBikes/bingo_card.pdf . Complete it and be put in a drawing for a prize. ALSO, just for SBC'ers, if you turn in a bingo sheet, with 2 rows, columns or diagonals completed, I'll deliver you a dozen home-made cookies. So, SBC'ers have 2 ways to win. One requires luck, the other diligence, but both require PARTICIPATION.

Children of the Sun Charrette

On April 7th, the Washington State Dept of Transportation sponsored a workshop on route-planning for the COS Trail, for it's southern section. Happily, there were 4 SBC'ers there to provide input – Garry Kehr, Charlie and Ernie Greenwood, and myself. There were also about 75 other folks – neighborhood activists, Eastern Washington University staff and students, City planners and engineers, businessmen, WSDOT reps, etc.

The north end of COS Trail, Wandermere to Columbia trailhead in Hillyard is now done. The goal of the charrette was to define what people wanted for the remaining portion to the south, crossing the river, and connecting up to I-90. We were asked to think big on where we would like the Trail to go, even including more than one trail. The freeway south of the river will be elevated 23-30 feet to get above railroad tracks. The COS Trail does not need to parallel the North-South corridor route.

Some exciting opportunities:

- All 3 bike/ped crossings of I90 will be replaced and could be moved, if other locations match better with trails or destinations, such as schools, community center, other trails.
- Separated bike/ped bridge across river – may be piggybacked somehow using freeway support structure, or a new bike/ped bridge might be located further east of the freeway and Greene St bridge.
- Attendees worked at tables to make up their dream routes. My table liked a three-way trail south of the river, one leg along Tuffy's Trail to the west and connecting to Ben Burr Trail, one paralleling the freeway route, and one to the east over Havana. Some of this configuration showed up on other groups' plans.

Eastern Washington University is collating the workshop information. This planning stage will be complete by end of 2018. Committees will be formed to evaluate the ideas. They will be presented at public meetings, then it's on to seeking grants. There will more public outreach:

- 1/19 – 6/20 will have outreach regarding the Mission-Sprague section
- 7/20-12/21 will have outreach concerning the Sprague-I90 section.

WSDOT is learning to be more adept at integrating public outreach into their road-building process.

An anecdote – The existing trailhead in Royale/Mead area came because WSDOT fence between trail and neighborhood was cut a couple times. DOT realized that they should have added access, so created a trailhead after the fact.

Bicycle Advisory Board Takes a Field Trip to Cincinnatti St, our future greenway.

This project will be built in 2019. The greenway shares a route on Cincinnatti with with STA's Central City Line, a high-frequency bus route from Browne's Addition to SCC. STA will design the portion on Cincinnatti, immediately north of Trent and adjacent to Gonzaga. They will reduce the number of driveways and create a plaza at the south end, close to the athletic fields and parking lots. Moving north, Cincinnatti will lose a couple jogs where streets come together without lining up. It will angle west at Desmet. There will be a roundabout at Sharp. Parking will be on the east side of Cincinnatti, two-way bike lane on west side, then both sides of street from Mission north. Where Cincinnatti jogs west at Montgomery, barriers will be added so car traffic can't proceed thru the intersection on Cincinnatti. Bike lanes will be on both sides of street at north end of the corridor as you approach N. Foothills Drive. This project was designed by Gonzaga planning students. It will be presented at the WA St Bike Summit.

Bits



Trent Ave roundabout work began in April, with completion date expected in October. Bike lanes will be added.

At the same time the Ben Burr Trail will be extended adjacent to Martin Luther King Jr. Way, to connect up with an existing CT spur that leads to the Kardong Bridge.

By the Way, the Kardong Bridge is up for renovation next year – decking, paint, railings repaired.



John Wayne Trail to be renamed. State Parks is accepting ideas for the best name. Deadline is May 4th. Details at: <http://parks.state.wa.us/1099/Iron-Horse-Trail-Renaming-Effort>. The trail section from Beverly to Lind has been closed this April, but is due for reopening on April 30th, after trail maintenance is completed. The WA ST capital budget has allotted **\$1.23 million** to renovate the Renslow trestle.

<http://friendsofjohnwaynepioneertrail.org/> is a great source of info on JW Trail activity.

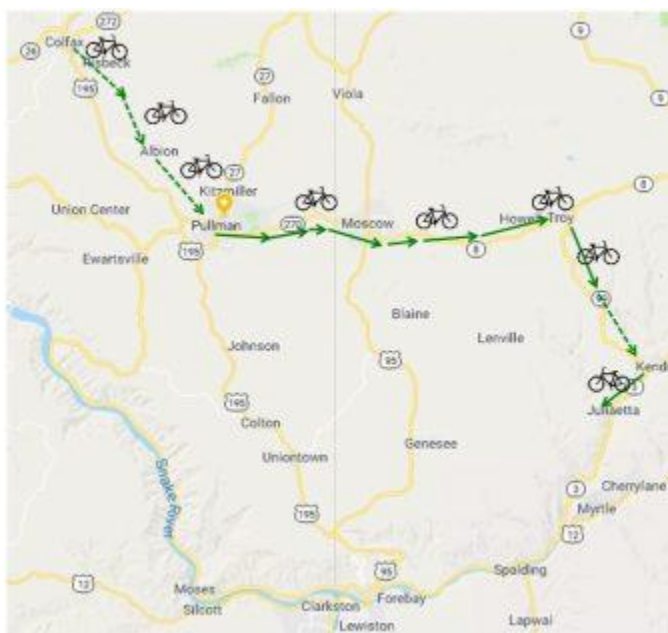


Goathead Thorns/ Punctureweed looks like this when young, with attractive ground cover and yellow flowers. It develops thorns that are a bane to cyclists and have even been known to go through shoes and wheelchair tires. It's an annual and grows from seeds that can last up to 5 years on the ground. It's adapted to grow in dry, waste-type areas. Best way to get rid of it is to destroy young plants before they produce seeds. Spokane County Noxious Weed Control Board works on control of this weed. Contact 477-5777, www.spokanecounty.org/weedboard, if you find some of

this pest. I've been told it hangs out in the vicinity of Tuffy's Trail, and under the Freya bridge next to Mission.

It's always fun to study the **SRTC bike map** (<http://bit.ly/2tMPdS8>). This time I went to the map because I was curious about something SR transportation writer Nick Deshais said – that the various local jurisdictions had added 1.7 miles of class 1 (separated path) bike trails in Spokane in 2017. Really? The map designates all the class 1 trails by color, so it's easy to see the ones I have been missing. Ideas for future rides?

Speaking of which, the Pullman Civic Trust group is chugging along, forming a group that can seek grants to put together a lovely 50-mile bike/ped route – **Colfax-Albion-Pullman-Juliaetta Trail Yum**.



May-June Newsletter 2018

Spokane Bike Blogs

- [Cycling Spokane](#)
- <http://friendsofjohnwaynepioneertrail.org/blog/index.php>
- [Inland Northwest Trails Coalition](#) (located on OutThere site)
- [Out There Monthly](#)
- [Shallow Cogitations](#) (our own Hank Greer – he may be detaching as he rides around the country)
- [26InchSlicks](#) (older postings, but great pics of John Wayne Trail)
- <http://bikestylespokane.com/>
- [Wileydog Cycle](#)
- [Gasup](#)

– Sally Phillips



Volunteer Opportunities

Bloomsday Bike Corral

- Sunday May 6th
- Located in Riverfront Park, in Clocktower Meadow
- 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:

- 5/14 pancake breakfast setup/teardown
- 'Special' evening and Sunday afternoon rides we have planned
- 5/15 energizer stations

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

Senior Biking Survey

During the Washington Bike Summit, there was a presentation about biking after age 50. Doesn't seem very old to me, but I guess there is split in biking norms as we get older. The presenter was from a group with the web site www.activeseniorconnection.com. There is a survey associated with this; link is below:

<http://www.surveymoz.com/s3/3879293/active-seniors-cycling-survey>

This only takes a few minutes; seems worthwhile. QR code is attached; the survey is smart phone friendly.





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