



Matrix

Celebrating our Club's 50th Anniversary

January 2021 – The Official Publication 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.

2021 OFFICERS & BOARD

President

Doug Holt
530-246-7429

Vice President

Lisa Creps
805-338-2568

Treasurer

John Simmons
530-227-1343

Secretary

Alery Mollin
530-515-2691

STAFF

Membership Chairman

Jim Bush
916-846-1902

Matrix Editor

Terri Webster
530-945-9984

Ride Schedule

Greg Winters
415-823-7149

Statistician

Nolan Randall
530-244-3558

Web Master

Don Talkington
530-515-0826

Email Contact

info@shastawheelmen.org

Club meetings are held on the first Monday of each month, 6:00 p.m. at Sundial Bridge Amphitheater, Redding, CA 96001

Message from El Presidente

Happy New Year! Here it is soon to be 2021, let's hope it's a vast improvement over 2020. I don't think it will take much to achieve that lofty goal.

I would like to congratulate Lisa Creps on becoming our latest Vice President. I would also like to congratulate Alery on her reelection as our club secretary and John Simmons on his continued roll as the club treasure.

Congratulations to you all and thank you for stepping up and taking on these roles. I look forward to working with you all.

Myself and others were asked for our opinion by Anne Thomas. This was regarding the proposal that the city of Redding is considering not allowing bicycles in Henderson Park down by the River. The main opposition to bikes in the park is by people who want it to be leash free for their dogs. As the President of the Wheelmen, I took the position that bikes should be allowed in the park and they should make a dog park section so the dogs can be off leash and no cyclist dog interactions can occur.

I'm retiring the "Magic Number". I had hoped for a better response. I'm mulling over other ideas on how to boost readership of the newsletter and improve attendance at the meetings. If you have any ideas on how I can achieve this, please let me know. Thank you to those who took part in the drawings this past year.

Keep spinning those cranks!

Doug



Agenda for 1/4/2021 6:00 PM a Web-Based Event

- 1) Call to order
- 2) Introductions
- 3) Membership chair to determine if quorum is present
- 4) Approve minutes as published in the Matrix
- 5) Standing Reports
 - Treasures' Report
 - Membership Report
- 6) Ride Calendar
- 7) Old Business
- 8) New business
 - Looking for ideas to increase readership of the newsletter & meeting attendance
- 9) Raffle
- 10) Adjournment

**Shasta Wheelmen General Membership Minutes
December 7, 2020
Google Meet**

1. Call to Order by Doug Holt 6:01 pm
2. Quorum yes.
3. Approval of the minutes of the November 2020 Previous month General Membership meeting as printed in the Matrix- Jim Crauder moves for approval. Jim Bush seconded.

4. Standing Reports

A. Treasurer's Report by John Simmons.

CHECKING	Nov 2020		SAVINGS	Nov 2020
OPENING	\$4738.39		OPENING	\$5005.05
INCOME	\$180.00	*	INTEREST	\$.04
EXPENSES	\$12.42	**	EXPENSES	0
CLOSING	\$4905.97		CLOSING	\$5005.09

*membership

**Stripe fees

B. Membership Report 114 per Don Talkington.

C. Board Meeting Report nil

4. Old Business -none.

5. Ride Calendar pending - **Greg Winters for Ride calendar.**

6. New Business

A. Voting for the Board members this year Approved for 2020 election 33 people voted. 100% approved

President- Doug Holt

Vice President- Lisa Creps

Treasurer-John Simmons

Secretary- Alery Mollin

All to serve the 2021 year.

B. Don Talkington thank you for your many years of service and support of The Shasta Wheelmen. You will be missed. Stay in touch!

C. C. Remember to be safe on the road.

7. Raffle: First winner \$15.00 a Woody's card Jack Yerkes and John Crowe Starbucks gift card.

Number winner gets a \$200.00 gift card to John Hauder.

8. Adjournment at 6:17 pm.

Next meeting via digital platform. Watch for the invitation the Sunday before the meeting.

Welcome New 2020 Shasta Wheelmen Members

Order Date	Last	First	Street	Phone	Email
02/03/20	Ferguson	Roy	5826 Heavenly Valley Ln Anderson	530-357-2920	fergy2@peoplepc.com
02/04/20	Robinson	Claudia	11343 Tanstaaf Ln. Redding	530-604-7213	arcson19@gmail.com
05/06/20	Elzner	Dana	18116 Vista Pine Ln. Redding	530-355-1337	rekede04@yahoo.com
05/06/20	Elzner	Keith	18116 Vista Pine Ln. Redding	530-355-4936	kelzner@icloud.com
05/08/20	Beamer	Kenneth	12125 Lake Blvd, Space 51 Redding	208-659-7818	krbeamer59@gmail.com
05/29/20	Johnson	Larry	865 Hallmark Dr. Redding	530-935-4468	calbear72@sbcglobal.net
06/22/20	Stewart	Erik	21372 Old 44 Dr. Redding	510-504-5060	erik_stewart@hotmail.com
08/12/20	Chelonis	John	6615 Mullen Parkway Redding	530-917-0179	judgevero@gmail.com
08/29/20	Sutter	Ann Marie	6300 Silver Pine Way Redding	530-227-1343	annsutter1@icloud.com
10/06/20	Sojka	Michael	522 McCloud Ave Redding	530-925-2952	mike.sojka@gmail.com
11/12/20	Morin	Sylvie	1100 Brandon Ct #3 1049 Redding	450-626-7198	yogatournesol@gmail.com
11/23/20	Pine	Mark	295 Shadowrun Ct Redding	630-598-6969	mpine@snowcrest.net







A few frisky riders



RIDE CALENDAR – Color key Tan=weekend rides, Blue=weekday rides, Green=club meeting**If the official high temperature is 100 or above the ride will start one hour earlier**

Date	Time	Description	Route URL
01/02/21	9:00 AM	Cemetery Ride - Start At Redding City Hall 40 miles	https://ridewithgps.com/routes/25009588
01/03/21	9:00 AM	Coleman Fish Hatchery Balls Ferry Derch Start at Anderson 31 miles	https://ridewithgps.com/routes/14136343
01/04/21	6:00 PM	Club Monthly Meeting at Lulu's Restaurant 2230 Pine Street, Redding	
01/05/21	9:00 AM	Ride #17 Millville CCW - Start at Sundial Bridge Parking Lot 36.6 miles	https://ridewithgps.com/routes/14136307
01/07/21	9:00 AM	Ride #18 Igo/Ono CCW - Start at Sundial Bridge Parking Lot 40.5 miles	https://ridewithgps.com/routes/14136308
01/09/21	9:00 AM	Ash Creek to Wildcat Start at Palo Cedro Park n Ride 54 miles	https://ridewithgps.com/routes/19137252
01/10/21	9:00 AM	Palo Cedro Area Clockwise Start at Palo Cedro Park n Ride 33 miles	https://ridewithgps.com/routes/14136346
01/12/21	9:00 AM	Ride #19 Bridge Bay CCW - Start at Sundial Bridge Parking Lot 35.0 Miles	https://ridewithgps.com/routes/14136309
01/14/21	9:00 AM	Ride #20 Old Shasta CCW - Start at Sundial Bridge Parking Lot 30.4 miles	https://ridewithgps.com/routes/14136310
01/16/21	9:00 AM	Turtle 52 Start at Sundial Bridge Parking Lot 52 miles	https://ridewithgps.com/routes/7954288
01/17/21	9:00 AM	Shasta Dam Loop Start at Sundial Bridge Parking Lot 35 miles Elev 1887	https://ridewithgps.com/routes/19741516
01/19/21	9:00 AM	Ride #21 Shasta Dam/City of Shasta Lake CCW - Start at Sundial Bridge Parking Lot 33.4 miles Elev 1773	https://ridewithgps.com/routes/14136311
01/21/21	9:00 AM	Ride #22 End of Iron Mountain Rd to gate CW - Start at Sundial Bridge Parking Lot 38.0 miles	https://ridewithgps.com/routes/14136313
01/23/21	9:00 AM	Wildcat Ponderosa Start at Palo Cedro Park n Ride 66 miles	https://ridewithgps.com/routes/14136334
01/24/21	9:00 AM	Down and back – Start Anderson Starbucks 37 miles	https://ridewithgps.com/routes/30403220
01/26/21	9:00 AM	Ride #01 City of Shasta Lake CW - Start at Sundial Bridge Parking Lot 34.0 miles Elev 1810	https://ridewithgps.com/routes/14139381
01/28/21	9:00 AM	Ride #02 Palo Cedro counter CCW - Start at Sundial Bridge Parking Lot 31.6 miles Elev 1057	https://ridewithgps.com/routes/14136290
01/30/21	9:00 AM	Igo/ Cottonwood Start at Anderson Starbucks 58 miles	https://ridewithgps.com/routes/13817587
01/31/21	9:00 AM	Jones Valley Dry Cr Start at Shasta College East Lot 29 miles	https://ridewithgps.com/routes/11468908

FRIENDS OF THE SHASTA WHEELMEN - Show your membership card for available discounts

<p>Bikes Etc. 2400 Athens Ave. Redding, CA 96001</p> <p>530-244-1954</p>	
<p>Chain Gang Bike Shop 1540 Division St Redding, CA 96001</p> <p>530-243-9951 http://chaingangbikeshop.com/</p>	
<p>Jefferson State Adventure Hub 872 N Market St. Redding, CA 96003</p> <p>530-768-5055 www.jsahub.com</p>	
<p>Pedego Redding 862 N Market St. Redding, CA 96003</p> <p>530-605-4500 https://www.pedegoelectricbikes.com/dealers/redding/</p>	
<p>Sports LTD 950 Hilltop Drive Redding, CA 96003</p> <p>530-221-7333 https://www.reddingsportsltd.com</p>	
<p>The Bike Shop 3331 Bechelli Lane Redding, CA, 96002</p> <p>530-223-1205 https://www.thebikeshopredding.com</p>	



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A shout out to the women of the group and to all of us!



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Linda hit 24,000 miles, 12/31/2020



A good ride



Welcome New 2021 Shasta Wheelmen Members

Order Date	Last	First	Street
01/05/21	Edwards	Scott	7621 White Birch Lane Redding

A Note from our Statistician Nolan Randall

How the Club Mileage Summary Works

By Nolan Randall

I used to be the ride statistician for the club many years ago, for a period of about 16 years. Back then we had ride leaders and they would call-in to report mileage for all the riders for that day. I would keep track of the miles and then summarize them at the end of each month.

For those who are not familiar with how we do it now, I will try to explain so that if you want to have your miles recorded you will know how to get on board (or email me with questions). For those who already know how this works, please let me know if I missed anything. I was not involved when the change took place, so I am not totally familiar with all the policies set into place. Here is my understanding:

Ride miles are now tracked using the sports website Strava. If you have a Garmin or similar GPS enabled device, you can set it up to log miles directly to Strava and you do not have to do anything more. Or you can log your ride miles directly from the Strava app on your phone as you ride. You can also manually log miles into the Strava app or website afterwards if you do not track them as you ride. However you log your miles, they show up in your summary on the website. That is where I go at the end of each month and tally the miles for our club members.

Here are some other things to know: You must have a Strava account (it can be a free one) to log miles on the Strava site/app. You must also add “Shasta Wheelmen” as one of your clubs on Strava. You also must be a paid-up member of the Shasta Wheelmen. Strava can track cycling miles as well as walking, running, and many other sports (do not forget to make sure you have selected the correct sport to track). I only record cycling miles. I grab miles at about 10:00 pm on the last day of the month. If any miles get logged by you later than that, then they will show up on the next month’s total. For the end of the year summary, I am able to wait a few days to make sure everything is entered.

If you have issues getting connected to Strava or have questions, please let me know. I am certainly not a Strava expert, but I will try to help in any way I can. And if you are not on the current ride summary list and you create a Strava account and start logging miles, please let me know so that I can add your name to my list. Otherwise, I will not know you are there.

Club Email Group (Google Group)

By Nolan Randall

I started the Shasta Wheelmen Google email group many years ago as a way to easily distribute information out to members of the club. When you send a message to shastawheelman@googlegroups.com it will be distributed to all those with an email address on the list. Everyone on the list is set up with the ability to post unmoderated, which means the message is not required to be approved by anyone before being sent to the list of email addresses.

You must be a member of the Google group to be able to send messages out. Typically, new club members are added to the group. If you think that for some reason you are not a member of the Google group, please let me know and I will check to see if you are there and add you if not. Also, if you change email addresses, please let me know so I can make the change.



© kali9 | Getty Images

Research shows that even a short bike ride may help improve motor sequence memory.

Get On Your Bike and Ride... for Better Memory

A recent study found that pedal power may fuel a stronger memory. Research reported in the journal *Scientific Reports* found that 15 minutes of intense bicycling is associated with significant improvements in motor sequence memory—the ability to recall and execute a series of tasks in the proper order. Researchers also found that 30 minutes of moderate-intensity bicycling also produced benefits to motor sequence memory, though the improvements weren't as strong. The study involved tests of memory after 15-minute high-intensity workouts, 30-minute moderate-intensity workouts, and after a rest period. While this study included young men, it echoes the results of a 2019 study of older adults that found high-intensity workouts were strongly associated with improved memory. In that study, researchers even suggested that such workouts be considered as main interventions for reducing dementia risk. And a study published in 2020 found high-intensity exercise benefited memory, even in people who were otherwise rather sedentary. Intensive cycling was defined in the study as pedaling fast enough to get the heart rate up to 80 percent of its maximum rate. While that may be a little too ambitious for some people, especially if they haven't ridden fast in a long time, the takeaway message is that even short bursts on a bike may help boost your memory. So whether it's a bicycle you take out to a bike path in your neighborhood or an indoor bike in your home, think about riding for better recall. **MMM**

Have ID on you in case of medical need? You might consider getting a bracelet or other form of ID that can be quickly found by the EMT that comes to help you. The following are a few companies that provide ID's:

RoadID.com

Silicone Sport Medical Alert ID on Amazon



RIDE CALENDAR – Color key Tan=weekend rides, Blue=weekday rides, Green=club meeting

If the official high temperature is 100 or above the ride will start one hour earlier

Date	Time	Description	Route URL
02/01/21	6:00 PM	Club Monthly Meeting VIRTUAL LINK TO BE ANNOUNCED ONE DAY PRIOR	
02/02/21	9:00 AM	Ride #03 Anderson counter CCW - Start at Sundial Bridge Parking Lot 39.5 miles	https://ridewithgps.com/routes/14136291
02/04/21	9:00 AM	Ride #04 Old Shasta counter CCW - Start at Sundial Bridge Parking Lot 28.5 miles	https://ridewithgps.com/routes/14136292
02/06/21	9:00 AM	Maggie's Strawberry Festival/ Birthday Celebration Start at CVS Pharmacy @, Placer/Buena Ventura 50 miles	https://ridewithgps.com/routes/14156308
02/07/21	9:00 AM	Cottonwood Dersch Millville Plains Old 44 Start at Westwood Market 35 miles	https://ridewithgps.com/routes/11469006
02/09/21	9:00 AM	Ride #05 Jones Valley Store CW - Start at Sundial Bridge Parking Lot 32.5 miles	https://ridewithgps.com/routes/14136293
02/11/21	9:00 AM	Ride #06 Millville Plains CW - Start at Sundial Bridge Parking Lot 38.4 miles	https://ridewithgps.com/routes/14136294
02/13/21	9:00 AM	Woodson Bridge to Chico. Meet at Woodson Bridge Rec Area (Ex. 630- South Avenue & 6 miles east). Lunch in Chico. 63.6 miles, 938 feet	https://ridewithgps.com/routes/35013216
02/14/21	9:00 AM	Palo Cedro / Victor clockwise Start at Palo Cedro Park n Ride 34 miles	https://ridewithgps.com/routes/11753400
02/16/21	9:00 AM	Ride #07 Igo/Ono CW - Start at Sundial Bridge Parking Lot 41.6 miles	https://ridewithgps.com/routes/14136295
02/18/21	9:00 AM	Ride #08 Bridge Bay CW - Start at Sundial Bridge Parking Lot 35.1 miles	https://ridewithgps.com/routes/14136296
02/20/21	9:00 AM	Swasey/Shasta Dam/Old Oregon Start at CVS Pharmacy @, Placer/Buena Ventura 50 miles	https://ridewithgps.com/routes/30577741
02/21/21	9:00 AM	Westwood/Milleville Plains Start at Westwood Village 35 miles	https://ridewithgps.com/routes/14136348
02/23/21	9:00 AM	Ride #10 Shasta Dam/City of Shasta Lake CW. - Start at Sundial Bridge Parking Lot 33.4 miles Elev 1778	https://ridewithgps.com/routes/14136298
02/25/21	9:00 AM	Ride #11 End of Iron Mountain Rd counter CCW - Start at Sundial Bridge Parking Lot 35.7 miles Elev 36	https://ridewithgps.com/routes/14136299
02/27/21	9:00 AM	Wildcat/Dersch Start at Anderson Starbucks 45 miles	https://ridewithgps.com/routes/14253162
02/28/21	9:00 AM	Shasta Dam via River/Rail Trail 36 mi Start at Sundial Bridge	https://ridewithgps.com/routes/31691809

Message from El Presidente

Here it is February the days are getting a little longer. Early this month we will hit the halfway point on winter. So, the end is in sight and warmer weather is on the way. This being a Leap year we get extra day to ride and it falls on a Saturday. I placed a longer ride on this day so we can bump up our miles.

I'm on the lookout for a Ride Calendar chairperson. If you're interested, please let me know. I did it this past month and Casey and Don have worked out a real nice system.

I have a question. What can I do to encourage people to read the newsletter? I was thinking public flogging but decide against it. I figured I would run out of members before I got more readers. Please give me some of your thoughts. Thanks!

Keep spinning those cranks,

Doug



Agenda for 2/1/2021 6:00 PM a Web-Based Event

- 1) Call meeting to order.
- 2) Introductions
- 3) Membership chair to determine if quorum is present.
- 4) Approve minutes as published in the Matrix.
- 5) Standing Reports
 - Treasures' Report
 - Membership Report
 - Board Meeting
- 6) Ride Calendar
- 7) Old Business
 - a. Beginners ride
 - b. Ladies only ride
- 8) New business
 - a. Bike Month (Patty)
 - b. Back to Lulu's
- 9) Raffle
- 10) Adjournment

Shasta Wheelmen General Membership Minutes January 4, 2021 Google Meet

1. . Call to Order by Doug Holt 6:01 pm
2. Quorum yes.
3. Approval of the minutes of the November 2020 Previous month General Membership meeting as printed in the Matrix- Lisa Creps moves for approval. John Simmons seconded. Minutes approved.

4. Standing Reports

A. Treasurer's Report by John Simmons:

CHECKING	Dec 2020		SAVINGS	Dec 2020
OPENING	\$4905.97		OPENING	\$5005.09
INCOME	\$570.00	*	INTEREST	\$.04
EXPENSES	\$38.43	**	EXPENSES	0
CLOSING	\$5437.57		CLOSING	\$5005.13

*membership

**Stripe fees

B. Membership Report by Jim Bush total members-16 renewals total members.

C. Board Meeting -Report will be posted next month.

4. Old Business -none.

5. Ride Calendar pending - [Greg Winters for Ride calendar.](#)

A. Several suggestions were presented to encourage more riders and more rides.

1. Specialty rides like: Breakfast or lunch rides, Ladies only ride monthly. (Need 4-5 routes) Documented variety of distance and difficulty to encourage participation and not discourage the beginners. Offer a periodic information session (promote at least 2 months in advance.)

6. New Business

- A. Several suggestions were given to set up an Instagram account with highlighted information to welcome all. Maybe [link an instructional video to explain Instagram](#). Update FaceBook account with more current information include STORY. Add a Twitter account?
- B. We need a cheerleader for Bike month (May). Promoting is important.
- C. Redding Rodeo bicycle parking plans for the pancake breakfast.
People who show up on their bikes with helmets get a free breakfast.
- D. Increase readership of the Matrix and meetings. Verify that all members are getting a link to the Googlemeet. We could highlight the offerings of the Bike club-offerings-Matrix-ride list. Set up the Instagram page to create an attractive Photos up front from rides and members can be included. Create an inviting attitude/atmosphere for all cyclists at all levels.
- E. Add a getting acquainted ride on the weekends.
- F. Ride leaders wanted. What is a ride leader? The person who picks up the last rider is never alone-regroup points. Tire changers. Etc.
- G. What is your favorite route? Maybe a few of us can join you 8)
- H. Maybe create and send out a survey for the funniest moments in the last 50 years of riding. These can be generated in the same way the voting through google forms.
- I. Suggestions for possible improvements for the layout of the Matrix. Pictures first with the ride schedule.

2. Invite a member at large to Board meetings starting with Jim Bush.







C. Remember to be safe on the road.

7. Raffle First winner \$15.00 a Starbucks's gift card. John Simmons and Linda Cannar.

8. Adjournment at 6:57 pm.

Next meeting via digital platform. Watch for the invitation the Sunday before the meeting.

FRIENDS OF THE SHASTA WHEELMEN - Show your membership card for available discounts

<p>Bikes Etc. 2400 Athens Ave. Redding, CA 96001</p> <p>530-244-1954</p>	
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<p>Sports LTD 950 Hilltop Drive Redding, CA 96003</p> <p>530-221-7333 https://www.reddingsportsltd.com</p>	
<p>The Bike Shop 3331 Bechelli Lane Redding, CA, 96002</p> <p>530-223-1205 https://www.thebikeshopredding.com</p>	



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March 2021 – The Official Publication of the Shasta Wheelmen

The 2/13/21 ride organized by John Crowe from Woodson Bridge to Chico and back was long (63 miles) and windy, but a fun ride in that a former Wheelmen **Becky Warren** and her riding friends Beth and Billie met us just as we were approaching Chico, led us into town to their favorite lunch spot, then got us safely out of town and back onto the course. Thanks John for the effort to widen our horizons by getting a good ride out of town, and Becky for hosting us!

Specialty Rides, the club will be sponsoring special rides as follows:

- Ladies Rides on Saturday March 13 and Saturday April 10 at 9 am starting at the Sundial bridge parking lot in Redding. The ride leaders will be Patty Shackleton and Lisa Creps. It will be a beginning to medium level ride 15 to 20 miles long depending on the riders participating
- Get Acquainted Ride on Saturday March 27 and Saturday April 24. This ride is open to all riders and is for beginning and medium level riders. The ride leaders will be Club President Doug Holt and Jim Bush. This ride starts in the Sundial bridge parking lot.
- The Monday night Get Acquainted ride be on the second and fourth Monday starting in May and will go through September. The start time will be 6pm. This ride is for beginning and Medium level riders and starts at the Sundial bridge.

Local Bikeway Improvements are happening!

Diestelhorst to Downtown construction should be starting any day. See [Downtown Connector Loop Trail](#) for a map of the new route.

City of Redding has Received State Grant Funding for 2 Road Network Improvements of \$14,344,000 that will enhance bikeway safety. These areas are Victor Ave & E Cypress and Turtle Bay to Downtown:

<https://www.cityofredding.org/Home/Components/News/News/7520/18>

ROAD ID – arranged by Jim Bush

Road ID is offering the Shasta Wheelmen a 20% discount on all items for Wheelmen between May 1 through May 21. An open period for 20 days. The discount code will be **ShastaWheelmen**. I think it is a very good safety measure for all club members to wear one at all times with your name, emergency number, medical number and any important medical information. Any questions, ask Jim.

Welcome New 2021 Shasta Wheelmen Members

Last Name	First Name	Street Address
Edwards	Scott	7621 White Birch Lane
Rudd	Nancy	1595 Bantry Court
Cook	Wayne	3674 Cal Ore Dr

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Message from El Presidente

Here it is March and were going to march right into spring on Saturday the 20th. I could not be happier. This month also marks the second year of the COVID pandemic. We have had to adapt it has not been fun, but we have managed. I had high hopes to be back at Lulu's this month but no such luck. They are open Thursday – Sunday. Maybe April will bring a change back to seven days a week. We will have to wait and see. So, as we have been doing, we will have a Virtual Meeting again in March.



Due to having to adapt we have not been able to celebrate our mileage leaders at the annual banquet. I would like to congratulate everyone on a job well done. With any luck we will be able to have a great celebration later this year for the mileage leaders and the clubs 51st year in existence.

Keep spinning those cranks!

Doug

Wheelmen Feature

(Each month I will try to feature a Wheelmen member)

Lisa Creps



After many years of dreaming about retiring in this area, my husband of 42 years, Gary, and I realized our dream by building a home and moving to Redding in January 2018. We retired from our 30 plus year careers in the Southern California Aerospace industry and haven't looked back since! Imagine my delight when I discovered that Redding was home to the Shasta Wheelmen and some of the finest cycling in California! I feel so fortunate to call Redding my home and to have found such a great cycling family in the Shasta Wheelmen. My own family started vacationing at Trinity Lake in 1968! Our love of camping, boating, fishing and hiking at the lake has brought us back each summer for over 50 years and we feel so fortunate to continue this tradition with our sons and a lot of extended family members!

Born and raised in the San Fernando Valley (yes, I'm a Valley Girl, for sure, for sure), I graduated from Chatsworth High School and completed my education with a BS in Finance from Cal State Northridge and an MBA from Pepperdine University. Gary and I married in 1979 and after he completed a tour in the Navy, we settled in Simi Valley and then Thousand Oaks to raise our two sons, Gerrit and Gavin.

Although I've ridden a road bike since college, I didn't start riding with a club until 2011 when I was encouraged by a friend in my cycling class at the gym to get out and ride with a group. I joined the Channel Islands Bike Club affiliate, the Moorpark Bike Club, and have loved riding on the road ever since. Our rides took us all over Ventura County through Somis farm and ranch land, the beaches along Hwy 101, Thousand Oaks (more like the town of 1000 hills!), Westlake, Agoura and beyond.

I am excited to be the new VP of Shasta Wheelmen and I plan to focus my energies on community outreach to increase awareness of the club to ensure its viability for another 50 years! So much is happening in Redding to solidify its designation as a bike friendly community and essential recreation area and I look forward to working with groups like Shasta Living Streets and Shasta Health & Human Services to make sure the Shasta Wheelmen have a voice in shaping the future of cycling in Redding.

Area Organized Rides

- *Chico Wildflower 2021* Wildflower will be a 2-week virtual event, from April 24 – May 9. Ride any of the 7 routes from 12 to 125 miles and enjoy the wildflowers along the way. Note that these routes will not be marked nor have any services along the route. Registration \$60.
<https://www.wildflowercentury.org/2021-event-details.html>
- *Yreka Siskiyou Scenic Bicycle Tour* May 1, 2021. Eight to 103 mile rides.
<https://granfondoguide.com/Events/Index/2663/siskiyou-scenic-bicycle-tour>
- *The Art of Survival Century*, Tulelake, Memorial Day weekend.
<https://survivalcentury.com/2020/01/art-of-survival-ride-2020-opens-registration/>
- *Davis Bike Club March Bicycle Madness*, Unorganized riding, but a great way to get ready for May Challenge!
<https://davisbikeclub.wildapricot.org/event-4122670>

Daylight Savings Starts March 13

RIDE CALENDAR – Color key Tan=weekend rides, Blue=weekday rides, Green=club meeting

If the official high temperature is 100 or above the ride will start one hour earlier

Date	Time	Description	Route URL
03/01/21	6:00 PM	Club Monthly Meeting VIRTUAL LINK TO BE ANNOUNCED ONE DAY PRIOR	https://goo.gl/maps/PRA4j2gHd8w
03/02/21	9:00 AM	Ride #12 City of Shasta Lake CCW - Start at Sundial Bridge Parking Lot 34.1 miles Elev 31	https://ridewithgps.com/routes/14136301
03/04/21	9:00 AM	Ride #13 Palo Cedro CW - Start at Sundial Bridge Parking Lot 31.2 miles Elev 1101	https://ridewithgps.com/routes/14136302
03/06/21	9:00 AM	Clover Creek Preserve, Boyle, Millville, plains, Balls Ferry, Panorama Start at Clover Creek Preserve 45 miles Elev 1163	https://ridewithgps.com/routes/31261892
03/07/21	9:00 AM	Benson/Bowman Start at Anderson Starbucks 36 miles Elev 871	https://ridewithgps.com/routes/14136317
03/09/21	9:00 AM	Ride #14 Anderson CW - Start at Sundial Bridge Parking Lot 37.9 miles Elev 855	https://ridewithgps.com/routes/14136303
03/11/21	9:00 AM	Ride #15 Old Shasta CW - Start at Sundial Bridge Parking Lot 29.0 miles Elev 1323	https://ridewithgps.com/routes/14136304

03/13/21	12:00 AM	DAYLIGHT SAVINGS STARTS	DAYLIGHT SAVINGS STARTS
03/13/21	9:00 AM	Dersch Wildcat & Black Butte Loop Start at Palo Cedro Park n Ride 50 miles Elev 2666	https://ridewithgps.com/routes/18014197
03/13/21	9:00 AM	WOMEN'S RIDE- Start at Sundial Bridge Parking Lot 19.3 miles/1019 feet See Patty Shackleton or Lisa Creps	https://ridewithgps.com/routes/35254551
03/14/21	9:00 AM	Fish Hatchery/ Cottonwood Parkville dersch airport Start at Anderson Starbucks 31 miles Elev 887	https://ridewithgps.com/routes/14136343
03/16/21	9:00 AM	Ride #16 Jones Valley CCW - Start at Sundial Bridge Parking Lot 32.6 miles Elev 1577	https://ridewithgps.com/routes/14136305
03/18/21	9:00 AM	Ride #17 Millville CCW - Start at Sundial Bridge Parking Lot 36.6 miles Elev 1067	https://ridewithgps.com/routes/14136307
03/20/21	9:00 AM	Benson/Evergreen Start at Anderson Starbucks 45 miles Elev 1190	https://ridewithgps.com/routes/10373432
03/21/21	9:00 AM	Old Shasta/Bear Mt. Start at CVS Pharmacy @, Placer/Buena Ventura 54 miles Elev 2966	https://ridewithgps.com/routes/15937087
03/23/21	9:00 AM	Ride #18 Igo/Ono CCW - Start at Sundial Bridge Parking Lot 40.5 miles Elev 2077	https://ridewithgps.com/routes/14136308
03/25/21	9:00 AM	Ride #19 Bridge Bay CCW - Start at Sundial Bridge Parking Lot 35.0 Miles Elev 1656	https://ridewithgps.com/routes/14136309
03/27/21	9:00 AM	GET ACQUAINTED RIDE- 15-20 Miles	See Doug Holt & Jim Bush at Sundial Bridge Parking Lot
03/27/21	9:00 AM	Olinda Happy Valley Gas Point Igo Start at Anderson Starbucks 44 miles Elev 1489	https://ridewithgps.com/routes/30577484
03/28/21	9:00 AM	Palo Cedro North/West/South Start at Palo Cedro Park n Ride 35 miles Elev 794	https://ridewithgps.com/routes/10692956
03/30/21	9:00 AM	Ride #20 Old Shasta CCW - Start at Sundial Bridge Parking Lot 30.4 miles Elev 1643	https://ridewithgps.com/routes/14136310

Agenda for 3/1/2021 6:00 PM (Virtual Meeting)

- 1) Call to order.
- 2) Introductions
- 3) Membership chair to determine if quorum is present.
- 4) Approve minutes as published in the Matrix.
- 5) Standing Reports
 - Treasures' Report
 - Membership Report
 - Board Meeting
- 6) Ride Calendar
- 7) Old Business

- a. Bike Month (Lisa)
- 8) New business
 - a. Diestelhorst to Downtown donation (Lisa / Doug)
 - b. Bike Month donation (Lisa / Doug)
- 9) Raffle
- 10) Adjournment

**Shasta Wheelmen General Membership Minutes
February 1, 2021
Gen member meet Google Meet**

1. Call to Order by Doug Holt 6:01 pm.
2. Quorum Yes total 17 at meeting present.
3. Approval of the minutes of the January 4, 2021 General Membership meeting as printed in the Matrix.
4. Standing Reports

A. Treasurer's Report by John Simmons details in the report submitted.

CHECKING	Jan 2021		SAVINGS	Jan 2021
OPENING	\$5437.54		OPENING	\$5005.13
INCOME	\$360.00	*	INTEREST	\$.04
EXPENSES	\$21.87	**	EXPENSES	0
	\$20.00	***		
	\$16.17	****		
	\$200.00	*****		
CLOSING	\$5539.50		CLOSING	\$5005.17

*Membership

**Stripe fees

***Bi-Annual SI-100 renewal

****Hover domain name renewal

*****Check to President Doug Holt to partially reimburse for raffle prizes

B. Membership Report by Jim Bush 114 members.

C. Board Meeting Report by Doug Holt. Add 2 rides to the calendar.

Ladies ride and Get Acquainted ride.

We will advertise February on Facebook and Instagram.

4. Old Business combined into ride calendar discussion.

5. Ride Calendar

check out the Feb 13 ride.

Ladies added for March 13 and April 10. 16 mile plan in the making -map to be presented soon. Contact Lisa Creps or Patty Shackleton for ideas and questions, or want to join the committee.

Get Acquainted March 27 and April 24. Times to be announced in the specialty ride schedule in the matrix.







6. New Business

A. Getting acquainted ride to resume 2nd and 4th in May time to be announced in March.

B. Road ID will give 20% off for 20 days and will be available in May.

- C. Also please consider making available a paper document to be carried on your bike for emergency use only in the case of a wreck. Form to be provided soon.
 - D. Bike month meeting Jan 22 and is a go this year 2021! Raise awareness and advocacy to get on a bicycle with little face to face interactions. Virtual and Strava supported events. Activities suggestions are scavenger hunt, take pictures and send them in. OR routes like you ride (art) on the streets. There is a donation letter to share with our regular business to see if they will donate to the Bike Month cause. Next official Bike Month Thursday Morning Feb 11 at 10 am virtual meeting. Lisa Crepes will attend.
 - E. Suggest the ride of silence (orange shirt) and this route without meeting together and must record on Strava...This will happen third Wednesday in May. Pending the National Ride of Silence announcing the event.
 - F. March meeting at LULU 6 pm virtual meeting also.
 - G. Support and recognize our amazing riding members.
7. Raffle Patty won a massage, Chain Gang certificate of \$15.00 to Alery.
8. Adjournment at 6:47.

FRIENDS OF THE SHASTA WHEELMEN - Show your membership card for available discounts

<p>Bikes Etc. 2400 Athens Ave. Redding, CA 96001</p> <p>530-244-1954</p>	
<p>Chain Gang Bike Shop 1540 Division St Redding, CA 96001</p> <p>530-243-9951 http://chaingangbikeshop.com/</p>	
<p>Jefferson State Adventure Hub 872 N Market St. Redding, CA 96003</p> <p>530-768-5055 www.jsahub.com</p>	
<p>Pedego Redding 862 N Market St. Redding, CA 96003</p> <p>530-605-4500 https://www.pedegoelectricbikes.com/dealers/redding/</p>	
<p>Sports LTD 950 Hilltop Drive Redding, CA 96003</p> <p>530-221-7333 https://www.reddingsportsltd.com</p>	
<p>The Bike Shop 3331 Bechelli Lane Redding, CA, 96002</p> <p>530-223-1205 https://www.thebikeshopredding.com</p>	



Matrix

April 2021 – The Official Publication 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.

2021 OFFICERS & BOARD

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John Simmons
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530-244-3558

Web Master

Nolan Randall
530-244-3558

Email Contact

info@shastawheelmen.org

Club meetings are held on the first Monday of each month, 6:00 p.m.. Due to Covid they are virtual for now. Google Meet address is distributed by Alery the day prior.

Specialty Rides, the club will be sponsoring special rides as follows:

- The first **Ladies Ride** was a success with 10 riders, 4 of which are not yet members. They all want to see these rides continue. The next will be April 10.



- Get Acquainted Rides** on Saturday March 27 and Saturday April 24. This ride is open to all riders and is for beginning and medium level riders. The ride leaders will be Club President Doug Holt and Jim Bush. This ride starts in the Sundial bridge parking lot.
 - The **Monday night Get Acquainted** ride will be on the second and fourth Monday starting in May and will go through September. The start time will be 6pm. This ride is for beginning and Medium level riders and starts at the Sundial bridge.
 - American River Trail** ride on Friday April 23. Meet in front of the Railroad Museum in Old Town at 10 am. Ride to Folsom and back for 60.2 flat miles.
 - Harris Beach** Sept. 15-17 is being organized by Jack Yerkes staying at the Beachhead RV Park.

ROAD ID – arranged by Jim Bush

Road ID is offering the Shasta Wheelmen a 20% discount on all items for Wheelmen between May 1 through May 21. An open period for 20 days. The discount code will be **ShastaWheelmen**. I think it is a very good safety measure for all club members to wear one at all times with your name, emergency number, medical number and any important medical information. Any questions, ask Jim.

Welcome New 2021 Shasta Wheelmen Members

Last Name	First Name	Street Address
Edwards	Scott	7621 White Birch Lane
Rudd	Nancy	1595 Bantry Court
Cook	Wayne	3674 Cal Ore Dr
Holiday	John	500 Hilltop Dr #242

Message from El Presidente

Here it is April already one fourth of 2021 is gone and things are looking up. Starting with the April meeting we will be back at Lulu's Eating and Drinking Establishment for the club meeting. We will still have the virtual meeting simulcast for those who can't or don't want to attend the in-person meeting. For those that are coming to Lulu's why don't you get there a little early and have dinner and a gab session before the meeting.

Speaking of the virtual meetings I would like to give Alery a huge thank you for taking care of these meetings. So Alery THANK YOU very much!

At the meeting we will be talking about AB122: Stop signs as yield signs for bicyclists (conventional and e-bike). Below I placed the link to the bill so you can read it for yourself and know what all it entails. Just copy the link and paste it in your browser.

Below even further is the first instalment of Tech Talk. If anyone wants to write up a tech talk topic be my guest and send it to me and I'll get it placed in the Matrix. That's it from El Presidente.

Keep spinning those cranks!

Doug



https://leginfo.legislature.ca.gov/faces/billTextClient.xhtml?bill_id=202120220AB122

Tech Talk

Here is the first Tech Talk. I just ordered what I hope to be my savior for getting tires on my Campy rims. It's a tire bead jack. This product is made by Kool-Stop. It helps you get those hard to mount tires up over the rim wall. All the reviews on Amazon say it is a must have for hard to mount tires. It weighs in 2.88 ounces and its dimensions are 4X4X4. It's a little big to carry when on the road but if your tires are difficult to mount you may want to figure out how to bring it with you. I sure am! If nothing else, it would speed up putting tires on a home.



2020 Ride Video

The video of 2020 ride pictures has been created and saved on YouTube for your viewing pleasure.

Go to <https://www.youtube.com/watch?v=6DniRaCjOsA>

Wheelmen Feature

(Each month I will try to feature a Wheelmen member)



Greetings from the secretary's desk!

Here we are, all the daylight savings time riders, getting ready to roll out. After the rains stop of course! So glad to see your beautiful faces again. I truly enjoy riding with the Wheelmen. These lovely people are incredibly supportive and patient. And are the qualities of great friends and that is how I see this Awesome club of people. This is the same reason I have accepted the second year as secretary of the club.

I am new to riding road bikes. This is my 3rd year of riding. I teach High School ASL. I am in a long term partnership with my best friend Rick. Summers allow me the opportunity to ride with you all. (which this year I am really looking forward to) I spend as much time as I can with my family. There are 3 lovely grandchildren in that mix." My favorite" as my middle 3 year old puts it. Stay safe everywhere you go.

Lots of love,

Alery

Area Organized Rides

- *Chico Wildflower* 2021 Wildflower will be a 2-week virtual event, from April 24 – May 9. Ride any of the 7 routes from 12 to 125 miles and enjoy the wildflowers along the way. Note that these routes will not be marked nor have any services along the route. Registration \$60.
<https://www.wildflowercentury.org/2021-event-details.html>
- *Yreka Siskiyou Scenic Bicycle Tour* May 1, 2021. Eight to 103 mile rides.
<https://granfondoguide.com/Events/Index/2663/siskiyou-scenic-bicycle-tour>
- *The Art of Survival Century*, Tulelake, Memorial Day weekend.
<https://survivalcentury.com/2020/01/art-of-survival-ride-2020-opens-registration/>
- *Davis Bike Club March Bicycle Madness*, Unorganized riding, but a great way to get ready for May Challenge!
<https://davisbikeclub.wildapricot.org/event-4122670>

RIDE CALENDAR – Color key Tan=weekend rides, Blue=weekday rides, Green=club meeting

If the official high temperature is 100 or above the ride will start one hour earlier

Date	Time	Description	Route URL
4/1/21	8:30 AM	Ride #21 Shasta Dam/City of Shasta Lake CCW - Start at Sundial Bridge Parking Lot 33.4 miles Elev 1773	https://ridewithgps.com/routes/14136311
4/3/21	8:30 AM	Igo/ Cottonwood Start at Anderson	https://ridewithgps.com/routes/13817587

		Starbucks 58 miles Elev 1603	
4/4/21	8:30 AM	Coleman Fish Hatchery Start at Westwood Village 44 miles Elev 804	https://ridewithgps.com/routes/14136335
4/5/21	6:00 PM	Club Monthly Meeting VIRTUAL LINK TO BE ANNOUNCED ONE DAY PRIOR	https://goo.gl/maps/PRA4j2gHd8w
4/6/21	8:30 AM	Ride #22 End of Iron Mountain Rd to gate CW - Start at Sundial Bridge Parking Lot 38.0 miles Elev 2362	https://ridewithgps.com/routes/14136313
04/08/21	8:30 AM	Ride #01 City of Shasta Lake CW - Start at Sundial Bridge Parking Lot 34.0 miles Elev 1810	https://ridewithgps.com/routes/14139381
4/10/21	8:30 AM	LADIES RIDE- Shoe Tree Wow 2 Start at Holiday Market Parking Lot Buenaventura & Placer 45.7 mile Elev 3073	https://ridewithgps.com/routes/35424154
4/10/21	8:30 AM	Millville Plains Dersch Hwy44 Black Butte Wildcat Start at Palo Cedro Park n Ride 54 miles Elev 2787	https://ridewithgps.com/routes/11424879
4/11/21	8:30 AM	Shasta Dam Loop Start at Sundial Bridge Parking Lot 35 miles Elev 1887	https://ridewithgps.com/routes/19741516
04/13/21	8:30 AM	Ride #02 Palo Cedro counter CCW - Start at Sundial Bridge Parking Lot 31.6 miles Elev 1057	https://ridewithgps.com/routes/14136290
04/15/21	8:30 AM	Ride #03 Anderson counter CCW - Start at Sundial Bridge Parking Lot 39.5 miles Elev 825	https://ridewithgps.com/routes/14136291
4/17/21	8:30 AM	Old Shasta/Bear Mt. Start at CVS Pharmacy @, Placer/Buena Ventura 54 miles Elev 2966	https://ridewithgps.com/routes/15937087
4/18/21	8:30 AM	Palo Cedro / Victor clockwise Start at Palo Cedro Park n Ride 34 miles Elev 840	https://ridewithgps.com/routes/11753400
04/20/21	8:30 AM	Ride #04 Old Shasta counter CCW - Start at Sundial Bridge Parking Lot 28.5 miles Elev 1297	https://ridewithgps.com/routes/14136292
04/22/21	8:30 AM	Ride #05 Jones Valley Store CW - Start at Sundial Bridge Parking Lot 32.5 miles Elev 1579	https://ridewithgps.com/routes/14136293
04/23/21	10:00 AM	Old Town Sacramento to Old Town Folsom on the American River Trail. Meet at Rail Road Museum, Lunch in Old Town Folsom 60.2 miles/1050 ft.	https://ridewithgps.com/routes/35352179
4/24/21	8:30 AM	Boyle, Old Oregon, Pine Grove, Dam, Trail starting in Palo Cedro Park n Ride for 54 miles Elev 2532	https://ridewithgps.com/routes/31261849
4/24/21	8:30 AM	GET ACQUAINTED RIDE- 15-20 Miles	See Doug Holt & Jim Bush at Sundial Bridge Parking Lot
4/25/21	8:30 AM	Westwood Zogg Start at Westwood Village 35 miles Elev 2367	https://ridewithgps.com/routes/14136349
04/27/21	8:30 AM	Ride #06 Millville Plains CW - Start at Sundial Bridge Parking Lot 38.4 miles Elev 1042	https://ridewithgps.com/routes/14136294
04/29/21	8:30 AM	Ride #07 Igo/Ono CW - Start at Sundial Bridge Parking Lot 41.6 miles Elev 2085	https://ridewithgps.com/routes/14136295

Agenda for 4/5/2021 6:00 PM at Lulu’s Eating and Drinking Establishment as well and Virtual simulcast

- 1) Call to order.
- 2) Introductions
- 3) Membership chair to determine if quorum is present.
- 4) Approve minutes as published in the Matrix.
- 5) Standing Reports
 - Treasures’ Report
 - Membership Report
 - Board Meeting
- 6) Old Business
 - a. Bike Month preparation
- 7) New business
 - a. AB122
 - b. What to do about 2020 mileage trophy
- 8) Raffle
- 9) Adjournment

**Shasta Wheelmen General Membership Minutes
March 1, 2021
Gen member meet Google Meet**

1. Call to order by Doug Holt 6:02pm
2. Quorum yes. 13 people total people in attendance.
3. Approval of the minutes of the February 2021 General membership meeting
Moves for approval Patty Shackleton Identified that the Matrix is fantastic.
Well done Terri!
4. Treasurer report by John Simmons.

5. CHECKING	Feb 2021		SAVINGS	Feb 2021
OPENING	\$5539.50		OPENING	\$5005.17
INCOME	\$330.00	*	INTEREST	\$.04
EXPENSES	\$10.05	**	EXPENSES	0
	\$691.46	***		
CLOSING	\$5167.99		CLOSING	\$5005.21

*Membership







**Stripe fees

***American Specialty Liability Insurance

6. Membership total members at this time is 110 active members.
7. Old business
 - a. Reminder - 50th anniversary mugs are still on sale for \$10.00 each. Gators are also on sale for \$5.00.

- b. Bike month is virtual this year with more of an emphasis on biking to achieve a healthy lifestyle and biking as a means of transportation. The goal this year is to get more people out on their bikes and see the beautiful places we have here in Shasta County. Organizers include Healthy Shasta, Cal Trans, Redding City Council, YMCA among others. Shasta Wheelmen have donated \$100 dollars, as well as 100 Gators, 10 Coffee Mugs and 75 Stickers to be used as giveaways. The 50 Year Wheelmen logo will be included on all Bike Month media. **Planned events include: The Great Bike Giveaway Contest** where an e-Bike will be awarded to one person in need based on the best entry essay; a **Scavenger/Treasure Hunt** where riders would visit designated places around the River Trail/Parks system and beyond. Photo or scanned QR codes will be used to prove completion of each goal. Completed forms will be turned in at various sponsor locations where prizes will be awarded; **Shasta Bike Challenge** where workplaces, teams, individuals and schools compete for most miles ridden in the Month of May.
 - c. Road ID 20% discount of May 1-May 20,2021. Password is (shastawheelmen)
 - d. Ride of Silence will be held on May 19,2021 at 7:00pm. Doug Holt will lead.
8. New business - Tips- tricks or tech corner suggestions. Do you have a question or suggestion or concern about bicycling? *** Nolan can you please create a file location for embedded files in the ? Tek ToK. *Discussion regarding the Aggregate asphalt plant that will run 24/7 off Iron Mountain Rd. *Concerns about traffic and pollution. Suggestion to build bicycle lanes on Iron Mountain Rd. Suggestion to connect all the different riders in our area to create a united front.
9. Shasta Wheelmen have donated \$100 to the Diestelhorst to Downtown (D2D) campaign to help advertise and generate support and good will for the project which completes the Downtown Connector Loop Trail. The 50 Year Wheelmen logo will be included in the 2 page ad spread in Enjoy Magazine and be included on all D2D campaign materials. The Loop project is an essential part of the Downtown Revitalization effort, building a bike-connected city and helps to establish Redding as a Trail Town.
10. Ride Calendar
March 13 Ladies 16 mile ride. March 27 Getting Acquainted ride will start.
April 10th Ladies ride. Get Acquainted April 24, 2021
2nd and 4th Monday Get Acquainted ride will start up in May.
Suggestion to return to LULU on April meeting with virtual meet.
11. Raffle winners are #1 John Crowe Starbucks card and #2 Bill Campbell won Massage.
Bill Campbell moved to close at 6:56pm

FRIENDS OF THE SHASTA WHEELMEN - Show your membership card for available discounts

<p>Bikes Etc. 2400 Athens Ave. Redding, CA 96001</p> <p>530-244-1954</p>	
<p>Chain Gang Bike Shop 1540 Division St Redding, CA 96001</p> <p>530-243-9951 http://chaingangbikeshop.com/</p>	
<p>Jefferson State Adventure Hub 872 N Market St. Redding, CA 96003</p> <p>530-768-5055 www.jsahub.com</p>	
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Matrix

May 2021 – The Official Publication of the Shasta Wheelmen Bicycle Club

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Email Contact

info@shastawheelmen.org

Club meetings are held on the first Monday of each month, 6:00 p.m.. Due to Covid they are virtual for now. Google Meet address is distributed by Alerly the day prior.

Specialty Rides, the club will be sponsoring special rides as follows:

- **Women on Wheels (WOW) Ride 2** The second Wheelmen Ladies ride took place on Saturday, April 10, with a ride out to the Shoe Tree beyond Ono. There were seven experienced riders – 6 women and John Crowe who called our bluff by wearing a kilt after being told he could only join the ladies ride if he wore a dress! Although the ride was flawless, we were dismayed to discover that the infamous Shoe Tree had died and fallen to the ground. Very sad! A great time was had by all on that beautiful morning and we enjoyed coffee at Starbucks after. The next will be Saturday May 8.



- **The Monday night Get Acquainted** ride will be on the second and fourth Monday starting in May and will go through September. The start time will be 6pm. This ride is for beginning and medium level riders and starts at the Sundial Bridge.

- **May Bike Challenge:** Please sign up through Love To Ride using Shasta Wheelmen as your team. . You're invited to join Shasta Wheelmen on Love to Ride. Check it out and join

here: https://www.lovetoride.net/shasta/groups/3601?group_invite=true--

- **Harris Beach** Sept. 15-17 is being organized by Jack Yerkes staying at the Beachhead RV Park.

ROAD ID – arranged by Jim Bush

Road ID is offering the Shasta Wheelmen a 20% discount on all items for Wheelmen between **May 1 through May 21**. An open period for 20 days. The discount code will be **ShastaWheelmen**. I think it is a very good safety measure for all club members to wear one at all times with your name, emergency number, medical number and any important medical information. Any questions, ask Jim.

Welcome New 2021 Shasta Wheelmen Members

Last Name	First Name	Street Address
Edwards	Scott	7621 White Birch Lane
Rudd	Nancy	1595 Bantry Court
Cook	Wayne	3674 Cal Ore Dr
Holiday	John	500 Hilltop Dr #242

Message from El Presidente

I'm sorry but my life is getting in the way of my Presidential duties so this month it's going to be short and sweet. My apologies for this. If its May spring is in full swing, I hope you are all getting in lots of miles in. The weather has been great for that. Also, if it's, May it must be Bike Month. Everyone needs to get signed up on Love to ride. Let's make this our best year ever. I would like to thank Gary for leading the effort on this year's Bike Month. Thank you, Gary, you are the standard bearer for the club with all the miles you do plus getting our name out there. Thank you for that. You are truly appreciated by your humble El Presidente.



Regarding being entered for the door prize at the monthly meeting. When the Shasta county is dropped to the moderate level for COVID-19 the only people that will be entered into the drawing will be those present at the live meeting and those living greater than 45 minutes from the meeting place virtually. Thanks, in advance for your understanding.

Keep spinning those cranks!
Doug

2020 Ride Video

The video of 2020 ride pictures has been created and saved on YouTube for your viewing pleasure. Go to <https://www.youtube.com/watch?v=6DniRaCjOsA>

Wheelmen Feature – Gary Nelson



Most know my story I have 9 herniated disc's 3 in the neck, 3 mid back and 3 in the lower back along with 2 narrowing of the spinal cords in neck and mid back. The 190 lbs I was hauling around was not helping. For the last 11 years prior to 2015 all the doctors could do for me was to medicate me this had to change I said to myself. So I decided to do whatever I could to lose the weight and change my life . I went to a new doctor and over the next 3 months I received epidurals in all three levels of my back and so feeling much better I started to jog on the treadmill short jogs became longer than I tried a 7 mile jog barley made it home everything hurt thinking to myself I said this is not going to work. I turned while in my driveway and seen a older man ride by (Keith Arnett) I said

im going to try that and that quick I bought a bike and started training. While out training with my son Zachary I met Scott Kirkland and rode a bit with him he suggested I come ride with the Shasta Wheelmen. My first ride was something everybody whooped my but coming but on Churn Creek bottom I bottomed out for the first time wondering how in the hell am I going to get home LOL.

I found myself chasing everyone more than riding . I tried to stay up with Casey and Patty till I could not take it and drop out go home stiff as a board but I found myself liking it. Early I Know Casey Kerrigan was the one to watch and learn from so I followed and watched gear changing, body position and asked many questions. It took 2 years before I could stay in line and pull when it was my turn. 2018 I unofficially did my first May challenge sadly saddle sore ended it for me at 1376 miles but I was HOOKED! I bought Rose my 2017 Domane SL and I trained very hard all that season. 2019 May goal was a century a day 3100 miles and Beat Murrdog the prior years' winner. May started and Rose and I rode hard and it was not easy I had no headphones to listen to than so I sang and worked on the lyrics to the Shasta Wheelman club song. Soreness was bad till I took the rolling pin from the kitchen and started to roll my legs. That lasted 10 days than it went away and just ached. I hung with it and took 1st in the National love to Ride Challenge with 3980 miles and Strava's internationals challenge with 4003miles 2nd in the world. It was a very big thing for me a second chance to be the athlete I once was I wept coming home that last day I was so proud of myself.

During 2019 I bought my second Domane SL Penny she was the future. Deckerd her out with aero bars and upgraded components and trained on her till May 2020 made a goal of 5000 that year was doing great till Cody my riding partner got run over by a car coming to ride with me hit me hard. Finished the Love to Ride Challenge, 1st in the Nation. That brings us to this year 2021 and I'm focused and in the best long distance riding condition thus far. All my D's are razor sharp lethal. My mind set this year achieve what I have been training so very hard for 5000 miles in 31 days and win my first Strava international title and another Love to Ride National title home to the Shasta Wheelmen and the Redding community! Special Shout Out to the Shasta Wheelman Organization without you I could not have become ME!

Like the song goes AND I'LL BE A SHASTA WHEELMAN ALL OF MY LIFE!

Gary J Nelson

With Sadness

We have lost another of our Shasta Wheelmen. March 30, Dan Martin passed away at age 73. He had recently moved to Trinity Center. A memorial service was held at the Northern California Veteran's Cemetery on April 16. We will miss you Dan. Rest in Peace.



The memorial bench for Ron Prior was placed at the Northern California Veteran's Cemetery



Area Organized Rides

- *Chico Wildflower 2021* Wildflower will be a 2-week virtual event, from April 24 – May 9. Ride any of the 7 routes from 12 to 125 miles and enjoy the wildflowers along the way. Note that these routes will not be marked nor have any services along the route. Registration \$60.
<https://www.wildflowercentury.org/2021-event-details.html>
- *Yreka Siskiyou Scenic Bicycle Tour* May 1, 2021. Eight to 103 mile rides.
<https://granfondoguide.com/Events/Index/2663/siskiyou-scenic-bicycle-tour>
- *The Art of Survival Century*, Tulelake, Memorial Day weekend.
<https://survivalcentury.com/2020/01/art-of-survival-ride-2020-opens-registration/>

RIDE CALENDAR – Color key Tan=weekend rides, Blue=weekday rides, Green=club meeting			
If the official high temperature is 100 or above the ride will start one hour earlier			
Date	Time	Description	Route URL
05/01/21	8:00 AM	Ash Creek to Wildcat Start at Palo Cedro Park n Ride 54 miles Elev 2787	https://ridewithgps.com/routes/19137252
05/02/21	8:00 AM	Bowman/Evergreen Start at Anderson Starbucks 33 miles Elev 783	https://ridewithgps.com/routes/9623422
05/03/21	6:00 PM	Club Monthly Meeting VIRTUAL LINK TO BE ANNOUNCED ONE DAY PRIOR	https://goo.gl/maps/PRA4j2gHd8w
05/04/21	8:00 AM	Ride #08 Bridge Bay CW - Start at Sundial Bridge Parking Lot 35.1 miles Elev 1706	https://ridewithgps.com/routes/14136296
05/04/21	5:30 PM	TNT- CVS Parking Lot Placer & Buena Ventura 26-30 miles Two Groups 15-17 & 18-20 MPH Average	https://ridewithgps.com/routes/35413752

05/06/21	8:00 AM	Ride #09 Old Shasta CW -Start at Sundial Bridge Parking Lot 30.5 miles Elev 1638	https://ridewithgps.com/routes/14136297
05/08/21	8:00 AM	Palo Cedro/Cottonwood/Happy Valley Start at CVS Pharmacy @, Placer/Buena Ventura 62 miles Elev 1818	https://ridewithgps.com/routes/15809062
05/08/21	8:00 AM	DAY BEFORE MOMMIES DAY RIDE (see club ride above for start, etc.) Patty will be handing out tshostkies to the women in attendance	https://ridewithgps.com/routes/15809062
05/09/21	8:00 AM	Fish Hatchery/ Cottonwood Parkville dersch airport Start at Anderson Starbucks 31 miles Elev 887	https://ridewithgps.com/routes/14136343
5/10/2021	6:00 PM	Get Acquainted Ride Sundial Bridge Parking Lot 15-20 miles	See Jim Bush
05/11/21	8:00 AM	Ride #10 Shasta Dam/City of Shasta Lake CW. - Start at Sundial Bridge Parking Lot 33.4 miles Elev 1778	https://ridewithgps.com/routes/14136298
05/11/21	5:30 PM	TNT- CVS Parking Lot Placer & Buenaventura 26-30 miles Two Groups 15-17 & 18-20 MPH Average	https://ridewithgps.com/routes/35413752
05/13/21	8:00 AM	Ride #11 End of Iron Mountain Rd counter CCW - Start at Sundial Bridge Parking Lot 35.7 miles Elev 36	https://ridewithgps.com/routes/14136299
05/15/21	9:00 AM	Gridley and around the Buttes Meet at Gridley Fair Grounds and around the Buttes via Grey Lodge 65.9 miles Elev 598	https://ridewithgps.com/routes/3564424
05/15/21	8:00 AM	Veteran's Cemetery / West Redding Cottonwood Loop Start at CVS Pharmacy @, Placer/Buena Ventura 52 miles Elev 2270	https://ridewithgps.com/routes/15197255
05/16/21	8:00 AM	Benson/Basler Start at Anderson Starbucks 40 miles Elev 984	https://ridewithgps.com/routes/14136336
05/18/21	8:00 AM	Ride #12 City of Shasta Lake CCW - Start at Sundial Bridge Parking Lot 34.1 miles Elev 31	https://ridewithgps.com/routes/14136301
05/18/21	5:30 PM	TNT- CVS Parking Lot Placer & Buenaventura 26-30 miles Two Groups 15-17 & 18-20 MPH Average	https://ridewithgps.com/routes/35413752
05/20/21	8:00 AM	Ride #13 Palo Cedro CW - Start at Sundial Bridge Parking Lot 31.2 miles Elev 1101	https://ridewithgps.com/routes/14136302
05/22/21	8:00 AM	Swasey/Shasta Dam/Old Oregon Start at CVS Pkg Lot, Placer/Buena Ventura 50 miles Elev 3088	https://ridewithgps.com/routes/30577741
05/23/21	8:00 AM	This and That – Start at Anderson Starbucks 36 miles Elev 803	https://ridewithgps.com/routes/30403299
05/24/21	6:00 PM	Get Acquainted Ride Sundial Bridge Parking Lot 15-20 miles	See Jim Bush
05/25/21	8:00 AM	Ride #14 Anderson CW - Start at Sundial Bridge Parking Lot 37.9 miles Elev 855	https://ridewithgps.com/routes/14136303
05/25/21	5:30 PM	TNT- CVS Parking Lot Placer & Buenaventura 26-30 miles Two Groups 15-17 & 18-20 MPH Average	https://ridewithgps.com/routes/35413752
05/27/21	8:00 AM	Ride #15 Old Shasta CW - Start at Sundial Bridge Parking Lot 29.0 miles Elev 1323	https://ridewithgps.com/routes/14136304
05/29/21	8:00 AM	Zogg/Ono Start at CVS Pharmacy @, Placer/Buena Ventura 47 miles Elev 3019	https://ridewithgps.com/routes/10457128
05/30/21	8:00 AM	Out to the Bear Start at Sundial Bridge Parking Lot 34 miles Elev 1672	https://ridewithgps.com/routes/8104953

**Shasta Wheelmen General Membership Minutes
April 5, 2021
Lulu's Restaurant and via Google Meet**

1. Call to Order by Doug Holt at 6:00 pm
2. Quorum was present with 14 members attending in person and virtually online.
3. March 2021 minutes were approved - Doug Holt moved to approve, Glenda Yerkes seconded.
4. All Wheelmen were reminded to view the wonderful YouTube video that Terri Webster created of the 2020 rides. Here is the link: <https://www.youtube.com/watch?v=6DniRaCjOsA>

5. Standing Reports

A. Treasurer's Report by John Simmons details in the report submitted.

CHECKING	Mar 2021		SAVINGS	Mar 2021
OPENING	\$5167.99		OPENING	\$5005.21
INCOME	\$150.00	*	INTEREST	\$.04
EXPENSES	\$7.98	**	EXPENSES	0
	\$200.00	***		
CLOSING	\$5110.01		CLOSING	\$5005.25

*Membership

**Stripe fees

***Donations(\$100 to Shasta Living Streets for Diestlhorst to Downtown promotion
\$100 to Shasta YMCA for promotion of Bike Month)

B. Membership Report – Jim Bush reported that there are 110 current members.

- The Get Acquainted ride held on March 27 was a success with 9 riders attending.

6. Old Business

A. It was agreed that the Ride calendar will be posted to the website at the same time the Matrix is posted.

B. Ride Trophy for 2020 and honoring the top riders in 2019 and 2020

- Normally, the Ride Trophy is awarded at the annual banquet which was cancelled due to the pandemic.
- The trophy currently resides at the Shasta Living Streets Bike Depot
- Options for honoring the top Wheelmen riders are being considered by the Board and will be discussed at the next general meeting, including holding a banquet in the fall of 2021 when we can safely meet together.

C. Bike Month starts on May 1 and runs through the whole month

- All Wheelmen were encouraged to sign up at the Love to Ride site:
<https://www.lovetoride.net/global?locale=en-US>
- Other notable dates include Bike to School on May 5, Ride of Silence on May 17 and Bike to Work on May 21.
- Next meeting of the Bike Month Committee is April 27.

- D. Board report - Nolan Randall received approval to upgrade to the next level of Square Space, the host of our Shasta Wheelmen website. This will allow for more contributors to manage the site while we transition responsibilities for 2021.

6. New Business

- A. Getting Acquainted Ride – April 24 (will shift to 2nd and 4th Monday night in May, continuing through September).
- B. Sadly, Doug Holt announced that Shasta Wheelmen member Dan Martin has passed away. It was decided to send a \$200 donation to a charity that the family will designate. Those members wishing to donate also may send a check to John Simmons or send a donation in Dan's name individually. Lisa Creps will coordinate with Mary Davis to send a Sympathy card and donation.
- C. AB122 Stop signs are treated as a yield sign, passed the committee and was amended and is now back to the committee for approval before going on to the next phase.

5. Upcoming Rides

- A. American River Trail Ride - April 23 Watch for Google Group emails to arrange carpools.
- B. Chico around Sutter Buttes - May 15. Check May ride calendar.

7. Meeting Attendance Raffle Winners







1. Claudia Robinson - Starbucks Gift Card
2. Linda Cannar- From the Hearth Gift Card
3. Patty Shackleton- Chain Gang Gift Certificate

8. Meeting Adjourned at 6:52pm

Agenda Monday May 3rd, 2021 at Lulu's and Virtually online at 6:00PM

- 1) Call to order
- 2) Introductions
- 3) Membership chair to determine if quorum is present.
- 4) Approve minutes as published in the Matrix.
- 5) Standing Reports
 - Treasures' Report
 - Membership Report
- 6) Ride Calendar
- 7) Old Business
 - a. Bike Month (Lisa / John Crowe)
- 8) New business
 - a. Anything you may have. (My well is dry)
- 9) Raffle
- 10) Adjournment

FRIENDS OF THE SHASTA WHEELMEN - Show your membership card for available discounts

<p>Bikes Etc. 2400 Athens Ave. Redding, CA 96001</p> <p>530-244-1954</p>	
<p>Chain Gang Bike Shop 1540 Division St Redding, CA 96001</p> <p>530-243-9951 http://chaingangbikeshop.com/</p>	
<p>Jefferson State Adventure Hub 872 N Market St. Redding, CA 96003</p> <p>530-768-5055 www.jsahub.com</p>	
<p>Pedego Redding 862 N Market St. Redding, CA 96003</p> <p>530-605-4500 https://www.pedegoelectricbikes.com/dealers/redding/</p>	
<p>Sports LTD 950 Hilltop Drive Redding, CA 96003</p> <p>530-221-7333 https://www.reddingsportsltd.com</p>	
<p>The Bike Shop 3331 Bechelli Lane Redding, CA, 96002</p> <p>530-223-1205 https://www.thebikeshopredding.com</p>	



Matrix

June 2021 – The Official Publication 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, 6:00 p.m.. Due to Covid they are virtual for now. Google Meet address is distributed by Alerly the day prior.

Specialty Rides, the club will be sponsoring special rides as follows:

- **Women on Wheels (WOW)** The Ladies Ride for May honored our Shasta Wheelmen Moms with an early Mother's Day ride on May 8th from CVS to Palo Cedro out to Cottonwood and then on to Happy Valley. The wind presented a real challenge for the seven riders that day but they managed to finish a 66 mile ride! Patty Shackleton presented a lovely gift bag to each Mom. Coffee at Starbucks capped off a great ride!



- The **Monday night Get Acquainted** ride will be on the second and fourth Monday. The start time is 6pm. This ride is for beginning and medium level riders and starts at the Sundial Bridge.

- **Harris Beach** Sept. 15-17 is being organized by Jack Yerkes staying at the Beachhead RV Park.

Siskiyou Scenic Bike Tour – May 1

Kudos to all of the Wheelmen who participated in the Siskiyou Scenic Bicycle Tour. The Wheelmen won the prize for the most club riders signed up ahead of time.

A rider passed Ian and Linda and said "More Wheelmen.....you guys really came out in full force." Another volunteer said "Shasta Wheelmen from Redding...thank you all for supporting the Yreka community."



Welcome New 2021 Shasta Wheelmen Members

Last Name	First Name	Street Address
Edwards	Scott	7621 White Birch Lane
Rudd	Nancy	1595 Bantry Court
Cook	Wayne	3674 Cal Ore Dr
Holiday	John	500 Hilltop Dr #242
Rose	Natasha	3720 Altrus St
Mantei	David	1478 Duck Tail Ct
Shepard	Joan	4360 Rising Mist Cir
Fields	Dara	Ridgewood Dr

Message from El Presidente

Hello everyone. I hope you are all doing well. Here it is June. Two big things happen this month. One the summer solstice on the 21st The second the state of California plans to open the economy on June 15th (as of this writing). This means we will be entering the new normal. What does this mean for us Wheelmen? To me it means we should think about having some real fun and making a difference in the community. Let's get a banquet planned. We need to get a fundraiser in place so we can give back to the community. This means we need to find a worthy cause to donate to. So, I need people to volunteer for the banquet and to help come up with fundraiser ideas. We also need ride leaders. When we have ride leaders on the weekend, we get better turn outs of newer members and nonmembers. I know all our lives get in the way and that a lot of us are a little burned out. But if we don't step up this club is going to wither up and die. I don't want to see this club become a casualty of apathy or the pandemic. So please step up (I'm not asking you to do anything I don't already do). Lead a ride, work on a committee, attend a meeting in person or online, read the matrix. Let's all try to make a difference.



I hope everybody took advantage of the 20% discount Jim got us with RoadID. I sure did! I would like to thank Jim for getting this setup.

I was interviewed by 7R on the 19th of May, prior to the Ride of Silence. If you didn't see the interview, I was told it would be on the 7R website. Speaking of the Ride of Silence we had a good turn out with 13 people showing up for the ride. For those of you who joined me thank you very much.

Keep spinning those cranks!

Doug

Tech Talk

Copy and past the link below and find out why narrow tires feel faster than wide tires.

<https://www.renehersecycles.com/journal/>

May Bike Challenge Results to date

LOVE TO RIDE update as of May 20, 2021

Currently the Shasta Wheelmen have 41 riders participating in the May Bike month. We have ridden 16,109 miles good for 6th place Nationally in the group category.

The top female riders in the club are Patty Shackelton (511), Ann Wright (428), Linda Cannar (410), Melissa Boyd (377), Lisa Creps (268), Cindy Begbie (230), Linda La Bella (217), Nancy Cook (207), Natasha Rose (174), Nancy Rudd (167).

The top male riders are led by Gary Nelson who is also the current national leader with 2,810 miles followed by Keith Elzner (1,550), Wayne Wilson (960), Russ Azevedo (742), Rick Sanders (690), John Crowe (535), Phil Addison (535), Michael Nwobodo (507), Joe Fernandes (503).

Thank you for your participation. It's not too late to sign up and log your miles for May. <https://www.lovetoride.net/usa>

2020 Ride Video

The video of 2020 ride pictures has been created and saved on YouTube for your viewing pleasure. You can find it on our website ShastaWheelmen.org under the FAQ tab.

Wheelmen Feature – Michael Madden

I have been a Shasta Wheelman since 2016. Prior to that my wife, who passed away in 2015, and I, did a lot of mountain biking, road riding and other sports with We Ski II, the Redding Mountain Biking Club and a group called Earl's group....but not the Wheelmen. I don't know how we missed that one.

I have been a cyclist since my buddy and I bought Raleigh 3 speed bikes with money earned as paperboys. Our summers were spent in upstate New York wandering far and wide. A most beautiful place with many interesting back roads.

I came to Redding after retiring from a long career as an Air Force fighter pilot. I had a fun and interesting career, always being surprised that they paid me for flying. As a 22 year old after pilot training I flew the F-86H with the New York Air National Guard. After that I went full-time Air Force. My 3 most fun assignments were as a Top Gun Instructor at the Air Force Fighter Weapons School, a 3 year exchange tour with the Royal Australian Air Force, flying the French Mirage III fighter, and as Squadron Commander of an F-4E Squadron (the best job in the Air Force). Along the way I flew two tours during the Viet Nam conflict, first in the F-4C and later in the A-1 Skyraider over the Ho Chi Minh trail in Laos. As I became more senior I flew airplanes less and desks more....ugh! Time to retire. One of the first things that I did was to hit the Chain Gang and buy a Univega road bike (I had a lot to learn about the finer points of good bikes). My friend and I had a 12 mile loop around south Redding and our goal was to average 21 miles per hour from start to stop...we got close but the stop lights and signs kept us in check. One day we tagged onto a 30 mile ride with the magical Wheelmen and just barely hung on. My next Wheelman ride was in 2016.

Cycle touring has been another one of my activities, having toured New Zealand on 6 different trips and recently one solo trip across France to Switzerland. I still enjoy life in the hostels.

I thoroughly enjoy the Club and its members, and as the most senior rider it has greatly enriched my life and my physical well-being.



Area Organized Rides

- *Fall River Century*, Fall River, July 17
www.fallriver.com

RIDE CALENDAR – Color key Tan=weekend rides, Blue=weekday rides, Green=club meeting

If the official high temperature is 100 or above the ride will start one hour earlier

Date	Time	Description	Route URL
06/01/21	8:00 AM	Ride #16 Jones Valley CCW - Start at Sundial Bridge Parking Lot 32.6 miles Elev 1577	https://ridewithgps.com/routes/1413630
06/01/21	5:30 PM	TNT- CVS Parking Lot Placer & Buenaventura 26-30 miles Two Groups 15-17 & 18-20 MPH Average	https://ridewithgps.com/routes/3541379
06/03/21	8:00 AM	Ride #17 Millville CCW - Start at Sundial Bridge Parking Lot 36.6 miles Elev 1067	https://ridewithgps.com/routes/1413630
06/05/21	8:00 AM	Dersch, Ash Creek, Balls Ferry, Churn Creek Start at Clover Creek for 51.5 miles Elev 1759	https://ridewithgps.com/routes/3160490
06/06/21	8:00 AM	North/West/South of Palo Cedro Start at Palo Cedro Park n Ride 38 miles Elev 793	https://ridewithgps.com/routes/1069299
06/07/21	6:00 PM	Club Monthly Meeting at Lulu's Restaurant 2230 Pine St. Redding, VIRTUAL LINK ANNOUNCED ONE DAY PRIOR	https://goo.gl/maps/PRA4j2gHd8w
06/08/21	8:00 AM	Ride #18 Igo/Ono CCW - Start at Sundial Bridge Parking Lot 40.5 miles Elev 2077	https://ridewithgps.com/routes/1413630
06/08/21	5:30 PM	TNT- CVS Parking Lot Placer & Buenaventura 26-30 miles Two Groups 15-17 & 18-20 MPH Average	https://ridewithgps.com/routes/3541379
06/10/21	8:00 AM	Ride #19 Bridge Bay CCW - Start at Sundial Bridge Parking Lot 35.0 Miles Elev 1656	https://ridewithgps.com/routes/1413630
06/12/21	8:00 AM	Sunny Hill. Start at CVS Pharmacy, Placer/Buena Ventura 50 miles Elev 3235	https://ridewithgps.com/routes/1413630
06/13/21	8:00 AM	Jamboree Cool Down Start at Palo Cedro Park n Ride 33 miles Elev 769	https://ridewithgps.com/routes/1045720
06/14/21	6:00 PM	Get Acquainted Ride Sundial Bridge Parking Lot 15-20 miles	See Jim Bush
06/15/21	8:00 AM	Ride #20 Old Shasta CCW - Start at Sundial Bridge Parking Lot 30.4 miles Elev 1643	https://ridewithgps.com/routes/1413630
06/15/21	5:30 PM	TNT- CVS Parking Lot Placer & Buenaventura 26-30 miles Two Groups 15-17 & 18-20 MPH Average	https://ridewithgps.com/routes/3541379
06/17/21	8:00 AM	Ride #21 Shasta Dam/City of Shasta Lake CCW - Start at Sundial Bridge Parking Lot 33.4 miles Elev 1773	https://ridewithgps.com/routes/1413630
06/19/21	8:00 AM	WOW#4 LADIES BRUNCH RIDE- Start at CVS Pharmacy, Placer/Buena Ventura, Brunch at Moonstone Bistro 24.9 miles Elev. 1441	https://ridewithgps.com/routes/3602824
06/19/21	8:00 AM	Cottonwood/Fish Hatchery/Palo Cedro Start at Anderson Starbucks 45 miles Elev 1021	https://ridewithgps.com/routes/1358800
06/20/19	8:00 AM	Palo Cedro North/West/South Start at Palo Cedro Park n Ride 35 miles Elev 794	https://ridewithgps.com/routes/1069299
06/22/21	8:00 AM	Ride #22 End of Iron Mountain Rd to gate CW - Start at Sundial Bridge Parking Lot 38.0 miles Elev 2362	https://ridewithgps.com/routes/1413630
06/22/21	5:30 PM	TNT- CVS Parking Lot Placer & Buenaventura 26-30 miles Two Groups 15-17 & 18-20 MPH Average	https://ridewithgps.com/routes/3541379

06/24/21	8:00 AM	Ride #01 City of Shasta Lake CW - Start at Sundial Bridge Parking Lot 34.0 miles Elev 1810	https://ridewithgps.com/routes/1413938
06/26/21	8:00 AM	Dersch Wildcat & Black Butte Loop Start at Palo Cedro Park n Ride 50 miles Elev 2666	https://ridewithgps.com/routes/1801419
06/26/21	9:00 AM	McCloud- Pilgrim Creek to Bartle Out And Back Meet at Pilgrim Creek Snow Park Lot- 59.2 Miles Elev. 2502	https://ridewithgps.com/routes/3326507
06/26/21	9:00 AM	McCloud- Pilgrim Creek to Bartle Loop- Return via Hwy 89 Meet at Pilgrim Creek Snow Park Lot- 50.6 miles Elev. 2129	https://ridewithgps.com/routes/3602683
06/26/21	8:00 AM	PRESIDENTIAL LOW AND SLOW SERIES Bran' Loop- Start at CVS lot Placer & Buenaventura 15.7 miles Elev 807	https://ridewithgps.com/routes/3583872
06/27/21	8:00 AM	Olinda Happy Valley Cottonwood Balls ferry Start at Anderson Starbucks 34 miles Elev 818	https://ridewithgps.com/routes/1381711
06/28/21	6:00 PM	Get Acquainted Ride Sundial Bridge Parking Lot 15-20 miles	See Jim Bush
06/29/21	8:00 AM	Ride #02 Palo Cedro counter CCW - Start at Sundial Bridge Parking Lot 31.6 miles Elev 1057	https://ridewithgps.com/routes/1413629
06/29/21	5:30 PM	TNT- CVS Parking Lot Placer & Buenaventura 26-30 miles Two Groups 15-17 & 18-20 MPH Average	https://ridewithgps.com/routes/3541379

**Shasta Wheelmen General Membership Minutes
May 3, 2021
Lulu's Restaurant and Google Meet**

1. Call to Order by Doug Holt. 6:05
2. Quorum Yes total present 14 people both online and present
3. Approval of the minutes of the April 2021 meeting General Membership meeting as printed in the Matrix (Nolan makes the motion and Patty seconds, approved).
4. Standing Reports

A. Treasurer's Report by John Simmons details in the report submitted.

CHECKING	Apr 2021		SAVINGS	Apr 2021
OPENING	\$5110.01		OPENING	\$5005.25
INCOME	\$360.00	*	INTEREST	\$.04
EXPENSES	\$23.34	**	EXPENSES	0
CLOSING	\$5446.67		CLOSING	\$5005.29

*Membership

**Stripe fees

- B. Membership Report by Jim Bush 111 members. 2 new members. Remember to renew your membership.

C. Board Meeting Report by Doug Holt.

Secretary will mail gift cards out or the Vice president will hand deliver them.

Need a banquet chair for the end of year banquet for mid to late October; outside potluck ideas.

City of Hope sympathy card for Vicky.

Sport LtD wants Shasta Wheelmen to park bikes / declined offers due to Covid and masks -too hot. May 15 cutoff date for donations.

4. Old Business Bike month

Love to ride -scroll to the bottom of the screen of my profile go to MY RIDES select sync to strava.

May 19 southern loop ride of silence.

Also next month more information regarding construction of the trails to town project. Target date for completion is June 2021.

Be wary of Buenaventura trail, gravel not paved.

See document re AB-122 /52-11 passed for safety stop yield and go with no full stop required. Going to the senate now.

Ann Thomas with Shasta Living Streets idea to include the Wheelmen in a project to get feedback from us regarding road improvements.

5. Ride Calendar

- The Get acquainted ride report. 11 showed up. Good ride.
- September 11, 2021 Gold beach ride "Bike the road" put on by rotary club.
- May 15 special Ride the Buttes starting at the county fairgrounds, 65 miles.
- New ride is called the presidential ride- low and slow.

6. New Business

Matrix given to the city chamber and now Redding city council will add to the welcome pack to people moving into town.

- Next Ride 6 pm Sundial Bridge.
- Pancake breakfast Friday May 14 verify with the Asphalt cowboys if they want us to park bikes.
- Melissa will pick up FaceBook administrator.

7. Raffle # 1 Nolan Randall \$15 Great harvest; \$15 Starbucks to Patty Shackleton.

8. Adjournment at 6:48.

Special note-







Jersey tops gently used by Ron Prior; free most likely large and extra-large size about 6-8 left. Contact Jack Yerkes with any questions.

Agenda Monday June 7, 2021 at Lulu's and online at 6:00PM

- 1) Call to order
- 2) Introductions
- 3) Membership chair to determine if quorum is present.
- 4) Approve minutes as published in the Matrix.
- 5) Standing Reports
 - Treasures' Report
 - Membership Report
 - Board Meeting
- 6) Ride Calendar
- 7) Old Business
 - a. Follow-up on Bike month (Lisa / John Crowe)
 - b. AB122

- 8) New business
 - a. Banquet
 - b. Fundraiser ideas
 - c. Ride leader ideas
- 9) Raffle
- 10) Adjournment

FRIENDS OF THE SHASTA WHEELMEN - Show your membership card for available discounts

<p>Bikes Etc. 2400 Athens Ave. Redding, CA 96001</p> <p>530-244-1954</p>	
<p>Chain Gang Bike Shop 1540 Division St Redding, CA 96001</p> <p>530-243-9951 http://chaingangbikeshop.com/</p>	
<p>Jefferson State Adventure Hub 872 N Market St. Redding, CA 96003</p> <p>530-768-5055 www.jsahub.com</p>	
<p>Pedego Redding 862 N Market St. Redding, CA 96003</p> <p>530-605-4500 https://www.pedegoelectricbikes.com/dealers/redding/</p>	
<p>Sports LTD 950 Hilltop Drive Redding, CA 96003</p> <p>530-221-7333 https://www.reddingsportsltd.com</p>	
<p>The Bike Shop 3331 Bechelli Lane Redding, CA, 96002</p> <p>530-223-1205 https://www.thebikeshopredding.com</p>	



Matrix

July 2021 – The Official Publication 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.

2021 OFFICERS & BOARD

President

Doug Holt
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Vice President

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John Simmons
530-227-1343

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info@shastawheelmen.org

Club meetings are held on the first Monday of each month, 6:00 p.m.. Due to Covid they are virtual for now. Google Meet address is distributed by Alery the day prior.

A Go Fund Me account has been created on Facebook to help Joe and Raquel Fernandes after Joe sustained serious injuries when he was hit by a car riding his bike to work. To add insult to injury, their car was stolen from the Walgreens parking lot right after Joe's surgery. Needless to say, this has completely upended their lives, especially since they are expecting their first child in December. Please donate using the link below to help out our fellow Shasta Wheelman. Thanks so much! Please keep Joe and his family in your prayers, and be extra careful on the road.

<https://gofund.me/b6f14d86>

Specialty Rides, the club will be sponsoring special rides as follows:

- **Women on Wheels (WOW)** The June Ride #4 was a big success with 6 riders completing a 25 miler around the Westside and 9 ladies coming out for brunch at Moonstone Bistro, one of our favorite restaurants! A nice morning ride, Mimosas, Bloody Mary's and brunch with a great group of gals - what more could one ask for? *The July Ladies Ride #5 has been cancelled*
- The **Monday night Get Acquainted** ride will be on the second and fourth Monday. The start time is 6pm. This ride is for beginning and medium level riders and starts at the Sundial Bridge.
- **Harris Beach** Sept. 15-17 is being organized by Jack Yerkes staying at the Beachhead RV Park.

Welcome New 2021 Shasta Wheelmen Members

Last Name	First Name	Street Address
Edwards	Scott	7621 White Birch Lane
Rudd	Nancy	1595 Bantry Court
Cook	Wayne	3674 Cal Ore Dr
Holiday	John	500 Hilltop Dr #242
Rose	Natasha	3720 Altrus St
Mantei	David	1478 Duck Tail Ct
Shepard	Joan	4360 Rising Mist Cir
Fields	Dara	11550 Ridgewood Dr
Annable	Johanna	1612 SE 123 RD Ave
Lee	Amy	3450 Somerset Ave
Lee	Bob	3450 Somerset Ave
DeNatale	Neil	14660 Cannon Rd
Goodman	Louis	1290 B Street #307

Message from El Presidente

Here it is going to be July soon and as I write this the heat is on. Let's all hope it's not going to be on for the next three months like this. One problem with that idea it is Summer in the North State!

At the last club meeting (6/7/21) a motion was put forth that we become Corporate Sponsors of Shasta Living Streets. Due to the large sums of monies (500\$ or 1000\$) I wanted this motion presented to the whole club. This way we all know what is in play and we will be able to hold a vote at the July 5th meeting. So, if you

want a say in how the club is going to spend the money in the treasury you need to attend the next meeting either in person or online. We also need to figure out how this is going to be paid for as this will be a yearly donation. If this motion passes my feelings are we need to get a fund-raising event going. Not on the scale of the old Jamboree but one that involves cycling. I



have an idea, but I need some of my fellow Wheelmen to step up and join me on a Fund Raiser Committee. I will chair the committee so if you want to be on this committee drop me an email. If you can't be on the committee and have an idea on how to raise some funds let me know as well. We need to raise some money so we can do more things for the community as well, helmets for kid's, bike racks, more Share the Road signs (or Bikes Belong signs) as well as the donation to Shasta Living Streets. So please help me out on this. Thank you!
Keep spinning those cranks!
Doug

Tech Talk

What is more technical than our own bodies. The link below is to an article written by our own Michael Sojka. He graciously said I could pass it along. Thank you, Michael!
<https://shastatour.medium.com/wholistic-health-a-new-approach-c34d2a91ebb6>

May Bike Challenge Results

The Shasta Wheelmen rode 24,023 miles in the May Love to ride which was good for first place in Shasta County and 6th place in the nation in the group category. For Shasta County our men riders had nine riders in the top 20 led by Gary Nelson (4,560) and Keith Elzner (2,281) followed by Wayne Wilson, Allen Kost, Rick Sanders, Russ Azevado, Michael Nwabodo, Phil Addison and John Crowe.

The Wheelmen ladies were led by Patty Shackleton, Linda Cannar, Ann Wright, Melissa Boyd, Nancy Cook and Cindy Begbie.

Gary Nelson was first in the Nation and also first internationally. Way to Go Gary!!
Congratulations to all 43 Wheelmen who participated and helped the club.



Run Across Road Hazard?

If you ever encounter hazards like this in the roadways, bike lanes, sidewalks, etc. you can make a request for service here: <https://www.cityofredding.org/departments/public-works/streets/street-maintenance-request> or give the streets office a call 224-6068.

Area Organized Rides

- *Fall River Century*, Fall River, July 17
www.fallriver.com
- *Gold Country Challenge*, Sept. 11
www.rotarygoldchallenge.com
- *Ride the Rogue*, Sept 18
www.ridetherogue.com

RIDE CALENDAR – Color key Tan=weekend rides, Blue=weekday rides, Green=club meeting

If the official high temperature is 100 or above the ride will start one hour earlier

Date	Time	Description	Route URL
07/01/21	7:00 AM	Ride #03 Anderson counter CCW - Start at Sundial Bridge Parking Lot 39.5 miles Elev 825	https://ridewithgps.com/routes/14136291
07/03/21	7:00 AM	Hooker, Jellys Ferry Start at Anderson Starbucks 42 miles Elev 1628 Ride Leader Gary Nelson 530-357-3135	https://ridewithgps.com/routes/11752985
07/04/21	7:00 AM	Middle Creek Loop Start at Sundial bridge Parking Lot 28 miles Elev 2109 Ride Leader Gary Nelson 530-357-3135	https://ridewithgps.com/routes/19736728
07/05/21	6:00 PM	Club Monthly Meeting at Lulu's Restaurant 2230 Pine St. Redding, VIRTUAL LINK ANNOUNCED ONE DAY PRIOR	https://goo.gl/maps/PRA4j2gHd8w
07/06/21	7:00 AM	Ride #04 Old Shasta counter CCW - Start at Sundial Bridge Parking Lot 28.5 miles Elev 1297	https://ridewithgps.com/routes/14136292
07/06/21	5:30 PM	TNT- CVS Parking Lot Placer & Buenaventura 26-30 miles Two Groups 15-17 & 18-20 MPH Average	https://ridewithgps.com/routes/35413752
07/08/21	7:00 AM	Ride #05 Jones Valley Store CW - Start at Sundial Bridge Parking Lot 32.5 miles Elev 1579	https://ridewithgps.com/routes/14136293
07/10/21	7:00 AM	Dry Creek / Bear Mt. Start at Palo Cedro Park n Ride 43 miles Elev 1399 Ride Leader Gary Nelson 530-357-3135	https://ridewithgps.com/routes/12118058
07/11/21	7:00 AM	Down and back – Start Anderson Starbucks 37 miles Elev 944 Ride Leader Gary Nelson 530-357-3135	https://ridewithgps.com/routes/30403220
07/12/21	6:00 PM	Get Acquainted Ride Sundial Bridge Parking Lot 15-20 miles	See Jim Bush
07/13/21	7:00 AM	Ride #06 Millville Plains CW - Start at Sundial Bridge Parking Lot 38.4 miles Elev 1042	https://ridewithgps.com/routes/14136294
07/13/21	5:30 PM	TNT- CVS Parking Lot Placer & Buenaventura 26-30 miles Two Groups 15-17 & 18-20 MPH Average	https://ridewithgps.com/routes/35413752
07/15/21	7:00 AM	Ride #07 Igo/Ono CW - Start at Sundial Bridge Parking Lot 41.6 miles Elev 2085	https://ridewithgps.com/routes/14136295
07/17/21	7:00 AM	Fall River Century / Fall River Mills, CA	www.fallrivercentury.com
07/17/21	7:00 AM	Shasta Dam Loop Start at Sundial Bridge Parking Lot 35 miles Elev 1887 Ride Leader Gary Nelson 530-357-3135	https://ridewithgps.com/routes/19741516

07/18/21	7:00 AM	Coleman Fish Hatchery Millville Palo Cedro Start at Anderson Starbucks 45 miles Elev 1020 Ride Leader Gary Nelson 530-357-3135	https://ridewithgps.com/routes/14136357
07/20/21	7:00 AM	Ride #08 Bridge Bay CW - Start at Sundial Bridge Parking Lot 35.1 miles Elev 1706	https://ridewithgps.com/routes/14136296
07/20/21	5:30 PM	TNT- CVS Parking Lot Placer & Buenaventura 26-30 miles Two Groups 15-17 & 18-20 MPH Average	https://ridewithgps.com/routes/35413752
07/22/21	7:00 AM	Ride #09 Old Shasta CW -Start at Sundial Bridge Parking Lot 30.5 miles Elev 1638	https://ridewithgps.com/routes/14136297
07/24/21	7:00 AM	Ten Bridge Ride Start at Westwood Village 47 miles Elev 1173 Ride Leader Gary Nelson 530-357-3135	https://ridewithgps.com/routes/10374622
07/24/21	7:00 AM	PRESIDENTIAL LOW AND SLOW SERIES Upper Rail Trail Meet at Rock Creek Parking area for Upper Rail Trail 16.3 miles Elev 620	https://ridewithgps.com/routes/35838734
07/25/21	7:00 AM	Cottonwood Dersch Millville Plains Old 44 Start at Westwood Market 35 miles Elev 959 Ride Leader Gary Nelson 530-357-3135	https://ridewithgps.com/routes/11469006
07/26/21	6:00 PM	Get Acquainted Ride Sundial Bridge Parking Lot 15-20 miles	See Jim Bush
07/27/21	7:00 AM	Ride #10 Shasta Dam/City of Shasta Lake CW. - Start at Sundial Bridge Parking Lot 33.4 miles Elev 1778	https://ridewithgps.com/routes/14136298
07/27/21	5:30 PM	TNT- CVS Parking Lot Placer & Buenaventura 26-30 miles Two Groups 15-17 & 18-20 MPH Average	https://ridewithgps.com/routes/35413752
07/29/21	7:00 AM	Ride #11 End of Iron Mountain Rd counter CCW - Start at Sundial Bridge Parking Lot 35.7 miles Elev 36	https://ridewithgps.com/routes/14136299
07/31/21	7:00 AM	Benson/Bowman Start at Anderson Starbucks 36 miles Elev 871 Ride Leader Gary Nelson 530-357-3135	https://ridewithgps.com/routes/14136317

**Shasta Wheelmen General Membership Minutes
June 7, 2021
Lulu's Restaurant and Google Meet**

1. Call to Order by Doug Holt. 6:00 meet opened
2. Quorum Yes total at meeting 21 present.
3. Approval of the minutes of the May 2021 General Membership meeting as printed in the Matrix approved Patty motion Lisa Creps second approval of minutes from previous meeting..
4. Standing Reports

A. Treasurer's Report by John Simmons details in the report submitted.

CHECKING	May 2021		SAVINGS	May 2021
OPENING	\$5446.67		OPENING	\$5005.29
INCOME	\$530.00	*	INTEREST	\$.04
EXPENSES	\$466.26	**	EXPENSES	0
CLOSING	\$5510.41		CLOSING	\$5005.33

*Membership(\$270), Mug sale(\$10), Individual donations to Dan Martin(\$250)

**Donation to City of Hope on behalf of Dan Martin(\$450), Stripe fees(\$16.26)

B. Membership Report by Jim Bush total of members 111.

C. Board Meeting Report by

4. Old Business (President usually sends out an agenda by email)

- A. Bike month follow-up this Wednesday final wrap up luncheon. Information about the results will be presented at the next meeting. 1st place in the nation and Strava is Gary Nelson-Carbon fiber cowboys placed 10th in the nation.
- B. Ab122 still in the senate, not voted on yet. Will not see results until the end of the year

5. Ride Calendar

- A. June Lady's ride will be held on Sunday, June 13th (not on June 19th as shown on the ride calendar) and includes Brunch at Moonstone Bistro after the ride. Please RSVP to Patty or Lisa ASAP!
- B. July Ladies ride will be an Out & Back on Gilman Road in Lakehead on Saturday, July 10th.
- C. August Crater Lake ride 21st of August Saturday. First come first serve- several camp sites available.
- D. Reminder about the President's low and slow 26 of June once a month.

6. New Business

- A. Looking for help to set up the 50th anniversary. Possible potluck at Jim Bush house as a potluck. Possible in September or October. Lisa will chair the committee. Jim Bush, Linda Cannar, Gary Nelson and Patty Shackleton will join. Several ideas for a potluck or catered diner are being considered.
- B. Fundraisers needed to start, thinking about providing helmets to kids and other bicycle related events in the community.
- C. Suggested we support Shasta Living Streets as a Business Innovator with a donation of \$1,000 and partner with them to create a strong biking community in Redding by creating better bikeways and trails to support a healthy and vibrant town. The new Bike Depot is under construction and will include secure bike parking, a restaurant and coffee house, an open courtyard for dining and socializing, as well as new offices for the Shasta Living Streets staff. There are three levels of support – Business Supporter \$250, Business Champion \$500 and Business Innovator \$1,000. We will vote for the level of involvement at the July meeting.
- D. Request to send an email to Kim Niemer, Director Community Services, to lobby for pavement on the newly renovated Buenaventura trail that is currently gravel and was supposed to be paved. Lisa Creps will take the action to get her email and write a letter to her on behalf of the Wheelmen.
- E. We need YOU yes, YOU to join the Shasta Wheelmen fundraising committee. Contact Doug Holt to join our committee!
- F. Redding Wishing Wall mural to be painted on the alley and side walls of the Deluxe Inn on Market and Trinity Streets on the new Deistelhorst to Downtown bikeway. You can make a donation and have your dedication or wish painted on one of the seeds in the mural. This project is part of revitalizing downtown Redding. The donation is \$200.00. Contact Lisa Creps if interested.
- G. Please consider becoming a ride leader! You are already riding a regular route, inviting people to join you, leading from the back.

8. Adjournment at 7:10. Ian Motion







Drawing Cindy Begbie From the Hearth give card
Linda Yerkes one Starbucks

Agenda For July 5th, 2021, meeting at Lulu's Eating and Drinking Establishment and online on Google Meet

- 1) Call to order
- 2) Introductions

- 3) Membership chair to determine if quorum is present.
- 4) Approve minutes as published in the Matrix.
- 5) Standing Reports
 - Treasures' Report
 - Membership Report
 - Board Meeting
- 6) Ride Calendar
- 7) Old Business
 - a. Shasta Living Streets Donation (Doug)
 - b. Fund Raiser (Doug)
 - c. Bike month Follow-up (Lisa / John Crowe)
- 8) New business
 - a. Gary will talk about bike safety and his bike month trials and tribulations.
- 9) Raffle
- 10) Adjournment

FRIENDS OF THE SHASTA WHEELMEN - Show your membership card for available discounts

<p>Bikes Etc. 2400 Athens Ave. Redding, CA 96001</p> <p>530-244-1954</p>	
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info@shastawheelmen.org

Club meetings are held on the first Monday of each month, 6:00 p.m.. Due to Covid they are virtual for now. Google Meet address is distributed by Alery the day prior.

Update: Joe's account has over \$5000 in contributions. Thank you Wheelmen!

A Go Fund Me account has been created on Facebook to help Joe and Raquel Fernandes after Joe sustained serious injuries when he was hit by a car riding his bike to work. To add insult to injury, their car was stolen from the Walgreens parking lot right after Joe's surgery. Needless to say, this has completely upended their lives, especially since they are expecting their first child in December. Please donate using the link below to help out our fellow Shasta Wheelman. Thanks so much! Please keep Joe and his family in your prayers, and be extra careful on the road.

<https://gofund.me/b6f14d86>

Specialty Rides, the club will be sponsoring special rides as follows:

- **Crater Lake Rim Ride**, August 21. 9:00 at Crater Lake Lodge. See calendar. Ride leader Patty Shackleton (619) 981-2393.
- **Women on Wheels (WOW)** will continue in the fall
- The **Monday night Get Acquainted** ride will be on the second and fourth Monday. The start time is 6pm. This ride is for beginning and medium level riders and starts at the Sundial Bridge.
- **Harris Beach** Sept. 15-17 staying at the Beachhead RV Park – pending.

Deschutes Dash

Three Wheelmen take it out of town for the Deschutes Dash, July 10. Al Masterson, Patty Shackleton, and Scott Edwards. Great job Wheelmen!



Diestelhorst to Downtown Grand Opening

Hundreds of people attended the Diestelhorst to Downtown party held on Thursday, July 15, celebrating the grand opening of the walking and biking connector trail from the Sacramento River trail at the Diestelhorst Bridge to Downtown Redding. There was live music, beer, drinks and swag

at the bridge and the Bike Depot on California Street with many activities on the route in between. Many thanks to the several Wheelmen (Lisa, Gary, Jim, Patty, Doug, John C., John S., Alery, Melissa and Richard) who volunteered to work the event. They did everything from Bike Valet, Beer Sales, ID Checks, Wrist Bands, Event Merchandise Sales and Shasta

Wheelmen Merchandise Sales to spreading Shasta Wheelmen goodwill and help everywhere! Did you see Melissa's cute "bug" costume? She handed out "bike snakes" to lots of delighted children! Many thanks, also, to the several members who came out in their Shasta Wheelmen kits and rode the trail between the Bike Depot and the Bridge. Our club was well represented and very appreciated by Anne Thomas and her staff.



Ride of the Century Fall River

The Shasta Wheelmen were also well represented at the Fall River Century Ride on Saturday, July 17, with 26 members attending. Some rode the metric century and others rode the 100 miles in what turned out to be a fun and well-run event in beautiful country. Jim Bush arrived at the Inter Mountain Fairgrounds early on Friday to set up a Shasta Wheelmen area for tents and Lisa's RV. Riders were entertained by a live band that evening while completing check-in and had a great barbeque dinner. Everyone enjoyed Gary's homemade strawberry crepes, John's humongous apple pie and Lisa's chocolate chip cookies! The ride started off on Saturday with a much-appreciated chilly morning that turned into a warm but not too hot day. Community organizations from the towns of McArthur and Fall River Mills provided a pancake breakfast before the ride and lunch after. Their hard work was greatly appreciated by all. The fellowship and fun experienced by all our Wheelmen and Wheelwomen were priceless. Thanks to all.



Welcome New 2021 Shasta Wheelmen Members

Last Name	First Name	Street Address
Edwards	Scott	7621 White Birch Lane
Rudd	Nancy	1595 Bantry Court
Cook	Wayne	3674 Cal Ore Dr
Holiday	John	500 Hilltop Dr #242
Rose	Natasha	3720 Altrus St
Mantei	David	1478 Duck Tail Ct
Shepard	Joan	4360 Rising Mist Cir

Fields	Dara	11550 Ridgewood Dr
Annable	Johanna	1612 SE 123 RD Ave
Lee	Amy	3450 Somerset Ave
Lee	Bob	3450 Somerset Ave
DeNatale	Neil	14660 Cannon Rd
Goodman	Louis	1290 B Street #307
Cooper	Bobby	1640 Palm Dr
Peterson	Paul	3385 Vinewood
Peterson	Jennifer	3385 Vinewood
Zachary	April	13939 Gas Point Rd

Tuesday Night Turnout Rich Robinson

Perhaps the acronym for Tuesday Night Turnout scares some people off. It shouldn't. TNT is an ever changing cast of riders. They range from sometimes teens to as old as me. LOL. You can always count on a fast group to show up. I am always hoping for a slightly slower group to show also. The fast guys are going to average 18-20 mph for the night. I aim for 15-17 for the fun group. Most nights it will be a hard ride with whatever group you join. There are at least 3 regroupings so we can have fun as a group. It is a group ride. Maybe two groups. The route moves to the river trail when it is over 99'. Join me for that slower group. I really don't want to chase those guys.



Message from El Presidente

Well, this past month we pass the mid-point of this summer. I don't know about the rest of you but I'm going to be glad to get this summer over with.

At the July meeting the club voted and passed the motion to give a \$500 donation to Shasta Living Streets. Now if we want this to continue for years to come, we need to figure out a fund raiser. Otherwise this may be a one and done. Last month I asked for people to step up and help me with this endeavor. All I heard was crickets. So, I've come up with an idea of my own. We should put on Doughnut Ride! Make it a short course with one stop for doughnuts. This way we won't need a large amount of manpower to pull it off. So, please put some thought into this and we will discuss it at the next meeting. Keep spinning those cranks!

Doug



a

Tech Talk

On a ride this month I was asked, "as a respiratory therapist when is the air too bad to ride". The short answer is when the AQI says it's **Unhealthy**, maybe even at the **Unhealthy for the sensitive group**.

The main type of air pollution we must be concerned with is Particulate Matter (PM) and PM2.5 in particular. These are particles that are 2.5 microns in size or smaller. To put this in perspective a hair on our heads is 70 microns in diameter making it 70 times larger than the largest of these fine particles. Sources of PM2.5 are fields, unpaved roads, and fires of any form. So, we are around these fine particles all the time. The reason PM2.5 is such a hazard is the small size. It gets way down in our airways and even crosses over into our blood streams. This irritates our airways making it difficult to breathe. It can irritate the blood vessels and cause heart problems or even a stroke. The best way to protect ourselves is to not subject our bodies to this insult by not riding when the AQI is **Unhealthy**. I feel we would be better served not ridding when the AQI

is **Unhealthy for the Sensitive Group**. Remember all of us that are 65 years of age and older are geriatric no matter what our physical condition is. We are in the **Sensitive Group**.

So where do we look for the AQI? The newspaper, TV news, AirNow.gov and my favorite Purpleair.com. Purple air is a network of low-cost sensors spread all over the country. This way you can really drill down and see what the AQI will be in the area you will be riding in.

If the AQI is **GREEN, GOOD (0-50)** go ride your bike. If it's **YELLOW, MODERATE (51-100)** ride but use a little caution. If it's **GOLDENROD, UNHEALTHY FOR SENSITIVE GROUP (101-150)** think seriously about not riding. **RED, UNHEALTHY (151 – 200)** Stop don't ride it's not worth your long-term health.

The table below shows the visibility at different AQI levels so you can adjust your ride on the fly. I hope this helps clear the air on the AQI and when to ride.

http://dncr.nv.gov/uploads/documents/AQI_Estimator_General_Public.pdf

El Presidente

Safety Gary Nelson

SEE AND BE SEEN!

Cycle safety should be our number one concern as Shasta Wheelmen and Riders. Let's face it our playground (the road) is a rough place to play especially when riding alone. Drivers are our biggest threat out there and being seen by them is Paramount! There is NO way to protect yourself 100% but there are some things we can do to Greatly improve our odds.

Let's start with mirrors. Being able to survey your surroundings for any danger coming your way is very important. So a sunglass or helmet mounted mirror is the Best in my opinion. A quick glance with the eyes and you know what's behind you. It's that simple! Mirrors mounted low at the end of the bars are not very safe they're so low that you have to turn your head down and to the right taking your eyes off the road in front of you.

Helmets are mandatory for riding with the Wheelmen so I encourage all to upgrade (if you have not already) to a Wave Tech Model which is concussion resistant. This type helmet will give your brain a level of protection that other helmets can't! Also it makes a good platform for front head light, camera or tail light.

Clothes: First well talk about our feet. Bright colored shoes or Bright colored socks that contrast each other make a Good Visual display for drivers to see while the feet are in motion. And if you're riding at night a Cloth Luminescent ankle strap is Great. Your jersey should be a pattern that JUST STICKS out always remembering being seen is the name of this game. Again night time riders please use a Luminescent Jersey or light jacket. Gloves same thing: bright color with a small luminescent strip on the back side of the hand so that when hand signals are used it sticks out. The glove along with the motion of the hand during signaling is a great layer of protection.

Lighting: All our bikes should be equipped with a front facing headlight (as bright as possible) with multiple modes high, med, low and flasher mode making you visible to oncoming traffic whether in the day or at night. Now on the rear of everyone's bike there needs to be a Tail Light. As an example I use 2 Bontrager Flare RT 200 tail lights each lasting a minimum of 100 miles and as advertised can be seen 2km away IN THE DAYLIGHT! These also integrate into the Garmin system so I can turn them on and off depending on Traffic with my Garmin dashboard. Adding a flashing headlight or tail light to your helmet is a practice if extra lighting is needed.

Last subject I wanted to touch on is Communication! I urge everyone to be vocal while riding with 2 riders or 20 its every ones responsibility to look out after one another out there. Lead riders should call out in a loud clear voice any dangers upcoming and always use hand signals along with verbal commands. Tail riders the last rider in the line needs to call out any traffic coming from behind to warn the line riders and the lead rider. Now sound moves at 761 mph much faster than a car so you mid line riders when lead rider or tail rider makes a call the mid line riders need to be VOCAL and relay the commands either forward or backwards. Hand signals: Every single Wheelman rider should know and use hand signals ALL OF THE TIME weather in a group or alone get used to using them they can save you or someone your're riding with.

In closing there are so many topics on safety we can discuss that there is not enough room to hit them all in the space I have. I am going to suggest a few things we could do: a few words of safety before rides by the lead rider or an appointed person, discuss safety topics at the club meetings. This last week I've went on three rides to observe everyone before I wrote this. There are far too many bikes with low grade lights or no lights that as a club i would hope we can come together and figure out a way of getting our existing riders LIT UP. As for the newer members a list of lights and safety items should be added to the membership form. WE NEED TO BE ACTIVE ON SAFETY as a CLUB! This Club and its Members are worth the effort. Look forward to working on this with the Shasta Wheelman ORG.

Run Across Road Hazard?

If you ever encounter hazards like this in the roadways, bike lanes, sidewalks, etc. you can make a request for service here: <https://www.cityofredding.org/departments/public-works/streets/street-maintenance-request> or give the streets office a call 224-6068.

Area Organized Rides

- *Gold Country Challenge*, Sept. 11
www.rotarygoldchallenge.com
- *Ride the Rogue*, Sept 18
www.ridetherogue.com
- *Foxy's Fall Century 2021*, Oct. 16
Davisbikeclub.org

RIDE CALENDAR – Color key Tan=weekend rides, Blue=weekday rides, Green=club meeting, Red= Special Rides

EARLIEST START TIME IS 7:00 AM *EVENING RIDES CANCELLED IF PREDICTED TEMP 105 OR MORE*****

Date	Time	Description	Route URL
08/01/21	7:00 AM	Basler/Benson/Lonetree Start at Anderson Starbucks 40 miles Elev 1032	https://ridewithgps.com/routes/10692743
08/02/21	6:00 PM	Club Monthly Meeting at Lulu's Restaurant 2230 Pine St., Redding VIRTUAL LINK ANNOUNCED ONE DAY PRIOR	HTTPS://goo.gl/maps/PRA4i2gHd8w
08/03/21	7:00 AM	Ride #12 City of Shasta Lake CCW - Start at Sundial Bridge Parking Lot 34.1 miles Elev 31	https://ridewithgps.com/routes/14136301
08/03/21	5:30 PM	TNT - CVS Parking Lot Placer & Buenaventura 26-30 miles Two Groups 15-17 & 18-20 MPH Average	https://ridewithgps.com/routes/35413752
08/05/21	7:00 AM	Ride #13 Palo Cedro CW - Start at Sundial Bridge Parking Lot 31.2 miles Elev 1101	https://ridewithgps.com/routes/14136302
08/07/21	7:00 AM	Coleman Fish Hatchery Start at Westwood Village 44 miles Elev 804	https://ridewithgps.com/routes/14136335
08/08/21	7:00 AM	Westwood Zogg Start at Westwood Village 35 miles Elev 2367	https://ridewithgps.com/routes/14136349
08/09/21	6:00 PM	Get Acquainted Ride Sundial Bridge Parking Lot 15-20 miles	See Jim Bush
08/10/21	7:00 AM	Ride #14 Anderson CW - Start at Sundial Bridge Parking Lot 37.9 miles Elev 855	https://ridewithgps.com/routes/14136303
08/10/21	5:30 PM	TNT - CVS Parking Lot Placer & Buenaventura 26-30 miles Two Groups 15-17 & 18-20 MPH Average	https://ridewithgps.com/routes/35413752
08/12/21	7:00 AM	Ride #15 Old Shasta CW - Start at Sundial Bridge Parking Lot 29.0 miles Elev 1323	https://ridewithgps.com/routes/14136304
08/14/21	7:00 AM	Olinda Happy Valley Cottonwood Balls ferry Start at Anderson Starbucks 34 miles Elev 818	https://ridewithgps.com/routes/13817171
08/15/21	7:00 AM	Palo Cedro North/West/South Start at Palo Cedro Park n Ride 35 miles Elev 794	https://ridewithgps.com/routes/10692956
08/17/21	7:00 AM	Ride #16 Jones Valley CCW - Start at Sundial Bridge Parking Lot 32.6 miles Elev 1577	https://ridewithgps.com/routes/14136305

08/17/21	5:30 PM	TNT- CVS Parking Lot Placer & Buenaventura 26-30 miles Two Groups 15-17 & 18-20 MPH Average	https://ridewithgps.com/routes/35413752
08/19/21	7:00 AM	Ride #17 Millville CCW - Start at Sundial Bridge Parking Lot 36.6 miles Elev 1067	https://ridewithgps.com/routes/14136307
08/21/21	9:00	Circumnavigate Crater Lake, OR , Meet at Crater Lake Lodge (Alt. 7000) parking lot. Ride is counter-clockwise around the lake. Advise carpooling and bring your National Park Pass. Lunch after at the Lodge 33.3 miles 4285 feet Ride leader Patty Shacklton (619)981-2393	https://ridewithgps.com/routes/36766849
8/21/21	7:00 AM	North/West/South of Palo Cedro Start at Palo Cedro Park n Ride 38 miles Elev 793	https://ridewithgps.com/routes/10692956
8/22/21	7:00 AM	Jones Valley Dry Cr Start at Shasta College East Lot 29 miles Elev 1291	https://ridewithgps.com/routes/11468908
8/23/21	6:00 PM	Get Acquainted Ride Sundial Bridge Parking Lot 15-20 miles	See Jim Bush
8/24/21	7:00 AM	Ride #18 Igo/Ono CCW - Start at Sundial Bridge Parking Lot 40.5 miles Elev 2077	https://ridewithgps.com/routes/14136308
8/24/21	5:30 PM	TNT- CVS Parking Lot Placer & Buenaventura 26-30 miles Two Groups 15-17 & 18-20 MPH Average	https://ridewithgps.com/routes/35413752
8/26/21	7:00 AM	Ride #19 Bridge Bay CCW - Start at Sundial Bridge Parking Lot 35.0 Miles Elev 1656	https://ridewithgps.com/routes/14136309
8/28/21	7:00 AM	PRESIDENTIAL LOW AND SLOW SERIES Upper Rail Trail Meet at Rock Creek Parking area for Upper Rail Trail 16.3 miles Elev 620	https://ridewithgps.com/routes/35838734
8/28/21	7:00 AM	This and That – Start at Anderson Starbucks 36 miles Elev 803	https://ridewithgps.com/routes/30403299
8/29/21	7:00 AM	Ash Creek Dersch starting at Palo Cedro Park 'n Ride for 40.3 miles Elev 1590	https://ridewithgps.com/routes/31604861
8/31/21	7:00 AM	Ride #20 Old Shasta CCW - Start at Sundial Bridge Parking Lot 30.4 miles Elev 1643	https://ridewithgps.com/routes/14136310
8/31/21	5:30 PM	TNT- CVS Parking Lot Placer & Buenaventura 26-30 miles Two Groups 15-17 & 18-20 MPH Average	https://ridewithgps.com/routes/35413752

**Shasta Wheelmen General Membership Minutes
July 5, 2021
Lulu's Restaurant and Google Meet**

1. Call to Order by Doug Holt. 6:00 meeting opened
2. Quorum Yes total 23 at meeting present.
3. Approval of the minutes of the June 2021 General Membership meeting as printed in the Matrix approved. Motion Lisa Creps by second by Gary Nelson. Approval of minutes from the previous meeting.
4. Standing Reports
 - A. Treasurer's Report by John Simmons details in the report submitted.

CHECKING	June 2021		SAVINGS	June 2021
OPENING	\$5510.41		OPENING	\$5005.33
INCOME	\$510.00	*	INTEREST	\$.04
EXPENSES	\$33.99	**	EXPENSES	0
CLOSING	\$5986.42		CLOSING	\$5005.37

*Membership(\$510)

**Stripe fees(\$33.99)

B. Membership Report by Jim Bush total of 122 members.

C. Board Meeting Report by Doug Holt. Main tech support decided. Bike rack won and decided to place it at From the Hearth at Market St. Square. Diestelhorst to downtown 7:00 to 9:00pm. Email to the city for the trailhead at Eureka Blvd to River trail.

Discussion for 50th anniversary party / Club appreciation October 9 at Jim Bush's house potluck dinner. Social hour at 5pm, dinner at 6pm. Need help setting up. Contact Mary Davis to organize the food. Look for evite and save the date to all. Club to provide utensils. Gary Nelson to provide pig. Please bring your spouse/significant other, partner.

Contact Linda, or Lisa or Jim Bush to volunteer.

Old Business

- A. Remember that the rides will not begin before 7:00am. Make sure to view the second email release of the ride calendar.
- B. Support Shasta living Streets support. Annual membership.
Business Innovator \$1,000 donation
Business Champion \$500 donation
Shasta Living Streets letter of donation states- We are honored to have the generous support of our business members. We will share information about your annual support with our members, on our popular website, in public newsletters, emails, social media, and press releases.
Bill Campbell moved to make the donation, John Simmons suggests one time \$500 donation. To be taken to the Board to decide bylaws and decide what future support of SLS.
SLS supports the community in the County becoming the destination for people to explore Redding on bicycles. The **streets of Redding becoming a safer place** is one of their main goals. To meet the social and environmental needs of our community set up by the city of Redding as a not profit organization.
- C. Dues provide protection and running of the club for people and property of members. Majority of the funds in the club accounts are from club dues.
- D. Donations from 2020/21 \$100 to the YMCA and \$100 SLS and \$200 to Dan Martin memorial.
10 mugs donated x \$10 each mug to Bike Month.
50 gators were donated x \$5.00 each.
- E. Budget should be presented each year to determine what we will do each year to support our community. Donut rally 20 miles.
- F. SLS wants a focus group as to what areas in District 2 CALTRANS have money for bike and path projects and several other donations to maintain and upgrade our streets.

5. Ride Calendar

6. New Business

- A. Cycling safety report by Gary Nelson. See Gary's Safety talk above.
- B. Wheelmen were featured in the Enjoy magazine in July.
- C. Be aware of PURPLE AIR.com, be safe and breathe well! 0-50 is good, 50-100 is still good.

8. Adjournment at 7:21pm

Drawings

Great Harvest gift card- Kathleen Hammon







Starbucks gift-To Bill Campbell

**Agenda Meeting 8/2/21 6:00 PM at Lulu's and online with Google Meet
(Google invitation will be sent during the hour prior to the meeting)**

- 1) Call to order
- 2) Introductions

- 3) Membership chair to determine if quorum is present.
 - 4) Approve minutes as published in the Matrix.
 - 5) Standing Reports
 - Treasures' Report
 - Membership Report
 - Board Meeting
 - 6) Old Business
 - a. Fund Raiser
 - b. Status AB122 (Safety Stop)
 - 7) New business
 - a. Recap D to D
 - b. Recap Fall River Century
 - c. Park Marina Corridor meeting
 - 8) Raffle
- Adjournment

FRIENDS OF THE SHASTA WHEELMEN - Show your membership card for available discounts

<p>Bikes Etc. 2400 Athens Ave. Redding, CA 96001</p> <p>530-244-1954</p>	
<p>Chain Gang Bike Shop 1540 Division St Redding, CA 96001</p> <p>530-243-9951 http://chaingangbikeshop.com/</p>	
<p>Jefferson State Adventure Hub 872 N Market St. Redding, CA 96003</p> <p>530-768-5055 www.jsahub.com</p>	
<p>Pedego Redding 862 N Market St. Redding, CA 96003</p> <p>530-605-4500 https://www.pedegoelectricbikes.com/dealers/redding/</p>	
<p>Sports LTD 950 Hilltop Drive Redding, CA 96003</p> <p>530-221-7333 https://www.reddingsportsltd.com</p>	
<p>The Bike Shop 3331 Bechelli Lane Redding, CA, 96002</p> <p>530-223-1205 https://www.thebikeshopredding.com</p>	



Matrix

September 2021 – The Official Publication of the Shasta Wheelmen
Bicycle Club

Calling all Shasta Wheelmen - It's time to party and celebrate 50 years of Shasta Wheelmen Fun and Memories!

Save Saturday, October 9th 2021, for an outdoor potluck event to be held at the home of Jim and Mary Bush in Cottonwood! All Club members and their guests are invited to celebrate our 50 Year History, Bike Month 2021 Accomplishments, 2019 and 2020 Most Miles Trophy as well as other important acknowledgements.

Here are the details so far:

- **Social Hour 5:00 – 6:00pm**
- **Dinner 6:00 – 7:00pm**
- **Program 6:30 – 9:00pm**
- **Potluck Dinner** (Signups to follow)
- **BYO Drinks** (Water and Sodas provided by the club)
- **Ice Chests with ice will be provided**

Be ready to share memories and join in on a rousing chorus of the Shasta Wheelmen Song! **More Details to Follow!**

Please contact Jim Bush, Linda Cannar or Lisa Creps if you have any questions or would like to volunteer! Many hands make light work!

Update: Joe's account has \$5928 in contributions. Thank you Wheelmen!

A Go Fund Me account has been created on Facebook to help Joe and Raquel Fernandes after Joe sustained serious injuries when he was hit by a car riding his bike to work. To add insult to injury, their car was stolen from the Walgreens parking lot right after Joe's surgery. Needless to say, this has completely upended their lives, especially since they are expecting their first child in December. Please donate using the link below to help our fellow Shasta Wheelman. Thanks so much! Please keep Joe and his family in your prayers, and be extra careful on the road.

<https://gofund.me/b6f14d86>

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

2021 OFFICERS & BOARD

President

Doug Holt
530-246-7429

Vice President

Lisa Creps
805-338-2568

Treasurer

John Simmons
530-227-1343

Secretary

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Membership Chairman

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Ride Schedule

Greg Winters
415-823-7149

Statistician

Nolan Randall
530-244-3558

Web Master

Nolan Randall
530-244-3558

Email Contact

info@shastawheelmen.org

Club meetings are held on the first Monday of each month, 6:00 p.m.. Due to Covid they are virtual for now. Google Meet address is distributed by Alery the day prior.

Specialty Rides, the club will be sponsoring special rides as follows:

- **Women on Wheels (WOW)** will continue in the fall
- The **Monday night Get Acquainted** ride will be on the second and fourth Monday. The start time is 6pm. This ride is for beginning and medium level riders and starts at the Sundial Bridge.
- **September 18 If a 100 mile century ride is on your bucket list here's your chance:**

There will be a 100 mile ride for Shasta Wheelmen club members on Saturday September 18. We will work as a group to make sure everyone has a successful ride. This ride will start at the Anderson outlets Gateway center. The Center is located across the street from the Anderson Walmart. We can park at the end of the parking lot near the State of California Information building. Gary Nelson is the ride leader and has planned the route which has limited climbing and is listed in the September ride schedule. The ride will incorporate stops at markets and gas stations for bathroom breaks and supplies.

We are meeting at 5 am in the morning so it will be dark for the first hour. Make sure you bring a good headlight and tail light. The early start is to avoid riding in the heat of the afternoon. When the ride is finished we are going to have a get together at Mary's Pizza located at the center. A Special award will be given to everyone finishing. There is no cost for this ride except for the Mary's Pizza get together. We will need a couple of volunteers that will not ride to be available to drive the course to provide support. Make sure your bike has good tires and you bring repair supplies. Please sign up with Gary Nelson or Jim Bush.

- **Harris Beach** Sept. 15-17 staying at the Beachhead RV Park – pending.



Welcome New 2021 Shasta Wheelmen Members

Last Name	First Name	Street Address
Edwards	Scott	7621 White Birch Lane
Rudd	Nancy	1595 Bantry Court
Cook	Wayne	3674 Cal Ore Dr
Holiday	John	500 Hilltop Dr #242
Rose	Natasha	3720 Altrus St
Mantei	David	1478 Duck Tail Ct
Shepard	Joan	4360 Rising Mist Cir
Fields	Dara	11550 Ridgewood Dr
Annable	Johanna	1612 SE 123 RD Ave
Lee	Amy	3450 Somerset Ave
Lee	Bob	3450 Somerset Ave
DeNatale	Neil	14660 Cannon Rd
Goodman	Louis	1290 B Street #307
Cooper	Bobby	1640 Palm Dr
Peterson	Paul	3385 Vinewood
Peterson	Jennifer	3385 Vinewood
Zachary	April	13939 Gas Point Rd
Erskine	David	19203 Stonegate Dr

Message from El Presidente

Hello my fellow Wheelmen. I don't know about you but now I know how a brisket feels. Getting smoked low and slow. This nonsense can not end soon enough for me. This message is going to be short and sweet. First, I would like to thank the Crowe's and Rich Robinson for showing up at the Park Marina workshop. I will discuss the workshop in more detail at the meeting. Second The SWEAT running club will be doing a dedication on the SWEAT bench for Ron Prior on September 11th, 2021, at 9:00 AM. The bench is located approximately one mile north of the Keswick Trail Head on the upper rail trail. Last but not least as promised here is the link to the Doughnut Derby story.

<https://www.bicycling.com/rides/a20021148/at-the-donut-derby-its-not-about-the-hole/> I hope you enjoy the read. I also hope you see why I think this would be a great fund raiser.

That's it for this month I look forward to seeing you at the meeting on Labor Day.

Keep spinning those cranks!

Doug



Run Across Road Hazard?

If you ever encounter hazards like this in the roadways, bike lanes, sidewalks, etc. you can make a request for service here: <https://www.cityofredding.org/departments/public-works/streets/street-maintenance-request> or give the streets office a call 224-6068.

Area Organized Rides

- *Gold Country Challenge*, Sept. 11
www.rotarygoldchallenge.com
- *Ride the Rogue*, Sept 18
www.ridetherogue.com
- *Foxy's Fall Century 2021*, Oct. 16
Davisbikeclub.org



RIDING TO FIGHT KIDS CANCER

Dear Alery,

Shasta Wheelmen has been created and is registered to ride this September!

As part of your team registration, a team fundraising page has been created for you:

greatcyclechallenge.com/Teams/ShastaWheelmen

Your team page will display all your team members, team ride goal, team fundraising progress and will list all donations made to each team member (and your team).

And you can also keep track of your ranking through the team leaderboard:

greatcyclechallenge.com/Leaderboards/Teams

Now, start recruiting your team members to ride with you to fight kids' cancer!

Good luck.

Great Cycle Challenge Team

Team ID: 29629

RIDE CALENDAR – Color key Tan=weekend rides, Blue=weekday rides, Green=club meeting, Orange= Special F

If the official high temperature is 100 or above the ride will start one hour earlier

Evening Rides are Cancelled if Predicted Tempertaure is 105 or above

Date	Time	Description	Route URL
09/02/21	8:00 AM	Ride #21 Shasta Dam/City of Shasta Lake CCW - Start at Sundial Bridge Parking Lot 33.4 miles Elev 1773	https://ridewithgps.com/routes/14136311
09/04/21	8:00 AM	Black Butte Start at Anderson Starbucks 45 miles Elev 2568	https://ridewithgps.com/routes/14136327
09/05/21	8:00 AM	Cottonwood/Fish Hatchery/Palo Cedro Start at Anderson Starbucks 45 miles Elev 1021	https://ridewithgps.com/routes/13588065
09/06/21	6:00 PM	Club Monthly Meeting at Lulu's Restaurent 2230 Pine St., Redding VIRTUAL LINK ANNOUNCED ONE DAY PRIOR	HTTPS://goo.gl/maps/PRA4i2gHd8w
09/07/21	7:00 AM	Platina Ride , Start at Cloverdale & Oak, 69.5 miles, 5125 elev. Ride leader Gary Nelson	https://ridewithgps.com/routes/37048328

09/07/21	8:00 AM	Ride #22 End of Iron Mountain Rd to gate CW - Start at Sundial Bridge Parking Lot 38.0 miles Elev 2362	https://ridewithgps.com/routes/14136313
09/07/21	5:30 PM	TNT- CVS Parking Lot Placer & Buenaventura 26-30 miles Two Groups 15-17 & 18-20 MPH Average	https://ridewithgps.com/routes/35413752
09/09/21	8:00 AM	Ride #01 City of Shasta Lake CW - Start at Sundial Bridge Parking Lot 34.0 miles Elev 1810	https://ridewithgps.com/routes/14139381
09/11/21	7:00 AM	Bike the Rogue, Gold Beach, OR. Two ride choices. 37.1 miles & 1735 feet; 23 miles & 1069 feet goldbeachrotary.com/bike-the-rogue for registration	https://ridewithgps.com/routes/37205936 https://ridewithgps.com/routes/37170038
09/11/21	8:00 AM	Veteran's Cemetery / West Redding Cottonwood Loop Start at Anderson Starbucks 42 miles Elev 1377	https://ridewithgps.com/routes/11043109
09/12/21	8:00 AM	Palo Cedro Area Clockwise Start at Palo Cedro Park n Ride 33 miles Elev 800	https://ridewithgps.com/routes/14136346
09/13/21	6:00 PM	Get Acquainted Ride Sundial Bridge Parking Lot 15-20 miles	See Jim Bush
09/14/21	8:00 AM	Ride #02 Palo Cedro counter CCW - Start at Sundial Bridge Parking Lot 31.6 miles Elev 1057	https://ridewithgps.com/routes/14136290
09/14/21	5:30 PM	TNT- CVS Parking Lot Placer & Buenaventura 26-30 miles Two Groups 15-17 & 18-20 MPH Average	https://ridewithgps.com/routes/35413752
09/16/21	8:00 AM	Ride #03 Anderson counter CCW - Start at Sundial Bridge Parking Lot 39.5 miles Elev 825	https://ridewithgps.com/routes/14136291
09/18/21	5:00 AM	Anderson 100 , Anderson Oulets parking lot, Mary's Pizza & beer after. 100.5 miles, 1649 elev. Gary Nelson & Jim Bush ride leaders	https://ridewithgps.com/routes/37048336
09/18/21	8:00 AM	Jelly's Ferry Start at Anderson Starbucks 43 miles Elev 1565	https://ridewithgps.com/routes/14136325
09/19/21	8:00 AM	Out to the Bear Start at Sundial Bridge Parking Lot 34 miles Elev 1672	https://ridewithgps.com/routes/8104953
09/21/21	8:00 AM	Ride #04 Old Shasta counter CCW - Start at Sundial Bridge Parking Lot 28.5 miles Elev 1297	https://ridewithgps.com/routes/14136292
09/21/21	5:30 PM	TNT- CVS Parking Lot Placer & Buenaventura 26-30 miles Two Groups 15-17 & 18-20 MPH Average	https://ridewithgps.com/routes/35413752
09/23/21	8:00 AM	Ride #05 Jones Valley Store CW - Start at Sundial Bridge Parking Lot 32.5 miles Elev 1579	https://ridewithgps.com/routes/14136293
09/25/21	8:00 AM	Wildcat/Dersch Start at Anderson Starbucks 45 miles Elev 2565	https://ridewithgps.com/routes/14253162
09/26/21	8:00 AM	Jamboree Cool Down Start at Palo Cedro Park n Ride 33 miles Elev 769	https://ridewithgps.com/routes/10457267
09/26/21	0600 HST	Honolulu Century- Kapiolani Park, 96.6 miles 3301 elev.	https://ridewithgps.com/routes/28523005
09/27/21	6:00 PM	Get Acquainted Ride Sundial Bridge Parking Lot 15-20 miles	See Jim Bush
09/28/21	8:00 AM	Ride #06 Millville Plains CW - Start at Sundial Bridge Parking Lot 38.4 miles Elev 1042	https://ridewithgps.com/routes/14136294
09/28/21	5:30 PM	TNT- CVS Parking Lot Placer & Buenaventura 26-30 miles Two Groups 15-17 & 18-20 MPH Average	https://ridewithgps.com/routes/35413752

**Shasta Wheelmen General Membership Minutes
August 2, 2021
Lulu's Restaurant and Google Meet**

1. Call to Order by Doug Holt. 6:00pm meet opened
2. Quorum Yes total 17 at meeting present.
3. Approval of the minutes of the July 2021 General Membership meeting as printed in the Matrix approved. Motion Kathy Hammond and Lisa Creps second. Approved minutes from the previous meeting.

4. Standing Reports

- A. Treasurer's Report by Jim Bush details in the report submitted.

CHECKING	July 2021		SAVINGS	July 2021
OPENING	\$5986.42		OPENING	\$5005.37
INCOME	\$983.00	*	INTEREST	\$.04
EXPENSES	\$522.47	**	EXPENSES	0
CLOSING	\$6446.95		CLOSING	\$5005.41

*Membership(\$330), Donations(\$643), Mug sales(\$10)

**Donation to Shasta Living Streets(\$500), Stripe fees(\$22.47)

- B. Membership Report by Jim Bush total of 123 members.

- C. Board Meeting Report by Doug Holt. N/A

Old Business

- A. Fundraiser ideas: Add a donation line voluntary donation to the club in the renewal form. This will include what the extra funds can be used for. Motion Doug Holt, second by John Crowe. Passed- will forward detail to our lawyer.
- B. Senate AB122 bill back to senate committee - added that CHP must do a study to see if there is an increase in accidents. When it passes, Good till 2027.
- C. Diestelhorst to Downtown celebration had a great turn out and volunteered. Amazing times, lots of people showed up.
- D. Fall River ride had 26 Wheelmen present. Very good ride, the weather was wonderful.
- E. Shasta Wheelmen won a bike rack. It is a green metal rack with a bicycle in the center. We are looking at placing it at Great Harvest.
- F. We will be bringing the completed "10 bridges trail to paved" letter next meeting.

5. Ride Calendar - Check for several rides coming up in September.

A. reminder (Crater Lake ride) this month on 14 August.

B. Sept 18, special ride. Club members only 100 miles. Starts at Anderson outlet mall- Contact Jim Bush if interested.

6. New Business

- A. Fundraisers: Jim suggested a Bicycle festival next spring all day activities to engage all levels and interests. Evening program and maybe include a donut rally (suggested by Doug). Link in bicycle magazine. More information to be presented soon.
- B. <https://greatcyclechallenge.com/> greatcyclechallenge.com/Team/ShastaWheelmen full month of September letter forwarded to be attached to the matrix.
- C. Park Marina corridor study meeting the 9th August city hall community room.
- D. Oct 9, 2021 will be an appreciation gathering/celebration that will start at 5:30 and dinner at 6:30.
- E. Covid policy is to encourage all people that are not vaccinated to please follow the CDC guidelines. Access to digital vaccine record passbook-(<https://myvaccinerecord.cdph.ca.gov>)

8. Adjournment at 6:54 pm

Drawings







From the Hearth give card- Judy Addison.

Starbucks gift- John Hauder

Agenda Meeting 9/6/21 6:00 PM at Lulu's and virtually online
(Link for online meeting will be sent 20 minutes prior to the meeting)

- 1) Call to order
- 2) Self-introductions
- 3) Membership chair to determine if quorum is present
- 4) Approve minutes as published in the Matrix
- 5) Standing Reports
 - Treasures' Report
 - Membership Report
 - Board Meeting (No board meeting this month)
- 6) Ride Calendar
- 7) Old Business
 - a. Save the date for a **PARTY** (Lisa / Jim)
 - b. Park Marina workshop (Doug)
- 8) New business
 - a. Club (Century) fun ride (Gary / Jim)
- 9) Raffle
- 10) Adjournment

FRIENDS OF THE SHASTA WHEELMEN - Show your membership card for available discounts

<p>Bikes Etc. 2400 Athens Ave. Redding, CA 96001</p> <p>530-244-1954</p>	
<p>Chain Gang Bike Shop 1540 Division St Redding, CA 96001</p> <p>530-243-9951 http://chaingangbikeshop.com/</p>	
<p>Jefferson State Adventure Hub 872 N Market St. Redding, CA 96003</p> <p>530-768-5055 www.jsahub.com</p>	
<p>Pedego Redding 862 N Market St. Redding, CA 96003</p> <p>530-605-4500 https://www.pedegoelectricbikes.com/dealers/redding/</p>	
<p>Sports LTD 950 Hilltop Drive Redding, CA 96003</p> <p>530-221-7333 https://www.reddingsportsltd.com</p>	
<p>The Bike Shop 3331 Bechelli Lane Redding, CA, 96002</p> <p>530-223-1205 https://www.thebikeshopredding.com</p>	



Matrix

October 2021 – The Official Publication 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.

2021 OFFICERS & BOARD

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Web Master

Nolan Randall
530-244-3558

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Club meetings are held on the first Monday of each month, 6:00 p.m.. Due to Covid they are virtual for now. Google Meet address is distributed by Alery the day prior.

Update: Joe's account has over \$5978 in contributions. Thank you Wheelmen!

A Go Fund Me account has been created on Facebook to help Joe and Raquel Fernandes after Joe sustained serious injuries when he was hit by a car riding his bike to work. To add insult to injury, their car was stolen from the Walgreens parking lot right after Joe's surgery. Needless to say, this has completely upended their lives, especially since they are expecting their first child in December. Please donate using the link below to help out our fellow Shasta Wheelman. Thanks so much! Please keep Joe and his family in your prayers, and be extra careful on the road.

<https://gofund.me/b6f14d86>

Calling all Shasta Wheelmen - It's time to party and celebrate 50 years of Shasta Wheelmen Fun and Memories!

Save Saturday, October 9th 2021, for an outdoor potluck event to be held at the home of Jim and Mary Bush in Cottonwood! All Club members and their guests are invited to celebrate our 50 Year History, Bike Month 2021 Accomplishments, 2019 and 2020 Most Miles Trophy as well as other important acknowledgements.

Here are the details so far:

- **Social Hour 5:00 – 6:00pm**
- **Dinner 6:00 – 7:00pm**
- **Program 6:30 – 9:00pm**
- **Potluck Dinner** (Signups to follow)
- **BYO Drinks** (Water and Sodas provided by the club)
- **Ice Chests with ice will be provided**

Be ready to share memories and join in on a rousing chorus of the Shasta Wheelmen Song! **More Details to Follow!**

Please contact Jim Bush, Linda Cannar or Lisa Creps if you have any questions or would like to volunteer! Many hands make light work!

Specialty Rides, the club will be sponsoring special rides as follows:

- **Women on Wheels (WOW)** will continue in the fall
- The **Monday night Get Acquainted** ride will be on the second and fourth Monday. The start time is **5pm**. This ride is for beginning and medium level riders and starts at the Sundial Bridge.

Bike the Rogue

A number of riders represented the Wheelmen at Bike the Rogue on September 11th.

This easy 38 mile ride is sponsored by the Gold Beach Rotary and includes about a 10 mile ride along the scenic Oregon Coast. We had a relaxed ride on Sunday leaving from Port Orford riding out to the Elk River Fish Hatchery.

Put it on your calendar for next year.



Group 100 Mile Ride

Gary Nelson led the group in a 50 or 100 mile ride, fully sagged, with reminders of lighting, clothing, and temperatures. What an opportunity to extend your distance in a safe group setting. Thank you Gary for doing this for the group!



Welcome New 2021 Shasta Wheelmen Members

Last Name	First Name	Street Address
Edwards	Scott	7621 White Birch Lane
Rudd	Nancy	1595 Bantry Court
Cook	Wayne	3674 Cal Ore Dr
Holiday	John	500 Hilltop Dr #242
Rose	Natasha	3720 Altrus St
Mantei	David	1478 Duck Tail Ct
Shepard	Joan	4360 Rising Mist Cir
Fields	Dara	11550 Ridgewood Dr
Annable	Johanna	1612 SE 123 RD Ave
Lee	Amy	3450 Somerset Ave
Lee	Bob	3450 Somerset Ave
DeNatale	Neil	14660 Cannon Rd
Goodman	Louis	1290 B Street #307
Cooper	Bobby	1640 Palm Dr
Peterson	Paul	3385 Vinewood
Peterson	Jennifer	3385 Vinewood
Zachary	April	13939 Gas Point Rd
Erskine	David	19203 Stonegate Dr
Leslie	Amy	1565 Hobo Ln
Doerr	Merrie	4255 Stonewalk Ct, Unit A
Millar	Nancy	13516 Twin Lakes Ln

Sidener	Matt	10195 Montecito Ln
Chiffelle	Carol	10195 Montecito Ln

Rider of the Month

John Simmons

Hi, my name is John Simmons and I am the current Treasurer for the Shasta Wheelmen bicycle club. I have had this position for the last 2 years and I was the club secretary for a year before that. I have been a Wheelmen member off and on since I moved to Redding in 1982. I moved here from Sacramento to begin a career as a social worker for Shasta County Children's Protective Services (CPS). Along the way I worked at Shasta County Mental Health as children's clinician. I retired from CPS as a supervisor in 2014.

My love of bike riding began when I was 12 years old and bought a candy apple red Schwinn Varsity with my paper route money for \$53.95. When I got on that bike there was no turning back: Schwinn Super Sport, Nishiki Competition, custom made Jack Taylor touring bike, and my current wheels, Specialized Roubaix. The highlight of my biking life was riding 4500 miles on my Jack Taylor along the Transamerica bicycle trail in 1976 from Reedsport, Oregon to Yorktown, Virginia. I sewed my own panniers and handlebar bag and pedaled coast-to-coast in 71 days. What a trip! That kind of joy is something I still experience every time I get on my bike, some 45 years later!

The Senate approved the Bicycle Safety Stop Bill (AB 122, Boerner Horvath). The bill, which will allow people on bikes to treat stop signs as yields, has just one more stop before it becomes law: the governor's signature.

[Tell Governor Newsom to sign the Bicycle Safety Stop Bill](#)



Most of us already do the safety stop. At stop signs, we slow down and yield to pedestrians and other traffic. If the intersection is clear, we roll through without stopping. It's legal in Idaho, Oregon, Washington, Delaware, and several other states.

Let's make the bicycle safety stop legal in California. [Please email the governor - it just takes a minute.](#)

Thank you for supporting the Bicycle Safety Stop!

Jared Sanchez
Senior Policy Advocate



Message from El Presidente

Well, I don't know about the rest of you but I'm glad we are going into fall. As I write this the smoke is getting better along with the temperatures. I say good riddance to the summer of 2021.

The well is dry this month for me. I apologize for this. I have been a little busy and have not put much thought into club business. I hope this will soon change. The one bit of club business I do need to address is a nominating committee. I need to have one in place for the November meeting so we can have a slate of candidates to vote on at the December meeting. So if you're interested please let me know. Keep spinning those cranks!



Doug

p.s. Here is the link I mentioned at the meeting. Doug

Excess of COVID-19 cases and deaths due to fine particulate matter exposure during the 2020 wildfires in the United States - <https://advances.sciencemag.org/content/7/33/eabi8789>

Run Across Road Hazard?

If you ever encounter hazards like this in the roadways, bike lanes, sidewalks, etc. you can make a request for service here: <https://www.cityofredding.org/departments/public-works/streets/street-maintenance-request> or give the streets office a call 224-6068.

Area Organized Rides

- *Foxy's Fall Century 2021*, Oct. 16
[Davisbikeclub.org](https://davisbikeclub.org)

RIDE CALENDAR – Color key Tan=weekend rides, Blue=weekday rides, Green=club meeting, Orange= Special Rides

If the official high temperature is 100 or above the ride will start one hour earlier

Date	Time	Description	Route URL
10/02/21	8:30 AM	Cemetery Ride - Start At Redding City Hall 40 miles Elev 2347	https://ridewithgps.com/routes/25009588
10/03/21	8:30 AM	Dersch Wildcat & Black Butte Loop Start at Palo Cedro Park n Ride 50 miles Elev 2666	https://ridewithgps.com/routes/18014197
10/04/21	6:00 PM	Club Monthly Meeting at Lulu's Restaurant 2230 Pine St.,	HTTPS://goo.gl/maps/PRA4i2gHd8w
10/05/21	8:30 AM	Ride #08 Bridge Bay CW - Start at Sundial Bridge Parking Lot 35.1 miles Elev 1706	https://ridewithgps.com/routes/14136296
10/07/21	8:30 AM	Ride #09 Old Shasta CW -Start at Sundial Bridge Parking Lot 30.5 miles Elev 1638	https://ridewithgps.com/routes/14136297
10/09/21	7:00 AM	ASTI TOUR DE VINE - Four Rides from 25k to 100M astitourdevine.com	Maps on their website
10/09/21	8:30 AM	Olinda Happy Valley Gas Point Igo Start at Anderson Starbucks 44 miles Elev 1489	https://ridewithgps.com/routes/30577484
10/10/21	8:30 AM	Palo Cedro / Victor clockwise Start at Palo Cedro Park n Ride 34 miles Elev 840	https://ridewithgps.com/routes/11753400
10/11/21	5:00 PM	Get Acquainted Ride Sundial Bridge Parking Lot 15-20 miles	See Jim Bush
10/12/21	8:30 AM	Ride #10 Shasta Dam/City of Shasta Lake CW. - Start at Sundial Bridge Parking Lot 33.4 miles Elev 1778	https://ridewithgps.com/routes/14136298
10/14/21	8:30 AM	Ride #11 End of Iron Mountain Rd CCW - Start at Sundial Bridge Parking Lot 35.7 miles Elev 36	https://ridewithgps.com/routes/14136299
10/16/21	7:00 AM	FOXY'S FALL CENTURY Davis Bike Club 203 East 14th Street Davis, CA.	https://ridewithgps.com/routes/28619161 https://ridewithgps.com/routes/28619285 https://ridewithgps.com/routes/28619333
10/16/21	8:30 AM	Rich's Cemetery Ride- Some Gravel- Meet at Turtle Bay, 61.6 miles, elev 3775 Ride Leader Rich Robinson	https://ridewithgps.com/routes/37497923
10/16/21	8:30 AM	Ten Bridge Ride Start at Westwood Village 47 miles Elev 1173	https://ridewithgps.com/routes/10374622
10/17/21	8:30 AM	Westwood/Millville Plains Start at Westwood Village 35 miles Elev 959	https://ridewithgps.com/routes/14136348
10/19/21	8:30 AM	Ride #12 City of Shasta Lake CCW - Start at Sundial Bridge Parking Lot 34.1 miles Elev 31	https://ridewithgps.com/routes/14136301
10/21/21	8:30 AM	Ride #13 Palo Cedro CW - Start at Sundial Bridge Parking Lot 31.2 miles Elev 1101	https://ridewithgps.com/routes/14136302
10/23/21	8:30 AM	Palo Cedro/Cottonwood/Happy Valley Start at CVS Pharmacy @, Placer/Buena Ventura 62 miles Elev 1818	https://ridewithgps.com/routes/15809062
10/24/21	8:30 AM	Shasta Dam via River/Rail Trail 36 mi Start at Sundial Bridge Elev 1875	https://ridewithgps.com/routes/31691809
10/25/21	5:00 PM	Get Acquainted Ride Sundial Bridge Parking Lot 15-20 miles	See Jim Bush
10/26/21	8:30 AM	Ride #14 Anderson CW - Start at Sundial Bridge Parking Lot 37.9 miles Elev 855	https://ridewithgps.com/routes/14136303
10/28/21	8:30 AM	Ride #15 Old Shasta CW - Start at Sundial Bridge Parking Lot 29.0 miles Elev 1323	https://ridewithgps.com/routes/14136304
10/30/2021	8:30 AM	Old Shasta/Bear Mt. Start at CVS Pharmacy @, Placer/Buena Ventura 54 miles Elev 2966	https://ridewithgps.com/routes/15937087
10/31/2021	8:30 AM	Bowman/Evergreen Start at Anderson Starbucks 33 miles Elev 783	https://ridewithgps.com/routes/9623422

Shasta Wheelmen General Membership Minutes
Sept. 6, 2021
Lulu's Restaurant and Google Meet

1. Call to Order by Doug Holt. 6:00pm meet opened.
2. Quorum Yes total 11 at meeting present.
3. Approval of the minutes of the August 2021 General Membership meeting as printed in the Matrix approved. Motion Linda Cannar and Lisa Creps second. Approval of minutes from the previous meeting.

4. Standing Reports

A. Treasurer's Report by John Simmons details in the report submitted.

CHECKING	Aug 2021		SAVINGS	Aug 2021
OPENING	\$6446.95		OPENING	\$5005.41
INCOME	\$120.00	*	INTEREST	\$.04
EXPENSES	\$1149.91	**	EXPENSES	0
CLOSING	\$5417.04		CLOSING	\$5005.44

*Membership(\$120)

**Membership renewal to League of American Bicyclists (\$100), Annual fee for storage unit (\$1,044), Stripe fees(\$5.91)

Verify that Gary Nelson donated \$200.00 to SWM for Shasta Living Streets in July 2021.

B. Membership Report by Lisa Creps total of 124 members.

C. Board Meeting Report by Doug Holt. N/A scheduled for September virtual meeting.

5. Old Business

A. Evite invitation sent out via email for the 50th anniversary dinner October 9,2021. If you did not receive the invitation, please contact Lisa Creps. Mary Davis is the contact person for the food organization. Please see (notes from the host). Gary Nelson has donated pork. Share your favorite recipe.

B. Park Marina meeting occurred. Plan to shift the bike lanes on the river side with a barricade and a sidewalk proposed. Breaking ground in approximately 2025. No clear expectations for land development. There is an over 44 pedestrian bridge planned. Next meeting TBD.

C. Fundraising update TBD. Play/Theater TBD.

6. Ride Calendar - Check for several rides coming up in October.

100 mile ride coming up Sep 18, 2021. Slow ride starts at 5am at Outlet Mall in Anderson. There are 2 parts to the ride for people that want to ride 50 miles.

7. New Business

- A. Sweat Running Club to place a plaque for Ron Pryor on the bench dedicated to his memorial this coming week.
- B. Maybe set up a position called the Ride Captain. Motion by Patty S. to create this position all in favor. Please develop criteria of expectation for this position.
- C. Please remember to look at purple air.com. Be safe with air quality. <https://www2.purpleair.com>

- D. What is the policy for the notification and processes when members of the club pass away? What should the policy and procedure be when a member passes? Maybe the club should consider this when planning the budget for 2022. Proposal of the club will notify club members and a card to go to the family. Addresses and services regarding the needs of the family. Club not to make a monetary donation but time effort and items to assist the family of the member. The monetary donation should be left to individual members. Please consider a proactive discussion to be the best benefit to the club and members of the club. We are open to suggestions regarding this and we will plan to vote on this at the next meeting. - Secretary to be the person to provide a card to the family?

8. Adjournment at 7 pm

Drawings

From the Hearth give card- Patty Shackleton .

Starbucks gift-Nolan Randall

Linda Cannar submitted this for discussion:

“What should the Club’s policy be upon notification of a member’s death?”

She provided this additional information:

1. No previous policy could be found
2. A discussion now, prior to actually needing to use the policy should result in a calmer conversation
3. 1/3 of the members are 70 or older
4. The policy decision could affect budget projections
5. Prior donations made by the Club

Year	Member donation	Club donation	Total donation	
2018	177	3	180	
2020	1150	50	1200	
2021	250	200	450	

There doesn’t seem to be any rhyme or reason for the varying Club amounts.

6. Should there be guidelines to determine the amount the Club donates?
7. If, yes what would those guidelines be?

Linda’s proposal for discussion is, **“The Club, upon notification of a member’s death, shall notify members and send a card to the family on behalf of all Wheelmen. As more information becomes available it will be shared with all members. The Club will not make a monetary donation. If a service or celebration is planned tables, chairs etc. that are in the storage unit would be available.”**

8. Individual members would make their own decisions whether to donate or not and in what amount. Those decisions would probably be based on their own experiences with the deceased member.

Hopefully a discussion and a policy decision will be made that is in the best interest of the Club.







Make your opinion known at the next meeting.

**Agenda for October 4th meeting 6:00 PM at Lulu’s and online with Google Meet
(Online invitation will be sent out 20 minutes before the 6:00 PM meeting start)**

- 1) Call to order
- 2) Introductions

- 3) Membership chair to determine if quorum is present
- 4) Approve minutes as published in the Matrix
- 5) Standing Reports
 - Treasures' Report
 - Membership Report
- 6) Old Business
 - Fund raising ideas (Where are we at)
- 7) New business
 - Nominating committee
 - Anything anyone has on the floor
- 8) Raffle
- 9) Adjournment

FRIENDS OF THE SHASTA WHEELMEN - Show your membership card for available discounts

<p>Bikes Etc. 2400 Athens Ave. Redding, CA 96001</p> <p>530-244-1954</p>	
<p>Chain Gang Bike Shop 1540 Division St Redding, CA 96001</p> <p>530-243-9951 http://chaingangbikeshop.com/</p>	
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<p>Pedego Redding 862 N Market St. Redding, CA 96003</p> <p>530-605-4500 https://www.pedegoelectricbikes.com/dealers/redding/</p>	
<p>Sports LTD 950 Hilltop Drive Redding, CA 96003</p> <p>530-221-7333 https://www.reddingsportsltd.com</p>	
<p>The Bike Shop 3331 Bechelli Lane Redding, CA, 96002</p> <p>530-223-1205 https://www.thebikeshopredding.com</p>	



Matrix

November 2021 – The Official Publication of the Shasta Wheelmen
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Club meetings are held on the first Monday of each month, 6:00 p.m. at Lulu's.. Due to Covid they are also virtual for. Google Meet address is distributed by Doug prior to meeting.

Shasta Wheelmen 50th Anniversary Party a Huge Success!

The Club Appreciation Potluck was attended by 60 club members and guests. The food was great. Pork sandwiches were provided by Gary Nelson. Club President Doug Holt gave a really good 50 year history of the Wheelmen. Russ Azevedo was recognized as the Club "God Father" with Mary Davis as the longest cycling lady in the club. Gary Nelson's name was put on the club ride trophy with 16,083 miles in 2019 and 8,239 miles in 2020. The May Love to Ride event results showed the Wheelmen riding the most miles (24,023) in Shasta County and placed 6th in the nation in the group category. Gary Nelson rode 4,560 miles in May placing first internationally. Keith Elzner rode 2,281 miles placing Second in Shasta County. The evening ended with the singing of the Club song and a 50 year Anniversary cake provided by Patty Shackleton.



Update: Joe's account has over \$6078 in contributions. Thank you Wheelmen!

A Go Fund Me account has been created on Facebook to help Joe and Raquel Fernandes after Joe sustained serious injuries when he was hit by a car riding his bike to work. To add insult to injury, their car was stolen from the Walgreens parking lot right after Joe's surgery. Needless to say, this has completely upended their lives, especially since they are expecting their first child in December. Please donate using the link below to help out our fellow Shasta Wheelman. Thanks so much! Please keep Joe and his family in your prayers, and be extra careful on the road.

<https://gofund.me/b6f14d86>

Fellow Rider Down

On 9/23 I had a crash on Shasta View. From that day forward I have experienced the concern, kindness and support of the Shasta Wheelmen. Apples, calls, cards, coffee, flowers, tracking down addresses, visits and more have all been appreciated. Shasta Wheelmen is not only bicycling club but also a family!!

Linda Cannar



P.S. My bike is fine.

Specialty Rides, the club will be sponsoring special rides as follows:

- **Women on Wheels (WOW)** Due to popular demand the Women's ride is coming back and will make a Thanksgiving debut as WOW-S (Women on Wheels-Shasta). Grateful to have a strong riding community, and to be able to wear a skirt!!
Our goal is fun, fresh air and food! Save the date for Sunday, November 14, 2021. 30'ish miles, route TBD. We will gather afterward for comradery and refueling
- The **Monday night Get Acquainted** on hold
- **President's Low & Slow** November 20. We are going to have a Burgers & Brews ride stopping at Woody's.
- **Corning Ride sponsored by John Crowe along with Becky Warren of Chico.** Oct. 30 ride from Corning to Orland on west side of freeway (Corning Road to Black Butte to Newville Road. Maybe lunch in Orland. Possibly Watkins and Kirkwood roads from Orland back to Corning, instead of 99/ About 40 miles.Meet 9 am at Bartel's parking lot in Corning.

Welcome New 2021 Shasta Wheelmen Members

Last Name	First Name	Street Address
Edwards	Scott	7621 White Birch Lane
Rudd	Nancy	1595 Bantry Court
Cook	Wayne	3674 Cal Ore Dr
Holiday	John	500 Hilltop Dr #242
Rose	Natasha	3720 Altrus St
Mantei	David	1478 Duck Tail Ct
Shepard	Joan	4360 Rising Mist Cir
Fields	Dara	11550 Ridgewood Dr
Annable	Johanna	1612 SE 123 RD Ave
Lee	Amy	3450 Somerset Ave
Lee	Bob	3450 Somerset Ave
DeNatale	Neil	14660 Cannon Rd
Goodman	Louis	1290 B Street #307
Cooper	Bobby	1640 Palm Dr
Peterson	Paul	3385 Vinewood
Peterson	Jennifer	3385 Vinewood

Zachary	April	13939 Gas Point Rd
Erskine	David	19203 Stonegate Dr
Leslie	Amy	1565 Hobo Ln
Doerr	Merrie	4255 Stonewalk Ct, Unit A
Millar	Nancy	13516 Twin Lakes Ln
Sidener	Matt	10195 Montecito Ln
Chiffelle	Carol	10195 Montecito Ln
Sutter	Bill	

Rider of the Month Greg Winters



Born and raised in San Francisco and rode those streets as a kid on my JC Higgins. Worked for the San Francisco Police Department for 33 years and retired as a Captain in 2001. Went to night law school and got my “ticket” in 1983. Moved to Redding with my wife, Andi in 2000. Practiced law for a non-profit and later went out on my own specializing in Child Welfare. Time and pounds brought me back to riding in 2007. In 1984 I’d bought a brand-new Specialized Expedition (then their touring bike) which I still have and ride. We moved back to San Francisco in 2010 and I started riding with the Western Wheelers out of Palo Alto. I did come up to ride the Wheelmen’s Jamboree and the Give Me Wings rides. In 2011 I got serious about riding and doing centuries. Among those is my annual run to Honolulu for the Hawaii Bicycle League’s Honolulu Century. Only missed it twice in ten years. We moved to Oakland in 2013 and I rode with the VeloRaptors and got to be a pretty good climber and did Tam, Diablo and Hamilton. 2015 saw a move to Shingle Springs (El Dorado County) and rode with the Sierra Foothills club and got a brand-new right knee. We came back to Redding in 2019 just in time for Snowmageddon and I joined the Shasta Wheelmen. We’d come back to be with grandkids but they up and moved to Pennsylvania in 2020. Here I am in 2021 recovering from another new knee (left this time) and serving as your Humble Ride Lackey doing the monthly ride calendars and pestering people to get their proposed “special” rides in on time each month so Terri can do the Matrix before she disappears on another adventure in the wilds. It fun to set up the calendar and I’ll keep on keeping on. See you on the road.

Historic Cemetery Ride

In honor of Halloween, Rich Robinson, a fifth generation Redding resident and longtime Shasta Wheelman, led the Historic Cemetery Ride on Saturday, October 16. This informative and very interesting ride included stops at the Pioneer Union Cemetery, dating back to the 1850’s, and the Catholic Cemetery, both in Old Shasta and an Indigenous People’s cemetery hidden behind the Westside Church on Swasey. Also included on the tour was the Igo Cemetery nestled in the oaks just off Placer. The highlight of the tour was the cemetery in Ono where several of Rich’s ancestors are buried including his great great grandparents, born in the 1820’s. Rich’s knowledge of local history and lore captivated us all and made the ride a lot of fun!

Captains Corner

Gary Nelson

Question was asked recently and it is a reoccurring one. FEAR of certain roads. Whether you’re a veteran or a rookie we all have roads we don't like for whatever reason. It was a constant battle for me. But with the help of the Shasta Wheelman rides this group activity built my road skills up to overcome my fear . If you have fears of the courses we ride please do not shy away. Come out and we will build your road skills up Togather as a GROUP! You don't have to ride alone with fear Tuesday/Thursday /Sundays are good casual days to ride. COME ON OUT!

Many of you know that during the #8 Bridge Bay ride on October 5th, we experienced a two dog attack of the lead rider and the line following close behind. Two pit bulls lunged onto Old Oregon Trail from a driveway and surrounded the lead rider, Lisa Creps. Luckily, an email I sent out previously detailing a dog attack safety plan prepared her and the rest of the line to deal with the situation. This is her account of what happened:

“The dogs descended on me so quickly, I barely had time to react. I tried to remember the steps of Gary’s dog attack plan and responded as quickly as I could. I clipped out on my right side and then the left, holding the bike in front of me like a

shield while yelling in a forceful voice to get the dogs to back down. I was very lucky that, as close as they were, they did not lunge at my legs. Using the bike as a shield was very effective and they tired of me and went down the line to Merrie Doerr and then the others. They all reacted the same way I did and Gary rode up from the back and completely scared them away. Needless to say, I was very scared and felt fortunate that I was able to respond and not get seriously injured.” In closing, Lisa was a bit shaken but also very lucky because she had a plan and used it, allowing enough time for the other riders to also react and handle the dogs. I am very pleased with Lisa’s fast reaction and the group’s response. Everyone did a great job by working together.

Get Your Shasta Wheelmen Cycling Kits and Jerseys

The Pactimo Shasta Wheelmen Team Store is open once again for orders until October 31, 2021. Pactimo offers the following Shasta Wheelmen kits that you have seen many of our members wearing on our rides:

- Yellow, Black and White
- Pink, Black and White
- Purple and Yellow

Several styles are available to suit everyone’s needs, including sleeveless jerseys, vests and jackets. Please use the link listed below to access the site. **Password is: wheelpeople2x2**

<https://teamstore.pactimo.com/stores/select>

Note that came with the store opening:

1. The Men’s and Women’s Continental shorts has had a huge upgrade this year with a brand new and improve chamois and a better fit in the seat and rise. It also sports a larger waistband for much better coverage. With this the Continental bibs and shorts no longer has a printable back panel – so the Hudson Chiropractic logo will be missing from the shorts. The logo will still be on the Ascent Vector bibs.
2. We are temporarily experiencing a shortage of fabric for the following garments. We believe they will be available soon:
 - a. Arm Warmers
 - b. Men’s and Women’s Summit Raptor

The 50th Anniversary Shasta Wheelmen Cycling kits and Jerseys are available from the Verge Store which will remain open until December 31, 2021. Please use the link below to access the site:

vergesport.com

The Shasta Wheelmen club **password is: Shasta20**

Sizes run small! Please contact Lisa Creps or Melissa Boyd if you have any questions or concerns.

Message from El Presidente

Here it is November. So Happy Thanksgiving to all my fellow Wheelmen! Also remember you only have 55 shopping days till Christmas as of November first.

The celebration we had for the club’s 50th anniversary was fantastic! Jim thank you for the use of your home for the party. A **BIG THANK YOU** to all of you that worked so hard to put on such a great shindig. You all did the club proud on this one.

I encourage everyone to look at the two proposals we have in the minutes of the last meeting. These are two well thought out ideas on how we want to donate as a club when a member passes. We will be holding a vote on this matter at the meeting. So, if you have strong feelings one way or the other you need to be at the November meeting to cast your vote.

Three people have stepped up so far to be on the nomination committee. If you would like to be added to this list please let me know.

The President’s Low & Slow series is coming back in November. We are going to have a Burgers & Brews ride. We will start the ride at 10:00. Go ride around 15 miles and work up a little bit of and appetite then head to Woody’s for lunch (Burgers & Brews). I will also be holding a raffle following the ride for some Woody’s gift cards. You may get part, or all of your lunch paid for by El Presidente. Remember the more the merrier. Keep spinning those cranks!

Doug



Run Across Road Hazard?

If you ever encounter hazards like this in the roadways, bike lanes, sidewalks, etc. you can make a request for service here: <https://www.cityofredding.org/departments/public-works/streets/street-maintenance-request> or give the streets office a call 224-6068.

RIDE CALENDAR – Color key Tan=weekend rides, Blue=weekday rides, Green=club meeting, Orange= Special Rides

If the official high temperature is 100 or above the ride will start one hour earlier

Date	Time	Description	Route URL
11/01/21	6:00 PM	Club Monthly Meeting at Lulu's Restaurant 2230 Pine St. Redding, VIRTUAL LINK ANNOUNCED ONE DAY PRIOR	https://goo.gl/maps/PRA4i2gHd8w
11/02/21	8:30 AM	Ride #16 Jones Valley CCW - Start at Sundial Bridge Parking Lot 32.6 miles Elev 1577	https://ridewithgps.com/routes/14136305
11/04/21	8:30 AM	Ride #17 Millville CCW - Start at Sundial Bridge Parking Lot 36.6 miles Elev 1067	https://ridewithgps.com/routes/14136307
11/06/21	8:30 AM	Ash Creek Dersch starti at Palo Cedro Park n Ride for 40.3 miles Elev 1590	https://ridewithgps.com/routes/31604861
11/07/21	8:30 AM	This and That – Start at Anderson Starbucks 36 miles Elev 803	https://ridewithgps.com/routes/30403299
11/09/21	8:30 AM	Ride #18 Igo/Ono CCW - Start at Sundial Bridge Parking Lot 40.5 miles Elev 2077	https://ridewithgps.com/routes/14136308
11/11/21	8:30 AM	Ride #19 Bridge Bay CCW - Start at Sundial Bridge Parking Lot 35.0 Miles Elev 1656	https://ridewithgps.com/routes/14136309
11/13/21	8:30 AM	Sunny Hill. Start at CVS Pharmacy @, Placer/Buena Ventura 50 miles Elev 3235	https://ridewithgps.com/routes/14136353
11/14/21	8:30 AM	Benson/Bowman Start at Anderson Starbucks 36 miles Elev 871	https://ridewithgps.com/routes/14136317
11/16/21	8:30 AM	Ride #20 Old Shasta CCW - Start at Sundial Bridge Parking Lot 30.4 miles Elev 1643	https://ridewithgps.com/routes/14136310
11/18/21	8:30 AM	Ride #21 Shasta Dam/City of Shasta Lake CCW - Start at Sundial Bridge Parking Lot 33.4 miles Elev 1773	https://ridewithgps.com/routes/14136311
11/20/21	10:00 AM	President's Low and Slow Ride- Parking lot behind Walgreens on Oregon Street River Trail and Up Middle Creek Burgers and Brews after at Woody's Brewing Co. 15.2 miles Elev 556	https://ridewithgps.com/routes/37735819
11/20/21	8:30 AM	Dersch, Ash Creek, Balls Ferry, Churn Creek Start at Clover Creek for 51.5 miles Elev 1759	https://ridewithgps.com/routes/31604908
11/21/21	8:30 AM	Cottonwood Dersch Millville Plains Old 44 Start at Westwood Market 35 miles Elev 959	https://ridewithgps.com/routes/11469006
11/23/21	8:30 AM	Ride #22 End of Iron Mountain Rd to gate CW - Start at Sundial Bridge Parking Lot 38.0 miles Elev 2362	https://ridewithgps.com/routes/14136313
11/25/21	8:30 AM	Ride #01 City of Shasta Lake CW - Start at Sundial Bridge Parking Lot 34.0 miles Elev 1810	https://ridewithgps.com/routes/14139381

11/27/21	8:30 AM	Dry Creek / Bear Mt. Start at Palo Cedro Park n Ride 43 miles Elev 1399	https://ridewithgps.com/routes/12118058
11/28/21	8:30 AM	Middle Creek Loop Start at Sundial bridge ParkingLlot 28 miles Elev 2109	https://ridewithgps.com/routes/19736728
11/30/21	8:30 AM	Ride #02 Palo Cedro counter CCW - Start at Sundial Bridge Parking Lot 31.6 miles Elev 1057	https://ridewithgps.com/routes/14136290

**Shasta Wheelmen General Membership Minutes
Oct. 4, 2021
Lulu's Restaurant and Google Meet**

1. Call to Order by Doug Holt. 6:00pm meeting opened.
2. Quorum Yes total 20 at meeting present.
3. Approval of the minutes of the September 2021 General Membership meeting as printed in the Matrix approved.
Approval of minutes from the previous meeting.

4. Standing Reports

A. Treasurer's Report by John Simmons details in the report submitted.

CHECKING	Sept 2021		SAVINGS	Sept 2021
OPENING	\$5417.04		OPENING	\$5005.44
INCOME	\$240.00	*	INTEREST	\$.04
EXPENSES	\$304.56	**	EXPENSES	0
CLOSING	\$5352.48		CLOSING	\$5005.49

*Membership(\$240)

**Annual fee for Squarespace(\$216), annual fee for Google Workspace(\$72.00), Stripe fees(\$16.56)

B. Membership Report by Jim Bush total of 130 members.

C. Board Meeting Report by Doug Holt. N/A scheduled for September virtual meeting.

5. Old Business

A. 50th party roasted/pulled pork, dinner rolls, bbq sauce. Coleslaw, pork n beans. Location outside at Jim Bush house in Cottonwood. Social hour is at 5pm dinner at 6. Water, plates and utensils provided. Mary Davis arranging food.

B. Fundraising - Riverside playhouse. Board approved donation option on renewal document. Plan for new options live December 2021.

-Suggestion for a Volunteer day each year. OR Donation time. OR Donation of money.

- Donut ride. Conversation continues. TOO fun.

- Tours/Gravel and roads. Provide gatorade charge minimal fee. This could be a multi-day and single day tour.

- Space to be volunteered by members. Do you have extra space? Would you be willing to store some space for the Wheelmen's stuff?

C (postpone to November meeting). Proposal to a standard procedure/guideline/duty for when we have a family Wheelman life's significant event. -Send a card. Provide tables/chairs and time. But the "CLUB" will not provide a financial donation. The donation would be privately given from individuals. Create a budget/earmark amount in the annual budget for the Shasta Wheelmen. Revise and revisit by board member Doug Holt suggest postpone Rich Robinson second- all in favor yes.

6. Ride Calendar - Check for several rides coming up in November.

- A. January 1, 2021 keep open Robinsons are hosting the "FIRST DAM CENTURY."
- B. Remember you must sign the waiver to ride with us.

7. New Business Please consider being on the nomination committee for the new board. Must be in place ASAP. Patty S. John C. and Joe F. possible choices.

Rich Robinson ride Cemetery ride Oct. 16, Saturday 60 mile ride. Info on FaceBook and Website. "Get your Boo on"

8. Adjournment at 7:11 pm

9. Raffle







Starbucks gift-Rich Robinson

Starbucks gift-Norma Acevedo

**Agenda for November 1st General Meeting 6:00 PM at Lulu's and online with Google Meet
(Online invitation will be sent out 15 minutes prior to start of meeting)**

- 1) Call to order
- 2) Introductions
- 3) Membership chair to determine if quorum is present
- 4) Approve minutes as published in the Matrix
- 5) Standing Reports
 - Treasures' Report
 - Membership Report
 - Board meeting
- 6) Ride Calendar
- 7) Old Business
 - a. Vote on a Funding proposal for a life changing event (death) of a fellow Wheelman.
 - b. Status of AB 122
 - c. Fund raising (Where are we at?)
- 8) New business
 - a. Nomination Committee
 - b. Organizational Membership for Ride With GPS
- 9) Raffle
- 10) Adjournment

FRIENDS OF THE SHASTA WHEELMEN - Show your membership card for available discounts

<p>Bikes Etc. 2400 Athens Ave. Redding, CA 96001</p> <p>530-244-1954</p>	
<p>Chain Gang Bike Shop 1540 Division St Redding, CA 96001</p> <p>530-243-9951 http://chaingangbikeshop.com/</p>	
<p>Jefferson State Adventure Hub 872 N Market St. Redding, CA 96003</p> <p>530-768-5055 www.jsahub.com</p>	
<p>Pedego Redding 862 N Market St. Redding, CA 96003</p> <p>530-605-4500 https://www.pedegoelectricbikes.com/dealers/redding/</p>	
<p>Sports LTD 950 Hilltop Drive Redding, CA 96003</p> <p>530-221-7333 https://www.reddingsportsltd.com</p>	
<p>The Bike Shop 3331 Bechelli Lane Redding, CA, 96002</p> <p>530-223-1205 https://www.thebikeshopredding.com</p>	



Matrix

December 2021 – The Official Publication 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.

2021 OFFICERS & BOARD

President

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John Simmons
530-227-1343

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Nolan Randall
530-244-3558

Web Master

Nolan Randall
530-244-3558

Email Contact

info@shastawheelmen.org

Club meetings are held on the first Monday of each month, 6:00 p.m.. Due to Covid they are virtual for now. Google Meet address is distributed by Alery the day prior.

Update: Joe's account has over \$6078 in contributions. Thank you Wheelmen!

A Go Fund Me account has been created on Facebook to help Joe and Raquel Fernandes after Joe sustained serious injuries when he was hit by a car riding his bike to work. To add insult to injury, their car was stolen from the Walgreens parking lot right after Joe's surgery. Needless to say, this has completely upended their lives, especially since they are expecting their first child in December. Please donate using the link below to help out our fellow Shasta Wheelman. Thanks so much! Please keep Joe and his family in your prayers, and be extra careful on the road.

<https://gofund.me/b6f14d86>

Specialty Rides, the club will be sponsoring special rides as follows:

- **First Dam Century** – January 1, 2022 9:00 am. Route provided by Richard Robinson Hosted by Richard and Claudia Robinson, 11343 Tanstaafl Lane, Redding. Start at Shasta Dam, our house or wherever works for you. Chili with toppings, hot apple cider, coffee/tea/hot chocolate available at our house till 2pm. Rain, more than just a mist, cancels this event. Questions call Claudia: 530-604-7213. **Happy New Year!**

- **Women on Wheels (WOW)** no ride scheduled for December
- **The Monday night Get Acquainted** on hold

Donation to Shasta Wheelmen

The Shasta Wheelmen Board and General Membership voted to offer a voluntary donation option to the club members. This donation would be used to promote club and community cycling events, programs and promotions. The Club Membership dues as stated in the club By Laws "shall only be in an amount sufficient to defray the actual cost of the proper management, supervision and protection of the property and facilities of the club" It is important to preserve club dues to manage the club.

The Club board feels that actively promoting cycling by contributing to events and programs that promote safe cycling are essential. With over 130 club members the Wheelmen are seen as the leading cycling group in the Shasta County area. Club members have participated in cycling interests with Shasta Living Streets, Cal Trans and the City of Redding. Voluntary donations will help with these important community events. There are several ways to make donations. First by a direct contribution to the club treasurer who will ear mark these funds. The other way is to make a donation as part of your yearly membership dues renewal through the renewal form found on the club web site. Also, if you renew dues through Squarespace there is a donation option next to the renewal tab.



**Shasta Wheelmen December 2021 Meeting
and
Holiday Party**
Monday, December 6 at 6:00pm, Lulu's Restaurant

General Meeting 6:00pm

- ❖ Vote for the 2022 Board of Directors and a 5th Board Member.
Members must be present to vote.

Holiday Party to Celebrate the Season! 6:30pm

- ❖ **Appetizers - Provided by the Club**
- ❖ **BYOD's – Buy your own drinks and dinner**
- ❖ **Desserts – Bring a Christmas dessert to share**
- ❖ **Ugly Christmas Sweater Contest – Wear your ugliest Christmas Sweater!! Prize awarded for the Ugliest!**
- ❖ **Gift Exchange – Bring a wrapped gift (spend no more than \$20!)**

Wheelmen honor our Veteran's along the ride. John Crowe, Patty Shackleton, and Jack Yerkes. To any other veterans that weren't on the ride, Thank You For Your Service!



Welcome New 2021 Shasta Wheelmen Members

Last Name	First Name	Street Address
Edwards	Scott	7621 White Birch Lane
Rudd	Nancy	1595 Bantry Court
Cook	Wayne	3674 Cal Ore Dr
Holiday	John	500 Hilltop Dr #242
Rose	Natasha	3720 Altrus St
Mantei	David	1478 Duck Tail Ct
Shepard	Joan	4360 Rising Mist Cir
Fields	Dara	11550 Ridgewood Dr
Annable	Johanna	1612 SE 123 RD Ave
Lee	Amy	3450 Somerset Ave
Lee	Bob	3450 Somerset Ave
DeNatale	Neil	14660 Cannon Rd
Goodman	Louis	1290 B Street #307
Cooper	Bobby	1640 Palm Dr
Peterson	Paul	3385 Vinewood
Peterson	Jennifer	3385 Vinewood
Zachary	April	13939 Gas Point Rd
Erskine	David	19203 Stonegate Dr
Leslie	Amy	1565 Hobo Ln
Doerr	Merrie	4255 Stonewalk Ct, Unit A
Millar	Nancy	13516 Twin Lakes Ln
Sidener	Matt	10195 Montecito Ln
Chiffelle	Carol	10195 Montecito Ln
Smith	William	1037 Kestrel Rd
Cook	Madelyn	PO Box 672
Collins	Craig	2715 Rialto Pkwy
Chesbro	Michael	667 Mill Valley Pkwy

Rider of the Month

Keith Elzner



Hi! My name is Keith Elzner. My mom Dana Elzner and I joined the wheelman club in 2020. I have always been very athletic. I played baseball, football, basketball, softball, swim team etc. I have always loved riding bikes. I did not know much about bicycles, just got on and rode. In fact, the first

acquainted ride I showed up on a mountain bike lol. After riding with the group a while I ended up buying my first road bike from Jim Bush and I absolutely love it.

I was born in Klamath Falls Oregon, my family and I moved to Redding in 1989. I graduated from Central Valley high School in 2001. I joined the military in 2002, my MOS was heavy equipment operator in the Army. My first deployment to Iraq was in April of 2003. In 2004 we were getting ready to deploy for the 2nd time. Unfortunately I was in a really bad car accident December 10th 2004. I was not expected to live. I was in a coma for 15 days. On December 25 I awoke and reached out and touched my mother's face. I ended up with severe brain injury [TBS] with a lot of rehabilitation ahead of me. Thanks to my family with lots of love and support I am here today. I still have lots of memory impairments such as sort term memory loss, but for the most part I am blessed to have such a loving family willing to do whatever it takes to keep pushing forward. I am back to driving, taking guitar lessons and golf with my Dad which is very challenging but i do not give up. I have found out now that most of all I love riding my bike and love riding with all the members of the Shasta Wheelmen club. It's a great way to meet new friends and stay physically fit.

Message from El Presidente

Happy Holidays to one and all! Here it is December, and you know what that means in the Wheelmen world. It's election time! Time to **vote for the Board of Directors**. At this time, I would like to thank the nominating committee Patty, John Crowe, and Joe for taking on this important job thank you very much. To vote in the election you **must be present** at Lulu's. We will not be having an online meeting due to the vote. So, vote early and vote often. No, that won't work so come to the meeting early and vote one time.



After the general meeting and the election, it's party time Wheelmen style! For the first time in two years, we will be holding a **holiday party**. The club will be supplying finger foods and we can bring deserts into Lulu's. We also plan on having an ugly sweater / tee shirt contest and for those who are interested a gift exchange. Try to keep the cost of your gifts at \$20 or less.

In closing thank you all for allowing me to be president of the club this last year. Keep spinning those cranks!

Doug

SPECIAL EVENT

Club officer elections will take place at the December general meeting, Monday December 6, 2021. The list of candidates is offered here as required by the bylaws. The vote will be conducted by anonymous ballot and only for the members attending. In addition to the people listed by the nominating committee a nomination may be taken from the floor or be written-in at the time of voting.

Upon tallying the results of the election an open nomination and vote will be held for the 5th member (generally a position for the immediate past president who at this time has declined the assignment).

President	Doug Holt
Vice President	Lisa Creps (incumbent) Greg Winters
Secretary	Alery Mollin (incumbent) Nancy Cook
Treasurer	John Simmons

Board of Directors 5th member: nominations from the floor will be accepted and voted upon when a 2022 president has been confirmed.

A huge thank you to all the club members who were kind enough to talk with the nominating committee and consider taking a role with the board of directors.

John, Joe & Patty

Run Across Road Hazard?

If you ever encounter hazards like this in the roadways, bike lanes, sidewalks, etc. you can make a request for service here: <https://www.cityofredding.org/departments/public-works/streets/street-maintenance-request> or give the streets office a call 224-6068.

Area Organized Rides

- **2022 Siskiyou Scenic Bicycle Tour**, May 7th, 101,67,40,39, and 21 miles. www.Siskiyouscenic.com

RIDE CALENDAR – Color key Tan=weekend rides, Blue=weekday rides, Green=club meeting, Orange= Special Rides

If the official high temperature is 100 or above the ride will start one hour earlier

Date	Time	Description	Route URL
12/02/21	9:00 AM	Ride #03 Anderson counter CCW - Start at Sundial Bridge Parking Lot 39.5 miles Elev 825	https://ridewithgps.com/routes/14136291
12/04/21	9:00 AM	Coleman Fish Hatchery Start at Westwood Village 44 miles Elev 804	https://ridewithgps.com/routes/14136335
12/05/21	9:00 AM	Bowman/Evergreen Start at Anderson Starbucks 33 miles Elev 783	https://ridewithgps.com/routes/9623422
12/06/21	6:00 PM	Shasta Wheelmen Christmas Party & WhiteElephant Gift Exchange & Election of Officers for 2022 & Club Monthly Meeting at Lulu's Restaurant 2230 Pine St., Redding Be there or be Grinchy!!!	HTTPS://goo.gl/maps/PRA4i2gHd8w
12/07/21	9:00 AM	Ride #04 Old Shasta counter CCW - Start at Sundial Bridge Parking Lot 28.5 miles Elev 1297	https://ridewithgps.com/routes/14136292
12/09/21	9:00 AM	Ride #05 Jones Valley Store CW - Start at Sundial Bridge Parking Lot 32.5 miles Elev 1579	https://ridewithgps.com/routes/14136293
12/11/21	9:00 AM	Jelly's Ferry Start at Anderson Starbucks 43 miles Elev 1565	https://ridewithgps.com/routes/14136325
12/12/21	9:00 AM	Shasta Dam Loop Start at Sundial Bridge Parking Lot 35 miles Elev 1887	https://ridewithgps.com/routes/19741516
12/14/21	9:00 AM	Ride #06 Millville Plains CW - Start at Sundial Bridge Parking Lot 38.4 miles Elev 1042	https://ridewithgps.com/routes/14136294
12/16/21	9:00 AM	Ride #07 Igo/Ono CW - Start at Sundial Bridge Parking Lot 41.6 miles Elev 2085	https://ridewithgps.com/routes/14136295
12/18/21	9:00 AM	Hooker, Jellys Ferry Start at Anderson Starbucks 42 miles Elev 1628	https://ridewithgps.com/routes/11752985
12/19/21	9:00 AM	North/West/South of Palo Cedro Start at Palo Cedro Park n Ride 38 miles Elev 793	https://ridewithgps.com/routes/10692956
12/21/21	9:00 AM	Ride #08 Bridge Bay CW - Start at Sundial Bridge Parking Lot 35.1 miles Elev 1706	https://ridewithgps.com/routes/14136296
12/23/21	9:00 AM	Ride #09 Old Shasta CW -Start at Sundial Bridge Parking Lot 30.5 miles Elev 1638	https://ridewithgps.com/routes/14136297
12/25/21	9:00 AM	Turtle 52 Start at Sundial Bridge Parking Lot 52 miles Elev 2092	https://ridewithgps.com/routes/7954288
12/26/21	9:00 AM	Out to the Bear Start at Sundial Bridge Parking Lot 34 miles Elev 1672	https://ridewithgps.com/routes/8104953

12/28/21	9:00 AM	Ride #10 Shasta Dam/City of Shasta Lake CW. - Start at Sundial Bridge Parking Lot 33.4 miles Elev 1778	https://ridewithgps.com/routes/14136298
12/30/21	9:00 AM	Ride #11 End of Iron Mountain Rd CCW - Start at Sundial Bridge Parking Lot 35.7 miles Elev 2206	https://ridewithgps.com/routes/14136299



**Shasta Wheelmen General Membership Minutes
November 1, 2021
Lulu's Restaurant**

1. **Call to Order** by Doug Holt. 6:01 pm meet opened.
2. **Quorum** Yes total 17 at meeting present.
3. **Approval of the minutes** of the October 2021 General Membership meeting as printed in the Matrix approved. Approval of minutes from the previous meeting. (Correction for minutes item 6 ride calendar January 1, 2022.)
4. **Standing Reports**

A. Treasurer's Report by Jim Bush for John Simmons details in the report submitted.

CHECKING	Oct 2021		SAVINGS	Oct 2021
OPENING	\$5352.48		OPENING	\$5005.49
INCOME	\$180.00	*	INTEREST	\$.04
EXPENSES	-\$12.12	**	EXPENSES	0
CLOSING	\$5520.36		CLOSING	\$5005.53

*Membership(\$180)

**Stripe fees(\$12.12)

B. Membership Report by Jim Bush total of 131 members.

C. Board Meeting Report by Doug Holt.

1. Regarding the bike rack and now considering Bead Man or Bog Beans or Cafe Pagato. We are hoping whichever location will install the rack. These are people that have requested a bike rack
2. The State of California has a grant to pay for clean-up through Caltrans. \$250.00 payable each month. We are looking into location and requirements to participate.
3. Donation option on the square space through annual registration.

4. Smile donation option through Amazon. Looking into what is required to sign up Shasta Wheelmen. (This may be a charity)
5. The 2021 budget passed out to members for review.
6. Next board meeting we will be developing a budget for 2022.
7. A template for idea submission has been created so that people can propose ideas. This is a framework for ideas.
8. Suggestion for a timed climb trial on Lower Gas Point Road. Non-member cost \$10.00.
9. Review Bereavement suggestion.
10. Organization: Ride with GPS membership will be set up with an annual cost dbd for 2022.

5. Old Business

A. 50th party was spectacular.

B. Proposal to a standard procedure/guideline/duty/policy for when we have a family Wheelman life's significant event.

-Send a card- Offer the use of tables/chairs and time in the local area. But the "CLUB" will not provide a financial donation. The donation would be privately given from individuals. This will be done when requested by the family of the member or a member suggested

1.) Unanimous for no policy 14 yes. The members donate based on request of members and then vote.

C. Rolling 122b no signature from the governor.

6. New business

Nomination team may be reaching out to you to become an officer. Please vote in December.

Annual party and votes happen on December 6, on the first Monday. Appetizers will be provided please RSVP.

Ugly sweater contest, 50/50 raffle winner wins half the pot.

Michael has offered to donate \$100.00 for the party. THANK YOU!

Proposal of a Shasta Wheelmen triple crown by Gary Nelsen here in Northern California that starts Jan through Dec, 2022.

See official document. October 27, 2021. Triple Century is suggested.

7. Ride Calendar - Check for several rides coming up in November.

1. January 1, 2022 keep open Robinsons are hosting called the "FIRST DAM CENTURY".
2. President's Low and Slow Saturday November 20, 10 am see Calendar.

8. Adjournment at 7:20 pm

Drawings

Great Harvest winner John Crowe

From the Hearth Dick Lindroth

Agenda for December 6th meeting 6:00 PM at Lulu's No Online Meeting Option

- 1) Call to order
- 2) Introductions
- 3) Membership chair to determine if quorum is present
- 4) Approve minutes as published in the Matrix
- 5) Standing Reports
 - Treasures' Report
 - Membership Report
 - Board Meeting
- 6) Ride Calendar
- 7) Election
- 8) Adjournment

Holiday Party!

When a Cyclist Says, "On Your Left"

By Jiji Lee

Cyclist says: On your left.

My brain says: There's a cyclist approaching on your left, so don't walk in that direction.

What my body does: Moves left.

Cyclist says: On your left.

My brain says: "On your left" means don't move left.

What my body does: Moves left.

Cyclist says: On your left.

Brain says: Why are your reflexes so slow?

What my body does: Moves left.

Cyclist says: On your left.

Brain says: Make an L shape with the thumb and pointer finger of each hand. The one that looks like the letter "L"? That's your left side. That's the side you don't want to be on.

What my body does: Makes L shape with fingers; moves left.

Cyclist says: On your left.

Brain says: O.K., I know that it's really jarring to hear strangers barking directions at you so early in the morning, and that you were just expecting a leisurely walk in the park, maybe a stop at the farmers' market to buy a eucalyptus branch that you could hang in the shower because you're always trying to think of ways to make your bathroom feel more like a spa, but there are cyclists speeding past you like it's a Formula 1 championship, but instead of race cars it's bikes, and, yes, I know there's a famous race that's just for bikes, but I can't seem to remember the name of it right now, so if you want to make it out of here alive and without hurting anyone, I need you to listen to me.

What my body does: Starts crying in the middle of the bike lane.

Cyclist says: On your left.

Brain says: "It's electric! Boogie woogie, woogie. You can't resist it. It's electric!" Oh, I'm sorry; I had the Electric Slide song stuck in my head for some reason.

What my body does: Does the Electric Slide to the left.

Toddler riding a scooter says: On your weft.

Brain says: There's a toddler going less than five miles per hour on his scooter—you should be fine.

What my body does: Accidentally trips and falls over the toddler; yells expletives; makes a three-year-old cry.

Cyclist says: On your *right*.

Brain says: What is left? What is right? Our physical body exists on a different plane than our consciousness, and directions are merely an illusion.

What my body does: Gets hit by a bike.

Cyclist says: On your left.

Brain says: Play dead.

What my body does: Plays dead.

Cyclist says: [*Nothing, just rings the bike bell.*]

Brain says: Good luck with this one.






What my body does: Plays dead.

Cyclist says: On your left.

Brain says: I'm feeling pretty tired from all this navigating.

What my body does: Moves left; mounts the bicycle; battles the cyclist for supremacy over bike; wins the battle; speeds away; approaches a pedestrian; yells, "On your left."

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