



THE SPOKANE BICYCLE CLUB

# SPOKE-N-WORD

July - August 2010

## Annual SBC Picnic on Sunday, Aug. 1st



Ride between 1:00—3:00  
Potluck between 3:00—5:00

- Club provides pulled pork sandwiches, vegetarian option, plates, utensils, and beverages.
- You bring salad or dessert to share.
- Bring lawn games, if you want them.
- The shelter is large enough to house the multitudes. Come rain or shine.

Location: Mirabeau Meadows Picnic Shelter at Mirabeau Park. Directions: In the valley just off Indiana between Sullivan and Pines. Drive past the waterfall. On your left. Questions? Call Barb Kehr 509-290-1967

### 23<sup>RD</sup> ANNUAL LABOR DAY TANDEM RALLY and RATHDRUM LION'S CLUB PANCAKE FEED

Date: Monday, September 6, 2010 Time: 9:00 a.m.

Start: East Valley High School  
15711 East Wellesley, Spokane, Washington

Route: Approximately 30 miles, mostly flat

Fee: Ride is free; breakfast is cheap (probably under \$7.00)

Sponsor: Spokane Bicycle Club

Contacts: Ian Ledlin (509) 747-4352 (eves), (509) 838-6055 (days)

HELMETS REQUIRED

"Go Green, save paper, help the planet and reduce print costs" by signing up to receive your newsletter electronically."

Homepage: [www.spokanebicycleclub.org](http://www.spokanebicycleclub.org) / Address: Box 62, Spokane, WA 99210

## 2009 BOARD OFFICERS

<b>President</b>	Don Carlton	747-5581	doncarlton@msn.com
<b>Vice President</b>	Barb Kehr	290-1967	bemcbeath@gmail.com
<b>Treasurer</b>	Barbara Hinzman	328-5926	bchinz@comcast.net
<b>Secretary</b>	Jennifer Calvert	536-3839	jennifercalvert@comcast.net

## BOARD

Mary Ann Bosky	443-0686	marobosk@comcast.net
Ken Absher	747-0396	jankenab@yahoo.com
Joe Schretenthaler	487-3412	jmschret14@comcast.net
Sheila Gates-Ping	924-1814	sbcnewseditor@yahoo.com

**Ex Officio**      Cyrus McLean

## RIDE COORDINATORS

Saturday Road	Sally Phillips	448-6271
Sunday	Barb Kehr	290-1967
Tuesday Scenic	Alice Hostetter	928-4198
Team Tuesday	Paul Swetik	
	pswetik@hotmail.com	238-6561
Wednesday Womens	Betty Ledlin	747-4352
Thursday Morning	Charlie Greenwood	624-8617
Thursday Evening	Joe Schretenthaler	487-3412

## STAFF

**EDITOR**      Sheila Gates-Ping      924-1814  
**Send e-mail to [sbcnewseditor@yahoo.com](mailto:sbcnewseditor@yahoo.com)**

## WELCOME TO SPOKANE BIKE CLUB

	Margaret Watson	624-3793
<b>MEMBERSHIP</b>	Ian Ledlin	838-6055
<b>PROGRAMS</b>	Eileen Hyatt	747-3778
<b>EDUCATION</b>	Eileen Hyatt	747-3778

## EVENT COORDINATORS

The Spokane Bike Club appreciates members who want to take leadership and volunteer roles in club ride events.

## LOCATION FOR BOARD MEETINGS FIRST MONDAY OF EVERY OTHER MONTH

The August board meeting will be held on Sunday, the 1st, at Mirabeau Park in conjunction with the Annual SBC Picnic. The meeting will begin at 4:30 PM  
October Board Meeting at Linnie's Thai restaurant  
Dinner at 5:30 pm, Business meeting starts at 6:00 pm  
**The location is on west 3rd in downtown Spokane.  
Board meetings are open to all club members.**

## CONTACT INFORMATION

Spokane Bicycle Club  
P.O. Box 62  
Spokane, WA 99210

**Address Change Attn:      Ian Ledlin**  
**Advertising & Newsletter Information:**  
**Sheila Gates-Ping, [sbcnewseditor@yahoo.com](mailto:sbcnewseditor@yahoo.com)**

**Webmaster: Paul Swetik, [pswetik@hotmail.com](mailto:pswetik@hotmail.com)**  
**And Frank Ping, [pingfr@earthlink.net](mailto:pingfr@earthlink.net)**

## GENERAL MEETINGS

Business and a program Second Monday of every month,  
**\*NOTE MEETING TIME IS 6:30 P.M.\***

## SBC GENERAL MEETING LOCATION

**We are back at the Riverview Retirement Center 1801 E. Upriver Drive, and we are in a different room.**

## PROGRAMS

Monday, July 12th

Summer days are still long enough to enjoy an evening ride, followed by an ice cream social. The club will be providing the ice cream and topping, all you have to do is to put on enough miles to justify your calorie intake. We'll begin at Barbara Hinzman's Spokane home at 3137 N. Park Blvd at 6:30 PM and ride out and back on the Riverside Park trails. You choose how far you want to go, north or south side of the river or we will have a ride leader for those wishing one. The "Social" will begin at 7:30 and end a little after 8:00.

Monday, August 9th

**NO GENERAL MEETING. BIKE CLUB PICNIC TAKES PLACE ON SUNDAY, AUGUST 1ST IN PLACE OF THE GENERAL MEETING.**

Programs needed! To schedule a presentation, contact Eileen, 747-3778 or [embicycle@aol.com](mailto:embicycle@aol.com)

# MINUTES – SPOKANE BICYCLE CLUB BOARD OF DIRECTORS, June 7, 2010

Don Carlton, president, called the meeting to order at 6:00 pm.

Attendance: Don Carlton, Barb Kehr, Jennifer Calvert, Barbara Hinzman (Officers); Mary Ann Bosky, Joe Schretenthaler, (Board Members); Ian Ledlin, club member/membership chairman.

Minutes of the April Board Meeting were approved as e-mailed.

Treasurer Barbara Hinzman delivered the treasurer's report. Any member may request a detailed financial report from Barbara.

Ian Ledlin reported that there are 174 paid club members (there were 228 paid members last year as of December). Renewal notices have generated incoming dues of \$585, with the cost of sending notices being \$223.14. Regarding the newsletter mailings: for the last newsletter cycle, there were 110 newsletters mailed and 64 newsletters e-mailed. For future newsletters, we need to keep in mind that the number of pages must be a multiple of 4, with a preference for 12 pages so it's not too short and not too long, but just right! Our new webmaster is Paul Swetik.

Our June club meeting will be a ride on June 14 on the Centennial Trail, starting from either Mission Park or the Riverview meeting place, with Jennifer Calvert leading the ride and contacting David's Pizza to arrange for the pizzas. The club will buy the pizza (beverages to be purchased by individuals) and we will start the eats at 8:30.

Our July meeting will be an ice cream social in combination with a ride, starting the ride at Barbara Hinzman's home with ice cream consumption there after the ride.

Our summer picnic will be August 1 at Mirabeau Park, from 12:30 to 5:30. The club will provide the meat, bread and soft drinks, with members bringing side dishes and desserts. Barb Kehr is heading up making the arrangements; she would like suggestions for games to play (e.g. croquet, lawn darts, badminton, Frisbees). We will ride at 1:00, eat at 3:00 and conduct a board meeting at 4:30.

Barb Kehr noted that we are not getting good attendance on the Sunday rides. Jennifer suggested that the rides begin at 1:00 instead of 9:00, since in the past that seems to have attracted more riders. Barb wanted suggestions for ride leaders and Barbara Hinzman pointed her to the list of leaders on page 17 of the last newsletter as a source.

Don conducted a discussion about giving honorary memberships to folks in our community who have promoted bicycling and our club activities in particular. Action on this was tabled for now.

There have been some requests for new vests to be available; the last order we placed was for 50 vests, and that would still be the number we would have to order. So Don will put a notice in the president's letter for interested members to contact Mary Ann Bosky to see if we can get an order together.

The next board meeting will be on August 1 instead of August 2, after the club picnic.

The meeting was adjourned at 7:25 p.m.

Respectfully submitted,  
Jennifer Calvert, secretary

## **VEST REORDERS NEED YOUR INPUT**

**There have been some members interest in getting one of our club vests. A reorder from the same manufacturer would require an order of 50 vests at a price of \$42 each. The quality and workmanship is excellent. The board will look into other possibilities for cost and quantity for an option. If you are thinking of wanting one, email Mary Ann Bosky so we may get an idea of how many are interested.**  
**marobosk@comcast.net**

## Bike Stuff for Sale

**7700 Trek Hybrid**, 22.5 frame, rear rack, like new, with only limited use.  
\$1400+ new or best offer. Call Barbara Hinzman 509-328-5926

**48cm Cannondale R500t road bike for sale.** Triple crank and 21 speeds. Shimano RSX components, SDI shifters, MAVIC CXP-10 rims and 700c x 23 original tires. Low miles and in excellent condition. Call Dick or Kathy Whiteaker at 448-1707.

## HELMETS REQUIRED ON ALL CLUB SCHEDULED RIDES

**RIDE DESCRIPTIONS:** **A** - Mostly flat with possible gentle upgrade. **B** - Rolling hill climbs are short & easy, not too many. **C** - long gentle climbs or short steep hills, moderate upgrades. **D** - Long steep climbs, lots of hill climbing.

**Ride leaders—Please use a little more description for rides in addition to the alphabetical indication.**

**PLEASE MAIL RIDE WAIVERS TO: Barb Kehr at 917 E. 31st Avenue, Spokane, WA. 99203**

### **NOTE: FOR ALL RIDES, WEATHER MAY CANCEL - CALL RIDE LEADER IF IN DOUBT.**

When attending rides, please be punctual, meaning arriving so you are ready to ride at the listed time. Allow extra time for signing in, preparing yourself and your bike for the ride. People who arrive late are putting the leader in a bind – either he starts without the late arrival (seems rude to that person), or makes the rest of the group wait for the tardy person to get ready (kind of rude to all the on-time folks). NOTE THE RIDE TIME WHICH IS THE STARTING TIME. (not all rides in a series start at the same time).

### SATURDAY ROAD BIKE RIDES

*Saturday Road rides vary in pace, but the average is from 14-17 mph. Riders are given a map and occasionally re-group. There is an opportunity to rest and chat at the food stop, usually mid-ride. Note: Pay attention! Times vary, depending on the needs of the ride and the leader.*

**July 3, 9:00 AM** - Meet: Wandermere Mall, east side next to Albertson's. Description: **Mt. Spokane Climb**. Toughest climb in the area. Rated: D. Mileage: 40. Leader: Sally Phillips. Ph: 448-6271.

**July 10, 9:00 AM** – Meet: Sandifur Bridge, off Riverside, west end of Peaceful Valley. Description: **Spangle on Dirt Roads**. Explore Philleo Lake. Mileage: 50. Rated: C. Eat Spangle Saloon (Bikers Welcome!). Leader: Charlie Greenwood. Phone: 624-8617

**July 17, 9:00 AM** – Meet: Mission Park, across from Avista. Description: **Peone Prairie - close-in ramble. Mountain bike ride on mixed paved/dirt/gravel roads**. Rated: C. Mileage: 35-45. Post ride, we will end up downtown at **Aunties for a cycling-themed reading**. About the book: **The Lost Cyclist** (<http://www.houghtonmifflinbooks.com/catalog/titledetail.cfm?titleNumber=1057939>) tells the remarkable story of Frank Lenz, a young man who left his home in Pittsburgh in the spring of 1892 to cycle around the world on a new-fangled "pneumatic safety" (the prototype of the modern bicycle). That fall, he passed through Spokane and was much impressed by its beauty. Sadly, two years into his epic journey, just as he was nearing home, he disappeared mysteriously. Sally Phillips, 448-6271

**July 24, 9:00 AM** – Meet: Coeur d'Alene Park, Browne's Addition. Description: **Edwall, Medical Lake, Cheney on quiet backroads**. Bring pocket snacks as there will be long stretches with no chance to renew your water or edibles. Rated: B. Mileage: 85. Leader: Bob Massie. Phone : 489-4914.

**July 31, 9:00 AM** – Meet: Mirabeau Pkway on Centennial Trail, at east end parking lot. **Ride to Coeur d'Alene** and back. Out on hilly Riverview, back on CT. Stop to eat at CdA Park, where **Art on the Green will be happening**. Just a warning – leader will be touring the art, food booths, public entertainment, and maybe even the street fair before returning home. Mileage: 45 Rated: C. Leader: Sally Phillips. Phone : 448-6271.

**August 7, 9:00 AM** - Meet Chewelah City Park at 9:00 or carpool from WheelSport across from Wandermere Mall, leaving at 8:00. **Chewelah-Flowery Trail-Usk-Tiger** Pass. Hard 'D' ride with two big scenic passes. 110 miles. Bring plenty of H2O and pocket calories. Leader: Steve Sauser 922-7249

**August 14, 9:00 AM**. Meet: Post Falls Theater, 1486 E. Seltice Way. Description: **Ride around Hayden Lake**. Hilly and very scenic, with views of the lake from many spots on the road. Rated: C Mileage: 55-60. Leader: Bob Bowley. Phone: 534-5501

**August 21, 9:30 AM**. Meet: **Jon Rascoff's Sacheen Lake cabin**, off Hwy 211. Call leader for directions. Description: STUPOR, Scenic Tour of the Pend Oreille River. Rated: B/C. Mileage: 45. Leader: Jon Rascoff. Phone: 448-8724 (prior to ride day) or 509-447-2767 (on ride day). Note: Come early, as Jon will be providing pre-ride juice and muffins before we take off.

**August 28, 9:00 AM**. Meet: Rocket Bakery Fairwood Mall 319 W. Hastings Road. Ride: **Clayton via Burroughs and Williams Valley roads**. Visit Clayton Community Fair. Mileage: 50. Rated: B or C. Eat: Clayton Drive-Inn or at fair. Leader: Charlie Greenwood 624-8617

**Sept. 4, 9:00 AM** Meet: Rocket Bakery 318 W. Hastings Rd. Description: **Deer Park, Eloika Lake, Elk**. Rated: B. Mileage: 55. Bring snacks. Leader: Sally Phillips. Phone: 448-6271

## SATURDAY CRUISE RIDES

*These rides are an alternative to the longer, faster Saturday rides. They are for all cyclists interested in a casual, moderate mileage (20-40 miles), moderate paced ride. Riders will receive a map and occasionally regroup. Start points will usually be the same each month but may vary as will start times, so be sure to check each ride description for time and starting location. Starting in mid-July, routes will be decided on the day of the ride.*

**July 3, 10:00 AM** - Meet: West side of Coeur D'Alene Park, in Browne's Addition. Description: Nine Mile Dam Loop. Mileage: 30. Rated: A-B. Eat: Pacific Ave Pizza. Leader: Karen Carlberg, 624-6989

**July 10, 8:00 AM** - Meet: Mirabeau Park south parking lot. Description: Loop trip to Post Falls. Mileage: ~35. Rated: A. Eat: TBD. Leader: Kay Putnam, 456-2351

**July 17, 10:00 AM** - Meet: East side of Mission Park. Description: Seven Mile Loop. Mileage: 26. Rated: A-B. Eat: Sante's restaurant (next to Aunties) after ride. Leader: Jan Absher, 747-0306. Note: We've been invited to a book signing and slide show in Aunties at ~2 pm.

**July 24, 8:00 AM** - Meet: Harvester parking lot right off Hwy 195, Spangle. Leader: Barb Kehr, 290-1967

**July 31, 8:00 AM** - Meet: East side of Mission Park. Description. Mileage: ~25. Leader: Jan Absher, 747-0396

**August 7, 8:00 AM** - Meet: West side of Coeur D'Alene Park, in Browne's Addition. Mileage: ~25. Leader: Jan Absher, 747-0396

**August 14, 8:00 AM** - Meet: Star Road on Trent. Description: Hauser and Newman Lake. Mileage: ~30 Leader: Kathy/Michael Roff, 220-6853

**August 21, 8:00 AM** - Meet: East side of Mission Park. Leader: Karen Carlberg, 624-6989

**August 28, 8:00 AM** - Meet: Harvester parking lot right off Hwy 195, Spangle. Leader: Jennifer Calvert, 536-3839

**September 4, 8:00 AM** - Meet: West side of Coeur D'Alene Park, in Browne's Addition. Leader: Jon Rascoff, 447-2767

## PRESIDENT'S MESSAGE

A lot of good news for the Spokane biking community. The Centennial Trail has been designated a "national recreation trail" by the Department of Interior. The Fish Lake Trail was dedicated and the new trail from Dwight Merkel Sports Complex down to Riverside State Park is nearing completion to form a link from Northwest Spokane.

The Centennial Trail has been selected as one of 31 newly designated National Recreation Trails. A celebration marking the Spokane Centennial Trail's addition to the National Trails System was held at Veterans Park. The League of American Bicyclists gave Spokane their bronze award as a bicycle friendly community. Margaret Watson says that she got a chuckle out of the LAB giving the city a bronze award, since in 1995 the league awarded Spokane the same award and sent one metal sign to the City to display at the city limits. All the city had to do was order several more signs to post, but because of the cost, the city never put any sign(s) up. The original sign must be in the bowels of city hall. Washington came in #1 in the nation in the League's ratings of "Bicycle Friendly States."

Lots of great summer club meetings coming up. Check out the ice cream social ride July 12th and don't miss our annual club picnic and ride on August 1st. at the Mirabeau Meadows shelter. Pulled pork sandwiches (sorry Jennifer) and a side dish will be on the club. All you need to bring is a desert or salad and the beverage of your choice to complete the feast. Sorry, no alcohol is allowed at the shelter.

### Miscellaneous SBC Trivia

Did you know that the first Scenic Tuesday ride under Alice was in 1992?

Did you know that Julie Irwin rode the most miles in 1990 - 5500, and rode across the country in 1996?

Did you know that the first progressive dinner ride was in 1996?

Did you know that Bob Driller started a used bicycle recycling program in 1998? We could use a resurrection of it now by clearing out our obsolete and surplus bike parts and donating them to pedal2people. Email doncarlton@msn.com if interested.

Did you know that SBC gave Centennial Trail \$6000 from 88 to 92?

**Deadline is the 18th of the month before publication for all ads, articles and ride events.  
Please e-mail the newsletter editor, Sheila Gates-Ping at [sbcnewseditor@yahoo.com](mailto:sbcnewseditor@yahoo.com)  
Want or Don't Want Sell Ads are free to club members.**

## SUNDAY RIDES

*Note: start times vary. Contact the ride leader for detailed ride information.*

**July 4, 1:00 PM**, Meet: 44th & South Regal. Description: **Southside Rollers**. A short but challenging ride on SS hills, with dirt and gravel sections. **Mt. Bike suggested**. Return to Sally's house after for homemade ice cream sandwiches. Yum. Rated: C. Mileage: 17. Leader: Sally Phillips. Ph: 448-6271.

**July 11, 1:00 PM**, Meet: Manito Park Duck Pond near 18<sup>th</sup> and Grand on South Hill. Description: **Ride South**. Mileage: ~20, Rated: B, Eat: Bring snacks, Leader: John Rowicki, Ph: 624-8771

**July 18, 1:00 PM**, Meet: 25<sup>th</sup> and Tekoa - South Manito Park Playfield on South Hill, Description: **South Side Flower Ride** out Palouse to nursery, up Jamieson and back, Mileage: ~15, Rated: B, Eat: Park Bench Café in Manito Park, Leader: Eileen Hyatt, Ph: 747-3778

**July 25, 1:00 PM**, Meet: Manito Park Duck Pond, Description: **South Hill Ramble**, Mileage: ~20, Rated: B, Eat: root beer floats at Kay's house after ride, Leader: Kay Putnam, Ph: 456-2351

**Aug. 1st, 1:00 PM: Meet: Mirabeau Park picnic shelter parking lot (continue past waterfall), Description: SBC Picnic Ride. Depends on the weather, who shows up, what people feel like doing. Plan to ride out and back on the CT. If folks are interested in a ride with hills, there may be an off-trail option. Food is served at 3:00. Mileage: as far as you want to go out and come back in the time allowed. Rated: A, Eat: at the picnic, Coordinator: Barb Kehr, Ph: 290-1967. SBC will provide pulled pork sandwiches and a vegetarian option, plus beverages, plates and utensils. Bring a salad or dessert to share. Alcohol not allowed.**

**Aug. 8, 1:00 PM**, Meet: east parking lot of Mission Park. Description: **Ride east on CT**. Mileage: ~ 20 Rating: A. Eat: Rocket Bakery on Argonne. Leader: Jennifer Calvert, 536-3839

**Aug. 15 1:00 PM**, Meet: Moran Prairie Elementary School. About two blocks east of Palouse Highway on 57th Ave. **Ride Palouse Highway to Valley Chapel Rd.** and on Valley chapel Road to the base of the hill to the wheat fields. About 20 miles. Rated C. Eat: Bring snacks. Leader: Joe Schretenthaler (509) 487-3412

**Aug. 22, 1:00 PM**, Meet 1:00 PM at Manito Park duck pond parking lot. Ride - **Mansions of South Hill** - Mileage 11, Rated: A/B, Eat: Manito Park, Leader: Don Carlton, Ph: 747-5581

**Aug. 29, 2:00 PM (note time)**, Meet: near Fizzie Mulligan's at 331 W. Hastings Rd in Fairwood Center. Ride: **Waikiki Rollers**, Mileage: 14 miles, Rating: A/B, Eat: Fizzie's or Rocket Bakery or Taste of Thai, Leaders: Mary and T.J. Badger, 467-8099

**Sept. 5th 8:00 AM**, - Meet: Mirabeau Park to carpool to the Wallace Visitor's Center I-90 exit 61 to arrive between 9:30-10:00. Ride: **CDA Trail to Murray and Northern Pacific Trail to the East Portal of the Taft Tunnel on Lookout Pass**. Eat: Wallace or Mullan. Bring snacks and water for trail. Mileage: 32. Rated: C. Note: Anyone desiring a shorter ride can turn back at Mullan or intercept the group at Mullan. **Mountain bikes recommended for NP trail**. Leader: Charlie Greenwood 624-8617

**Sunday, September 12th, 9:30 AM - SpokeFest Family Road Ride. Meet: Riverfront Park in downtown Spokane. The Spokane Mountaineer's will be an active sponsor and participant in the third annual Spokefest 2010, a family regional wide cycling event. To help with the Mountaineer's role in this event please contact Paul Eichin, Chuck Huber or Jeff Lambert to volunteer. Also, please check the Spokefest web site to register for this ride: [www.spokefest.org](http://www.spokefest.org). There are four ride options this year, 1, 21 or 47 miles. Call Paul Eichin 238-2300 or Jeff Lambert (509) 999-5100.**

Summer Parkways are coming to Spokane! On July 11th and August 22nd, 2010. 9am - 1pm on Howard St. from Riverfront Park to Corbin Park

Bring your bike, board, or feet down to Howard St and celebrate with us! These events are made possible by our generous sponsors. Both events will take place from 9 AM-1 PM with activities throughout the day. Show up anytime during those hours.

Spokane Summer Parkways is an idea inspired by an event in Bogota, Columbia called Ciclovía (meaning "bike path" in Spanish) and similar events in other parts of the world. The focus is on recreation, fitness, and community when we close 3 miles of roadway to automobiles and open up the streets to bikes, pedestrians, skaters, and other human-powered transportation. Physical fitness activities like yoga, Zumba, Hula Hoops, jump rope, hacky sack, and martial arts will also be offered free along the course to encourage a healthy lifestyle for everyone. If you ride your bike to Summer Parkways, bring a lock so you can stop and do the activities. There will be tandem bikes to ride, and others to test drive, so bring a helmet if you can. Spokane is ready to join the ranks of other cities celebrating health and community through Parkways events. Our route will originate in Riverfront Park and follow

## TUESDAY SCENIC RIDES

*Pace for the rides is 10-12 mph. All rides meet at 9 A.M. and are 15-20 miles in length. Rides conclude with lunch. Sightseeing excursions are sometimes featured. Riders should wear helmets and bring water. CALL THE LEADER IN CASE OF QUESTIONABLE WEATHER OR FOR ADDITIONAL INFORMATION.*

**Note: Rides are held intermittently on Thursdays. Call Alice Hostetter ( 928-4198) for information.**

**July 6, 2010, 9:00 AM**, Meet: Falls Park in Post Falls, Directions: From I-90 take Spokane St. Exit. Turn right and again immediate right. Continue to Falls Park. Rating: A/B, Mileage 18-20, Description: **Post Falls – Prairie Ride**, Details: This ride will take you north and east into the Prairie countryside. Eat: Milltown Grill, Leader: Lynn Hostetter, Ph. 928-4198

**July 13, 2010, 9 AM**, Meet: Freeman Store, Directions: off of Hwy 27, Rating: B/C, Mileage: 16-18, Description: **Rockford Ride**, Details: Enjoy back roller-coaster rides to Rockford. Highway back to Freeman, Eat: Harvest Moon in Rockford, Leader: Sharlene Lundal, Ph. 624-1539

**July 20, 2010, 9 AM**, Meet: Safeway parking lot, Directions: at Northpointe Shopping Center-10100 N. Newport Hwy (Hwy 2), Rating: B, Mileage: 17, Description: **Peone Prairie Ride**, Details: Enjoy a lovely country ride. Eat: Red Robin, Leader: JoAnn Townsend, Ph. 326-5894

**July 27, 2010, 9 AM**, Meet: 44<sup>th</sup> and Regal, Directions: in front of Round Table Pizza, Rating: B, Mileage: 15-20, Description: **South Hill Meander**, Details: Enjoy one of Jan's South Hill rides which practically knows no hills. Eat: Round Table Pizza, Leader: Jan Whaley, Ph. 448-5645

**Aug. 3, 2010, 9 AM**, Meet: the Rozell river cabin in Post Falls, Directions: Take I-90 to Spokane St. Exit going south. Cross bridge to Riverview Dr., turn left and go to Driftwood. Turn right. Rozell's cabin is on the left. Rating: A/B, Mileage: 18-20, Description: **"Remembering Marge" Ride**, Details: Dave Rozell will lead us on a lovely ride in the Post Falls area, Eat: The Rozells will provide hamburgers. Bring a salad or dessert to share Leader: Alice Hostetter, Ph. 928-4198

**Aug. 10, 2010, 9 AM**, Meet: Riverstone, Directions: off of Northwest Blvd. in Coeur d'Alene. Park west of Bardenay's. Rating: A+, Mileage: 15-20, Description: **Fernan Lake Ride**, Details: Ride through CDA city and on to Fernan Lake, Eat: Bardenay's, Leader: Jackie Beery, Ph. 1-208-664-4852

**Aug. 17, 2010, 9 AM**, Meet: Manito Park, Directions: 18<sup>th</sup> and Grand at the duck pond parking lot, Rating: B, Mileage: ~20, Description: **South Hill Ride**, Details: South Hill has many lovely rides. Eat: TBD, Leader: Jerry and Judy Malone Ph. 455-7820

**Aug. 24, 2010, 9 AM**, Meet: Denny's parking lot on Geiger Blvd. Directions: Take Exit 276 off of I-90 going west from Spokane, Rating: A/B, Mileage: ~20, Description: **West Plains to Cheney** Details: This will be a delightful ride. Eat: TBD, Leader: Roger Ault, Ph. 838-6666

**Aug. 31, 2010, 9 AM**, Meet: Manito Park at the duck pond, Directions: 18<sup>th</sup> and Grand, Rating: B, Mileage: ~18, Description: **South Hill Meander II**, Details: This ride will include the Palouse Hwy., down the Ben Barr and Jamieson Hill and up Windmill Rd. Loop, Eat: Rockwood Bakery, Leader: Jennifer Calvert, Ph. 536-3839

**Sept. 7, 2010, 9 AM**, Meet: Sontag Park, Directions: at Nine Mile Falls, Rating: A/C, Mileage: 18-20, Description: **Nine Mile Falls Ride**, Details: Ride Centennial Trail and Aubrey White Parkway Eat: TBD, Leader: Art and Mary Crane, Ph. 532-1244

*(Continued from page 6)*

Howard St north to Corbin Park, with fun events at either end of the course and at a few destination points between.

**There will be a bike decorating contest! See the website for details [www.summerparkways.com](http://www.summerparkways.com)**, and think about having a bike decorating party before you ride down to Summer Parkways together.

**Volunteers Needed.** Spokane Summer Parkways is made possible by a team of volunteers from all over the community. We can't pull it off without your support, though. The days of the events, we'll need help with directing traffic, setting up the course, assisting vendors, and providing information to participants. If you have ideas about the event to contribute, send them our way! Visit the website [www.summerparkways.com](http://www.summerparkways.com) for more volunteer information. Please Note: All volunteers should attend ONE training session. The training will be at the North Bank Shelter in Riverfront Park as follows: July 7th, 2010 at 6:30 p.m. for Summer Parkways July 11th, 2010. August 18th, 2010 at 6:30 p.m. for Summer Parkways August 22nd, 2010...and you'll get a great shirt!

## TEAM TUESDAY

*Team Tuesday rides are for bikers looking for more challenging rides, usually longer and in more difficult terrain than the Tuesday Scenic rides. This is a group ride and the leader will determine the pace and regrouping points, and keep track of riders. Call ride leader if there is a question, as there might be a ride cancellation due to bad weather. Maps may be provided. Starting times will change during the year, so carefully read the scheduled START TIME!*

**JULY 6th, 10:00 AM (note time).** Meet: Bull Run Trail Head; I-90 East to Idaho Hwy 3 (Rose Lake) exit, Bull Run sign on left approx 1 mile. Route: **ROSE LAKE TO HARRISON** and return 36 miles. Rated :A. Lunch: HARRISON. Leader: JIMMY BROWN 468-2674

**July 13, 9:00 AM.** Meet: Suzi Hokonson's house, 1315 W Woodside, Spokane. Route: **North Spokane neighborhoods and environs**, 20 mile and 35 mile options. Rated: B/C. Lunch: **Salad Potluck** at Suzi's. Leaders: Suzi Hokonson (326-2216) and Kent Holbrook (844-7674).

**July 20, 8:00 AM (note time)**, Meet: Edgecliff Park, corner of E 6th Ave. & S. Park Rd. **Loop trip to Valleyford.** Mileage: ~30. Rated: B. Eat: Maggies South Hill Grill Leader: Ken & Jan Absher, 747-0396

**July 27, 9:00 AM,** Meet: West side of CDA park in Brownes Addition, Route: **Downtown, Centennial Trail, Freya, Peone Prairie, Forker, Centennial Trail**, Mileage: 45 miles, Rated: B+, Eat: After the ride somewhere, so bring some road food to hold you over, Leader: Kay Putnam 456-2351

**August 3, 10:00 AM (note time).** Meet: Harvester In Spangle Hwy 195 south of Spokane. Description: **Ride to Rosalia** & return for 30 miles **or add Waverley** for a 45 mile loop. Rated: B-C. Eat at the Harvester In Spangle. Leader: Eileen Hyatt 747-3778

**August 10, 9:00 AM.** Meet: Diamond Lake Grange on Hwy 2 30 miles north of the Y. Description: **Scotia Valley-Deer Valley-Sacheen Lake.** Mileage: 29-37. Rated: B. Eat: Stor'n More. Leader: Julie Irwin 467-2521.

**August 17, 9:00 AM** Meet: Enaville Idaho ( I-90 Exit 51/ Kingston), **Enaville to Murray loop.** Start in Enaville and ride along the scenic Coeur d'Alene River to Murray with lunch at the Sprag Pole. Back to Enaville with refreshments at the Snake Pit afterward. 58 miles, "A" ride. Kay Putnam 456-2351

**August 24, 9:00 AM** Meet: Chaps restaurant parking lot next to the Trading Co Store on Spokane-Cheney road just west of US195. **Southern Spokane Ramble** - The route will be about 30 miles of rural roads ending with lunch at Chaps or Latah Bistro. Rated: B-C with several long hills and one steep hill (Grove). Leader: Ken Boardman 509 768 3943

**August 31, 9:00 AM - Mountain Bike Ride.** Meet: Mt Spokane State Park, "Hairpin Loop Parking Area" (before the saddle to Selkirk XC ski lodge turnoff). Route: **Circumnavigation of Mt. Kit Carson:** Scenic forest loop on back roads of Mt Spokane State Park, longish 5 mile gentle uphill followed by an fun single track ride (even Liz does it) back to the vehicles. Rated: C. Mileage: Just 8 miles. Eat: Bear Creek Lodge. Leaders: Paul Swetik & Liz De Niro (238-6561)

## SPOKANE & NORTHWEST AREA RIDE EVENTS

**Thurs., July 10 - BlueCruise Ride** 15, 35, and 62 miles on the Centennial Trail starting in Coeur d'Alene. [www.bluecruiseidaho.com](http://www.bluecruiseidaho.com)

**July 17 - One Helena Hundred.** A beautiful ride on rural roads in Montana. Starts 7 to 8 am at Cascade City Park, Helena, MT Length: 100 Km or 100 Miles your choice. More info and where to sign up: [www.helenabicycleclub.org](http://www.helenabicycleclub.org)

**Sat., Aug. 7 - Eight Lakes Bike Ride** 15, 30, 45 and 75 miles starting from South Hill and around lakes in Spokane County. [www.lcsnw.org](http://www.lcsnw.org)

**Sunday, Aug. 8th - PROVIDENCE BRIDGE PEDAL - PORTLAND, OREGON.** Registration details available. Call Cyrus McLean, 838-0649

**Aug. 21 - Tour de Lentil** - metric century out of Pullman. [www.lentilfest.com](http://www.lentilfest.com)

**Sunday, Aug. 22nd - Mica Peak Century Plus Bike Ride** at 7:30AM email [frpbell@verizon.net](mailto:frpbell@verizon.net) Starts at Vertical Earth at Riverstone Park, CDA.

**Sat., Aug. 28th - Spoke d' Alene Purple Ride** to benefit pancreatic cancer awareness and research. Centennial Trail ride 4, 15 & 35 mile options. Shuttles available back to Spokane. Find more information and register at [www.pancan.org/purpleride](http://www.pancan.org/purpleride)

## TUESDAY EVENING PM - RIDE WITH THE MOUNTAINEERS

*Note: Rides average 15-20 miles. All rides return before darkness but headlamps are recommended. Helmets required.*

**July 6th, 6:30 PM**, Meet: Yoke's Market on Hwy. 2 & Mt. Spokane Drive. Description: Ride out along the east side of Hwy. 2 on frontage roads to Colbert and Big Meadows Road. Return on the west side of Hwy. 2 along the Little Spokane River Valley and up Shady Slope Road to Mead to start. Distance 20 to 25 miles. Leader: Galen Chamberlain, 276-6377 or Paul Eichin 238-2300

**July 13, 6:30 PM**, Meet: Wandermere Mall - North parking lot. Description: Ride up the Dartford hill road to top and return on east side of Hwy. 395 along the Little Spokane River route and up Mill Road to Fairwood Shopping Center and back to Wandermere. Eat in Wandermere area after ride. NOTE: This ride needs a co or backup leader. Leader: Paul Eichin 238-2300

**July 20, 6:30 PM**, Meet: Elk Public House in Browne's Addition. Description: Ride the backroads to the top of Sunset Hill, through the airport industrial area park and return via Thorpe Road and the Latah Valley. Eat at Elk Cafe after ride, 1931 W. Pacific Ave. NOTE: This ride needs a co or backup leader. Leader: Paul Eichin 238-2300

**July 27, 6:00 PM (Note start time)**, Meet: Fish Lake Trail head on Myer's Park Road off Cheney-Spokane Road. Description: 19 miles of rail trail and rolling back roads. Come over to leader's house afterward for grilling with a view. BYOB. Leader: Chuck Huber, (509) 939-2644

**August 3rd, 6:30 PM**, Meet: Five Mile Shopping Center, West parking lot. Description: Cycle around the base of Five Mile Prairie on a 17 mile loop via Indian Trail Road, returning by Rutter Parkway and Waikiki Road. Eat at Five-Mile Pizza. NOTE: This ride needs a leader. This is a self-directed ride unless someone volunteers to lead the ride. Call coordinator if you can lead this ride. Paul Eichin 238-2300

**August 10, 6:30 PM**, Meet: Coeur d' Alene Park in Browne's Addition. Description: Ride along Latah Creek and the Hangman Valley and return over the Hatch Road hill. Eat at the Elk Cafe in Browns Addition, 1931 W. Pacific. NOTE: This ride needs a leader. Call Coordinator if you can lead this lead, otherwise it will be a self led ride. Paul Eichin 238-2300

**August 17, 6:30 PM**, Meet: Liberty Lake Starbucks. Description: A new route with a long steep hill. We'll head south from Liberty Lake, crest over the hill, swoop down the southwest side, take the back roads toward Saltese Flats, and head back to Liberty Lake. Please call to confirm your spot. Leader: Dan Robisch (509) 344-1379

**August 24, 6:30 PM**, Meet: Ed & Bonnie Ulbright's home at 16306 N. Green Bluff Road. Description: Ride the 20 mile scenic tour of the Big Meadows/Green Bluff Area and enjoy a potluck picnic after the ride at the Ulbright home. Please call Bonnie if coming just for the ride and/or the picnic. Leader: Ed & Bonnie Ulbright 238-3038

**August 31st, 6:30 PM**, Meet: Argonne Library at Argonne & Upriver Drive. Description: Ride the Centennial Trail east toward the Idaho State line and return, 20 miles roundtrip. Leader: Deborah Steele 242-8937

**September 7th, 6:00 PM (note start time)**, Meet: Church at Bigelow Gulch and Argonne Road. Description: Ride the rolling hills of Pleasaant and Peone Prairies including the great downhill on Folker Road to Mt. Spokane Park Drive. A 20 mile loop. Leader: Jane Schelly 922-3496 or Al Koscal 922-3496

**September 14, 6:00 PM**, Meet: Church at Bigelow and Argonne Road. Description: Ride north on Old Argonne Road down to Peone Prairie, west on Stoneman Rd. toward Mead. Return either on Peone Road or Mt. Spokane Park Drive and on Bruce/Argonne Road. A 15 or 20 mile ride. Leader: Jane Schelly 922-3496 or Al Koscal 922-3496

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**Monday, Sept. 6th - Annual Labor Day Tandem Rally & Rathdrum Lion's Club Breakfast**, 9am at East Valley High School. Contact Ian Ledlin for information, call (509) 747-4352 (evenings), 838-6055 (days)

**Sept. 11-12: Cycling for Cystinosis Fundraiser** in Sandpoint, ID, 24 hr. team relay ride, 19 mile loop. For more information, to register, or to make a donation, call 208-610-2131 or visit [www.24hoursforhank.org](http://www.24hoursforhank.org).

**Sept. 18-19, MS 150 - Trail of the Coeur D'Alenes** in 2 days - 150 miles Web: [bikems.org](http://bikems.org) benefits the local Multiple Sclerosis Society.

## WEDNESDAY WOMENS' AM RIDE/WALK SERIES

NOTE: BEGINNING CYCLISTS ARE WELCOME. On each ride, a shorter route will be offered to women who prefer a less strenuous ride.

**July 7, 9:00 AM - SOUTH HILL MEANDER.** MEET: 108 W. 18<sup>th</sup> (West end of Duck Pond in Manito Park). Cyclists: Approximately 15 to 20 miles on the South Hill. Walkers: Approximately 4 miles to include Manito Park and nearby neighborhoods. EAT: Stephanie Schuler's home at 108 W. 18<sup>th</sup>. Bring sandwich, Stephanie will provide a salad. LEADER: Stephanie Schuler, 624-4571.

**July 14, 9:00 AM - HAUSER LAKE AND PRARIE.** MEET: Newman Lake Picnic Area (Across from boat launch). Cyclists: 15 to 24 miles including Hauser, Prairie and Star Rd. Walkers: 4 to 5 miles in Newman Lake. EAT: Lunch provided at Gloria Fraser's lake home. LEADERS: Betty Ledlin, 747-4352 and Gloria Fraser, 979-2652.

**July 21, 9:00 AM - SPANGLE, WAVERLY.** MEET: Harvester Restaurant, Spangle (exit off of Hwy 195 to Spangle). Cyclist: 20 miles. to Waverly and back or 32 mile loop to Waverly, Prairie View and old Hwy. 195. Walkers: 4 to 5 mile out and back from Spangle. EAT: The Harvester. LEADERS: Betty Ledlin, 747-4352 and Ann Prideaux, 624- 2720.

**July 28, 9:00 AM - SPRING HILL, FOUR MOUND AND CHARLES RD.** MEET: 9426 N. Riverside State Park Dr. Cyclists: 15 to 20 miles. Walkers: 3 to 4 miles through Deep Creek Canyon. LEADER: Penny Moore, 465-0785. EAT: B.B.Q. at Penny's home, 9426 N. Riverside State Park Dr. Bring salad or dessert.

**August 4, 9:00 AM - LITTLE SPOKANE.** MEET: 1316 W. Bellwood Dr. in Fairwood. Cyclists: 15 miles of Little Spokane River area. Walkers: 4 miles of neighborhood trail and roads. LEADER: Susan MacDonald, 868-0895. EAT: Susan's home, 1316 W. Bellwood Dr.

**August 11, 9:00 AM - LIBERTY LAKE AND POST FALLS LOOP.** MEET: Palenque Restaurant, 1102 N. Liberty Lake Rd. Cyclists: 15 to 20 miles. Walkers: Four miles on Liberty Lake trails. LEADER: Nancy Tressler, 688-7506. EAT: Palenque Restaurant

**August 18, 9:00 AM - DOWNRIVER AND SEVEN MILE.** MEET: 3137 N. Park Blvd. Cyclists: Downriver to 7 mile. Walkers: Downriver out and back. LEADER: Barbara Hinzman, 328-5926. EAT: Barbara Hinzman's home. Bring salad.

**August 25, 9:00 AM - PARADISE PRAIRIE.** MEET: 8604 S. Ramona Rd. (Off Cheney-Spokane Rd take Cedar Rd. At top of Cedar Rd. Turn right onto Borden Rd. follow Borden to the end. Go past the horse farm on both sides of the road. The house is .6 miles from the beginning of the private road). Cyclists: Scenic ride on the prairie of 20 miles. Walkers: 4 to 5 miles. LEADER: Mary Margaret Boardman, 443-0658. EAT: Mary Margaret's home. Bring something to share.

## THURSDAY AM RIDE SERIES

- *pace is 12-15 mph.*

**July 1<sup>st</sup> 9:00AM** - Meet: Yokes Mead US2 and Market. Ride: **Mount Spokane**. Mileage: 44. Rated: D. Eat: Yokes after ride. Bring water and snacks. Leader: Al Koskal 570-3105

**July 8, 8:00 AM** - Meet: Edgecliff Park, corner of East 6th Ave. and South Park Road. Description: **Ride to Post Falls**. Mileage: ~40. Rated: A-B. Eat: Post Falls. Leader: Ken & Jan Absher, 747-0396

**July 15<sup>th</sup> 9:00AM** - Meet: Mt. Spokane High School. Ride: **Peone, Pleasant Prairie, Big Meadows**. Mileage: 40-50 Rated: C Leader: Joe Schretenthaler 487-3412 cell 944-0873

**July 22<sup>nd</sup> 9:00 AM** Meet north side of Albertson's parking lot on 57<sup>th</sup> (South Hill). Ride to **Rockford and back via Valley Chapel Rd**. Either bring your own lunch and eat in the park, or eat at Harvest Moon Restaurant. Mileage: ~ 44 mi. Rated: B-C, Leader: Barb Kehr, Cell: 509-290-1967

**July 29<sup>th</sup> 9:00AM** - Meet: Mirabeau Point. Ride: **Hauser Lake**. Mileage: 35. Rated: Easy Breezy. Eat: ? Leader: Tim Arneson 991-8917

**August 5<sup>th</sup> 8:00AM** - Meet: West side of Audubon Park. Description: **East to Hillyard, north to Peone Prairie, Up-and-over Forker, return on the trail**. Mileage: A bit less than 40. Rated: B+. Eat: Little Garden Cafe after the ride. Leader: Cyrus McLean, 838-0649.

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**August 12<sup>th</sup> 9:00 AM** . - Meet: Harvester in Spangle. Ride: **Waverly, Prairie View, Plaza**. Mileage: 33. Rated: B. Eat:? Leader: Kay Putnam 456-2351

**August 19<sup>th</sup> 9:00AM** – Meet: Rose Lake - Bull Run trail head on **Trail Coeur d'Alene**. Ride west out and back, eat at Harrison. Rated A+ Mileage - about 36 or ????? . Don Carlton 747-5581- cell 290-1701.

**August 26<sup>th</sup> 9:00AM** - Meet: Plummer Trailhead. Ride: **Harrison**. Mileage: 30. Rated: C-. Eat: One Shot Charlie's. Leader: Don Griffith 928-2891

**September 2<sup>nd</sup> 10:00AM** – Meet: Chewelah City Park. Ride: **Waits Lake**. Eat: ? Mileage: 30. Rated: B. Carpool: 9:00AM Wandermere Mall Albertson's. Leader: Wayne Brown 238-6754

## THURSDAY EVENING 6PM RIDES

*Note that we don't have a lot of daylight for our evening rides. Please show up ready to ride at 6:00 PM.*

**July 16:00 PM** – Meet: Coeur d'Alene Park, Browne's Addition (west side). **Rambo Ramble in Reverse**; Seven Mile, Coulee Hite, Garfield, Lincoln Roads. Return on Craig, Euclid, Trail Roads. See how far we can before dark. Rated C. Eat: Pacific Pizza. Charlie Greenwood 624-8617.

**July 8 6:00 PM** – Meet: Mission Park, Mission & Perry **Centennial Trail East** on Upriver Drive etc. Distance 20-30 miles. Rated A: Leader: John Rowicki 624-8771.

**July 15 6:00 PM** - Meet: Coeur d'Alene Park in Brown's Addition. Ride: **Out and back on the west side of Riverside Park** or possible back on the east side of the river. This is at the discretion of the ride leader. Mileage: ~22, Rated: A-B, Eat: tbd Leader: Barb Kehr 290-1967.

**July 22 6:00 PM - Evening Road Ride & Movie at Mirabeau Park** Meet: Mirabeau Park Centennial Trail head, on Mirabeau Parkway. Description: Centennial Trail west, Euclid, Rutter Ave., Greene St. and Upriver Drive loop. Mileage: 20+. Rated: B. **The movie, "The Blind Side"**, will be shown in Mirabeau Park at 9:00pm, so bring lawn chairs, a blanket, snacks and drinks to enjoy at the show. Leader: Sheila Gates-Ping 924-1814

**July 29 6:00 PM** -Meet: Coeur d'Alene Park, Browne's Addition (west side). Description: **BA -West Plains - 195 - Inland Empire Way – BA**. Ride Sunset Highway to Government Way to trailhead of the paved trail toward Fish Lake. Leave paved trail at end of trail and ride up to Cheney-Spokane Road to Spotted Road, Andrus Rd to S. Grove Road and back to Thorpe Road, cross US 195 and back to Inland Empire Way back to Coeur d'Alene Park. Rated: B some hill climbing. Eat: Pacific Pizza or Elk. Mileage: 20-25 Leader: Joe Schretenthaler 487-3412

**August 5 6:00 PM** - Meet: 1318 S Mica Park Dr. Description: **Valley Ramble** - Rated B, 17 miles. A treat of Jennifer's **Chocolate Chip Cookies** will at her house after the ride. Leader: Jennifer Calvert 536-3839, please call for directions.

**August 12th, 6:00 PM** - Meet: West side of CDA Park in Brownes Addition. Description: **Hangman-Baltimore Loop counter clockwise**. Rated: B+. Mileage: 22. Eat: Probably Pacific Pizza after the ride. Leader: Cyrus McLean, 838-0649.

**August 19 6:00 PM - Evening Road Ride & Movie at Mirabeau Park** Meet: Mirabeau Park Centennial Trail head, on Mirabeau Parkway. Description: Centennial Trail east to State line and Post Falls. Mileage: 20+. Rated: B. The animated movie, "Up" will be shown in Mirabeau Park at 8:25pm, so bring lawn chairs, a blanket, snacks and drinks to enjoy at the show. Leader: Sheila Gates-Ping 924-1814

**August 26 6:00 PM** - Meet: Coeur d'Alene Park, Browne's Addition. Description: **Vinegar Flats-Hangman Valley Loop**. Mileage: 20 miles Rated B Eat: Elk or Pacific Pizza. Leader: Charlie Greenwood. Phone 624-8617

**September 2 6:00 PM** - Meet: Church at Argonne Rd and Bigelow Gulch. Description: **Ride the rolling hills of Pleasant and Peone Prairies** including a free downhill on Forker Rd to Mount Spokane Park Dr. Distance 20 miles. Leader: Jane Schelly 922-3496.

**September 9, 6: 00 pm. SKY PRAIRIE SUNSET RIDE (Thursday pm)**. Meet: Just west of Sky Prairie Park at Parkway Avenue and Kyle Street. (From Ash or Maple turn west on Five Mile Road & go about 2.1 miles. Turn right at Parkway and go 0.16 mile to Kyle.) Description: 11 miles, rated "A". Sunset at 7:14 pm. No moonlight, so bring headlamp and rear blinky light. Great sunset views. Eat: Round Table Pizza, 1908 W. Francis Ave. (note: this is 0.25 mile west of Five Mile Hts. Pizza). Leaders: Mary & T.J. Badger, 467-8099.

