

September - October 2021

WOMEN'S FRIDAY RIDE SCHEDULE

Note: Helmet required on all SBC rides

September 3

West Valley Ramble

Start: 10:00 am

Meet: Felt's Field (east end of parking lot)

Pace: 10-12 mph

Distance: 19 miles

Terrain: Mostly flat

Route: East through Millwood and onto Centennial Trail east & return Regroup: As needed

Eat: Skyway Cafe/Felt's Field (outdoor seating available)

Weather Cancellation: Rain, unhealthy air (smoke) or excessive heat

Leader: Margaret Watson (509) 624-3793 (home) (509) 279-9773 (cell)

September 10

Centennial Trail out and back

Start: 10:00 am

Meet: Maringo Drive Park Trailhead

I-90 Exit 287, north onto Argonne Road through Millwood, over Spokane River and turn east on Maringo Drive.

Proceed east to dead end to find trailhead. AKA Maringo Trailhead, Spokane Centennial Trail

Pace: 10-12 mph

Distance: Approximately 20 mi - or choose your distance

Terrain: Mostly flat class A paved trail

Route: East on trail and return

Regroup: As needed

Eat: Bring snacks

Weather Cancellation: Heavy Rain cancels

Leader: Eileen Hyatt 509-475-9328

September 17

Trail of the Coeur d'Alenes, Bull Run West

Start: 10:00 am (9:45)

Meet: Bull Run Trailhead, Trail of the Coeur d'Alene's

Directions: I-90 East to Rose Lake Exit 34, right to ID-3 for 3.2 Mi; left onto S Bull Run Road; turn right to stay on Bull Run Road.

Pace: 10-12 mph

Distance: About 20 miles

Terrain: Flat paved trail

Route: Ride west from Trailhead and return

Eat: Lunch at Rose Lake Restaurant

Cancellation: Excessive Heat, Rain or smoke may cancel

Leader: Kim Meyer 509-981-5223

September 24

East Valley Ramble

Start: 10:00 am

Meet: SE end of Walmart parking lot - 15727 E. Broadway Ave (east of Sullivan Rd)

Pace: 10-12 mph
Distance: Approximately 15 miles
Regroup: As needed to keep group together
Terrain: Mostly flat
Route: North toward river, then east on Centennial Trail to Stateline
Regroup: as needed
Eat: TBD
Cancellation policy: Poor air quality, rain cancels
Leader: Margaret Watson (509) 279-9773 (cell); (509) 624-3793 (home)

October 1

Best of Coeur d'Alene

Start: 11:00 am – (10:45)

Meet: Johnson Mill River Park, 4340 W. Shoreview Lane, CDA. Directions: From I 90, take exit 7 in Post Falls. At the traffic light turn left on E. Seltice Way and go 2.2 miles to N. Huetter Road.

Turn right onto N. Huetter Rd. In .2 miles turn left onto W. Riverway Place. In .4 miles Johnson Mill River Park will be on your right.

Pace: 10-12 mph

Distance: 18 miles

Terrain: Mostly flat, out-and-back

Regroup: As needed

Route: ride on mostly class 1 paved trail through Riverstone, along the river and lake including City Park and Beach, McEuen Park, East Young Avenue Bikeway, and East Coeur d 'Alene Lake Drive.

Turn around at Tony's by the Lake Restaurant and return by same route.

Eat: bring a snack to enjoy with a rest break along the lake.

Weather Cancellation: Rain cancels

Leader: Elaine Mayes 509-995-8982

October 8

Heyburn State Park to Harrison on Trail of the Coeur d'Alenes

Start: 11:00 am **NOTE START TIME**, Allow for drive from Spokane

Meet: Heyburn State Park.

DIRECTIONS: From southbound Highway 95, 1.5 miles south of Worley, turn left onto Conkling Road.

Continue east and then south; the road becomes Chatcolet Road (do NOT turn left toward Conkling Marina).

When the road enters Heyburn State Park it becomes narrow, steep, and winding.

At the first stop sign, make a sharp left turn onto Chatcolet Lower Road. Follow this to a large dirt parking lot.

Parking fee is \$7.

Pace: 10-14 mph

Distance: 16 miles to Harrison and back. More if you choose.

Terrain: Flat

Regroup: Occasionally

Route: TCDA from Heyburn northward, as far as you want to go

Eat: Lunch or ice cream available in Harrison

Weather cancellation: Rain cancels

Leader: Karen Carlberg 509-795-4479, karencarlberg@comcast.net

October 15

Clear Lake loop with a spur

Start Time: 11:00 am

Meet: South side of Medical Lake City Hall, intersection of Lefevre and Hancock

Pace: 10-14 mph
Distance: 15-16 miles
Terrain: Flat to gentle hills
Route: Highway 902, Medical Lake - Tyler Rd, Clear Lake Rd loop
Weather cancellation: Rain cancels
Eat: Outside seating available at LeFevre Bakery
Leader: Karen Carlberg 509-795-4479, karencarlberg@comcast.net

October 22

Fish Lake Trail

Start: 11:00 am
Meet: 13th Ave & Lindeke (South of Sunset Hwy)
Pace: 10-12 mph or choose your own pace
Distance: 18 miles to Scribner's Junction and beyond or turn around early
Terrain: mostly flat railroad grade up to the south on paved trail
Route: South on trail; out and back
Weather cancellation: Excessive rain, wind, cold or snow cancels
Eat: Chaps
Leader: Eileen Hyatt 509-475-9328

October 29

Deer Park, Clayton, Williams Valley

Start: 11:00 am
Meet: Deer Park/Mix Park on Dahl Rd.
Directions: Drive North on 395 to Deer Park, 4th Exit on Dahl Rd, turn right, Park is on right ½ mile. (45 minutes from South Hill Hamblen Park area)
Description: **Sunflower fields abound!!** These will be harvested at the first frost. Riding north to Clayton, a short distance on Hwy 395 shoulder, Clayton, Williams Valley Road and choice in riding east to return to Mix Park.
Route: Ride right out of park, immediately turn left to go over RR tracks, turn left at first intersection on N North Ave. Continue riding north – road becomes Short Rd. Ride until you reach Montgomery, (2.3 miles) turn left and ride west towards Hwy. 395, 2.8 miles. **There is a very short stretch of riding the shoulder on Hwy. 395 towards Clayton which is good only UNTIL you turn right at the Clayton Drive In where the shoulder dwindles to nothing for 10 feet..**
Something to be looking for.
This is Railroad Ave. Ride by Clayton Drive In and curve left for a little bypass of bygone Clayton, a brick making center at one time. Pass the crumbling ornate Grange, look for an elementary school on your left then turn left on William Valley Road, which is signed. This will take you to a crossing of Hwy. 395 CAUTION ADVISED.
Continue on Wms Valley Road for about a half mile turning left, pass the Mennonite Church, which is still Wms Valley Road. There are several roads back to Mix Park. As you go south, about 3 miles from the turn is Gibson Dahl Road. Mostly, the road is good, but be on the lookout for the occasional surprise pothole. This will lead you back to Mix Park, **crossing Hwy 395**. Bring snacks!!
Pace: 10-12 mph
Distance: 15-20 miles.
Terrain: Mostly flat
Leader: Susan Strong 509-990-8877