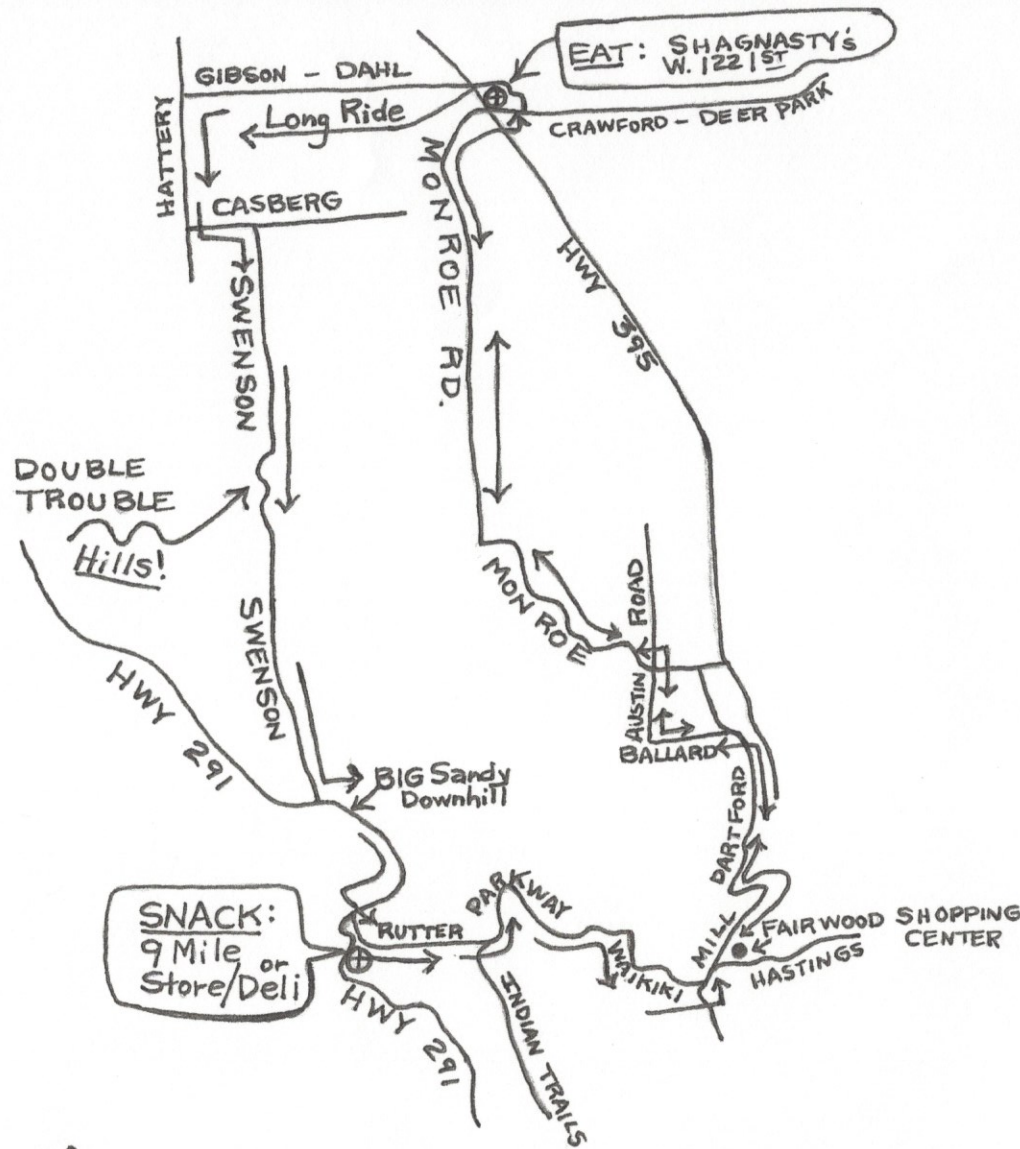


SPOKANE BICYCLE CLUB  
and  
SPOKANE MOUNTAINEERS  
Saturday Breakfast Ride  
August 5, 1989



SHORT RIDE: Approximately 35 miles.

Proceed northwards from Fairwood on Mill and Dartford Rds. At Ballard Rd. turn left off of Dartford and proceed west to Austin Rd. Turn right and go north to Monroe Rd. Go west (left) on Monroe and follow it until it ends at Hwy. 395. Cross the highway and proceed on Crawford-Deer Park Rd. for approximately 1/4 mile. Cross Crawford at 1st St. (left) to the Shagnasty's Restaurant for brunch.

LONG RIDE: Approximately 65 miles.

Follow route with short ride riders. After brunch go east to Railroad Rd. Turn left off of Crawford Rd. immediately after crossing RR tracks. Follow road to City Park, recrossing RR tracks. Pass park and take Dahl Rd. to Hwy 395. Cross highway, taking Dahl Rd. till it becomes Gibson Rd. At Hattery Rd. go south (left) to Casberg. Turn left at Casberg, then right onto Swenson Rd. Follow Swenson up and down a series of very steep hills southwards until it ends at Hwy 291. Turn left and follow 291 down BIG SANDY hill to Nine Mile Falls area. Make an immediate left across Nine Mile Rd. adjacent to the Dam onto Rutter and follow parkway east, turning left at Indian Trails intersection. Proceed down to Waikiki and up to Mill Rd. Turn left at Mill Rd., returning to the Fairwood Shopping Center.

PLEASE NOTE: The long ride is the infamous "Course of the Seven Hills" used in the '84 and '88 U.S. Olympic Cycling Trials/National Championships as well as the annual Washington Trust Cycling Classic. Known as the Wild Rose Prairie Road Race, 1,700 feet of climb is encountered. TAKE THE CHALLENGE!! (Our version is in reverse.)



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