

September - October 2021

SCENIC THURSDAY RIDES – follows same format as SCENIC TUESDAY RIDES

Note: Helmet required on all SBC rides

September 16

Name of ride: **Mirabeau CT - East**

Start time: 9:00 am

Meet: 8:45 am at Mirabeau Meadows in the parking lot near picnic area and bathrooms.

Terrain: Mostly flat

Distance: 20 miles

Pace: 10-12 mph

Description: From Mirabeau go east on trail. Go 10 mi. out & 10 mi. back. Regroup often.

Eat: TBD

Weather policy: Rain, extreme heat, or questionable air quality cancels

Leader: Kim Meyer 509.981.5223

September 30

Name of ride: **Two-State Ride**

Start time: 9:00 am

Meet: 8:45 am at Falls Park, 12201 W. Parkway Dr, Post Falls, ID

Terrain: Mostly flat. One short hill to Spokane River at McGuire. Very short incline from CT to Appleway crossing.

Distance: 20 + miles

Pace: 10-12 mph

Description: Ride Centennial Trail west with short detour to McGuire Park. Back on CT again west to Appleway, crossing over to Country Vista. Ride Country Vista around golf course, then to Harvard trailhead. Take Centennial Trail east, returning to Falls Park. Regroup often.

Eat: Sawmill, 302 N. Spokane St., in Post Falls

Weather policy: Rain, extreme heat, or questionable air quality cancels

Leader: JoAnn Schaller 208.818.9378

October 7

Name of ride: **Washington & Idaho Ride**

Start time: 9:00 am

Meet: 8:45 am at Shari's Restaurant, 320 N. Sullivan

Terrain: Mostly flat with a few hills

Distance: approximately 25 miles

Pace: 10-12 mph

Description: Ride from Shari's through Greenacres, Otis Orchards, to McGuire Rd. in Post Falls.

Return via CT, the Trail of Liberty Lake, & Country Vista Rd to Greenacres & back to

Shari's. Regroup often. Eat: Shari's.

Weather policy: Rain, extreme heat, or questionable air quality cancels

Leader: Sharon Morrison 509.710.5650

October 21

Name of ride: **Fish Lake Trails**

Start time: 9:00 am

Meet: 8:45 am at Fish Lake Trailhead, Government Way & bottom of Sunset Hill.

Terrain: Mostly flat on trails. A longer climb on Cheney-Spokane Rd.

Distance: approximately 25 - 30 miles

Pace: 10-12 mph

Description: Ride 7.5 mi. & then approximately 2 miles on the Cheney-Spokane Rd to the second Fish Lake Trailhead. Ride the second Fish Lake trail to the end & then up on the road for less than a mile to Cheney. Have a coffee break in Cheney before reversing the route back to Government Way Fish Lake Trailhead. Regroup often.

Eat: Chaps, 4237 Cheney-Spokane Rd.

Weather policy: Rain, extreme heat, or questionable air quality cancels

Leader: Jan Whaley 509.994.8173