



Matrix

April 2023 – The Official Publication of the Shasta Wheelmen

****REMINDER****

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

**If you have any raffle prizes to donate, please contact Terri Webster @ 530-945-9984
by April 15**

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

March rides



Welcome New Members

Templeton	Lori	Redding
Harri	Naomi	Redding
Rouse	Jack	Redding
FreemonSowers	Rachel	Redding
Harvey-Arrison	Colleen	Red Bluff
Murphy	Peter	Bella Vista

President's Message #4 of 12

Happy April Wheelmen! The sun should be out this month for some good riding.

Stephanie Smith (owner and PT at Elevate Physical Therapy in Anderson) is our April Meeting guest speaker. I am sure you will enjoy her presentation. Come to the meeting prepared with specific questions, especially if you have aches and pains from riding and/or would like to keep in better riding shape.

Anna Blasco from the County Health and Human Services Agency, who is in charge of the May Love to Ride, will also be presenting at our April meeting. Anna will be going over the group riding tracking system for the event this year and cover all of the events planned in May to encourage bike riding.

In the month of May, The Shasta Wheelmen are signed up to help with bike parking at two events putting on two Get Acquainted rides, A WOW ride in Red Bluff and a President's low and slow ride. The WE SKI II group will be partnering with us on the rides.

Make sure to sign up for this year's Trifecta. In addition to the 100 and 200 mile ride option, the event this year has been expanded to include a 75 mile option. All three rides in each option need to be completed by the first of March next year. You will have 24 hours to complete a ride. So, for example, you may start a designated ride at 3pm one afternoon and finish the remaining required miles prior to 3pm the following day.

The annual American River Ride from Old Sac to Folsom and back will be Thursday April 13. It's a fun 62 mile ride along the American River bikeway with dinner in Old Sac to follow the ride.

The Wheelmen have been asked by the organizers of Earth Day to park bikes. The event will be on April 22. More information will follow.

On a closing note, please sign up for the Shasta Wheelmen banquet. Our committee members have been hard at work to organize a great evening. Mark your calendar for Friday April 21, 2023.

Weather is improving and we will be riding more in April.

Hope to see you on the road. President Bush



Shasta Bike Month

The third meeting of Shasta Bike Month's Working took place on Wednesday, March 8 and was attended by Shasta Wheelmen President, Jim Bush and Treasurer Lisa Creps. So much work has been done already to ensure a successful Bike Month in May! Here's a recap:

- Bike Month Challenge 2023 online registration is now open! Instructions on how to register and sync Strava for **New and Returning Riders** are on the Healthy Shasta Bike Challenge website below:
[Shasta Bike Challenge - shastabikechallenge.org \(healthyshasta.org\)](https://shastabikechallenge.org/healthyshasta.org)
- A full calendar of events is in work and will be posted on the website soon. Shasta Wheelmen will provide bike valet services for the Bike Month Kickoff, Asphalt Cowboys Pancake Breakfast and Earth Day

Festival and will lead Get Acquainted, WOW, President's Low & Slow and American River rides this year. Lots of opportunities to volunteer!

- **Differences from last year:** The primary focus of the 2023 Love to Ride Bike Month platform is on increasing workplace participation to encourage commuting to work. However, Teams and Groups can still compete for recognition and prizes! Shasta Wheelmen's own Captain's Crew is already recruiting and signing up online!! **Important Note:** A rider can join more than one group and their miles will count for each group and as an individual.
- Questions? Please contact Jim Bush at (916)8461902 or Lisa Creps at (805)338-2568.

-Lisa Creps

Vice President's Journal No. 2 – April 2023

Next month Redding will join other California cities such as Santa Cruz, Santa Barbara, and Encinitas as the newest city to deploy a [Trek BCycle](#) bike share system. The program in Redding will be called [Downtown Bikeshare](#). As the name implies, it will focus on providing a convenient and easy to use bikeshare system for residents and visitors to Redding's downtown core. In addition, the opening of the Bike Depot - also scheduled for grand opening in May - will provide a [secure bike locker facility](#) for personal bikes in Downtown.

I'm personally very excited about Downtown Bikeshare and the Bike Depot locker as it will introduce some much-needed transportation flexibility to Downtown Redding. It will now be possible to ride a personal bike downtown, store it in the Bike Depot locker and then check out a Downtown Bikeshare to make the last hop for a night out at a restaurant, taphouse or a show at the Cascade Theatre without having to worry about bike theft. I also plan to take visiting friends and family out for Bikeshare rides along the Sacramento River Trail in the evenings...a great way to burn some calories before or after [Taste & See Creamery](#). 🍦 🚲 🍦

Shasta Wheelmen club members already know that cycling is a safe, convenient, cheap and fun transportation option. But we need to show that it can work for the citizens of Redding at large. If Downtown Bikeshare succeeds, then we will hopefully see increased acceptance and demand for safe cycling infrastructure in our community.

So, I encourage all Shasta Wheelmen to join the movement and get a BCycle account set up on your phones for Downtown Bikeshare and a BikeLink card in your wallets for the Bike Depot locker. Just follow the links below to get started. I already have both accounts set up and I'm raring to go!

[BCycle for iPhone](#)

[BCycle for Android](#)

[BikeLink Access Card](#)

Happy Bikeshare Cycling Wheelmen & Wheelwomen!

VP – Craig Collins

Wheelmen Ride Leaders

Cindy Begbie
Linda Cannar
Lisa Creps
Teddy Doppelhauer
Al Masterson
Patty Shackleton
Jeff Webster

Melissa Boyd
Craig Collins
John Crowe
Scott Hamelberg
Gary Nelson
John Simmons
Gregory Winters

James Bush
Nancy Cook
Elise Doppelhauer
Michael Madder
Richard Robinson
Terri Webster
Jack Yerkes

Kudos and appreciation to the amazing turn out for ride leaders! Due to direction from the new board of directors and the extraordinary numbers of new members our club has been acquiring we are establishing a new ride leader program. Rich Robinson, Craig Collins and Patty Shackleton will be the coordinators.

The ride Leader will confirm the route and/or alternatives, keep riders together and serve as the responsible person if an accident occurs. For the Tuesday and Thursday club rides a ride leader may self-appoint at the beginning of the ride and assume ride leader responsibility. The Saturday ride will be led by Gary Nelson through May and Sunday rides (and after May, Saturday rides) will be the responsibility of the ride leader who claims a date on the ride calendar.

Craig Collins has established a ride leader calendar and organized routes on RWGPS for us to use. He is training all ride leader volunteers and we have begun filling out Sundays and selecting rides for the year. A ride leader guideline document is being created and a training (ride leader ride) will be scheduled as soon as weather permits!
-Patty Shackleton

THE RIDE CALENDAR WILL NO LONGER BE INCLUDED IN THE MATRIX. THE CALENDAR CAN BE FOUND ON THE WHEELMEN WEBSITE.

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/>

June

6/16-18 Tour de Fronds: Powers Oregon 6 ride options 33-101 miles. All paved except for one route is combo gravel/paved. Friday pasta dinner, Sat ride, Sun morning pancake breakfast. Sponsored by Powers Lions Club. www.tourdefronds.com

July

7/15 Fall River Century; McArthur, 25 to 128 mile rides

August

8/5 Diamond Jubilee Marin Century; Novato.60th Anniversary. 100k, 100 or 120 miles. Named Top 25 Best Bike Rides in the world by Outside Magazine.

Sept

9/23 Ride The Rogue;3 options 19.6, 40, and 67 miles

**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
March 6, 2023
Lulu's Restaurant**

1. Call to Order by President Jim Bush – meeting started at 6:02pm
2. Self-Introductions
3. Quorum – Yes - 32 members present
4. ‘Minutes’ from February 2023 General Membership Meeting as printed in the Matrix were approved by motion, John Simmons, second by Terri; all in favor.
5. Standing Reports:

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

CHECKING	February 2023		SAVINGS	February 2023	
OPENING	\$9,155.56		OPENING	\$1,641.53	
INCOME	\$400.00	*	INCOME/INTEREST	\$.01	
EXPENSES	-\$1,684.77	**	EXPENSES	\$.00	
CLOSING	\$7,870.79		CLOSING	\$1,641.54	

*Income (Membership = \$270, Trifecta = \$30, Donations = \$100)

****Expenses** (Insurance = \$1,122.90, Banquet deposit = \$500, Stripe Fees = \$20.70, Web Domain fees = \$16.17, State Tax Filing Fee = \$25.00)

The Board approved the proposed 2023 Budget.

B. Membership Report by Jim Bush: 6 renewals and 6 new sign-ups

C. Trifecta Coordinator Gary reports the second annual challenge has begun and is open for signups. Calendar dates are March 1, 2023 to February 28, 2024. A 75-mile option has been added.

6. Old Business

A. Ride Leader Coordinator, Patty, states Craig has created a Google Calendar for Ride Leader Pool to sign up for Sunday rides.

Guidelines for Ride Leaders will be forthcoming.

B. John Crowe informs out-of-town rides will be included in the Matrix. One to watch for is the Club's 'American River Trail'; ride date in April TBD.

C. Vice President Craig reports:

1. Ride Leader Calendar sign-up email went out to Ride Leaders. If you experience problems or need help let him know.

2. Craig is working with Nolan on testing the official Club Ride Calendar being available dynamically on the Club webpage.

3. May 12 is the Bike Share launch date, and opening of the new Bike Depot (party!) The Wheelmen have agreed to act as chaperones to help rollout B-Share bikes.

4. Snacks @ the Summit; date TBD with all the recent snow! Craig will be in contact with the Park Service.

D. Doug reports there are no legislative updates.

E. Patty reports for Banquet Committee:

April 21, Win-River Eagle Room, attire is 'dressy-casual'

*5:30 No Host Bar (top-shelf!), Andy will be DJ, Slide Show (please send pictures to Terri!), Jay Webster will be the MC

*6:15 Buffet Dinner & desserts (special dietary needs can be addressed, notify Linda)

*7:00 Awards/recognitions/shenanigans

*8:00 Raffle (a night at Win-River with meal vouchers), other donations welcomed (contact Patty or Terri)

*Dancing and Social time until ???

*Tickets \$35 available from Linda Cannar in person (paper receipt) or by mail (email receipt) with April 5th as the deadline for purchase.

F. Bylaws comments will be addressed and revisions made accordingly.

G. Love to Ride – May Bike Month – Wheelmen involved with Healthy Shasta:

*2 'Get Acquainted' rides, May 1 and another TBD

*WOW ride, May 21

*Bike valet – 'Kick Off' and 'Pancake Breakfast'

*Calendar will be finalized soon

H. Volunteer opportunity – Earth Day Bike Parking, April 22, signups available soon

7. Guest Speaker – **Ryan Frank**, of Redding Police Department:

Ryan is a member of the RPD Bike Team (part of Special Services Unit) since May 2022. The Unit takes a proactive approach with priority areas of downtown, parks & trails, and the Hilltop area. They target drug activity, and protection of downtown residences and businesses.

Ryan gave an informative presentation pairing humor with topics of seriousness. He entertained questions and listened to concerns. All who were in attendance appreciated his knowledge and candor! Many topics were discussed in detail; if you missed it, you missed out! A snapshot review:

***"How do you respond to: being 'coal rolled'/rude/reckless drivers?" - Balance personal safety and be cautious! Ride 'the right way', for the civil side of things.*

**Specific Concerns (cars in bike lanes)? - Contact RPD Special Services Unit. Email the Bike Team, or call dispatch and ask for the Bike Unit, or contact Ryan directly*

at (530) 515-4963

*Specific cases of reckless driving (delivery trucks) discussed - *Not enforceable if not witnessed; you can take pictures of license plate to document reckless driving. Submit to RPD Traffic Office, attention RJ Johnson.*

*"When riding in a group, can we take a lane to be safe and avoid road hazards?" – *Yes, the vehicle code laws protect cyclists. Additionally, there is white signage, 'bicycles may take full lane', (white sign=law, yellow sign=recommended). If you know a road in need of signage, contact Public Works (Carl Buchanan, City of Redding Public Works).*

*River Trail Cyclist Officials in yellow are hired by Turtle Bay, not RPD

*The stop sign roll-through question... - *Again, balance your personal safety. Ticketing would be up to Traffic Officers discretion ('Letter of the Law vs. Spirit of the Law'). However, if you get a ticket, go before the judge and explain the situation.*

*"Can you address bike theft in Redding?" – *Most commonly it is travelers leaving bikes on car racks overnight. Know your bike serial number and have pictures, and report it as stolen. Many can be recovered.*

*"What about driver's side tinted windows that don't allow eye contact?" – *Officers do not like them either! They can issue a 'fix it' ticket. (Russ states that he is willing to break the windows!!! Laughter erupts!)*

8. Gift Card Drawing – tickets drawn by Officer Ryan – Starbucks cards to Alan Masterson and John Simmons.
9. Adjournment (approximately 7:30) with applause and a "Thank You" to Officer Ryan, and a reminder that next month's guest speaker will be a Physical Therapist.

-Nancy Cook

Speaker– Officer Ryan Frank RPD



Agenda for Meeting Monday April 3 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 prior meeting
5. Standing reports, Treasure and Membership
6. Old Business
 - Ride Coordinators report
 - Out of town rides
 - VP report
 - Approval of budget
 - Approval of By laws
 - Banquet
7. Anna Blasco, Love to Ride month
8. Guest speaker Stephanie Smith Elevate Physical Therapy
9. Other Business
10. Adjourn






Upcoming Speakers

April: Elevate Physical Therapy

May: Bike touring tips- Craig Collins

TUNE IN for an out-of-town presentation at our May 1st meeting! Kevin Claxton, the Executive Director (Interim) of CalBikes has agreed to speak at our general membership meeting. He will talk about how they are moving California to “Invest in Our transportation future and Divest from regressive road building”. He will highlight the CA legislation that the organization is writing/promoting, and mention how a local bike club can be supportive. He will allow for questions so please come and represent the North States enthusiasm!
-Patty Shackleton

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>	