



The Spokane Bicycle Club

Spoke-N-Word

September-October 2019

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2018 Board of Officers		Staff Cont.	
President	Bill Olson (509-679-1962)	Programs	Jim O'Hare 251-4474
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Vice President	Jim O'Hare (509-251-4474)		Scott Schell 954-6788
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Secretary	Hershel Zellman 509-536-7745	Member	Rick Peller 624-7060
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Treasurer	Sally Phillips 448-6271	Web	Paul Swetik
	phillips1948ATcomcast.net	Master	pswetikAHotmail.com
Board of Directors		Web	Serge Bulen 214-669-7109
Position1	Gerald Bergstrom 509-995-8118	Editor	viggenmarkATgmail.com
	Moongazer82849ATgmail.com		
Position 2	Lila Meglio 509-378-8665	<u>Board Meetings</u>	
	lfs452ATmsn.com	First Tuesday of every month	
Position 3	Scott Schell 954-6788	REI: 1125 N. Monroe St.	
	cshellwsATcomcast.net	Spokane, WA	
Position 4	Russ Peters (907-268-7453)	509-328-9900	
	Rhp.oldpupupATcomcast.net	<u>General Meetings</u>	
Ride Coordinators		6:30 PM (Unless otherwise noted)	
Monday	Don Barden 206-450-3576	2 nd Monday of every month	
Recurring	donald.bardenATgmail.com	(except June, July, August)	
Monday	Elaine Mayes 922-1033	Mountain Gear Headquarters 621 E. Mansfield, Spokane, WA Click Here for map	
Traditional	victoriamayesATmac.com		
Tuesday	Jan Whaley 448-5645		
	whaleyj2618ATcomcast.net		
	Sharon Morrison 710-5650		
Scenic	morrisonranch@ptera.net		
Team	Lila Meglio 509-378-8665		
Tuesday	lfs452ATmsn.com		
Thursday AM	Amina Giles 467-1980		
	ridinusa2002ATyahoo.com		
Friday Women's	Eileen Hyatt 475-9328		
Rides	embicycleATAol.com		
Saturday Steady	Sally Phillips 448-6271		
To Brisk	phillips1948ATcomcast.net		
Saturday Steady	Mary and T.J. Badger 467-8099		
(12-14)	badgermaryAHotmail.com		
Pick Up Rides	Cyrus McLean 509-838-0649		
	cyrusmclATyahoo.com		
STAFF			
Ride	Susan Strong 990-8877		
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Newsletter	Barbara Beaton 590-3814		
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	David Whipple 922-2719		
	dpwhipATgmail.com		

Presidents Letter



Hi all,

Hope you all are having a fun summer, hitting the trails and enjoying our cooler summer days. It's hard to believe summer is almost over. Maybe we will have an Indian summer. I hope so! I have been getting a lot of miles in and not having to get up too early to beat the heat. Ride leaders you have done a great job!

Want to take the time to thank the board members for pitching in and making things work so smoothly in planning events and making things happen for the bike club. We have recently voted Susan Strong to the vacated board position since Gerry Bergstrom stepped down. We appreciate her input and she has started a nominating committee for our future vice president vacancy. If anyone has a suggestion or is interested in participating on our board, please contact Susan.

We also have other opportunities to volunteer, one is manning our booth for the Spokefest on Sunday September 8th. Please contact Sally Phillips for volunteer opportunities. We are also looking for volunteers to be on our Tour Committee to help plan next years' tours, which you could contact any board member. Got any ideas for a tour next year? Contact the board we may be able to make your dream tour come true.

Our General meeting on 9/9 should be good with Balanced Fitness coming to help us tweak our bodies so we can keep riding, and Lori Smith sharing about her trip to Portugal with her dad Don Carlton. Hope to see you all at the Annual Banquet on Oct. 5th. Hank and Kathy Greer are sharing their 14 month tour of 49 states.

Take care and keep riding!

Your president,

Bill Olson

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UNRELENTING HEADWIND

The wind brushes across the skin of my face
It feels sensuous; but strong and firm
My tongue moves across my wind dried lips
To apply soothing moisture.

I bend low over the bicycle frame
I tuck my arms and keep my head low
I want to become small
To lessen the winds resistance against me.

Yet it is there: it continues to push
I feel it pushing my helmet, my shoulders and chest
The forceful push is unrelenting
But surprisingly cool as it passes over me.

The thick, tall roadside weeds bend in my direction
They form an undulating, rhythmical arch
That appears to glow as the sunlight touches
The swaying, whipping golden blades.

The sound of the swishing rustle of the weeds
And the whirring noise of the blurred wheels
Rolling over the stone embedded pavement
Are blocked as the wind blasts across my ears.

We push at each other, the wind and me
As if one is attempting to force the other into submission
We are both persistent but at rides end
I have the satisfaction of beating the challenge
Of the unrelenting headwind.

— Betty Ledlin®



REMEMBERING VIVIAN OWENS - March 18, 1930 - August 12, 2019



Viv appears second from the left in the group photo taken September, 1989.

The Spokane Bicycle Club has lost another longtime member. Vivian Owens, a native of Spokane, passed away recently after a long illness. She had been a member of the club for over 30 years and was an inspiration to many riders, serving as a rider leader for the Tuesday Morning ride series and ride coordinator, along with former president, Gordon Savatsky, for a Thursday morning ride series. Being a native Spokaneite, Viv created some interesting and diverse rides. She was known for the “Heavy Duty Industrial Ride” in the North Valley off of Trent which showcased the many roadways lightly used on weekends in the Valley’s Industrial areas.

Viv loved the bicycle club and her bicycle. She was always challenging herself and toward that end she rode Trans-Washington on the North Cascade Highway, west to east Trans-Continental and shortly after that Canada to Mexico. This was at a time when such adventures were rare. She was an original member of the Golden Girls Touring group, tackling the formidable Golden Triangle of the Canadian Rockies among other tours.

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She, along with her husband of nearly 60 years, Neil, built a business and reputation in the region for custom meats. Neil was very supportive of Viv's bicycle adventures and together they raised 8 children....his, hers and theirs. Always fun to be with, Viv will be remembered for her quick wit and helpful attitude. She was one of a kind!

Thank you, Viv, for being such an important part of the Spokane Bicycle Club!

Margaret Watson

New NHS incentive offers cycling to improve public health

Cycling on prescription from NHS Wales in a bid to improve public health (<https://www.bikeradar.com/advice/fitness-and-training/30-great-benefits-of-cycling/>)

By [James McKnight](#)

May 14, 2019 at 9:58 am

GPs from two practices in Wales will be able to assign up to six months of free bike rental to patients as part of a pilot intended to improve health and awareness of the physical and mental benefits of exercise.

- [30 great benefits of cycling](#)
- [This is how bike sharing should be done](#)

The scheme is being tested in Cardiff using the city's [nextbike bike sharing system](#), allowing bikes to be picked up from any of around 60 stations across the city and used for free. nextbike is a German-founded firm in operation since 2004, with its bike sharing setups now in a number of countries and tens of thousands of bikes in use worldwide.

Through the NHS Wales programme, individuals with a prescription will be able to borrow bikes for free from Cardiff's bike sharing scheme for 30 minutes, with no limit to the number of times they can take a bike over the prescribed period. (Normally, nextbike subscribers pay £10 per month to use the bike share, subsequently with 30 minutes' use free and a total 24-hour maximum charge of £5.)

If the approach proves successful we'll look at making it more widely available across the city

The idea is that patients will be more inclined to take a bike than to use a car, or other motorised transport, to get around Cardiff, not only opening their eyes to the health benefits of regular exercise but also helping to reduce emissions in the city.

Dr. Tom Porter, Consultant in Public Health Medicine with Cardiff and Vale University Health Board and Public Health Wales, commented: "It's recommended that adults are active for at least 150 minutes every week, but many people feel that 150 minutes is simply too difficult to fit into their busy schedules. Cycling is not only fun but can also fit into your regular routine, going to work, visiting friends, or nipping to the shops, so you don't even notice you're racking up the minutes.

"For the first phase of the pilot we want to make sure the scheme works as intended, and is easy to use for patients and their health professionals, so we'll

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be seeking feedback from participants. If the approach proves successful we'll look at making it more widely available across the city.

“Not only can cycling work to reduce your risk of death from heart disease by 52 percent, but it's also a great way to get around the city without using your car, making it good for both you and the environment around you, and helping to keep the air clean for everyone while reducing carbon emissions.”

Cardiff's free bike share prescriptions will only be available from Lansdowne Surgery and Fairweather Health Centre to begin with, but these early trials will be used to collect feedback from patients with a view to later setting up the system citywide. With any luck it, something similar will be replicated across the UK in the future

UPCOMING EVENTS

Trail Ride on the famous Palouse to Cascade State Park trails.

The Spokane Bicycle Club (SBC) is offering a three-day coordinated ride on various portions of the Palouse to Cascades State Park Trail (formerly known as the John Wayne Pioneer Trail, or the Iron Horse State Park Trail). This mini tour is made up of three out and back rides. You are invited to participate in all or any portion. Members only. Not a member? Join for just \$20 for a single membership or \$25 for a family. The fee for the ride for members is \$25. Registration in advance is required.

Dates: September 13 - 15, 2019

For details go to: SBC website:

<http://spokanebicycleclub.wildapricot.org/resources/ToursAndRides/Looking%20for%20a%20great%20Trail%20Ride%20in%20September%20on%20the%20amous%20Palouse%20to%20Cascade%20State%20Park%20trails.pdf>

2019 Spokane Bicycle Club Annual Meeting & Banquet

When: Oct 5th 2019 5:00 PM - 8:30 PM

Location: Mukogawa Fort Wright Institute; Fosseen Room

Registration: OPEN NOW

Early Registration – \$35.50 cost if registering between Aug. 17th and Sept 25th

Late Registration – \$40.50 Cost if registering on Sept 26th thru Oct 2nd.

Cost per person: - Includes meal, Tax and Gratuity
(Open to members and non-members)

Meal includes a choice of: (Buffet style)

- Chicken Picatta
- Vegetarian lasagna with fresh garden vegetables and a red sauce
- **Sides:** Rice Pilaf, Roasted or grilled fresh seasonal vegetable'
- Rolls and butter
- Cucumber Dill salad (with ride union and tomatoes)
- **Desert:** Chocolate cupcakes with chocolate frosting, Vanilla cupcakes with vanilla frosting
- **BAR:** Wine, beer and non-alcoholic beverages available. Courtesy of the Spokane Bicycle Club

Presenter: SBC's own Hank and Kathy Greer -they went on 14 month adventure touring the country by bicycle. They rode about 9500 miles, saw many sights, and met many wonderful people. **Come and hear their story!!**

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 ride on Labor Day**

***Last Ride September 30**

Note New Start Time: 10:00 AM

Meet: Centennial Trail – East Maringo Drive Trailhead, Description: Centennial Trail from East Maringo Drive Trailhead to Barker Road Trailhead and return. Mostly flat with 2 short, easy hills. Pace: 10-12 mph, mostly flat Distance: 19 miles round trip Directions to trailhead: north on Argonne from I-90, turn right on E. Maringo Dr., the first street after crossing the Spokane River, or, from intersection of N. Argonne Rd. and E. Upriver Dr, go east on Upriver for .4 mile to Farr Road. Go south on Farr to Maringo, left on Maringo, 1 block to the trailhead. Eat: This is a calorie-free ride. Rain cancels and if Air Quality Index is over 100. If in question, call. Leader: Elaine Mayes 509-995-8982

MONDAY TRADITIONAL RECURRING Ride Schedule

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, otherwise bring snacks. Weather: Ride ordinarily goes rain or shine except for lightning and ice; final determination made by ride leader at start.

Ride Leader: Don Barden. Home 509-808-2932; Cell 206-450-3576.
Donald.barden@gmail.com.

SCENIC TUESDAY Ride Schedule

Call the leader in case of questionable weather. The Scenic Riders Group 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.

Sept 3 No ride planned

Sept 10 Coeur d'Alene Ride. Start: 9:00 am. Meet: Riverstone Park off Northwest Blvd in CDA. (If coming from Spokane, take Exit 11 off I-90 east.) Pace: Leisurely 10-12 mph. Distance: 20 mi. Terrain: some hills. Regroup: often. Route: Ride from Riverstone Park to Higgen's Point via Cd'A parks/bike paths. Eat: TBD Leader: Dixie Girdner Phone: 509.368.4701

Sept 17 Rathdrum Prairie Trail Ride. Start: 9:00 am. Meet: Riverstone Park. (Directions: Take exit 11 onto Northwest Blvd toward CDA. In about 0.5 mi. turn right onto N. Lakewood River Dr & then right onto W. Riverstone Dr. In 0.2 mi. turn left onto N. Beebe Blvd. & in 400 feet turn right onto Tilford Ln. Go 0.2 mi. to the parking lot.) Pace: 10-12 mph. Distance: about 20 mi. Terrain: mostly flat, some ups & downs. Regroup: often. Route: We will ride west on the trail to the end of the trail, taking side trips through neighborhoods. Eat: Bardenay's, 1710 W. Riverstone Dr. Leader: Shirley Sturts Phone: 206.678.6187

Sept 24 Kendall Yards Ride. Start: 9:30 am. (Note change in start time.) Meet: Olmstead Park at Summit Parkway & Nettleton. For those who would like to visit before the ride, come for coffee at 8:30 am at the new Indaba Coffee shop right across the street from Olmstead Park. Pace: 10-12 mph. Distance: 18 mi. Terrain: mostly flat/some hills. Regroup: often. Route: Ride starts heading north through West Central, back to Summit Blvd & on to the Centennial Trail. Go east on the

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trail & back. Eat: Veraci's Pizza in Kendall Yards. Leader: Brian Duncan Phone: 509.290.8482

Oct 1 Hayden/Avondale Ride. Start: 9:30 am. Meet: Finucane Park. (Directions: From I-90 take the Fourth St exit & head north on 4th about 5 miles to the intersection of 4th & Prairie Ave. Finucane Park is on the NW section of this intersection.) Pace: 10-12 mph. Distance: 19 mi. Terrain: mostly flat. Regroup: often. Route: This is an attractive residential tour. Eat: The Local Deli. Leader: Judy Waring Phone: 208.765.5378

Oct 8 East Valley Ride. Start: 9:30 am. Meet: Shari's Café, 320 N. Sullivan Rd. Pace: 10-12 mph. Distance: 20 mi. Terrain: mostly flat with a few hills. Regroup: often. Route: Ride first through Greenacres & Liberty Lake areas. Continue into Idaho for a short distance before heading west back through Otis Orchards & Greenacres. Eat: Shari's Café (see address above.) Leader: Sharon Morrison Phone: 509.710.5650

Oct 15 Hauser Lake / Newman Lake 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 mi. 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: 10-12 mph. Distance: 20 mi. Terrain: a few gentle hills. Regroup: often. Route: The route includes Newman Lake Arm, Honeymoon Bay, E. Newman Lake Drive Boat Launch, Hauser Lake. Eat: Otis Grill Leader: Jerry Etchison Phone: 509.599.3775

Oct 22 Liberty Lake Loop. Start: 9:30 am. Meet: at City of Liberty Lake Town Square. (Directions: take exit 296 from I-90 [Harvard Rd.] At intersection with Appleway, go east. After Taco Bell turn right at Farmers' Market sign [Meadowwood Lane.] If you get to STCU or the Corkhouse Restaurant, you've gone too far.) Pace: 10-12 mph. Distance: 20 mi. Terrain: flat to rolling with 3 small hills. Regroup: often. Route: Loops through Liberty Lake vicinity. Eat: Eat Good Deli (run by Wandering Table group.) Leader: Mary & T.J. Badger Phone: 509.467.8099 or badgermary@hotmail.com

Oct 29 Halloween Ride-Wear a costume, if you wish! Start: 9:30 am. Meet: Olmstead Park at Summit Parkway & Nettleton. Pace: Leisurely 10-12 mph. Distance: 20 mi. Terrain: mostly flat with a few hills. Regroup: often. Route: Ride east on Centennial Trail & back. Eat: Veraci's Pizza at Kendall Yards. Leader: Jan Whaley Phone: 509.448.5645 h or 509.994.8173 c

TEAM TUESDAY Ride Schedule

Sept. 3: No Ride Leader.

Sept. 10: Loop HWY 195/Cheney/FishLake trail Start: 8:30 Meet: Yoke's Market Latah parking lot, 4235 Cheney-Spokane Rd. (adjacent to Hwy 195) Route: Moderate climb out 195 South to Paradise Rd. Curtis Rd. to Mason Jar for refreshments. Return Fish Lake Trail to short gravel section return to Yoke's. Distance: 34 miles. Pace: 12-14 Lighting, rain, extreme weather cancels. Leader: Harry Stickney (509) 230-8709

Sept.17: Le Peeps/Upriver/Riverview Start: 8:30 am Meet: Barker Rd. trailhead, little less than mile north of 90 on right. Pace: 12-14 mph avg. with hills Terrain: flats then 2 steep hills with lots of coasting in between. Distance: 45 miles Regroup: La Peeps and top of Upriver and Riverview and as needed. Route: Centennial to Le Peeps, to 95 to Upriver to Riverview to Centennial Trail to Barker Rd trailhead. Eat: Le Peeps .Rain cancels. Leader: Bill Olsen, 509-679-1962.

Sept.24: Spangle - Rosalia - Malden Start: 9:00. Meet: Harvester Restaurant, Spangle. Route: Old SR 195 to Rosalia; Malden; return via Wells Rd and Cheney-Spangle Rd. Distance: Approx. 42 miles. Pace: 12-15 mph. Terrain: Hills and rollers, approx. 1300 ft gain. Eat: Bring road snacks; lunch at Harvester Restaurant. Rain, heavy winds, or smoke cancel. Leader: Lori Smith, 509-954-9645.

Oct. 1: .Spangle to Waverly to Prairie View Loop. Start: 9 am, Meet: Harvester Restaurant Spangle parking lot. Pace: 12-14 mph on generally flat terrain. Climbs of 2% and 4% for a total of +1195 feet elevation. Distance: 31 miles. Route: Start at Spangle ride to East Spangle Waverly Road, then Prairie View Road and return to Spangle. Rain, heavy winds or poor air quality (greater than 131) cancels ride. Leader: Jim O'Hare, 509-251-4474.

Oct. 8: Greenbluff Loop. Start 10:00 AM Meet: Yokes Market Parking Lot 14202 N Market Street One Block east of Newport Hwy off Mt Spokane Park Drive Pace: 13-15 MPH Dist. 28 miles Terrain: Flat and Rolling Hills Mt Spokane Park Drive (State Route 206), Peone Rd, Bruce Rd., Day Mt Spokane Rd to the top of Green Bluff. Stop at Harvest House if it is open. Big Meadows Rd back to Yale Rd. Colbert. Heavy rain and or Smoke will cancel. Questions call ride leader, Joe Schrententhaler, 487-3412 Cell 389-9597.

Oct.15: Centennial Trail East. Meet10:00 at Mission Park. Ride Centennial Trail along Upriver Dr. to Arbor Crest stop and rest at the top of climb. Eat snacks. Ride downhill to Lehman then back on Centennial Trail to Mission Park. One

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steep climb up Fruithill Rd. to Arbor Crest . Pace 12 to 14 mph. Distance: 23 miles.. Rain cancels, ride leader: Amina Giles, 509 844 4209.

Oct. 22: Albertson's to Edgecliff Park to Madison Rd and return. Palouse loop.

Start: 9 am, Meet: Albertson's at East 57th north end of the parking lot. Pace: 12-14 mph on generally flat terrain with some climbing. Three climbs of 3% and one climb of 4% for a total of + 1465'

elev. Distance: 28 miles. Route: 57th, to Glenrose Rd, S. Carnahan Rd., E.16th, Appleway Blvd., Dishman Mica Park Dr., Madison Rd.,to E. Palouse Hwy., Willow Springs Rd., Rural Rte 3 and return to Albertson's on E. 57th. Rain, heavy winds or poor air quality (greater than 131) cancels ride. Leader: Jim O'Hare, 509-251-4474.

Oct. 29: No Ride Leader.

THURSDAY MORNING Ride Schedule

September 5. Centennial Trail East. Meet at 9:30 at Mission Park .Ride: the Centennial Trail East to Arbor Crest up to Fruit Hill Rd. Enjoy snacks and view. Ride to Lehman to Centennial Trail East and back to Mission Park. Distance 20 miles. Pace 12 -14 mph .Rain cancels. Leader: Amina. 509 844 4209.

September 12 No ride scheduled.

September 19th. Fairfield to Latah to Waverly Loop. Start: 9 am, Meet: Thiel Park center location in Fairfield. Pace: 12-14 mph on generally flat terrain. Two climbs of 2% and one climb of 3% for a total of +1197 feet elevation. Distance: 26 miles. Route: Start at N. Railroad Ave, to Gov Moore St.,to Truax Rd, to Starr Rd., to S. Wheeler Rd.,to E. Market St., to WA-27-N., To S. Prairie View Rd., to W. Portland Ave, to 1st to E. Main St., to S. Railroad Ave to S. Good Samaritan Rd. Cancels: Rain, heavy winds or poor air quality (greater than 131) Leader: Jim O'Hare 509-251-4474

September 26th. Saltese/Quinimose/Riverview loop Start: 9am Meet: Bills house 18110 E 11th Ave, Green Acres, go south on Barker 1 mile to 11th. Take a right. About 1/2 mile, turn left. "Seahawks only" parking sign. Pace: 10-14 mph Distance: 40 miles Terrain: Some hills 1 steep hill. Route: Barker to Saltese, Quinimose. Coast into Starbucks on Appleway. Riverview return Centennial Trail, Country vista to Barker to Bill's house. Leader: Bill Olsen 509-679-1962

October 3rd South Cheney Loop Start: 9:00. Meet: Mitchell's Harvest Foods, 116 W 1st St, Cheney. Route: Mullinix Rd, Williams Lake Rd, Cheney-Plaza Rd, Pine Grove Rd, Cheney Spangle Rd. Distance: Approx. 35 miles. Pace: 12-15

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mph. Terrain: Rollers, approx. 800 ft gain. Eat: Mason Jar. Rain, heavy winds, or smoke cancel. Leader: Lori Smith, 509-954-9645

October 10th Greenbluff Loop. Start: 9:00. Meet At Safeway on Newport Hwy, 10100 north of Newport Hwy. Pace 12-14. Distance 45 miles Terrain very hilly. Route Hawthorne Rd to Children of the Sun Trail to Fairwood to see the tigers and bears and lions, to Stoneman to Bruce to Morgan Acres to Forkner to Moffit to Peone up to Greenbluff and back to Safeway . Eat: Harvest House for lunch. Rain cancels. Leader: Amina 509 844 4209

October 17th. Fish Lake Trail to Cheney and return. Start: 9 am, Meet: Milford St off Government Way. Pace: 12-14 mph on generally flat terrain, one hill. Distance: 30 miles. Route: Fish Lake Trail to Cheney. Stop at Mason Jar and return. Rain, heavy winds or poor air quality (greater than 131) cancels ride. Leader: Jim O'Hare 509-251- 4474

October 24 Fish Lake Trial to Cheney and return. Start time: 10 a.m. Ride to Cheney Mason Jar on Fish Lake trail off Milton Street/Govt Way. Distance 30 miles, terrain flat with one big hill, pace 12-14 avg., return on trail, Rain cancels ride Leader: Lila Meglio 509-378-8665

Oct 31 Halloween Ride Start time 10:00. Meet at Indaba Coffee shop by Nettleton St. and Centennial Trail {in Kendall Yards by the playground} WEAR COSTUMES. Ride Centennial Trail to Argonne and back or as far as one likes. Distance: 20+ miles. Pace: Faster enough not to be caught, slow enough to enjoy the looks from others. Treats will be provided. Rain cancels. Leader Amina 509 844 4209

WOMEN'S FRIDAY Ride Schedule

September 6, 2019 Hillyard Tea Ride

Start: 10am Meet: Children of the Sun Trailhead at N Market St and E Columbia Ave (north end of Hillyard Business District on the east side of Market.) Pace: 10-12 mph Distance: 15mi Terrain: Paved Trail, but some hills Regroup: As needed, no drop ride Route: Children of the Sun Trail north to Peone Prairie and Wandermere area. Eat: Heavenly Special Teas Shop, Cafe & Tearoom - 5012 N Market Street Map: No Weather cancellation: Steady rain cancels Leader: Eileen Hyatt Phone: 509-475-9328

September 13, 2019 Riverstone Park to Higgins Point in Coeur d'Alene

Start: 10am Meet: Riverstone Park, 1800 N Beebe Blvd, Coeur D Alene. Take NW Boulevard exit from I-90, then right on Lakewood Drive into Riverstone Development, right on Riverstone Drive, left on Beebe, right on Tilford Lane to park. Pace: leader 10-12, others by choice Distance: 20 miles total out and back or 15 if you opt out of hill climb in last 2.5 miles Terrain: mostly flat, one long

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hill before Higgins Point Regroup: TBD Route: ride Coeur d'alene Centennial Trail from Riverstone Park to Higgins Point and back, class 1 (separated from traffic) and class 2 (bike lane next to light traffic) sections of trail Eat: Le Peep Restaurant in Riverstone Map/cue sheet: yes Weather cancellation: rain cancels Leader: Elaine Mayes Phone:509.995.8982

September 20th Maringo Trailhead Centennial Trail to Harvard Road Start: 10:00 am Meet: Maringo Trailhead southeast of Argonne and Upriver Dr. Pace: 10-12 mph Distance: 20 miles Terrain: mostly flat with a few short hills Regroup: as needed Route: Ride from Maringo Trailhead to Harvard and back. Eat: Rocket Bakery 3101 N. Argonne Rd. Weather: Cancelled if rain Leader: Mary Groebner. Phone: 509-481-1777

September 27, 2019 Fish Lake Trail Start: 10:00AM Meet: Milton Road Trailhead near Sunset Blvd & Government Way Pace: 10-14mph Distance: 17 miles Terrain: flat trail Regroup: as needed Route: Out an back Eat: Good downtown spot Map/cue sheet: no Weather cancellation: steady rain cancels degrees Leader: Eileen Hyatt Phone: 509-475-9328

October 4, 2019 - Name of Ride: Riverside Park

Start Time: 10:00 Meet: West Central Community Center, 1603 N Belt St Pace: 10-14 mph Distance: 17 miles Terrain: Moderately hilly with Pettet Drive hill at the end Route: Pettet, Downriver, Aubrey White, to Seven Mile Bridge and back Map/cue sheet: No Eat: Veraci Pizza, 1333 W Summit Pkwy, Kendall Yards Weather cancellation: Rain cancels Leader: Karen Carlberg Phone: H 624-6989, M 795-4479, karencarlberg@comcast.net,

October 11, 2019 Post Falls to Riverstone Park Start: 10:00AM Meet: Falls Park, 305 W 4th Ave, Post Falls. Take Spokane Street exit, go south and turn right on 4 th Ave. Pace: leader 10-12, others by choice Distance: 15 miles total out and back Terrain: mostly flat, modest changes in elevation Regroup: TBD Route: Coeur d'alene Centennial Trail and residential surface streets, new trail on Seltice Way into Riverstone Eat: Roger's Ice Cream & Burgers Post Falls, 403 N. Spokane St. Post Falls. Vegetarian option on menu. Map/cue sheet: yes Weather cancellation: rain cancels Leader: Elaine Mayes Phone: 509-995-8982

October 18, 2019 Medical Lake to Clear Lake Start: 10:00AM Meet: South side of Medical Lake City Hall at LeFevre Street. (Drive I-90 West to Medical Lake exit, Right turn to Medical lake, then right on LeFevre Road into town. City Hall is across the street from LeFevre Bakery.) Pace: 10-14mph Distance: 15 Miles Terrain: Some low hills Regroup: As needed Route: Hwy 902 past Lakeland Village to So. Clear Lake Road loop. Regroup as needed - no drop ride. Eat: Lefevre Bakery in Medical Lake Map/cue sheet: no Weather cancellation: Steady rain cancels Leader: Eileen Hyatt Phone: 509-475-9328

October 25, 2019 City Mission Park to Maribeu Trailhead Start: 10:00 am
Meet: Mission Park (Parking lot at E Mission Ave & N Perry St) Pace: 10-14 mph
Distance: 20 miles Route: Centennial Trail east and return Map: no.
Regroup as needed. Terrain: Centennial trail including shoulders on Upriver Drive.
Eat: No-Li Brewery Weather cancellation: Rain cancels or temperatures below 45 degrees
Leader: Eileen Hyatt Phone: 509-475-9328

SATURDAY STEADY (12-14 MPH) Ride Schedule

September 7. Fernan Lake – Higgins 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 Higgins 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:

September – October 2019

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.

SATURDAY STEADY TO BRISK Ride Schedule

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

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Oct 12 Coeur d'Alene via Hill Route Start: 10:00 AM. Meet: Liberty Lake Starbucks (N end or 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

Government Affairs

years, communities near the north Spokane Corridor and Children of the Sun Trail have identified opportunities that will enhance the quality of life, connectivity, safety, and activities among many other ideas.

PLEASE JOIN US TO SHARE INPUT ON:

- Placemaking features, lighting, and landscaping under and around the corridor
- Children of the Sun Trail iconic pedestrian bridge
- North Spokane Corridor Skyway architectural elements

LEARN MORE AT NSCPLACE.COM

WHEN:
September 17 2019

5 - 8 PM
with formal presentation @ 5:30 PM

LOCATION:
Spokane Community College - Lair
1810 North Greene St.
Spokane, WA

SPokane Community College
PROPOSED PEDESTRIAN BRIDGE
SPokane RIVER

Washington State Dept of Transportation is continuing its planning for the **Children of the Sun Trail**, this time focusing on the Trail next to and south of the River. The charrette in July narrowed choices for the Trail location down to three options: S.

Riverton, Regal, and on a skyway adjacent to the North-South freeway. I'm happy to say that were five SBC'ers at that meeting, helping to make that decision. Currently, WSDOT is working on the practicalities of each of these locations.

WSDOT will continue it's community engagement with further discussion about where and how we want the COS Trail to run south of the river. Next meeting is Sept 17.

If you would like to get email notifications of the upcoming meetings (there will be several more), send contact info to Kylee Jones at joneskyj@wsdot.wa.gov. Details about the status of the project can be found at: <https://wsdot.maps.arcgis.com/apps/MapSeries/index.html?appid=bab715226e3b4910b846ddcd67e53d2a>

Said it before, but I'll say it again – this is a historic opportunity to build bike/ped structure in Spokane. Let's help WSDOT make the best choices.

Avista Park?

Coming out of its dam re-licensing requirement to improve recreation opportunities along the Spokane River, Avista is proposing road closure at Upriver/Mission and creation of a strip park along the river in that location with two trailheads and a non-motorized boat launch. The project would enhance the functionality for Centennial Trail users, making navigating the Mission intersection easier. Car traffic would be re-routed on N. Center St, around Avista headquarters and connect with Perry. The first presentation to the community, on August 21st, garnered lots of criticism. Speakers were concerned about 'traffic congestion, water safety, parking, flooding, pedestrian crossings, fire evacuation routes' and a possible increase in homeless encampments.



The project is in the early stages, and needs approval from City of Spokane, Parks Board, and Dept of Natural Resources to move forward. According to the Bicycle Coordinator, although the City was not present at the public meeting, Urban Design staff and the Design Review Board are studying the project.

Outreach

Jim O'Hare and I have been to a couple community events recently, with a view to getting the SBC name out to the community. We attended the Lincoln Heights Neighborhood Day, which had WheelSport providing flat-fixing advice and handing out patch kits; Spokane's bike coordinator, Colin Quinn-Hurst, brandishing a map and asking for comments about good (and bad) road routes in the neighborhood; COPS registering bikes and passing out free helmets.

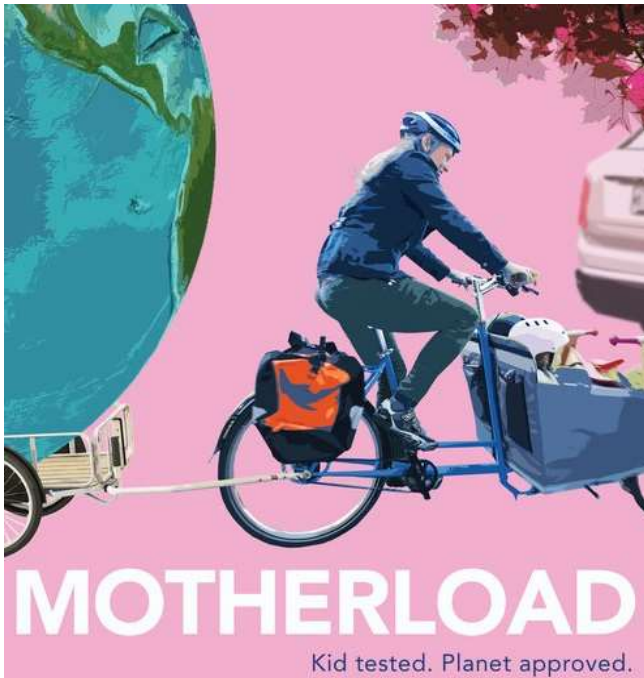
We also attended a downtown WheelShare event put on by Downtown Spokane Partnership. Lime Bikes was there giving free scooter demos. Walk.Bike.Bus had maps of the neighborhoods where they have run alternative transportation programs. (so far: Perry, Garland, Millwood, Hillyard and now N. Monroe). Bike patrol officers were there, and I had a chance to chat with them about how nimble bikes are in the downtown area, effective in closing in on miscreants on foot. A bike messenger stopped to express concern about collisions downtown between bikes and cars, and express frustration that cars are not being ticketed as often as they should be. Smart Commute NW was there. Their primary focus is encouraging people to choose alternative transportation in their commute to work. I scored a bunch of bike maps from them and will bring them to the next club meeting. Nice map feature: steep

grades are shown, roads with narrow shoulders are designated. The organization has a good supply of the maps. People are welcome to drop in at their office and pick one up. Location is: 1026 W Broadway, 2nd floor Public Works Bldg. Jim, a wonderful shmoozer, visited with Canadian visitors, who volunteered to help with bike-route planning in B.C.

Bottom line: a good time was had by both of us, with a variety of citizen and govt official contacts. If you get a chance to help out at an SBC booth, please consider doing so.

Spokane in Motion

Spokane in Motion, a City of Spokane project promoting cycling in the City, has a couple events on the horizon. One is a screening of 'Motherload', featuring cargo bikes and how they can 'save the world'. The movie will be paired with an actual opportunity to try out cargo bikes. Location and date are still tentative, but probably this will happen in at the Eastern Washington University Spokane campus, toward the end of September.



Also planned in the same time frame is a 'popup' temporary bike infrastructure, to connect the University Gateway Bridge to the Cincinnati Greenway and to downtown via Spokane Falls Blvd. According to project manager Kara Odegard, the purpose is to 'allow cyclists to experience a protected bike lane and two-way cycle track'. The City can

collect feedback from cyclists to improve the design of a permanent installation.

Lime Bikes

Or should I say Lime Scooters? Certainly the scooters have been the big hit. A few comments by Breean Beggs, City Councilman, and regular bike rider:

- Lime rules restrict riders to 18 and over (I know, widely disregarded)
- City gets 75 cents per scooter per day and will use funds to set up Lime parking corrals
- Usage – currently 30,000 rides per week
- 600 scooters, average trip is 1 mile
- Lime has been very responsive to city concerns. **Call 311** if you have a Lime issue, such as scooters left blocking sidewalks, or users on sidewalks downtown (They are required to ride in the street).
- Lime's trial last year did not increase emergency room visits

And, a shoutout to **ebikes**: A European-based study reported that ebike riders ride more than 'analog' riders, for longer distances, and consequently get more exercise than their non-motorized cycling peers. So, we shouldn't be thinking that ebikers are 'cheating' on their workout.

Bicycle Advisory Board

Colin Quinn-Hurst presented the current online bike map <https://bit.ly/2L2PsiB> but also says there is an improved version coming our way in the next month or so. New focus for bike mapping is to identify routes based on level of stress, ie identify routes with separated bike lanes, or consider a combination of speed and traffic volume when recommending a route. Also consider elevation gains. One BAB member, Pablo, offered his experience with the most helpful bike trip planning apps. They include accounting for traffic stress, and whether the cyclists wants a fast route or a quiet one. Colin will look into what it takes to add such options to the city map.

Colin showed a WSDOT idea for routing from the COS Trail, up the South Hill. Perhaps the most interesting is a potential connection to Underhill Park, which is separated from the Ben Burr Trail by parkland that is on a steep slope. A serpentine connection could connect to the Ben Burr Trail and to designated potential greenways up Fiske and 17th to Lincoln Park, and east, through quiet neighborhood streets to the southern portion of the Ben Burr Trail on 57th.

Bits

- Toole Design has been hired by the City to study the best way to connect the University District Gateway Bridge to Ben Burr Trail and

September – October 2019

points east in Spokane. Under consideration is a separated trail close to the RR tracks, also streets parallel to Sprague.

- Sunset now has its shared use pathway on the north side. In 2020, the City will design an extension of the pathway, Royal to Deer Heights.
- Oregon has adopted a law allowing bike riders to treat stop signs as yield signs. They call it the 'Idaho Stop'.
- WABikes lists their endorsements for bike-friendly candidates, including a Spokane race: <http://wabikes.org/2019/06/28/bike-friendly-champions/>

– Sally Phillips



September – October 2019



Please consider giving your business
to the following SBC sponsors

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~ SILVER ~



Your Adventure Starts Here

MOUNTAIN GEAR

September – October 2019

Spokane Bicycle Club Board Meeting

August 6, 2019

REI

Board Members Present: Bill Olsen (President), Jim O'Hare (Vice-President), Hershel Zellman (Secretary), Sally Phillips (Treasurer), Lila Meglio, Susan Strong, and Russ Peters.

Board Member Absent: Scott Schell

Quorum Achieved: Yes

Guests: None

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

Announcements:

- A. New Board Member: We welcomed Susan Strong to the Board. She was elected by email vote since the June meeting and will serve out Past-President Gerry Bergstrom's term this year.
- B. Summer Picnic: This event, scheduled for July 17, was cancelled. No alcohol is allowed at Manito Park and no one volunteered their home to host the event.

Minutes of the June 4 Board meeting were approved without additions or corrections.

Treasurer's Report: Sally presented the Year-to-Date 2019 Cash Flow (Appendix A) and Account Balance (Appendix B) reports. Notes: (1) Very little activity since last report. (2) Compared to this time last year, we are now \$800 behind in dues collection. But our account balance is healthy at \$17,500. To address dues collection the suggestion was made to have ride leaders encourage ride participants to bring their accounts up to date if they overlooked their renewal notices and to insist that non-members who've ridden with the Club more than once please join! **Bill** will contact the Ride Coordinators who will pass this message along to their ride leaders.

Unfinished Business:

- A. SBC and Spokefest (Sept 8): Sally is recruiting members to help with registration Friday the 6th at Mtn. Gear and Saturday the 7th at REI. Bill will send an email to recruit members for staffing the SBC booth at SpokeFair, which runs during and after the SpokeFest ride.
- B. SBC Annual Banquet (Sat, Oct 5): Jim and Garry are working on securing a speaker. Bill will make sure an announcement goes out to the membership once a speaker is secured.
- C. Wild Apricot: Sally does not have enough information yet to recommend whether the Club should transfer its bill paying authority from Pay Pal to Wild Apricot. She will be prepared by our October meeting. Renewal of our Wild Apricot contract is Nov 9.

New Business:

- A. Tours: Club tours this year have been enjoyable, but enrollment has been disappointing. The Palouse-to-Cascade State Park tour planned for Sept 13-15 has only 3 participants registered to date. Jim and Russ are optimistic that there will be more. Consensus was that the tours need to be planned earlier and announced by February. Currently the Tours committee consists of Lila, Scott, and Russ. One more member would be ideal. Bill expressed interest once his term as president is over. Russ suggested to attract and reward tour leaders that their registration fee be waived or reimbursed by the Club. There was unanimous consensus for this idea. Addendum: Lila will step off the committee.
- B. Cargo Bike Documentary: Sally reported that the Club has been approached by the City of Spokane to co- sponsor the showing of a documentary film about cargo bikes, followed by a live demonstration on Friday, Sept 6 (2 days before SpokeFest) at Gonzaga University. There is no cost to the Club. After discussion, it was M-S-P to co-sponsor and promote the event. Sally will contact the City of Spokane.
- C. Wheel Share: Sally reports that the City of Spokane, Downtown Spokane Partnership, and Lime are hosting a demo of Lime scooters and bikes in downtown Spokane on Friday Sept 23 between 11am & 1pm. The Club has been invited to participate. Sally, Jim, and Bill volunteered to staff a booth to promote both cycling in Spokane and the Club.
- D. Nominating Committee: The immediate past-president would normally constitute a committee of 2 other Club members at this time to line up a

slate of candidates for the Board to be voted on by the membership at the Annual Banquet October 5. But Gerry withdrew from his leadership responsibilities last March to attend to his health issues. Susan was elected to complete Gerry's term and she has agreed to take this on. We suggested Club members who she could approach to join the committee. All of us at the meeting agreed to continue serving on the Board: Jim-president, Bill-immediate past president, Hershel-secretary, Sally-treasurer, Lila and Russ-at large directors. Susan needs to see if Scott wants to continue as another at-large Director. It was also M-S-P to query the members for their interest to take on leadership roles within the Club (Board, ride leaders and coordinators, etc.). Bill will include this in his President's Message in the upcoming newsletter.

- E. Sept General Membership Meeting (the 9th): Jim announced that the education portion will be addressed by Balanced Fitness and the tours portion will be presented by Lori Smith and Don Carlton, covering their bike tour of Portugal.

Adjournment: 7:50 pm.

Next Meeting: Tuesday, October 1, 2019, 6 pm, at REI.

Respectfully submitted,

Hershel Zellman, Secretary

NOTE: Names highlighted in yellow indicate that those people are responsible for an action item.

APPENDIX A

Cash Flow - YTD

1/1/2019 through 8/6/2019

Category Description

INFLOWS

Jersey Sale	140.00
Member Dues	3,481.34
Newsletter Surcharge	90.00
Sponsorship Income	1,500.00
Tour Deposit	500.18
TOTAL INFLOWS	5,711.52

OUTFLOWS

Bike Swap	135.00
Gift Expense	82.63
Insurance	1,476.25
Memberships	
Bicycle Alliance of Washington	102.00
League of American Bicyclists	100.00
TOTAL Memberships	202.00
Misc. Exp.	20.00
Newsletter Exp.	
Other Newsletter Exp.	309.88
TOTAL Newsletter Exp.	309.88
Rent	
Other Rent	46.00
TOTAL Rent	46.00
TOTAL OUTFLOWS	2,271.76

OVERALL TOTAL	3,439.76
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APPENDIX B

Account Balances - As of 8/6/2019

Account	Balance
<hr/>	
Bank Accounts	
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	4,989.23
STCU Checking	12,517.56
TOTAL Bank Accounts	17,506.79
<hr/>	
OVERALL TOTAL	17,506.79

