



# Matrix

## May 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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 916-846-1902

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



Over the past 6 months, with the leadership of Patty Shackleton, the Shasta Wheelmen Board of Directors has approved the following Club Mission Statement:

**To maximize the love of cycling while building a safe cycling culture for all of Shasta County**

We would like the General Membership to approve this Mission Statement.  
 Jim Bush

### April 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 #5 of 12

Well May Love to Ride month is finally here. Gary, Dusty, Keith and Cindy are all hard at work getting in shape to challenge local, national and international riding miles. Let's support them as much as we can. If you have not signed up to participate in the Bike month Challenge, go to [ShastaBikeChallenge.org](http://ShastaBikeChallenge.org). Sign in under groups and look for the Shasta Wheelmen. My personal goal is to ride every day during May and 800 miles for the month.

It's an ideal time to sign up for the club Trifecta challenge. You can sign up through the club website, or you can complete a club membership form and pay with CASH or Check.

I was amazed at how many rides the Wheelmen were involved with in April. Yes, I follow everyone on Strava! We had club riders, and out of town guests, riding to Platina and back with burgers in Igo. We had members going around the Buttes in an organized event. We had a big group travel down to Red Bluff to ride with the

Weekenders on Wheels with lunch at the airport. Additionally, I saw a lot of club members doing individual rides locally-one was 160 miles. The Shasta Wheelmen are out riding everywhere-keep it up!

We have had some great speakers at our club meetings. In May our own Club VP is going to speak on cross-country bike touring and will bring examples of equipment.

There are several community special event rides scheduled in May. They include two Get Acquainted rides, a Presidents Low and Slow ride, and a Women, Wheels and Wine ride. Check the ride schedule and support these rides.

I would like to thank John Simmons for volunteering to be our Membership Chairman. I am sure you will be hearing from him about renewing membership dues and announcing new members joining the club.

Thanks to everyone for your continued support on club activities and rides.

See you at the General Membership and on the club rides,

President Bush

## **It's Shasta Bike Month !**

Bike Month Challenge 2023 online registration is open! Instructions on how to register and sync Strava for new and returning riders are on the Healthy Shasta Bike Challenge website: [Shasta Bike Challenge - shastabikechallenge.org \(healthyshasta.org\)](https://shastabikechallenge.org (healthyshasta.org))

A full calendar of events is posted on the website. 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! Questions? Please contact Jim Bush at (916)8461902 or Lisa Creps at (805)338-2568.

**There will be an "End of Bike Month Potluck Celebration" on May 31 at Anderson River Park at 5:30. Come celebrate with our Club all the mileage accomplishments!**

### **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

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



May's W.O.W. Ride is on Sunday, May 21, and will be a special "Women, Wheels & Wine" event! We will start and finish at Matson Vineyards (10584 Arapaho) just off Old Alturas Road. Starting at 9:30am we will go for a relaxed 28 miles and come back to the winery for snacks and wine sipping! Bring a friend and your favorite fruit, baguette, cheese, or sweet treat!

Questions? Call Nancy (760-217-2085) or Patty (619-981-2393)



## Northern California Centuries & Fun Rides

### 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)

**5/27-28 Art of Survival Century;** Malin/Tulelake- paved, mountain, and gravel something for everyone, 13 to 100 miles. [survivalcentury.com](http://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](http://www.tourdefronds.com)

### July

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

**7/22 Giro Vigneti Healdsburg** 4 Routes: 20 miles, 38 miles, 63 miles, and 100 miles. All routes will soon be on Ride With GPS. [girovignetihealdsburg.org](http://girovignetihealdsburg.org)

### August

**8/5 Diamond Jubilee Marin Century;** Novato. 60<sup>th</sup> 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   | <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 Minutes

April 3, 2023

Lulu's Restaurant

1. Call to Order by President Jim Bush – 6:00pm
2. Self-Introductions
3. Quorum – Yes - 30 members present, and 3 guests
4. 'Minutes' from March 2023 General Membership Meeting as printed in the Matrix were approved by motion, Lisa, second by John; all in favor.
5. Standing Reports

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

| CHECKING | March 2023 |    | SAVINGS         | March 2023 |  |
|----------|------------|----|-----------------|------------|--|
| OPENING  | \$7,870.79 |    | OPENING         | \$1,641.54 |  |
| INCOME   | \$2,175.00 | *  | INCOME/INTEREST | \$ .01     |  |
| EXPENSES | -\$235.87  | ** | EXPENSES        | \$ .00     |  |
| CLOSING  | \$9,809.92 |    | CLOSING         | \$1,641.55 |  |

\*Income (Membership Dues = \$540, Trifecta = \$60, Banquet Ticket Sales = \$1,575)

\*\*Expenses (Banquet Awards = \$164.01, Stripe Fees = \$36.36, New SW Checks = \$35.50)

The 2023 Budget Proposal was reviewed and approved by motion, John Simmons, second by Doug, all in favor.

B. Membership Report by John Simmons:

1. 157 current members
  2. March had 14 renewals and 1 new member
  3. John will contact non-renewals one more time
  4. Lisa reminds all to "check your junk/spam email inbox!"
6. Old Business
    - A. Ride Calendar Coordinator (Rich):



1. Stated that he has reviewed/edited weekday ride routes
2. Please text/email Rich if you are doing the Platina Ride (April 15) for planning purposes
3. Please submit rides before the 22<sup>nd</sup> of the month to be included in the next month's calendar
4. For new rides, make a RWGPS link and send to Rich or Craig to be added to the Wheelmen Library
- C. John Crowe states no new out-of-town rides to be discussed
- D. Banquet Report (Terri) reminds us to "Buy your Tickets!" and thanks for the raffle donations, money donated will go to 'Bikes for Kids'
- E. Legislation Report (Doug):
  1. State: AB 825 (Ride on the Sidewalk Rule) has passed its first committee (TRANS) and on to the next (APPR)
  2. Federal: E-BIKE Act – would provide a refundable federal income tax rebate of up to 30% of the cost of buying an e-bike, capped at \$1500
- F. VP Craig states there is a new Calendar resource on the SW Webpage, and introduces us to 'Google Calendar' by demonstration
- G. Matrix Editor (Nancy Rudd) asks for articles and photos to be submitted 2 weeks before the next month's meeting. The Matrix is published 7 days prior to the next General Membership Meeting.
7. Guest Speakers
  - A. **Anna Blasco** and **Sara Sunquist** of Healthy Shasta came to inform us of the upcoming Bide Month Challenge:
    1. Go to [shastabikechallenge.org](http://shastabikechallenge.org) for the Calendar of Events
    2. Anna demonstrated some website navigation tips
    3. Challenge Information and Sign-Up at [LovetoRide.net](http://LovetoRide.net)
    4. What is different this year?
      - a. No TEAM challenge
      - b. 3 ways to compete
        1. Individual – the more you ride, the more chances to win prizes
        2. Club or Group (look for 'My Club' when you join, choose Shasta Wheelmen) there is no limit in # of people or # of Clubs/Groups, there are 4 size categories, most miles in County wins a pizza party
        3. Workplace – the goal is to encourage commuting to work – based on % of participation of total staff, most participation wins bike rack
      - c. Looking for STATS? Go to [LovetoRide](http://LovetoRide.net) homepage; under Results Tab, for County Standings ([lovetoride.net/shasta](http://lovetoride.net/shasta)) or National Standings ([lovetoride.net/usa](http://lovetoride.net/usa))
    5. Title sponsor = Shasta Regional Transportation Agency
  - B. **Stephanie Smith** of Elevate Physical Therapy in Anderson:
 

Stephanie is a UC Davis undergrad who went to UCSF for PT school. She loves working with athletes, especially problem solving those nagging injuries. Her philosophy is: "What do you want to be able to do?" and "How can I help you keep doing that?"

    - \*We want our bodies supported and stable
    - \*Maximize what your body can do through: posture, length of muscles, strength, and balance
    - \*Cyclists specific areas of concern are: hips, shoulders, neck, knees
    - \*Culprits tend to be: IT Band, Hip Flexor, Glutes
    - \*Suggestions are: opposing stretches (demonstrates) for range of motion, cross training for strength, nutrition, frequency of exercise
    - \*Recommends: Denneroll (foam piece for neck), massage balls, foam rollers
  - C. Gift Card Drawing – tickets drawn by guests - Starbucks cards to Claudia and Nancy

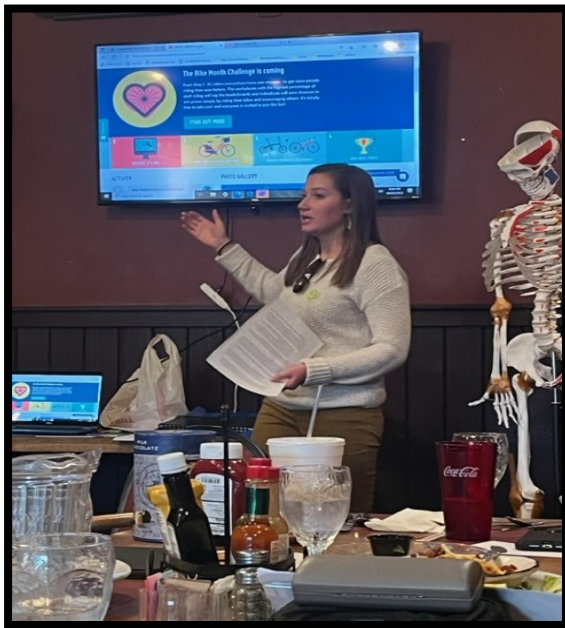
D. Jim Highlights May's Events

- \*Craig and Jen will present on 'Bike Touring' at next Club Meeting
- \*Bike Month Kick-Off Ride (Doug and Melissa will lead, it is our Club Meeting night)
- \*Lisa will be reaching out for Sign-Ups for Bike Valet opportunities
- \*Jay asks for "Funnies"; stories to share at the Banquet – text or email him!

E. Adjournment - 7:21, with applause and a "Thank You" to guest speakers

Respectfully Submitted by Nancy Cook, Club Secretary

**Speakers– Anna Blasco and Sara Sunquist of Healthy Shasta**



**Speaker-Stephanie Smith, Elevate Physical Therapy**





## **Agenda for Meeting Monday May 1 at Lulu's**

### **Start time 6:00PM**



1. Call the meeting to order
2. Introductions
3. Approval of minutes from prior meeting
4. Standing reports, Treasure and Membership
5. Old Business
  - Ride Coordinators
  - Out of Town rides
  - VP report
  - Approval of Bylaws
  - May Bike month activities
6. Other Business
7. Video greeting from the California Bicycle Coalition
8. Presentation from Craig Collins on cross country bike touring
9. Announcements

### **Upcoming Speakers**

May: Craig Collins -Bike touring tips

Kevin Claxton, the Executive Director (Interim) of CalBikes

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

|   |   |
|---|---|
| <b>Bikes Etc.</b><br>2400 Athens Ave.<br>Redding, CA 96001<br><br>530-244-1954  |  |
| <b>Chain Gang Bike Shop</b><br>1540 Division St<br>Redding, CA 96001<br><br>530-243-9951<br><a href="http://chaingangbikeshop.com/">http://chaingangbikeshop.com/</a> |  |

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