



# Matrix

January 2023– 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.

## 2023 OFFICERS & BOARD

### President

Jim Bush  
916-846-1902

### Vice President

Craig Collins  
530-491-3867

### Treasurer

Lisa Creps  
805-338-2568

### Secretary

Nancy Cook  
760-217-2085

### Past President

Doug Holt  
530-246-7429

## STAFF

### Membership Chairs

Elise & Teddy  
Doppelhauer  
Elise 530-623-0589  
Teddy: 530-623-0457

### Matrix Editor

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415-990-1616

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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..

## President's Message

I am hoping all of the Wheelmen and your families are having a great holiday Christmas and New Year!

I am happy and proud to be elected as your Shasta Wheelmen President for the coming year. I promise to move the club forward and work on items important to club members. Our club primary objective is to enjoy Riding and to promote cycling. In order to help ensure safe rides I will be proposing the following.

**The First** will be **Ride Leader Coordinator (s)** The responsibilities of these coordinators will be to recruit a **Ride leader Pool** that will be available each and every ride. The ride leader will simply be responsible for greeting the group at the start, review the route, make sure someone is riding with both the lead group and the end of the line group, introduce any new riders and make sure they have someone to ride with and of course announce the Coffee stop location.

**Second** the Ride Leader Coordinators will be responsible for putting together safe **Riding Guidelines** for all members. The guidelines, once proposed, will be approved reviewed and approved by the board and the general membership. Remember all riders are responsible for your own personal safety and the safety of the riders around you. But having safe riding guidelines will certainly help.

Third, I believe we need to have a **Training Coordinator**, who on a voluntary basis would help train new riders on safe riding techniques, create and lead long distance rides, help members achieve their long distance riding goals and establish ride challenges such as this year Trifecta.

Other important club activities;

I would like to propose is a monthly schedule for speakers at general membership meeting, We are already working on bike maintenance, Law enforcement discussion on cycling on roadways, Medical and physical therapy advise.

Community outreach for planning safe bike route and Club promotion/membership activates.

As you can see there are a number of things Wheelmen can get involved with. It's going to be a fun and productive year to be a Wheelmen.

Enjoy the Ride!  
President Bush



## Shasta Wheelmen New Officers for 2023

Left to right. Lisa Creps treasurer, Craig Collins VP, Nancy Cook secretary and Jim Bush President.

## Shasta Wheelmen Partner with The Bike Shop to Donate Bikes



This was the Wheelmen Sunday, December 18 ride. We stopped at Starbucks on Churn Creek and S. Bonneyview specifically to tell Ted that we had partnered with The Bike Shop to provide his program two bikes. The Board of Directors made a decision to do this Christmas donation and from the email exchange with the general membership we received very positive responses.



We beat the rain! Pictured left to right: Trig (new), Cindy, John, Elise, Teddy, Greg, Jeff and Teddy. Michael and Tim were also on ride but not in the picture. It was cold, but not wet yet!!!



12/4/22 Elise & Teddy Doppelhauer on a West Redding ride during a wet day of showers & downpours. Riding with full rain gear : rain jackets, pants, boots & rain gloves. We stay warm & dry for a 23 mile ride.

## Welcome to the New 2022 Shasta Wheelmen Members

Holmquist	Lynn	Redding
Crouse	Dana	Anderson
Lutz	Bruce	Redding
Jones	Brenna	Redding
Cota	Dennis	Cottonwood
Feusier	Shane	Lewiston
<a href="#">Foley</a>	Alan	Red Bluff
Collins	Jen	Redding
Johnson	Christina	Palo Cedro
<a href="#">Clark</a>	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
		Shin-gletown
Sutter	Sabrina	
Mitchell	Rosemary	Redding
Goodman	Tim	Redding
Gerhardt	Trevor	Oak Run
Rogers	Don	Anderson
Winters	Andi	Redding
Xiao	Xiao	Redding



## Specialty Ride

01/15/23 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 <https://ridewithgps.com/routes/10457128>

### Northern California Centuries, Fun Rides (Thanks to *Cycle California!*)

February

**2/25 Pedaling Paths to Independence:** DeVinci's Ravioli Factory & Restaurant, Linden. 65 mi. w/1,400 ft. elev. gain, & 25 mi. w/300 ft. of elev. gain. The routes traverse the quiet rural roads of San Joaquin, Stanislaus, & Calaveras counties. A great early season ride. This ride raises funds for benefit Community Center for the Blind programs. [pedalingpaths.com](http://pedalingpaths.com)

April

**4/1 Party Pardee: Ione.** 26 mi., 62 mi. routes through the gentle rollings hills of Amador & Calaveras Counties. Participants must preregister. NO SAME-DAY REG. available, & there is a 1,500 rider limit. Reg. opens 1/1/23. Reg. includes rest stops, SAG, mechanical assistance at rest stops. Après ride, enjoy a hot meal & live music at the finish. [bikehikers.com](http://bikehikers.com)

**4/20-23 Life Time Sea Otter Classic Gran Fondo:** Laguna Seca, Monterey. Enjoy the views! Sea Otter offers two Gran Fondo events that cover the rolling hills and gorgeous coastal roads of Monterey County. If you prefer the dirt, there is an off-road tour for both gravel and mountain bikes that traverses the scenic trails and roads of the Fort Ord National Monument. [seaotterclassic.com](http://seaotterclassic.com)

**4/23 Primavera Century:** Mission San Jose High School, Fremont. 3 route options: 25 mi., 63 mi. or 100 mi. Climb the challenging Calaveras Wall, then cycle the scenic route along Calaveras Reservoir. Ride past Livermore vineyards and wineries. The longer routes have lunch at a winery, then it's back to the start for a hearty meal. All routes are fully supported with SAG and rest stops. [ffbc.org/primavera](http://ffbc.org/primavera) or (520) 490-8098

May

**5/6-7 Siskiyou Scenic Bicycle Tour:** Upper Greenhorn Park, Yreka. Two day event. 5/6: All-paved road rides of 101 mi., 67 mi., 40 mi., & 21 mi. These routes are the same as last year — beautiful views of Mt. Shasta and Shasta Valley. 5/7: 2 gravel rides, 63 mi. & 39 mi. - both very challenging. Hosted by Rotary Club of Yreka & Jefferson Mountain Bike Assoc. Reg. includes rest stops, SAG, end of ride meals both days, w/ beer available. Camping at Greenhorn Park the 5/5-6t. To register, visit [www.siskiyouscenic.com](http://www.siskiyouscenic.com) for all info.

### 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 here:

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	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

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

Date	Time	Description	Route URL
01/02/23	6:00 PM	<b>Club Monthly Meeting at Lulu's Restaurant 2230 Pine St., Redding</b>	<a href="HTTPS://google/maps/PRA4i2gHd8w">HTTPS://google/maps/PRA4i2gHd8w</a>
01/03/23	9:00 AM	Ride #02 Palo Cedro counter CCW - Start at Sundial Bridge Parking Lot 31.6 miles Elev 1057 HR: 2 Pace: B/C/D	<a href="https://ridewithgps.com/routes/14136290">https://ridewithgps.com/routes/14136290</a>
01/05/23	9:00 AM	Ride #03 Anderson counter CCW - Start at Sundial Bridge Parking Lot 39.5 miles Elev 825 HR: 1! Pace: C/D	<a href="https://ridewithgps.com/routes/14136291">https://ridewithgps.com/routes/14136291</a>
01/07/23	9:00 AM	<b>C/D-HR: 1!</b> - Veteran's Cemetery / West Redding Cottonwood Loop Start at CVS Pharmacy @, Placer/Buena Ventura 44.1 miles Elev 1867 HR: 1! (Rosaline climb at end) Pace: C/D	<a href="https://ridewithgps.com/routes/14136337">https://ridewithgps.com/routes/14136337</a>
01/07/23	9:00 AM	<b>AB/?-Start</b> at CVS @ Placer/Buena Ventura for a shorter, slower paced ride. Route to be determined at start.	
01/08/23	9:00 AM	Olinda Happy Valley Cottonwood Balls ferry Start at Anderson Starbucks 34 miles Elev 818 HR:1 Pace:C	<a href="https://ridewithgps.com/routes/13817171">https://ridewithgps.com/routes/13817171</a>
01/10/23	9:00 AM	Ride #04 Old Shasta counter CCW - Start at Sundial Bridge Parking Lot 28.5 miles Elev 1297 HR: 2! Pace: C/D	<a href="https://ridewithgps.com/routes/14136292">https://ridewithgps.com/routes/14136292</a>
01/12/23	9:00 AM	Ride #05 Jones Valley Store CW - Start at Sundial Bridge Parking Lot 32.5 miles Elev 1579 HR: 2 Pace: B/C/D	<a href="https://ridewithgps.com/routes/14136293">https://ridewithgps.com/routes/14136293</a>
01/14/23	9:00 AM	<b>CD/1</b> -Ten Bridge Ride Start at Westwood Village 47 miles Elev 1173 HR:1 Pace: B/C/D	<a href="https://ridewithgps.com/routes/10374622">https://ridewithgps.com/routes/10374622</a>
01/14/23	9:00 AM	<b>AB/?-</b> Start at Westwood Village for a shorter, slower paced ride. Route to be determined at start.	
01/15/23	9:00 AM	Bowman/Evergreen Start at Anderson Starbucks 33 miles Elev 783 HR:2 Pace:C	<a href="https://ridewithgps.com/routes/9623422">https://ridewithgps.com/routes/9623422</a>
01/15/23	9:00 AM	<b>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</b>	<a href="https://ridewithgps.com/routes/10457128">https://ridewithgps.com/routes/10457128</a>
01/17/23	9:00 AM	Ride #06 Millville Plains CW - Start at Sundial Bridge Parking Lot 38.4 miles Elev 1042 HR: 2 Pace: B/C	<a href="https://ridewithgps.com/routes/14136294">https://ridewithgps.com/routes/14136294</a>
01/19/23	9:00 AM	Ride #07a Keswick Dam Loop, CCW, Start at Sundial Bridge Parking Lot 32.4 mi. 1726 ft. HR: 3! Pace: B/C	<a href="https://ridewithgps.com/routes/40180326">https://ridewithgps.com/routes/40180326</a>
01/19/23	9:00 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	<a href="https://ridewithgps.com/routes/40180345">https://ridewithgps.com/routes/40180345</a>
01/21/23	9:00 AM	<b>BC/2+</b> -Zogg/Ono Start at CVS Pharmacy @, Placer/Buena Ventura 47 miles Elev 3019	<a href="https://ridewithgps.com/routes/10457128">https://ridewithgps.com/routes/10457128</a>
01/21/23	9:00 AM	<b>AB/?-</b> Start at CVS Pharmacy @, Placer/Buena Ventura for a shorter, slower paced ride. Route to be determined at start	
01/22/23	9:00 AM	Westwood/Millville Plains Start at Westwood Village 35 miles Elev 959	<a href="https://ridewithgps.com/routes/14136348">https://ridewithgps.com/routes/14136348</a>
01/24/23	9:00 AM	Ride #08 Igo/Ono CW - Start at Sundial Bridge Parking Lot 41.6 miles Elev 2525. HR: 3! Pace: B/C	<a href="https://ridewithgps.com/routes/38159723">https://ridewithgps.com/routes/38159723</a>
01/26/23	9:00 AM	Ride #09 Bridge Bay CW - Start at Sundial Bridge Parking Lot 35.1 miles Elev 1706 HR:2 Pace: C/D	<a href="https://ridewithgps.com/routes/38159724">https://ridewithgps.com/routes/38159724</a>

01/28 /23	9:00 AM	<b>CD/1-</b> Coleman Fish Hatchery Start at Westwood Village 44 miles Elev 804 hr:1 Pace:C	<a href="https://ridewithgps.com/routes/14136335">https://ridewithgps.com/routes/14136335</a>
01/28 /23	9:00 AM	<b>AB/?-</b> Start at Westwood Village for a shorter, slower paced ride. Route to be determined at start.	
01/29 /23	9:00 AM	Clover Creek Deschutes, Old Alturas. Old Oregon, Shasta View Start at Clover Creek Preserve 31 miles Elev 986 HR:2 Pace: B/C	<a href="https://ridewithgps.com/routes/31261933">https://ridewithgps.com/routes/31261933</a>
01/31 /23	9:00 AM	Ride #10 Old Shasta CW -Start at Sundial Bridge Parking Lot 30.5 miles Elev 1638 HR: 3 Pace: B/C	<a href="https://ridewithgps.com/routes/38159726">https://ridewithgps.com/routes/38159726</a>

### 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	<a href="https://ridewithgps.com/routes/37046369">https://ridewithgps.com/routes/37046369</a>
100 Mile B Route- Start at Sundial Bridge	<a href="https://ridewithgps.com/routes/38227466">https://ridewithgps.com/routes/38227466</a>
100 Mile C Route Start at Sundial Bridge	<a href="https://ridewithgps.com/routes/38227527">https://ridewithgps.com/routes/38227527</a>
200 Mile A Route- Start at Sundial Bridge	<a href="https://ridewithgps.com/routes/38205168">https://ridewithgps.com/routes/38205168</a>
200 Mile B Route- Start at Anderson Starbucks	<a href="https://ridewithgps.com/routes/38217610">https://ridewithgps.com/routes/38217610</a>
200 Mile C Route- Start at Sundial Bridge	<a href="https://ridewithgps.com/routes/38217737">https://ridewithgps.com/routes/38217737</a>

### 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](mailto:garyjnelson17@outlook.com)

Below are Trifecta Challenge optional courses

100 option A	<a href="https://ridewithgps.com/routes/38299564">https://ridewithgps.com/routes/38299564</a>		
100 option B	<a href="https://ridewithgps.com/routes/38227466">https://ridewithgps.com/routes/38227466</a>		
100 option C	<a href="https://ridewithgps.com/routes/38227527">https://ridewithgps.com/routes/38227527</a>		
200 option A	<a href="https://ridewithgps.com/routes/38205168">https://ridewithgps.com/routes/38205168</a>		
200 option B	<a href="https://ridewithgps.com/routes/38299569">https://ridewithgps.com/routes/38299569</a>		
200 option C	<a href="https://ridewithgps.com/routes/38299572">https://ridewithgps.com/routes/38299572</a>		

### Wheelmen's Christmas party 2022 at Lulu's



The winning Christmas outfit won by Richard Robinson



## Shasta Wheelmen General Membership Minutes

**NOVEMBER 7, 2022**

1. Call to Order by President Doug Holt – meeting started at 6:02pm
2. Self-Introductions
3. Quorum – Yes - 38 members present
4. Minutes from November 2022 General Membership meeting as printed in the Matrix were approved by unanimous vote.
5. Standing Reports:

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

<b>CHECKING</b>	<b>Nov 2022</b>		<b>SAVINGS</b>	<b>Nov 2022</b>	
OPENING	\$10,266.42		OPENING	\$1,641.50	
INCOME	\$525.00	*	INCOME/ INTEREST	\$0.01	
EXPENSES	-\$272.47	**	EXPENSES	\$0	
CLOSING	\$10,518.95		CLOSING	\$1,641.51	

\*Income (Membership = \$510, Donation = \$15)

\*\*Expenses (Stripe Fees \$22.47, RidewithGPS annual fee = \$250)

Total assets = \$12,160.46

B. Membership Report by Jim Bush:

1. 150 total members
2. November 2022 – 16 renewals
3. Year to Date 2022 – 24 new members, 65 renewals, 20 outstanding, 20 dropped
4. 51 new Members in last 3 years

C. Board Meeting Report by Doug:

\*No Board meeting report due to election and holiday party

6. Old Business: None revisited due to election and holiday party

7. New Business

A. Question from the Floor (Erik Stewart) asking President Doug to describe positions of the Board; Doug reviewed the 4 Board positions and their traditional duties.

B. Doug asks for nominations from the Floor for position of 2023 Club President.

1. Linda Cannar nominates Jim Bush for President, citing his qualifications; Jim accepts nomination
2. Jim Bush added to ballot along with Greg Winters
3. Ballots distributed to Club Members in attendance
4. Results tallied and announced; Jim Bush elected for President 2023

C. Nominations for 3 remaining Board Positions called for from the Floor:

1. Patty nominates Craig Collins for Vice President; Craig accepts nomination
2. John Simmons nominates Lisa Creps for Treasurer; Lisa accepts nomination

Continued on next page



3. Cindy Begbie nominates Nancy Cook for Secretary; Nancy accepts nomination
  4. Doug explains that no 5<sup>th</sup> Board Member is needed for nomination because the position will be returned to 'Immediate Past-President' which is Doug, who accepts the position
  5. Erik Stewart calls for approval by Proclamation; seconded, all approved
  - D. Jack Yerkes announces lemons and limes that he brought to share, "help yourself!"
  - E. Doug announces he has a 'Special Announcement':
    - \*Recognition of current Lifetime Members of the Shasta Wheelmen
    - \*New Lifetime Member nominated and acknowledged; **John Crowe**, who has been an active Shasta Wheelmen Member since 2004
  - 'Ugly Sweater' voting to take place during party time
- 
8. Doug motions meeting adjournment to begin Holiday Party; motion approved unanimously at 6:28
  9. Hors d'oeuvres, conversation, voting, desserts shared, laughter, voting, Gift Exchange by raffle number, more desserts, last call for 'Ugly Sweater' votes, more laughter, tally of votes..... and the overwhelming winner is..... Richard Robinson!  
(Rich, you had us with the icicle-light-neck-accessory!)
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## Agenda for Meeting Monday January 2, 2023 at Lulu's

Start time 6:00PM

1. Call the meeting to order
2. Introductions
3. Membership Chair to determine that a Quorum is present
4. Standing reports, Treasure, membership
5. Old Business

Donation to the Christmas bike program

Other(s)

6. New Business

Review goals and objectives for the coming year

Bylaws Presentation

Other business


7. Adjourn Meeting



Ride 19- Millville Plains CCW on December 12



The Gezeer ride on Montgomery Ranch December 20.

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