



Matrix

March 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.

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

Watch for the email announcement

**The Shasta Wheelmen *SHIFT INTO PARTY GEAR* Celebration
April 21**

February Rides



Latest Trifecta Earner



Welcome New Members

Templeton	Lori	Redding
Harri	Naomi	Redding
Rouse	Jack	Redding
FreemonSowers	Rachel	Redding
Harvey-Arrison	Colleen	Red Bluff

President's Message #3 of 12

Hello Wheelmen,

March is upon us and better riding weather is almost here. I want to start off by congratulating all of our members who participated in the Trifecta Challenge. Eighteen members signed up for the Challenge, of which 12 members completed the required three events. Notably, Gary Nelson and Keith Elzner completed three 200 mile rides. I would like to thank club members Scott Hamelberg, Lisa Creps, Gary Nelson and Dusty Sartain for stepping up to help Keith finish his last 200 mile ride.



Guest Speakers and Topics

Our February guest speaker, Joe Dodd from Sport LTD, gave a great presentation on bike maintenance and flat tire repair. We had close to 30 club members and one guest in attendance and I'm sure we all learned something.

At the March meeting we will have two police officers from Redding PD discuss traffic issues related to cycling on the road ways. In April we will have Stephanie the owner of Elevate Physical Therapy located in Anderson. I thought it would be good to get some tips on keeping ourselves in shape and injury free just before the May Love to Ride month and summer long distance riding. Our Club VP, Craig Collins, will present on long distance touring at our May membership meeting.

Bylaws

The revised Bylaws were recently sent out (emailed) for your review and comment. We would appreciate comments back by March 1, 2023. We will discuss the proposed changes at our March meeting. Depending on the extent of the comments received we will either vote on the Bylaws in March, or if additional work is

deemed necessary, the vote will be in April. Thanks to Patty Shackleton, Lisa Creps and John Crowe for helping on this project.

Shasta Bike Month

We have been working with the Shasta Bike Month Working Group to put together biking events for the May Love to Ride month. During the month The Shasta Wheelmen will organize two Get Acquainted rides (we normally do two in May anyway), A WOW ride, a slow and low ride followed by burgers and drinks and the Ride of Silence. In addition, we will help with bike parking/valet service at the opening ceremony and at the pancake breakfast. All of these activities will be advertised by the Shasta Bike Month Working Group which should result in a good turnout. The calendar showing the dates of these events and many others will be available in early March. Your help in organizing these events will be greatly appreciated.

There is a lot going on and I appreciate everyone's help.

Hope to see you on a ride soon! Stay Safe!

President Bush

Speaker Joe Dodd, Sports LTD – Bike Maintenance



Vice President's Journal No. 1 – March 2023

I'm excited to be contributing a new section to the Matrix newsletter! My entries will focus on something of personal interest within cycling culture, technology, and current events. One topic per month with lots of hyperlinks for further reading and the shameless intention of sending you down a new and interesting rabbit hole every time. Hopefully my journal entries give us all something interesting to chat about on our Club rides and more importantly, they inspire your continued journey within the sport and lifestyle of cycling.

Alright! Let's get to it...

Outside of the hot summer months, determining what to wear on the Wheelmen Club rides can be a challenge. As we move into spring, temperature swings from ride start to finish can be significant. High winds, chance of rain and sunlight must also be taken into consideration to stay comfortable. Having a good selection of cycling kit is a great start to solving this problem, but once that's sorted, the next most important factor to choosing the right gear (for me at least) is having access to good weather information.

To that end, I'd like to discuss a new smart phone app that I recently stumbled upon called [Epic Ride Weather](#). This app allows you to view the predicted changes in weather for the duration of a proposed ride across a predetermined route. The weather information provided includes temperature, humidity, precipitation, cloud cover, wind and even wind direction mapped onto the route. The wind direction information is very useful when deciding whether to ride a loop CW or CCW, so a perfect planning tool for Club Ride Leaders. It's good enough that [pro cycling teams use it to plan their race strategies](#).

Epic Ride Weather integrates very nicely with Ride with GPS (RWGPS) and Strava. Even if you don't use RWGPS routes on your cycling computer for wayfinding during a Wheelmen Club ride (something I definitely recommend for new

Club members), you can still use Epic Ride Weather and our Club RWGPS route library to help in planning what to wear. Simply copy the RWGPS route from the Shasta Wheelmen account to your personal RWGPS account and then the route will be available for weather predictions from within Epic Ride Weather.

The first 1,000 weather predictions are a free trial and then there are monthly and yearly subscription options for \$11.99 and \$2.99 respectively. I've yet to exhaust my initial 1,000 predictions, but when I do I'll likely opt for the yearly model as I've found this app to be hugely helpful to me in picking the right kit for the ride. Hopefully you will find it useful too!

Note: Credit goes to the "[How to Not Die](#)" blog post on the [Our Mother the Mountain website](#) for cluing me into this great planning resource.

VP – Craig Collins

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

**Bike Rack Installed at Old Shasta Coffee Company on Eureka Way
Won by Captain's Crew, May 2022 Bike Challenge**



Northern California Centuries & Fun Rides

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

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

4/15 Pedals n Pears: 4 distances from easy and flat to the challenging Royal Riviera Metric Century. All rides start and finish using the Bear Creek Greenway. Pedalsnpears.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

4/29-30 Chico Velo Wildflower Century: 7 route options ranging from 12 miles to 125 miles. Pre-ride Wildfest on the 29th, rides on the 30th. 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

5/27-28 Art of Survival Century; Malin/Tulelake, paved, mountain, and gravel something for everyone, 13 to 100 miles.
<https://survivalcentury.com/>

July

July 15 Fall River Century; McArthur, 25 to 128 mile rides

Bike the Rogue out of Gold Beach Sept. 9 (the Rotary ride) and 10 (our own ride at Port Orford)

Etna Sept 12-13 (a follow-on to Gold Beach)

These rides have been suggested, but no dates are set:

- Surprise Valley 2 days, maybe early summer
- McCloud/Pilgrim Creek and possibly Fowler's Campground loops -- summer (get out of the heat)
- Crater Lake -- maybe August
- Orland/Elk Creek/Willows loop -- sometime in the fall -- too hot in the summer
- Corning/Orland loop -- sometime this spring

March 2023 ride calendar

03/01/23 5:30pm. May training ride. Start Anderson Safeway Balls Ferry Rd. 17.8 miles 104 ft ascent
Pace B/C Hill Rating 1. Head and tail lights required Ride Leader Gary Nelson 925 951
3345 <https://ridewithgps.com/routes/38157618>

03/02/23 9:00am #19 - Millville Plains CCW Start@ Sundial bridge parking lot. Hartnell, Churn Creek,
Dersch, Millville Plains, Old 44, Hartnell. HR 1, Pace C/D
<https://ridewithgps.com/routes/40182456>

03/04/23 9:00am Weekend #48. Swasey, Shasta Dam, Old Oregon
Start@ CVS parking lot Placer. Placer, Swasey, Rock Ck, River trail, Shasta Dam blvd, Union School, Old
Alturas, Browning, River trail, Court, Pioneer, Buenaventura. 50.1 miles 3088 ft ascent Pace B/C Hill Rating
4. <https://ridewithgps.com/routes/41837240>

03/05/23 9:00am. WKND#40 North/East/South of Palo Cedro Start@ Palo Cedro park and ride. Deschutes, Swede
Ck, Old 44, Millville Plains, Dersch, Parkville, Ash Ck, Balls Ferry, Deschutes, Beatie, Maynard. 32.8 miles. 801
ft. HR1. Pace C/D. <https://ridewithgps.com/routes/41837142>
Ride Leader Nancy Cook

03/07/23 9:00am #20 - Igo/Ono CCW Start@ Sundial bridge parking lot. River Trail, Court St, West St, Pioneer
Dr, Buenaventura, Placer, Clear Ck, Westside, Eastside Parkview. 40.7 mi 2,196 ft. HR 2, Pace
C/D <https://ridewithgps.com/routes/40182468>

03/08/23 5:30pm May Training ride. Start@ Anderson Safeway balls Ferry Rd.
Palo Cedro and Back 21.5 miles 186 ft ascent Pace B/C Hill Rating 1 <https://ridewithgps.com/routes/41714456>
Head and tail lights required Ride Leader Gary Nelson 925 951 3345

03/09/23 9:00am #21 Bridge Bay CCW Start@ Sundial bridge parking lot. Browning, Collyer, Old Oregon,
Wonderland, Fawndale, Twinview. 35.0 mi., 1656 ft. Hilliness Rating: 2
Pace: B/C/D <https://ridewithgps.com/routes/40182471>

03/11/23 9:00am WKND #19 Fish Hatchery, Palo Cedro. Start@ Starbucks Anderson.
Balls Ferry, Ash Creek, Grover, Parkville, Dersch, Deschutes, Airport, Churn Ck. 45.5 miles. 1033 ascent. HR1!
Pace B/C. <https://ridewithgps.com/routes/41836622> Head and tail lights required Ride Leader Gary Nelson 925
951 3345

03/12/23 9:00am WKND #06 - Evergreen/Bowman Long Start@ Anderson Starbucks.

Locust, Panorama, Balls Ferry, Bowman, Evergreen, Benson, Bassler, Hooker Ck, Bowman, Ronda. 44.9 mi., 1190 ft. Hilliness Rating: 1 Pace: C <https://ridewithgps.com/routes/41836328>

03/14/23 9:00am #22 Old Shasta CCW. Start@ Sundial bridge parking lot. River trail, Middle Ck Rd, Iron Mt Rd, Rock Ck Rd, Granite, Jays, Swasey, Middleton Park, Texas Springs, Eastside Rd, Parkview. 30.4 mi., 1643 ft. Hilliness Rating: 3 Pace: C/D <https://ridewithgps.com/routes/40182474>

03/15/23 5:30pm May Training ride. Start@ Anderson Safeway. Turtle Bay and back via 273 <https://ridewithgps.com/routes/41714402> Head and tail lights required Ride Leader Gary Nelson 925 951 3345

03/16/23 9:00am #23 Shasta Dam/City of Shasta Lake CCW Start@ Sundial bridge parking lot. River Trail to Browning, Hawley, Collyer, Twinview, Pine Grove, Shasta Dam Blvd, Lake Blvd, Coram, River Trail, Sundial. 33.4 mi., 1773 ft. Hilliness Rating: 3 Pace: B/C <https://ridewithgps.com/routes/40182480>

03/18/23 9:00am WKND #53B. Veterans Cemetery Long Start@ CVS Placer parking lot Placer Gas Point, Happy Valley Rd., Cloverdale, Clear Creek, Honeybee, Branstetter, Westside Buenaventura. 51.5 miles 2170 ft. HR 1! Pace C/D <https://ridewithgps.com/routes/41837338>

03/19/23 9am RB airport out Red Bank Rd. Start@ Breezy's Wings & Wheels Restaurant 1760 Airport Blvd, Red Bluff, CA 96080, US. Luther Rd, Paskenta Rd, Live Oak Rd, Lowery Rd. Out & Back. Ride leader, Scott Hamelberg <https://ridewithgps.com/routes/42055730>

03/21/23 9:00am #24 End of Iron Mountain Rd CW. Start@ Sundial bridge parking lot. Park Marina, Eastside, Cedars, Branstetter, TX Springs, Placer, Swasey, Red Bluff, Old Shasta, Granite, Rock Ck, Iron Mtn Rd to gate, Rtn: River Trail @ Rock Crk HR 3. Pace C/D <https://ridewithgps.com/routes/40182489>

03/22/23 5:30pm May Training ride. Start@ Anderson Safeway. Palo Cedro and back. 21.5 miles. 186 ft. HR 1. Pace B/C. <https://ridewithgps.com/routes/41714456> Head and tail lights required Ride Leader Gary Nelson 925 951 3345

03/23/23. 9:00am #02 Palo Cedro CCW. Start@ Sundial bridge parking lot. Palo Cedro via Cypress, Hartnell, Victor, Rancho, Old Oregon Trail, Old 44 Rtn: Old 44, Swede Creek, Deschutes, Old Alturas Dana to downtown. 31.6 miles. 1057 ft. HR 2. Pace B/C/D <https://ridewithgps.com/routes/38148141>

03/25/23 9:00am Turtle 52 Start@ Sundial bridge parking lot. River Trail, Lower Springs, Valparaiso, Placer. Texas Springs, Clear Ck, Cloverdale, Olinda, Airport Rd, Churn Ck, South Bonnyview, Park Marina. 52 miles. 2092 ft. HR1+, pace B/C <https://ridewithgps.com/routes/41837283>

03/26/23 9:00am WKND #03 - Ash Creek/Dersch CCW Start@ Palo Cedro park and ride. Old 44, Millville Plains, Parkville, Ash Ck, Dersch, Millville plains, Old 44. 40.3 mi., 1590 ft. Hilliness Rating: 1 Pace: C <https://ridewithgps.com/routes/41836233>

03/28/23 9:00am #05 Jones Valley store. Start@ Sundial bridge parking lot. Jones Valley Store via Dana/downtown Churn Creek, College View, Old Oregon Trail, Bear Mtn. Option Boat ramp. Rtn: Dry Ck. Deschutes, Old Alturas, Browning, Dana/downtown 32.5 miles/C+/B <https://ridewithgps.com/routes/38148149>

03/29/23 5:30pm May Training ride Start@ Anderson Safeway. Palo Cedro and back. 21.5 miles. 186 ft. HR 1 Pace B/C <https://ridewithgps.com/routes/41714456>

03/30/23 9:00am #06 Millville Plains CW Start@ Sundial bridge parking lot. Millville Plains via Cypress, Hartnell, Old 44, to Palo Cedro. Rtn: Millville Plains, Dersch, Churn Creek Bonnyview, Eastside Road. 38.4 miles. 1042 ft. HR:2 C+ <https://ridewithgps.com/routes/38157618>

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 Meeting
February 6, 2023
Lulu's Restaurant

1. Call to Order by President Jim Bush – meeting started at 6:02pm
2. Self-Introductions
3. Quorum – Yes - 29 members present
4. Minutes from January 2023 General Membership meeting as printed in the Matrix were approved by motion, John Simmons, second by Teddy; all in favor.
5. Standing Reports:

A. Treasurer's Report by Lisa Creps details submitted:

CHECKING	January 2023		SAVINGS	January 2023	
OPENING	\$8,987.38		OPENING	\$1,641.52	
INCOME	\$180.00	*	INCOME/INTEREST	\$0.01	
EXPENSES	-\$11.82	**	EXPENSES	\$0	
CLOSING	\$11,341.29		CLOSING	\$1,641.53	

*Income (Membership renewals= \$180)

**Expenses (Stripe Fees \$11.82)

2022 Recap: Finished the year with balance of \$10,628.92

Although we fell short of projected yearly income, we brought in money from unplanned sources (Bike Swap, Trifecta). The net loss of \$768 is close to the amount of donation to 'Bikes for Kids' which was not in the original budget. Budget details will be provided upon request.

B. Membership Report by Jim Bush will be transitioning to Teddy and Elise

C. Board Meeting Report by Jim:

*Bylaws will be sent out upon approval by the Board

6. Old Business

- A. Ride Leader Coordinator, Rich, states a Google Calendar will be added with current email account and available soon for Ride Leader Pool to sign up for Sunday rides.
- B. John Crowe will keep us informed of out-of-town rides.
- C. Doug reports on 2 legislation proposals:
 1. AB6 – prioritizes and funds transportation projects to meet climate goals

2. AB73 – yield at stop sign law

D. Terri reports on Banquet Committee: After contacting 15 locations, the best is the Eagle Room at Win-River, possibly April 21. Buffett at \$30/person (which includes \$10 slot coupon) with an option of no host bar. This includes a discounted rate from Tracy and Scott Edwards. A \$500 down payment is required, and will be brought to the Board for consideration.

7. New Business

- A. VP Craig reports on Ride With GPS Platform: Shasta Wheelmen approved as 'Route Ambassador' for the Redding area. Craig has categorized routes in the Club Library. Craig asks Members to take photos along rides to add to our Club RWGPS.
- B. Craig reports that "Snacks at the Summit" has been approved by Lassen National Park, and a 'Special Use Permit' will be granted for Club sponsored vehicles to drive on the (closed) road to take snacks/beverages to sell for donation. This could be an opportunity to advertise widely to promote our Club, and possibly a fundraiser. Date TBD by snow melt/road opening to bicycles.
- C. Shasta Living Streets Bike Depot Grand Opening – May 11
SLS is asking for volunteers to be 'ride chaperones' to deliver 70 E-Bikes to docking stations. Ask Craig for details or to volunteer.
- D. Jim and Lisa met with the Bike Month Work Group. Wheelmen will partner with Healthy Shasta to help organize rides (Get Acquainted, WOW, Low&Slow). Healthy Shasta will advertise on their May Love to Ride schedule. A great way to support cycling in our community!

8. Guest Speaker – Joe Dodd, from Sports LTD

Joe began road racing as a 13 year old and has been a bike mechanic for 31 ½ years. He gave a wonderfully dynamic, informative, and entertaining presentation on bike maintenance tips/tricks/tools and all who were in attendance appreciated his expertise! We also learned that in 1986 Joe was mentored by some of our Wheelmen predecessors, which he said gives him great appreciation of our Club.

Topics discussed were:

- *the complete process of changing a flat tire (remember "the valley is the key")
- *disc brake maintenance
- *drive train maintenance
- *'order of operations' (tires, brake pads, chain, rear cassette, front chain ring, wheels)
- *tire life (TWI = a little hole in the tread)

- 9. Gift Card – No Drawing – A Gift Card was presented to Doug Holt – "THANK YOU" for 3 years of gift cards he supplied to our Club's Monthly Meetings!

10. Adjournment 8:10pm

Agenda for Meeting Monday March 6 at Lulu's Start time 6:00PM

- 1. Call the meeting to order
- 2. Introductions
- 3. Membership Chair to determine a quorum
- 4. Approval of Minutes from the prior membership meeting
- 5. Standing reports, Treasure and membership
- 6. Old Business
 - Ride Coordinators report
 - Safe riding guidelines report
 - Training Coordinator report
 - Out of town rides
 - VP report
 - Legislation report

7. New Business
8. Bylaws
9. May Love to Ride
10. Guest Speakers
11. Other Business






Upcoming Speakers

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>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>	