



The Spokane Bicycle Club

Spoke-N-Word

March - April 2019

Table of Contents

| | |
|------------------------|---------------------------|
| Board, Staff & Members | <u>2</u> |
| President's Letter | <u>3</u> |
| Volunteerism | <u>5</u> |
| Stories from the Past | <u>6</u> |
| Bike Hacks | <u>8</u> |
| Tour Fund Raiser | <u>10</u> |

Rides

| | |
|------------------------|---------------------------|
| Pickup Rides | <u>13</u> |
| Monday Paved Trail | <u>13</u> |
| Monday Traditional | <u>13</u> |
| Scenic Tuesday | <u>14</u> |
| Team Tuesday | <u>15</u> |
| Thursday Morning | <u>17</u> |
| Friday Women's Rides | <u>18</u> |
| Sat Steady (12-14 mph) | <u>19</u> |
| Sat Steady to Brisk | <u>22</u> |
| Government Affairs | <u>24</u> |
| SBC Sponsors | <u>30</u> |
| Board Minute Meetings | <u>31</u> |

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Presidents Letter



Wow, starting the new year off our SBC board has started off running at a fast pace. All board members have stepped up contributing their talents. Sally Phillips is already got the "bike everywhere month" activities going. Gerry Bergstrom has got the tour committee going with several tours on board. Scott Schell and Jim O'hare have formed the new

Education/Adventure committee, with scheduled speakers for our general meetings thru June. Russ Peters is using his IT experience learning our website, giving Serge a break. Three board members, Lila, Scott and myself plus Jaime and Paula Sutherlin have formed the SBC Ridge Riders to do "Ride for Refugee Resiliency," a World Relief fundraiser ride that supports refugees right here in Spokane. Thank God for Hershel Zellman who takes note and keeps us on track during our meetings. Also I want to mention Susan Strong who has become an honorary member of our board for taking charge of our summer picnic. Kudos to the board.

In my last letter I mentioned getting the club a discount for a bike fit. North Division Bicycle made us a special offer for a premium bike fit for a reduced price of 80.00. I hope many of you were able to take advantage of this for a better riding experience. The deadline for scheduling this was 2/28/19. As I am writing this letter I am putting in a reminder to get this done. I know our bodies will thank us later!

Gerry along with Lila, Jim, Scott, and Russ Have come up with quite a list of tours for this year. Y'all should have gotten an email about these tours and we appreciate your response. Keep them coming in please, we need your input! I look forward to riding some of these tours and hope you do too.

Scott and Jim have done an amazing job heading up the education/adventure committee along with Trudy O'Grady and Dudley Bowers. All the slots this spring are already filled. We actually had more than enough with having to reschedule speakers for the fall. I want to point out that our own Jane Schelly is doing the presentation for the March meeting. She is presenting her hiking/biking Italy tour. It will be amazing!

March – April 2019

Last month five of us signed up to form the SBC Ridge Riders after listening to Scott Starbuck and his team present the World Relief STK fundraiser ride at our February general meeting. Just like our ride leaders welcome new riders by teaching proper bike etiquette, helping them to have an enjoyable time and keep them safe- World Relief does this for refugees. Many refugees who come to Spokane haven't slept on a bed, never saw water come out of a refrigerator, or gone to a bank,etc. These refugees go thru a long process to become legal productive citizens, who are very grateful to be here in Spokane. SBC Ridge Riders are passionate to do this gnarly fundraiser ride, and hope each one of you will join us in supporting World Relief.

I want to encourage all of our members to participate in the club for a more enjoyable experience, contact any of the board members and get involved. Again I want to give kudos to our SBC board. Job well done!!

Keep on riding,

Your President,

Bill Olsen

Volunteer opportunities

Bloomsday Bike Corral

- Sunday May 5th
- Located in Riverfront Park
- Two Shifts:
 - 7:00 - 10:30 AM - Takes bikes in
 - 10:30 - 2:00 PM - Distributes bikes back to owners

It's a fun activity and cyclists are grateful for the service.

May Bike Everywhere Month

The Club is sponsoring this event and it would be great to have volunteers helping with:

- 5/13 pancake breakfast setup/teardown
- 5/14 energizer stations
- 5/17 National Bike Everywhere pizza party – logistics
- ‘Special’ evening and Sunday afternoon rides we have planned
- It would also be great to have SBC'ers attend Bike Everywhere events, to give non-SBC'ers a warm welcome.

STORIES FROM THE PAST

Here is a bit of SBC nostalgia from over 25 years ago.....

HILLS, HEATWAVES, HEAT EXHAUSTION AND HEARTY T.O.B.'s (tough, old broads)

When T.J. and Mary Badger volunteered to lead the Tuesday morning ride on May 11, 1993, they probably expected to enjoy a mild spring day along with the usual crowd of weekday riders. Though pre-warned about the intended route, we did not expect the decided turn in the weather from spring to August. That Tuesday turned out to be a record-breaking day for highs.

The Badgers knew that our troop of Tuesday a.m. regulars could withstand the rigors of a good part of the challenging "Course of the Seven Hills" with its 700 plus feet of elevation gain in about 3 miles of roadway. This course had been used for years to test the mettle of world-class racers during both the '84 and '88 U.S. Olympic road trials as well as a number of pro-circuit races during the decade of the 80's.

On this morning, the Badgers were joined by Jo Goertz, Barbara Hinzman, Joyce Johnson, Jane Van Sickle, Ann Johnson, Penny Moore, Maureen Schmahl and Margaret Watson. Discounting the youthful Badgers, the average age of the gang of eight was 58. The "short" ride to Clayton was a mere half metric century, or about 31 miles, but it required climbing the "Double Trouble Hills" twice! Only two decided to tackle that job. The rest of us opted to avoid those hills on the return on by taking the Loon Lake/Springdale/Ford and Tum Tum metric century. By 2:00p.m. and at 85 plus degrees, we were making good time on the 12 mile stretch from Springdale to Ford when, and in spite of a decent tailwind, we were all seeking shade.

The trouble started when M. Watson felt lightheaded and overheated. A convenient and nearby roadside water-filled ditch was eyeballed as a cool down source. However, a tombstone-shaped historical marker provided a sliver of shade. Thanks to the assembled group, there was enough water to douse a pale-faced, nauseous rider who was finally convinced by Dr. Mary Badger to remain behind till T J could retrieve his vehicle at the ride start and pick-up the disabled and weary rider. Only missed the last grueling 20 miles! Experienced long distance rider, Barbara Hinzman, declared...."This was the hardest ride I've ever done!"

The best part of this tale is the remarkable (and modest) Maureen Schmahl, a finisher of many long distance rides such as the Seattle to Portland, the grueling TOSRV (Tour of the Swan River Valley in Western Montana), a winner of her age group in Bloomsday, participant in such prestigious events as the New York City Marathon, the B.C. Marathon and a variety of regional triathlons. Maureen was 72 years old at the time and put us all to shame on that Tuesday morning. Not only did Maureen ride from home that day to the Suncrest start, she also, climbed “Big Sandy” in the process and chalked up an additional 15 miles before the ride even started, completing nearly 80 miles that day. Talk about T.O.B.’s....Maureen topped the list!

Our dear friend, Maureen, passed away at age 85 on January 27, 2006. We thought she was invincible! She was an inspiration to so many for over 25 years and will be greatly missed, but never forgotten.

From the “Memory Closet” of Margaret Watson
SBC Member since 1986

The 9 Biggest Bike Hacks

From: <https://blog.bikemap.net/cycling-tips-en/the-9-biggest-bike-hacks/>

There are some little tricks which help you optimize your equipment without spending too much money on expensive gadgets. We have compiled nine clever ideas with big effects that make your everyday cycling a lot easier.

Clean backside thanks to an old PET-bottle

When you're out and about on your road bike or single speed in winter, you've certainly arrived home and found your backside to be full of dirt once or twice. An old plastic bottle can easily be transformed into a mudguard. Cut off the top and bottom and cut the bottle open lengthwise. Tie it below your saddle using a cable tie to protect yourself from wetness and dirt.

DIY spikes for safe snow cycling

Your tires' profile is too shallow for cycling on snow? Cable ties on your tires will give you a better grip. Fasten the ends of the cable ties so that the thick side alternates left and right on one spoke. Shorten the cable tie and enjoy the ride. *Note: For disk brakes only!*

Never lose your drinking bottle again

Have you lost your drinking bottle on a speedy descent on your mountain bike once? Never again! Wrap sand paper around your bottle and you'll never have to backtrack to collect your bottle. Fixate the sand paper with tape and the bottle stays put.

Frame protection with old tires

In winter, the streets are often full of small stones which can damage your bike's frame. Take an old tire and cut it so that it perfectly fits on your down tube and covers the spots that are endangered by chippings. Fixate the tube with cable ties and you've got yourself the best frame protection there is.

Chain cleaning with toothbrushes

When dirt and moisture make your chain dirty, you can simply clean it using two toothbrushes. Tie the toothbrushes together using tape and make sure that the bristles face each other. Wedge the chain in between the bristles and pull it through them to clean it.

No more cold feet with tinfoil

Cycling in frosty temperatures means one thing: cold toes. Help yourself to some tinfoil and wrap a bit of it around your socks. Slip into your bike shoes and your toes will stay toasty warm – cheap and efficient!

Clean rims and sprocket with a toilet brush

You can easily clean dirty sprockets and rims with a toilet brush, which costs only a few euros and lets you clean every nook and cranny. Use warm water and the toilet brush to clean your bike after coming home from a ride and your bike will look brand-new in no time.

Safe travels with chain and rim protection

If you're packing your bike in a case or box for a vacation, it's recommended to fixate the chain to the sprocket using cable ties. This prevents the chain from coming off and damaging the frame, furthermore, the sprocket is also well-protected.

Old road bike tubes as rubber rings

Before getting rid of your old, broken race bike's tube, cut off little pieces of it to make them into rubber rings. Use them to tie your new spare tube together or to hang something from the handlebars.

SBC World Relief Ridge Riders



Spokane World Relief's presentation at our SBC February meeting turned out to be very impactful to some members of our club. Since 1990 they have resettled over 10,000 refugees from more than 50 countries. Through their resettlement program staff and many volunteers help refugees learn to navigate their new lives in Spokane in very hands on ways, starting with their arrival at our airport.

When the opportunity to form a team to ride the Sea Tri Kan Ride for Refugees cross state ride four of us answered their call before the night was out. Funds raised will be tripled through a matching grant to help local refugees during their first 3-6 months in our country.

To make such an impact while following our passion for cycling was just too much to resist. The "Spokane Bicycle Club Ridge Riders" will be raising \$10,000 by the end of May, which means \$30,000 to Spokane World Relief. These dollars go directly to help the refugees. The team covers their own costs, which are low due to the amount of volunteer support and offered lodging. Spokane will have 20 riders out of the 55 total riders for this 426 mile 5 day ride June 19-23.

To learn more we invite you to follow our links below or Google Spokane World Relief. You can find the Sea Tri Kan Ride for Refugees as you scroll down their

March – April 2019

page. The ride details are there and if you choose may contribute to our club team or it's individual members. You may also send a check written out to World Relief with a designation for our team or individual member to 1522 N Washington Suite 204, Spokane 99201. Scott Schell, Bill Olsen, Lila Meglio, and Jamie and Paula Sutherlin thank you for your interest and support of any kind from the bottom of our hearts!!

<https://worldreliefspokane.org/stk>

<https://fundraise.worldreliefseattle.org/team/213273>

Some Safety Tips from Gerry Bergstrom

Dear Spokane Club members it's almost time to start riding again. But before we do there are some things, we need to do before the ride:

- Look over your bike and see if any repairs are needed and/or take your bike in for a tune-up. This may save you some grief on your first spring rides.
- In the spring our weather can be unpredictable so wider tires and proper clothing is important to have would be nice in the early spring for a safe and enjoyable ride.
- Think of wearing a water proof shell jacket with a base layer underneath your jacket to keep you warm.
- Layer your clothing so if you need to take off or put back on you will be able to do so.
- I usually carry a small backpack to carry my clothing in case I get to hot and have to remove my outer layers.
- Check your shoes to see if you need to replace your cleats and have warm wool socks. Some cyclists use toe covers when riding in the early spring.
- A good set of gloves is necessary and cover your head with a skull cap to keep warm.

I usually don't ride outside unless it is 40 degrees or higher but that is my choice, but you have to decide what's best for you. Now is time to start your preparations for a safe and enjoyable rides.

PICK UP RIDES

Club members who wish to lead a “pick up ride” should contact Cyrus McLean via email at cyrusmcl@yahoo.com. Provide him with the date of the proposed ride and a ride description to include the following:

[start time] [meet place, with address or cross streets] [pace in mph on the level] [distance] [terrain] [route description] [water/snack/eat info if applicable] [map and cue sheet, if applicable] [weather cancellation, if applicable] [leader name and contact cell phone number] [directions to ride start if needed]

Don't forget you need to have riders sign the release statement. You can print statement off the website: Click on Rides Program/Rides Signup Sheet-for Printing

If you are not on the “pick up” list and wish to be added, email Cyrus with your name and email address. You will then be alerted when “pick up rides” are announced.

If you have any questions about this, contact Cyrus.

Reminders: The start time is the departure time, not the arrival time.

Note: The icon, , is added if there are two possible rides in one listing.

MONDAY MORNING Paved Trail Recurring Rides

No rides Schedule until May

MONDAY TRADITIONAL RECURRING Ride Schedule

NOTES: Sharlene Lundal will lead the ride on **March 18**. Garry Kehr will lead rides on **April 1** and **April 8**. No scheduled rides for April 15, 22, 29, and May 6. Barb Kehr will serve as ride coordinator for this period and will lead the rides for all other Mondays unless the weather is bad. Contact her in these situations to see if the ride is still on. Barb's phone number is 509-290-1967, and her email address is barb.kehr@gmail.com. Don Barden will lead the rides beginning May 13.

Start: 10:00 am Meet: Little Garden Café, 2901 W Norwest Blvd. Description: LGC to 9-mile Dam via Aubrey White Parkway, Centennial Trail, including 2.2-

mile extension of Centennial Trail to Long Lake. Pace: 12-14 mph Distance: 26 miles. Terrain: Mostly flat with some hills. Regroup: Parking area/restroom at McLellan trailhead N of Seven Mile bridge and at Long Lake (Nine Mile Recreation Area). Midway Stop: Tin Cup for eats and coffee. Weather: Ride ordinarily goes rain or shine except for lightning and ice; final determination made by ride leader at start.

Ride Leader: various, see above, and Don Barden, 206-450-3576 or email Donald.barden@gmail.com

SCENIC TUESDAY Ride Schedule

Call the leader in case of questionable weather. Scenic Riders also has occasional Thursday rides. If interested, call Jan Whaley-509.448.5645 h, 509.994.8173 c, or Sharon Morrison – 509.710-5650 c. Reminder: the START time is the DEPARTURE time.

March 5 No ride scheduled

March 12 Fish Lake Trail. Start: 10:00 am Meet: Fish Lake Trailhead, Sunset Blvd. & Government Way. Pace: Leisurely 10-12 mph. Distance: approximately 15 mi. Terrain: flat. Regroup often. Route: Ride the Fish Lake trail out & back (15 mi or 19 mi option) Eat: After ride drive to Chap's, 4237 S. Cheney-Spokane Rd. Leader: Sharlene Lundal Phone: 509.624.1539

March 19 Lake Spokane Pictographs. Start: 10:00 am Meet: Lake Spokane State Park. Allow 55 minutes driving time from downtown Spokane. (As a comparison, it is 60 minutes from Spokane to Cataldo.) Directions to start: Take Hwy 291 (Francis) west, passing through Suncrest & Tum Tum, to park entrance 0.1 mile west of junction with Corkscrew Canyon Rd. If you prefer an alternate way, take Hwy 2 west to Reardan, Hwy 231 north to junction with Hwy 291 & go east to milepost 28.5. Note: This is a State Parks Free Day, so no Discover Pass is needed. Pace: 10-12 mph (Leisurely). Distances: 8 to 14.5 mi or 16 mi (to Red Lake.) Terrain: Flat or gentle grades (Red Lake – 16 mi.- has 1 short, steep hill.) Regroup: at turns. Route: Out & back parallels Lake Spokane (formerly known as Long Lake) with an overlook of dam & Devils Gap, viewing of Native American pictographs & osprey nests, & optionally (16 mi. plus hill) Red Lake. Eat: Pizza Factory in Suncrest. If Rain: Still meet at Lake Spokane State Park, group consensus on where to eat & whether to ride. Leaders: Mary & T.J. Badger Phone: 509.467.8099 (no cell reception on route.)

March 26 No ride scheduled

April 2 Kendall Yards. Start: 9:30 am Meet: Olmstead Park (Nettleton & Summit Parkway) in Kendall Yards. Pace: 10-12 mph (leisurely) Distance: 15-20 mi Terrain: mostly flat Regroup: often Route: Take a spring morning ride along the Spokane River, heading east through Riverfront Park & out to Boulder Beach & back. Eat: Veraci Pizza at 1333 W. Summit Pkwy in Kendall Yards. Leader: Judy Waring Phone: 208.765.5378 h or 208.691.6445 cell

April 9 Spokane Valley to Post Falls. Start: 9:30 am Meet: Parking lot next to Krispy Kreme Doughnuts at the Valley Mall. Pace: 10-12 mph. Distance: 20 mi Terrain: flat, paved surface. Regroup: Often. Route: Ride 10 mi east to the first outhouse in Idaho & back. Eat: Panera's Bread-Bakery Café, 15716 E. Indiana. Leader: Hershel Zellman Phone: 509.993.4274

April 16 No ride scheduled

April 23 Coeur d'Alene Lake and Fernan Lake. Start: 9:30 am. Meet: Riverstone Park off Northwest Blvd in Coeur d'Alene. (If coming from Spokane, take Exit 11 off I-90 east.) Pace: 10-12 mph (leisurely) Distance: 15-20 mi. Distance: 15 mi. Terrain: mostly flat with a few gentle hills. Regroup: often. Route: Ride into CDA & then take the road along Fernan Lake. Enjoy the scenery of both lakes. Eat: Bardenay's, 1710 W. Riverstone Dr. Leader: Shirley Sturts Phone: 208.664.5318

April 30 Children of the Sun Ride. Start: 9:30 am Meet: On Decatur across from the Skatepark at Harmon Field (Market & Decatur) in Hillyard. Pace: Leisurely 10-12 mph. Distance: 15 mi. Terrain: some hills. Regroup: often. Route: We will ride from the park including the Children of the Sun Trail. We will turn back before descending the last long & steep hill. Eat: DeLeon's Mexican Deli & Grocery, 102 E. Francis. Leader: Dave Adams Phone: 509.993.3496

May 7 Tuesday A.M. Hauser Loop – Newman Vistas Ride. Start: 9:30 am Meet: Hauser Lake Boat Launch. Directions to start: from Trent, which becomes WA Hwy 290 & then ID Hwy 53, go 1.8 miles east from state line. (Also 0.3 mi. from Curley's Restaurant. If you reach Pleasant View Road, you've gone too far; turn around & go back 0.25 mi.) Turn north onto Hauser Lake Rd & go 1.1 mi. Continue straight on Hauser at the Cliff House Rd jct. Go for 0.3 mi. Turn right at Fay Place & go 0.25 mi. Park near toilets. Pace: Leisurely (10-12 mph.) Distance: 19.4 mi. Terrain: flat with a few small hills. Regroup: often. Route: Newman Lake Arm, Honeymoon Bay, E. Newman Lake Drive Boat Launch, Hauser Lake. Scenic views of 2 lakes. Eat: River City Pizza, 4707 N. Harvard Rd (across the road from Otis Grill.) Rain: cancels; if in doubt, call leaders. Leaders: Mary & T.J. Badger Phone: 509.467.8099

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:

March – April 2019

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 .

THURSDAY MORNING Ride Schedule

April 4 Fish Lake Trail to Cheney Loop Start: 10:00 am Meet: Fish Lake trail head (Just off Government Way and Sunset Blvd) Pace 12-14 mph on the flats Distance: 29.4 miles Terrain: Mostly flat with one moderate hill Description: FLT and Cheney-Spokane Rd to Mason Jar returning via Andrus, Spotted, Thorpe, Grandview. Eat Bring water and snacks. Coffee and treats at Mason Jar in Cheney. Rain or Heavy winds cancels. Call leader if you have questions. Leader: Gary Kehr 509-990-1474

April 11 Spokane Valley Loop Start: 10:00 am Meet: Skyway Cafe parking lot at Felts Field. Pace: 12 -14 mph on flat terrain. Distance: 36 miles. Some significant hills. Regroup often. Description: Skyway cafe, Euclid -C.T. - Flora Henry-loop. Eat: Skyway Cafe at Felts Field at end of ride. Map and cue sheet will be available. Rain or strong winds cancel. Leader: Garry Kehr 509-990-1474

April 18 Riverside State Park-Four Mounds Start: 10:00 am Meet: Kendall Yards by Central Foods. Description: Spokefest Loop. Route: Cross over Monroe, down Riverside, through Browns Addition to Government way. Centennial trail ride through Riverside State Park to Seven Mile. Take a left on Coulee Hite to Wood Rd. Rt. on Wood to Charles Rd on Dover. Left on Four Mounds back to Seven Mile. Aubrey White up Doomsday and back to Kendall Yards. Distance: 50 miles Pace: 12 -14 mph. Significant hills. Bring snacks and lots of water. Eat: Lunch at The Yards on return . Heavy rain cancels. Leader: Todd Hayes 509-844-7354

April 25 Centennial Trail – Hauser Lake Start: 10:00 am Meet: Centennial Trail head at Mirabeau Point. Route: Centennial Trail to Harvard. Euclid to Star road to Hauser Lake Loop and return. Distance: about 35-40 miles Pace: 12-14 mph Terrain: generally flat, some liltling hills around Hauser Lake. Eat: Food stop at the Quikkie Mart Gas station on Trent at Star Road for food and bathroom stop. Bring your own water and snacks. Weather exceptions: Check with leader if there is high wind rain or snow in the forecast. Leader: Lila Meglio 509-378-8

WOMEN'S FRIDAY Ride Schedule

Dates: **March 1, 8, 15, 22 & 29**

Early Spring Centennial Trail ramble ~ if it's a nice day, let's ride!

Start: 10:00 am Meet: Mission Park, City of Spokane on Mission Ave & Perry St. Pace: 10-12 mph Distance: 10-20; Group's choice Terrain: Flat to the east; a few rises at bridges to the west Regroup: Yes Route: Centennial Trail either west or east; group decides Eat: Group choice Map:

NO LEADER: MARCH RIDES WILL BE LEADERLESS, AND WEATHER DEPENDENT
Disclaimer: When there is no leader, PARTICIPATE AT YOUR OWN RISK.

April 5 South Side Cruise Start: 10:00 am Meet: Comstock Park – 29th & Howard Pace: 10-12 mph Distance: 14-15 miles Terrain: Basically flat; some minor hills Regroup: Occasionally Eat: Lindaman's – 1235 S. Grand Weather: anything except snow Leader: Betty Ledlin 747-4352

April 12 Mirabeau Park to Stateline Start: 10:00 am. Meet: Mirabeau Park off Pines Road, Mirabeau Parkway (lower parking lot near restrooms) Pace: 10-12 mph Distance: 20 Miles Terrain: Mostly flat Regroup: Occasionally Route: Ride will combine both trail and road and heading east to state line.

Eat: I-Hop - Valley Mall Weather: Rain or excess wind cancels

Leader: Margaret Watson (509) 624-3793 (until 1 hour before ride) Cell:(509) 279-9773

April 19 Centennial Trail from Harvard Road to Post Falls Start: 10:00 am
Meet: Harvard Road Trailhead Pace: 10-14 mph Distance: Out and back, 15-18 miles, choose your distance Terrain: Flat Route: Centennial Trail eastward toward Post Falls Eat: Palenque's, 1102 N Liberty Lake Rd, Liberty Lake
Weather: Rain cancels Leader: Karen Carlberg karencarlberg@comcast.net, H 624-6989, M 795-4479

April 26 Medical Lake Loop Start: 10:00 am Meet: LeFavre Street Bakery, 123 S Lefevre Street, Medical Lake Pace: 10-12 mph Distance: 15 miles
Terrain: Flat to gentle hills Route: Highway 902, Salnave Rd, Clear Lake Rd loop
Eat: Lefevre Bakery. Rain cancels. Leader: Susan Strong 990-8877

May 3 Deer Park Prairies Start: 10:00 am Meet: First Ave Bar & Grill, Deer Park
Pace: 10-14 mph Distance: 17 miles Terrain: Mostly flat, some rolling Regroup: As needed
Route: Roads north and west of Deer Park Eat: First Ave Bar & Grill
Map: Yes Weather cancellation: Rain and excessive wind cancels
Leader: Eileen Hyatt 509-475-9328

SATURDAY STEADY Ride Schedule

March 9-10. Sunnyside Cycling: Saturday and Sunday. Note: (Saturday only option: drive home after Saturday ride). Start: (see below under Meet). Meet: 8:00 am at a local restaurant, t.b.d. for coffee or breakfast. At that time each rider will sign the S.B.C. liability release and receive Sunnyside maps and other info. Pace: Out and back, choose your own pace. Distance: ~14 miles per day (option to do more). Terrain: Flat to rolling. Regroup: Often, but optional. Maps: Sunnyside and Prosser. Route: Lower Yakima Valley Pathway, which is a paved path mostly separated from the highway between Sunnyside and Prosser. (longer, more difficult loops are also available for fit riders if desired). Eat: restaurants t.b.d. Note that there is a brew pub in Sunnyside, many good Mexican restaurants, other choices as well. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@hotmail.com.

In addition: Leaders will provide maps, general info, and free wine tasting coupons at the Saturday meet-up. Leaders will try to assist riders for carpooling and sharing rooms. Riders must make their own lodging reservations and provide transportation. Contact us for list of options. Sunnyside has an elevation of 770 feet above sea level compared to Spokane which is about 2000 feet. Lower elevations mean warmer temperatures and spring in Sunnyside should be 2 weeks ahead of Spokane. The bike rides we are

leading will be Saturday afternoon and Sunday mid-day. In the event of inclement weather, there are breweries, wineries, and museums close by.

Deadline: riders must contact leaders by Monday, March 4.

March 16. Iron Bridge – S.C.C. Loop. Start: 11:00 am. **Note:** later time start. Meet: Cataldo & Columbus (1 block east of Clark's Fork Restaurant). From Hamilton, Cataldo Avenue is about 2 blocks north of Trent & 3 blocks south of Sharp (Jack & Dan's). Pace: 12-14 mph (steady). Distance: Rider's choice of 10 or 16 miles. Terrain: flat to gentle slopes. Alternate map for faster or slower riders. Regroup: Often. Route: Kendall Yards C.T. (Centennial Trail), Nettleton Overlook, Summit Parkway, north bank of Riverfront Park, Gonzaga, Mission Park, (10 mile option returns on C.T.), Iron Bridge, S.C.C., Tuffy's trail Overlook, Iron Bridge. Eat: Clark's Fork Restaurant, 1018 N. Hamilton St. If Rain: Eat first, then ride (still meet at Cataldo & Columbus). Leaders: Mary & T.J. Badger, 467-8099 or badgermary@ hotmail.com.

March 23. Devils Gap – Red Lake. Start: 11:00 am. Meet: Devils Gap Overlook. From Spokane, go west ~21 miles on Hwy. 2 to Reardan. Turn right on Hwy. 231 + go 14 miles, turn right on Hwy. 291 & go 0.9 mile to top of hill. Turn right into dam overlook parking lot. Allow 45 minutes driving time from downtown Spokane. (Note: Northsiders may take Hwy, 291, call leaders for info). Pace: 12-14 mph (steady). Distance: 16.2 miles. Terrain: Flat with 1 hill (Red Lake). Regroup: Occasional. Route: Lake Spokane Campground, Pictographs, Red Lake, and Devil's Gap vista. Eat: El Ranchito Restaurant, 5919 Hwy. 291 in Suncrest. Rain: rain cancels, if in doubt contact leaders. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@ hotmail.com.

March 30. Reservation Road. Start: 11:00 am. Meet: KURT'S CORNER (convenience store) from downtown Spokane go west 21 miles on Hwy. 2 to Reardan, turn right (north) on Hwy. 231 & go 19 miles to Ford. Turn left on Ford-Wellpinit Road and go 2.1 miles to Kurt's Corner (junction of Reservation Rd). **Note:** be sure to clock mileage from Ford, dirt parking lot is easy to miss. Allow 55 minutes driving time from downtown Spokane. Northsiders can get to the meet spot via Hwy. 291 (about 37 miles, call for directions). Pace: 12-14 mph. (Out and back route, go at own speed). Distance: 17.2 miles, option to do more. Terrain: Almost flat. Regroup: Occasional. Eat: Pizza Factory in Suncrest. Rain: rain cancels, if in doubt contact leaders. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@hotmail.com.

April 6. Post Falls - Riverstone. Start: 10:30 am. (Note earlier time change). Meet: Falls Park in Post Falls. From I-90 in Idaho take Exit 5 (Spokane St.), go south on Spokane St., turn right on 4th Ave., go 0.5 mi, turn left into Falls Park. Pace: 12-14 mph (steady). Distance: 17.5 miles. Terrain: Flat to rolling. Alternate map for faster or slower riders. Regroup: Occasional. Route:

Centennial Trail, suburban streets, newly paved trail. Eat: Republic Taphouse, 120 E. 4th Ave. in Post Falls. If Rain: Eat first, then ride (still meet at Falls Park). Leaders: Mary & T.J. Badger, 467-8099 or badgermary@ hotmail.com.

April 13. Latah Creek Loop. Start: 10:30 am. Meet: Chaps Restaurant, 4237 Cheney-Spokane Rd. (just south of Yokes). Pace: 12-14 mph (steady). Distance: 18.4 miles. Terrain: Flat with some hills. Alternate map for faster or slower riders. Regroup: Occasional. Route: Hwy. 195 shoulder, Qualchan G.C., Inland Empire Way, new South Gorge Trail (note rough pavement in High Bridge Park). Eat: Chaps. If Rain: Eat first, (still meet at Chaps), then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@ hotmail.com.

April 20. Columbia Plateau Trail – Lance Hill – Cheney Loop. Start: 10:30 am. Meet: Trail at Fish Lake on C.P.T. From Spokane go south on Hwy. 195, turn right on Cheney-Spokane Rd. & go ~8.5 miles. Turn left on Meyers Park Rd. & go 0.1 mi. **Note**: this is a Free Day for State Parks, so Discover Pass NOT needed to park here today. Pace: 12-14 mph (steady). Distance: 19.6 miles. Terrain: Flat to rolling. Map for faster or slower riders. Regroup: Occasional. Route: (All paved): C.P.T., Hwy. 904, Lance Hill Rd., Cheney-Spokane Rd. Eat: El Rodeo Restaurant, 505 2nd Street, Cheney. If Rain: Eat first, (still meet at trailhead at Fish Lake), then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@ hotmail.com.

April 27. Rustic Roads – Medical Lake. Start: 10:30 am. Meet: Coney Island Park, W. 200 Lake Street (corner of Lake and Jefferson St.) in Medical Lake. It's a 20 minute drive from downtown Spokane via I-90 & Hwy. 902. Stay on Hwy. 902, turn right on Lake Street. Pace: 12-14 mph (steady). Distance: 21 miles. Terrain: Flat to rolling with 2 small hills. Alternate map for faster or slower riders. Regroup: Frequent. Route: All paved roads. Loop with 4 out and back spurs. Back roads & streets, only 2 miles are on high speed highways. Eat: Lefevre Bakery, on Lefevre St. across from City Hall, Fire Dept., & Police Dept. If Rain: Eat first, still meet at Coney Island Park), then ride. Leaders: Mary & T.J. Badger, 467-8099 or badgermary@ hotmail.com.

May 4. Arboretum - Fish Lake Trail Loop. Start: 10:00 am. (**Note** earlier time change). Meet: Finch Arboretum, "F" Street and Woodland Blvd. Look for Arboretum sign from Sunset Blvd, 0.5 mile west of Government Way. Pace: 12-14 mph (steady). Distance: 19 miles. Terrain: Gentle grades with one steep but short hill. Alternate map for faster or slower riders. Regroup: Occasional. Route: Arboretum, F.L.T., Grove, Deska, West Drive. Eat: Pacific Avenue Pizza. If Rain: Eat first, then ride (still meet at Finch Arboretum). Leaders: Mary & T.J. Badger, 467-8099 or badgermary@ hotmail.com.

.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

Government Affairs

Bike Everywhere Month



The Club is sponsoring **May Bike Everywhere Month**, with special emphasis on National Bike to Work Week, May 13-17. This is our chance to reach out to Spokane and share our love of cycling, and to mingle with other non-SBC cyclists. You will be getting emails weekly during the month to notify you of special events associated with Bike Everywhere.

The big events will be happening during Bike to Work Week: pancake breakfast in Riverfront Park, energizer stations, Ride of Silence, pizza party on National Bike to Work Day (and open to anyone who has ridden a bike in May).

Want to support this effort? **The most important thing you can do is to attend these events.** They are scheduled so they don't compete with the robust ride schedule that we are all so loyal to. Monitor your emails for details.

WABikes – This non-profit organization advocates to our state legislators for cyclists needs. The SBC donates every year to the group's efforts. Focus for the current state legislative session:

- Improve and clarify our vulnerable roadway user law, including defining a safe passing distance around people walking and biking; also increasing penalties for violations and directing funds generated to education efforts and to enforcement of the law.
- Protecting multi-modal transportation funding, such as Safe Routes to School, and bike/ped grant programs
- Support Trail development, including big asks for further development of the Palouse to Cascade Trail. Funding is being requested for rehabilitation of the Beverly bridge across the Columbia
- Legislation in support of the Active Transportation Safety Advisory committee to analyze bike and pedestrian fatalities/serious injuries and provide recommendations.

If you want to get news from WABikes, sign up at: <http://wabikes.org/e-news-signup/>

Washington State Active Transportation Division

Reported on the Governor's proposed budget. Highlights that include our area:

- Support for funding of the Palouse to Cascade Trail, including the Beverly bridge, same projects that WABikes is lobbying for: \$5,575,000
- Trails in the governor's budget that contribute to active transportation network connectivity in our area include:
 - Palouse to Cascades Connection Malden and Rosalia: \$1,741,699
 - Palouse to Cascade Tekoa Trestle Deck and Rails: \$1,633,119
 - Ferry County Rail Trail Phase 5: \$376,000
 - Don Kardong Bridge Rehabilitation, Spokane River Centennial Trail: \$726,000

Exciting, but it's a competitive process getting funding, which is one reason we value WABikes efforts to persuade the legislature to see these as priorities.

Bicycle Advisory Board

The City of Spokane is conducting a program '*Spokane in Motion*' funded by ScanDesign, meant to provide Danish expertise on creating bike-friendly infrastructure. There will be three events during May Bike to Work Week: a presentation to college students; a public presentation on how other US communities are making cycling safer and more popular; a charette on developing a process for testing temporary installations of road improvements being considered by the City. The expectation is that the first test will be how to best connect bikes/peds at the north end of the University Bridge.

The City is working through modifying city ordinances to make them work with the **Bike Share** program, which will start up in May. Proposal is to ask dock-less bike vendors to encourage helmet use, but not *require* them to provide helmets. If cyclists are cited by the police for not using a helmet, they can go to court with a helmet in hand, and get their fine forgiven. Later review of the code may remove the helmet requirement altogether. State Parks bans motorized devices from its trails, such as the Centennial Trail, which runs through Riverfront Park. Negotiation is ongoing to relax this rule for e bikes. There will be a proposal that bikes/scooters be banned from the sidewalk, which will be a 'lift' for education and enforcement, but will alleviate concerns many people expressed during the pilot project last Fall.

Operating instructions for Bike Share vendors will be negotiated yearly. One issue – getting vendors to serve all areas, not just the most lucrative. There's a rumor that Lime is getting out of pedal bikes, possibly just focusing on scooters.

Gonzaga University students presented a bike network analysis, using police dept crash data. Some bike-involved crash stats: 5 fatalities in Spokane 2013-17; 34 serious crashes. Most happened during daylight on dry pavement, during hours 11-Noon, and 3-8 pm. The next part of the students' project is to use a level of service tool developed by Professor Mike Lowry (U of Idaho) to study several spots in Spokane where bike network improvements are being considered. Possible locations – Children of the Sun Trail south of the river, or the University District Bridge. The students will report again in April.

2019 tentative work plan for the BAB:

- Study of of industrial area south of the river, where Children of the Sun Trail will be routed
- Helmet ordinance changes
- Cycling alternatives in the Sprague area

Note: The general public can attend BAB meetings, which are held at 6 PM on the third Tuesday of the month at Spokane City Hall Council briefing room. The agenda includes an opportunity for brief public comments at the beginning of each meeting. Agendas, minutes, and a list of BAB members can be found at: <https://my.spokanecity.org/bcc/boards/bicycle-advisory-board/>

LAB Benchmark Report - 2018

League of American Bicyclists puts out, almost yearly, a report on cycling issues in America. The latest has just been published. It's called '*Bicycling and Walking in the United State – 2018 Benchmark Report*'. Highlights from LAB 2018 Benchmark Report, which is 417 pages long:

- Spokane % of traffic fatalities involving cyclists – 10% in 2012-16 vs 7.8% in 2007-11
- In Spokane, of bike to work commuters, only 17.2% are women (2016 stats) Yikes, ladies!
- In Portland, 82% increase in biking to work 2005-2016. In Seattle, 53%
- Since 2007, there's been a 50% increase in commuting cyclists.
- Cities where the rate of biking to work is highest, like Portland, Oregon, and Washington, DC, have the lowest rate of bicyclist fatalities. For example, Oregon has the nation's lowest rate of bicyclist

fatalities per bike commuter (1.7 deaths per 10,000 bicycle commuters). From 2007 to 2016, Oregon has had a 30.9% decrease in the number of bicyclist fatalities but also a 46.5% increase in the number of bicycle commuters. *'This suggests that bicyclist and pedestrian fatalities are not inevitable when people bike and walk more but may be reduced through proactive policy, infrastructure, education, and other community investments in bicycling and walking'*.

- Conversely, the deadliest state for cyclists was Mississippi, and it also has the lowest percent of commuters biking to work. Lowest bike use in states corresponds to highest levels of diabetes, obesity, hypertension
- Since 2007 'Th average obligated dollar value of federal transportation funds spent on biking and walking per capita has more than doubled from \$1.41 per person to \$2.93 per person;

The LAB is promoting a Bike New Deal set of legislative proposals. Details here:

<https://bit.ly/2U60HJ4>

Note: SBC is a member of the LAB, which sponsors our insurance program



Local 2019 cycling projects - City of Spokane



Clarke St

– *excerpted from Spokesman articles*
– “A complete rebuild of Clark Avenue from Elm Street to Riverside Avenue is on deck. The \$3.5 million project will bring new pavement and a new water main, and it will be done in concert with more work to complete the South Gorge Trail.

The 10-foot-wide multi-use trail will run from the parking lot at People’s Park near the Sandifur Bridge to Redband Park, which was until recently known as Glover Field. Sometimes the paved trail will be separate from the road, other times it will just be a very wide sidewalk.”

New greenway



Cincinnati Greenway - “This summer, the \$700,000 project will commence with various traffic calming and vehicle diversionary measures to create the bike corridor. When complete, the road will be kind of a pain to drive on, but very nice to ride a bike or walk on. Greenways go by other names in other cities: bicycle boulevard, neighborway and neighborhood byway, to name a few.”

The 1.7-mile route will connect to the Centennial and Ben Burr trails and the Addison-Standard bike corridor on Spokane’s North Side.’

2019 City of Spokane Valley Cycling Projects

- University, from Dishman-Mica to 16th, will be getting bike lanes
- Upgrades will be underway this summer for Evergreen Road between Indiana and Mission avenues that include new bike lanes to provide a safe route for bicyclists crossing I-90

Bits

- Updates on Riverside cycle track info <https://my.spokanecity.org/projects/riverside-avenue-from-division-to-monroe/> There's a survey that closes on 2/28. If you miss the survey, you can still read the info on alternatives for the project. A cycle track is a **separated** bike lane, running adjacent to the street, but not right next to motor traffic.
- **Centennial Trail** - Argonne Rd Gap update is on the March Coordinating Council Agenda, and they have asked County engineers to come to the meeting to advise. A little progress has been made. Land on the southwest corner of Maringo has been cleared, to make way for the Trail underpass.

– Sally Phillips



March – April 2019



Please consider giving your business
to the following SBC sponsors

~ PLATINUM ~



~GOLD~



~ SILVER ~



Your Adventure Starts Here
MOUNTAIN GEAR

March – April 2019

Spokane Bicycle Club Board Meeting

February 5, 2019

REI

Board Members Present: Bill Olsen (President), Jim O'Hare (Vice-President), Sally Phillips (Treasurer), Gerry Bergstrom (Immediate Past President), Lila Meglio (Board member), Scott Schell (Board Member) and Russ Peters (Board member).

Board Member Absent: (Hershel Zellman (Secretary)

Quorum Achieved: Yes

Guests: Susan Strong (Rides Chair)

Call to Order: at 6:05 pm by President Bill Olsen.

Approval of Agenda: Bill presented this evening's agenda and it was approved with a couple of additions.

Minutes of December Board meeting were approved without additions or corrections.

Treasurer's Report: Sally presented the Year-to-Date 2019 Cash Flow and Account Balance reports. A more detailed accounting will be reported following the April Board Meeting.

Unfinished Business:

Wild Apricot Training among the board members will continue (see notes from December board meeting). The board is inviting webmaster Serge Bulan to future board meetings as a source of expertise as this process continues.

Continued discussion of Sponsorship Funds continued from the last board meeting (December).

- **Policy for Use of Sponsorship Money:** Garry had recommended that we adopt a clear and flexible policy for use of this money. It would be particularly helpful when he is recruiting new sponsors and asking for renewal of old sponsors. We unanimously approved Garry's recommendations and added "Honorariums for Speakers".

- Replacement Recruiter of Sponsors: Garry intends to step away from this responsibility after 2019. Bill volunteered to take it over and will work with Garry this year in order to learn from Garry.

Continued discussion of General Meeting Content from the last board meeting (December):

Time of Meeting and Presentations: Garry had indicated that the genesis discussion came from a Club member who thought he and other non-retired members would more reliably attend the general membership meetings if they started a half-hour later (7 pm). We discussed the possibility of eliminating either the educational or adventure presentation in order to assure that we vacate the Mountain Gear HQ before 9 pm (when the night alarm is automatically turned on). We all preferred to keep both presentations and believed that if we more strictly controlled the schedule (eg, 20 minutes for education, 10 minute break, 60 minutes for adventure, and allow for/encourage socializing a ½ hour before the start of the meeting) we could be done and be out of bldg. before 9 pm.

New business:

1. The Board agreed that Future General Meeting Content will be developed by a committee composed of Scott Schell, Jim O'Hare, Trudy O'Grady, Dudley Bower and John Beaton. Presentations are already in place for meetings through May.
2. Appointees to the SBC booth at Bike Swap were confirmed.
3. Sally led a discussion of Bike Everywhere activities proposed.
4. Scott will represent the bike club at future Olmstead 2.0 (formerly known as Prairies to Peaks) meetings
5. Future SBC Tours are being developed by a committee composed of Bill Olson, Lila Meglio, Gerald Bergstrom and Scott Schell. Several different tours are being considered by the committee.
6. Other Events for 2019:
 - Annual Banquet (no date set): The Board has agreed to continue the use of the Mukagowa for this year with consideration of other options after this.
 - Summer Picnic (Wednesday, July 17): Susan Strong continues to work on the summer picnic. Use of the pavilion in Manito Park for the picnic is being planned.
7. Bloomsday Bike Corral (Sunday, May 5): The Bike Club will once again staff the corral at Bloomsday.

8. Other Events to Keep on our Radar:
 - Bike Swap: Date not yet publicly posted. Has typically been in April
 - Bike Summer Parkways: Thursday, June 20
 - SpokeFest: Sunday, September 8
9. American Trails 2021 International Symposium: Jim became aware that Spokane is among 3 cities being considered to host this prestigious event. Several other Spokane organizations and agencies have written letters of support. He would like us to add our names to the list.

Announcements: Bill suggested we consider soliciting a bike shop to arrange member discounts for bike fitting. We gave our support for him to research this further and report at our next meeting.

Adjournment: 8 pm.

Next Meeting: Tuesday, April 2, 2019, 6 pm, at REI.

Respectfully submitted,

Scott Schell substituting for Herschel Zellman

March – April 2019

APPENDIX A

Account Balances
As of 2/5/2019

| BANK ACCOUNT | BALANCE |
|--------------------------------|------------------|
| 12 month CD | 0.00 |
| Bank of America Savings | 0.00 |
| BAW Contributions | 0.00 |
| Centennial Trail Contributions | 0.00 |
| Checking Bank of America | 0.00 |
| Sponsorship | 3,589.23 |
| STCU Checking | 9,786.96 |
| TOTAL Bank Accounts | 13,376.19 |

APPENDIX B

Cash Flow:2

12/1/2018 through 2/5/2019

| Category Description | 12/1/2018- 2/5/2019 |
|------------------------------|------------------------|
| INFLOWS | |
| Member Dues | 1,345.94 |
| Newsletter Surcharge | 30.00 |
| Sponsorship Income | 100.00 |
| TOTAL INFLOWS | 1,475.94 |
| OUTFLOWS | |
| Bike Swap | 135.00 |
| Insurance | 1,476.25 |
| Misc Exp. | 20.00 |
| Newsletter Exp. | |
| Other Newsletter Exp. | 69.77 |
| TOTAL Newsletter Exp. | 69.77 |
| Rent | |
| Other Rent | 41.00 |
| TOTAL Rent | 41.00 |
| TOTAL OUTFLOWS | 1,742.02 |
| OVERALL TOTAL | -266.08 |

Spokane Bicycle Club

P.O. Box 8802

Spokane, WA 99203

Spoke-N-Word