

November – December 2018

SATURDAY STEADY TO BRISK Ride Schedule

Note: Saturday Rides and Winter Weather

We're tough, but not altogether fond of hours of discomfort. If the roads are snowy, call the leader to confirm that the ride is happening

November 3 **John Wayne Trail Mtn Bike Ride.** Start: 9:00 a.m. (**Note time!**) Meet: Sandifur Bridge parking lot, off Clarke St. Carpool to Rosalia. Pace: 10-12 Distance: 35 Miles. Terrain: flat, but unpaved. Description: Mountain bike back roads from Rosalia to Tekoa. Return on the former John Wayne Trail (now called Palouse to Cascades Trail) Eat: Tekoa. Leader: Charlie Greenwood, 624-8617

November 10 **Palouse-Valley-South Hill** Start: 10:00 a.m. Meet: Albertsons at 57th & S. Regal, Pace: 12-14 mph Distance: 29 miles, Terrain: Small hills, climb up South Hill. Description: S. Regal, Windmill, Palouse Hwy, Madison, Dishman-Mica, Sprague, Havana-Yale, Ben Burr Trail, Eat: tbd, No map - regroup as needed, Leader: Sally Phillips 448-6271

November 17 **Centennial Trail, Millwood** Start: 10:00 a.m. Meet: Rocket Bakery on Argonne Pace: 12-15 mph Distance: 20-30 Terrain: Mostly flat. Description: Centennial trail, may include the new Millwood trail. If rainy or snowy, call leader to confirm that the ride is on. Eat: after the ride. Bring water and snacks. No map, regroup as needed. Leader: Sheila and Frank Ping, 924-1814

November 24 **Hilby, Big Rock Mountain Bike Ride** Start: 10:00 a.m. Meet: Great Harvest Bakery, 2530 E 29th, 29th & SE Blvd. Pace: 10-12 Distance: 17.8 Terrain: short steep hills, also rollers, 1374 ft of climb. Regroup at turns. Description: Southside hills, about 1/2 on dirt and gravel roads. Eat: Sally's house after ride, for turkey soup and dessert. No map, regroup as needed. Leader: Sally Phillips 448-6271

December 1 **Old Trails, Pine Bluff on dirt roads** Start: 10:00 a.m. Meet: Sandifur Bridge parking lot at Clarke and Riverside. Pace: 10-12 Distance: 45 Terrain: hilly Description: Old Trails to Pine Bluff. Dirt road alternative to Four Mound Prairie. Return on South Bank and Inland Roads. Eat: Tin Cup Map: Follow the leader or: <https://www.strava.com/routes/15982319> Leader: Charlie Greenwood, 624-8617

December 8 **Baltimore/Hangman Valley** Start: 10:00 a.m. Meet: Great Harvest Bakery, 29th & SE Blvd. Pace: 12-14. Distance: 24. Terrain: down the South Hill, then back up. Description: Palouse Hwy, Baltimore, Hangman Valley, Pullman Highway, up Adams, 25th. Eat: bring pocket snacks Leader: Sally Phillips, 448-6271

December 15 **Millwood, with Hill Climbs** Start: 9:30 a.m. **(note time!)** Meet: Rocket Bakery on Argonne. Pace: 14-15 Distance: @20 Terrain: flat, with some hill climbs. Description: We will ride through neighborhoods north of Millwood with some hill climbs, 20+/- miles. Or if snowy weather permits carpool to Mt. Spokane for snowshoeing (see below). Call leader to confirm what the exercise mode will be. If rainy or snowy, call leader to confirm that the ride is on. Eat: Bring water and snacks. Leader: Sheila and Frank Ping, 924-1814

December 22 **Bakery to Bakery Ride** Start: 10:00 a.m. Meet: Great Harvest Bakery, 29th & SE Blvd. Pace: 10-12 mph. Distance: 25. Terrain: Down the South Hill, then back up; flat otherwise. Description: Ride to three bakeries – South Hill, Millwood, downtown. The challenge on this one is to pace your eating. Eat: often Leader: Sally Phillips, 448-6271

December 29 **Rose Lake to Harrison.** Start: 9:00 a.m. **(note time!)** Meet: Carpool from Yoke's at Sprague and McDonald. Pace: 10-12. Distance: 36 Terrain: flat as a pancake Description: Coeur d' Alene River Delta in Winter. Snow will cancel but rain or cold will not. Dress accordingly. Leader: Charlie Greenwood, 624-8617

January 5 **Bike and Hike in Dishman Hills area** Start: 10:00 a.m. Meet: Starbucks on 57th Pace: 12+ Distance: 11 Terrain: hilly Description: Short bike ride to Dishman Hills' Thierman Rd trailhead. Potential 5 mile out-and-back hike, with distance dependent on weather. Trail is hilly – trekking poles suggested, maybe snowshoes depending on weather. Bring a lock for your bike, as we will lock up at the trailhead entrance. Eat: bring pocket snacks. Leader: Sally Phillips 448-6271

Non-SBC Activities:

*These activities are being organized by bike club members, but are NOT being sponsored by the Spokane Bicycle Club. The activities are NOT covered by the Club's liability insurance. **Participate at your own risk.***

December 15 **Snowshoe trip(alternative to bike ride listed above)** Start: 9:30 a.m. Meet: Rocket Bakery in Millwood. Description: If it's snowy, the planned bike ride will morph into a snowshoe trip. We will carpool for snowshoeing on Mt. Spokane. Eat: Bring snacks & water. Leader: Sheila and Frank Ping, 924-1814. Check with leader to determine whether this is ride or snow trip.