

March – April 2019

SATURDAY STEADY TO BRISK Ride Schedule

March 2 Old Trails, Pine Bluff on dirt roads Start: 10:00 am Meet: Sandifur Bridge parking lot at Clarke and Riverside. Pace: 10-12 mph Distance : 45 miles 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> Note: If there is snow on the ground, call leader - this may turn into a ski trip. Leader: Charlie Greenwood, 624-8617

March 9 Eastside/Valley Ramble Start: 10:00 am Meet: Atticus Coffee, 222 N. Howard. Pace: 12-14 mph Distance: 40 miles Terrain: flat. Description: Ride to Liberty Lake & back on CT and quiet Spokane Valley roads. Destination, distance are weather-dependent. Eat: Somewhere in Liberty Lake. Bring pocket snacks. Leader: Sally Phillips, 448-6271

March 16 Spangle with some unpaved roads Start: 10:00 am Meet: Sandifur Bridge parking lot at Clarke and Riverside. Pace: 10-12 mph Distance: 40 miles Terrain: rolling hills. Description: Spangle via backroads/dirt. Regroup at turns. Eat: Spangle. Bring pocket snacks. Leader: Charlie Greenwood, 624-8617 or Facebook

March 23 Elder Road Rollers Start: 10:00 am Meet: Albertsons at 57th & S. Regal. Pace: 10-12 mph Distance: 21 miles Terrain: a dozen short, steep hills on unpaved dirt and gravel. Description: Palouse Hwy and Elder Road rollers. Regroup at turns. Eat: TBD, after the ride. Bring pocket snacks. Leader: Sally Phillips 448-6271

March 30 Pleasant Prairie/Children of the Sun trail Start 10:00 am Meet: at Yoke's store on the corner of Sprague and McDonald. Pace: 10-12 mph. Distance: 25-30 miles. Terrain: Rolling hills. Description: Ride over to Mirabeau Park, Centennial Trail, Fruithill, Pleasant Prairie, Stoneman, Fairview Rd., and Children of the sun trail to Freya and Upriver Drive and back. Eat after the ride, TBD. Bring snacks and water. Rainy weather affects ride route. Leaders: Sheila and Frank Ping, 924-1814

April 6 Deer Park, Williams Valley Start: 9:00 am (**Note time change**) Meet: Starbucks at Wandermere, 12408 N. Division. Pace: 12-14 mph. Distance: 40 miles. Terrain: Rolling hills, a couple short steep ones. Description: Hastings Rd, Mill Rd, Little Spokane River Dr., Perry Rd, Deer Park Milan Rd, Crawford Rd, Short Rd, Montgomery Rd, Hwy. 2, Williams Valley Rd., Burroughs Rd, Monroe Rd, Austin Rd, Ballard Rd, Dartford Dr, Mill Rd, Hastings Rd. Regroup at turns. Eat: tbd. Leader: Sally Phillips, 448-6271

April 13 Post Falls via Riverview Start: 9:00 am Meet: Paul Brunton's house, 7903 E Princeton Ave Pace: 14-16 mph Distance: @40 miles Terrain: long climb on Riverview, flat otherwise Description: On Centennial Trail to State Line, Riverview to Post Falls, meander back on secondary roads. Cue sheet provided. Eat: Bring pocket snacks. Stop at convenience store in Post Falls. Beverages and snacks at Paul's house after the ride. Leader: Paul Brunton, 953-9564

April 20 Roast House Coffee Ride Start: 9:00 am Meet: Yokes at Sprague & McDonald Pace: 10-15 mph. Distance: 30 miles. Terrain: Flat to moderate hills. Description: Ride West on Centennial trail, Upriver Drive, Euclid, N. Foothills to Roast House coffee warehouse on Cleveland. Enjoy some tasty coffee or tea at Roast House then ride back. Eat: Bring snacks and water. Rain affects ride, so email or call the day before. Leaders: Sheila & Frank Ping, 924-1814

April 27 Rathdrum & Hidden Valley Loop Start: 9:15 am Meet: Starbucks at Liberty Lake Pace: 14-16 mph Distance: 46 miles (Rain, hail or snow will cut ride short.) Terrain: Mostly flat to Rathdrum, then several strenuous climbs to view the valleys. Description: Ride to Rathdrum, with loop to Hidden Valley. Note: 1/3 mile of GRAVEL. Eat: Popeye's or a Rathdrum restaurant. Leader: Bob Bowley 534-5501

May 4 Newman Lake Start: 9:00 am Meet: Mirabeau trailhead on CT, east lot Pace: 12-14 mph Distance: 42 miles Terrain: Hilly around the lake. Description: East on CT, loop around lake, back on Wellesley, Mission Eat: bring pocket snacks. Stop at convenience store. Leader: Sally Phillips, 448-6271