

Matrix

January 2022 – 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.

2022 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

Jim Bush
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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:

- **Rich Robinson's First Dam Ride** – 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 January
- **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.



2021 Christmas Party

The party held at our general meeting at Lulu's was a big hit. Over 30 members were in attendance. The group bought appetizers, while the members brought desserts. A gift exchange took place as well as a contest for the ugliest Holiday sweater. Keith Ezner won the ugliest sweater.

Group Rates at Liberty Physical Therapy



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
DeLeon	Patrick	3570 Elizabeth Way
Gerig	Greg	7316 Placer Rd
Gerig	Christa	7316 Placer Rd
Costa	Israel	4768 Lower Springs Rd

Rider of the Month

Nancy Cook



Happy Riding into 2022!

I have been proud to be a Shasta Wheelman Club Member since moving to Redding in 2017. I started out as a runner through high school and college in Pennsylvania. After college I moved to Spokane, Washington to take my first job as a teacher for visually impaired students. While running with the Bloomsday Runners Club I was encouraged to try triathlon; which meant I needed to learn the competitive side of swimming and cycling. I had a lot of fun with the local triathlon club and found success with swim, bike, run. I completed 2 half, and 2 full Ironman Triathlons. I met my husband in Alaska, and when we married, I moved to Southern California's high desert. My cycling was inconsistent while raising our two daughters and continuing to teach blind students. I did get to have a lot of chances to run and race as my husband, Dave, and both of my daughters, Madelyn and Sadie, are avid runners! What a great family activity! Over the years besides running with my family, my highlight was 4 marathons, culminating with Boston. Dave was able to retire in 2017 and we moved to the property and house we built over several years here in the North State. We live off of 299, East of Bella Vista, on a ridge with a beautiful view of Mt Shasta. I work for Shasta County Office of Education; this is my 30th year teaching blind and visually impaired students! I am so grateful to be in this beautiful area with the many opportunities to enjoy outdoor activities. Cycling is definitely at the top of the list! And, as many of you already know, I've recruited my oldest daughter, Madelyn, to ride with us now that she has graduated from University of Nevada, Reno. Maybe one day I'll get Sadie (currently a junior at Portland State) and Dave out with us too!

Message from El Presidente

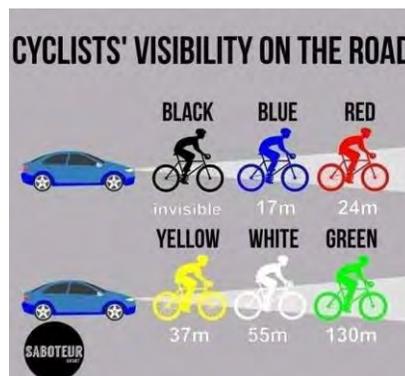
My fellow wheelmen may you have a marvelous New Year. Here's hoping we all have a mega mile year. I would like to thank you for re-electing me, President of this fine club once again. Thank you. Let me thank Alery for all her hard work as secretary the past two years. Now thank you to the remainder of the board of directors. Lisa Creps Vice President, John Simmons Treasure, Nancy Cook Secretary and Patty Shackleton our 5th board member and last but not least our member at large on the board Jim Bush. I'm looking forward to having a great year with you all. Thanks for stepping up.



At the December 16th board meeting the decision was made to stop holding the meeting online. If you feel that you can't attend a general meeting and have a point to make, please contact one of the board members and we will present your point of view at the meeting.

That's a wrap for this month. Keep spinnin' those cranks!

Doug



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 Ride/Event

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

Date	Time	Description	Route URL
01/01/22	9:00 AM	RICH ROBINSON'S NEW YEARS' FIRST DAM RIDE Start at 9 from the Sundial or really whenever and wherever you want. Just come by the house for Chili and Cider. 11343 Tanstaaf Ln	https://ridewithgps.com/routes/37982724
01/01/22	9:00 AM	Black Butte Start at Anderson Starbucks 45 miles Elev 2568	https://ridewithgps.com/routes/14136327
01/02/22	9:00 AM	Jamboree Cool Down Start at Palo Cedro Park n Ride 33 miles Elev 769	https://ridewithgps.com/routes/10457267
01/03/22	6:00 PM	Club Monthly Meeting at Lulu's Restaurant 2230 Pine St., Redding	HTTPS://goo.gl/maps/PRA4i2gHd8w
01/04/22	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
01/06/22	9:00 AM	Ride #13 Palo Cedro CW - Start at Sundial Bridge Parking Lot 31.2 miles Elev 1101	https://ridewithgps.com/routes/14136302
01/08/22	9:00 AM	Wildcat/Dersch Start at Anderson Starbucks 45 miles Elev 2565	https://ridewithgps.com/routes/14253162
01/09/22	9:00 AM	Palo Cedro Area Clockwise Start at Palo Cedro Park n Ride 33 miles Elev 800	https://ridewithgps.com/routes/14136346
01/11/22	9:00 AM	Ride #14 Anderson CW - Start at Sundial Bridge Parking Lot 37.9 miles Elev 855	https://ridewithgps.com/routes/14136303
01/13/22	9:00 AM	Ride #15 Old Shasta CW - Start at Sundial Bridge Parking Lot 29.0 miles Elev 1323	https://ridewithgps.com/routes/14136304
01/15/22	9:00 AM	Cottonwood/Igo Start at Anderson Starbucks 50 miles Elev 1412	https://ridewithgps.com/routes/14136352
01/16/22	9:00 AM	Coleman Fish Hatchery Balls Ferry Derch Start at Anderson 31 miles Elev 886	https://ridewithgps.com/routes/14136343
01/18/22	9:00 AM	Ride #16 Jones Valley CCW - Start at Sundial Bridge Parking Lot 32.6 miles Elev 1577	https://ridewithgps.com/routes/14136305
01/20/22	9:00 AM	Ride #17 Millville CCW - Start at Sundial Bridge Parking Lot 36.6 miles Elev 1067	https://ridewithgps.com/routes/14136307
01/22/22	9:00 AM	Zogg/Ono Start at CVS Pharmacy @, Placer/Buena Ventura 47 miles Elev 3019	https://ridewithgps.com/routes/10457128
01/23/22	9:00 AM	Westwood/Millville Plains Start at Westwood Village 35 miles Elev 959	https://ridewithgps.com/routes/14136348
01/25/22	9:00 AM	Ride #18 Igo/Ono CCW - Start at Sundial Bridge Parking Lot 40.5 miles Elev 2077	https://ridewithgps.com/routes/14136308

01/27/22	9:00 AM	Ride #19 Bridge Bay CCW - Start at Sundial Bridge Parking Lot 35.0 Miles Elev 1656	https://ridewithgps.com/routes/14136309
01/29/22	9:00 AM	Dersch Wildcat & Black Butte Loop Start at Palo Cedro Park n Ride 50 miles Elev 2666	https://ridewithgps.com/routes/18014197
01/30/11	9:00 AM	Fish Hatchery/ Cottonwood Parkville dersch airport Start at Anderson Starbucks 31 miles Elev 887	https://ridewithgps.com/routes/14136343

**Shasta Wheelmen General Membership Minutes
December 6, 2021
Lulu's Restaurant**

1. Call to Order by Doug Holt. 6:01 pm meet opened.
2. Quorum Yes total 33 at meeting present.
3. The minutes from the November 2021 General Membership meeting as printed in the Matrix were approved. Greg Winters motioned to approve, Patty Shackleton seconded. Motion carried.

4. Standing Reports

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

CHECKING	Nov 2021		SAVINGS	Nov 2021
OPENING	\$5520.36		OPENING	\$5005.53
INCOME	\$961.93	*	INTEREST	\$.04
EXPENSES	-\$457.16	**	EXPENSES	0
CLOSING	\$6025.13		CLOSING	\$5005.57

*Income (Membership \$450, Donations \$461.93, Banquet Sales \$50 (Mugs \$40, Pandannas \$10))

**Expenses (Banquet \$159, RidewithGPS \$250, Stripe fees \$48.16)

B. Membership Report by Jim Bush total of 137 members.

C. Board Meeting Report by Doug Holt.

5. Old Business

A. Members now have an option to make an additional donation directly to Shasta Wheelmen when they renew their membership online each year through Square Space. This is a convenient fundraising tool that requires no volunteer effort. Thanks to Jim Bush and Nolan Randall who made this possible.

B. Next board meeting we will be developing a budget for 2022 and introducing new board members.

C. A standard format for new project proposals to be presented to the Shasta Wheelmen board for consideration was developed by Lisa Creps and presented to the general membership during the November meeting. When completed, this Proposal Template will provide the Board with all the information needed to approve fundraising or community service projects. Gary Nelson's Triple Crown project for 2022 served as the first example of how the template could be used to seek approval from the Board, and subsequently the general membership.

D. We now have a Shasta Wheelmen Club membership with "Ride with GPS" as opposed to using Greg Winters personal account to manage our ride route maps. Club Membership will be paid for by Shasta Wheelmen and will cost \$250 per year. Be sure to use the link below to sign up under the club. Greg will send out an email reminder to the general membership via Google groups. The web link is:

<https://ridewithgps.com/autoapprove/Club/7724/ckznWZ4ghhLyuoma>

6. New business

- A. Nomination committee conducted an election of the 2022 Shasta Wheelmen Board of Directors. Results of the election are as follows:

President - Doug Holt

Vice President - Lisa Creps

Treasurer - John Simmons

Welcome new Secretary - Nancy Cook

Welcome the (5th member) - Patty Shackleton

- B. Patty Shackleton made a motion that general membership vote on using the Proposal Template presented at the November meeting for all future project ideas. The motion was seconded by Lisa Creps and a vote was called. Motion carried unanimously.
- C. Ugly sweater contest winner Keith Elzner- Love the Llama!

D. Ride Calendar - Check for several rides coming up.

During Greg Winters' status report of the December 2021 Ride Calendar, a suggestion was made to convene the Ride Route Update committee to update all Ride With GPS ride maps to reflect the routes we actually ride each week to ensure rider safety. A committee will be convened in the new year. Volunteers needed. If you know of a permanent change to a pre-existing route or have a suggestion for a new route that benefits all from around 25-35 miles, starting at the Sundial Bridge parking lot, please email Greg Winters at gwint10@gmail.com.

Nolan noted that if you see any mileage errors on the Ride Statistics Summary to please inform him at threebiker@gmail.com.

- E. Lisa Creps asked the general membership to recognize Nolan Randall and Greg Winters for all they do behind the scenes to keep us spinning!
- F. Adjournment at 7:07 pm

Holiday celebration and gift exchange followed adjournment.

Agenda for January 3rd meeting 6:00 PM at Lulu's

1. Call to order
2. Self-introductions
3. Membership chair to determine if a quorum is present
4. Approval of minutes published in the Matrix
5. Standing Reports
 - Treasures' Report
 - Membership Report
 - Board Meeting
6. Old Business
 - Paving Buenaventura Trail
 - Bike Rack at Café Pegato
7. New Business
8. Drawing

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>	



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760-217-2085

5th Board Member

Patty Shackleton
619-981-2393

STAFF

Membership Chairman

Jim Bush
916-846-1902

Matrix Editor

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530-945-9984

Ride Schedule

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415-823-7149

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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. at Lulu's Restaurant. Alternatively, a Google Meet address is distributed by Doug

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

- **Women on Wheels (WOW) February Get Together Ride** Feb. 20 10a.m. Palo Cedro Park n Ride. Patty Shackleton ride leader 619-981-2393
- **The Monday night Get Acquainted** on hold

First Dam Ride



Metal Replacement Riders – 2 hips, 2 knees, and pelvis repair



100 and 200 mile Triple Crown Challenges

Offered by the Shasta Wheelmen

100 mile and 200 mile Challenge Details:

- Challenge cost for members - \$30
- Challenge cost for non-members - \$60
 - 1 year membership to the Shasta Wheelmen Cycling Club (\$30) is included in the entry fee.

Email Gary Nelson at garynelson17@outlook.com or text Gary at (925) 951-3345 to sign up. Please contact him with any questions.

- Each Challenge consists of three rides (100 or 200 miles)
- Each ride has a 24-hour time limit.
- Each ride must be completed outside on the open roads.
- Riders have the Calendar year of 2022 to finish all three rides.
- Elevation gain and Coarse Design is up to you, or there are three options available to use for each Challenge - Hard, Medium and Easy.
- Must use STRAVA to record each ride for verification purposes.

For those who finish their Challenge and would like to commemorate the accomplishment, there will be a custom Jersey designed and made at your request and expense.

As Ride Captain and Event Manager, Gary will offer 100 mile club rides throughout 2022. They will be on a special Shasta Wheelmen Ride Calendar.

For the 200 mile Challengers, Gary will be competing in this Challenge and has designed three rides at 200 miles each. These rides will be fully supported by Gary and any others who wish to join.

Welcome New 2022 Shasta Wheelmen Members

Last Name	First Name	Street Address
Lutz	Bruce	16495 Valparaiso Way

Message from El Presidente

It's said by meteorologist that January is the coldest month of the year in the Northern Hemisphere. Here is hoping they are correct and that we have some warmer mornings in February.

Due to the Omicron Variant surge and the indoor masking mandate, we will have an online presence for the meeting as well as in person. There are a few caveats with the online meeting. One, questions from the online participants will be typed in on the platform we are using for the meeting. Or your questions can be emailed to a member of the board prior to the meeting and one of us will state your questions to the group. Two, if you choose not to attend the indoor meeting you will not be entered into the drawing. Lastly you will not be able to cast a vote. The club bylaws state you must be present at the meeting to vote. The online simulcast is a courtesy we are extending currently so everyone can stay in the loop. When this situation (Omicron) settles down we will go back to having person meetings only. Thank you in advance for your understanding.

Keep spinning those cranks,

Doug



Area Organized Rides

- **Chico Velo Wildflower, April 25** <https://www.wildflowercentury.org/>
- **2022 Siskiyou Scenic Bicycle Tour, May 7th**, 101,67,40,39, and 21 miles. www.Siskiyouscenic.com
- **The Art of Survival Century, May 28/29** <https://survivalcentury.com/>

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

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

Date	Time	Description	Route URL
2/1/2022	9:00 AM	Ride #20 Old Shasta CCW - Start at Sundial Bridge Parking Lot 30.4 miles Elev 1643	https://ridewithgps.com/routes/14136310
2/3/2022	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
2/5/2022	9:00 AM	Ash Creek to Wildcat Start at Palo Cedro Park n Ride 54 miles Elev 2787	https://ridewithgps.com/routes/19137252
2/6/2022	9:00 AM	Down and back – Start Anderson Starbucks 37 miles Elev 944	https://ridewithgps.com/routes/30403220
2/7/2022	6:00 PM	Club Monthly Meeting at Lulu's Restaurant 2230 Pine St., Redding	https://goo.gl/maps/PRA4j2gHd8w
2/8/2022	9:00 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
2/10/2022	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
2/12/2022	9:00 AM	Olinda Happy Valley Gas Point Igo Start at Anderson Starbucks 44 miles Elev 1489	https://ridewithgps.com/routes/30577484
2/13/2022	9:00 AM	Westwood/Millville Plains Start at Westwood Village 35 miles Elev 959	https://ridewithgps.com/routes/14136348
2/15/2022	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
2/17/2022	9:00 AM	Ride #03 Anderson counter CCW - Start at Sundial Bridge Parking Lot 39.5 miles Elev 825	https://ridewithgps.com/routes/14136291
2/19/2022	9:00 AM	Zogg/Ono Start at CVS Pharmacy @, Placer/Buena Ventura 47 miles Elev 3019	https://ridewithgps.com/routes/10457128
2/20/2022	10:00 AM	WOW Ride: Palo Cedro Area Clockwise Start at Palo Cedro Park n Ride 33 miles Elev 800	https://ridewithgps.com/routes/14136346
2/20/2022	9:00 AM	Middle Creek Loop Start at Sundial bridge ParkingLot 28 miles Elev 2109	https://ridewithgps.com/routes/19736728
2/22/2022	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
2/24/2022	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
2/26/2022	9:00 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
2/27/2022	9:00 AM	This and That – Start at Anderson Starbucks 36 miles Elev 803	https://ridewithgps.com/routes/30403299

TRIPLE CROWN CHALLENGE

No Set Starting Times- Complete ride within 24 hrs.

100 Mile A Route- Start at Anderson Outlets	https://ridewithgps.com/routes/37046369
100 Mile B Route- Start at Sundial Bridge	https://ridewithgps.com/routes/38227466
100 Mile C Route Start at Sundial Bridge	https://ridewithgps.com/routes/38227527
200 Mile A Route- Start at Sundial Bridge	https://ridewithgps.com/routes/38205168
200 Mile B Route- Start at Anderson Starbucks	https://ridewithgps.com/routes/38217610
200 Mile C Route- Start at Sundial Bridge	https://ridewithgps.com/routes/38217737

Shasta Wheelmen General Membership Minutes
January 3, 2022
Lulu's Restaurant

1. Call to Order by Lisa Creps, VP, for Doug Holt – meeting started at 6:01pm
2. Self-Introductions and congratulations to Joe and Raquel on their new baby
3. Quorum – Yes - 12 members present
4. Minutes from December 2021 General Membership meeting as printed in the Matrix were approved. Nolan motioned to approve, Gary second. Motion carried.
5. Standing Reports:

A. Treasurer's Report by John Simmons details submitted:

CHECKING	December 2021		SAVINGS	December 2021	
OPENING	\$6,025.13		OPENING	\$5,005.57	
INCOME	\$355.00	*	INCOME/INTEREST	\$.04	
EXPENSES	-\$318.34	**	EXPENSES	0	
CLOSING	\$6,061.79		CLOSING	\$5,005.61	

*Income (Membership \$330, Donations \$25)

**Expenses (12/6 Christmas Party \$300, Stripe Fees \$18.34)

B. Membership Report by Lisa Creps for Jim Bush:

1. December 2021 – 1 new member and 10 renewals
2. 2021 Year – 33 new members, 64 renewals, 10 members dropped for nonrenewal payment
3. January 2022 – 9 members have been contacted for renewal payment; 3 months will be given before dropping

C. Board Meeting Report by Lisa Creps – reported on December's meeting at Mary's Pizza:

1. Separate Accounts: Checking Account for membership dues, Savings Account for donations and fundraisers – motion carries
2. Frequency of Board Meetings: Starting January 2022, standing bi-monthly meetings and 'as needed' to discuss new issues brought forth at general monthly meeting
3. On-Line Meeting capabilities – discussion on whether to continue?
4. Lisa reviewed email discussion with Kim Niemer (Redding Parks and Rec) where Lisa encouraged the paving of the Buenaventura Trail and the response from Kim was that paving is not possible at this time but invited future discussion possibilities. Kim will reach out to schedule a meeting with the board.
5. Bike Rack Update: it has been installed at the front entrance of CalTrans near Café Pagato. Question raised – Do we want to donate a "Shasta Wheelmen" Plaque? Also, Patty encourages post-ride group coffee stop to utilize the new bike rack!
6. Ann Thomas of Shasta Living Streets presented posters to Lisa to thank the club for participation at the Diestelhorst to Downtown Event. Lisa would like to invite Ann to present at a future meeting. Ann has invited the Board to utilize the Bike Depot for a meeting space. Lisa described the future facility: restaurant, coffee shop, offices, secure bike lock-up area, electric bike rentals.

6. Old Business

- A. Review of Gary's 100 Mile, Double Crown, and Triple Crown Challenges
- B. New Member Packets and Website to include: 'Dog Attack Plan' and 'Hand-Signals'
- C. Shasta Wheelmen Club Members have access to "Ride with GPS"
- D. Shasta Wheelmen Song has been accepted in written form into Club's permanent files

7. New Business

A. Budget development for 2022

1. Patty Shackleton asked: What is our purpose? What would we fundraise for?
2. Joe mentioned the possibility of donating refurbished bikes; working with local contacts (Milton & Nels) and local established businesses; creating a 'bike kitchen'
3. Lisa recommends developing a 'Mission Statement' for 2022 to include a purpose and cause(s) to support with

our fundraising efforts; ask members for ideas of causes to support at next month's meeting. This will also aid in developing the 2022 budget.

B. Ride Calendar

1. Gary Nelson asked for clarity on how to add rides for Saturday/Sunday – he would like to add 65- and 100-mile options for training preparation for 100, Double, Triple Crown – he has provided 'Ride w/GPS Routes' with requests to Greg to add to the monthly calendar

2. A motion was made for "A" and "B" rides to be added for weekend rides to accommodate longer route possibilities; Gary Nelson's longer rides would be added as the "A" option for those riders who want a more challenging ride and to train for the Wheelmen 100, Double, and Triple Crown Rides which will be offered in 2022 – motion carries by members present at the meeting

3. Revisit previous conversation: Should a committee be formed to review and amend current ride routes that may have changed?

C. Nolan presented the '2021 Wheelmen Miles' ride mileage tally: 152,094 total miles!

Discussion on individual high mileage rider accomplishments, and certificate/award for top mileage riders to be decided (what categories and when to present).

Trophy to be engraved for 2021 High Mileage name (Gary Nelson)

D. Annual Banquet Discussion: Time of year? Summer seems to be a favored time;

Presentation of trophy and certificate/awards for recognition

E. Advertising proposal made by Joe: Otto brand 'trucker hats' with Shasta Wheelmen

Logo (old/new logo possibilities) – Joe will bring 2 prototypes to next meeting

8. Drawing – John Simmons (From the Hearth) and Patty Shackleton (Starbucks)

9. Adjournment at 7:30

**Agenda for February 7th meeting 6:00 PM at Lulu's
and Online Simulcast**

1. Call the meeting to order

2. Introductions

3. Membership chair to determine if a quorum is present (in person only)

4. Approve minutes as published in the Matrix

5. Standing Reports

a. Treasures' Report

b. Membership Report

c. Board meeting (None in January)

6. Old Business

a. Paving of the Buena Ventura trail

b. Donation ideas

c. Mission statement

d. Gary's 65- and 100-mile training rides and update

7. New Business

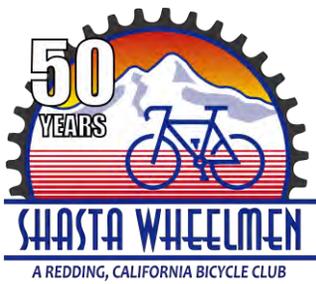
a. The well is dry please bring your ideas!

8. Raffle

9. Adjournment of 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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Matrix

March 2022 – 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.

2022 OFFICERS & BOARD

President

Doug Holt
530-246-7429

Vice President

Lisa Creps
805-338-2568

Treasurer

John Simmons
530-227-1343

Secretary

Nancy Cook
760-217-2085

5th Board Member

Patty Shackleton
619-981-2393

STAFF

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Matrix Editor

Terri Webster
530-945-9984

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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. at Lulu's Restaurant. Alternatively, a Google Meet address is distributed by Doug

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

- **PRESIDENT'S LOW AND SLOW SERIES, Mar. 19 10:00 am** Walgreen's parking lot by Woody's. Drawings for gifts and cards following ride. 15.2 miles 556 feet
- **The Monday Night Get Acquainted** start again in May



Rich Robinson, Mike Sojka, and Gary Nelson on Black Butte Rd

Bike Month - May 2022

Here's an update on what is currently on the calendar for Bike Month in May 2022. Please check out the dates and consider volunteering with other Wheelmen to support an activity:

- 4/21 **Get Ready to Ride Event** at the Chain Gang
- 4/23 **Event Promotion Tables** at local Grocery Stores **(Need Volunteers for 2 hr shift)**
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- **Historic Ride hosted by Peter Alexander**
- 5/18 **Ride of Silence** led by Shasta Wheelmen
- 5/20 **Bike-to-Work Day**

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100 and 200 mile Trifecta Challenges

Offered by the Shasta Wheelmen

100 mile and 200 mile Challenge Details:

- Challenge cost for members - \$30
 - Challenge cost for non-members - \$60
- 1 year membership to the Shasta Wheelmen Cycling Club (\$30) is included in the entry fee.

Email Gary Nelson at garyjnelson17@outlook.com or text Gary at (925) 951-3345 to sign up. Please contact him with any questions.

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For those who finish their Challenge and would like to commemorate the accomplishment, there will be a custom Jersey designed and made at your request and expense.

As Ride Captain and Event Manager, Gary will offer 100 mile club rides throughout 2022. They will be on a special Shasta Wheelmen Ride Calendar.

For the 200 mile Challengers, Gary will be competing in this Challenge and has designed three rides at 200 miles each. These rides will be fully supported by Gary and any others who wish to join.

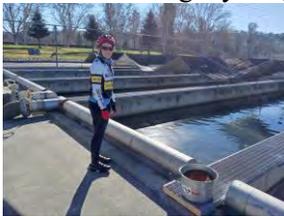
Welcome New 2022 Shasta Wheelmen Members

Last Name	First Name	Street Address
Lutz	Bruce	16495 Valparaiso Way
Holmquist	Lynn	2974 Wilson Ave
Crouse	Bruce	16495 Valparaiso Way
Jones	Brenna	1501 Brinn Dr
Foley	Alan	Red Bluff

The Shasta Wheelmen team store is open, the password is

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

Check it out and get your gear for spring!



Madelyn sporting the club windbreaker

Anniversary Kit

Did you miss ordering the super cool 50th Anniversary Wheelmen kit last year? Not to worry! Melissa Boyd has, once again, opened the Verge Sport store so we can order any of the 50th Anniversary cycling clothing. The store will be open through the end of 2022. Get your orders in now for our summer rides! It looks so cool when we are on the road and represent our club in these special jerseys. Here are the details:

Go to vergesport.com to shop

- At the top of the site, click on TEAM STORE LOGIN
- In the TEAM STORE LOGIN box at the left of the screen, type shasta20 in the TEAMSTORE PASSWORD box
- On the top right of the product page you will see a window where you can view the actual custom Shasta Wheelmen designs, in a 3D viewer. If you scroll down the page, you'll see the products that can be ordered with the Shasta Wheelmen design. **Note:** Product photos down below just show the default Verge pattern but will be shipped with the Shasta Wheelmen design. The site will ask you to enter your own email and password, to set up your account.

You can add items to your cart and go through the checkout process to pay. Items will be shipped directly to your home address. You will be able to order any time between now and 12/31/2022. Your order will arrive in about 3-4 weeks.

- **NOTE FOR THE WOMEN** – Sizing is always different and difficult to dial in with each manufacturer. **Verge sizing runs small.** Please contact Lisa Creps 805-338-2568 or any of the other women riders in the club if you have any questions about sizing.

Interested in Joining a Committee to review/revise club Bylaws?

The Shasta Wheelmen Board of Directors are forming a committee to review the club Bylaws. The committee will be composed of four club members two members representing the Board will be Jim Bush, membership and Lisa Creps VP. Two other board members are needed to volunteer. This is a good chance review the existing Bylaws and make suggestions about future governance policies of the club. It is also a good time to set club goals and objectives moving forward. If you would like to volunteer please contact either Jim or Lisa.



Message from El Presidente

Here it is March. Where has this year gone? Day light savings time is going to occur on the 13th of March. So, we will have darker mornings for a bit, and lighter afternoons for a good long while. Keep this in mind if you plan to ride to the start of the rides this next month.

Well, I'm bringing back the Presidential Low & Slow rides after my winter hiatus. The kick off ride will be another Burgers & Brews Ride. It will be on Saturday March 19th at 10:00 AM down at Woody's. I will again be giving away three gift cards valued at 25\$, 15\$, and 10\$. We had a great turn out in November let's do it again.



A little look ahead. May is bike month and we will be looking for volunteers for some events that are taking place in April and May. So, keep an eye out for more information and please step up and give us a hand. Thank you in advance.

Keep spinning those cranks,
Doug

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

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

Date	Time	Description	Route URL
3/1/2022	9:00 AM	Ride #06 Millville Plains CW - Start at Sundial Bridge Parking Lot 38.4 miles Elev 1042	https://ridewithgps.com/routes/14136294
3/3/2022	9:00 AM	Ride #07 Igo/Ono CW - Start at Sundial Bridge Parking Lot 41.6 miles Elev 2085	https://ridewithgps.com/routes/14136295
3/5/2022	9:00 AM	John Crowe's Corning Ride Meet at Corning Bartell's 42 miles 690 feet	https://ridewithgps.com/routes/37888399
3/5/2022	9:00 AM	Bowman/Hwy 36 To Red Bluff Start at Anderson Starbucks 66 miles Elev 2025	https://ridewithgps.com/routes/6462340

3/6/2022	9:00 AM	Benson/Bowman Start at Anderson Starbucks 36 miles Elev 871	https://ridewithgps.com/routes/14136317
3/7/2022	6:00 PM	Club Monthly Meeting at Lulu's Restaurant 2230 Pine St., Redding	-
3/8/2022	9:00 AM	Ride #08 Bridge Bay CW - Start at Sundial Bridge Parking Lot 35.1 miles Elev 1706	https://ridewithgps.com/routes/14136296
3/10/2022	9:00 AM	Ride #09 Old Shasta CW -Start at Sundial Bridge Parking Lot 30.5 miles Elev 1638	https://ridewithgps.com/routes/14136297
3/12/2022	9:00 AM	Turtle 52 Start at Sundial Bridge Parking Lot 52 miles Elev 2092	https://ridewithgps.com/routes/7954288
3/13/2022		DAYLIGHT SAVINGS STARTS	
3/13/2022	9:00 AM	Coleman Fish Hatchery Balls Ferry Dersch Start at Anderson 31 miles Elev 886	https://ridewithgps.com/routes/14136343
3/15/2022	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
3/15/2022	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
3/17/2022	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
3/19/2022	10:00 AM	PRESIDENT'S LOW AND SLOW SERIES Walgreen's parking lot by Woody's. Drawings for gifts and cards following ride. 15.2 miles 556 feet	https://ridewithgps.com/routes/37735819
3/19/2022	9:00 AM	Dersch Wildcat & Black Butte Loop Start at Palo Cedro Park n Ride 50 miles Elev 2666	https://ridewithgps.com/routes/18014197
3/20/2022	9:00 AM	Jamboree Cool Down Start at Palo Cedro Park n Ride 33 miles Elev 769	https://ridewithgps.com/routes/10457267
3/22/2022	9:00 AM	Ride #12 City of Shasta Lake CCW - Start at Sundial Bridge Parking Lot 34.1 miles Elev 1962	https://ridewithgps.com/routes/14136301
3/22/2022	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
3/24/2022	9:00 AM	Ride #13 Palo Cedro CW - Start at Sundial Bridge Parking Lot 31.2 miles Elev 1101	https://ridewithgps.com/routes/14136302
3/26/2022	9:00 AM	Wildcat/Dersch Start at Anderson Starbucks 45 miles Elev 2565	https://ridewithgps.com/routes/14253162
3/27/2022	9:00 AM	Shasta Dam Loop Start at Sundial Bridge Parking Lot 35 miles Elev 1887	https://ridewithgps.com/routes/19741516
3/29/2022	9:00 AM	Ride #14 Anderson CW - Start at Sundial Bridge Parking Lot 37.9 miles Elev 855	https://ridewithgps.com/routes/14136303
3/29/2022	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
3/31/2022	9:00 AM	Ride #15 Old Shasta CW - Start at Sundial Bridge Parking Lot 29.0 miles Elev 1323	https://ridewithgps.com/routes/14136304

SHASTA WHEELMEN TRIFECTA CHALLENGE (NOT THE CALIFORNIA TRIPLE CROWN)

No Set Starting Times- Complete ride within 24 hrs.

100 Mile A Route- Start at Anderson Outlets	https://ridewithgps.com/routes/37046369
100 Mile B Route- Start at Sundial Bridge	https://ridewithgps.com/routes/38227466
100 Mile C Route Start at Sundial Bridge	https://ridewithgps.com/routes/38227527
200 Mile A Route- Start at Sundial Bridge	https://ridewithgps.com/routes/38205168
200 Mile B Route- Start at Anderson Starbucks	https://ridewithgps.com/routes/38217610
200 Mile C Route- Start at Sundial Bridge	https://ridewithgps.com/routes/38217737

UPCOMING EVENT RIDES

4/23-24/22	WILDFLOWER CENTURY	https://www.wildflowercentury.org/
5/7/2022	SISKIYOU SCENIC BIKE TOUR	https://www.yrekarotary.com
5/28-29/22	ART OF SURVIVAL CENTURY	https://survivalcentury.com

**Shasta Wheelmen General Membership Minutes
February 7, 2022
Lulu's Restaurant**

1. Call to Order by President Doug Holt – meeting started at 6:02pm
2. Self-Introductions
3. Quorum – Yes - 16 members present in person, 1 member virtually

4. Minutes from January 2022 General Membership meeting as printed in the Matrix were approved. John motioned to approve, Patty second. Motion carried.
5. Standing Reports:

A. Treasurer's Report by John Simmons details submitted:

CHECKING	January 2022		SAVINGS	January 2022
OPENING	\$6,061.79		OPENING	\$5,005.61
INCOME	\$580.00	*	INCOME/INTEREST	\$.04
EXPENSES	-\$927.85	**	EXPENSES	0
CLOSING	\$5,713.94		CLOSING	\$5,005.65

*Income (Membership \$480, Donations \$100)

**Expenses (12/6 Christmas Party tip \$60, Stripe Fees \$36.95, Club Insurance (up 20%) \$830.90)

B. Membership Report by Jim Bush:

1. January 2022 – 4 new members and 11 renewals
2. February 2022 – 1 new member
3. February 2022 – 10 members will get second notice for renewal payment; 2 more months will be given before dropping

C. Board Meeting Report by Doug – reported on February 3rd meeting:

1. Establishing a budget identified as a priority.
2. A finance Audit is proposed. Doug contacted John Hauder who agreed to undertake the task.
3. May Bike Month:
 - *Are the Wheelmen interested in making a \$100 donation for advertising?
 - *John Crowe attended Healthy Shasta Meetings – Wheelmen were asked to man a table (April 16-23) to promote Bike Month, possibly at Trader Joe's in shifts- more info coming with sign-ups available. There may also be opportunity to do bike parking at the Bike Month Kick-Off at the Food Truck Park.
4. VP Lisa proposed updating 'Mission Statement' by next Board Meeting.

6. Old Business

A. Paving of Buenaventura Trail:

- *Estimated cost of 1.5 million- the City is not going to fund this project.
- *Jenny Creek Trail may be created and more likely to be paved, this proposal is in the works.
- *Representatives of the Wheelmen met with Kim Neimer (Parks & Rec) for 45 minutes in January. It was commented that this is a sign of our connection with the city and community and the voice we have is important. The city may use our voice to help in grant writing and on a committee/advocacy group.
- *No information yet on the Park Marina Revitalization Project.

B. Triple Crown Challenge:

- *Not a 'sanctioned' event – just the terminology used
- *Fees/sign-ups will go into Donations (Savings Account) \$150 so far
- *Gary will have fully supported options on the 200 mile rides for 100 mile riders (join for the first or second half)
- *those who complete the Challenge will receive a patch and have an option to purchase a Jersey (design in the works by Melissa)
- *Captain's Calendar gives an option to the regular Wheelmen Calendar, these rides are designed to be faster and longer, but "no drop policy" still in place
- *Corporate Sponsor Donations may be possible (in the works)

7. New Business

A. May Bike Month:

1. Gary suggested reaching out to KRRCR to encourage a 'Community Service/Safety Bulletin' (John Crowe was nominated!)
2. Gary's personal goal of 5,000 miles was shared, spurring the conversation of the opportunity for fellow Wheelmen to support him, and the opportunity this provides to advertise the Wheelmen within the community.

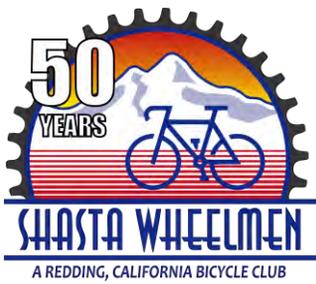
- B. Patty proposes a day for a bike gear exchange/swap/sale
 - 1. Advertise in the Matrix
 - 2. Joe suggested and will find out about having a table at Sport LTD or Chain Gang during their bike swap events
 - C. Patty proposes forming a committee to review and amend the BYLAWS
 - 1. To have a legitimate way to spend our Club money
 - 2. Ask for volunteers to join committee in upcoming Matrix
 - 3. Jim states there should be a 4 step process:
 - a. Committee that will 'Review and Amend' and provide recommendations
 - b. Recommendations taken to the Board
 - c. Recommendations published in the Matrix
 - d. Final recommendations taken to General Membership for vote
 - D. New Rides
 - 1. Get Acquainted Rides will resume in May (2nd & 4th Mondays @6pm) and an additional weekend ride 1x month
 - 2. 'President's Low and Slow' upcoming rides will be announced in Matrix
 - E. Review of New Projects: Communication Protocols must be included- all concerned parties (volunteer positions) need to be involved in the conversation to make the process smoother.
 - F. Jack Yerkes asked who to contact for restriping bike lanes and cleaning up debris (specifically Cypress Bridge)? Patty suggested Ann Thomas.
 - G. Lisa said there is a high-density subdivision being planned off of Boyle and Deschutes Roads and this traffic will impact cyclists. Lisa will contact Ann Thomas to inquire how Wheelmen can support Ann (an area resident) in opposing this housing plan.
 - H. Joe is working on a prototype for a 'preliminary project proposal' trucker hat to promote the Shasta Wheelmen.
8. Drawing – Madelyn Cook (Starbucks) and John Hauder (Starbucks)
9. Adjournment at 7:07

**Agenda for March 7th meeting 6:00 PM at Lulu's
and Online Simulcast**

- 1. Call the meeting to order
- 2. Introductions
- 3. Membership chair to determine if a quorum is present (in person only)
- 4. Approve minutes as published in the Matrix
- 5. Standing Reports
 - a. Treasures' Report
 - b. Membership Report
 - c. Board meeting (None in January)
- 6. Old Business
 - a. Did anyone reach out to 7R?
 - b. Bylaw committee
 - c. Presidential Low & Slow Ride
 - d. Trucker Hats
- 7. New Business
 - a. Bike Month
 - b. Donation Ideas
- 8. Raffle
- 9. Adjournment of meeting

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- **Women on Wheels (WOW)** April 10, 10 am Meet at Dry Creek Saloon. Patty Shackleton ride leader, (619) 981-2393
- **The Monday night Get Acquainted** on hold

Sylvie's road trip



Bike Month - May 2022

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Holmquist	Lynn	2974 Wilson Ave
Crouse	Bruce	16495 Valparaiso Way
Jones	Brenna	1501 Brinn Dr
Foley	Alan	Red Bluff

Message from El Presidente

Spring has sprung and April is here. As far as I'm concerned, the real riding can start. More day light and warmer days. As our Ride Captain stated in his Strava post, "It's time to get ready for bike month in May". I was thinking with gas prices as they are let's hope people will want to start riding their bikes. That's where we come in. If we can support different bike month events maybe we can recruit some new members and show them you can ride your bike in Shasta County for fun and transportation. So, think about rolling up your sleeves and picking an event you can help work on along with riding a bunch of miles. Please step up and help out. Thanks.



Well, the March Presidential Low & Slow did not roll due to the rain. I will reschedule the ride for May. Hopefully I'll have a little better luck.

Keep Spinning those cranks,
Your Benevolent President

Doug

Area Organized Rides

4/16/22	PEDALS AND PEARS	http://www.pedalsnpears.com/rides/
4/23/22	BIKE AROUND THE BUTTES	http://www.bikearoundthebuttes.com/
4/23-24/22	WILDFLOWER CENTURY	https://www.wildflowercentury.org/
5/7/2022	SISKIYOU SCENIC BIKE TOUR	https://www.yrekarotary.com
5/28-29/22	ART OF SURVIVAL CENTURY	https://survivalcentury.com
5/13/2022	OLD SACRAMENTO TO FOLSOM	https://ridewithgps.com/routes/38428446
7/16/2022	FALL RIVER CENTURY	https://fallrivercentury.com

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

Date	Time	Description	Route URL
4/2/2022	9:00 AM	RIDE THE WILDFLOWER 60- Join Rich Robinson for a prep ride for the Wildflower 100. Meet at the Silver Dollar Fairgrounds, Chico. Street Parking available. Pizza after at a place to be named later. 63 miles, 2351 elev.	https://ridewithgps.com/routes/2051755
4/2/2022	8:30 AM	Black Butte Start at Anderson Starbucks 45 miles Elev 2568	https://ridewithgps.com/routes/14136327
4/3/2022	8:30 AM	Palo Cedro Area Clockwise Start at Palo Cedro Park n Ride 33 miles Elev 800	https://ridewithgps.com/routes/14136346
4/4/2022	6:00 PM	Club Monthly Meeting at Lulu's Restaurant 2230 Pine St., Redding	
4/5/2022	8:30 AM	Ride #16 Jones Valley CCW - Start at Sundial Bridge Parking Lot 32.6 miles Elev 1577	https://ridewithgps.com/routes/14136305
4/5/2022	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
4/7/2022	8:30 AM	Ride #17 Millville CCW - Start at Sundial Bridge Parking Lot 36.6 miles Elev 1067	https://ridewithgps.com/routes/14136307
4/9/2022	8:30 AM	Palo Cedro/Cottonwood/Happy Valley Start at CVS Pharmacy @, Placer/Buena Ventura 62 miles Elev 1818	https://ridewithgps.com/routes/15809062
4/10/2022	10:00 AM	WOW- Dry Creek Saloon Meet at Old Alturas & Deschutes by the Dry Creek Saloon for the WOW ride with Patty. 34.1 miles 1355 elv.	https://ridewithgps.com/routes/38680743
4/10/2022	8:30 AM	Cottonwood Dersch Millville Plains Old 44 Start at Westwood Market 35 miles Elev 959	https://ridewithgps.com/routes/11469006

4/12/2022	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
4/12/2022	8:30 AM	Ride #18 Igo/Ono CCW - Start at Sundial Bridge Parking Lot 40.5 miles Elev 2077	https://ridewithgps.com/routes/14136308
4/14/2022	8:30 AM	Ride #19 Bridge Bay CCW - Start at Sundial Bridge Parking Lot 35.0 Miles Elev 1656	https://ridewithgps.com/routes/14136309
4/16/2022	8:30 AM	Sunny Hill. Start at CVS Pharmacy @, Placer/Buena Ventura 50 miles Elev 3235	https://ridewithgps.com/routes/14136353
4/17/2022	8:30 AM	Jones Valley Dry Cr Start at Shasta College East Lot 29 miles Elev 1291	https://ridewithgps.com/routes/11468908
4/19/2022	8:30 AM	Ride #20 Old Shasta CCW - Start at Sundial Bridge Parking Lot 30.4 miles Elev 1643	https://ridewithgps.com/routes/14136310
4/19/2022	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
4/21/2022	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
4/23/2022	Various	BIKE AROUND THE BUTTES- Starting times vary by distance. All rides start at: 7740 Butte House Road at Acacia in Sutter	http://www.bikearoundthebuttes.com/
4/23/2022	8:30 AM	Maggie's Strawberry Festival/ Birthday Celebration Start at CVS Pharmacy @, Placer/Buena Ventura 50 miles Elev 2167	https://ridewithgps.com/routes/14156308
4/24/2022	8:30 AM	Coleman Fish Hatchery Balls Ferry Dersch Start at Anderson Starbucks 31 miles Elev 886	https://ridewithgps.com/routes/14136343
4/26/2022	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
4/26/2022	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
4/28/2022	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
4/30/2022	8:30 AM	Old Shasta/Bear Mt. Start at CVS Pharmacy @, Placer/Buena Ventura 54 miles Elev 2966	https://ridewithgps.com/routes/15937087

SHASTA WHEELMEN TRIFECTA CHALLENGE (NOT THE CALIFORNIA TRIPLE CROWN)

No Set Starting Times- Complete ride within 24 hrs.

100 Mile A Route- Start at Anderson Outlets	https://ridewithgps.com/routes/37046369
100 Mile B Route- Start at Sundial Bridge	https://ridewithgps.com/routes/38227466
100 Mile C Route Start at Sundial Bridge	https://ridewithgps.com/routes/38227527
200 Mile A Route- Start at Sundial Bridge	https://ridewithgps.com/routes/38205168
200 Mile B Route- Start at Anderson Starbucks	https://ridewithgps.com/routes/38217610
200 Mile C Route- Start at Sundial Bridge	https://ridewithgps.com/routes/38217737

**Shasta Wheelmen General Membership Minutes
March 7, 2022
Lulu's Restaurant**

1. Call to Order by President Doug Holt – meeting started at 6:03pm
2. Self-Introductions
3. Quorum – Yes - 15 members present in person, 3 members virtually

4. Minutes from February 2022 General Membership meeting as printed in the Matrix were approved. Jack motioned to approve, John second. Motion carried.
5. Standing Reports:

A. Treasurer's Report by John Simmons details submitted:

CHECKING	February 2022		SAVINGS	February 2022	
OPENING	\$5,713.94		OPENING	\$5,005.65	
INCOME	\$9,743.19	*	INCOME/INTEREST	\$.02	
EXPENSES	-\$34.29	**	EXPENSES(transfer to checking)	\$3,364.25	
CLOSING	\$9,708.90		CLOSING	\$1,641.42	

*Income (Transfer, Membership \$360, Trifecta \$300=10 entries, gaiter sale \$5)

**Expenses (Stripe Fees \$34.29)

John reports that \$1000 balance required in Savings to avoid fees, \$140 donation to be used for awards, therefore \$500 is available in Savings for Club to make donations

B. Membership Report by Jim Bush:

1. 145 total members
2. February 2022 – 3 new members and 6 renewals
3. March 2022 – 7 members will get an additional notice for renewal payment

C. Board Meeting Report by Doug – reported on February 17th Board meeting:

1. Online meetings will continue to be offered
2. Budget – a work in progress
3. Jim Bush recognized as Chair of Bylaws Committee – looking to recruit 2 additional members
4. May Bike Month: John Crowe and Lisa attended Healthy Shasta Meeting:
 - *Wheelmen were asked to man a table (April 23, 10am-2pm) to promote Bike Month; Holiday on West-side, Safeway on East-side, sign-ups available.
 - *Opportunity to do bike parking at the Bike Month Kick-Off at the Food Truck Park
 - *Pancake Breakfast – not sure where it will be held or where to set up racks
 - *Prizes for bike month – bike lights
 - *Teams will be limited to 10 people- how will this effect Wheelmen?
 - *May 18 Ride of Silence – Lisa will lead
5. Ride Calendar
 - *keep Captain's Calendar separate
 - *Triple Crown name change to 'Trifecta'
 - *Jersey approved for Trifecta challenge
 - **'C' Group Rides will be informal – those wanting to modify/change the calendar ride will communicate with ride leader so all are accounted for on rides
6. John Hauder will complete Audit
7. Patty and Lisa will collaborate with Linda Masterson with intent to find an organization with whom the Club can support Shasta Cycling (roads, trails, safety)

6. Old Business

- A. Bike Swap – Sport LTD, May 21st: 10am-6pm
\$5/bike, \$30/booth -show up at 9:00am
- B. Trucker Hat Prototype presented by Joe, still working on final version
- C. Promoting Bike Month Awareness: John Crowe to contact KRRCR, and Lisa Creps to contact CalTrans
- D. Low&Slow March 19 @ 10am by Doug with lunch at Woody's (3 gift cards to win)
- E. Still looking for ideas for Club donations

7. New Business

- A. Dick Lindroff promotes "Ride around the Buttes" April 23rd – info will be sent to Greg Winters to be included in calendar
- B. John Crowe looking for interest in fall for Surprise Valley Ride – minimum 2 night stay
- C. March 20th – first 200 mile ride planned, 100 milers are welcome
- D. American River Ride – possible date in June, Old Sac to Folsom and back for 62 miles with 32 feet of climbing

- E. Bill Campbell promotes Fall River Century, July 16th – asking for suggestions – Doug recommends contacting CalTrans to brush the side of Hwy 89
 - F. Recognition of the passing of Shirley Adams; condolences to Benny, Tim and Dean
Recognition of passing of Nancy Stinson, past member and strong rider
 - G. Membership lists are not posted online for privacy issues, but are available from Jim Bush at every membership meeting and by request
8. Drawing – Jim Bush (hydration pack donated by Jack Yerkes), Joe Fernandes (Starbucks) and John Hauder (Starbucks)
9. Adjournment at 7:02

Agenda for April 4th meeting 6:00 PM at Lulu's

1. Call to order
2. Self-introductions
3. Membership chair to determine if a quorum is present
4. Approval of minutes published in the Matrix
5. Standing Reports
 - Treasures' Report
 - Membership Report
 - Board Meeting Report
6. Old Business
 - Audit of the checking and savings account (John Hauder)
 - Trucker hats (Joe)
 - Bike month
7. New Business
8. Drawing

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

May 2022 – 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

Fifth Board Member

Patty Shackleton
619-981-2393

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

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 can also be attended virtually with link sent out to membership prior to meeting

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

- **Women on Wheels (WOW)** – May 15, 8:00 at Turtle Bay parking lot to ride Melissa's New Ride! Call Patty 619-981-2393 with questions
- **The Monday night Get Acquainted** – 2nd and 4th Monday of the month, 6:00 Sundial Bridge Parking Lot
- **Old Sacramento to Folsom** – June 15 start at Railroad Museum in Old Sac 9:00 am, snack in Folsom and dinner back in Old Sac. 62 miles, call Jim Bush with questions 916-846-1902
- **Surprise Valley Ride** – John Crowe is putting together a ride during the summer. Interested? Call John 530-355-1492



2022 Shasta Bike Month Events & Community Rides!



Shasta	Bike Challenge	2022
<h2 style="margin: 0;">Teams</h2>  <ul style="list-style-type: none"> • Up to 10 people per team • Anyone can join your team— co-workers, friends, family, anyone! <p>Teams only last through Bike Month</p> <ul style="list-style-type: none"> • Each person on your team earns points for themselves and for the team <p>Can only be on one team</p> <p style="text-align: center; font-weight: bold; margin-top: 20px;">LOVE TO RIDE</p>	<h2 style="margin: 0;">Groups</h2> <ul style="list-style-type: none"> • No limit to the number of people in your group • Anyone can join your group • Can be in multiple groups • Groups last all year long— Don't expire  <ul style="list-style-type: none"> • Ideal for riding groups who want to see their all-time stats • Miles are tracked • Groups are not competing in the Bike Month 2022 challenge, no points are earned for groups 	<h2 style="margin: 0;">Profile</h2> <p>A complete rider profile has:</p> <ul style="list-style-type: none"> • Profile photo • Workplace • Reason for riding <p style="color: #FF6699; font-weight: bold;">Additional Features</p> <ul style="list-style-type: none"> • Earn Badges • Create a club or group • Set Goals • Share stories and photos • Chat with your team 

Point Breakdown

<h3 style="margin: 0;">Regular Riders</h3> <p>1 mile= 1 point 1 day= 10 points Encourage a regular rider= 50 points Encourage a new rider= 100 points</p>	
<div style="text-align: center;">  </div> <h3 style="margin: 0;">New Riders</h3> <p>1 mile= 2 points 1 day= 20 points Encourage a regular rider= 50 points Encourage a new rider= 100 points</p>	

The National Bike Month Competition

In the national Love to Ride competition, teams are placed into pools of 10. Pools are matched by rider characteristics for a more even playing field. Ultimately, you are competing against 10 other teams in the nation with the goal of getting to the top of your pool's leaderboard! Teams in spot #1 of their pool receive an exclusive winner badge from Love to Ride. All who ride in the national challenge are also eligible for national and local prize drawings.

LOVE TO RIDE SHASTA

***For events with links, please visit the links to stay informed of any changes.**

- **April 28, 5-8pm: Bike Month Kickoff Party at The Park!**-A chance to celebrate biking with your co-workers, friends and family. Enjoy games, food trucks, and prizes including a bike giveaway to someone who attends and signs up for the Shasta Bike Challenge! Ride your bike to the event- FREE bike valet provided by the Shasta Wheelmen. The Park is located in downtown Redding between Placer and Yuba Streets.
- **May 1-31: Shasta Bike Month and Challenge** – sign up or champion a worksite, school, social group, or family team. [Sign up here!](#)
- **May 4: National Bike to School Day**-ride your child to school or organize a group of students to ride with you. For [local information](#) and other tips visit www.walkbiketoschool.org
- **May 5, 5:30pm: *Bike About Shasta- to Old Shasta-** 11-mile ride coordinated by the Shasta Bike Month Workgroup and hosted by Michele Benjamin. This ride will take you on the paved Sacramento River Trail and Middle Creek Trails, just short of Old Shasta. Caltrans will provide an update to the group about the Middle Creek Trail Extension Project. More details to come.
- **May 6, 5:30pm: *Bike About Shasta- Diestelhorst to Downtown Trail as part of First Fridays-** 5-mile ride coordinated by the Shasta Bike Month Workgroup and hosted by Chain Gang Bike Shop. After the ride, stay downtown to enjoy First Fridays!
- **May 14, 9-11:30am: *Bike About Shasta- Shasta Historical Society Ride-** This ride will follow the app produced by the Shasta Historical Society and will be led and interpreted by a volunteer, Jon Jefferson, from the Shasta Historical Society. You will learn all about local history along this modified route of approximately 9 miles. [Registration required through this link.](#)
- **May 15, 11:30am-noon: Fall River Brewing Co. Ride-** Fall River Brewing Co. (4001 Eastside Rd., Redding) will host a family-friendly, totally flat route of less than 4 miles. Take a leisurely ride on the surrounding neighborhood streets, passing homes along the Sacramento River. All skill levels are welcome. There will be a Food Truck at the brewery to purchase lunch from, either before or after the ride. Helmets highly recommended. Please make sure your bike is in good mechanical condition before riding. Bring water to stay hydrated.
- **May 18, 7pm: *Bike About Shasta- Ride of Silence-** a ride taken in silence to honor fallen cyclists. Sponsored by [Shasta Wheelmen](#). This 10-mile, slow-paced, flat route will start at the Sundial Bridge. The group will stay together, no one will be dropped.
- **May 20, 5:30- 10am: Asphalt Cowboys Pancake Breakfast-** Ride to the annual pancake breakfast and get a free breakfast ticket for riding! Free valet bike parking provided by the Shasta Wheelmen.
- **May 21 10am- 6pm: Redding Bike Swap at Sports LTD-** Need a new bike or want to sell an old one? Here's your chance! [More info here.](#)
- **May 22, noon-5pm: Shasta Rock Club Summer Festival & Vendor Fair-** Celebrate summer and the great outdoors at the Shasta Rock Club! Featuring booths from a variety of outdoor organizations, rock climbing passes for \$1, food trucks, music, oversized yard games, and beer provided by Woody's and the Redding Parks and Trails Foundation. Buy tickets for two Giant Bikes provided by Woody's and the Chain Gang! Bike parking will be available. Want to set up a booth? [Contact Shasta Rock Club.](#)
- **June 3, 5:30-8:30pm: Bike Month & Bigfoot MTB Challenge Celebration-** Join us in Caldwell Park as we wrap up bike month and two great bike challenges with a BIG Party! Music, beer, food trucks, free yoga class (bring a mat or use one provided), announcement of winners and more! The Caldwell Jr. Bike Park will be open for riding and a FREE bike valet will be provided by Shasta Living Streets for those who wish to ride to the event on the Sacramento River Trail. A free yoga pass provided by Balance Yoga Center will be given out to those who ride!

****The rides in the Bike About Shasta series are beginner-friendly and will feature safety tips for riding in traffic, let you experience the comfort of riding in a group, and familiarize you to routes that may be different from***

motor vehicle routes. We will provide a bike pump, so if your tires need air, come a little early. Please make sure you have a bike in good working order, bring a water bottle and helmet (required for rides). All riders will be entered into a drawing for prizes. Ride will be cancelled if heavy rain. Be safe, follow the rules of the road, and have fun!

Bike Swap

The annual bike swap at Sports LTD will be May 21st. The Shasta Wheelmen are going to rent two spaces and allow members to sell or donate their bike stuff. If you would like to volunteer for a few hours that day or have “stuff” please contact Patty Shackleton at shackyp@att.net or bring your things to the clubs’ general meeting May 2nd. The items on the give-away table will be available for a donation to the club and the items on the for-sale table will need to be labeled by the owner, priced and brought to Patty by Friday, May 20th. The donation items that remain at the end of the day will be given to the Salvation Army and the sale items returned to the owner. This will most likely be a cash only operation. Thanks to anyone who can support this effort!

100 and 200 mile Triple Crown Challenge

Offered by the Shasta Wheelmen

- Challenge cost for members - \$30
- Challenge cost for non-members - \$60
 - 1 year membership to the Shasta Wheelmen Cycling Club (\$30) is included in the entry fee.

Email Gary Nelson at garynelson17@outlook.com or text Gary at (925) 951-3345 to sign up. Please contact him with any questions.

- Each Challenge consists of three rides (100 or 200 miles)
- Each ride has a 24-hour time limit.
- Each ride must be completed outside on the open roads.
- Riders have the Calendar year of 2022 to finish all three rides.
- Elevation gain and Coarse Design is up to you, or there are three options available to use for each Challenge - Hard, Medium and Easy.
- Must use STRAVA to record each ride for verification purposes.

For those who finish their Challenge and would like to commemorate the accomplishment, there will be a custom Jersey designed and made at your request and expense.

As Ride Captain and Event Manager, Gary will offer 100 mile club rides throughout 2022. They will be on a special Shasta Wheelmen Ride Calendar.

For the 200 mile Challengers, Gary will be competing in this Challenge and has designed three rides at 200 miles each. These rides will be fully supported by Gary and any others who wish to join.

Bike Month and The Love To Ride Challenge will soon be here! Are you ready? The Captains Calendar is totally centered around this challenge. Whether you're on Team Old Cranks, W.O.W., or Captain's Crew as Ride Captain I have set up Captain's Calendar rides to be between 35 and 50 miles with less than 850 ft of ascent on all rides for this month. Remember this challenge is about distance not climbing! I am also providing an extra opportunity for all who are seeking more mileage than the ride alone. When the Captains Calendar ride is over this is where we will go to get those miles [Anderson Road Cycling - A bike ride in Anderson, CA \(ridewithgps.com\)](http://ridewithgps.com). Anderson Safeway is where Keith Elzner and I will be parked from 4am to 6pm every day in May. It's the center of our May riding Universe. We do add to the above ride depending on wind and weather conditions like to Palo Cedro and back or to the new bridge and back on Glover Rd. We have plenty of options. So if you seek to add mileage and want to do so in a safe group setting where we all inspire and support each other along the way to reaching and surpassing our goals then HERE YOU GO the Captains Saturday and Sunday are the rides you want! Come out ride with us. The Anderson Community has been very good to Keith and I and have never had a close call there (other places but not here) the people smile, wave, ask questions, and have been very supportive.

Also I'm going to work with all of our teams to see if we can get together for team pictures? Here is my cell for any questions if need be. 925 951 3345 I have everything set up for you to succeed in a safe group environment all I ask is for you to bring a smile and a wave as we are all ambassadors for this club and the cycling community.

Your LOYAL RIDE CAPTAIN Gary Nelson

Welcome New 2022 Shasta Wheelmen Members

Last	First	Address	City
Holmquist	Lynn	2974 Wilson Ave	Redding
Crouse	Dana	20250 Chalone Pl	Anderson
Lutz	Bruce	16495 Valparaiso Way	Redding
Jones	Brenna	1501 Brinn Dr	Redding
Cota	Dennis	19160 River Downs Way	Cottonwood
Feusier	Shane	9435 Trinity Dam Blvd	Lewiston
Foley	Alan	PO Box 983	Red Bluff
Collins	Jen	2715 Rialto Pkwy	Redding
Johnson	Christina	10810 Rogmar Dr	Palo Cedro
Clark	Sean	3852 Craftsman Ave	Shasta Lake City

Message from El Presidente

Hello my fellow Wheelmen. We have had our April showers. Now let's hope for our May flowers. I'm already seeing our May flowers a little early.

May how sweet the sound. Bike month is upon us. It's time to get geared up to ride and do some community outreach. This month should be all fun and games. Let's hope the weather cooperates for us. As we all know the weather this month could go either way. Hot and dry or cool and wet. I'm keeping my fingers crossed for temperate and dry. So, let's go out and enjoy this month.



So that's it from me this month.
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

- 5/7 *Siskiyou Scenic Bike Tour* <https://www.bikereg.com/siskiyou-scenic-bicycle-tour>
- 5/28-29 *Art of Survival Century* <https://survivalcentury.com/>
- 6/5 *America's Most Beautiful Bike Ride* <https://www.bikethewest.com/americas-most-beautiful-bike-ride/>
- 6/11 *Rotary Gold Country Challenge* <https://rotarygoldcountrychallenge.com/>
- 6/18 *Tour de Fronds* <https://tourdefronds.com/>

Remember: Rides begin at 8:00 am in May

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

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

Date	Time	Description	Route URL
		MAY IS SHASTA BIKE MONTH	See Matrix and Jack Yerkes email for events schedule
05/02/22	6:00 PM	Club Monthly Meeting VIRTUAL LINK TO BE ANNOUNCED ONE DAY PRIOR	https://goo.gl/maps/PRA4j2gHd8w
05/03/22	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
05/03/22	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
05/05/22	8:00 AM	Ride #03 Anderson counter CCW - Start at Sundial Bridge Parking Lot 39.5 miles Elev 825	https://ridewithgps.com/routes/14136291
05/07/22	8:00 AM	Ash Creek to Wildcat Start at Palo Cedro Park n Ride 54 miles Elev 2787	https://ridewithgps.com/routes/19137252
05/07/22	VARIES	SISKIYOU SCENIC BIKE TOUR- Yreka	https://www.bikereg.com/siskiyou-scenic-bicycle-tour
05/07/22	VARIES	MR. FROG'S WILD RIDE- Murphy's, CA (Climb Fest)	https://www.mrfrogswildride.org/
05/08/22	8:00 AM	Fish Hatchery/ Cottonwood Parkville dersch airport Start at Anderson Starbucks 31 miles Elev 887	https://ridewithgps.com/routes/14136343
5/9/2022	6:00 PM	Get Acquainted Ride Sundial Bridge Parking Lot 15-20 miles	See Jim Bush
05/10/22	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
05/10/22	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
05/12/22	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
05/13/22	10:00 AM	AMERICAN RIVER TRAIL- Jim Bush leading. Old Sacramento to Folsom & back. Meet at the California Railroad Museum, Old Sacramento. Lunch in Folsom at turn around. 63.4 miles 1066 ft.	https://ridewithgps.com/routes/38428446
05/14/22	8:00 AM	Palo Cedro/Cottonwood/Happy Valley Start at CVS Pharmacy @, Placer/Buena Ventura 62 miles Elev 1818	https://ridewithgps.com/routes/15809062

05/15/22	8:00 AM	MELISSA'S NEW RIDE- WOW- Meet at Turtle Bay for a ride on the new bike path off Hilltop. NB- Short stretches of unpaved road and Valparaiso from Lower Springs (12.7%) 32.5 miles 1729 elev	https://ridewithgps.com/routes/38762601
05/15/22	8:00 AM	Benson/Basler Start at Anderson Starbucks 40 miles Elev 984	https://ridewithgps.com/routes/14136336
05/17/22	8:00 AM	Ride #06 Millville Plains CW - Start at Sundial Bridge Parking Lot 38.4 miles Elev 1042	https://ridewithgps.com/routes/14136294
05/17/22	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
05/19/22	8:00 AM	Ride #07 Igo/Ono CW - Start at Sundial Bridge Parking Lot 41.6 miles Elev 2525	https://ridewithgps.com/routes/38685466
05/21/22	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
05/22/22	8:00 AM	This and That – Start at Anderson Starbucks 36 miles Elev 803	https://ridewithgps.com/routes/30403299
05/23/22	6:00 PM	Get Acquainted Ride Sundial Bridge Parking Lot 15-20 miles	See Jim Bush
05/24/22	8:00 AM	Ride #08 Bridge Bay CW - Start at Sundial Bridge Parking Lot 35.1 miles Elev 1706	https://ridewithgps.com/routes/14136296
05/24/22	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
05/26/22	8:00 AM	Ride #09 Old Shasta CW -Start at Sundial Bridge Parking Lot 30.5 miles Elev 1638	https://ridewithgps.com/routes/14136297
05/27/22	VARIABLES	ART OF SURVIVAL CENTURY- Malin, OR	https://survivalcentury.com/
05/28/22	8:00 AM	Zogg/Ono Start at CVS Pharmacy @, Placer/Buena Ventura 47 miles Elev 3019	https://ridewithgps.com/routes/10457128
05/29/22	8:00 AM	Out to the Bear Start at Sundial Bridge Parking Lot 34 miles Elev 1672	https://ridewithgps.com/routes/8104953
05/31/22	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

**Shasta Wheelmen General Membership Minutes
April 4, 2022
Lulu's Restaurant**

1. Call to Order by President Doug Holt – meeting started at 6:02pm
2. Self-Introductions
3. Quorum – Yes - 13 members present in person, 1 member virtually

4. Minutes from March 2022 General Membership meeting as printed in the Matrix were approved. Terri motioned to approve, Patty seconded. Motion carried.
5. Standing Reports:

A. Treasurer's Report by Jim Bush for John Simmons details submitted:

CHECKING	March 2022		SAVINGS	March 2022	
OPENING	\$9,708.90		OPENING	\$1,641.42	
INCOME	\$240.00	*	INCOME/INTEREST	\$.01	
EXPENSES	\$40.36	**	EXPENSES	\$0	
CLOSING	\$9,908.54		CLOSING	\$1,641.43	

*Income (Membership \$210, Trifecta entry \$30)

**Expenses (Registry of Charitable Trusts = \$25, Stripe Fees \$15.36)

B. Membership Report by Jim Bush:

1. 145 total members
2. March 2022 – 1 new member and 2 renewals
3. April 2022 – 3 members dropped for non-renewal, 7 will get an additional notice for renewal payment

C. Board Meeting Report by Doug – reported on March 16th Board meeting:

1. Online meetings will continue to be offered until June
2. Future Board Meeting dates: April 20, June, September, November
3. Audit – completed by John Hauder
4. Budget
5. Patty and Lisa met with Linda Masterson of Redding Parks & Trail Foundation; discussion 'tabled' until next month's meeting.

6. Old Business

A. Audit report by John Hauder:

*2 small errors were found and corrected (duplicated stripe fee, +\$0.93 from Jim's party).

*John Simmons has 'exquisite' handwriting and made it easy to check books

*Audit is complete – Books are Good

B. Trucker Hat Proposal on hold for Joe to report on.

C. Bike Month:

*focus on the National level is 'Teams' (not 'Groups/Clubs' like Wheelmen), to encourage more participants at all levels and ages; Teams up to 10 people (points to team and individual, you can only be on one Team); National competition is within Pools of 10 Teams (info on earning points @ Challenge website);

Groups don't compete in the Challenge

*"Love2Ride" is the Platform that National Bike Month uses

*Log In and complete Rider Profile @ ShastaBikeChallenge.org

*County will award Prizes: top team=bike rack, other top teams=gift cards

*Shasta Wheelmen Logo on advertising is free to club due to club volunteering

*Calendar of Events found @ ShastaBikeChallenge.org with special focus on 3

Wheelmen Opportunities to Volunteer:

1. **4/28** – 'Kick Off' at Food Truck Park: 5-8pm Bike Valet, bike racks needed
2. **5/17** – 'Ride of Silence', to honor cyclists killed or injured: 7pm – Lisa, Jim and Patty to lead and sweep, members encouraged to participate
3. **5/20** – 'Pancake Breakfast': 5-11am corner of Butte & Market, bike racks and

volunteers needed; Jim will pick up racks; Doug, John Crowe, Ann, Terri, Patty, Jim, Rich, Lisa, Bob and Kathy Hammond have committed to help; Healthy Shasta will buy 50 tickets for Wheelmen to hand out to cyclists who ride in with helmets on

*Lisa will go to Bike Month Planning Meeting, April 13, if anyone wants to donate or knows of corporate donors please let her know

*Action News will do Media Coverage - Press Release and Public Safety Announcement

*Sport LTD Bike Swap, May 15th, Patty will manage Club sign-up and make required deposit; Jim motions 2 spaces, Claudia seconds

*Patty suggests promoting sign-up of new riders at 'Kick Off Party' to support the mission of Bike Month; Wheelmen will assist setting up Teams of new riders

*June 2nd = Wrap Up

D. Budget Report presented by Lisa:

2022 Budget Plan prepared and finalized. Specific details available from Lisa as requested. To summarize:

Projected Income = \$5,250

Projected Expenses = \$4,520

2021 Budget Review Report was completed by John Simmons

E. Bylaws Committee to meet after May's Bike Month with objectives to clarify Mission Statement and Purpose of Shasta Wheelmen.

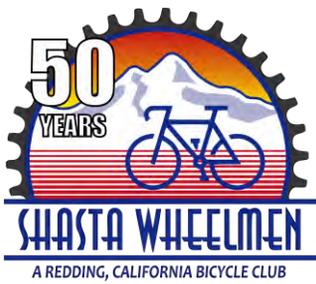
7. New Business: none discussed due to length of meeting and time spent on Bike Month
8. Drawing – Madelyn (Starbucks) and Claudia (Great Harvest)
9. Adjournment at 7:16

**Agenda Meeting May 2nd at 6:00 PM at Lulu's with an online option
(Link for online meeting will be sent prior to the meeting)**

- Call the meeting to order
- Self-introductions
- Membership Chair to determine if a quorum is present
- Approval of the minutes in the Matrix
- Standing Reports
 - Treasures Report
 - Membership Report
 - Board Meeting Report
- Old Business
 - Trucker hats (Joe)
 - Bike month
- New Business
 - Whatever is brought forth from the floor
- Drawing
- Adjourn 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>	
<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>The Bike Shop 3331 Bechelli Lane Redding, CA, 96002</p> <p>530-223-1205 https://www.thebikeshopredding.com</p>	



Matrix

June 2022 – 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

Nancy Cook
760-217-2085

Fifth Board Member

Patty Shackleton
619-981-2393

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

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 can also be attended virtually with link sent out to membership prior to meeting

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

- **Women on Wheels (WOW)** – Look for a ride in July. Call Patty 619-981-2393 with questions
- **The Monday Night Get Acquainted** – 2nd and 4th Monday of the month, 6:00 Sundial Bridge Parking Lot
- **Old Sacramento to Folsom** – June 15 start at Railroad Museum in Old Sac 9:00 am, snack in Folsom and dinner back in Old Sac. 62 miles, call Jim Bush with questions 916-846-1902
- **Surprise Valley Ride** – John Crowe is putting together a ride during the summer. Interested? Call John 530-355-1492

Wildflower Ride



Madelyn Cook, Brenna Jones, and Nancy Cook
received their 1st 100 mile patch

May was a VERY busy month for the Wheelmen. Not only was it the National Bike Challenge, but we were also busy with community events:

May WOW Ride



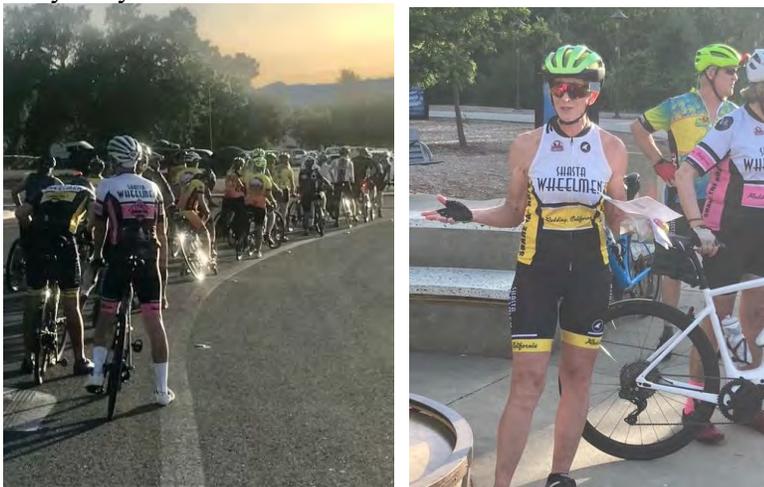
Just a Tuesday Morning Ride



Cyclists Remember a Life Lost

The local Ride of Silence this year attracted 32 cyclists and one rider with an exceptionally impactful story. This annual event was hosted by our club, as it has been since 2003. Lisa Creps and Jim Bush led the May 18th, 10 mile ride. One of the riders was Rob Hammonds; when Lisa asked if any riders would share a personal story about a killed or injured cyclist Rob somberly remembered the day he and best friend Jason Dixson were hit by a distracted driver. Jason was 42 years old, a resident of Anderson, CA. He and Rob were riding up Highway 101 in North Bend, OR when a woman driving a truck crossed the fog line at full speed instantly killing Jason and inflicting multiple, serious injuries on Rob. Rob's wife Amber recalled that she was following close behind the cyclists in an automobile and stated that when she saw the traffic ahead become congested she became sick to her stomach "knowing" Jason and Rob were hurt. Jason and Rob are members of our own community, they were good riders: Jason left behind a wife and four children. Amber has extreme anxiety over road riding and Rob thinks about his friend every day. Hence, a very emotional ride and only one message prevails: (taken from Jason's Obituary). Those he left behind have to suffer with his loss permanently for the sake of a trivial text message that didn't need to be addressed from behind the wheel of a vehicle. Please do not be lured into the false belief that it couldn't happen to you or that you are able to multitask safely while driving. We are only one [community] touched by the devastating consequences of distracted driving. These preventable tragedies need to stop.

Submitted by Patty Shackleton



Pancake Feed Bike Valet



Sports LTD Bike Swap

Wheelmen supported the biking community by participating in the Sports LTD Bike Swap. We had 2 booths selling bike parts and accessories for Wheelmen as well as taking donations for others which generated over \$300 for the group.



100 and 200 mile Triple Crown Challenge

Offered by the Shasta Wheelmen

- Challenge cost for members - \$30
- Challenge cost for non-members - \$60
 - 1 year membership to the Shasta Wheelmen Cycling Club (\$30) is included in the entry fee.

Email Gary Nelson at garynelson17@outlook.com or text Gary at (925) 951-3345 to sign up. Please contact him with any questions.

- Each Challenge consists of three rides (100 or 200 miles)
- Each ride has a 24-hour time limit.
- Each ride must be completed outside on the open roads.
- Riders have the Calendar year of 2022 to finish all three rides.
- Elevation gain and Coarse Design is up to you, or there are three options available to use for each Challenge - Hard, Medium and Easy.
- Must use STRAVA to record each ride for verification purposes.

For those who finish their Challenge and would like to commemorate the accomplishment, there will be a custom Jersey designed and made at your request and expense.

As Ride Captain and Event Manager, Gary will offer 100 mile club rides throughout 2022. They will be on a special Shasta Wheelmen Ride Calendar.

For the 200 mile Challengers, Gary will be competing in this Challenge and has designed three rides at 200 miles each. These rides will be fully supported by Gary and any others who wish to join.

Welcome New 2022 Shasta Wheelmen Members

Last	First	Address	City
Holmquist	Lynn	2974 Wilson Ave	Redding
Crouse	Dana	20250 Chalone Pl	Anderson
Lutz	Bruce	16495 Valparaiso Way	Redding
Jones	Brenna	1501 Brinn Dr	Redding
Cota	Dennis	19160 River Downs Way	Cottonwood
Feusier	Shane	9435 Trinity Dam Blvd	Lewiston
Foley	Alan	PO Box 983	Red Bluff
Collins	Jen	2715 Rialto Pkwy	Redding
Johnson	Christina	10810 Rogmar Dr	Palo Cedro
Clark	Sean	3852 Craftsman Ave	Shasta Lake City
Alcala	Daniel	10775 French Creek Rd	Palo Cedro
Richardson	Pamela	2759 Lake Redding Dr	Redding

Message from El Presidente

Here it is June already. The year will soon be half over. Bike month is behind us. I hope everyone had a great month! It's now time to look towards the future. First thing the members at the general meeting in May voted to not hold a meeting on Monday July the fourth. I know this is a little early but I will remind you in the July Matrix as well.

I was reflecting while on vacation in Mexico as I was viewing the total lunar eclipse that I had indeed made the right decision prior to leaving on vacation. That decision is that I will not be seeking re-election in December. I want to get this out early so everyone can ponder if they would like to take the reins of the club. I also want all of you to contemplate stepping up and being on the nomination committee. I will be looking for volunteers at the October meeting. I'm telling you this now so no one is caught by surprise in October. So put on you thinking caps and figure out if you want to run for president or be on the nomination committee or figure out who you can badger into those rolls. In closing here is hoping that this summer is not too hot, and we are smoke free!

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

- 6/5 *America's Most Beautiful Bike Ride* <https://www.bikethewest.com/americas-most-beautiful-bike-ride/>
- 6/11 *Rotary Gold Country Challenge* <https://rotarygoldcountrychallenge.com/>
- 6/18 *Tour de Fronds* <https://tourdefronds.com/>

Rides begin 7:30 in June

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

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

Date	Time	Description	Route URL
06/02/22	7:30 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
06/03/22	5:30 PM	BIKE MONTH CELEBRATION- Big Party to celebrate the end of Bike Month. Music, beer, food trucks, winners and more. Caldwell Park open for riding. Free Bike Valet.	Caldwell Park- Quartz Hill and North Market
06/04/22	7:30 AM	Dersch Wildcat & Black Butte Loop Start at Palo Cedro Park n Ride 50 miles Elev 2666	https://ridewithgps.com/routes/18014197
06/05/22	7:30 AM	Palo Cedro North/West/South Start at Palo Cedro Park n Ride 35 miles Elev 794	https://ridewithgps.com/routes/10692956
06/06/22	6:00 PM	Club Monthly Meeting at Lulu's Restaurant VIRTUAL LINK TO BE ANNOUNCED ONE DAY PRIOR	https://goo.gl/maps/PRA4j2gHd8w
06/07/22	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
06/07/22	7:30 AM	Ride #12 City of Shasta Lake CCW - Start at Sundial Bridge Parking Lot 34.1 miles Elev 1962	https://ridewithgps.com/routes/14136301
06/09/22	7:30 AM	Ride #13 Palo Cedro CW - Start at Sundial Bridge Parking Lot 31.2 miles Elev 1101	https://ridewithgps.com/routes/14136302
06/11/22	7:30 AM	Clover Creek Preserve, Boyle, Millville, plains, Balls Ferry, Panorama Start at Clover Creek Preserve 45 miles Elev 1163	https://ridewithgps.com/routes/31261892
06/12/22	7:30 AM	Shasta Dam Loop Start at Sundial Bridge Parking Lot 35 miles Elev 1887	https://ridewithgps.com/routes/19741516
06/13/22	6:00 PM	Get Acquainted Ride Sundial Bridge Parking Lot 15-20 miles	See Jim Bush
06/14/22	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
06/14/22	7:30 AM	Ride #14 Anderson CW - Start at Sundial Bridge Parking Lot 37.9 miles Elev 855	https://ridewithgps.com/routes/14136303
06/15/22	10:00 AM	AMERICAN RIVER TRAIL- Jim Bush leading. Old Sacramento to Folsom & back. Meet at the California Railroad Museum, Old Sacramento. Lunch in Folsom at turn around. 63.4 miles 1066 ft.	https://ridewithgps.com/routes/38428446
06/16/22	7:30 AM	Ride #15 Old Shasta CW - Start at Sundial Bridge Parking Lot 29.0 miles Elev 1323	https://ridewithgps.com/routes/14136304
06/18/22	7:30 AM	Cottonwood Ash Cr Wildcat Blk Butte Hwy 44 Pongosa Inwood Start at Anderson Starbucks 60 miles Elev 3524	https://ridewithgps.com/routes/11451695
06/19/22	7:30 AM	Middle Creek Loop Start at Sundial bridge Parking Lot 28 miles Elev 2109	https://ridewithgps.com/routes/19736728
06/21/22	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

06/21/22	7:30 AM	Ride #16 Jones Valley CCW - Start at Sundial Bridge Parking Lot 32.6 miles Elev 1577	https://ridewithgps.com/routes/14136305
06/23/22	7:30 AM	Ride #17 Millville CCW - Start at Sundial Bridge Parking Lot 36.6 miles Elev 1067	https://ridewithgps.com/routes/14136307
06/25/22	7:30 AM	Ponderosa / Inwood Start at Anderson Starbucks 60 miles Elev 3523	https://ridewithgps.com/routes/14136345
06/26/22	7:30 AM	Palo Cedro / Victor clockwise Start at Palo Cedro Park n Ride 34 miles Elev 840	https://ridewithgps.com/routes/11753400
06/27/22	6:00 PM	Get Acquainted Ride Sundial Bridge Parking Lot 15-20 miles	See Jim Bush
06/28/22	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
06/28/22	7:30 AM	Ride #18 Igo/Ono CCW - Start at Sundial Bridge Parking Lot 40.5 miles Elev 2077	https://ridewithgps.com/routes/14136308
06/30/22	7:30 AM	Ride #19 Bridge Bay CCW - Start at Sundial Bridge Parking Lot 35.0 Miles Elev 1656	https://ridewithgps.com/routes/14136309

**SHASTA WHEELMEN TRIPLE CROWN CHALLENGE
(NOT THE CALIFORNIA TRIPLE CROWN)**

No Set Starting Times- Complete ride within 24 hrs.

100 Mile A Route- Start at Anderson Outlets	https://ridewithgps.com/routes/37046369
100 Mile B Route- Start at Sundial Bridge	https://ridewithgps.com/routes/38227466
100 Mile C Route Start at Sundial Bridge	https://ridewithgps.com/routes/38227527
200 Mile A Route- Start at Sundial Bridge	https://ridewithgps.com/routes/38205168
200 Mile B Route- Start at Anderson Starbucks	https://ridewithgps.com/routes/38217610
200 Mile C Route- Start at Sundial Bridge	https://ridewithgps.com/routes/38217737

**Shasta Wheelmen General Membership Minutes
May 2, 2022
Lulu's Restaurant**

1. Call to Order by President Doug Holt – meeting started at 6:05pm
2. Self-Introductions
3. Quorum – Yes - 19 members present in person, 2 members virtually
4. Minutes from April 2022 General Membership meeting as printed in the Matrix were approved. Jack motioned to approve, Rich second. Motion carried.
5. Standing Reports:

A. Treasurer's Report by John Simmons details submitted:

CHECKING	April 2022		SAVINGS	April 2022	
OPENING	\$9,908.54		OPENING	\$1,641.43	
INCOME	\$260.00	*	INCOME/INTEREST	\$.01	
EXPENSES	-\$14.49	**	EXPENSES	\$0	
CLOSING	\$10,154.05		CLOSING	\$1,641.44	

*Income (Membership \$210, Trifecta entry \$30, mug sale \$20)

**Expenses (Stripe Fees \$14.49)

John reports that cash assets = \$11,795.49

B. Membership Report by Jim Bush:

1. 146 total members
2. April 2022 – 3 new members and 4 renewals
3. May 2022 – 4 members will get an additional notice for renewal payment
4. Fun facts: So far in 2022 new member breakdown= 5 females, 6 males
2021 new members= 7 females, 8 males

C. Board Meeting Report by Doug – reported on April 20th Board meeting:

1. Emergency Contact Info carried by Lisa, Jim, Gary, Patty, and Nancy during Club rides.
2. Clarification of Patty's title: 5th Board Member.
3. DropBox – Nolan is the Administrator, using his personal account for \$9.99/month
*question is: should Club reimburse Nolan for his Personal Account, or invest in 'Business Account' for \$12.50 per person/month? Discussion to continue in June.
4. Patty introduces her conversation with Linda Masterson of Redding Parks & Trails Foundation – Friends of Redding Trails. A Non-Profit 501c3 Fiduciary which handles fundraisers/community grants for City of Redding. The meeting was intended for information gathering for how the Club might partner with other community members and develop relationships and contacts.
A question was asked, "How does that benefit us?" Reply: If the Club has "A High Value Specific Goal" we could partner with the Foundation.
5. Patty's Project Proposal – 'Bike Lane Sweeping and Repainting' presented and reviewed:
*Patty will initiate formal requests to appropriate authorities from Shasta Wheelmen to sweep and maintain bike lanes, and follow-up with CalTrans, Shasta County, City of Redding, City of Anderson, City of Shasta Lake
*Linda asks, "has anyone made reports/requests to City of Redding?" – reply "Yes" with positive results
*Jack says, "the City is spending money for bike signage."
*Jim suggests, "the Club draft a letter to city/public works director and make an official statement from the Wheelmen about safety issues."
*Jack reports past action of going to City Council and Board of Supervisor Meetings.
*VOTE - *Members unanimously approve Project Proposal*
6. Bike Month:
*Team Challenge – 3 Wheelmen Teams: 'Old Cranks', 'WOW', 'Captains Crew'
*April 28 Kick-Off – valet: 81 bikes parked, team of volunteers recognized, overall volunteer event was considered a success, with some lessons learned
*May 20 Pancake Breakfast – 5:30-11:00, Butte & Market by Steam Whistle:
Lisa will manage volunteers in 2 shifts (4:45-8 and 8-11), consideration of parking
E-bikes (corral them, not on Club racks)
*May 21 Bike Swap at Sport LTD – Patty is organizing, info in Matrix

6. Old Business

- A. Trucker Hats -Joe is looking for someone to do screen print
- B. Captain Report – Lisa reporting for Gary:
*Israel Costa, first member to complete the Trifecta 100 Challenge!
*June calendar will go back to reflect traditional Captain's Calendar rides

7. New Business

- A. Jack Yerkes shares bumper stickers: WATCH FOR BICYCLES, SHARE THE ROADWAY
*his donation to the Club and his gift to Members willing to display
*sell at Pancake Breakfast and Bike Swap (\$3?), proceeds go to the Club
- B. Can the Club get a 'Square Reader'? to allow for credit card payments
*John Simmons will look into it
- C. July 4th Meeting – motion to cancel made by Lisa, second by Claudia, all in favor (Doug will notify LuLu's)
- D. Rich states that Club Kits currently have no price mark-up. Do we want to turn a profit for the Club?
Rich will open the Pactimo Store for new orders (2 week window)
- E. LTD Bike Swap May 21 10am-6pm:
*Patty will set up 2 tables for 'Sale Items' (prices must be marked by owner) and 'Give Away Items' (owner

donates item, \$ donation will be asked for, with proceeds donated to Club)

*volunteers to help man the tables will be appreciated, contact Patty

F. Jim reminds Club:

*Mugs are \$10, Gaiters are \$5, stickers are free

*Get acquainted rides start May 9 @ 6 at Sundial with Doug leading for Jim

*Old Sac ride scheduled for June 15, to Folsom and back for Lunch

G. John Crowe offers opportunity to ride Orland to Willows (74 miles) on Friday, May 13, 9am from Starbucks in Orland

8. Drawing – Lisa (Starbucks) and Rich (Starbucks)

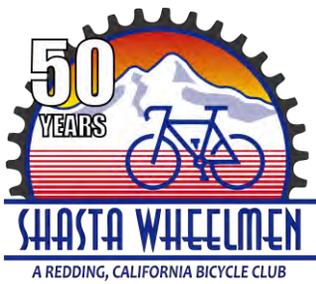
9. Adjournment at 7:25

**Agenda for June 6th Meeting at 6:00 PM at Lulu's with an online option
(Link for online meeting will be sent prior to the meeting)**

- Call the meeting to order
- Self-introductions
- Membership Chair to determine if a quorum is present
- Approval of the minutes in the Matrix
- Standing Reports
 - Treasures Report
 - Membership Report
 - Board Meeting Report (N/A)
- Old Business
 - Bike month (Recap)
 - Budget questions
- New Business
 - Whatever is brought forth from the floor
- Drawing
- Adjourn Meeting

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

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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>	



Matrix

July 2022 – 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 can also be attended virtually with link sent out to membership prior to meeting

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

- The **Monday night Get Acquainted** – 2nd and 4th Monday of the month, 6:00 Sundial Bridge Parking Lot
- **Surprise Valley Ride** – John Crowe is putting together a ride during the summer. Interested? Call John 530-355-1492

No General Meeting in July as it would fall on July 4th. See you August 1 at Lulu's

May Bike Challenge

The May Bike Challenge came to a close with the Healthy Living Streets wrap up party held June 3 at Caldwell Park. The Wheelmen held their own end of month Ride In and potluck at Anderson River Park on May 31. We not only celebrated the end of the Challenge, but brought in our lead riders Gary Nelson and Keith Etzner as we watched Gary turn over 5000 miles for the month! Thanks Nancy Cook for organizing this event!



Not only did Gary win the most miles of anyone, but Keith was right behind him in 2nd. Cindy Begbe was not far behind. What a huge effort by these 3 as well as so many Wheelmen who participated. For a full summary of the month, please see the June Meeting minutes below. Gary wrote a great summary from the Captain's perspective: <https://shastawheelmen.org/captainsjourney>

Welcome New 2022 Shasta Wheelmen Members

Last	First	Address	City
Holmquist	Lynn	2974 Wilson Ave	Redding
Crouse	Dana	20250 Chalone Pl	Anderson
Lutz	Bruce	16495 Valparaiso Way	Redding
Jones	Brenna	1501 Brinn Dr	Redding
Cota	Dennis	19160 River Downs Way	Cottonwood
Feusier	Shane	9435 Trinity Dam Blvd	Lewiston
Foley	Alan	PO Box 983	Red Bluff
Collins	Jen	2715 Rialto Pkwy	Redding
Johnson	Christina	10810 Rogmar Dr	Palo Cedro

Clark	Sean	3852 Craftsman Ave	Shasta Lake City
Alcala	Daniel	10775 French Creek Rd	Palo Cedro
Richardson	Pamela	2759 Lake Redding Dr	Redding
Doppelhauer	Teddy	4141 Jasper Way	Redding
Doppelhauer	Elise	4141 Jasper Way	Redding
Johnson	Josh	19388 Kinene Ct	Redding
Webster	Jay	888 Blackstone Ct	Redding

Message from El Presidente

Here it is July! This year is half over already. This also means the final year of my presidency is half over as well. So, think if you want to run for club president or you know someone you think should run make it known.

I have a simple request of everyone. If you have something to discuss at the meeting, please let me know the weekend before the meeting. That way I can place it on my working agenda for the meeting and keep the meeting running a little smoother.

Speaking of the meeting, remember we are not having a July meeting due to the 4th of July being the first Monday of the month. So, enjoy the holiday and we will next meet August the 1st.

I officially join the ranks of the unemployed the afternoon of July the 8th I will be having a no host celebration for my retirement. It will be held a Woody's Brewing Company. From 5:00 PM till 7:00PM. So come one come all. This also means that starting on Tuesday the 12th I will be able to ride Tuesday and Thursdays again. Yahoo!



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

- 7/16 *Fall River Century* <https://www.active.com/mcarthur-ca/cycling/fall-river-century-2022>

RIDE CALENDAR – Color key Tan=weekend rides, Blue=weekday rides, Green=club meeting, Orange Special Ride/Event			
If the official high temperature forecast is 100 or above the ride will start one hour earlier- earliest start time is 7:00 AM			
EVENING RIDES CANCELLED IF PREDICTED TEMP 105 OR MORE			
Date	Time	Description	Route URL
07/02/22	7:00 AM	Black Butte Start at Anderson Starbucks 45 miles Elev 2568	https://ridewithgps.com/routes/14136327
07/03/22	7:00 AM	Benson/Bowman Start at Anderson Starbucks 36 miles Elev 871	https://ridewithgps.com/routes/14136317
07/05/22	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
07/05/22	7:00 AM	Ride #22 Old Shasta CCW - Start at Sundial Bridge Parking Lot 30.4 miles Elev 1643	https://ridewithgps.com/routes/14136310
07/07/22	7:00 AM	Ride #23 Shasta Dam/City of Shasta Lake CCW - Start at Sundial Bridge Parking Lot 33.4 miles Elev 1773	https://ridewithgps.com/routes/14136311
07/09/22	8:30 AM	LASSEN END-TO-END- Join Rich Robinson (530-604-4371) for an out-and-back ride on Hwy. 89 through	https://ridewithgps.com/routes/36752197

		Lassen National Park. Meet at the Loomis Museum parking lot and ride to the south end (or just to the summit). Snacks/sandwiches available at the Visitor Center. 55 miles 5871 feet NB: Start at 5911 feet. Summit is at 8814 feet	
07/09/22	7:00 AM	Cottonwood/Igo Start at Anderson Starbucks 50 miles Elev 1412	https://ridewithgps.com/routes/14136352
07/10/22	7:00 AM	Jamboree Cool Down Start at Palo Cedro Park n Ride 33 miles Elev 769	https://ridewithgps.com/routes/10457267
07/11/22	6:00 PM	Get Acquainted Ride Sundial Bridge Parking Lot 15-20 miles	See Jim Bush
07/12/22	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
07/12/22	7:00 AM	Ride #24 End of Iron Mountain Rd to gate CW - Start at Sundial Bridge Parking Lot 38.0 miles Elev 2362	https://ridewithgps.com/routes/14136313
07/14/22	7:00 AM	Ride #01 City of Shasta Lake CW - Start at Sundial Bridge Parking Lot 34.0 miles Elev 1810	https://ridewithgps.com/routes/14139381
07/16/22	7:00 AM	Wildcat/Dersch Start at Anderson Starbucks 45 miles Elev 2565	https://ridewithgps.com/routes/14253162
07/17/22	7:00 AM	Jones Valley Dry Cr Start at Shasta College East Lot 29 miles Elev 1291	https://ridewithgps.com/routes/11468908
07/19/22	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
07/19/22	7:00 AM	Ride #02 Palo Cedro counter CCW - Start at Sundial Bridge Parking Lot 31.6 miles Elev 1057	https://ridewithgps.com/routes/14136290
07/21/22	7:00 AM	Ride #03 Anderson counter CCW - Start at Sundial Bridge Parking Lot 39.5 miles Elev 825	https://ridewithgps.com/routes/14136291
07/23/22	7:00 AM	Igo/ Cottonwood Start at Anderson Starbucks 58 miles Elev 1603	https://ridewithgps.com/routes/13817587
07/24/22	7:00 AM	Westwood Zogg Start at Westwood Village 35 miles Elev 2367	https://ridewithgps.com/routes/14136349
07/25/22	6:00 PM	Get Acquainted Ride Sundial Bridge Parking Lot 15-20 miles	See Jim Bush
07/26/22	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
07/26/22	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
07/28/22	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
07/30/22	7:00 AM	Cemetery Ride - Start At Redding City Hall 40 miles Elev 2347	https://ridewithgps.com/routes/25009588

07/31/22	7:00 AM	Coleman Fish Hatchery Balls Ferry Dersch Start at Anderson 31 miles Elev 886	https://ridewithgps.com/routes/14136343

SHASTA WHEELMEN TRIPLE CROWN CHALLENGE (NOT THE CALIFORNIA TRIPLE CROWN)

No Set Starting Times- Complete ride within 24 hrs.

100 Mile A Route- Start at Anderson Outlets	https://ridewithgps.com/routes/37046369
100 Mile B Route- Start at Sundial Bridge	https://ridewithgps.com/routes/38227466
100 Mile C Route Start at Sundial Bridge	https://ridewithgps.com/routes/38227527
200 Mile A Route- Start at Sundial Bridge	https://ridewithgps.com/routes/38205168
200 Mile B Route- Start at Anderson Starbucks	https://ridewithgps.com/routes/38217610
200 Mile C Route- Start at Sundial Bridge	https://ridewithgps.com/routes/38217737

**Shasta Wheelmen General Membership Minutes
June 6, 2022**

Lulu's Restaurant

1. Call to Order by President Doug Holt – meeting started at 6:00pm
2. Self-Introductions
3. Quorum – Yes - 18 members present in person, 0 members virtually
4. Minutes from May 2022 General Membership meeting as printed in the Matrix were approved. John S. motioned to approve, Michael Madden second. Motion carried.
5. Standing Reports:

A. Treasurer's Report by John Simmons details submitted:

CHECKING	May 2022		SAVINGS	May 2022	
OPENING	\$10,154.05		OPENING	\$1,641.44	
INCOME	\$681.10	*	INCOME/INTEREST	\$.01	
EXPENSES	-\$125.88	**	EXPENSES	\$0	
CLOSING	\$10,709.27		CLOSING	\$1,641.45	

*Income (Membership \$240, Donations [Trifecta entry \$30, Swap Meet \$364.10, Bumper Stickers \$17], Fundraisers [Mug sale \$20, Gaiter sale \$10])

**Expenses (Stripe Fees \$18.63, Reimburse Jim Bush for Trifecta Patches \$107.25)

John reports that cash assets = \$12,350.72

B. Membership Report by Jim Bush:

1. 148 total members
2. May 2022 – 4 new members and 4 renewals
3. June 2022 – 5 members will get a notice for renewal payment

C. Board Meeting Report by Doug – No Board meeting in May due to the numerous Bike Month Activities (reviewed):

*April 28 Kick-Off – valet: 81 bikes parked

*May 18 Ride of Silence – Lisa reports “a very moving event” with 32 riders

*May 20 Pancake Breakfast – another “successful event” with 47 bikes parked, 65 breakfast tickets given out (50 paid by Healthy Shasta, 15 given by Asphalt Cowboys)

Recognition and “thank you” to individuals who volunteered

*May 21 Bike Swap at Sport LTD – Patty reports on success and asks for suggestions/feedback for future.

Unsold items brought to meeting. Question asked: Do we want to put ‘leftovers’ in storage for next year?

Discussion. Results agreed upon – members in attendance can look through first, then Melissa will take

remaining bike parts to Corvallis Bicycle Collective for donation, Mike Madden will store vintage bike until next

year or until Chico Bike Smith (Ron Toppi 530-588-8474) is contacted to see if interested.

*May 31 – Shasta Wheelmen Event @ Anderson River Park – ‘Ride In’ and Potluck to celebrate accomplishments of Club Riders and Club Teams:

Individuals: Gary (5003 miles, #1 rank both Shasta County & LovetoRide), Keith (3105 miles, rank #2 Shasta County & #3 LovetoRide), Cindy (1024 miles, rank #2 in Shasta County), Patty (853 miles, rank #3 in Shasta County)

9 members rode all 31 days: Jim, Melissa, Ian, Linda, Keith, Roque, Gary, Patty, Ann

Love to Ride Team Challenge – 3 Wheelmen Teams:

Captains Crew #1, Old Cranks #10, WOW #13

*June 3 Bike Month Wrap Up – sponsored by Healthy Living Streets; focus was on fun and unity, not recognition

*June 8 Healthy Shasta Working Group Luncheon (Lisa C. and John C. to attend)

6. Old Business

- A. Budget Questions – Linda Cannar has some questions/suggestions and will meet with Lisa now that Bike Month is over.
- B. Square Reader – conversation deferred
- C. Captain’s Report
 - *2 more members complete the Trifecta 100 Challenge!
 - *New Ideas to be proposed for Captain’s Calendar rides

7. New Business

- A. Gary proposes Captain’s Calendar to make one Saturday a month a ‘Brick’ (ride/run)
 - Additional calendar ideas include: a ‘Gravel’ option, a ‘Junior Club’ option, and a ‘New Members Safety Training’ ride
 - *Question raised about the confusion with having 2 calendars – “it splits the club”
 - *Discussion: “Try to have one calendar with a,b,c options?” “How do other Clubs do it?” “How did the Wheelmen do it in the past?” “Sign up to be a Ride Leader.”
 - *The Board will invite Gary and Greg to a future Board Meeting to work on Calendar
- B. A Motion was made to add the May W.O.W. ride to the Wheelmen Routes as #23 (ccw) and #24 (cw) – **vote carries** – Ride Calendar Coordinator will be notified and a ‘ride with gps’ link will be shared
- C. Committee Update:
 - Bylaw Committee – Jim, Lisa, Patty, John Crowe (plus one more if Jim can recruit another non-board member)
 - Mission Statement – Goals need to be developed
 - Decision made to incorporate the Mission Statement objective into the Bylaws Committee.
- D. Jim reminds Club:
 - *Get acquainted rides start @ 6 at Sundial (frequent rider, Butch Jones, looking for a size M hybrid bike)
 - *American River Trail/Old Sac ride scheduled for June 15, 9am start.
 - Folsom (30 miles) and back (30 miles) for Lunch @ Fanny Ann’s
- E. John Crowe informs of Saturday’s Film Festival Fundraiser for Shasta Living Streets.
- F. Patty – Project Manager – looking for specific roads to be identified for maintenance: members quickly point out Eastside, Churn Creek, Victor @ Bonnyview
- G. Presentation from Patty to Madelyn for “Thanks and Good Luck” as she goes to Internship and Grad school.

8. Drawing – John Crowe (gives it up), Joe (Starbucks), Michael (LaTestimony -donated by Melissa) and Madelyn (Starbucks)

9. Adjournment at 7:26

**Agenda Meeting July 4th at 6:00 PM at Lulu’s with an online option
(Link for online meeting will be sent prior to the meeting)**

No Meeting for this month due to the holiday. Have a safe and sane 4th! See you August 1.

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

August 2022 – 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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Club meetings are held on the first Monday of each month, 6:00 p.m.. Due to Covid they can also be attended virtually with link sent out to membership prior to meeting

Specialty Rides

club will be sponsoring special rides as follows:

- The **Monday night Get Acquainted** – 2nd and 4th Monday of the month, 6:00 Sundial Bridge Parking Lot
- **WOW Women on Wheels** – Aug. 14 7:00 am, meet at Lema Ranch. Led by Nancy Cook 760-217-2085. Quarry Loop 53 miles.
- **Presidential Low and Slow** - Aug 27 7:00 am, meet at shopping center Placer & Buenaventura. 15.7 miles led by Doug Holt.
- **Surprise Valley Ride** – John Crowe is putting together a ride during the summer. Interested? Call John 530-355-1492

July Lassen Ride led by Rich Robinson



Fall River Century



Welcome New 2022 Shasta Wheelmen Members

Last	First	Address	City
Holmquist	Lynn	2974 Wilson Ave	Redding
Crouse	Dana	20250 Chalone Pl	Anderson
Lutz	Bruce	16495 Valparaiso Way	Redding

Jones	Brenna	1501 Brinn Dr	Redding
Cota	Dennis	19160 River Downs Way	Cottonwood
Feusier	Shane	9435 Trinity Dam Blvd	Lewiston
Foley	Alan	PO Box 983	Red Bluff
Collins	Jen	2715 Rialto Pkwy	Redding
Johnson	Christina	10810 Rogmar Dr	Palo Cedro
Clark	Sean	3852 Craftsman Ave	Shasta Lake City
Alcala	Daniel	10775 French Creek Rd	Palo Cedro
Richardson	Pamela	2759 Lake Redding Dr	Redding
Doppelhauer	Teddy	4141 Jasper Way	Redding
Doppelhauer	Elise	4141 Jasper Way	Redding
Johnson	Josh	19388 Kinene Ct	Redding
Webster	Jay	888 Blackstone Ct	Redding
Burrell	David	1318 Edgewood Dr	Redding
Grafe	Terry	6629 Creekside	Redding
Meurer	Gary	1998 Jolie Way	Redding
Ritter	Keith	17886 Ranchera Rd	Shasta Lake
Jennifer	Schmit	2034 Paris Ave	Redding
Lee	Mark	PO Box 236	Shasta

A message from your Benevolent President

Ok here it is August, summer is half over, and cooler temperatures are in our future.

Without a general membership meeting in July, we have a lot of stuff going on. You will notice a new look to the Captains Calendar. I will be running the Special Ride / Event Captains Calendar. So, if you are leading a ride that is not a normally scheduled ride, please send the particulars to me and I will get them on the Calendar. Greg and I will run these types of rides on both schedules till everyone gets the hang of things. Speaking of Greg our intrepid Ride Lackey is rolling out an “Experimental Ride Ratings system” on the regular ride Calendar for August. So have a good look at it and bring your comments to the August general meeting.



Well, I don't want to bore you with any more of my diatribe. Except that I look forward to seeing you all at the August General Meeting.

Keep spinning those cranks!
Doug

Experimental Ride Ratings on Shasta Wheelmen Regular Ride Calendar for August 2022

Starting with the August 2022, Ride Calendar a two-part Ride Rating will appear with the ride description. This system is borrowed from the Western Wheelers Bicycle Club from Palo Alto (sponsors of the Sequoia Century in years past). This is a test to see if it works for Shasta Wheelmen riders.

You will see a notation of HR followed by a number from 1-5. That number is based on the feet climbed during the ride divided by the ride's mileage.

The scale is:

Hilliness	Average Climb
Rating	Feet/Mile
0	0
1	25
2	50
3	75
4	100
5	125

You may also see a “+” or a “!” next to the HR number. The plus denotes a ride near the top of its category. An exclamation point indicated very steep climb(s) within the ride.

The “Pace” rating of the ride is, at this point, an educated guess as to how fast the average speed of that ride is likely to be ridden. A is the slowest and E is the fastest (those of you who recall certain rides at Disney Land as E-ticket rides will appreciate the classification).

Here is a table that describes the system:

Pace	Hilliness Rating					
Rating	0	1	2	3	4	5
A	10	9	8	NA	NA	NA
B	12	11	10	9	8	7
C	14	13	12	11	10	9
D	16	15	14	13	12	11
E	18	17	16	15	14	13

This is only an experiment and should be used as a guide for selecting rides based on your own fitness and endurance.

Your feedback is both needed and welcomed. If this doesn't work, it will quietly go away. If you see room for improvement, please let Greg Winters or Doug Holt know and we'll give your idea a try. If you like it let the board (and the Ride Lackey) know. If you don't do the same but tell us why you think it stinks.

Greg Winters, Humble Ride Lackey

Area Organized Rides

- 8/11 *Ride the Rogue* <http://ridetherogue.com/>

RIDE CALENDAR – Color key Tan=weekend rides, Blue=weekday rides, Green=club meeting, Red= Special Rides			
If the official high temperature forecast is 100 or above the ride will start one hour earlier- earliest start time is 7:00 AM			
EVENING RIDES CANCELLED IF PREDICTED TEMP 105 OR MORE			
NEW EXPERIMENTAL RIDE RATINGS			
Hilliness Rating of 1-5 based on average feet of climb per mile. Pace rating estimated by average speeds to be expected			
Date	Time	Description	Route URL
08/01/22	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
08/02/22	7:00 AM	Ride #06 Millville Plains CW - Start at Sundial Bridge Parking Lot 38.4 miles Elev 1042 HR: 2 Pace: B/C	https://ridewithgps.com/routes/14136294
08/02/22	5:30 PM	TNT- CVS Parking Lot Placer & Buenaventura 26-30 miles Two Groups 15-17 & 18-20 MPH Average 1655 feet HR:3! Pace:E	https://ridewithgps.com/routes/35413752
08/04/22	7:00 AM	Ride #07a Keswick Dam Loop, CCW, Start at Sundial Bridge Parking Lot 32.4 mi. 1726 ft. HR: 3! Pace: B/C	https://ridewithgps.com/routes/39721948
08/04/22	7:00 AM	Ride #07b Keswick Dam Loop, CCW (Alternate- No Valparaiso) , Start at Sundial Bridge Parking Lot 29.5 miles 1345 feet HR: 2 Pace C/D	https://ridewithgps.com/routes/39722137

08/06/22	9:00 AM	Pilgrim Creek/Harris Springs/Bartle Ride with John Crowe. Meet at Pilgrim Creek Snowmobile Parking lot. Take Esperanza Road (gravel) off of Hwy 89 (Lower Pilgrim Creek closed due to mudslide- turn right on Pilgrim Creek to get to parking area. This is an out and back to Bartle at Hwy 89. Alternative is to ride up to Harris Springs and then back to the start. 59.7 mile Elev. 2595. At start elev. is 3967; max is 4990. HR: 2 Pace:C	https://ridewithgps.com/routes/40029973
08/06/22	7:00 AM	Coleman Fish Hatchery Start at Westwood Village 44 miles Elev 804 HR:1 Pace:C	https://ridewithgps.com/routes/14136335
08/07/22	7:00 AM	Benson/Basler Start at Anderson Starbucks 40 miles Elev 984 HR:1 Pace:C	https://ridewithgps.com/routes/14136336
08/09/22	7:00 AM	Ride #08 Igo/Ono CW - Start at Sundial Bridge Parking Lot 41.6 miles Elev 2525. HR: 3! Pace: B/C	https://ridewithgps.com/routes/38685466
08/09/22	5:30 PM	TNT- CVS Parking Lot Placer & Buenaventura 26-30 miles Two Groups 15-17 & 18-20 MPH Average 1655 feet HR:3! Pace:E	https://ridewithgps.com/routes/35413752
08/11/22	7:00 AM	Ride #09 Bridge Bay CW - Start at Sundial Bridge Parking Lot 35.1 miles Elev 1706 HR:2 Pace: C/D	https://ridewithgps.com/routes/14136296
08/13/22	7:00 AM	Olinda Happy Valley Cottonwood Balls ferry Start at Anderson Starbucks 34 miles Elev 818 HR:1 Pace:C	https://ridewithgps.com/routes/13817171
08/14/22	7:00 AM	WOW Ride- Join Nancy Cook for the August 2022 Women On Wheels Ride. Lema Ranch to Quarry Loop. Meet at the Lema Ranch parking circle- Armando Street and Hemingway Street. 53 miles 2263 ft. HR:2+ Pace:C	https://ridewithgps.com/routes/40102914
08/14/22	7:00 AM	Palo Cedro North/West/South Start at Palo Cedro Park n Ride 35 miles Elev 794 HR:1 Pace:C	https://ridewithgps.com/routes/10692956
08/15/22	6:00 PM	Get Acquainted Ride Sundial Bridge Parking Lot 15-20 miles	See Jim Bush
08/16/22	7:00 AM	Ride #10 Old Shasta CW -Start at Sundial Bridge Parking Lot 30.5 miles Elev 1638 HR: 3 Pace: B/C	https://ridewithgps.com/routes/14136297
08/16/22	5:30 PM	TNT- CVS Parking Lot Placer & Buenaventura 26-30 miles Two Groups 15-17 & 18-20 MPH Average 1655 feet HR:3! Pace:E	https://ridewithgps.com/routes/35413752
08/18/22	7:00 AM	Ride #11 Shasta Dam/City of Shasta Lake CW. - Start at Sundial Bridge Parking Lot 33.4 miles Elev 1778 HR: 3! B/C	https://ridewithgps.com/routes/14136298
8/20/2022	7:00 AM	Olinda Happy Valley Gas Point Igo Start at Anderson Starbucks 44 miles Elev 1489 HR:2 Pace:C	https://ridewithgps.com/routes/30577484
8/21/2022	7:00 AM	This and That – Start at Anderson Starbucks 36 miles Elev 803 HR:1 Pace:C	https://ridewithgps.com/routes/30403299
8/22/2022	6:00 PM	Get Acquainted Ride Sundial Bridge Parking Lot 15-20 miles	See Jim Bush
8/23/2022	7:00 AM	Ride #12 End of Iron Mountain Rd CCW - Start at Sundial Bridge Parking Lot 35.7 miles Elev 2206 HR: 3 Pace: B/C	https://ridewithgps.com/routes/14136299
8/23/2022	5:30 PM	TNT- CVS Parking Lot Placer & Buenaventura 26-30 miles Two Groups 15-17 & 18-20 MPH Average 1655 feet HR:3! Pace:E	https://ridewithgps.com/routes/35413752
8/25/2022	7:00 AM	Ride #13 City of Shasta Lake CCW - Start at Sundial Bridge Parking Lot 34.1 miles Elev 1962 HR: 3 Pace: B/C/D	https://ridewithgps.com/routes/14136301

8/27/2022	07:00	PRESIDENTIAL LOW & SLOW RIDE. Join El Presidente Doug for a low and slow paced ride. Start at the shopping center at Placer and Buena Ventura down to South Market and back via Texas Springs to Placer. 15.7 miles 807 feet HR:3 Pace: B	https://ridewithgps.com/routes/35837775
8/27/2022	7:00 AM	Dan's Ride to Red Bluff Start at Anderson Starbucks 66 miles Elev 2025 HR:2 Pace:C	https://ridewithgps.com/routes/14177206
8/28/2022	7:00 AM	Ash Creek Dersch starting at Palo Cedro Park 'n Ride for 40.3 miles Elev 1590 HR:2 Pace:B/C	https://ridewithgps.com/routes/31604861
8/30/2022	7:00 AM	Ride #14 Palo Cedro CW - Start at Sundial Bridge Parking Lot 31.2 miles Elev 1101 HR: 2 Pace: B/C	https://ridewithgps.com/routes/14136302
8/30/2022	5:30 PM	TNT- CVS Parking Lot Placer & Buenaventura 26-30 miles Two Groups 15-17 & 18-20 MPH Average 1655 feet HR:3! Pace:E	https://ridewithgps.com/routes/35413752

New specialty rides: “Brick” ride-run. Starting in August, two Saturdays a month on the special event- Captains Calendar will add a “brick” ride-runs to the schedule, led by Gary Nelson and Lynn Holmquist. As our club has grown, so has the participation of several triathletes and duathletes. The “bricks” provide a safe place for athletes to practice transition from bike to run and a safe place to run off the bike. The Wheelmen will provide bike racks, a ice chest for beverages and shade. August is the perfect time to implement these specialty rides in anticipation of the Mt. Shasta Tin Man triathlon/ duathlon / relay 9/4/2022. Even if you don’t run, we would love for you to join us on the ride and maybe sit and enjoy your cold drink while the runners do their thing. Any questions call Gary Nelson 925 951 3345 Thank you and hope to see you out there.

Specialty Rides / Events & Captains Calendar

Ride Calendar Color Key: Tan = Weekend Rides, Blue = Weekday Rides Green = Special Rides / Events

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

Date	Time	Description	Route URL	Rating
8/6/2022	7:00 AM	TT14- Igo: Start at Sundial Bridge parking lot 49.4 Miles / Elev 1493 feet Assent	https://ridewithgps.com/routes/2469702	
8/7/2022	7:00 AM	#6 Millville Plains: Start Sundial Bridge parking lot 38.4 Miles / Elev 1042		
8/8/2022	6:00 PM	Get Acquainted Ride Sundial Bridge 15-20 Miles	See Jim Bush	
8/9/2022	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	
8/13/2022	7:00 AM	(Brick) Ride Run Start: Turtle Bay Memorial picnic area across Diestelhorst Bridge above the concrete steps. Ride Ride With GPS	https://ridewithgps.com/routes/39945737	
		(Brick) Run Ride with GPS [Ride / Run parking available next to start via Quartz Hill Rd. / Rio Dr. Bike racks for bikes and a person to watch bikes 100%]	https://ridewithgps.com/routes/39945858	
8/14/2022	7:00 AM	# 22 End of Iron Mountain: Start Sundial Bridge Parking lot 38 Miles / Elev 2362	https://ridewithgps.com/routes/14136313	
8/14/2022	7:00 AM	WOW Ride (Ride leader Nancy Cook) Lema Ranch to Quarry Loop: Start Lema Ranch parking circle Armando St. / Heming way St. off Shasta View	https://ridewithgps.com/routes/40102914	
8/16/2022	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	

8/20/2022	7:00 AM	Wayne's Metric Century 2 Start: Sundial Bridge Parking lot 61.8 Miles / Elev 2826	https://ridewithgps.com/routes/26636831
8/21/2022	7:00 AM	Igo / Ono CCW Loop: Start Sundial Bridge 40.5 Miles / Elev 2077	https://ridewithgps.com/routes/26905497
8/22/2022	6:00 PM	Get Acquainted Ride Sundial Bridge 15-20 miles	See Jim Bush
8/23/2022	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
8/27/2022	7:00 AM	(Brick) Ride Run Start: Turtle Bay Memorial picnic area across Diestelhorst Bridge above the concrete steps. Ride Ride With GPS	https://ridewithgps.com/routes/39945737
		(Brick) Run Ride with GPS [Ride / Run parking available next to start via Quartz Hill Rd. / Rio Dr. Bike racks for bikes and a person to watch bikes 100%]	https://ridewithgps.com/routes/39945858
8/27/2022	7:00 AM	Presidential Low & Slow: Start CVS Buenaventura & Placer 15.7 miles / Elev 807	https://ridewithgps.com/routes/35837775
8/28/2022	7:00 AM	Fish Hatchery from Westside Outlets Start: Front of bank next to Carl's Jr 44.2 Miles Elev 1706	https://ridewithgps.com/routes/14136335
8/30/2022	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

100 and 200 mile Wheelmen Trifecta Challenge sign ups on going.

Call or text Gary Nelson @ 1-925-951-3345 or email him
at garyjnelson17@outlook.com

Below are Trifecta Challenge optional courses

100 Mile A Route- Start at Anderson Outlets	https://ridewithgps.com/routes/37046369
100 Mile B Route- Start at Sundial Bridge	https://ridewithgps.com/routes/38227466
100 Mile C Route Start at Sundial Bridge	https://ridewithgps.com/routes/38227527
200 Mile A Route- Start at Sundial Bridge	https://ridewithgps.com/routes/38205168
200 Mile B Route- Start at Anderson Starbucks	https://ridewithgps.com/routes/38217610
200 Mile C Route- Start at Sundial Bridge	https://ridewithgps.com/routes/38217737

Shasta Wheelmen General Membership Minutes July 4, 2022

Meeting cancelled due to holiday

Agenda for August 1st Meeting at Lulu's (6:00 PM)

- Call the meeting to order
- Self-introductions
- Membership Chair to determine if a quorum is present
- Approval of the minutes in the Matrix
- Standing Reports
 - Treasures Report

- Membership Report
 - Board Meeting (6/22)
- Old Business
- New Business
 - Experimental Ride Rating System
 - New Special Ride / Event Captains Calander
- Drawing
- Adjourn 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>	
<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 2022 – 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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Nolan Randall
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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 can also be attended virtually with link sent out to membership prior to meeting.

Specialty Rides

The Club will be sponsoring a special ride as follows:

WOW Women on Wheels—September 18, 8 am. Join Patty Shackleton for this month's WOW Ride. Meet at the Palo Cedro Park-n-Ride for a run to Oak Run, Fern. Whitmore Ride is 54.4 miles and climbs 3630 feet.

August 14 W.O.W. ride -

Ten Wheelwomen attended for a relaxed, social ride, followed by snacks and drinks at the beautiful Lema Ranch Park.



Welcome New 2022 Shasta Wheelmen Members

Holmquist	Lynn	2974 Wilson Ave	Redding
Crouse	Dana	20250 Chalone Place	Anderson
Lutz	Bruce	16495 Valparaiso Way	Redding
Jones	Brenna	1501 Brinn Drive	Redding
Cota	Dennis	19160 River Downs Way	Cottonwood
Feusier	Shane	9435 Trinity Dam Blvd #68	Lewiston
Foley	Alan	PO Box 983	Red Bluff
Collins	Jen	2715 Rialto Pkway	Redding
Johnson	Christina	10810 Rogmar Dr	Palo Cedro
Clark	Sean	3852 Craftsman Ave	Shasta Lake
Alcala	Daniel	10775 French Creek Road	Palo Cedro
Richardson	Pamela	2759 Lake Redding Dr	Redding
Doppelhauer	Teddy	4141 Jasper Way	Redding
Doppelhauer	Elise	4141 Jasper Way	Redding
Johnson	Josh	19388 Kinene Court	Redding
Webster	Jay	888 Blackstone Ct	Redding
Burrell	David	1318 Edgewood Dr	Redding
Grafe	Terry	6629 Creekside	Redding
Meurer	Gary	1998 Jolie Way	Redding
Ritter	Keith	17886 Ranchera Rd	Shasta Lake
Schmit	Jennifer	2034 Paris Ave	Redding
Lee	Mark	PO Box 236	Shasta
Sutter	Sabrina	6300 Silver Pine Way	Shingletown
Mitchell	Rosemary	1064 Continental #5	Redding
Goodman	Tim	13242 Pala Mesa Circle	Redding
Gerhardt	Trevor	PO Box 222	Oak Run

A message from your Benevolent President

September is here (almost). With any luck the dog days of summer will be over and we'll start the cooler fall months. Let's keep our fingers crossed and hope that will be the case.

I want to reiterate what I said at the August meeting about the rules of the road. If we want to be respected by the motoring public, we have to do our part to earn it. We don't like it when vehicles come by way too close and way too fast.

How do you think the motorists like it when we are out in the lane when there is no need for us to be there? We need to stay out of the traffic lane unless we have good reason to be in it. That's the law! The law of the land in Cali is that we will stop at signals and stop signs. When the motoring public see us rolling stop signs and signals what do they think? I know what I think. Please use some common-sense and stop.

If a vehicle doesn't see you and hits you it's your body that is going to lose. Trust me it may not be pretty.

So, when we ride let's have a whole lot of fun and let's be safe out there.

Keep spinning those cranks!

Doug



Run Across Road Hazard?

If you ever encounter hazards 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.

McCloud Missive

The McCloud Snowmobile Park to Bartle out-and-back ride is 60 miles of paved Forest Service roads (Pilgrim Creek and Harris Springs), beautiful woods, virtually no traffic (I think we spotted maybe 10 vehicles in 60 miles), temperatures 10 degrees or more cooler than Redding and about 2500 feet of climbing.

We were just three at Saturday's (Aug. 6) ride and we had a great time (see picture). It's about a 70-mile drive from Redding and well worth it.

The following day, my wife, Pam, and I explored the area around Fowler's Campground (Forest Service) and the McCloud River's Upper and Middle Falls. It's a beautiful area only a few miles east of McCloud and exploring that area on bikes would make an excellent addition to or substitute for the aforementioned Pilgrim Creek/Bartle ride). Again, it's all paved Forest Service roads and we would not need to bike along Hwy 89.



So, I encourage Wheelmen to consider McCloud and other out-of-town rides for a change of scenery from our regular Redding-area rides.

Teaser: Rides are perhaps in the works for Fort Jones/Etna in Siskiyou County and the Surprise Valley (Cedarville) in eastern-most Shasta County (like bordering Nevada).

So there you have it – encouraging words from your now and then out-of-town route planner,

John Crowe

Experimental Ride Ratings on Shasta Wheelmen Regular Ride Calendar

Starting with the August 2022, Ride Calendar a two-part Ride Rating will appear with the ride description. This system is borrowed from the Western Wheelers Bicycle Club from Palo Alto (sponsors of the Sequoia Century in years past). This is a test to see if it works for Shasta Wheelmen riders.

You will see a notation of HR followed by a number from 1-5. That number is based on the feet climbed during the ride divided by the ride's mileage. The scale is:

Hilliness Rating	Average Climb Feet/Mile
0	0
1	25
2	50
3	75
4	100
5	125

You may also see a "+" or a "!" next to the HR number. The plus denotes a ride near the top of its category. An exclamation point indicated very steep climb(s) within the ride.

The "Pace" rating of the ride is, at this point, an educated guess as to how fast the average speed of that ride is likely to be ridden. A is the slowest and E is the fastest (those of you who recall certain rides at Disney Land as E-ticket rides will appreciate the classification).

Here is a table that describes the system:

Pace Rating	Hilliness Rating					
	0	1	2	3	4	5
A	10	9	8	NA	NA	NA
B	12	11	10	9	8	7
C	14	13	12	11	10	9
D	16	15	14	13	12	11
E	18	17	16	15	14	13

This is only an experiment and should be used as a guide for selecting rides based on your own fitness and endurance.

Your feedback is both needed and welcomed. If this doesn't work, it will quietly go away. If you see room for improvement, please let Greg Winters or Doug Holt know and we'll give your idea a try. If you like it let the board (and the Ride Lackey) know. If you don't, do the same but tell us why you think it stinks.

Greg Winters, Humble Ride Lackey

Area Organized Rides

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

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

Evening Rides are Cancelled if Predicted Temperature is 105 or above

**Hilliness Rating of 1-5 based on average feet of climb per mile.
Pace rating estimated by average speeds to be expected**

Date	Time	Description	Route URL
09/01/22	8:00 AM	Ride #15a Keswick Dam Loop, CW, Start at Sundial Bridge Parking Lot 32.4 miles 1726 feet HR: 3! Pace: B/C	https://ridewithgps.com/routes/39722110
09/01/22	8:00 AM	Ride #15b Keswick Dam Loop, CW (Alternate- No Valparaiso) , Start at Sundial Bridge Parking Lot 29.5 miles 1345 feet HR: 2 Pace: C/D	https://ridewithgps.com/routes/39722071
09/03/22	8:00 AM	Out to the Bear Start at Sundial Bridge Parking Lot 34 miles Elev 1672 HR:2(!) Pace:B	https://ridewithgps.com/routes/8104953
09/04/22	8:00 AM	Middle Creek Loop Start at Sundial bridge ParkingLot 28 miles Elev 2109 HR:3 Pace: B/C	https://ridewithgps.com/routes/19736728
09/05/22	6:00 PM	Club Monthly Meeting at Lulu's Restaurant 2230 Pine St., Redding	HTTPS://goo.gl/maps/PRA4i2gHd8w
09/06/22	8:00 AM	Ride #16 Anderson CW - Start at Sundial Bridge Parking Lot 37.9 miles Elev 855 HR: 1 Pace: C/D	https://ridewithgps.com/routes/14136303
09/08/22	8:00 AM	Ride #17 Old Shasta CW - Start at Sundial Bridge Parking Lot 29.0 miles Elev 1323 HR: 2 Pace B/C	https://ridewithgps.com/routes/14136304
09/10/22	8:00 AM	Bowman/Hwy 36 Start at Anderson Starbucks 60 miles Elev 2172 HR:2 Pace:B/C	https://ridewithgps.com/routes/14136331
09/11/22	8:00 AM	Westwood Zogg Start at Westwood Village 35 miles Elev 2367 HR:2+ Pace: B/C	https://ridewithgps.com/routes/14136349
09/13/22	8:00 AM	Ride #18 Jones Valley CCW - Start at Sundial Bridge Parking Lot 32.6 miles Elev 1577 HR: 2 Pace:B/C/D	https://ridewithgps.com/routes/14136305
09/15/22	8:00 AM	Ride #19 Millville CCW - Start at Sundial Bridge Parking Lot 36.6 miles Elev 1067 HR: 2 Pace:B/C	https://ridewithgps.com/routes/14136307
09/17/22	8:00 AM	Boyle, Old Oregon, Pine Grove, Dam, Trail starting in Palo Cedro Park n Ride for 54 miles Elev 2532 HR:2 Pace B/C	https://ridewithgps.com/routes/31261849
09/17/22	9:00 AM	Fort Jones/Etna Ride- Join John Crowe for a ride in Siskiyou County. Meet at 9:00 AM at Ray's Market in Fort Jones. Distance:36 Elev. 1,236 HC:2 Pace: C/D	https://ridewithgps.com/routes/40375350
09/18/22	8:00 AM	Shasta Dam Loop Start at Sundial Bridge Parking Lot 35 miles Elev 1887 HR:2 Pace: C/D	https://ridewithgps.com/routes/19741516
09/18/22	8:00 AM	WOW Ride- Join Patty Shackelton for this month's WOW Ride. Meet at the Palo Cedro Park-n-Ride for a run to Oak Run, Fern. Whitmore Ride is 54.4 miles and climbs 3,30 feet. HR:3+, Pace: C/D	https://ridewithgps.com/routes/40479548

Continued on next page

09/20/22	8:00 AM	Ride #20 Igo/Ono CCW - Start at Sundial Bridge Parking Lot 40.5 miles Elev 2077 HR: 3 Pace:B/C	https://ridewithgps.com/routes/14136308
09/22/22	8:00 AM	Ride #21 Bridge Bay CCW - Start at Sundial Bridge Parking Lot 35.0 Miles Elev 1656 HR: 2 Pace:B/C/D	https://ridewithgps.com/routes/14136309
09/24/22	8:00 AM	Cottonwood/Igo Start at Anderson Starbucks 50 miles Elev 1412 HR:2 Pace:B/C	https://ridewithgps.com/routes/14136352
09/25/22	8:00 AM	Benson/Bowman Start at Anderson Starbucks 36 miles Elev 871 HR:1 Pace:C	https://ridewithgps.com/routes/14136317
09/27/22	8:00 AM	Ride #22 Old Shasta CCW - Start at Sundial Bridge Parking Lot 30.4 miles Elev:1643 HR: 3 Pace B/C	https://ridewithgps.com/routes/14136310
09/29/22	8:00 AM	Ride #23 Shasta Dam/City of Shasta Lake CCW - Start at Sundial Bridge Parking Lot 33.4 miles Elev 1773 HR: 3 Pace:B/C	https://ridewithgps.com/routes/14136311

New specialty rides: "Brick" ride-run. Starting in August, two Saturdays a month on the special event- Captains Calendar will add a "brick" ride-runs to the schedule, led by Gary Nelson and Lynn Holmquist. As our club has grown, so has the participation of several triathletes and duathletes. The "bricks" provide a safe place for athletes to practice transition from bike to run and a safe place to run off the bike. The Wheelmen will provide bike racks, an ice chest for beverages and shade. Even if you don't run, we would love for you to join us on the ride and maybe sit and enjoy your cold drink while the runners do their thing. Any questions call Gary Nelson 925 951 3345 Thank you and hope to see you out there.

Specialty Rides / Events & Captains Calendar

Ride Calendar Color Key: Tan = Weekend Rides, Blue = Weekday Rides, Green = Special Rides / Events, WOW = Pink

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

Date	Time	Description	Route URL
9/3/2022	7:00 AM	Ash Creek to Wildcat: Start Palo Cedro Park& Ride 53.7 Miles Elev 2787	https://ridewithgps.com/routes/19137252
9/4/2022	7:00 AM	Shasta Wheelmen Reading Island and back: Start Westside outlets. 38.2 Miles Elev 569	https://ridewithgps.com/routes/1284567
9/10/2022	7:00 AM	Brick: Start @ Turtle Bay Trail Memorial picnic area across the Diestelhorst Bridge Parking available via Quartz Hill Rd. Rio Dr. 38.9 miles Elev 2273 (Ride)	https://ridewithgps.com/routes/40386799
		Brik Run: No club responsibility for run. Run at your own risk.	https://ridewithgps.com/routes/40382445
9/10/2022	8:00AM	Bike the Rogue: Start Buffington Park Gold Beach Oregon. 23,38,62 miles	
9/11/2022	7:00 AM	#5 Jones Valley: Start Sundial Bridge parking lot 32.5 miles Elev 1579	https://ridewithgps.com/routes/38148149
9/17/2022	7:00 AM	Jelly's Ferry: Start Anderson Starbucks 42.8 miles Elev 1565	https://ridewithgps.com/routes/38164355
9/17/2022	7:00 AM 9:00AM	Tour of the Unknown Coast: Start Humboldt County Fairgrounds 100 mile TUC / 100K Avenue of the Giants	https://ridewithgps.com/routes/29038697
9/18/2022	7:00 AM	#11 Shasta Dam: Start @Sundial Bridge parking lot 33.4 miles Elev 1778	https://ridewithgps.com/routes/38159727
9/18/2022	8:00AM	WOW Ride # 5: Oak Run, Fern, Whitmore Start Palo Cedro Park and Ride 54.5 miles Elev 3630	https://ridewithgps.com/routes/40475194
9/24/2022	7:00 AM	Brick: Start @ Turtle Bay Trail Memorial picnic area across the Diestelhorst Bridge Parking available via Quartz Hill Rd. Rio Dr. 38.9 miles Elev 2273 (Ride)	https://ridewithgps.com/routes/40386799
		Brik Run: No club responsibility for run. Run at your own risk.	https://ridewithgps.com/routes/40382445
9/25/2022	7:00 AM	Pondeosa / Innwood: Start Anderson Starbucks 59.9 miles Elev 3524	https://ridewithgps.com/routes/14136345
9/25/2022	6:15AM	Honolulu Century Ride: Start Kapi'olan Park, Distance 25,50,75 &100 miles	https://ridewithgps.com/routes/28464538

100 and 200 mile Wheelmen Trifecta Challenge sign ups on going.

Call or text Gary Nelson @ 1-925-951-3345 or email him at garyjnelson17@outlook.com

Below are Trifecta Challenge optional courses

100 option A	https://ridewithgps.com/routes/38299564		
100 option B	https://ridewithgps.com/routes/38227466		
100 option C	https://ridewithgps.com/routes/38227527		
200 option A	https://ridewithgps.com/routes/38205168		
200 option B	https://ridewithgps.com/routes/38299569		
200 option C	https://ridewithgps.com/routes/38299572		



August 13 - first Brick (ride-run) put on by Shasta Wheelmen. Organized by Gary and Lynn.

The Pactimo team store will open Thursday the 25th. The last day to order the new Wheelmen jerseys is 9/10/2022

We have added jerseys in all pink and yellow. Pactimo will rebate 5% of the new color jerseys back to the club. We will need to sell \$300 worth of the jerseys to get this. See more images on our website.

PW wheelpeople2x2.

Thanks, Rich



Igo ride



Girls just wanna have ice cream

Shasta Wheelmen General Membership Minutes

AUGUST 1, 2022

Lulu's Restaurant

1. Call to Order by President Doug Holt – meeting started at 6:00pm
2. Self-Introductions
3. Quorum – Yes - 16 members present
4. Minutes from June 2022 General Membership meeting as printed in the Matrix were approved. Patty motioned to approve, Lisa second. Motion carried. No July Meeting due to July 4th Holiday, therefore no July Minutes were presented for approval.
5. Standing Reports:

A. Treasurer's Report by John Simmons details submitted:

CHECKING	July 2022		SAVINGS	July 2022	
OPENING	\$10,919.73		OPENING	\$1,641.46	
INCOME	\$410.00	*	INCOME/	\$.01	
EXPENSES	-\$127.99	**	EXPENSES	\$0	
CLOSING	\$11,201.74		CLOSING	\$1,641.47	

*Income (Membership = \$360, Donation = \$50)

**Expenses (Stripe Fees \$27.99, Check to League of American Bicyclists annual membership renewal = \$100)

John reports total assets = \$12,843.21

-Discussion regarding the need for 2 separate accounts initiated. To be discussed further while reviewing Bylaws.

B. Membership Report by Jim Bush:

1. 157 total members
2. June 2022 – 3 new members and 7 renewals
3. July 2022 – 5 new members and 7 renewals
10 reminders sent (3rd notice) for renewal payment
4. Year to Date 2022 – 20 new members, 39 renewals
5. Jim asks/reminds current riders to introduce ourselves to new riders and help match them in the group according to pace. Also, up-to-date rosters available upon request.

C. Board Meeting Report by Doug:

- *Dropbox Fees will be shared with Nolan
- *Specialty Ride Calendar duties assumed by Doug
- “A work in progress”
- Discussion about need for 2 calendars; all the Specialty Rides make extra work for Greg
- Interest voiced in 1 starting place for weekend rides
- Jim reports on responding to Club email questions (average 2-3 per week) and his responses on how he directs riders
- Ride Schedule Calendars are available through Club Website, Matrix, and are also Emailed to Members through shastawheelmen@googlegroups.com
- Other Club formats discussed (beginner/intermediate/advanced)
- *Board approved “Bricks” to be added to Specialty Calendar
- Noted that our Club Insurance only covers CYCLING events
- Roads must be car accessible (gravel would qualify if car accessible)
- *No On-Line Meetings until further notice

6. Old Business

A. Bike Month – “Thank You” Card from Healthy Shasta for volunteer work was passed around

B. Captain's Crew WON a Bike Rack! Lisa reported on a list of potential locations (with installation and plaque provided) suggested by Healthy Shasta. Discussion and Membership VOTE chose Burney Community Pool.

Continued on next page

7. New Business

A. Specialty Ride Calendar

B. Rating System – to try out – feedback welcomed

C. Car Stickers for Members from Jack Yerkes; free if put on vehicle, \$3 otherwise

D. Patty reminds Club that AB1713 will be re-introduced to California Assembly, lobbied for by California League of American Cyclists (allows adults to roll-through at stop signs when clear)

E. John Crowe reminds of Saturday's McCloud/Pilgrim Creek ride (August 6)

F. Andi Winters named to be new Matrix Editor when Terri steps down in September

G. "Ride Rules Revisited" by President Doug – according to Bylaws:

-Custom routes (Tues-Thurs Geezer Group) okay, just please communicate

-Club ride's earliest start time 7am, individuals may unofficially choose to start earlier

-Helmets REQUIRED

-Rules of the Road to be followed and 'call outs' encouraged (take responsibility for our actions, ride in bike lanes and single-file on shoulder)

H. Judy Addison announces that she is selling her 2022 Trek Verve (Gray, Step-through, disc brakes, size M) - Less than 100 miles ridden – paid new \$1000, asking \$750

If interested text Judy @ (707) 407-8799

8. Drawing – Linda LaBella (Starbucks), Bill Campbell (From the Hearth)

9. Adjournment at 7:15

Agenda for Monday September 5th meeting at Lulu's 6:00 PM

- Call the meeting to order
- Self-introductions
- Membership Chair to determine if a quorum is present
- Approval of the minutes in the Matrix
- Standing Reports
 - Treasures Report
 - Membership Report
 - Board meeting Report (N/A No board meeting in August)
- Old Business
 - AB1713 (Safety Stop)
 - Bike Rack
- New Business
 - Any new business brought forth from the floor
- Drawing
- Adjourn Meeting



Chain Gang Bike Shop

1540 Division St
Redding, CA 96001

530-243-9951

<http://chaingangbikeshop.com/>



Jefferson State Adventure Hub

872 N Market St.
Redding, CA 96003

530-768-5055

www.isahub.com



Pedego Redding

862 N Market St.
Redding, CA 96003

530-605-4500

<https://www.pedegoelectricbikes.com/dealers/redding/>



Sports LTD

950 Hilltop Drive
Redding, CA 96003

530-221-7333

<https://www.reddingsportsltd.com>



The Bike Shop

3331 Bechelli Lane
Redding, CA, 96002

530-223-1205

<https://www.thebikeshopredding.com>





Matrix

October 2022 – The Official Publication of the
Shasta Wheelmen Bicycle Club

Specialty Rides

No Specialty Rides or Captains Calendar submitted this month.

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

Nancy Cook
760-217-2085

Fifth Board Member

Patty Shackleton
619-981-2393

STAFF

Membership Chairman

Jim Bush
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Matrix Editor

Andi Winters
415-990-1616

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..



September 17, 2022: Fort Jones to Etna Wheelmen ride. It was a good turnout with cool weather, smooth roads and very little traffic! I heard comments about doing it again next year! Thanks to John Crowe for organizing this out-of-town ride!

Your Safety and the Future of Riding Depends on You

(This information was in a handout from Caltrans given out at a recent Placer County ride)

The California Department of transportation (Caltrans) has historically worked extremely hard to support safety on the roadways for all cyclist as well as motorists. Caltrans is in a position to help with road improvements as well as grant or deny permits for cycling events.

Caltrans has received numerous comments, complaints and letters of riders not abiding by the rules of the road. Violations specifically include: not riding as far to right as practicable, riding two or more abreast, not moving to the right to allow following traffic to pass safely, not using proper hand signals when turning, and not stopping at stop signs or allowing pedestrians to cross at marked cross walks.

Cyclist may be taking for granted "Share the Road," where cars are expected to share with bikes and obey rules of the road but those same cyclists are not sharing the roadway with vehicles, or obeying the rules of the road themselves. We know that most of you obey the rules and that you ride responsibly; it may be a small percentage of violators that have created this issue. Regardless, all who use our roadways must comply with rules and act responsibly. Please know that you, as participating cyclists, can determine the safety and future of road riding. We are asking for your help. Please demonstrate to Caltrans and all other users of the roadways that you can and will share the road and ride responsibly.

Submitted by Patty Shackleton

Welcome New 2022 Shasta Wheelmen Members

Holmquist	Lynn	2974 Wilson Ave	Redding
Crouse	Dana	20250 Chalone Place	Anderson
Lutz	Bruce	16495 Valparaiso Way	Redding
Jones	Brenna	1501 Brinn Drive	Redding
Cota	Dennis	19160 River Downs Way	Cottonwood
Feusier	Shane	9435 Trinity Dam Blvd #68	Lewiston
Foley	Alan	PO Box 983	Red Bluff
Collins	Jen	2715 Rialto Pkway	Redding
Johnson	Christina	10810 Rogmar Dr	Palo Cedro
Clark	Sean	3852 Craftsman Ave	Shasta Lake
Alcala	Daniel	10775 French Creek Road	Palo Cedro
Richardson	Pamela	2759 Lake Redding Dr	Redding
Doppelhauer	Teddy	4141 Jasper Way	Redding
Doppelhauer	Elise	4141 Jasper Way	Redding
Johnson	Josh	19388 Kinene Court	Redding
Webster	Jay	888 Blackstone Ct	Redding
Burrell	David	1318 Edgewood Dr	Redding
Grafe	Terry	6629 Creekside	Redding
Meurer	Gary	1998 Jolie Way	Redding
Ritter	Keith	17886 Ranchera Rd	Shasta Lake
Schmit	Jennifer	2034 Paris Ave	Redding
Lee	Mark	PO Box 236	Shasta
Sutter	Sabrina	6300 Silver Pine Way	Shingletown
Mitchell	Rosemary	1064 Continental #5	Redding
Goodman	Tim	13242 Pala Mesa Circle	Redding
Gerhardt	Trevor	PO Box 222	Oak Run
Rogers	Don	6900 Milville Plains Rd	Anderson
Winters	Andi	2200 Corral Ct.	Redding
Xiao	Xiao	13242 Pala Mesa Circle	Redding

A message from your Benevolent President

Here it is the last quarter of the year. October is when we see a drop in our temperatures, and our last 100-degree day is behind us. Historically October the 7th is the last day of the year when we have seen a 100-degree day. So hip, hip hooray for cooler temperatures!

It's time to start thinking about if you would like to be on the nominating committee or if you would like to run for office. Below is the section of our bylaws dealing with elections. So please email me or talk with me on a ride if you are interested in being on the nominating committee. I am looking for four people to be on this committee. I will not be running for president this year and will become immediate past president and the 5th board member. So, the other four board positions, President, Vice President, Secretary and Treasurer will be voted on.

Section 4.03-Election and Term of Office at the November meeting of the members, a nominating committee shall be appointed by the President. No officer who is standing for re-election shall serve on the committee. It shall be the duty of the committee to propose a slate of Officers for the following calendar year. The slate shall be published in the December newsletter and a ballot presented at the December meeting of members. At that time nominations will be accepted from the floor and Officers shall be elected individually to the positions listed in Section 4.01. Each Officer shall serve for a term of one (1) year, commencing January 1st. Incumbent Officers shall hold office through December 31st.

That's it for this month's rambling of your Benevolent President.

Keep spinning those cranks!

Doug





Tuesday's Shasta Wheelmen's ride to Jones Valley and on to the boat ramp. No lake in sight! No boats!

Experimental Ride Ratings on Shasta Wheelmen Regular Ride Calendar

Starting with the August 2022, Ride Calendar a two-part Ride Rating will appear with the ride description. This system is borrowed from the Western Wheelers Bicycle Club from Palo Alto (sponsors of the Sequoia Century in years past). This is a test to see if it works for Shasta Wheelmen riders.

You will see a notation of HR followed by a number from 1-5. That number is based on the feet climbed during the ride divided by the ride's mileage. The scale is:

Hilliness	Average Climb
Rating	Feet/Mile
0	0
1	25
2	50
3	75
4	100
5	125

You may also see a "+" or a "!" next to the HR number. The plus denotes a ride near the top of its category. An exclamation point indicated very steep climb(s) within the ride.

The "Pace" rating of the ride is, at this point, an educated guess as to how fast the average speed of that ride is likely to be ridden. A is the slowest and E is the fastest (those of you who recall certain rides at Disney Land as E-ticket rides will appreciate the classification).

Here is a table that describes the system:

Pace Rating	Hilliness Rating					
	0	1	2	3	4	5
A	10	9	8	NA	NA	NA
B	12	11	10	9	8	7
C	14	13	12	11	10	9
D	16	15	14	13	12	11
E	18	17	16	15	14	13

This is only an experiment and should be used as a guide for selecting rides based on your own fitness and endurance.

Your feedback is both needed and welcomed. If this doesn't work, it will quietly go away. If you see room for improvement, please let Greg Winters or Doug Holt know and we'll give your idea a try. If you like it let the board (and the Ride Lackey) know. If you don't, do the same but tell us why you think it stinks.

Greg Winters, Humble Ride Lackey

Area Organized Rides

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

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

Hilliness Rating of 1-5 based on average feet of climb per mile. Pace rating estimated by average speeds to be ex-

Date	Time	Description	Route URL
10/01/22	8:30 AM	Ash Creek to Wildcat Start at Palo Cedro Park n Ride	https://ridewithgps.com/routes/19137252
10/02/22	8:30 AM	Coleman Fish Hatchery Millville Palo Cedro Start at Anderson Starbucks 45 miles Elev 1020 HR:1! (Old 44 westbound) Pace: C/D	https://ridewithgps.com/routes/14136357
10/03/22	6:00 PM	Club Monthly Meeting at Lulu's Restaaurant 2230 Pine St., Redding	HTTPS://goo.gl/maps/PRA4i2gHd8w
10/04/22	8:30 AM	Ride #24 End of Iron Mountain Rd to gate CW - Start at Sundial Bridge Parking Lot 38.0 miles Elev 2362	https://ridewithgps.com/routes/14136313
10/06/22	8:30 AM	Ride #01 City of Shasta Lake CW - Start at Sundial Bridge Parking Lot 34.0 miles Elev 1810 HR:2 Pace: B/C/D	https://ridewithgps.com/routes/14139381
10/08/22	8:30 AM	Jelly's Ferry Start at Anderson Starbucks 43 miles Elev 1565 HR:2 Pace:B/C	https://ridewithgps.com/routes/14136325
10/09/22	8:30 AM	Clover Creek Deschutes, Old Alturas. Old Oregon, Shasta View Start at Clover Creek Preserve 31 miles Elev 986 HR:2 Pace: B/C	https://ridewithgps.com/routes/31261933
10/11/22	8:30 AM	Ride #02 Palo Cedro counter CCW - Start at Sundial Bridge Parking Lot 31.6 miles Elev 1057 HR: 2 Pace: B/C/D	https://ridewithgps.com/routes/14136290
10/13/22	8:30 AM	Ride #03 Anderson counter CCW - Start at Sundial Bridge Parking Lot 39.5 miles Elev 825 HR: 1! Pace: C/D	https://ridewithgps.com/routes/14136291
10/15/22	8:30 AM	Cottonwood Ash Cr Wildcat Blk Butte Hwy 44 Ponda Inwood Start at Anderson Starbucks 60 miles Elev 3524 HR:2 Pace: C	https://ridewithgps.com/routes/11451695
10/16/22	8:30 AM	Jamboree Cool Down Start at Palo Cedro Park n Ride 33 miles Elev 769 HR:2 Pace:C	https://ridewithgps.com/routes/10457267
10/18/22	8:30 AM	Ride #04 Old Shasta counter CCW - Start at Sundial Bridge Parking Lot 28.5 miles Elev 1297 HR: 2! Pace: C/D	https://ridewithgps.com/routes/14136292
10/20/22	8:30 AM	Ride #05 Jones Valley Store CW - Start at Sundial Bridge Parking Lot 32.5 miles Elev 1579 HR: 2 Pace: B/C/D	https://ridewithgps.com/routes/14136293
10/22/22	8:30 AM	Clover Creek Preserve, Boyle, Millville, plains, Balls Ferry, Panorama Start at Clover Creek Preserve 45.2 miles Elev 1163 HR:2 Pace:C	https://ridewithgps.com/routes/31261892
10/23/22	8:30 AM	Down and back – Start Anderson Starbucks 37 miles Elev 944 HR:2 Pace:C	https://ridewithgps.com/routes/30403220
10/25/22	8:30 AM	Ride #06 Millville Plains CW - Start at Sundial Bridge Parking Lot 38.4 miles Elev 1042 HR: 2 Pace: B/C	https://ridewithgps.com/routes/14136294

Continued on next page

10/29/2022	8:30 AM	Dersch Wildcat & Black Butte Loop Start at Palo Cedro Park n Ride 50 miles Elev 2666 HR:2 Pace:B	https://ridewithgps.com/routes/18014197
10/30/2022	8:30 AM	Veteran's Cemetery / West Redding Cottonwood Loop Start at Anderson Starbucks 42 miles Elev 1377 HR: 2! (Clear Creek Rollers) Pace: C	https://ridewithgps.com/routes/11043109

SHASTA WHEELMEN TRIPLE CROWN CHALLENGE (NOT THE CALIFORNIA TRIPLE CROWN)

No Set Starting Times- Complete ride within 24 hrs.

100 Mile A Route- Start at Anderson Outlets	https://ridewithgps.com/routes/37046369
100 Mile B Route- Start at Sundial Bridge	https://ridewithgps.com/routes/38227466
100 Mile C Route Start at Sundial Bridge	https://ridewithgps.com/routes/38227527
200 Mile A Route- Start at Sundial Bridge	https://ridewithgps.com/routes/38205168
200 Mile B Route- Start at Anderson Starbucks	https://ridewithgps.com/routes/38217610
200 Mile C Route- Start at Sundial Bridge	https://ridewithgps.com/routes/38217737

100 and 200 mile Wheelmen Trifecta Challenge sign ups on going.

Call or text Gary Nelson @ 1-925-951-3345 or email him at garyjnelson17@outlook.com

Below are Trifecta Challenge optional courses

100 option A	https://ridewithgps.com/routes/38299564		
100 option B	https://ridewithgps.com/routes/38227466		
100 option C	https://ridewithgps.com/routes/38227527		
200 option A	https://ridewithgps.com/routes/38205168		
200 option B	https://ridewithgps.com/routes/38299569		
200 option C	https://ridewithgps.com/routes/38299572		

Club Insurance

Did you know that when you are participating in club activities you are covered by the club insurance?

Your Shasta Wheelmen membership includes insurance coverage provided through the League of American Bicyclists while participating in all paved and gravel bicycling related activities conducted and sponsored by the club. This includes club rides, club meetings and events. Yes, e-bikes are covered!

The criteria for a club ride includes:

- Ride must be listed on a ride calendar with a start time and location.
- Members must have signed a waiver, as included in the membership application.

Submitted by Patty Shackleton



Wheelmen in the World

Left: Greg Winters ready to represent Shasta Wheelmen at the Honolulu Century Ride 2022 on Sunday, September 28.

Right: Craig and Jen Collins during their ride around Lake Lucerne on their day of climbing Gotthard Pass



Shasta Wheelmen General Membership Minutes

SEPTEMBER 5, 2022

Lulu's Restaurant

1. Call to Order by President Doug Holt – meeting started at 6:02pm
2. Self-Introductions
3. Quorum – Yes - 16 members present
4. Minutes from August 2022 General Membership meeting as printed in the Matrix were approved by unanimous vote.

5. Standing Reports:

Treasurer's Report by Jim Bush for John Simmons details submitted:

*Income (Membership = \$150)

**Expenses (Stripe Fees \$10.35)

Total assets = \$12,982.77

B. Membership Report by Jim Bush:

1. 162 total members
2. August 2022 – 4 new members and 1 renewal
3. Year to Date 2022 – 24 new members, 40 renewals
4. Prior to 2020 there were 127 Club members

C. Board Meeting Report by Doug:

*No Board meeting in August; next Board meeting - September 21

6. Old Business

- A. AB1713 pulled, with plan to reintroduce next year.
- B. Bike Rack (won from Bike Month competition) to be installed in Burney, details to come.

7. New Business

- A. A company called 'Podium Wear' initiated contact with the Club for kit wear. Patty was asked to look into it on Club's behalf. Podium Wear did not respond to her email inquiries. Discussion amongst present members concluded satisfaction with Pactimo, no new vendor needed.
- B. Rich reported 7 or 8 of the new jerseys were ordered, and additional women's wear (styles & sizes) are in the works. Club will get 5% back from Pactimo orders.
- C. Patty read a selection from another cycling club's newsletter (regarding a cycling death) which led to the reading of that club's Mission Statement – promoting Cycling and Safety.
 - *The Shasta Wheelmen Club doesn't currently have a Mission Statement (Bylaws Committee to address that topic)
 - *Proposal made to network or partner with other agencies or clubs to promote bicycling safety
 - *Can the Club belong to National or State organizations to contribute to the promotion of bicycling safety?
 - *Discussion of Club status with League of American Bicyclists (are we members because we purchase insurance? Patty will check)

*Jim will check email for literature from League of American Bicyclists

*Discussion about Club donations staying in the local community as per Website statement

D. Jim mentioned the volunteering opportunities that were presented to Wheelmen for local events:

*TinMan Tri, September 4th - Rich volunteered

*Lema Ranch Relays, September 18th - Linda volunteered

E. Upcoming Specialty Rides:

September 17th, Etna Ride

September 18th, W.O.W. Ride

F. Presentation by Jay Webster on the 500 mile NY Empire State Ride

*Personal story, pictures, history, and anecdotal stories of the week long adventure from Staten Island to Niagara Falls

*Jay and David Walker with 228 other riders raised \$1.5 million to benefit Roswell Park Cancer Research & Medical Treatment Center

8. Drawing – Patty (Starbucks), Gary (From the Hearth)

9. Adjournment at 7:08

Agenda for Meeting Monday October the 3rd at Lulu's 6:00 P.M.

- Call the meeting to order
- Self-introductions
- Membership Chair to determine if a quorum is present
- Approval of the minutes in the Matrix
- Standing Reports
 - * Treasures Report
 - * Membership Report
 - * Board meeting (9/21/22)
- Old Business
 - * Bike rack
 - * Bylaws committee
- New Business
 - * Any new business brought forth from the floor
- Drawing (Great Harvest Bread, Starbucks)
- Adjourn Meeting

<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.isahub.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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November 2022 – The Official Publication of the
Shasta Wheelmen Bicycle Club

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info@shastawheelmen.org

Club meetings are held on the first Monday of each month, 6:00 p.m..

Specialty Rides

11/05/22 10:00 AM Presidential Low & Slow, Burgers & Brew: Meet El Presidente at the Walgreen's Parking Lot near Woody's. Miles:15.2 Post ride Burgers & Brews at Woody's. I will hold a drawing for \$25 / \$15 /\$10 gift cards post ride for Woody's
<https://ridewithgps.com/routes/37735819>

11/13/22 8:30 AM **WOW Ride-** Join Nancy Cook for the November 2022, Women On Wheels Ride: Lema Ranch to Quarry Loop. Meet at the Lema Ranch parking circle- Armando Street and Hemingway Street. 53 miles; 2263 ft. HR:2+ Pace: C <https://ridewithgps.com/routes/40102914>

11/05/22 8:00 AM **Chico Beer Run 2022:** Starting from Turtle Bay we'll head to Chico via the route with stops in Anderson and Hamilton City. End is at Sierra Nevada Brewing Co. 1075 East 20th St., Chico. **YOU NEED TO ARRANGE YOUR OWN TRANSPORTATION BACK TO REDDING!!!** <https://ridewithgps.com/routes/41304524>

Did you tell yourself you would get that century this year? Do you need a 3rd century to complete the trifecta? Do you want to earn a cold beer at Sierra Nevada in Chico?

We'll get on your bike and lets do it! You will need to arrange for a return ride. Maybe your other half likes to shop in Chico? Or he/she just wants an early dinner there. Have them bring a change of clothes for you.

We will keep it chill and regroup in Anderson at the Starbucks. Get water. No coffee just a quick regroup. Those wanting a shorter ride can join us there and turn around wherever.

Next regroup at Jellys ferry bridge. Then at the Freeway over pass. Next a coffee stop at Starbucks in Red Bluff. Get more water. On to Corning and a stop at a convenience store.

We will stop again at mile 81. Its a 90 corner before Hamilton city. Then regroup and water in Hamilton City. Regroup again when we get off Hwy 32 on to River Road. We will try to stay together from there to Sierra Nevada.*

Rain cancels. Strong south wind cancels. It WILL be FUN. I will try to have sag meet us to unload the warm clothes we will be shedding I hope.

-Rich 530-604-4371



Welcome New 2022 Shasta Wheelmen Members

Holmquist	Lynn	2974 Wilson Ave	Redding
Crouse	Dana	20250 Chalone Place	Anderson
Lutz	Bruce	16495 Valparaiso Way	Redding
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Rogers	Don	6900 Milville Plains Rd	Anderson
Winters	Andi	2200 Corral Ct.	Redding
Xiao	Xiao	13242 Pala Mesa Circle	Redding

A message from your Benevolent President

Gobble Gobble turkeys! Happy Thanksgiving from your Benevolent President. I wish you all the best in the upcoming holiday season.

If you are interested in running for one of the Board of Directors positions please talk with Jack Yerkes, Rich Robinson or Teri Webster. They make up our nominating committee. If one of them asks you to run for a position please do. This club can only survive if we have a Board of Directors.

At the last meeting Patty proposed that we have a club member be a legislative watchdog so to speak. This person would monitor for legislation as it pertains to our cycling interests. They would write a small synopsis in the Matrix and give a brief summary at the general meeting. Well, we need to look no further! I will be taking this job on. I was already doing this as president. So, I will just continue in this role. Here is my first Legislative alert. The Three-foot Law has been amended. The new provision will take effect 1/1/23.

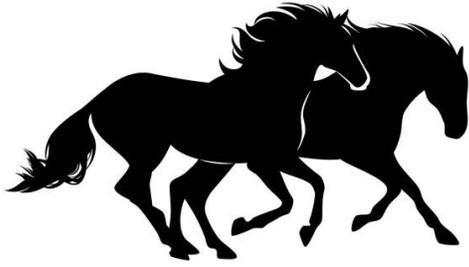
A driver of a motor vehicle shall not overtake or pass a bicycle proceeding in the same direction on a highway at a distance of less than three feet between any part of the motor vehicle and any part of the bicycle or its operator. *The driver of a motor vehicle overtaking or passing a bicycle that is proceeding in the same direction and in the same lane of travel shall, if another lane of traffic proceeding in the same direction is available, make a lane change into another available lane with due regard for safety and traffic conditions, if practicable and not prohibited by law, before overtaking or passing the bicycle.*

So, when we are out riding the country lanes this new part of the law will not apply. It will still be the three-foot rule, but when we are in town on multi lane roads it will. Unless we are in a designated bike lane. Because with the bike lane we are not in the same lane with the motor vehicles.

That's it! Keep Spinning those Cranks. Your Benevolent President Doug



As if Deer and Squirrels Weren't Enough...



This is from the Saturday, October 12, 2022, San Francisco Chronicle:

MAMMOTH LAKES, Mono County — Beneath the distant peaks of California's Sierra Nevada, just east of Yosemite National Park, a bicyclist was pushing through a 100-mile road race last month when the unthinkable happened. The 51-year-old rider ran, literally, into one of the biggest quandaries of the American West: wild horses.

Traveling downhill at 40 mph, the bicyclist was unable to avoid a group of mustangs crossing the highway about a two-hour ride from the mountain town of Mammoth Lakes. His bike broke in half as he collided with a large, brown horse, sending the

racer into the roadside sage with several broken ribs and a collapsed lung, according to a preliminary accident report.

"We've never seen anything like this," said Tamara Bank-son, organizer of the Mammoth Gran Fondo...

So now even wild horses get in the way. Wheelpeople- please be extra careful as deer are on the move in numbers in our riding area. Cattle wander off their ranches. Squirrels are dying to kill us all over the place! And you thought all you had to worry about were the pickups with dualies.

-Greg Winters

Ride Ratings on Shasta Wheelmen Regular Ride Calendar

This should be used as a guide for selecting rides based on your own fitness and endurance. It's borrowed from the Western Wheelers Bicycle Club from Palo Alto (sponsors of the Sequoia Century).

There is a notation of HR followed by a number from 1-5. That number is based on the feet climbed during the ride divided by the ride's mileage. The scale is:

Hilliness	Average Climb
Rating	Feet/Mile
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1	25
2	50
3	75
4	100
5	125

There may also be a "+" or a "!" next to the HR number. The plus denotes a ride near the top of its category. An exclamation point indicated very steep climb(s) within the ride.

The "Pace" rating of the ride is the average speed the ride is likely to be ridden. A is the slowest and E is the fastest.

Here is a table that describes the system:

Pace	Hilliness Rating					
	0	1	2	3	4	5
A	10	9	8	NA	NA	NA
B	12	11	10	9	8	7
C	14	13	12	11	10	9
D	16	15	14	13	12	11
E	18	17	16	15	14	13



Area Organized Rides

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

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

Date	Time	Description	Route URL
11/01/22	8:30 AM	Ride #08 Igo/Ono CW - Start at Sundial Bridge Parking Lot 41.6 miles Elev 2525. HR: 3! Pace: B/C	https://ridewithgps.com/routes/38159723
11/03/22	8:30 AM	Ride #09 Bridge Bay CW - Start at Sundial Bridge Parking Lot 35.1 miles Elev 1706 HR:2 Pace: C/D	https://ridewithgps.com/routes/38159724
11/05/22	8:30 AM	Ash Creek Dersch start at Palo Cedro Park n Ride for 40.3 miles Elev 1590 HR:2 Pace:C	https://ridewithgps.com/routes/31604861
11/05/22	10:00 AM	Presidential Low & Slow, Burgers & Brew: Meet El Presidente at the Walgreen's Parking Lot near Woody's. Miles:15.2 Post ride Burgers & Brews at Woody's. I will hold a drawing for a \$25 / \$15 /\$10 gift cards post ride for Woody's	https://ridewithgps.com/routes/37735819
11/05/22	8:00 AM	Chico Beer Run 2022: Starting from Turtle Bay we'll head to Chico via the route with stops in Anderson and Hamilton City. End is at Sierra Nevad Brewing Co. 1075 East 20th St., Chico. YOU NEED TO ARRANGE YOUR OWN TRANSPORTATION BACK TO REDDING!!!	https://ridewithgps.com/routes/41304524
11/06/22	8:30 AM	Coleman Fish Hatchery Balls Ferry Dersch Start at Anderson 31 miles Elev 886 HR:2 Pace:C	https://ridewithgps.com/routes/14136343
11/07/22	6:00 PM	Club Monthly Meeting at Lulu's Restaurtant 2230 Pine St., Redding	HTTPS://google/maps/PRA4i2gHd8w
11/08/22	8:30 AM	Ride #10 Old Shasta CW -Start at Sundial Bridge Parking Lot 30.5 miles Elev 1638 HR: 3 Pace: B/C	https://ridewithgps.com/routes/38159726
11/10/22	8:30 AM	Ride #11 Shasta Dam/City of Shasta Lake CW. - Start at Sundial Bridge Parking Lot 33.4 miles Elev 1778 HR: 3! B/C	https://ridewithgps.com/routes/38159727
11/12/22	8:30 AM	Boyle, Old Oregon, Pine Grove, Dam, Trail starting in Palo Cedro Park n Ride for 54 miles Elev 2532 HR:2 Pace B/C	https://ridewithgps.com/routes/31261849
11/13/22	8:30 AM	WOW Ride- Join Nancy Cook for the November 2022, Women On Wheels Ride: Lema Ranch to Quarry Loop. Meet at the Lema Ranch parking circle- Armando Street and Hemingway Street. 53 miles; 2263 ft. HR:2+ Pace: C	https://ridewithgps.com/routes/40102914
11/13/22	8:30 AM	Jones Valley Dry Cr Start at Shasta College East Lot 29 miles Elev 1291 HR:2 Pace:B	https://ridewithgps.com/routes/11468908
11/15/22	8:30 AM	Ride #12 End of Iron Mountain Rd CCW - Start at Sundial Bridge Parking Lot 35.7 miles Elev 2206 HR: 3 Pace: B/C	https://ridewithgps.com/routes/40182351
11/17/22	8:30 AM	Ride #13 City of Shasta Lake CCW - Start at Sundial Bridge Parking Lot 34.1 miles Elev 1962 HR: 3 Pace: B/C/D	https://ridewithgps.com/routes/40172747
11/19/22	8:30 AM	Oak Run-Bullskin Ridge-East Fern/Whitmore Start at Palo Cedro Park n Ride 62 miles Elev 4567 HR:3(!) Pace:B	https://ridewithgps.com/routes/7804880
11/20/22	8:30 AM	Hooker, Jellys Ferry Start at Anderson Starbucks 42 miles Elev 1628 HR:2 Pace:C	https://ridewithgps.com/routes/11752985
11/22/22	8:30 AM	Ride #14 Palo Cedro CW - Start at Sundial Bridge Parking Lot 31.2 miles Elev 1101 HR: 2 Pace: B/C	https://ridewithgps.com/routes/40172744

Continued on next page

11/24/22	8:30 AM	Ride #15a Keswick Dam Loop, CW, Start at Sundial Bridge Parking Lot 32.4 miles 1726 feet HR: 3! Pace: B/C	https://ridewithgps.com/routes/40182398
11/24/22	8:30 AM	Ride #15b Keswick Dam Loop, CW (Alternate- No Valparaiso) , Start at Sundial Bridge Parking Lot 29.5 miles 1345 feet HR: 2 Pace: C/D	https://ridewithgps.com/routes/40182409
11/26/22	8:30 AM	Veteran's Cemetery / West Redding Cottonwood Loop Start at CVS Pharmacy @, Placer/Buena Ventura 52 miles Elev 2270 HR:1! (Rosaline climb at end) Pace:C	https://ridewithgps.com/routes/15197255
11/27/22	8:30 AM	Westwood/Millville Plains Start at Westwood Village 35 miles Elev 959 HR:1 Pace C/D	https://ridewithgps.com/routes/14136348
11/29/22	8:30 AM	Ride #16 Anderson CW - Start at Sundial Bridge Parking Lot 37.9 miles Elev 855 HR: 1 Pace: C/D	https://ridewithgps.com/routes/40172736

SHASTA WHEELMEN TRIPLE CROWN CHALLENGE (NOT THE CALIFORNIA TRIPLE CROWN)

No Set Starting Times- Complete ride within 24 hrs.

100 Mile A Route- Start at Anderson Outlets	https://ridewithgps.com/routes/37046369
100 Mile B Route- Start at Sundial Bridge	https://ridewithgps.com/routes/38227466
100 Mile C Route Start at Sundial Bridge	https://ridewithgps.com/routes/38227527
200 Mile A Route- Start at Sundial Bridge	https://ridewithgps.com/routes/38205168
200 Mile B Route- Start at Anderson Starbucks	https://ridewithgps.com/routes/38217610
200 Mile C Route- Start at Sundial Bridge	https://ridewithgps.com/routes/38217737

100 and 200 mile Wheelmen Trifecta Challenge sign ups on going.

Call or text Gary Nelson @ 1-925-951-3345 or email him at garyjnelson17@outlook.com

Below are Trifecta Challenge optional courses

100 option A	https://ridewithgps.com/routes/38299564		
100 option B	https://ridewithgps.com/routes/38227466		
100 option C	https://ridewithgps.com/routes/38227527		
200 option A	https://ridewithgps.com/routes/38205168		
200 option B	https://ridewithgps.com/routes/38299569		
200 option C	https://ridewithgps.com/routes/38299572		

WANTED

For the Matrix:

YOUR pictures

YOUR stories

Help make the Matrix YOUR NEWSLETTER

By submitting pictures and stories

From YOUR rides!

Submit to Andi Winters at awinters125@gmail.com



Holiday Party
Monday, December 5, 6pm
At Lulu's



The Etna Epistle

I would count the Sept. 17 Fort Jones to Etna loop ride among the club's most successful out-of-town ventures. We had 14 riders who were treated to cooler weather (no rain), light traffic, varied scenery (much of it ranches, but also some wooded sections and an historic bridge) and great food and conviviality at the Etna Brewery. In fact, those who came along enjoyed the ride so much that there is talk of an encore next fall.

For those who drove up Friday, accommodations were to be had at the Etna RV Park, the Etna Motel and the historic Collier Hotel in Etna. The latter is an historic structure and it's possible that the Wheelmen may be able to rent the entire hotel should we opt for another Etna excursion. Those who came up Saturday morning met the overnighters at the starting point at Ray's Market in Fort Jones.

So, as the ride leader and general advocate for occasional out-of-town rides, I encourage all members to consider participating in such rides in the future.

-John Crowe

PS Special thanks to Tim Goodman and his wife, Xiao, who are familiar with the area and provided some valuable directional tips along the way.



Triple Play in The Dalles

Three Wheelmen couples – the Winters, Cannars and Crowes – enjoyed a week of cycling and sightseeing in The Dalles in early October. We stayed in a farmhouse style home amid cherry orchards. It was our home base for cycling, lots of cribbage games and some rousing rounds of the card game Uno. We enjoyed both homemade meals and dining out in The Dalles.

Situated along the Columbia River Gorge, The Dalles is not table-flat. With a fair amount of climbing each day, we kept the rides in the 18- to 25-mile range and were afforded great views of the fruit orchards that dot the hilly terrain above the river as well as some nice vistas of the mighty Columbia.

While we were cycling, Andi Winters and Pam Crowe enjoyed excursions to Maryhill Museum and Stonehenge replica across the river in Washington as well as various attractions in The Dalles.

All in all, we had a grand time and look forward to future cycling trips.

- John Crowe

Shasta Wheelmen General Membership Minutes

October 3, 2022

Lulu's Restaurant

1. Call to order by President Doug Holt; 6:00pm
2. Self-introductions of attendees
3. Quorum – Yes, 14 present, 8 = quorum
4. Minutes from the September meeting as printed in the Matrix were approved by unanimous vote.
5. Standing Reports:

Treasurer's report by John Simmons:

CHECKING	Sept 2022		SAVINGS	Sept 2022
OPENING	\$11,325.12		OPENING	\$1,641.48
INCOME	\$240.00	*	INTEREST	\$.01
EXPENSES	-\$1,384.56	**	EXPENSES	
CLOSING	\$10,180.56		CLOSING	\$1,641.49

*Income (Membership = \$180, Donations (Trifecta entries = \$60)

**Expenses (Stripe fees = \$16.56, check to Doug Holt to reimburse the annual storage unit cost = \$1,044. Squarespace charge = \$252.00, Web GSuite charge = \$72.00

Membership Report by Jim Bush:

3 new members in August

150 total members currently

The grace time for renewals has been changed from 3 months to two weeks after the second notice, per request by the board of directors.

Year to-date the club has 27 new members

Membership lists will not be published or sent out by e-mail however if a member wants to have a list Jim will print one and hand deliver it. Those who agree to carry an emergency contact list on club rides can also get one from Jim Bush.

Board Meeting Report by Doug:

E-mails to the club will be managed by the VP

Ride Ratings will continue per system introduced by Greg Winters.

Lisa and John have completed the line-item budget and formatted it for actuals accounting.

The board decided to pay half the cost of the Drop Box account (a filing and storage system). Nolan Randall has generously used a personal account which is significantly less expensive than an organization account.

We will resume inviting speakers to our club meetings.

Lisa and Doug represented the club at The State of The City event last week. Transportation was a major subject hence cycling seems a priority of the city of Redding. Also noted the Bike Depot will open in December and a bike sharing program will begin in spring '23. The vendor is B Cycle.

Lisa introduced a Responsibility Assignment Matrix (RAM) as a tool to be used to identify club responsibilities, who does what, e.g., web master, ride calendar publisher, etc. The board accepted this contribution.

The decision was made to consolidate our club ride calendars into one.

Continued on next page

6. Old Business

Bike rack donation (the Bike Month Challenge prize awarded to the Captains Crew team): no new info from Burney as to if the bike rack we gave them has been installed.

Bylaws: the committee has had three meetings, half completed.

7. New Business

Nominating committee: the nominations for the 2023 board members will be organized by Jack Yerkes, Rich Robinson and Terri Webster. A fourth member is being considered. Candidates will be submitted to Doug for inclusion in the December Matrix.

Holiday Party: unanimously voted to proceed for Dec 5th.

Patty Shackleton was responsible to report on bicycling organizations and their pertinence to our club. There are four major organizations; League of American Bicyclists, People for Bikes, CA Bicycle Coalition and Adventure Cycling. Our club is a member of League of American Bicyclists through which we obtain insurance and bi-weekly e-mailed information. All the organizations have interesting and pertinent information as well as opportunities and discounts, e.g., legislative tracking, templates for biking education or letter writing, access to events and tours, etc.

Patty was asked to write a proposal to recommend a member be assigned to give a brief presentation at club meetings about an event or interesting occurrence from one of these organizations in order to provide perspective and stimulation for Shasta cyclists.

Tim Goodman remarked that it would be good to get more information about the Shasta Wheelmen out into the public. He believes we have inexpensive membership fees and should have many more members. A discussion followed about putting out flyers, posters and doing more public relations. Craig Collins enthusiastically responded with ideas about making posters, placing them in bike shops, advertising our specialty rides and becoming more obvious with our web presence. He offered to gather old Wheelmen posters and flyers, then will ask a graphic artist he knows to create some posters. This art work could also be used for graphics on a ball cap or socks.

A motion was made, seconded and voted to accept his idea of a poster contest! Craig will head up the graphic creation and collect all old posters and poster ideas. Tim continued with the theme about promoting the club and suggested we could sponsor some racing for juniors or some kid events. Craig suggested Strava challenges as that would make a competition more available and easier to manage.

A drawing occurred for gift cards (generosity of Doug Holt): Jim B won the Great Harvest Bread gift card and Elise D won the Starbucks gift card.

The meeting concluded at 7:22pm.

—Submitted by Patty Shackleton filling in for Nancy Cook, Secretary

Agenda for Meeting Monday November the 7th at Lulu's

Start time 6:00 PM

Call The meeting to order

Self-introductions

Membership Chair to determine if a Quorum is present

Approval of the minutes in the Matrix

Standing Reports

Treasurer's Report

Membership Report

Old Business

Holiday Party at December meeting.

Bylaws Committee

Nominating Committee

Legislative Alert position (Filled)

New Business

10/12/22 Special Board meeting

Ride Calendar

Ride Leaders

Sign-up sheet at rides

Drawing (From the Hearth, Starbucks)

Adjourn Meeting

Chain Gang Bike Shop

1540 Division St
Redding, CA 96001

530-243-9951

<http://chaingangbikeshop.com/>



Jefferson State Adventure Hub

872 N Market St.
Redding, CA 96003

530-768-5055

www.isahub.com



Pedego Redding

862 N Market St.
Redding, CA 96003

530-605-4500

<https://www.pedegoelectricbikes.com/dealers/redding/>



Sports LTD

950 Hilltop Drive
Redding, CA 96003

530-221-7333

<https://www.reddingsportsltd.com>



The Bike Shop

3331 Bechelli Lane
Redding, CA, 96002

530-223-1205

<https://www.thebikeshopredding.com>





Matrix

December 2022 – 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.

2022 OFFICERS & BOARD

President

Doug Holt
530-246-7429

Vice President

Lisa Creps
805-338-2568

Treasurer

John Simmons
530-227-1343

Secretary

Nancy Cook
760-217-2085

Fifth Board Member

Patty Shackleton
619-981-2393

STAFF

Membership Chairman

Jim Bush
916-846-1902

Matrix Editor

Andi Winters
415-990-1616

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..

Specialty Rides

12/05/22 6:00 PM **SHASTA WHEELMEN CHRISTMAS PARTY** at Lulu's Restaurant 2230 Pine St., Redding. Come for the merriment and the gift exchange (\$15 maximum). Of course there will be an ugly Christmas Sweater contest and food. [HTTPS://google/maps/PRA4i2gHd8w](https://google/maps/PRA4i2gHd8w)

12/09/22 10:00 AM **THE LLANO SECO BIRD RIDE**- Meet John Crowe and Becky Warren at 10 am at Bidwell Park in Chico. 54.2 miles (but can be shortened). Elev 260 HR:1 Pace B/C <https://ridewithgps.com/routes/3807031>

12/11/22 9:00 AM **WOW**- Join Patty and Nancy for the December Women on Wheels ride to to Zogg Mine Road and Ono. Start at CVS Pharmacy @, Placer/Buena Ventura 47 miles Elev 3019 HR 2+ Pace C <https://ridewithgps.com/routes/10457128>

12/30/22 9:00 AM **GREG'S B-DAY RIDE**- Out to the Bear Start at Sundial Bridge Parking Lot 34 miles Elev 1672 HR:2(!) Pace:B <https://ridewithgps.com/routes/8104953>

October 30th ride to Veterans cemetery/ Igo



Nancy, Ann Marie, Elise, Paul, Kevin & Teddy.

Great ride Veterans Cemetery / west Redding Cottonwood loop little windy but nice ride

Photos from Teddy Dopplehauer

Elise, Nancy & Ann Marie



Welcome New 2022 Shasta Wheelmen Members

Holmquist	Lynn	Redding
Crouse	Dana	Anderson
Lutz	Bruce	Redding
Jones	Brenna	Redding
Cota	Dennis	Cottonwood
Feusier	Shane	Lewiston
Foley	Alan	Red Bluff
Collins	Jen	Redding
Johnson	Christina	Palo Cedro
Clark	Sean	Shasta Lake
Alcala	Daniel	Palo Cedro
Richardson	Pamela	Redding
Doppelhauer	Teddy	Redding
Doppelhauer	Elise	Redding
Johnson	Josh	Redding
Webster	Jay	Redding
Burrell	David	Redding
Grafe	Terry	Redding
Meurer	Gary	Redding
Ritter	Keith	Shasta Lake
Schmit	Jennifer	Redding
Lee	Mark	Shasta
Sutter	Sabrina	Shingletown
Mitchell	Rosemary	Redding
Goodman	Tim	Redding
Gerhardt	Trevor	Oak Run
Rogers	Don	Anderson
Winters	Andi	Redding
Xiao	Xiao	Redding

Shasta Wheelmen December 2022 Meeting and

Holiday Party

Monday, December 5th at Lulu's Restaurant

General Membership Meeting 6:00pm
Vote for the 2023 Board of Directors
(Members must be present to vote)

***Holiday Party to Celebrate the Season 6:30pm**
Appetizers – provided by the Club
BYOD – Buy your own drinks and dinner

***Dessert Potluck – Bring a Christmas dessert to share**
***Ugly Christmas Sweater (sweatshirt/T-shirt) Contest**
Prize Awarded for the Ugliest!!

***Gift Exchange – Bring a \$15 wrapped gift**



Graphic courtesy of Lisa Creps

Presidential Message

Here it is December. We are having our annual holiday party at the December general meeting. So, make sure you are present so you can vote and party down “Wheelmen style”.

This is the last Matrix I will be writing. So, it is with mixed emotions I write this. I have had a good run the past three years but it's time to call it quits. I don't see myself currently ever presiding over the club again. But I will never say never! I would now like to thank the people that made this job a lot easier. First my fellow board members. Thank you, Lisa Creps (Vice President), John Simmons (Treasurer), Nancy Cook (Secretary) and Patty Shackleton (5th Board Member). Thank you all! It was my pleasure serving with you. Thank you to our committee chairs. Melissa Boyd (Face Book and Verge) Jim Bush (Membership), Gary Nelson, (Ride Captain), Nolan Randall (Stats and computer related stuff), Rich Robinson (Pactimo point man), Terri Webster (Matrix editor). Andi Winters (Matrix editor) and Greg Winters (Ride Schedule). Last, but not least I would like to thank the entire club for the support you have given me these past three years.

Keep spinning those cranks.

Your Benevolent President Doug

Nominees for upcoming election (12/5/22) at Lulu's

You must be present to Vote.

President Greg Winters

Nominations from the floor for all of the open positions.

Thank you, Nominating Committee Terri Webster, Rich Robinson, and Jack Yerkes





Fall is proof that change is beautiful.

Photos by Linda Cannar



Ride Ratings on Shasta Wheelmen Regular Ride Calendar

This should be used as a guide for selecting rides based on your own fitness and endurance. It's borrowed from the Western Wheelers Bicycle Club from Palo Alto (sponsors of the Sequoia Century).

There is a notation of HR followed by a number from 1-5. That number is based on the feet climbed during the ride divided by the ride's mileage. The scale is:

Hilliness	Average Climb
Rating	Feet/Mile
0	0
1	25
2	50
3	75
4	100
5	125

There may also be a "+" or a "!" next to the HR number. The plus denotes a ride near the top of its category. An exclamation point indicated very steep climb(s) within the ride.

The "Pace" rating of the ride is the average speed the ride is likely to be ridden. A is the slowest and E is the fastest.

Here is a table that describes the system:

Pace Rating	Hilliness Rating					
	0	1	2	3	4	5
A	10	9	8	NA	NA	NA
B	12	11	10	9	8	7
C	14	13	12	11	10	9
D	16	15	14	13	12	11
E	18	17	16	15	14	13

Area Organized Rides

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

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

Date	Time	Description	Route URL
12/01/22	9:00 AM	Ride #17 Old Shasta CW - Start at Sundial Bridge Parking Lot 29.0 miles Elev 1323 HR: 2 Pace B/C	https://ridewithgps.com/routes/40182437
12/03/22	9:00 AM	CD/2+ - Oak Run, Fern, Whitmore- Start at Palo Cedro Park 'n Ride. 54.4 miles, 3630 feet. HR: 2+, Pace: C (9-mile climb at mile 12)	https://ridewithgps.com/routes/40479548
12/03/22	9:00 AM	AB/? - Meet at Palo Cedro Park 'n Ride for a shorter, slower paced ride. Route to be determined at start.	
12/04/22	9:00 AM	Cottonwood Dersch Millville Plains Old 44 Start at Westwood Market 35 miles Elev 959 HR:2 Pace B/C	https://ridewithgps.com/routes/11469006
12/05/22	6:00 PM	SHASTA WHEELMEN CHRISTMAS PARTY at Lulu's Restaurant 2230 Pine St., Redding. Come for the merriment and the gift exchange (\$15 maximum). Of course there will be an ugly Christmas Sweater contest and food.	HTTPS://google/maps/PRA4i2gHd8w
12/06/22	9:00 AM	Ride #18 Jones Valley CCW - Start at Sundial Bridge Parking Lot 32.6 miles Elev 1577 HR: 2 Pace:B/C/D	https://ridewithgps.com/routes/40182452
12/08/22	9:00 AM	Ride #19 Millville CCW - Start at Sundial Bridge Parking Lot 36.6 miles Elev 1067 HR: 2 Pace:B/C	https://ridewithgps.com/routes/40182456
12/09/22	10:00 AM	THE LLANO SECO BIRD RIDE - Meet John Crowe and Becky Warren at 10 am at Bidwell Park in Chico. 54.2 miles (but can be shortened). Elev 260 HR:1 Pace B/C	https://ridewithgps.com/routes/3807031
12/10/22	9:00 AM	C/2 - Jelly's Ferry Start at Anderson Starbucks 43 miles Elev 1565 HR:2 Pace: C (New bridge is open)	https://ridewithgps.com/routes/14136325
12/10/22	9:00 AM	AB/? - Meet at Anderson Starbucks for a shorter, slower paced ride. Route to be determined at start.	
12/11/22	9:00 AM	WOW - Join Patty and Nancy for the December Women on Wheels ride to to Zogg MIne Road and Ono. Start at CVS Pharmacy @, Placer/Buena Ventura 47 miles Elev 3019 HR:2 Pace: B/C	https://ridewithgps.com/routes/10457128
12/11/22	9:00 AM	Palo Cedro Area Clockwise Start at Palo Cedro Park n Ride 33 miles Elev 800 HR:1 Pace:C/D	https://ridewithgps.com/routes/14136346
12/13/22	9:00 AM	Ride #20 Igo/Ono CCW - Start at Sundial Bridge Parking Lot 40.5 miles Elev 2077 HR: 3 Pace:B/C	https://ridewithgps.com/routes/40182468
12/15/22	9:00 AM	Ride #21 Bridge Bay CCW - Start at Sundial Bridge Parking Lot 35.0 Miles Elev 1656 HR: 2 Pace:B/C/D	https://ridewithgps.com/routes/40182471
12/17/22	9:00 AM	CD/2! - Sunny Hill. Start at CVS Pharmacy @ Placer/Buena Ventura 50 miles Elev 3235 HR:2! (Rainbow Lake Rd.) Pace: C/D	https://ridewithgps.com/routes/14136353
12/17/22	9:00 AM	AB/? - Meet at CVS @ Placer/Buena Ventura for a shorter, slower paced ride. Route to be determined at start.	
12/18/22	9:00 AM	This and That – Start at Anderson Starbucks 36 miles Elev 803 HR: 1 Pace: C/D	https://ridewithgps.com/routes/30403299
12/20/22	9:00 AM	Ride #22 Old Shasta CCW - Start at Sundial Bridge Parking Lot 30.4 miles Elev 1643 HR: 3	https://ridewithgps.com/routes/40182474
12/22/22	9:00 AM	Ride #23 Shasta Dam/City of Shasta Lake CCW - Start at Sundial Bridge Parking Lot 33.4 miles Elev 1773 HR: 3 Pace:B/C	https://ridewithgps.com/routes/40182480

Continued on next page

12/24/22	9:00 AM	CDE/1- Benson/Basler Start at Anderson Starbucks 40 miles Elev 984 HR:1 Pace:C	https://ridewithgps.com/routes/14136336
12/24/22	9:00 AM	AB/?- Meet at Anderson Starbucks for a shorter, slower paced ride. Route to be determined at start.	
12/25/22	9:00 AM	Down and back – Start Anderson Starbucks 37 miles Elev 944 HR:2 Pace:C	https://ridewithgps.com/routes/30403220
12/27/22	9:00 AM	Ride #24 End of Iron Mountain Rd to gate CW - Start at Sundial Bridge Parking Lot 38.0 miles Elev 2362 HR: 3 Pace:B/C	
12/29/22	9:00 AM	Ride #01 City of Shasta Lake CW - Start at Sundial Bridge Parking Lot 34.0 miles Elev 1810 HR:2 Pace: B/C/D	https://ridewithgps.com/routes/14139381
12/30/22	9:00 AM	GREG'S B-DAY RIDE- Out to the Bear Start at Sundial Bridge Parking Lot 34 miles Elev 1672 HR:2(!) Pace:B	https://ridewithgps.com/routes/8104953
12/31/22	9:00 AM	CD/2- Cottonwood/Igo Start at Anderson Starbucks 50 miles Elev 1412 HR:2 Pace:B/C	https://ridewithgps.com/routes/14136352
12/31/22	9:00 AM	AB/?- Meet at Anderson Starbucks for a shorter, slower paced ride. Route to be determined at start.	

SHASTA WHEELMEN TRIPLE CROWN CHALLENGE (NOT THE CALIFORNIA TRIPLE CROWN)

No Set Starting Times- Complete ride within 24 hrs.

100 Mile A Route- Start at Anderson Outlets	https://ridewithgps.com/routes/37046369
100 Mile B Route- Start at Sundial Bridge	https://ridewithgps.com/routes/38227466
100 Mile C Route Start at Sundial Bridge	https://ridewithgps.com/routes/38227527
200 Mile A Route- Start at Sundial Bridge	https://ridewithgps.com/routes/38205168
200 Mile B Route- Start at Anderson Starbucks	https://ridewithgps.com/routes/38217610
200 Mile C Route- Start at Sundial Bridge	https://ridewithgps.com/routes/38217737

100 and 200 mile Wheelmen Trifecta Challenge sign ups on going.

Call or text Gary Nelson @ 1-925-951-3345 or email him at garyjnelson17@outlook.com

Below are Trifecta Challenge optional courses

100 option A	https://ridewithgps.com/routes/38299564		
100 option B	https://ridewithgps.com/routes/38227466		
100 option C	https://ridewithgps.com/routes/38227527		
200 option A	https://ridewithgps.com/routes/38205168		
200 option B	https://ridewithgps.com/routes/38299569		
200 option C	https://ridewithgps.com/routes/38299572		



New Bikes!



Randy Brix long time club member has a new bike. After some health issues, We are happy to have him back riding! Ian Cannar is the photo bomb. *Photo by Jim Bush*



Ian Got A New Set Of Wheels, too!

November W.O.W. Ride



The November W.O.W ride was attended by 8 women with 3 turning back early (they didn't want to go quite as far). . We had a lovely day! It was a relaxed ride with conversation and camaraderie. When we returned to Lema Ranch we enjoyed more fellowship over snacks to recharge after our 52 mile loop.

Thanks to the riders who attended, and we missed those who were not able to join us this month. Looking forward to more rides with women of the Wheelmen!"

Photos from Nancy Cook



Geezers all set to go!

(Just don't ask them where — they probably forgot!)

Photo by Jim Bush



On The Mend and Other News

By Linda Cannar



Cindy Begbie has mostly recovered from her quicker than disc brakes stop on 9/22. This stick, stuck between her front wheel and fork, sent her head over heels on Old Oregon Trail. Healing from bruises, road rash, a fractured orbital bone and a concussion have taken some time but her new bike has eased some of the pain. Cindy

says “Thank you to all the Wheelmen for their support.”

After a two month recovery she purchase a new Trek and is back on the road.



“Shasta Wheelmen, I was asked to write up on the accident on October 4, 2022. For those who are interested, here we go on my progress.

First, I thank all of you who helped by picking me up all the pavement and putting me into the car. Also, Lisa, thanks, for instructions, the back way to Mercy.

At Mercy, upon x-rays, I had a broken hip. Surgery by Dr. Miles, that evening. He put a metal shaft, ball and band to replace the broken bones. I was not able to put weight on the surgery hip. I was in Mercy for 3 days and sent home the evening of the 7th.

Honestly, I thank you all for your concerns and get well cards. It has helped me with the pain. The most painful time of my life. I’m trusting the Lord for the outcome.

I’ve learned to use a walker, cane & how to get out of bed. Darlene, my wife, has been my care taker. I’m a loved man.

Presently, I get around with a cane & sometimes I walk normally. At 5 weeks, I am not able to drive yet. Helping Darlene shop, push the cart, is my big adventure.

My plans: I am told it takes 12 weeks to heal a hip. Some individuals have pain up to a year. As far as my future bicycling goes, I am still evaluating this. I am inclined to stop riding on pavement. After seeing all the trouble & worry I’ve caused Darlene, I cannot do her wrong.

Shasta Wheelmen: Thanks for all the years of riding together.

Love,

Gary Schalesky”



Linda Cannar has ditched the crutches opting for the bike trainer. She is recovering from a 10/27 surgery to remove one of the plates from a year ago and some excess bone growth. She anticipates a return to riding hopefully by Thanksgiving but no later than mid-December.

“I’ve said it before, I’ll say it again Shasta Wheelmen are more than a cycling club, they are family”

Keith Elzner had another close encounter. Not with the Anderson Police but with a deer. Keith is back on his bike.....not sure about the deer.

Mike Madden has returned after a LONG summer vacation. His travels included a trip across country, bike rides in Croatia and Switzerland, a trip back across the country while visiting family and friends. Welcome home Mike, we missed you.

Siskiyou Scenic Bicycle Tour 2023

Greetings to all of you bike riders who were with us in Yreka in May. Just sending you a note to let you know that our registration platform is up and running for our 2023 event. We will be having a 2 day event May 6th and 7th with 4 all pavement rides on Saturday and 2 gravel rides on May 7th. Yreka Rotary is partnering with Jefferson Mountain Bike Association to accomplish this. Please visit our website at www.siskiyouscenic.com. Best wishes to you all. Sincerely, Christal Duncan, event director.

Shasta Wheelmen General Membership Minutes

NOVEMBER 7, 2022

Lulu's Restaurant

1. Call to Order by Vice President Lisa Creps – meeting started at 6:03pm
2. Self-Introductions
3. Quorum – Yes - 16 members present
4. Motion to approve the Minutes from October 2022 General Membership Meeting as printed in the Matrix was made by Patty and second by Terri. Terri did question the inclusion of New Members addresses in the Matrix. Discussion and unanimous agreement to discontinue practice.
5. Standing Reports:

A. Treasurer's Report by John Simmons

CHECKING	October 2022		SAVINGS	October 2022	
OPENING	\$10,180.56		OPENING	\$1,641.49	
INCOME	\$90.00	*	INCOME/ INTEREST	\$.01	
EXPENSES	-\$4.14	**	EXPENSES	\$0	
CLOSING	\$10,266.42		CLOSING	\$1,641.50	

*Income \$90 (Membership = \$30, Donations: Trifecta entry = \$60)

**Expenses (Stripe Fees = \$4.14)

Total assets = \$11,907.92

B. Membership Report by Jim Bush:

1. 148 total members
2. October 2022 – 1 renewal, 7 reminders sent
3. 14 members were dropped in October after several reminders sent

C. Board Meeting Report: Special Board Meeting held October 12; details shared under 'New Business'.

6. Old Business

A. December's meeting will be holiday party at Lulu's @6pm. Club will provide finger food with Members bringing dessert. Ugly sweater/sweatshirt/tee contest. Discussion of Gift exchange; YES with \$15 dollar limit.

B. Bike Rack (won from Bike Month competition) is not needed in Burney, second option in previous vote was @ Old Shasta Coffee. Rich volunteered to contact owner of the property.

C. Bylaws Committee: The first draft completed, will be presented to the Board, then published in January's Matrix, then brought to vote at General Members Meeting. If interested in the old Bylaws upon request they will be emailed.

D. Nominating Committee for 2023 Board Members is made up of Jack Yerkes, Terri Webster, and Rich Robinson. Looking for a Treasurer. Names needed before November 15 for publishing in the Matrix.

E. Patty did a review of 4 cycling organizations and suggested the addition of a 'Legislative Alert' position. Discussion to put on hold until after a new Board is elected. Doug did volunteer to accept the position as part of 'past president' duties. Jack shared 'Past Wheelmen History' where Shasta Wheelmen worked with Shasta Regional Transportation Agency, CalTrans, Healthy Shasta, and the 'Bicycle Plans' for Shasta Lake, Redding, and Anderson. This cooperation led to Federal Grants (for bike lanes like @ Hartnell) and "Share the Road" signs which were purchased by Wheelmen and put up by CalTrans. Jack suggested that maybe community action could be combined with the 'Legislative Alert' position.

F. Craig Collins reported on 'Poster Contest' progress. He will look at past material (shared with him) to develop a classic poster, make a digital copy, and make posters available for members to purchase and as promotional material for local bike shops.

Continued on next page

7. New Business

A. Volunteer Opportunity: Turkey Trot (Thanksgiving Day) – cyclists needed to lead and monitor the course. Contact Tori Parks @ sweatrc.com or 530-515-6157

B. Special Board Meeting (Oct 12) to discuss ride calendar and address club feedback:

1. Go back to ONE Calendar. Traditional T, Th, and Weekend rides. The objective is same start location/same time, and to keep the Club relevant for ALL Members.

a. Saturday – ‘A’ ride will be the traditional more challenging ride, but a ‘B’ ride will be offered which will be shorter. The ‘B’ ride will not have a separate ride link, but will be put on the calendar that a shorter/slower option will be available. Gary has agreed to lead the ‘A’ ride. Ride leaders requested to lead the ‘B’ ride.

b. Sunday – One ride, Ride Leaders needed

2. Sign-Ups available for weekend ride leaders! Saturday ‘B’ Leader, and Sunday Leader. Please let Nancy Cook know which day(s) you can lead. Your name and number will be listed on the ride calendar.

3. Continue email communication for options to ride.

4. Request for New Rides to add to the calendar! Send to Greg W. a ‘Ride with GPS’ numbered link

C. Greg brought up discussion about the ride start time for November due to colder temperatures and morning (school) traffic. Greg motioned to change from 8:30 to 9am start, Jack seconded. Motion carries unanimously. Greg will send out an email ASAP.

‘ D. Ride Leader Responsibility’ communication discussion. Consider a consistent ‘script’ for Ride Leaders. Consider a sign-up sheet at every ride (with cell numbers).

E. Jack brought up discussion about changing the General Member Meeting Day/Location to increase Member attendance and participation. Several options were mentioned and will be investigated.

F. Rich presented a NEW color option for Club Kit wear: ‘Hi-Vis Green’ Everything currently in Club catalog would be available. Rich will look into adding tights and gloves into the catalog.

8. Drawing – Lisa (Starbucks), Claudia (From the Hearth)

9. Adjournment at 7:38

Agenda for Meeting Monday December 5th at Lulu’s

Start time 6:00PM

Call meeting to order

Self-introductions

Membership Chair to determine if a quorum is present

Approval of the minutes in the Matrix

Standing Reports

Treasurers Report

Membership Report

New Business

Election of Board of Directors

Special announcement

Adjourn Meeting

Holiday Party “Wheelmen Style”

<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>	