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Monday Morning Riders



What do you get when you mix unexpected gorgeous weather, 55 SBC members and guests and great food? The wonderful sound of people engaged in animated conversation and a great time.

Thank you Jim and Joan O'Hare for hosting the picnic and for Barb Kehr for organizing the event. For photos, go to:

<https://1drv.ms/f/s!AoV8xvm9-nMxhSORrh0J4Pi6PwOf>

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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



“Why is Core Strength Important for Cyclists?” is not a question some cyclists may think much about when riding mile after mile in the summer sunshine.

“When we think of cycling, the first parts of the body we generally think of are legs,” according to an article on the “Ilovebicycling.com” website. “Yes, it is fairly obvious that our legs are important to cycling, but what may not be so evident is the role that other parts of our bodies play in moving ourselves along on our two wheeled beauties, namely our core,” the author stresses.

“Strength training doesn’t mean becoming a musclehead,” wrote Robert Hicks in a December of 2014 article in Cycling Weekly. Becoming stronger doesn’t mean pumping iron to bulk up but with the goal of building strength, Hicks emphasized. A strong, well-conditioned body can have numerous positive impacts on bike riding and general health especially in preventing injury and increasing cycling efficiency.

Hicks goes on to point out that effective strength training should be a part of every cyclist’s training, However, it is still somewhat ignored with many cyclists focusing primarily on aerobic fitness. A strong core is a fundamental part of bike riding.

“What is the core?” is addressed in the Ilovebicycling.com article. A misconception about core strength involves strengthening the abdominal muscles only. The core muscles are complex muscles requiring far more than simple crunches in order to get stronger. They start at your hips and go all the way through your abs, up along your spine and to your shoulders and neck.

Cyclists want a strong core because it is vital to a strong pedal stroke as it is the platform that you push from, the article emphasizes. If your core is not strong and stable, it will fatigue and you will waste a lot of energy compensating and using smaller muscles.

Having a strong core will increase you power to your pedals, increase your endurance, allow you to be more comfortable on the bike, and take corners more efficiently.

Specific exercises to address core strength can be found in detail in the Cycling Weekly article. Also, in an article on the usacycling.org website titled, “Strength Training for the Cyclist,” author Richard Albrow details the types of exercises recommended for building core strength. “The benefits of strength training can potentially be improved posture, improved body composition, and overall body strength that will reduce injury, especially in the low back,” he stressed.

A second question we should include when asking how many miles our friend has put in for the week should be, “How is your core strength today?” A greater awareness of the importance of core strength may help reduce injuries among our friends.

Scott Schell

VOLUNTEER OPPORTUNITIES

SpokeFest Volunteers Needed

SpokeFest is just around the corner and SBC volunteers are being sought to man the SBC booth at this 10th annual event at Kendall Yards on September 10.

Come help represent SBC in this great community event which boasts of 15,000 riders participating in the first 9 years. The SpokeFest Mission is to promote bicycling for health and transportation.

Immediately following the SpokeFest ride, (9, 21 and 50 mile options), the SBC booth will be part of SpokeFair where vendors will display products and services. Riders can take part in contests, games, music and food.

Two SBC members per shift are requested, starting with setup at 7:30 a.m. with the first shift ending at 10:00 a.m. Other shifts include 10:00 a.m. to 12:00 a.m., and 12:00 a.m. to 2:30 p.m., which includes a tear down at 2:00 to 2:30 p.m.

Let Scott know at cshellws@comcast.net which shift you can participate in.

Spokefest Registration could use a few more great volunteers

If you have the time, Please consider volunteering for one of these time slots listed below

Friday - Sept 8th 4:00 to 8:00

Saturday - Sept 9th 9:00 to 1:00 or 1:00 to 4:30,

Contact Sally Phillips 448-6271, phillips1948@comcast.net.



General Meeting

Mountain Gear Headquarters
6021 E. Mansfield Rd
Spokane, WA
6:30 P.M.
Monday, September 11, 2017
Click [HERE](#) for map

Education Program

Mark Schneider, Owner
NW OUTDOORS LLC
Gear and Apparel Consignment
WWW.NWOUTDOORS.CO
509-327-2050



- Meet Mark Schneider, owner of the new outdoor gear and apparel consignment store on N. Division
- Learn what gear and clothes he takes in his store and what he has that might interest you
- Hear the consignment process explained from drop off to payout

Adventure Program

Jennifer Calvert in Palestinian West Bank and Jerusalem

Palestinian West Bank and
Jerusalem Tour April 2017

- Twenty-four British and American cyclists
- 8-day bicycle tour
- Jenin to Jericho, Hebron to Jerusalem
- Interacting with locals and seeing historic sites



Spokane Bicycle Club Annual Business Meeting and Banquet

Saturday, October 28, 2017
Mukogawa Fort Wright Institute
The Fossean Room
Doors open at 5:00 P.M. - Dinner at 5:45 P.M.

Speaker: Joe Kurmaskie: Author,
Dad, Husband,
Cyclist...troublemaker.

Register from September 1 -
October 14 and the cost per person
is \$31.67 (includes meal @\$25.00,
tax@8.7% and gratuity@18%)

Register from October 14-21 and the
cost is \$36.67.

Click [HERE](#) to register online or
select "Events" from the menu on
the club website.

Registering online is preferred, but you may also send a check to Banquet, PO Box 62,
Spokane, WA 99210



Buffet-style Meal includes

- Chicken Picatta or
- Vegetarian Lasagna

Sides:

- Rice Pilaf
- Seasonal Vegetables
- Rolls and butter
- Cucumber Salad with dill, red onion and tomato

Dessert:

- Chocolate cupcakes w/ chocolate frosting or
- Vanilla cupcakes w/ vanilla frosting

Beverages

- Coffee
- Tea
- Lemonade

Cash Bar. Wine and beer available. Purchase tickets for alcoholic beverages at the registration desk as you enter.


PICK UP RIDES

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

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

If you have any questions about this, contact Cyrus.

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

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

Come join our Annual Labor Day Ride on September 4. Ride starts at 8:30 a.m. Meet at Falls Park, Post Falls. Turn right off I-90 exit 5, then next right to the park. Pace: relaxed 12-16 mph. Distance is 22 flat miles for those coming straight back or 51 hilly miles for those riding around Hayden Lake on the return. Eat: Ride to Rathdrum for the pancake feed at the Lion's Clubhouse, corner of HWY 53 and Meyer Rd. Five dollars gets you pancakes, juice, coffee, eggs and sausage. Be on time as we need to beat the Scenic Riders there in case they run out of food! Leader: doncarlton@msn.com, [509-747-5581](tel:509-747-5581)

MONDAY MORNING Traditional Recurring Rides

Start: 9:00 am, **September 4 through September 18**

Start: 10:00 am, **September 25 through October 30**

Meet: Little Garden Cafe 2901 W Northwest Blvd

Description: some hills

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

Stop: Tin Cup for eats & coffee

Pace: 12-14 mph on level with some hills

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

Regroup: when necessary

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

MONDAY MORNING Paved Trail Recurring Rides

September 4 Labor Day - No ride scheduled

September 11, 18, 25 - Start time 10:00 am

October 2, 9, 16 - Start time 1:15 pm

(Last scheduled ride is October 16.)

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 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. The Scenic Riders group also has occasional Thursday rides. If interested, call Jan Whaley—509.448.5645 or Sharon Morrison—509.710.5650. Reminder: the START time is the DEPARTURE time.

September 5 Children of the Sun Ride Start: 9:00 am Meet: Wandermere Shopping Center, near McDonald's at Farwell & Division (Hwy 395) Pace: Leisurely 10-12 mph. Distance: 15 mi. Terrain: hilly. Regroup often. Route: Take the Children of the Sun bike trail. Ride to Hillyard; then return to Wandermere. Eat: Twigs, across from Wandermere Shopping Center.
Leader: Dave Adams. Phone: 509.993.3496

September 12 South Hill Junket Start: 9:00 am Meet: 37th & Grand. Park in the former Albertson's parking lot across from Remedy. Pace: Leisurely 10-12 mph. Distance: 16-18 mi. Terrain: mostly flat except for the ups & downs around Manito Park. Regroup often. Route: Ride through various areas of the south hill. Eat: Remedy
Leader: Fred Strange Phone: 509.995.8192

September 19 Coeur d'Alene Ride Start: 9:00 am Meet: Riverstone Park off Northwest Blvd in CDA. (If coming from Spokane, take Exit 11 off I-90 east.) Pace: Leisurely 10-12 mph. Distance: 20 mi. Terrain: some hills. Regroup often. Route: Ride from Riverstone Park to Higgen's Point via Cd'A parks/bike paths. Eat: Bardenay's at Riverstone
Leader: Dixie Girdner Phone: 509.368.4701

September 26 Werner Sandvoss Memorial 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: Leisurely 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 Phone: 509.599.5398

October 3 Millwood & East Start: 9:00 am Meet: Millwood Park (east of Argonne on Frederick.) Pace: Leisurely 10-12 mph. Distance: 20 mi. Terrain: mostly flat. Route: Ride to Centennial Trail via Empire to Pines & then on to Harvard. Eat: Caruso's (Argonne & Montgomery) Leader: Dixie Girdner Phone: 509.368.4701

October 10 Coeur d'Alene Meander Start: 9:00 am Meet: Riverstone Park off Northwest Blvd in CDA. (If coming from Spokane, take Exit 11 off I-90 east.) Pace: Leisurely 10-12 mph. Distance: 20 mi. Terrain: mostly flat, some hills. Regroup often. Route: Ride into Cd'A, then ride around Ponderosa Golf Course & out toward Higgen's Point (not the hill.) Visit 4-6 historic trees & maybe 2-3 outdoor art sculptures. Eat: Anthony's on Riverstone Dr.
Leader: Shirley Sturts Phone: 208.664.5318

October 17 Fish Lake Trail Start: 9:00 am Meet: Fish Lake trailhead at Government Way at the bottom of Sunset Hill. Pace: Leisurely 10-12 mph. Distance: 19 mi. Terrain: flat. Regroup often. Route: Ride the trail & back. Eat: Drive to Chaps on the Cheney/Spokane Rd. after the ride.
Leader: Dixie Girdner Phone: 509.368.4701

October 24 Fernan Lake/Town Ride Start: 9:00 am Meet: Michael D's Eatery at 223 Coeur d'Alene Drive, Coeur d'Alene, ID. Directions to start: From Spokane, take I-90 exit #15 to Sherman Ave. Drive through the traffic light on Sherman Ave. You will see Michael D's on ahead on the right. Park on the street behind Michael D's. Pace: Leisurely 10-12 mph. Distance: 18-20 mi. Terrain: mostly flat, some hills. Regroup often. Route: Our route will take us out Fernan Lake to the turnaround before the climb & back through scenic parts of the city. Eat: Michael D's Leader: Judy Waring Phone: 208.765.5378

October 31 Halloween Ride-Wear a costume, if possible! Start: 9:00 am Meet: Olmstead Park at Summit Parkway & Nettleton. Pace: Leisurely 10-12 mph. Distance: 20 mi. Terrain: mostly flat with a few hills. Regroup often. Route: Ride east on Centennial Trail. Eat: Veraci's Pizza at Kendall Yards. Leader: Jan Whaley Phone: 509.448.5645 h or 509.994.8173 c

TEAM TUESDAY Ride Schedule

September 5 Fish Lake Trail and Cheney Plateau Start: 9:00 am Meet: Fish Lake Trailhead (Milton St and Government Way) Pace: 12-14 mph Distance: 30 miles Terrain: Mostly level with some gentle up and down on the return. Regroup: as needed Eat: Mason Jar. Return via Andrus, Spotted Rd, Thorpe, Garden Springs, Grandview, Lindeke to Milton. Rain cancels. Leader: Garry Kehr 509-990-1474

September 12 South Hill/Palouse Start: 9:00 am Meet: Huckleberries Market at Monroe St. & 10th. Pace: 12-14 mph Distance: about 26 miles Terrain: Climb up to 57th, then rollers, Regroup: as needed Eat: Chaps Cafe at Hwy 195 & Cheney Spokane Rd. Return via Inland Empire Hwy, 7th Ave back to Huckleberries. Rain cancels. Leader: Lila Meglio 509-378-8665

September 19 North Spokane Loop Start: 9:00 am Meet: Linwood Park, 1102 W Warn Way at Hughes Dr. Pace: 14-16 mph Distance: 39 miles Terrain: Many hills Regroup: As needed Route: Linwood Park – Waikiki – Rutter Pkwy – 9 mile – TJ Meenach – NW Blvd – Summit Parkway – Centennial Trail – Mission Park – Freya – Lincoln – Linwood Park Eat: Rancho Chico, Northwest Blvd.
Map/cue sheet: <https://goo.gl/maps/p6dNKCjicPr> (22.2 mi.)
<https://goo.gl/maps/uiZaMGv91tk> (16.5 mi.) Leader: Rudie Neumann 509-951-7753

September 26 No Ride is Scheduled

October 3 South Hill - Hangman Valley Loop Start: 9:00 am Meet: Huckleberry's – 926 S. Pace: 12-14 mph Distance: 23 miles Terrain: rolling hills Route: Madison-High Drive-57th-Helena-61st-Regal-65th-Regal Rd-Palouse Hwy-Windmill-Willow Springs-Baltimore-Hangman Valley-195-Inland Empire Way-7th-Oak-9th-to Madison back to Huckleberry's. Regroup: at determined points. Eat: Huckleberry's Rain Cancels. Leader: Barb Kehr 509-290-1967
Want more miles? Consider riding from home. Call leader with questions or concerns.

October 10 North Spokane Loop Start: 10:00 am Meet: Linwood Park, 1102 W Warn Way at Hughes Dr. Pace: 14-16 mph Distance: 39 miles Terrain: Many hills Regroup: As needed Route: Linwood Park – Waikiki – Rutter Pkwy – 9 mile – TJ Meenach – NW Blvd – Summit Parkway – Centennial Trail – Mission Park – Freya – Lincoln – Linwood Park Eat: Rancho Chico, Northwest Blvd.
Map/cue sheet: <https://goo.gl/maps/p6dNKCjicPr> (22.2 mi.)
+ <https://goo.gl/maps/uiZaMGv91tk> (16.5 mi.)
Leader: Rudie Neumann 509-951-7753

October 17 No Ride is Scheduled

October 24 No Ride is Scheduled

October 31 Halloween Costume Ride Start: 10:00 am Meet: Kendall Yards at Central Food, 1335 W. Summit Parkway. Dress in costume & ride the Centennial Trail east to Valley Mall to have lunch and then return. Pace: 12-14 mph Terrain: Flat Distance: About 30 miles. Rain cancels. Leader: Amina Giles 509-844-4209 Call if any questions on day of ride

WEDNESDAY WOMEN'S Ride Schedule

September 6, Trail of the Coeur d'Alene's Start: 10:00 am Meet: Cataldo, Idaho Trailhead - I-90 east to Exit 40 - allow 1:10 to drive from downtown Spokane Pace: Leisurely 10-12 mph Distance: 20 Miles Terrain: Flat Regroup: as needed Route: Out and back; choose your own distance. Eat: Mission Inn, Cataldo Map/cue sheet: No Weather cancellation: Heavy rain cancels. Leader: Eileen Hyatt 509-475-9328

September 13, Riverside State Park Start: 10:00 am Meet: West Central Community Center, 1603 N Belt Pace: 10-12 mph Distance: 15 miles Terrain: Moderately hilly with Pettit Drive climb at end Regroup: as needed Route: Pettit Drive, Downriver, Seven Mile Bridge out and back Eat: Veraci Pizza, 1333 W Summit Pkwy Map/cue sheet: no Weather cancellation: rain cancels Leader: Karen Carlberg 509-624-6989

September 20, Idaho Centennial Trail to Fernan Lake Start: 10:00 am Meet: Riverstone Park, Coeur d'Alene ID Pace: 10-12 mph Distance: 19 miles Terrain: mostly flat Regroup: as needed Route: Lakeshore & Fernan Eat: Peep in Riverstone Map/cue sheet: no Weather cancellation: Heavy rain cancels Leader: Margaret Watson 509-624-3793

September 27, Mt Spokane Parkway & north toward Milan Start: 10:00 am Meet: Yokes at N Market Street & Mt Spokane Pkwy - south end of lot Pace: 10-12 mph Distance: 20 Miles Terrain: mostly flat Regroup: as needed Route: Mt Spokane Pkwy, Peone Pines, Yale, Elk-Chatteroy Roads Eat: Twigs at Wandermere Map/cue sheet: no Weather cancellation: Heavy rain cancels Leader: Margaret Watson 509-624-3793

October 4, Children of the Sun Trail & Tea Start: 10:00 am Meet: Trailhead parking off Market Street at Columbia Avenue (north end of downtown Hillyard) Pace: 10-12 mph Distance: 20 miles Terrain: a few rolling hills Regroup: as needed Route: Children of the Sun Trail and Peone Prairie Eat: Heavenly Special Teas, 5012 N Market Street (Lunch menu & desserts) Map/cue sheet: Yes Weather cancellation: Heavy rain cancels Leader: Eileen Hyatt 509-475-9328

October 11, Centennial Trail East Start: 10:00 am Meet: Mirabeau Park off N. Pines Rd. Pace: 10-12 mph Distance: 18 miles Terrain: flat Regroup: as needed Route: East on Centennial Trail Eat: Panerra Map/cue sheet: no Weather cancellation: Rain cancels. If in question, call Leader: Elaine Mayes 995-8982 or 922-1033

October 18, Centennial Trail Start: 10:00 am Meet: Harvard Road Trailhead Pace:10-14 mph Distance: about 20 miles Terrain: flat Regroup: as needed Route: CT west to Maringo trailhead Eat: Palenque's 1102 N Liberty Lake Rd, Liberty Lake Map/cue sheet: no Weather cancellation: rain cancels Leader: Karen Carlberg 509-624-989

October 25, Post Falls to Rathdrum Prairie Start: 10:00 am Meet: Pines Park, Spokane Street north to Poleline Rd, Post Falls Pace: 10-12 mph Distance: 25 miles Terrain: mostly flat Regroup: as needed Route: Post Falls, Rathdrum Prairie on mostly rural roads Eat: G.W. Hunters, Spokane Street @ freeway, Post Falls Map/cue sheet: no Weather cancellation: heavy rain cancels Leader: Margaret Watson 509-624-3793

November 1, Fish Lake Trail-Cheney Plateau Start: 10:00 am Meet: Fish Lake Trail head parking lot Government Way and Milton Pace: 10-12 mph Distance: 15-20 miles Terrain: gentle hills, one short steep pitch on Grove Regroup: often Route: FLT, Scribner Junction to Marshall/Grove, Thorpe, Abbott, W. Garden Springs, 16th Ave, 14th Ave and return. Eat: Chaps on Cheney/Spokane Rd. Junction Map/cue sheet: no Weather cancellation: rain Leader: Susan Strong 509-990-8877

THURSDAY MORNING Ride Schedule

September 7 Fish Lake Trail, Cheney and Medical Lake Start: 9:00 am Meet: Fish Lake Trail head at Government Way and Milton Pace: 12-14 mph Distance: 45 miles Terrain: flat with moderate rolling hills Regroup: occasionally Route: FLT, Cheney, Salnave to Medical Lake. Return west Medical Lake, 4 Lakes, Melville Rd, Spotted Rd and Grove Rd, Thorpe back to start. Eat tbd. Bring water and snacks. Rain or shine! Leader: Bill Mullins 509-325-1692

September 14 2 Williams Lake and Back Start: 8:30 am Meet: Fish Lake Trail head Government Way and Milton St Pace: 12-14 mph on flat Distance: 64 miles Terrain: mostly flat with few rollers and one extended hill Eat: Klinks at Williams Lake **Alternative Meet** at Mason Jar in Cheney at 9:45 to make a shorter ride. Call leader if you plan on the shorter ride. Bring water and snacks. Rain cancels. Leader: Amina Giles 509-844-4209

September 21 Northeast Loop - Peone, Spokane Valley Mall Start: 9:00 am Meet: Linwood Park, 1102 W Warn at Hughes Dr. Pace: 14-16 mph Distance: 42 miles Terrain: Mostly flat. Some climbs Regroup: as needed. Route: Whitworth, Mead, Peone, Forker, Sullivan, Valley Mall, Centennial Trail, Frederick, Freya, Lincoln, Linwood Park. Eat: Hop Jacks Valley Mall Weather cancellation: none Leader: Rudie Neuman 509-951-7752

September 28 Riverside State Park Start: 9:00 am Meet: CDA Park in Browns Addition near Lutheran Church Distance: 35 miles Terrain: Hilly Pace: 14-16 mph on flats Route: CDA to Sunset Blvd, right at Govt Way to Old Trails Rd. Seven Mile to Nine Mile at Charles Rd. Stop at Tin Cup. Return through park. Cross river at Seven Mile Rd to Aubrey White Pkway through to Downriver golf course. Doomsday hill and return. Eat: Tin Cup Leader: Lila Meglio 378-8665

October 5 Southeast Valley Loop Start: 10:00 am Meet: Edgecliff Park at 8th and Park Pace: 12-14 mph Terrain: one long hill Miles: 40 Route: Madison, Valley Ford, Saltese uplands. Bring water and snacks Eat: TBD Leader: Sally Phillips 448-6271

October 12 Post Falls to Higgins Point Start: 10:00 am Meet: Post Falls Park, right turn off I90, then right gain Pace: Leisurely 10-12 mph Distance: 36 miles Terrain: Flat, one hill. Route: Post Falls to CDA via roads, CDA to Higgins Point on bike trail Regroup: as needed Eat: CDA on return Alternative Meet at Riverstone Park in CDA at 10:45 am Map: yes Rain cancels. Leader: Don Carlton 509-747-5581

October 19 FLT to Cheney Loop Start: 10:00 am Meet: FLT at Government Way and Milton St. Pace: 12-14 mph Distance: 20.5 miles Terrain: mostly flat and easy hills Regroup: at major turns Route: FLT to Scribner, Cheney, Westbow, Thorpe, Abbott, zig and zag back to FLT. Eat: The Elk in Brownes Addition Leader: Barb Kehr 509-290-1967

October 26 Saltese Loop including Centennial Trail Start: 10:00 am Meet: Felts Field Pace: 12-14 mph Distance: 33 miles Terrain: Mostly flat with some medium climbs around Saltese Regroup: at top of hills and as needed Eat: Felts Field Skyway Café. Rain cancels. Leader: Gary Kehr 509-990-1474

SATURDAY STEADY TO BRISK Ride Schedule

September 2 Idaho Centennial Trail Mountain Bike Ride Start: 8:00 am Meet: Sprague and McDonald Road. Carpool to Wallace, Idaho, Visitor's Center. Pace: 10-12. Terrain: Challenging Distance: 50 miles. Description: Dobson Pass, Delta-Murray Road to Murray, Thompson Pass, Idaho Centennial Trail to Cooper Pass. Return through Burke. Leader: Charlie Greenwood, 624-8617, 280-8135.

September 9 Greenbluff, Children of the Sun Start: 9:00 am Meet: Safeway store on Newport Highway, 10100 N Newport Hwy, Pace: 12-14 mph Distance: @ 40 miles. Terrain: hilly, one big climb. Regroup as needed. Map: no. Description: Greenbluff, Children of the Sun, Morgan Acres, maybe Big Meadows. Leader: Amina Giles, 467-1980, 509-844-4209.

September 16 Sacheen Lake/Newport Start: 9:00 am. Meet: Riverside HS lot (SW corner of Jct of Hwy 2 & Deer Park-Milan Rd.) Pace: 14-15 mph Distance: 58 miles. Terrain: Rolling with a few uphill testers. Regroup as needed. Map: maybe. Description: Fertile Vly/Sacheen Lk/Deer Vly/Newport/Diamond Lk Eat: Lunch in Newport. Leader: Bob Bowley, 534-5501.

September 23 Deer Park, Williams Valley Start: 9:00 am. Meet: Starbucks at Wandermere, 12408 N. Division. Pace: 12-14 mph. Distance: 40 miles. Terrain: Flat with some steeper hills.

Description: Hastings Rd, Mill Rd, Little Spokane River Dr., Perry Rd, Deer Park Milan Rd, Crawford Rd, Short Rd, Montgomery Rd, Hwy. 2, Williams Valley Rd, Burroughs Rd, Monroe Rd, Austin Rd, Ballard Rd, Dartford Dr, Mill Rd, Hastings Rd. Eat: tbd. Regroup at turns. Steady rain cancels. Call leader if in doubt. Leader: Bill Mullins, 509-325-1692

September 30 Mt. Spokane Mountain Bike Ride Start: 9:00 am. Meet: Meet at Yoke's in Mead, 14202 N Market S Pace: slow (this is a big climb). Distance: 50 miles. Terrain: very hilly. Regroup as needed. Description: Charlie – Big Meadows, Day-Mt. Spokane, Kit Carson Loop, Summit Road. Eat: bring water and pocket snacks. Leader: Charlie Greenwood, 624-8617, 280-8135.

October 7 Post Falls/CdA Start: 10:00 am. Meet: Rocket Bakery on N. Argonne Rd. Distance: @ 60 miles. Terrain: Hilly going east, Flat coming back. Pace: 14-15 mph. *Pace will be just right.* Regroup as needed. Description: Ride the Centennial Trail to State Line, then East Riverview to Post Falls and Coeur d'Alene. Eat: Stop for coffee, then return by a flatter route. No map. Leader: Steve Sauser 509 499-6567

October 14 Lake District/Cheney Start: 10:00 am. Meet: Coeur d'Alene Park in Browne's Addition. Pace: 14-15 mph. Distance: @50. Terrain: Climb up to West Plains, then rolling hills. Regroup as needed. Map: yes. Description: Granite Lake, Silver Lake, Medical Lake, Clear Lake, Cheney. Eat: Cheney. Bring pocket snacks and water. Leader: Sally Phillips, 448-6271.

October 21 Hauser/Newman Lake Loop Start: 10:00 am Meet: Yokes store at McDonald and E. Sprague Avenue in Spokane Valley. Pace: 12-15 mph. Mileage: 30 or 50 depending whether we ride around 1 lake or both. Terrain: Newman – hilly, Hauser – flat to low climbs. Regroup as needed. Description: Ride up McDonald, Mission, Evergreen, Indiana to Mirabeau Parkway and Centennial Trail to Harvard Road, Euclid/ E. River Rd., Starr Road to the lake(s) and back. Weather will affect route. Eat: Bring water and snacks. Option to eat after ride at Vintage Vines on Evergreen. Leaders: Frank and Sheila Ping 924-1814.

October 28 Mount Hope/Spangle Start: 10:00 am Meet: Albertsons, 57th & Regal. Pace: 14-15 mph Distance: 52 miles Terrain: One long hill, many small ones. Description: Valley Chapel, Kentuck Trails, Spangle-Waverly, Hwy 195, Cedar, High Drive. Regroup as needed. Map: yes. Eat: Spangle. Leader: Sally Phillips, 448-6271

November 5 Mountain Bike Ride on John Wayne Trail. Start: 9:00 am (**Note time!**) Meet: Sandifur Bridge parking lot, of Clarke St. Carpool to Rosalia. Distance: 35 miles. Terrain: flat, but unpaved. Description **Mountain bike** the John Wayne Trail from Rosalia to Tekoa. Eat: Tekoa. Leader: Charlie Greenwood, 624-8617, 280-8135.

SATURDAY STEADY AND LEISURELY Ride Schedule

September 2 Trail of the CdA's - Heyburn to Harrison. **NOTE**: change in start time due to long drive in car. Start: **10:00 am** Meet: Heyburn State Park, in the large dirt parking lot next to the Trail of the Coeur d'Alenes. Directions: From southbound Highway 95, a little more than a mile south of Worley ID, turn left onto West Conkling Road. Continue east and then south; the road becomes Chatcolet Road (do NOT turn left toward Conkling Marina). After Lake CDA is in view, there is a stop sign. Make a sharp left turn there onto Chatcolet Lower Road. Follow this to a large

dirt parking lot which is next to the Trail of the Coeur d'Alenes and the lake. Park between the two restrooms. Parking fee is \$5, or Idaho State Park annual pass. To avoid the fee, park at the Plummer, Idaho trailhead. This will add 15 miles r.t. plus 630 feet elevation gain. Allow at least 30 minutes to bike, Plummer to Heyburn. Pace: 10-14 mph. Distance: 16-31 miles, out and back, ride as far and fast as you want. Terrain: flat to gentle grades except for steeper on bridge over Lake CdA. Regroup: as needed. Route: Trail of the Coeur d'Alenes, from Heyburn State Park to Harrison and beyond if desired. Map: none. Eat: Restaurant in Harrison, t.b.d. Rain: Cancels. Leader: Karen Carlberg, 624-6989 or karencarlberg AT comcast.net.

September 9 Standard – C.O.S.T. Loop. **NOTE**: change in start time. 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: 10-14 mph. Distance: 26 miles. Terrain: flat to some hills. Regroup: when needed. Route: Counter-clockwise for a change. Logan area, Regal, entire length of C.O.S.T. (Children of the Sun Trail), Whitworth area, (different approach here from July route), Standard, Addison, Cincinnati, Kendall Yards. Map: none. Eat: My Fresh Basket, 1030 W. Summit Pkwy. (new grocery store in Kendall Yards). If Rain, eat first, then ride (still meet at Tom Sawyer). Leaders: Mary & T.J. Badger, 467-8099 or badgermary AT hotmail.com.

September 16 St. George's-Fairwood-Peone Loop-1898. Start: 9:30 am Meet: Kalispel Golf Course (formerly Spokane Country Club), 2010 W. Waikiki Rd. Park car in immediate right hand corner as you drive in to parking lot. Pace: 10-14 mph. Distance: 26 or 23 miles (1 less hill also). Terrain: Flat to gentle grades with ~ 6 to 8 short hills. Regroup: Frequent. Route: Fish Hatchery, St. George's Rd., Waikiki, Bellwood, Wandermere, Children of the Sun Trail, Peone, Bruce, Stoneman, C.O.S.T, Addison, Fairwood, "1898". Map: none. Eat: 1898 Restaurant (at Country Club). No dress code. Beautiful view. Breakfast menu (as low as \$6). If Rain: eat first, then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary AT hotmail.com.

September 23 Airway Heights Loop. Start: 9:30 am Meet: Sunset Park at Lawson and 9th in Airway Heights. 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: 27 miles. Terrain: Flat with gentle slopes. Regroup: Often. Route: Generally clockwise loop on little used roads around Airway Heights as far south as Andrus Road. Map: none. Eat: La Presa Mexican Restaurant, 13308 W. Sunset Hwy. If Rain: Eat first, then ride. Still meet at Sunset Park. Leaders: Mary & T.J. Badger, 467-8099 or badgermary AT hotmail.com.

September 30 Riverside State Park to Centennial Trail (C.T.) Far Point. Start: 9:30 am **NOTE**: this is a State Parks Free Day, no pass needed. Meet: Wilber trailhead of the C.T. (from Hwy. 291 aka Francis or Nine Mile Rd., turn left at Seven Mile Rd. & go 0.8 miles (crossing bridge), turn left on C.T. (State Park Dr.) & go 0.7 mi. Pace: 10-14 mph. Distance: 16–27 miles. Terrain: gentle slopes to some hills. Regroup: Often. Route: C.T. to far point (Nine Mile Recreation Area at Long Lake), A.L. White Parkway, T.J. Meenach Bridge, C.T. Map: none. Eat: Field House Pizza at Assembly & Wellesley. If Rain: Eat first, then ride. Still meet at Wilber t.h. Leaders: Mary & T.J. Badger, 467-8099 or badgermary AT hotmail.com.

October 7 Coeur d'Alene & Fernan Lake. **NOTE:** change in start time. Start: **10:00am** (note that it is a 35 mile car drive from downtown Spokane, so allow time). Meet: behind Michael D's Eatery, 223 Coeur d'Alene Drive, Coeur d'Alene. Directions: From Spokane, take I-90 exit #15 to Sherman Ave. (Do NOT take exit 14, 15th St). Drive straight through the traffic light on Sherman Ave. You will see Michael D's on the right. Park on the street behind Michael D's. Pace: Leisurely (10-12 mph). Distance: 18-20 miles. Terrain: flat to gentle grades. Regroup: Occasional. Route: Fernan Lake to the turnaround before the climb and back through scenic parts of the city. Map: none. Eat: Michael D's. If Rain: contact leader. Leader: Judy Waring, 208-765-5378 or waringjudy152 AT yahoo.com.

October 14 Old River Road Autumn Leaf. Start: 10:00 am Meet: Enaville Resort, a.k.a. the Snake Pit. (Take I-90 east to Idaho Exit 43, Kingston, turn left and go 1.5 miles. Note that this is 64 miles from downtown Spokane and you should allow an hour of driving time). Pace: Leisurely (10-12 mph). Distance: 27.6 miles. Terrain: same as gentle gradient of the North Fork CdA River, flat to gentle grades. (all paved). Regroup: occasional. Route: up and back on Old River Road. Map: none. Eat: Snake Pit. If Rain: contact leader. Leader: JoAnn Schaller, (208)-818-9378 or joannschaller AT hotmail.com.

October 21 Hardesty Far Point Autumn Leaf. Start: 10:00 am Meet: Yokes at junction of Hwy. 2, 206, & Market; southwest corner of parking lot (this is 15 miles from downtown Spokane, so allow time). Pace: 12-14 mph. Distance: 28 miles. Terrain: flat to gentle grades with some hills. Regroup: Occasional. Route: Lane Park area, Yale, Colbert, Elk-Chattaroy, Hardesty. Map: none. Eat: Cinola Restaurant, 14712 (Hwy.2) N. Newport Hwy. If Rain: Eat first, then ride. Still meet at Yokes. Leaders: Mary & T.J. Badger, 467-8099 or badgermary AT hotmail.com.

October 28 Dishman – Mica / Belmont Autumn Leaf Loop. Start: 10:00 am. Meet: Brown's Park, northeast corner of Pines & 32nd (near University H.S.). Pace: 10-14 mph. Distance: 16.2 to 24.2 miles (map provided). Terrain: Flat to gentle grades to steep grades. Regroup: Occasional. Route: Pines, Madison, Thorpe (Mohawk option), Dishman – Mica, Hwy 27, Belmont (optional), Hwy. 27 (Jackson option), Palouse Hwy, Madison, & return to Brown's Park. Eat: Savageland Pizza, 700 S. Dishman Rd. If Rain: eat first, then ride. Still meet at Brown's Park. Leaders: Mary & T.J. Badger, 467-8099 or badgermary AT hotmail.com.

MOUNTAIN BIKING Ride Schedule

Rider will need to have a minimum of a hybrid bike with fairly decent tires as we will be going over rocks and rough road and a helmet is a must. Will meet at the Wilbur Trailhead (**except as noted** *) on the Centennial Trail. **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 7 mile road north – take first left after crossing Spokane River bridge – park at second parking lot on right (end of road).

Rain will cancel or extremely muddy conditions. Please call if unsure about weather conditions or for any additional information.

ALL Sunday rides for September and October will begin at 2:00 pm (except as noted *)

Dates

***Sept. 3rd** - Leader: Barbara/John Beaton 465-1952 or 590- 3814 (Barb's Cell)

Start Time: 3:00 Meet: **McLellan Trailhead** (Take 7 mile road north – take first right after Spokane River bridge – park end of road).

Sept. 10th - Leader: Hank Greer - Phone: 509-714-0382

Sept. 17th – No Ride Scheduled

***Sept. 24 – Ride Into the Night** Leader: Dave Braun - Phone: 509-768-4258.

Start Time: 6:00. **Bike light is a must**

Oct 1st - Leader: Barbara/John Beaton 465-1952 or 590- 3814 (Barb's Cell)

Oct. 8th – Leader: Barbara/John Beaton 465-1952 or 590- 3814 (Barb's Cell)

Oct. 15th - Leader: Dave Braun - Phone: 509-768-4258.

Oct. 22nd – Leader: Garry Kehr - Phone: 509-990-1474

Oct. 29th – Leader: Garry Kehr - Phone: 509-990-1474

Government Affairs

A couple notable cycling-related projects are stalled due to the state not passing its capital programs budget:

- The Spokane Parks Dept. purchased 31 acres of land along the Spokane River, adjacent to TJ Meenach Bridge. The City is requesting \$1 million to develop it for a fishing spot, parking, and, potentially, connection to the Centennial Trail. The Trail already has a side path that extends under Meenach Bridge close to the newly acquired River property.
- The South Gorge Trail was scheduled for construction in 2018. It's a 10-ft wide, 1 mile long trail along the south side of the river, thru Peaceful Valley. It will connect the Sandifur Bridge with Glover Field. Three hundred thousand dollars are requested for this project.

Bicycle Advisory Board News

The new standard for bike lanes is 6' with 2' buffer.

Interested groups – City of Spokane, Spokane County, Spokane Valley, Spokane Regional Transportation Council, Commute Trip Reduction, Spokane Transit Authority – had a brainstorming session to discuss starting a bike share program. The City has a grant to study this idea. The goal is to have short term rental bikes available for people to use at a modest cost. A system would involve using a Credit card and probably start in the downtown area. The question of whether to repeal the bike helmet law is under discussion.

Seattle has re-launched its bike share program, this time using pilot programs by vendors Spin and Limebike. Cost is \$1 for every 30 minutes. Bikes are 3 and 7 speed models. Bikes are unlocked with a Smartphone app and can be left anywhere, IE they don't use a docking station, so finish your ride by leaving the bike at a convenient outdoor spot. The Smartphone app shows location of bikes around town, using GPS tracking. Both vendors are allowed to ramp up to 2000 bikes in Sept. Spin plans to deploy 10,000 eventually. Spin reported encouraging numbers for their first week of operation (with 500 bikes deployed): *In week one, we're excited to share that we've hit **5,008 rides**. Our average ride lasts **16.71 minutes**, our top user has logged **20 rides**, and an average rider has taken **2.7 trips**.* Neither vendor deploys helmets, which are still required in King County, so that's an issue to be worked out.

There are openings on Bicycle Advisory Board - 4 at-large, plus one student. BAB members need to be living in City of Spokane. If interested, contact Louis Meuler lmeuler@spokanecity.org 509.625.6096

Washington State Dept of Transportation Workshops

In July, WSDOT held a place-making workshop, for planning the freeway route from Spokane River to I-90. The freeway will be elevated in this section. The accompanying Children of the Sun Trail may veer away from the freeway, possibly crossing the railroad tracks at the Havana bridge. It will connect with the Millwood Trail, as well as the Centennial Trail, and the Ben Burr Trail. (Hey, a network!)

In August, WSDOT held a Transportation Workshop. “Purpose is to generate and assess ideas to improve transportation beyond the single occupancy vehicle, within the next decade.” The workshop was attended by 2 county commissioners, a legislative rep, County Commute Trip Reduction folks, Health Dept staff, STA employees, plus reps from the City of Spokane and Spokane County, also some of us interested civilians. Some interesting facts:

- Nearly 30 % of Washington workers commute by methods other than by driving alone. For work sites that participate in Commute Trip Reduction, that number increases to 40%
- Washington had 17 bike fatalities in 2016.
- Rural communities have a higher rate of fatal crashes and serious injuries than urban and suburban communities.
- Transportation sector is the largest contributor of greenhouse gas emissions, and the largest consumer of energy, at 31%.

A last workshop exercise was for each person to come up with one favorite idea from the workshop. Ideas were then scored by the group. One of the top vote getters was: *Connect bike lanes and trails and provide directional signage.*

Coeur d'Alene News

CdA's master bike plan is online. They have lots to be proud of. Accomplishments since 2010 – 8 miles of path, 18 miles on-street bike lanes, two bike boulevards, one bike repair station. The document includes maps of shared use paths, a trails and bikeways map, also a map of *proposed* bike trails and bikeways. The plan can be found at:

https://www.cdavid.org/files/Parks/Master_Plans/2017%20Coeur%20d'Alene%20Trails%20and%20Bikeways%20Master%20Plan%204-14.pdf

CdA is involved in a major reworking of Seltice Way. “The \$5.44 million project will provide for a new streetscape, roundabouts ... bike lanes, shared-use paths as well as upgraded water and wastewater utilities between Huetter Road and Northwest Boulevard. The project is projected to last into the first quarter of 2018 and work is weather dependent.”



A recent SBC ride took advantage of the new east-bound bike lane. We picked it up at the east end of Post Falls, traveling to CdA with only one driveway-sized piece still unfinished.

University District/Downtown News

University District Bridge - Concrete has been poured for the landings on both sides of the tracks. The Bridge is due to be complete Sept 2018. Before winter stops the project, the bridge arch will have about 30 of its 120 foot height in place.

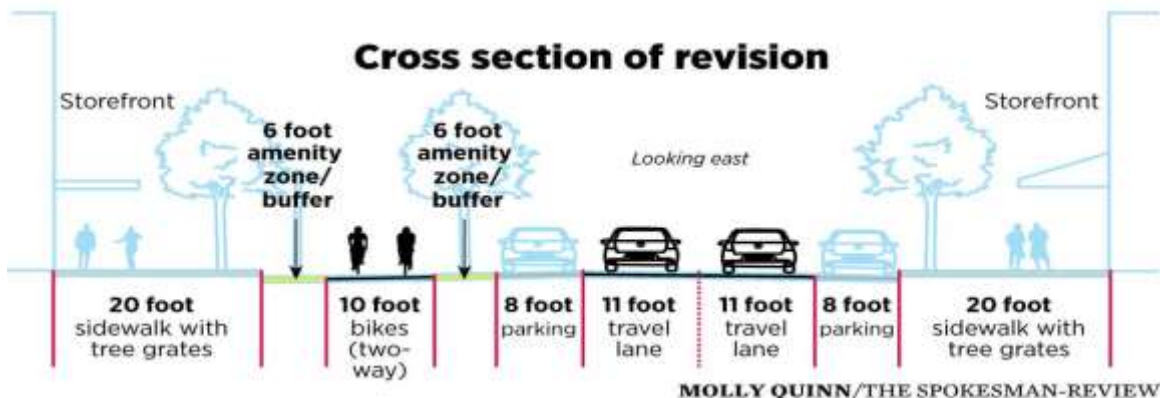
Martin Luther King Jr extension is operational now – yeah! East Riverside becomes MLK Jr Way and now is paved all the way to Erie/Iron Ct Way. The extended road is fenced off from motor traffic, but there is a pass-thru for bikes and peds. Folks coming from Ben Burr Trail can now exit Liberty Park, go under the freeway at Perry, then follow the newly paved path around to the pass-thru and proceed to Riverside.

Council President Ben Stuckart wants the City Council to consider endorsing a plan for the east end of Main, downtown. The new configuration of the street might include Spokane's first two way, 10 ft bike lane, buffered on either side by 6 ft spaces. "Essentially, the right-of-way goes from 60/40 in favor of cars, to 62/38 in favor of people," the study says. Ryan Patterson, Bicycle Advisory Board Chair, emphasized that it's important that motorists see that the new configuration 'doesn't negatively impact traffic flow'. After Division St roadwork is completed, the City will be evaluating the mid-street diagonal parking implemented last year – has it changed speed or frequency of accidents on Main?

Main Avenue revision

The proposed revision would include a two-way bike lane and amenity zones, which might feature landscaping, street furniture, street art and alternate uses of the sidewalk such as farmers' market stalls, vendor booths, artists exhibit stalls, resting places and gathering areas. Also planned are: Mid-block street crossings.

Source: City of Spokane



Bits

- Mark your calendars. Next year's Washington Bike Summit is scheduled in **Spokane** on April 15-16th. Cascade Bicycle Club is organizing the summit. Garry Kehr, Margaret Watson and Sally Phillips are SBC'ers who have offered to help with planning for the summit. The Summit will bring together transportation professionals and citizen enthusiasts. We'll offer attendees a chance to cycle some of Spokane's best trails and roads. Curious about what these events are like? Details of the 2017 Summit can be found at:<http://wabikes.org/washington-bike-summit/>
- In July, Oregon state legislature voted to apply a \$15 surcharge on the purchase of bicycles costing \$200 or more. Initially the funds were to be dedicated to bike-related infrastructure. In the final version, the funds will be used for bikes and pedestrian projects.
- A University of Wisconsin-Milwaukee study on bike and ped fatalities provided the following insights:
"Annual US pedestrian and bicyclist fatalities involving motor vehicles have each increased by 30% in just six years, reaching their highest levels in two decades... Portland stood out a safest city for bicyclists. On the flip side, Jacksonville, Orlando and Tampa were among the most dangerous for walkers and bicyclists. For bicycling, the most dangerous regions had a fatality rate six times higher."

Safer regions were associated with pedestrian and bicycle investment and activity. More pedestrian and bicyclist traffic overall is related to lower crash risk for each person walking and bicycling.

– Sally Phillips





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Your Adventure Starts Here

MOUNTAIN GEAR

**Spokane Bicycle Club Board Meeting
August 1, 2017**

REI

Board Members Present: Scott Schell (President), Barb Kehr (Immediate Past President, Sally Phillips (Treasurer), Dudley Bowers, Sally Phillips, and Margaret Watson.

Board Member Absent: Herschel Zellman, Gerald Bergstrom.

Guests: Garry Kehr

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

Approval of Agenda: Scott presented this evening's agenda and it was approved with one addition.

Minutes: Approved.

Treasurer's Report

Committee Reports:

- A. **Summer Parkways Success.** Committee felt that Summer Parkways was not a good fit for our club.
- B. **Club Jerseys** are ordered.
- C. **Ride coordinators report.** (no report)
- D. **New members report.** (no report)
- E. **Newsletter report.** (no report)
- F. **Web Page report.** (No report)
- G. **Public Project.** (No report)
- H. **Yearend banquet.** Banquet scheduled for October 28. Committee was formed for table settings. Included Barb Kehr and Margret Watson. We are committed to Mukagowa for the food and facilities
- I. **Nelson Tour.** Currently there are 9 riders going. Will accept 3 more riders to a maximum of 12 riders. Riders need to arrange their own rooms in Kaslo for Thursday night. Amina has rooms reserved for all riders. Except for the night in Kaslo All riders planning to attend need to tell Amina of their rooming choices by September 15.
- J. **Sponsor Board.** Updated successfully at a reasonable cost.

New Business:

- A. End of Year Banquet** Set for October 28 Committee was formed for the table settings for the banquet: Barb Kehr and Margret and Amina.
- B. VP recruitment committee report.** Board approve putting Bill Olsen be placed on the ballot for next year's VP position. There are no open board member positions that need to be filled for next year.
- C. Invitation for the Club** to participate in the Washington Bike Summit. (WBS) The club providing financial encouragement for club member to attend the Washington Bike Summit. No decision was made at this time. Gary will represent the club by participating in the monthly planning conference calls to plan the WBS. Margret, Sally and Gary expressed interest in forming a committee to support planning Club participation in the WBS.
- D. Changing the start time for rides** due to heat. Discussion about developing a policy to direct changing ride start time because of too much heat for the time schedule. A committee was form led by Gary to study efficient ways for ride leaders to change the way rides are changed by the ride leader prior to the ride because of environmental concerns. Dud and Amina will assist.
- E. KSPS Public TV** call in event. Gary and Sally managed to get 10 volunteers to staff the call-in event.
- F. Spokefest Volunteers.** The club is working to get volunteers to support the registration process for Spokefest for September 8, 9, 10.

Adjournment: 8:00 pm.

Next Meeting: Tuesday, October 3, 2017, 6 pm, at REI.

Respectfully submitted,

Dud Bowers
Acting Secretary

APPENDIX A

Cash Flow - YTD
1/1/2017 through 8/1/2017

Category Descriptions	
INFLOWS	
Member Dues	3,696.82
Newsletter Surcharge	230.00
Sponsorship Income	2,000.00
TOTAL INFLOWS	5,926.82
OUTFLOWS	
Bike Swap	150.00
Contributions	
Centennial Trail Adopt-A-Mile	500.00
Total Contribution	500.00
Insurance	1,383.00
Jersey	780.00
Memberships	
Leagugue of American Bicyclists	200.00
Other Memberships	102.00
Total Memberships	302.00
Misc Exp.	10.00
Newsletter Expense	
Other Newsletter Expense	414.34
Total Newsletter Expense	414.34
Rent	
Other Rent	66.00
Total Rent	66.00
Sponsorship Expenses	96.82
Supplies	7.60
TOTAL OUTFLOWS	3,709.76
OVERALL TOTAL	2,217.06

APPENDIX B

Account Balances - as of 8/1/2017	
Account	Balance
Bank Accounts	
12 month CD	0.00
Bank of America Savings	0.00
BAW Contributions	0.00
Centennial Trail Contributions	0.00
Checking Bank of America	0.00
Sponsorship	4,294.46
STCU Checking	10,109.61
TOTAL Bank Accounts	14,404.07
OVERALL TOTAL	14,404.07