

September - October 2021

SATURDAY STEADY RIDES SCHEDULES

Note: Helmet required on all SBC rides

September 4

Name: **Trail of the Coeur d'Alenes - Plummer to Harrison**

Start Time: 9:00 am

Meet: Trail of the Coeur d'Alenes Trail Head & parking area on Anne Antelope Ave (just off Hwy 27 on north side of Plummer ID (From downtown Spokane allow 45 minutes driving time to Plummer via Mica & Rockford)

Pace: 12-14 mph (steady).

Distance: 31 miles.

Terrain: Flat to gentle grades, except 630 feet elevation gain on the return.

Regroup: Occasional.

Route: all on smoothly paved Trail of the CdA's. (Plummer Creek & Lake CdA).

Eat: Restaurant in Harrison, to be determined.

Weather cancellation: Extreme heat, smoke or heavy rain. Call leader with any questions.

Leaders: Sue & David Smith Phone: 509-844-4915, 509-844-4914

September 11

Name: **Fish Lake Trail to Cheney and Return on country roads**

Start Time: 9:00 am

Meet: Fish Lake (FLT) trailhead at Milton St., just off Government Way and Sunset Blvd.

Distance: 30 miles.

Terrain: Mostly flat with some small hills.

Stopping point: At Scribner trailhead at 7.7 miles.

Eat: at Mason Jar, Cheney.

Route Description: Fish Lake trail/Columbia Plateau trails to Cheney. Return via Cheney Spokane Road, Andrus, Grove, Thorpe, Abbott, Garden Springs, Grandview, W 16th Ave, Milton to trailhead.

Weather cancellation: Extreme heat, smoke or heavy rain. Call leader with any questions.

Leaders: Sue & David Smith 509-844-4915, 509-844-4914

September 18

Name: **Felts Field to Saltese Loop**

Start Time: 9:00 am,

Meet: Skyway Café parking lot at Felts Field.

Pace: Steady, 12-14 mph on flat terrain.

Distance: 34 miles.

Terrain: Mostly flat with a significant climb up Quininmose Hill; regroup often.

Description: Skyway Café, Euclid-CT-Flora-Henry-Quininmose loop.

Eat: Skyway Café at Felts Field at end of ride. Map and cue sheet will be available.

Weather cancellation: Extreme heat, smoke or heavy rain, Call leader with any questions.

Leader: Sue & David Smith 509-844-4915, 509-844-4914

September 25 - - **NO RIDE SCHEDULED**

October 2

Name: **Cheney to Williams Lake via Turnbull Wildlife Refuge**

Start Time: 10:00 am

Meet: Mitchell's Harvest Foods, 116 W 1st St (at J St), Cheney

Pace: 12-14 mph

Distance: 29 miles

Terrain: A mostly gentle rolling hills, with one steep climb out of Williams Lake

Regroup: At turns and top of Williams Lake climb

Route: Cheney Plaza Rd, to Williams Lake Rd, and return via Mullinex Rd.

Eat: Mason Jar, 101 F St, Cheney

Weather cancellation: Extreme heat, smoke or heavy rain. Call leader with any questions.

Leaders: Sue & David Smith 509-844-4915, 509-844-4914

October 9

Name: **West Spokane Loop and Fish Lake Trail**

Start Time: 10:00 am

Meet: Fish Lake Trail Head on Lindeke Rd (off Government Way)

Terrain: Except for a moderate (300 ft) climb at the start of the ride, the terrain is mostly gentle with few small hills and a nice slightly downhill, and mostly shady return on the Fish Lake Trail.

Distance: Approximately 26 miles

Pace: 12-14 mph

Description: Pleasant loop up to West Plains, returning via Fish Lake Trail.

Route: Fish Lake Trail Head to Lindeke to W 13th and across bridge over I-90, Southwest, Westcliff, Assembly, Greenwood, Spotted Rd, Cheney Spokane Rd, Scribner and on to Fish Lake Trail.

Weather cancellation: Extreme heat, smoke or heavy rain. Call leader with any questions.

Leaders: Sue & David Smith 509-844-4915, 509-844-4914

October 16

Name of Ride: **Spangle-Waverly-Prairie View Loop**

Start time: 10:00 am

Meet: Harvester Restaurant, Spangle, 17 miles south on Hwy 195 from its intersection with I-90.

Terrain: Rolling, generally quiet country roads

Distance: Approximately 30 miles

Pace: 12-14 mph

Description: This ride is on gently rolling and quiet farm country south of Spokane unless the wind is blowing hard. The ride begins and ends at the Harvester Restaurant in Spangle where there is a restroom and ample parking (best east of the restaurant at the back of the lot)

Weather: Cancel if heavy rain or strong winds

Leaders: Sue & David Smith 509-844-4915, 509-844-4914

October 23

Name of Ride: **South Hill, Palouse, Baltimore, Hangman Valley Rd, & Empire Way**

Start time: 10:00 am

Meet: Wheel Sport South - parking lot.

Terrain: Rolling with a few hills, and a climb up to Monroe

Distance: approximately 22 miles

Pace: 12-14 mph

Description: The scenery is beautiful, with views of the rolling hills of the Palouse and Latah Creek. The ride has a great long downhill on Baltimore, but this is somewhat offset by the steady climb back up High Drive to the starting point.

Weather cancellation: Heavy rain, Call leader with any questions.
Leaders: Sue & David Smith 509-844-4915, 509-844-4914

October 30

Name of Ride: **People's Park to 7-Mile Loop**

Start Time: 10:00 am

Meet: People's Park by Sandifur Bridge

Terrain: Rolling to a few small hills

Distance: approximately 21 miles

Pace: 12-14 mph

Description: Scenic loop from People's Park to Seven Mile bridge through Riverside State Park.

Weather: Cancel if heavy rain

Leaders: Sue & David Smith 509-844-4914, 509-844-4915