

## September – October 2019

### Saturday Steady to Brisk Bikes Rides

**Sep 7 Cheney, Williams Lake** Start: 9:00 AM (NOTE TIME CHANGE!) Meet: Milton St Fish Lake Trailhead. Pace: 14-16 Distance: 65 Terrain: Climb up to west plains, rolling hills. One short steep climb out of Williams Lake. Regroup at turns. Description: West Plains, Cheney, Williams Lake, Mullinex, Return via Silver Lake and Four Lakes. Eat: Klinks at Williams Lake. (last day Klinks Lakeside is open). Bring water and snacks. Leader: Paul Brunton, 953-9564

**Sep 14 Spangle- Rosalia-Thornton-SUNSET-St. John-Malden Loop** Start: 9:00 AM Meet: Harvester café, in Spangle. Option: Drive ahead to Rosalia and join us when we come thru about 10:00 AM Pace: 14-15 MPH Distance: Full loop(with a quick in/back at Malden) = 73 miles Terrain: Palouse hills (2 testers) and assorted rollers. Description: Short Option: Rosalia start, still see the sights of rarely visited locales of Thornton, Sunset, & St. John, with a shorter, mostly flat return from Malden to Rosalia will reduce the bike mileage to a mild mannered 43 miles. Eat: lunch at ST. John, which adds some miles, but a good idea for the long riders. Leader: Bob Bowley 534-5501

**Sep 21 Chatcolet, Palouse Loop** Start: 9:00am Meet: Circling Raven Golf Club (Coeur d'Alene Casino Worley, ID) Pace: about 15mph Distance: 65 miles Terrain: all paved, some hills (2100ft elevation gain) Description: Chatcolet, Tekoa, return via Latah, Fairfield, Rockford Eat: in Tekoa Leader: Ed and Sigrid Lee 509-710-3875, 509-999-6332

**Sept 28 Cheney Columbia Plateau Trail - MTB ride** Start: 9am Meet: Columbia Plateau State Park Trailhead south of Cheney (on Cheney Spangle Rd.) Pace: about 10mph Distance: 30 miles Terrain: mostly unpaved gravel trail, mostly flat (430ft elevation gain) Description: Columbia Plateau Trail to Pine Springs Rd, return via Lance Hill Rd Eat: bring food and water, eat after ride in Cheney Leader: Ed and Sigrid Lee 509-710-3875, 509-999-6332

**Oct 5 Mtn Bike ride, Rosalia to Tekoa** Start: 10:00 AM. (NOTE TIME CHANGE!) Meet: Sandifur Bridge Carpool to Rosalia. Pace: 10 Distance: 35 Terrain: rolling hills Description: Rosalia to Tekoa and back on dirt roads and trails. Eat: Tekoa Leader: Charlie Greenwood, 624-8617

**Oct 12 Coeur d'Alene via Hill Route** Start: 10:00 AM. Meet: Liberty Lake Starbucks (N end of the "SAFEWAY" mall strip) Pace: 14-16 Distance: 47miles(less if rainy) Terrain: Some low gear steep hills early on, but mostly flat coming back. Description: W. Riverview-Greensferry-"Cougar Gulch"-CDA LOOP Eat: Bake By Lake Leader: Bob Bowley, 534-5501

**Oct 19 Rockford, Fairfield, Latah** Start: 10:00 AM Meet: Freeman High School, off Hwy 27 Pace: 15 Distance: 50 Terrain: rolling hills, 2216 ft of climb Description: Rockford, Fairfield, Latah. Hwy 27, with some backroads – Molter, Truax, Wheeler. Eat: convenience store in Fairfield. Map & regroup as needed. Leader: Sally Phillips 448-6271

**Oct 26 Highland Road Hill Climb – Mtn Bike Ride.** Start: 10:00 AM Meet: Sandifur Bridge parking lot. Pace: 12. Distance: 40. Terrain: hilly Description: Nine Mile, Highland Road, Pine Bluff, Christensen, Valley. Return on South Bank. Eat: bring pocket snacks Leader: Charlie Greenwood, 624-8617

**Nov 2 Hauser Lake Fall Leaves Loop.** Start: 10:00 AM Meet: Yokes on corner of McDonald Rd. and E. Sprague. Pace: 15mph. Distance: 30-35 miles. Terrain/Description: Gradual climbs over and around Hauser Lake to see the fall colors. Eat: after the ride, place TBD. Leader: Sally Phillips, 448-6271