

March – April 2019

SATURDAY STEADY Ride Schedule

March 9-10. Sunnyside Cycling: Saturday and Sunday. Note: (Saturday only option: drive home after Saturday ride). Start: (see below under Meet). Meet: 8:00 am at a local restaurant, t.b.d. for coffee or breakfast. At that time each rider will sign the S.B.C. liability release and receive Sunnyside maps and other info. Pace: Out and back, choose your own pace. Distance: ~14 miles per day (option to do more). Terrain: Flat to rolling. Regroup: Often, but optional. Maps: Sunnyside and Prosser. Route: Lower Yakima Valley Pathway, which is a paved path mostly separated from the highway between Sunnyside and Prosser. (longer, more difficult loops are also available for fit riders if desired). Eat: restaurants t.b.d. Note that there is a brew pub in Sunnyside, many good Mexican restaurants, other choices as well.

Leaders: Mary & T.J. Badger, 467-8099 or badgermary@hotmail.com.

In addition: Leaders will provide maps, general info, and free wine tasting coupons at the Saturday meet-up. Leaders will try to assist riders for carpooling and sharing rooms. Riders must make their own lodging reservations and provide transportation. Contact us for list of options. Sunnyside has an elevation of 770 feet above sea level compared to Spokane which is about 2000 feet. Lower elevations mean warmer temperatures and spring in Sunnyside should be 2 weeks ahead of Spokane. The bike rides we are leading will be Saturday afternoon and Sunday mid-day. In the event of inclement weather, there are breweries, wineries, and museums close by. **Deadline:** riders must contact leaders by Monday, March 4.

March 16. Iron Bridge – S.C.C. Loop. Start: 11:00 am. **Note:** later time start. Meet: Cataldo & Columbus (1 block east of Clark's Fork Restaurant). From Hamilton, Cataldo Avenue is about 2 blocks north of Trent & 3 blocks south of Sharp (Jack & Dan's). Pace: 12-14 mph (steady). Distance: Rider's choice of 10 or 16 miles. Terrain: flat to gentle slopes. Alternate map for faster or slower riders. Regroup: Often. Route: Kendall Yards C.T. (Centennial Trail), Nettleton Overlook, Summit Parkway, north bank of Riverfront Park, Gonzaga, Mission Park, (10 mile option returns on C.T.), Iron Bridge, S.C.C., Tuffy's trail Overlook, Iron Bridge. Eat: Clark's Fork Restaurant, 1018 N. Hamilton St. **If Rain:** Eat first, then ride (still meet at Cataldo & Columbus). Leaders: Mary & T.J. Badger, 467-8099 or badgermary@hotmail.com.

March 23. Devils Gap – Red Lake. Start: 11:00 am. Meet: Devils Gap Overlook. From Spokane, go west ~21 miles on Hwy. 2 to Reardan. Turn right on Hwy. 231 + go 14 miles, turn right on Hwy. 291 & go 0.9 mile to top of hill. Turn right into dam overlook parking lot. Allow 45 minutes driving time from downtown Spokane. (Note: Northsiders may take Hwy, 291, call leaders for info). Pace: 12-14 mph (steady). Distance: 16.2 miles. Terrain: Flat with 1 hill (Red Lake). Regroup: Occasional. Route: Lake Spokane Campground, Pictographs, Red Lake, and Devil's Gap vista. Eat: El Ranchito Restaurant, 5919 Hwy. 291 in Suncrest. Rain: rain cancels, if in doubt contact leaders. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@hotmail.com.

March 30. Reservation Road. Start: 11:00 am. Meet: KURT'S CORNER (convenience store) from downtown Spokane go west 21 miles on Hwy. 2 to Reardan, turn right (north) on Hwy. 231 & go 19 miles

to Ford. Turn left on Ford-Wellpinit Road and go 2.1 miles to Kurt's Corner (junction of Reservation Rd). **Note:** be sure to clock mileage from Ford, dirt parking lot is easy to miss. Allow 55 minutes driving time from downtown Spokane. Northsiders can get to the meet spot via Hwy. 291 (about 37 miles, call for directions). Pace: 12-14 mph. (Out and back route, go at own speed). Distance: 17.2 miles, option to do more. Terrain: Almost flat. Regroup: Occasional. Eat: Pizza Factory in Suncrest. Rain: rain cancels, if in doubt contact leaders. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@hotmail.com.

April 6. Post Falls - Riverstone. Start: 10:30 am. (Note earlier time change). Meet: Falls Park in Post Falls. From I-90 in Idaho take Exit 5 (Spokane St.), go south on Spokane St., turn right on 4th Ave., go 0.5 mi, turn left into Falls Park. Pace: 12-14 mph (steady). Distance: 17.5 miles. Terrain: Flat to rolling. Alternate map for faster or slower riders. Regroup: Occasional. Route: Centennial Trail, suburban streets, newly paved trail. Eat: Republic Taphouse, 120 E. 4th Ave. in Post Falls. If Rain: Eat first, then ride (still meet at Falls Park). Leaders: Mary & T.J. Badger, 467-8099 or badgermary@hotmail.com.

April 13. Latah Creek Loop. Start: 10:30 am. Meet: Chaps Restaurant, 4237 Cheney-Spokane Rd. (just south of Yokes). Pace: 12-14 mph (steady). Distance: 18.4 miles. Terrain: Flat with some hills. Alternate map for faster or slower riders. Regroup: Occasional. Route: Hwy. 195 shoulder, Qualchan G.C., Inland Empire Way, new South Gorge Trail (note rough pavement in High Bridge Park). Eat: Chaps. If Rain: Eat first, (still meet at Chaps), then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@hotmail.com.

April 20. Columbia Plateau Trail – Lance Hill – Cheney Loop. Start: 10:30 am. Meet: Trail at Fish Lake on C.P.T. From Spokane go south on Hwy. 195, turn right on Cheney-Spokane Rd. & go ~8.5 miles. Turn left on Meyers Park Rd. & go 0.1 mi. **Note:** this is a Free Day for State Parks, so Discover Pass NOT needed to park here today. Pace: 12-14 mph (steady). Distance: 19.6 miles. Terrain: Flat to rolling. Map for faster or slower riders. Regroup: Occasional. Route: (All paved): C.P.T., Hwy. 904, Lance Hill Rd., Cheney-Spokane Rd. Eat: El Rodeo Restaurant, 505 2nd Street, Cheney. If Rain: Eat first, (still meet at trailhead at Fish Lake), then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@hotmail.com.

April 27. Rustic Roads – Medical Lake. Start: 10:30 am. Meet: Coney Island Park, W. 200 Lake Street (corner of Lake and Jefferson St.) in Medical Lake. It's a 20 minute drive from downtown Spokane via I-90 & Hwy. 902. Stay on Hwy. 902, turn right on Lake Street. Pace: 12-14 mph (steady). Distance: 21 miles. Terrain: Flat to rolling with 2 small hills. Alternate map for faster or slower riders. Regroup: Frequent. Route: All paved roads. Loop with 4 out and back spurs. Back roads & streets, only 2 miles are on high speed highways. Eat: Lefevre Bakery, on Lefevre St. across from City Hall, Fire Dept., & Police Dept. If Rain: Eat first, still meet at Coney Island Park), then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@hotmail.com.

May 4. Arboretum - Fish Lake Trail Loop. Start: 10:00 am. (**Note** earlier time change). Meet: Finch Arboretum, "F" Street and Woodland Blvd. Look for Arboretum sign from Sunset Blvd, 0.5 mile west of Government Way. Pace: 12-14 mph (steady). Distance: 19 miles. Terrain: Gentle grades with one steep but short hill. Alternate map for faster or slower riders. Regroup: Occasional. Route: Arboretum, F.L.T., Grove, Deska, West Drive. Eat: Pacific Avenue Pizza. If Rain: Eat first, then ride (still meet at Finch Arboretum). Leaders: Mary & T.J. Badger, 467-8099 or badgermary@hotmail.com.