

September - October 2021

TEAM TUESDAY RIDE

Note: Helmet required on all SBC rides

September 7

Name of the Ride: **Baltimore Loop**

Start 9:00 am

Meet: old Albertsons corner of 37th and Grand

Pace: 10+ mph

Distance: 17 miles

Elevation gain: ~1150

Description: Down Hatch Rd (whee!!), turn left on to Hangman follow to Baltimore turn right on to Windmill Rd, follow to Willow Rd, turn right on to Palouse Highway, go to Jamison Rd, turn left on to Ben Burr and ride thru residential streets to 4221 S. Ivory Ct.

Map: <https://www.mapmyride.com/routes/view/4568792158>

Usual weather restrictions

Eat: My place after ride. Sign-up please. 4221 S. Ivory St., corner 43rd.

Leader: Don Carlton, 747-5581, cell 598-5386 doncarlton@msn.com

September 14

Name of Ride: **Spokefest 21-mile loop**

Start time: 8:00 am

Meet: Nest at Kendall Yards, 1335 W. Summit Pkway

Terrain: some hills in Riverside State Park and a climb up Doomsday Hill

Distance: 21 miles

Pace: 10-14 mph

Description: Start at the Nest in Kendall Yards, proceed east to Monroe Street, turn right and cross the Monroe St. bridge, turn right on to Clark Avenue, veer slightly left up a short hill to Government Way. Stay on Government Way to Trail West and turn right to enter Riverside State Park. Proceed to Wilber Trailhead and regroup. Proceed on to Seven Mile Bridge and turn right, cross the bridge, and turn at first right on to N. Aubrey White Way. Continue thru Riverside State Park, past entrance for Park, continue past Downriver Golf course to Petite Dr (Doomsdays Hill)

Eat: Choose a restaurant in Kendall Yards

Weather policy: Rain/hail/snow/ crazy wind or poor air quality cancels

Leader: Jim O'Hare, 509-251-4474, jolmhc@gmail.com

September 21

Name of Ride: **Mirabeau Falls parking lot on CT to Terra Cafe in Post Falls**

Start time: 9:00 am

Meet: Parking lot across from Mirabeau Falls next to CT - (the west lot). Check access due to construction.

Distance: 30 mostly flat miles out and back

Pace: 12 - 14 mph

**You can buy sandwiches, pastry, drinks etc at Terra Cafe. Nice outdoor patio.

Weather policy: Rain or hideous air quality cancels, but mostly we will try to go.

Ride Leader: Jane Schelly 509-389-048

September 28

Name of the ride: **South Hills Parks**

Start: 9:00 am

Meet: old Albertsons, corner of 37th and Grand

Pace: 10+ mph

Distance: 23 miles

Elevation gain: ~**1100+**

Description: Visiting 15+ parks on the upper and lower south hill. The route has steep hills, city traffic and bad roads.. **Not for the faint of heart.**

Map provided.

Eat: Park Bench in Manito Park

Weather policy: Usual weather restrictions

Leader: Don Carlton, 747-5581, cell 598-5386 doncarlton@msn.com

October 5

Name of Ride: **Fish Lake Trailhead to Cheney**

Start Time: 9:00 am

Meet: **Finch Arboretum**

Terrain: Flat with a gradual increase over the length of the Fish Lake Trail

Distance: about 30 easy miles round trip

Pace: 10-14 mph

Description: Ride to the 7.5-mile marker, regroup as necessary. Turn right and ride up a steep but short hill (Scribner Road) to Spokane-Cheney Highway. Turn left. Ride for approximate 2.5 mile to turn left at Fish Lake, regroup at bathrooms. Proceed on Columbia Plateau Trail. At the end, turn right for 1 mile to Cheney. Stop at Mason Jar coffee shop, eat and regroup. Return with reverse directions to Fish Lake Trail head-Spokane. Bring water and snacks.

Weather policy: Rain/hail/snow/ crazy wind or smoke-caused poor air quality cancel

Leader: Jim O'Hare Cell: 509-251-4474

October 12

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

Start: 9:00 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.

Leader: Marty November Cell: 323-286-5993

October 19

Name of Ride: **Centennial Trail East**

Start Time: 9:00 am

Meet: Centennial Trail – East Maringo Drive Trailhead.

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.

Terrain: Flat

Distance: 24+ miles out and back

Pace: 10-14 mph

Description: Beginning at East Maringo Drive Trailhead follow Centennial Trail to Stateline Rest Stop and return

Weather policy: Rain/hail/snow/ crazy wind or smoke-caused poor air quality cancel

Leader: Jim O'Hare Cell: 509-251-4474

October 26

Name of Ride: **South Hill - Riverfront Park Loop**

Start Time: 9:00 am.

Meet: The old Albertson's store parking lot, corner of Grand and 37th. (There is a Starbucks across the Street.)

Route: South Hill neighborhood streets, Ben Burr trail, Riverfront Park loop, return via Ben Burr trail.

Terrain: Hilly, approx. 900 feet gain.

Distance: Approx. 20 miles.

Pace: Approx. 12 mph.

Refreshments: Stop for ice cream at the Scoop.

Weather policy: Rain, heavy wind, or poor air quality cancels

Leader: Lori Smith Cell: 509-954-9645