



# Matrix

THE OFFICIAL NEWSLETTER OF THE SHASTA WHEELMEN BICYCLE CLUB

This newsletter is published monthly by the Shasta Wheelmen, Inc., a Redding, California bicycle club dedicated to promoting interest in all aspects of bicycling.

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Club meetings are held on the first Monday of each month, 7:00 P.M. at Lulu's Eating & Drinking Establishment, 2230 Pine Street, Redding CA 96001

## President's Message

### Try to Remember a Time in September...

When the nights get longer and the mornings cooler; September can be a welcomed cycling month. Can you remember riding your bike to school? I never did but there used to be kids on the roads pedaling to and from schools. Have you noticed kids on bikes? Not so much where we ride but they are out there. As the premier bike group in Shasta County we may have a chance to influence kids and/or influence the conditions kids will ride in. This is possibly the best thing we do for future riders. Wheelmen do have influence; I hear about Wheelmen behaviors all the time!

The Wheelmen ride this October (titled The Wildcat Granfondo) will donate a percentage of profits to providing helmets for kids. This is a good cause but also good PR. It lets the community know we are an advocacy organization and want to be considered exemplary cyclists.

Sometimes our not so admirable behaviors are misinterpreted or simply magnified by community members. Over the past eight months a few incidents have been brought to my attention. Sometimes the cyclists in the reported event is not even a Wheelmen. My approach is always to apologize for perceived wrongdoing, if appropriate give an explanation of the situation (e.g. when we are criticized for riding on authorized sections of freeway), describe who and what Wheelmen are and our principles, and conclude by either thanking the concerned citizen for his communication or asking him to join us for a ride or come to a club meeting.

My effort is to present the kind, professional, good-sport image that I, and some of my fellow Wheelmen, prefer. Also, an attempt to de-escalate will pay off 99% of the time. I have reviewed the term de-escalate and the non-conflict oriented approach with some peace officers and EMT personnel. They are good at this and

know both how to aggravate people and how to get win-win results.

My plea is that we take September to remember that we have significant influence; 90% is strongly favorable, 9% is mistaken or perceived as being rude or unlawful and that 1% where tempers flare, fingers are waved and harsh words are said will be most remembered. So give conflict a chance to make a friend; turn vinegar to honey. If that's too wussy for you think of how you would behave if kids were watching.

*Patty*

## Crater Lake Caper

Five Wheelmen—Jack Yerkes, Ron Prior, Linda and Fred Bergstrom and John Crowe braved smoke, eclipse-bound traffic and elevations topping 7,000 feet to navigate the rim drive at Crater Lake National

Park on August 19, two days before the solar eclipse.

I rode with two Bay Area couples who rode tandems and took on the rim counterclockwise, hoping to stay ahead of the smoke. Mostly we succeeded, encountering smoky skies only on the descent to our campground at Diamond Lake. The other Wheelmen went the other way, doing a big chunk of the rim before returning to the Diamond Lake RV park.

The Bay area couples, Pam and I left Diamond Lake Sunday and headed for a place near Corvallis to view the eclipse on Monday. With a hilltop vantage point and clear skies, the Monday morning total solar eclipse was quite literally otherworldly. It was absolutely awesome. If you missed it, there'll be another in seven years, I hear!

--John Crowe

# Shasta Wheelmen Ride Schedule

## September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <b>HAPPY LABOR DAY</b>				<b>Ride Ratings:</b> <b>A:</b> Steep, lots of climbing for strong riders <b>B:</b> Steep to moderate, lots of climbing with some relief <b>C:</b> Moderate, some hills challenging to average rider <b>D:</b> Moderate to easy, may be challenging to beginners Helmets required for all rides		<b>1</b> <b>2 Gain the Granfondo Home Field Advantage</b> 0800 Palo Cedro Park n' Ride <b>Russ Azevedo 241-4288</b> Practice the 15,25,50 mile rides/C/C/A 
<b>3 Palo Cedro/Victor</b> 0800 Westwood Village 34 miles/C <a href="http://ridewithgps.com/routes/11753400">http://ridewithgps.com/routes/11753400</a> 	<b>4 Club Monthly Meeting</b> 1900 Lulu's Eating and Drinking 2230 Pine St. Rdd <b>New Location</b>	<b>5 Ride #1</b> 0800 Sundial Br Lot Shasta Lake City via River trail Keswick, Lake Blvd Dam loop. <b>Rtn Ops.</b> Cascade or Union School Road back to Dana/downtown 32+ miles/C/B- <b>Tuesday Night Turn-Out</b> 6 PM CVS Pharmacy Placer and Buenaventura <b>Rich Robinson 241-9282</b>	<b>6</b>	<b>7 Ride #2</b> 0800 Sundial Br Lot Palo Cedro via Cypress, Victor, Rancho, Old Oregon Trail, Old 44 <b>Rtn:</b> Old 44, Swede Ck, Deschutes, Old Alturas Dana to downtown 35+ miles/C	<b>8</b> <b>9 Siskiyou Century</b> <a href="http://yrekarotary.com">yrekarotary.com</a> <b>Bike the Rogue</b> Gold Beach, Oregon <a href="http://Goldbeachrotary.com">Goldbeachrotary.com</a>  <b>Ten Bridge Ride</b> 0800 Westwood Village 47 miles/B <a href="https://ridewithgps.com/routes/10374622">https://ridewithgps.com/routes/10374622</a>	
<b>10 Lion's Club Breakfast</b> 0800 Westwood Village Maggie Fournier 246-7352 10-60 miles/C-/B+ \$6 breakfast <a href="http://ridewithgps.com/routes/23194126">http://ridewithgps.com/routes/23194126</a> <b>Whitmore Breakfast</b> 0800 Palo Cedro Park N Ride \$8t All you can eat breakfast 42-100 miles/B+/A <a href="http://ridewithgps.com/routes/20840335">http://ridewithgps.com/routes/20840335</a>	<b>11</b>	<b>12 Ride #3</b> 0800 Sundial Br Lot <b>Olinda/ Anderson</b> via Freebridge, Eastside, Girvan, 273 Canyon, China Gulch to Anderson Burger King <b>Rtn:</b> North St. across Sacramento R Churn Ck Bonnyview, 36 + miles/C <b>Harris Beach- Gold Beach</b> Harris Beach Campground <b>Ron Prior 244-4820</b> Potluck dinner 61 miles/ B+ <b>Tuesday Night Turn-Out</b> Repeat of Tuesday 9/5	<b>13 Harris Beach Continued</b> Ride to Myrtlewood Park <b>Ron Prior 244-4820</b> Potluck dinner 20 miles/C	<b>14 Ride #4</b> 0800 Sundial Br Lot Old Shasta via Old Stage Rd <b>Rtn:</b> Red Bluff Rd. Swasey The neighborhood Texas Springs, Honeybee, Clear Creek, Girvan and Eastside w/ Igo option, with stop at Bonnyview Starbucks 33+ miles/B 35+ miles/B- <b>Harris BeachCrescent City</b> <b>Ron Prior 244-4820</b> Potluck dinner 70 miles/C+	<b>15</b> <b>16 Practice the Granfondo</b> 0800 Palo Cedro Park n' Ride <b>Russ Azevedo 241-4288</b> 70-106 miles/B/A Shorter Options available 	
<b>17 Coleman Fish Hatchery</b> 0800 Anderson Starbucks 31 miles/C <a href="http://ridewithgps.com/routes/14136343">http://ridewithgps.com/routes/14136343</a> 	<b>18</b>	<b>19 Ride #5</b> 0800 Sundial Br Park Lot <b>Jones Valley Store</b> via Dana/downtown Churn Creek, College View, Old Oregon Trail, Bear Mtn <b>Rtn:</b> Dry Ck. Deschutes, Old Alturas, Browning, Dana/downtown 33+ miles/C+/B <b>Tuesday Night Turn-Out</b> Repeat of Tuesday 9/5	<b>20</b>	<b>21 Ride #6</b> 0800 Sundial Br Lot <b>Millville Plains</b> via Cypress, Hartnell, Old 44, to Palo Cedro <b>Rtn:</b> Millville Plains, Dersch, Churn Creek Bonnyview, Eastside Road 35+ miles/C+	<b>22</b> <b>23 Gilman Road</b> 0800 15 exit 698 @ Gilman Road <b>Dick Lindroth 238-2497</b> Food, fun, kayaking <b>RSVP Dick @ 238-2497 if going</b> 34-50 miles/C+/B <b>Ride the Rogue</b> <a href="http://ridetherogue.com">ridetherogue.com</a> 	
<b>24 Sunnyhill Road</b> 0800 Westwood Village 50 miles/B/B+/A <a href="http://ridewithgps.com/routes/12117943">http://ridewithgps.com/routes/12117943</a>	<b>25</b>	<b>26 Ride #7</b> 0800 Sundial Br Park Lot <b>Igo/Ono</b> via Freebridge, Eastside, Girvan, Clear Creek to Igo/Ono, w/ Zogg, Rainbow Lake Option <b>Rtn:</b> Placer, Buenaventura, 299, West St. Court St. to River Trail 30 + miles/C+/B <b>Tuesday Night Turn-Out</b> Repeat of Tuesday 9/5	<b>27</b>	<b>28 Ride #8</b> 0800 Sundial Br Lot <b>Bridge Bay</b> via Dana downtown Hilltop, Twin View, Cascade, Union School, Old OR Tr. Wonderland, I-5 <b>Rtn:</b> I-5, Wonderland Blvd_Collyer, Churn Ck, Canby, Dana/downtown 38+ miles/C+	<b>29</b> <b>30 Ash Creek to Wildcat</b> 0800 Palo Cedro Park n' Ride 54 miles/2787 ft climbing <a href="https://ridewithgps.com/routes/19137252">https://ridewithgps.com/routes/19137252</a> <b>Bike Your Park Day</b> 	

Log Miles on website: [www.ShastaWheelmen.org](http://www.ShastaWheelmen.org)  
 under calendar/logs or on Strava.com

## SPOTLIGHT ON WHEELMEN



### Shasta Wheelmen Meeting Agenda September 4, 2017

#### 1. Call to order by President

- Introduction of new members
- Approval of Minutes as published in the August newsletter.

#### 2. Standing Reports

- Treasure's Report—Linda Cannar
- Membership Report—Charlie Finkel
- Ride Calendar—Maggie Fournier

#### 3. Old Business

- Update from Granfondo committee—Randy Brix and Larry Toney
  - 3a. Volunteers
  - 3b. Advertising; posters, cards, social media
- Road ID (code = ZRRTGP8GHP)
- Legislative Updates: Bicycle rights

#### 4. New Business

- Wheelman etiquette: incidents and responses.
- Wheelmen affiliation with other organizations: Adventure Cycling Assn, California Bicycle Coalition, etc.. Review cost, contribution, benefits.
- Open discussion

#### 5. August Ride Leader Drawing

John Crowe, Charlie Fournier, Maggie Fournier, Rich Robinson

#### 6. Raffle

#### 7. Motion to adjourn

**Scott Kirkland**—Recognized by Leslie Arnett when she spoke at our August meeting as being tremendously helpful to the family after Keith's accident. He took it upon himself to organize the accident scene, assumed the role of liaison between the family and the Wheelmen and then picked up some chores at Keith's house. I would like to join Leslie in thanking Scott and acknowledging how proud I am to be associated with him and the other outstanding Wheelmen that have supported this family during a horrendous time.

**Linda Cannar**—Agreed to take over the position of club Treasurer, mid-term, after a sudden relocation eliminated the person who had managed the job for 5 years. She has put in time, organized books, installed new software for managing club accounts and is running a tight ship. A very special thank you to Linda!

**Phil & Judy Addison**—Returned from a 2 week trip to Alaska without injury, disease or dismemberment. We are so happy your vacation was uneventful!

**Rich Robinson**—What are the Odds? The only ride leader who never wins the monthly ride leader drawing.

**Dave from Shingletown**—Sorry, can't come up with a last name however, Dave stood up to the Wheelmen's defense on a Thursday ride when we encountered a disgruntled gentleman. Dave is a no-argument guy, de-escalates the situation, presents a solution, then walks on. A lesson to all who have ever encountered cyclist directed confrontation!

#### Reminder:

**Road ID**—The Shasta Wheelmen Club has an offer from Road ID for 20% off any order until September 30, 2017. Use code ZRRT-GP8GHP. Please, please carry identification whenever you ride.



*Wayne Wilson accepts tribute from the Shasta Wheelmen for his service and dedication to the club*

# Meeting Of Members

## Shasta Wheelmen Business Meeting Minutes of August 7, 2017

### Call to Order

The monthly business meeting was called to order by President Patty Shackleton at 7 pm at our new meeting site, Lulu's Restaurant, 2230 Pine Street, Redding CA. New member Cameron Lievense and a special guest from Turkmenistan, Shahabat, were present along with Shasta Wheelmen members.

### May Minutes

As there was no meeting in July, the June meeting minutes as published in the June newsletter were discussed, approved and accepted as published in the June newsletter by all members present.

### Treasurer's Report

Wayne Wilson provided the monthly treasurer's report for both the Wheelmen and Granfondo accounts. The Wheelmen account has a balance of \$8,471.36, while the Granfondo account has a balance of \$3,027.94. Income for the Wheelmen account came from membership dues of \$164 and uncategorized income for a total of \$232; expenses were \$89 for bicycling promotion. The Granfondo account had an income of \$729 from club renewal stripe transfer and Webscorer rider entry fees while expenses totaled \$388 from 2016 Wildcat rider reimbursement, office supplies, 2016 Wildcat sponsorship expenses and transfer income to Wheelmen account.

### Membership Report

Membership Chairmen, Charlie Finkel, was absent

### Ride Calendar

Charlie Fournier is asking members to please sign up and lead rides. Upcoming rides consist of the Bike the Rogue and Siskiyou Century on September 9. Ron Prior is sponsoring the Harris Beach rides on September 12-14.

### Old Business

The Wildcat Granfondo is scheduled for October 21, 2017. Registration went live in May @ [thewildcatgranfondo.com](http://thewildcatgranfondo.com). Wayne Wilson, Charlie Fournier, John Crowe, Larry Toney, Judy Addison and Randy Brix are committee members. Randy Brix stressed the importance of making the Wildcat Grandfondo a "Premier Event" and is asking for "All hands on Deck!". Randy has organized 7 rest stops and is asking for assistance with these rest stops. He would like two Wheelmen at each rest stop. Randy passed out a sheet for the members to sign up to help.

### New Business

Cameron Lievense, the worksite wellness coordinator from Shasta County Health and Human services Agency/ Healthy Shasta, was our guest speaker. Cameron spoke about the importance of becoming a strong biking community. He thanked the club from promoting May Bike Month and our involvement in the Shasta Bike Challenge. He encouraged all to record rides on Strava. He asked for feedback from the club to help promote rides to enable the community to become biker friendly.

Leslie Arnett, Keith Arnett's daughter, reported on Keith's medical progress. She stated that Keith is doing well after his accident and that he

wants to thank everyone for the cards and kind words of encouragement during his recovery. She thanked Scott Kirkland for his informative emails. Keith is currently living at Sundial Assisted Living, 365 Hilltop Drive in Redding. He is asking for all his friends to stop by and see him anytime.

Wayne Wilson, treasurer and club member extraordinaire, is moving to Eureka. He is resigning as treasurer. He was given a most valuable club member plaque. Gary Schalesky read 10 things that make a good friend. Wayne will be missed.

Patty Shackleton stressed the importance of safety while we are on our rides. She stated that we need to ride together, stay with your person and be responsible for each other. It is important to stop and regroup on all rides. She listed four important things to do in an emergency: (1) Secure the area so no further accidents can occur; (2) Call 911, make sure we carry cell phones with a contact person; (3) Carry some kind of ID, Road ID, drivers license, etc.; and (4) Call Redding Animal Control at 530 241-2550 or 911 to report any aggressive animals. Report the day, the time and officers name.

A new bill, AB1109, is currently in the California legislature. This bill would make stop signs be treated as yield signs for bike riders. This law is intended to make bike riders safer because most crashes occur at or before an intersection.

Al Masterson announced a fundraiser to build the Caldwell Junior Bike Park planned by the Redding Trail Alliance. There will be a Vine and Dine for Parks on October 19 at the City Hall from 5:30-8:00 pm. Local chefs will prepare their gourmet specialties with paired wine selections. Tickets are \$30 to \$40. More information is available at <http://www.redding.com/videos/news/5199486001/5516039117001>.

Larry Toney cautioned the club about the dangers at Victor and Hartnell intersections. Dick Lindroth reminded us to wear reflective clothing.

Don Talkington made a motion to spend \$200 to purchase Quick Books for our new treasurer, Linda Cannar. The motion was seconded and passed by all members present.

Our next meeting will be September 4th at 7:00 P.M. at Lulu's Restaurant.

John Crowe celebrated his 70<sup>th</sup> birthday with a birthday cake and a loud round of happy birthday songs and well wishes from all club mem

*Continued on page 5*

# WHERE'S JERRY?

Note: This is a second update on our wandering cyclist and former Wheelmen, Jerry Counts. Last I knew, Jerry was somewhere in the wilds of Wyoming, having taken in the total solar eclipse and bound for Craters of the Moon National Monument in Idaho. He says he's in no hurry, but admitted his pace has been such that he might actually have to consider boarding a train at some point!



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## Door Prize Drawing

Door prize drawings were donated by Charlie Finkel and were won by Ann Wright, tire; Randy Brix, speed plate clips; John Crowe, tire; and Dick Lindroth, bike rack. Russ Azevedo.

## May Ride Leader Drawing

Maggie Fournier, John Crowe, Becky Warren and Rich Robinson were the ride leaders for May. Maggie Fournier was the winner.

The meeting was adjourned at 8:37 P.M.

Respectfully submitted,  
Maggie Fournier, Wheelmen Secretary

**7/14/17**

## Green River, Utah

I'm amassing a frightening number of photos! It's really becoming necessary to find some uninteresting country to ride through. Green River is a good start—quiet, unimpressive little town. Price, UT coming up, then into the mountains again and cooler temps. I hope.

**8/12/17**

Recap: (this is for me, and my leaky memory) Took Utah 24 from Goblin Valley to I-70 into Green River—nice state park there, the town is struggling. Then a long hot, dry ride to Wellington, just outside Price, continued on 191 into Duchesne and up to Starvation State Park, on the Starvation Reservoir. They had a very nice and clean RV park overlooking the reservoir—manicured lawns, spreading trees, sparkling showers and flushing toilets—I chose the campground below on the lake with dirt, junipers and vault toilets. I've become fond of Utah dirt and junipers. I did, however, go up and use the shower.

I had planned to take Utah 35, but was desperate for a new tube for my rear tire, so took US40 into Heber City, where there is a bike shop: Stump and Knobbies, I think it was called. Nice people. They were able to fix my broken headlight bracket with some spare parts they had. Looks much better than the duct tape I used!



We support the Shasta Wheelmen, their efforts to share the experience of freedom, health and empowerment through the bicycle.



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