

March – April 2019

TEAM TUESDAY Ride Schedule

March 5 Centennial Trail Meet Up Start: 11:00 am **NOTE TIME** delay for chilly weather! *Only if snow has melted and biking is possible on the Centennial Trail.

Meet: Kendall Yards at Central Food, 1335 W Summit Pkwy

Description: CT east through downtown in direction of Millwood for an early season ride

Distance: 15 flat miles Pace: 12-14 mph, will stop for eats at the Mascot, Cataldo Street in the Gonzaga U. area to warm up and for food if needed.

Weather questions? Check with Leader: Lila Meglio (509) 378-8665.

March 12 Mirabeau Centennial Trail Start: 11:00 am **NOTE TIME** delay for chilly weather! *Only if snow has melted and biking is possible on the Centennial Trail.

Meet: CT Trailhead off Pines Rd Description: Centennial Trail east to Post Falls and return Distance: 20 miles flat, Pace: 12-14 mph Eat: mid-ride stop in Liberty Lake or in Post Falls to warm up and re-fuel.

Weather questions? Check with Leader: Lila Meglio (509) 378-8665.

March 19 Millwood Centennial Trail Start: 11:00 am **NOTE TIME** delay for chilly weather! *Only if snow has melted and biking is possible on the Centennial Trail.

Meet: Centennial Trail at the Maringo Trailhead east of Argonne Library Ride: east for 1 hour, then turn around to ride back west for a 2 hour total ride. Pace: 10-12 mph, or your own pace according to time line listed above, then will regroup at 2 hour finish, designated sweep during ride. Eat: Rocket Bakery on Argonne after the ride.

Weather questions? Check with Leader: Jane Schelly 509-389-0484

March 26 Fish Lake Trail to Cheney Start: 10:00 am **TIME CHANGE!**

Meet: Fish Lake Trailhead at Government Way and Sunset Highway (Milton St.)

Description: FLT to Scribner Rd, Cheney-Spokane Rd in to Main Street Cheney, stop mid-ride at the Mason Jar and return. Distance: 31 miles Pace: 10-12 mph. Terrain: Some hills. Eat: Mason Jar.

Weather exceptions: contact ride Leader: Jim O'Hare, (509) 251-4474

April 2 Mission Park Centennial Trail Start: 10:30 am **NOTE TIME** Meet: Mission Park Trailhead, 1208 E. Mission Ave Description: Centennial Trail east to Millwood

with weather permitting, will continue out to the Spokane Valley and loop back. Distance: 35 miles.

Terrain: flat Pace: 12-14 mph Food: Bring pocket snacks, possible stop at Rocket Bakery on Argonne Rd. Weather questions? Check with Leader: Lila Meglio, (509) 378-8665

April 9 Paradise Loop Start: 10:00 am **NOTE TIME** Meet: Harvester Restaurant in Spangle, taking Rt 195 South to Spangle. Pace: 12-14 mph; Distance: 28 miles; mostly flat; Regroup at major intersections Route: Hwy195 - Paradise - Smythe - Sherman - Anderson - Curtis - Cheney-Spangle

Loop Eat: Harvester after the ride; No-one left behind, sweep provided. Map and Cue sheet provided.
Heavy rain or winds cancel.

Leader: Garry Kehr 509-990-1474

April 16 Cascade to Palouse Rail Trail dirt ride (mountain bike). Start: 10:00 am

Meet: Rosalia at Pinewood Cottage Furniture and Crafts. Turn right on first in Rosalia, Left on Gashaus Rd. Google says about 33 miles from the South Hill, driving time about 36 – 40 minutes.

Description: Rosalia to Walden on trail returning on paved road back to Rosalia. This is a fun ride. Pace: 8-12 mph (on dirt trail). Mostly flat. Eat: at Hole in the Wall Pizza after the ride. Map and Cue sheet provided. Rain cancels. Leader: Garry Kehr 509-990-1474

April 23 *TRY OUT AN E-BIKE at WHEELSPORT South* Start: 10:00 am.

Meet: Wheelsport 3020 S. Grand Blvd., meetup with shopkeeper, Greg Britton and SBC ride leaders Garry Kehr and James O'Hare for an opportunity to take one of Wheelsport's E-Bikes out on a test drive! Ride leaders will then lead us on a "ramble" around side streets. Distance: Leaders' discretion. Questions? Call Garry at 509-990-1474 or Jim at 509- 251-4474

April 30 Mission Park Centennial Trail Start: 10:00 am Meet: Mission Park Trailhead, 1208 E. Mission Ave Description: Ride east on Centennial trail to State Line and return.

Terrain: flat Pace: 12-14 mph Distance: approx. 35 miles

Eat: on return, Rocket Bakery at Argonne Rd. Rain cancels.

Leader: Amina Giles, cell 509-844-4209 or home 467-1980 .