

September – October 2019

SATURDAY STEADY (12 – 14 mph) SCHEDULE

September 7. Fernan Lake – Higgens Point Ride. Start: 9:30 am. Note later start time.
Meet: Streets behind Michael D's Restaurant in CdA. Allow 45 minutes to drive from downtown Spokane. From I-90 in Idaho, exit at Sherman Avenue, exit 15. Drive south (straight) at the traffic light at the junction of Sherman Ave. and CdA Drive. You will see Michael D's on the right. Park on the streets behind Michael D's. Note, do not use 15th Street, exit 14 or you will be 8 blocks west of where you should be. Pace: 12-14 mph (steady). Distance: 25 miles. Terrain: Flat to rolling, plus 2 hills. Regroup: Occasional. Route: Fernan Lake, out & back; Idaho C.T. to Higgens Point & back. Eat: Michael D's (223 Coeur d'Alene Drive). If Rain: Eat first, then ride. Leader: Shirley Sturts, 208-664-5318. or shirley.sturts@gmail.com.

September 14. Fish Lake Trail. (2 options, 19 or 30 miles). Start: 9:30 am. Meet: Fish Lake Trailhead, 1 block south of Sunset Blvd. and Government Way (west of Browne's Addition). Pace: 10-14 mph (out and back, so riders can opt to do fewer miles or go any speed). Distance: 19 miles or 30 miles. The 19 mile option stays on the Fish Lake Trail to the terminal fence and returns. The 30 mile option has riders leaving the FLT at Scribner Road, going west on Cheney-Spokane Road for 3 miles, then taking the Columbia Plateau Trail to Cheney, and returning. Terrain: Flat to gentle slopes except for a few small hills on the 30 mile option. Regroup: Occasional. Route: FLT and option to do CPT. Eat: The leader and the 30 mile riders will stop at the Mason Jar in Cheney for a snack mid ride. 19 mile riders will return on their own and eat at a place of their own choosing (possible options include: Chaps, Pacific Avenue Pizza, Veraci Pizza). If Rain: contact leader. Leader: Marty November, (323) 286-5993 or marty011@outlook.com.

September 21. Pleasant View – CdA Beach Ride. Start: 9:30 am. Meet: Under the roof clock of the old Factory Outlets (Tedder Mall). From I-90 in Idaho, exit at Exit 1 & go south on Pointe Parkway (right turn if eastbound, left if westbound). Turn left on Riverbend Avenue & go 0.7 mile. Turn left and park in lot near clocktower on roof. Pace: 12-14 mph. Distance: 27 miles. Terrain: Flat to rolling. Cue sheet for faster or slower riders. Regroup: Occasional. Route: C.T., streets, new paved trail. Eat: Choice of Nates NY Pizza, Big Fat Greek Deli, or Republic Kitchen and Taphouse -all in Post Falls area. If Rain: eat first, then ride (still meet at clock tower). Leaders: Mary Badger, 467-8099 or badgermary@hotmail.com and Sharlene Lundal, 624-1530.

September 28. Riverside State Park Loop Ride. (State Parks Free Day- **no** Discover Pass needed). Start: 9:30 am. Meet: Upper Parking Lot (adjacent to A.L. White Parkway), Bowl N' Pitcher. Pace: 12-14 mph. Distance: 16 or 26 miles. Terrain: Flat to many hills. Regroup: Frequent. Route: Bowl n' Pitcher, then a clockwise loop through the Park. At Seven Mile Rd, choice of returning for a 16 mile option (Mary & TJ will lead this option) or to Lake Spokane Resort for 26 miles (Lori leads). Eat: Fieldhouse Pizza, at Assembly and Wellesley. If Rain: Eat first (still meet at Bowl n' Pitcher), then ride. Leader: Lori Smith, 954-9645 or dlsmith1259@msn.com.

October 5. South Hill Circle Autumn Leaf Ride. Start: 10 am. (note later starting time). Meet: in the far back parking lot, behind Lindaman's Bistro, 1235 S. Grand Blvd. Do not park close to the restaurant. Pace: 12-14 mph. Distance: 24 miles. Terrain: flat with a few hills. Map: map and cues for slower riders. Regroup: Frequent. Route: South Hill plateau meandering circle. Eat: Lindaman's. If Rain: Eat first, then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@hotmail.com.

October 12. Kellogg–Mullan (Tr of CdA's) Autumn Leaf Ride. Start: 10 am. Meet: Kellogg City Park. From I-90, take exit 50 & turn right on Hill Street. Go 0.2 mile, turn right on Railroad Avenue. Park vehicle on left beyond cannon. Pace: 12-14 mph. Distance: 21.6 miles to Wallace, or 35.2 miles to Mullan. Terrain: gentle grade plus hill to Mullan. Regroup: Occasional. Route: Tr of CdA's. Eat: Hill Street Depot. If Rain: eat first, then ride. (Still meet at city park). Leaders: Mary & T.J. Badger, 467-8099 or badgermary@hotmail.com

October 19. Liberty Lake Loops Autumn Leaf Ride. Start: 10 am. Meet: True Legends Grill, 1803 N. Harvard Rd. (Harvard and Mission). From I-90 exit 296, go north a short distance to Mission Ave. roundabout. Pace: 12-14 mph. Distance: 27 miles. Terrain: flat to rolling, some hills. Cue sheet for slower riders. Regroup: frequent. Route: paved trails and quiet streets throughout Liberty Lake area. Eat: True Legends Grill. If Rain: eat first, then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@hotmail.com.

October 26. Nettleton Overlooks to Argonne on C.T. Autumn Leaf Ride. Start: 10 am. Meet: Clark's Fork Restaurant, 1028 N. Hamilton. Parking lot accessed from Cataldo Ave., 2 blocks north of Trent. Pace: 12-14 mph. Distance: 29 miles. Terrain: flat to rolling. Cue sheet for slower riders: Regroup: Occasional. Route: Centennial Trail, quiet city streets. Eat: Clark's Fork. If Rain: eat first, then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@hotmail.com.