

## SATURDAY STEADY Ride Schedule

**May 4 Arboretum - Fish Lake Trail Loop.** Start: 10:00 am. (**Note earlier start time**). Meet: Finch Arboretum, "F" Street and Woodland Blvd. Look for Arboretum sign from Sunset Blvd, 0.5 mile west of Government Way. Pace: 12-14 mph. Distance: 19 miles. Terrain: Gentle grades with one steep but short hill. Alternate map for faster or slower riders. Regroup: Occasional. Route: Arboretum, F.L.T., Grove, Deska, West Drive. Eat: Pacific Avenue Pizza. If Rain: Eat first, then ride (still meet at Finch Arboretum).

Leaders: Mary & T.J. Badger, 467-8099 or badgermary@ hotmail.com.

**May 11 West Plains Loop.** Start: 10:00 am. Meet: Sunset Park at Lawson and 9th in Airway Heights. (~8 mi. from Spokane). From Spokane take Hwy. 2 west. After crossing Hayford, go 1.3 miles and turn right on Lawson (traffic light by Motion Auto Supply). Go 5 blocks and park near bathrooms on left. Pace: 12-14 mph. Distance: 23 miles. Terrain: Flat with gentle slopes. Regroup: Occasional. Route: Generally clockwise loop on little used roads around Airway Heights and the airport. Cue Sheet: for faster or slower riders. Eat: La Presa Mexican Restaurant, 13308 W. Sunset Hwy. If Rain: Eat first (still meet at Sunset Park), then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@ hotmail.com.

**May 18 Deer Park Loops.** 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. 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.

**May 25 Sontag/West Shore Loop.** Start: 10:00 am. Meet: Sontag Park, west end near Tin Cup. Allow 30 minutes to drive from downtown Spokane. From Francis Avenue (Hwy. 291) proceed west, at Nine Mile Falls turn left on Charles Rd. (bridge) & go 0.3 mile. Pace: 12-14 mph. Distance: 18.5 to 24 miles. Terrain: Flat to gentle grades with 1 hill. Regroup: at turns. Route: Melding of C.T., Tormey, Hedin, & Nine Mile Recreation Area plus Charles and West Shore Roads into a lollipop loop. Many views of Lake Spokane. Eat: Tin Cup (note: recently remodeled with more food choices). If Rain: Eat first, then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@ hotmail.com.

**June 1 Riverside State Park Loop.** (State Parks Free Day- **no** Discover Pass needed). Start: 9:30 am. (**Note earlier start time**). Meet: Upper Parking Lot (adjacent to A.L. White Parkway), Bowl N' Pitcher. Pace: 12-14 mph. Distance: 16 or 24 miles. Terrain: Flat to some hills. Cue sheet: for faster or slower riders. Regroup: Frequent. Route: Bowl n' Pitcher, then a clockwise loop through the Park. At Seven Mile Rd, choice of returning for a 16 mile option or to Sontag Park for 24 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 8 Columbia Plateau Trail – Mullinex – Cheney Loop.** (State Parks Free Day- no Discover Pass needed). Start: 9:30 am. Meet: Trail at Fish Lake on C.P.T. From Spokane go south on Hwy. 195, turn right on Cheney-Spokane Rd. & go ~8.5 miles. Turn left on Meyers Park Rd. & go 0.1 mi. Pace: 12-14 mph. Distance: 21.5 miles. Terrain: Flat to rolling. Cue Sheet: for faster or slower riders. Regroup: Occasional. Route: C.P.T. (all paved), Cheney-Spangle Rd, 1st Street, Mullinex Rd (views of Turnbull), back streets in Cheney, Cheney-Spokane Rd. Eat: El Rodeo Restaurant, 505 2<sup>nd</sup> Street, Cheney. If Rain: Eat first, (still meet at trailhead at Fish Lake), then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@hotmail.com.

**June 15 Spokane Valley.** Start: 9:30 am. Meet: Skyway Café parking lot at Felts Field, 6105 E. Rutter Ave, Spokane Valley. Pace: 12 -14 mph. Distance: Approx. 20 miles. Terrain: flat. Regroup: occasionally. Route: Skyway Café, Euclid-Empire-CT-Barker and return with lollipop loop. Eat: Skyway Café at Felts Field at end of ride. Rain or strong winds cancel. Leader: Lori Smith 509-954-9645 or [dsmith1259@msn.com](mailto:dsmith1259@msn.com).

**June 22 Post Falls/CdA Beach.** Start: 9:30 am. Meet: Falls Park in Post Falls. From I-90 in Idaho take Exit 5 (Spokane St.), go south on Spokane St., turn right on 4th Ave., go 0.5 mi, turn left into Falls Park. Pace: 12-14 mph. Distance: 22 miles. Terrain: Flat to rolling. Cue sheet for faster or slower riders. Regroup: Occasional. Route: Centennial Trail, suburban streets, newly paved trail. Eat: Republic Taphouse, 120 E. 4<sup>th</sup> Ave. in Post Falls. If Rain: Eat first, then ride (still meet at Falls Park). Leaders: Mary & T.J. Badger, 467-8099 or badgermary@hotmail.com.

**June 29 Rustic Roads/Medical Lake** (long version). Start: 9:30 am. Meet: Coney Island Park, W. 200 Lake Street (corner of Lake and Jefferson St.) in Medical Lake. It's a 20 minute drive from downtown Spokane via I-90 & Hwy. 902. Stay on Hwy. 902, turn right on Lake Street. Pace: 12-14 mph. Distance: 26 miles. Terrain: Flat to rolling with 2 small hills. Cue sheet for faster or slower riders. Regroup: Frequent. Route: All paved roads. Loop with 5 out and back spurs. Back roads & streets, only 3 miles are on high speed highways like Hwy. 902. Eat: Lefevre Bakery, on Lefevre St. If Rain: Eat first, still meet at Coney Island Park), then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@hotmail.com.

**July 6 Plummer to Harrison.** Start: 9:00 am (**Note earlier start time**). Meet: Plummer Trailhead. From downtown Spokane allow 45 minutes driving time to Plummer via Dishman-Mica & Rockford. Pace: 12-14 mph. Distance: 34 miles. Terrain: Flat to gentle grades, except for 640 feet elevation gain for return to Plummer. Regroup: Occasional. Route: all on smoothly paved Trail of the CdA's from Plummer to Harrison and back. Note that there is a 16 mile roundtrip option from the Chatcolet trailhead but this requires a \$5 daypass or Idaho S.P. Pass (still need to sign liability release first at Plummer trailhead). Eat: at Harrison City Park, bring lunch or buy one at Harrison Deli. If Rain: Heavy rain cancels, light rain - we'll decide at Plummer Trailhead. Leader: JoAnn Schaller, 1-208-818-9738 or [joanschaller@hotmail.com](mailto:joanschaller@hotmail.com).