



# Matrix

## February 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

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

### SAVE THE DATE!

The Wheelmen Annual Awards Banquet is in the planning stage. We're looking at April 15th or 22<sup>nd</sup>, 5 - 10pm'ish. Venue and entertainment TBD. Please plan to attend! For questions or ideas contact one of the committee members: Terri Webster, Jen Collins, Lisa Creps or Patty Shackleton.

### WOW Ride Jan 15 – a rainy one!



*January has been a wet and cold month for riding*

### Valparaiso Ride Jan 19



### Zogg Mine Jan 21: Nancy Cook, Rich Robinson, Dan Alcala, Lynn Holmquist, Erik Digby



## President's Message #2 of 12

Happy February Wheelmen! Let's hope it is a little warmer for our rides.

When I first joined the club 7 years ago I was not able to ride in the cold but over the years I was able to buy the right clothing, I am up to four layers on top and two socks and shoe covers. Keeping my feet and hands warm was the biggest issue.



Since our last meeting there has been significant progress on the creation of a Ride Leader pool. Our new Ride Leader Coordinators, Patty Shackleton and Rich Robinson have been putting together a list of club members willing to help lead rides and write guidelines for these leaders. They will be giving a report at our membership meeting. Our intent is to have someone available to greet the group prior to the ride, introduce new riders, make sure everyone has someone to ride with, review the riding course, and keep the ride as safe as possible.

In addition Patty and Rich have been working on safe Riding Guidelines for all club members. They have been researching other riding clubs and have organized a committee of interested Wheelmen to assist.

Our Club Training Coordinator has been off and running, he is organizing the longer Saturday rides, has initiated a Wednesday evening ride for those that work and cannot make the weekday morning rides. As many of you might recall the club had a Tuesday night ride which was popular for many years. This ride no longer exists and hopefully the Wednesday night ride will fill that void. The Wednesday night will not conflict with our Tuesday morning ride if you would like to get additional rides in. Gary is also recruiting riders to participate and train for the May Love to Ride Challenge.

Our thanks goes out to Greg Winters who was our club ride calendar coordinator and Andi Winters who was our Matrix editor. Our new ride calendar coordinator will be Rich Robinson and our interim Matrix editor will be Terri Webster. Melissa Boyd is considering being our permanent Matrix editor.

Make sure you are at our February Membership meeting on February 6<sup>th</sup>. Our guest speaker will be Joe Dodd from Sports LTD to discuss bike maintenance and changing tires on the road. Hope to see you on a ride soon!

*President Bush*

## Ride Leaders - Call to Action

The Wheelmen Ride Leader position has been re-booted! As a part of the forward vision of the new board of directors a plan is being put in place to define a ride leader, create a pool of volunteers and develop protocols. The first call to members for volunteers resulted in 12 people showing up at a meeting, most of whom were willing to become ride leaders. Others have since volunteered; all are awaiting guidelines about how a ride leader will be matched with a ride. A draft plan will be presented to the board then to the general membership. The following members are currently considered Ride Leader candidates:

Elise Doppelhauer  
Teddy Doppelhauer  
Trig Birkeland  
Al Masterson  
John Crowe  
Cindy Begbie  
Terri Webster

Patty Shackleton  
Rich Robinson  
Mike Madden  
Jack Yerkes  
Nancy Cook  
Scott Hammelberg  
Melissa Boyd

Craig Collins  
Jim Bush  
John Simmons  
Greg Winters  
Gary Nelson  
Linda Cannar  
Jeff Webster

Submitted by  
Patty Shackleton, January 18, 2023

## 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 indicates 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

### First ride of the year and random coffee shop photo





## Northern California Centuries & Fun Rides

February

**2/25 Pedaling Paths to Independence:** DeVinci's Ravioli Factory & Restaurant, Linden. 65 mi. w/1400' elev. gain, & 25 mi. w/300' 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 rolling hill of Amador and Calaveras counties. Participants must preregister. 1,500 rider limit. Reg. opens 1/1/23 includes rest stops, SAG, mechanical assistance at rest stops. Apres ride, enjoy a hot meal & live music at the finish. [Bikehikers.com](http://Bikehikers.com)

**4/15 Bike Around the Buttes:** 20 mi., 40 mi., 70 mi., 100 mi. courses around the town of Sutter and the Buttes. Offering rest stops, SAG, and lunch after with live music. Proceeds benefit local diabetes patients. [Bikearoundthebuttes.com](http://Bikearoundthebuttes.com)

**4/20-23 Life Time Sea Otter Classic Gran Fondo:** Leguna 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)

**4/29-30 Chico Velo Wildflower Century:** 7 route options ranging from 12 miles to 125 miles. Pre-ride Wildfest on the 29<sup>th</sup>, rides on the 30<sup>th</sup>. [Wildflowercentury.org](http://Wildflowercentury.org)

May

**5/6-7 Siskiyou Scenic Bicycle Tour:** Upper Greenhorn Park, Yreka. Two day event. 5/6 All-paved road rides of 101 mi., 40 mi., & 21 mi. These routes are the same as last year ----beautiful view 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. Registration includes rest stops, SAG, end of ride meals both days, w/beer available. Camping at Greenhorn Park 5/5-6. [www.siskiyouscenic.com](http://www.siskiyouscenic.com)

## February 2023 Ride Calendar

(hope to have this back as a table next month)

**02/01/23 5:30 PM** Start at Anderson Safeway parking lot Anderson/Turtle Bay and Back

<https://ridewithgps.com/routes/41714402> 33.7 miles Elev 543 HR: 1 Pace B/C Head and tail lights required Ride Leader Gary Nelson 925 951 3345

**02/02/23 9 AM #11 Shasta Dam.** Start@ Sundial Bridge Parking lot. Shasta Lake via the River Trail to Shasta Dam, Centimudi, Shasta Dam Blvd. Rtn: Cascade, Pine Grove, Twin View, Churn Creek 33.4 miles 1778 Ft. HR 2. Pace B/C <https://ridewithgps.com/routes/38159727>

**02/04/23 9 AM CVS @ Placer/Buena Ventura.** Veteran Cemetery. Placer, Gas Point, Happy Valley, China Gulch 44.1 miles Elev. 1867 HR: 2 Pace B/C Ride Leader Gary Nelson 925 925 3345 <https://ridewithgps.com/routes/14136337>

**02/05/23 9 AM** Start@ CVS Placer, Branstetter, Placer, Swasey, Rock Creek, River Trail 29.3 miles. 1917 ft. HR 3. Pace C/D Contact Rich@530-604-4371 <https://ridewithgps.com/routes/32922964>

**02/06/23 6 PM** Club Monthly meeting @ Lulu's Restaurant 2230 Pine St

**02/07/23 9 AM #12 End of Iron Mt Rd. CW.** Start @ Sundial Bridge Parking Lot. End of Iron Rd. via River Trail Rtn: Iron Mountain, Rock Creek, Granite, to Old Shasta backside of Swasey, Placer, Texas Springs 35.7 miles. HR 3. Pace B/B+. 2206 ft <https://ridewithgps.com/routes/40182351>

**02/08/23 5:30 PM** Start at Anderson Safeway parking lot 18.3 miles per loop. Elev. 137 HR: 1 Pace B/C Head and tail lights required Ride Leader Gary Nelson 925 951 3345 <https://ridewithgps.com/routes/41715271>

**02/09/23 9 AM** #13 City of Shasta Lake CCW. Start at Sundial Bridge Parking Lot Shasta Lake City via Dana/downtown from east side to Akrich. Return: Lake, Quartz Hill, Keswick, River Trail w/Dam loop 1,962Ft.34.1miles miles. HR 2. Pace B/C <https://ridewithgps.com/routes/40172747>

**02/11/23 9 AM** Start at Anderson Starbucks Cottonwood/Igo. Balls Ferry, Gas Point, Placer, Cloverdale, Olinda Rd. HR: 2 Pace B/C Ride Leader Gary Nelson 925 951 3345. 49.8 Miles Elev. 1412 <https://ridewithgps.com/routes/14136352>

**02/12/23 9 AM** Start from Starbucks Anderson. Cottonwood, Coleman, Balls Ferry, Parkville, Dersch 30.7 miles. 887Ft.HR 1. Pace C/D <https://ridewithgps.com/routes/11043224>

**02/14/23 9 AM** #14 Palo Cedro CW. Start at Sundial Bridge Parking Lot. Dana to downtown Browning, Old Alturas, Deschutes, Swede Cr, Old 44 Return: Old 44, Airport Rd. Old Oregon Trail, Rancho, Victor, Hartnell Cypress. 31.2 miles. 1101 Ft. HR 1. Pace C+/B. <https://ridewithgps.com/routes/40172744>

**02/15/23 5:30 PM** Start at Anderson Safeway parking lot. Palo Cedro and back. 21.5 miles Elev 186 HR: 1. Pace B/C Head and tail lights required  
Ride Leader Gary Nelson 925 951 3345 <https://ridewithgps.com/routes/41714456>

**02/16/23 9 AM** #15 a&b. Keswick Dam Loop. Start at Sundial Bridge parking lot. Park Marina, Eastside, Buenaventura bike path, Mary Lake and Valparaiso, 299, Iron Mtn Rd, Middle Springs Trail, Keswick Dam, Quartz Hill Rd, Lake, Pine Grove, Cascade, Oasis, Twin View, College View to bike path, left on new bike path to Hilltop, 44 bridge to return. 32.4 miles 1726 feet. HR2! Pace B/C <https://ridewithgps.com/routes/40182398>  
Skip Valparaiso. 29.5 miles 1345 feet. HR2 Pace C. <https://ridewithgps.com/routes/40182409>

**02/18/23 9 AM** Start Palo Cedro Park & Ride. Old 44, Swede Ck. Deschutes, Dry Ck, Old Oregon, Rancho, Dersch, Deschutes. 42.7 miles Elev 1399 HR:2 Pace B/C  
Ride Leader Gary Nelson 925 951 3345 <https://ridewithgps.com/routes/14136354>

**02/19/23 9 AM** Start at the Sundial Bridge parking lot. Ride the River Trail to Shasta Dam, Return Lake Blvd, Quartz Hill, 35.7 miles. 1887 ft. HR2 C/D <https://ridewithgps.com/routes/19741516>

**02/21/23 9 AM** #16 Anderson CW. Start @ Sundial Bridge parking lot. Olinda/Anderson via Cypress, Hartnell, Victor, Churn Cr. No./So. Streets to Olinda Return: Olinda, China Gulch w/ Clear Creek and Igo Option 37.9 miles 855 Ft./C-B. <https://ridewithgps.com/routes/40172736>

**02/22/23 5:30 PM** Start @ Anderson Safeway parking lot. Palo Cedro and back. Head and taillights req. Ride leader Gary Nelson 925-951-3345. 42.7 miles. 1399 Elev. HR 2. PaceB/C. <https://ridewithgps.com/routes/41714456>

**02/23/23 9 AM** #17 Old Shasta CW. Start at Sundial Bridge Parking Lot Old Shasta via Eastside, Girvan, Clear Creek, Honeybee, TX Springs, Placer, Taylor, Prospect, Mtn. Shadows, Middletown Park, Swasey, Red Bluff Rd Rtn:. 299 to Middle Cr (Old Stage Rd)across Iron Mt. Rd to River Trail 29.0 miles. 1,323Ft. /C. <https://ridewithgps.com/routes/40182437>

**02/25/23 9 AM** Gary's ride & Shorter Club ride. Start at Anderson Starbucks Corning Cruise Ronda, Bowman. Hooker Ck. Skyline, Wilcox, Jackson Rawson, Corning, 99w, Main St, I5, Auction Yard Rd, Sunset Hills, Main St Locust. Elev. 2727, 85.1 Miles HR: 3 Pace B/C Ride Leader Gary Nelson 925 951 3345. <https://ridewithgps.com/routes/41812993>  
Shorter route will return from Red Bluff on Jellys Ferry. 1943 Ft. 52 miles. HR 3 Pace B/C <https://ridewithgps.com/routes/930938>

**02/26/23 9 AM** Start@Palo Cedro Park & Ride. Deschutes, Dersch, Balls Ferry, Ash Ck, Parkville, Millville Plains. 33 miles 769 Ft. HR 1 Pace B/C. <https://ridewithgps.com/routes/14136329>

**02/28/23 9 AM** #18 Jones Valley CCW. Start at Sundial Bridge Parking Lot Jones Valley Store/Marina via Dana/downtown, Browning, Old Alturas, Deschutes, 299, Dry Creek Rtn: Bear Mtn, Old Oregon Trail, Collyer 32.6 miles/C/B. 1,557 <https://ridewithgps.com/routes/40182452>

**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 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>

## Shasta Wheelmen General Membership Meeting January 2, 2023

1. Meeting Called to order by Jim Bush at 6:00pm
2. Introductions: self-introductions. One new member, Trig Birkland.
3. Membership Chair, Jim Bush, determined a quorum is present >7.
4. A motion to approved the minutes for the December meeting was requested by Terri Webster and 2<sup>nd</sup> by Linda Cannar, unanimously passed.
5. Standing reports:
  - a. Treasurer: John Simmons standing in for Lisa Creps –

CHECKING	Nov 2022		SAVINGS	Dec 2022
OPENING	\$10,518.95		OPENING	\$1641.51
INCOME	\$150.00	*	INTEREST	\$.01
EXPENSES	-\$1,681.57	**	EXPENSES	0
CLOSING	\$8,987.38		CLOSING	\$1641.52

\*Income (Membership \$150)

\*\*Expenses (Stripe fees = \$10.35, expense to Lulu's Restaurant for Christmas party = \$971.22, donation to The Bike Shop for bikes to Ted Blankenheim's Christmas bike giving program = \$700.00)

- b. Membership: Total membership at year end = 130, new members in 2022 = 52. Jim Bush will relinquish the Membership Chair position to Teddy and Elise Doppelhauer.
6. Old Business:
  - a. Donation to the Christmas bike for kids program. Patty Shackleton reported that the board of directors with general membership approval donated \$700 for this program. The Bike Shop partnered with the club and discounted two bikes. Several Wheelmen met with Ted Blankenheim, the program creator at both his donation and distribution sites. Ted will be asked to make a presentation at a club meeting this September.
  - b. The bike rack won from Healthy Shasta for the May challenge has not been placed yet. Rich Robinson has taken responsibility to pick up and install the bike rack in front of the Old Shasta Coffee shop on Eureka Way, next to ACE hardware.
7. President Jim Bush's goals and objectives for the coming year:
  - a. Gary Nelson is appointed to a new position, Training Coordinator. This position will be responsible for new member training, long distance rides, distance training, Trifecta, May Love to Ride efforts and Saturday distance rides.
  - b. Rich Robinson & Patty Shackleton will be appointed as Ride Leader Coordinators. They will recruit ride leaders for a pool of members that will be able to lead the Tuesday, Thursday and Sunday rides. The pool will be trained and given a "script" of basics for leading a ride. In addition, a committee will be formed to establish Safety Guidelines. When completed these will be presented to the board of directors and general membership for approval.
    - i. Rich Robinson spoke about intentions to contact members this month for the ride leader position. He would like to have a brief training which would review beginning a ride,

previewing the route, 1<sup>st</sup> re-group site, coffee location, appointing a sweep, reviewing any pertinent safety concerns, basic mechanics and a possible adoption of an app “Chasing Watts”.

- ii. Patty requested a sign-up of volunteers; 9 members volunteered for this pool!
- iii. A motion to accept Rich and Patty for this position was approved.
- c. The Bylaws revision is complete and will be distributed at the Feb meeting for discussion and then voted on at the March meeting.
- d. Club Concern Process. Jim is establishing a process for managing members concerns and issues. He asks that members bring issues to the board. The board will review and make recommendations to those who brought up the issues. If there is not satisfaction to the decision the issue will be brought to the general membership for a vote.
- e. Meeting Speaker Program:
  - i. Feb – Joe Dodd, Sports LTD bike mechanic. Bike maintenance.
  - ii. March- Law Enforcement. Cycling on road ways.
  - iii. April- Physical Therapist, Stephanie Smith. Conditioning and recovery.
  - iv. May- Bike Touring Tips, Craig Colling
  - v. June- Shasta Living Streets, Ann Thomas. Local plans.
  - vi. Others to include city, county and CalTrans officials.(Anyone with ideas for speakers please notify Jim)

#### 8. General:

- a. Terri Webster asked if there would be recognition of the Trifecta finishers. Gary Nelson reported the Trifecta year will end in February, recognition will be planned.
  - b. Gary Nelson asked what happened to the donation made for trophies, John Simmons reported that there remains \$140 designated for such.
  - c. Craig Collins, new VP and outreach coordinator:
    - i. Craig reported on his efforts to establish some club promotional materials and the idea to place in bike shops, the new bike depot, school athletic departments, etc. He has reviewed many old graphics from Wheelmen history. He found an “Uncle Sam Wants You” – Wheelmen poster (originally created by Earl Talken) and a “Five Reasons to Join the Shasta Wheelmen Club” poster which are the most favorable. He will also send an email to general membership asking for ideas and resources.
    - ii. Mixed surface rides – coming to our ride calendar soon! Craig would like to establish a day a month for gravel rides (the fastest growing type of riding). Rich Robinson will assist Craig in establishing this activity. Then a proposal will be made to the board.
    - iii. Ride the Park Day at Lassen National Park: Craig will contact the Superintendent to request permission for the club to set up a table and distribute snacks, hot beverages and promotional material at a couple of parking lots on the day the park opens to bike traffic only. Event could be titled ‘Snacks on the Summit’ or ‘Muffins on the Mountain’!
    - iv. Craig is also the coordinator for a renewed effort for the club to become a collaborator with city and county road planning and bike infrastructure planners. Craig asks for input from anyone who has contacts or knowledge of persons or programs that would be appropriate to contact.
  - d. John Crowe has been asked to report out of area bike rides. These will be published in the Matrix or on the ride calendar.
  - e. Patty Shackleton motioned that a committee be formed to plan the annual banquet. The motion was 2nded by Gary Nelson and Craig Collins and unanimously passed. Five members were nominated for this committee: Terri Webster, Lisa Creps, Jen Collins and Patty Shackleton.
9. A raffle was held for gift certificates at coffee shops, three winners were: John Crowe, Teddy Doppelhauer and Trig Birkland.

10. Two Social affairs were promoted by John Crowe and Nolan Randal; Chuck Brodsky, solo musician, Jan 10 at Pilgrim Church and A Musical Variety and benefit for Diversity at Fratelli's Pizza, Jan 14, 6pm (Nolan will be one of the musicians).
11. Meeting adjourned about 7:10pm

Respectfully submitted by Patty Shackleton substituting for Nancy Cook

### **Agenda for Meeting Monday February 6 at Lulu's Start time 6:00PM**

1. Call the meeting to order
2. Introductions
3. Membership Chair to determine if there is a quorum present
4. Approval of minutes from the prior meeting
5. Standing reports, treasurer and membership
6. Old Business
  - Ride Coordinator(s) report
  - Safe Riding Guidelines report
  - Out of town rides
  - Training coordinator report
  - VP Report
7. Guest Speaker Jo Dodd from Sports LTD
8. Bylaws
9. Other Business
10. Adjourn meeting

### **Upcoming Speakers**

February, Jo Dodd Sports LTD






March, Law enforcement

April, Elevate Physical Therapy

May, bike touring tips, Craig Collins



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

<p><b>Bikes Etc.</b>                  2400 Athens Ave.                  Redding, CA 96001</p> <p>530-244-1954</p>	
<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.pedegolectricbikes.com/dealers/redding/">https://www.pedegolectricbikes.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>	