



# Matrix

## June 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

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

### MAY BIKE MONTH

Results ss of the third week of May the Shasta Wheelmen are enjoying great riding success. We have 65 riders signed up in our Wheelmen group and have totaled over 24,000 miles as a group. This is good for 1st place in Shasta County, 6th place in the USA and also 6th place Globally! Fantastic job to all who have participated in the success! Of the top 20 male rides in Shasta County there are 11 Wheelmen. The top riders are Keith Elzner, Dusty Sartain, Gary Nelsen, Teddy Doppelhauser and Josh Johnson. Of the top 10 female riders in Shasta County there are 5 Wheelmen including Cindy Begbie leading the pack, Elise Doppelhauer, Nancy Cook and Ann Marie Sutter (who has been renting bikes all over the world to get rides in while working). Go to the Love to Ride web site to find a complete list.

James Bush

### May 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
Sabo	Linda	Redding
Keller	Steven	Redding
Berg	Robert	Bay Side
Alexander	Peter	Redding



### President's Message #6 of 12

June is here and the hot weather is upon us. It was not so long ago we were complaining about the rain and cold. Please note that the rides start at 7:30 am in June. Make sure you bring plenty of water and use sunscreen as much as possible. I found some small tubes of sunscreen at Walmart that are perfect to put in your bike bag. Now you are aware I have a stash; you know who to ask to borrow!

Our May Love to Ride has been a huge success. At last check, we had 65 riders in our Shasta Wheelmen group. Many of our riders are riding every day and have recorded an amazing number of miles. May was a good time to try and finish all three tripecta rides. I know of several Wheelmen that have been able to do this. While I did not finish any tripecta rides last year, I have completed two already in May.

As part of the Shasta County Love to Ride Challenge, the club was involved with several very successful community events. The Wheelmen parked bikes at three events, led two get acquainted rides, led the Ride of Silence, led the WOW wine ride and the Presidents Low and Slow ride. Many community members showed up at these events which is a great promotion of the club.

If you missed the opportunity to park bikes you have one more chance. On Friday June 9<sup>th</sup> from 6 to 10pm, there will be an end of May bike month celebration which we have been asked to park bikes. It will be at Caldwell Park next to the South Market Street over pass. Come out and help, it should be a good time.

Our guest speaker in June will be Ann Thomas, Founding Executive Director of Shasta Living Streets. Hope to see you there.

Thanks again for everyone's help and support during a busy May!

President Bush

### **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 Maddar  
Richard Robinson  
Terri Webster  
Jack Yerkes

## **Northern California Centuries & Fun Rides**

### **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 and 100 miles. All routes will 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. **For every Wheelmen rider that registers for the Marin Century, they will donate \$10 to Shasta Living Streets.** The donation code when registering is **SLS/SW2023\*** (The asterisk is required.) This code should be entered in place of a discount code on the registration page. There is no discount given to the registrant.

### **September**

**9/23 Ride the Rogue-** 3 ride 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**

**May 1, 2023**

**Lulu's Restaurant**

1. Call to Order by President Jim Bush – 6:02pm
2. Self-Introductions
3. Quorum – Yes - 33 members present
4. ‘Minutes’ from March 2023 General Membership Meeting as printed in the Matrix were approved by motion, Lisa, second by Teddy; all in favor.
5. Standing Reports

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

<b>CHECKING</b>	<b>April 2023</b>		<b>SAVINGS</b>	<b>April 2023</b>	
OPENING	\$9,809.92		OPENING	\$1,641.55	
INCOME	\$2,050.00	*	INCOME/INTEREST	\$ .01	
EXPENSES	-\$2,212.70	**	EXPENSES	\$ .00	
CLOSING	\$9,647.22		CLOSING	\$1,641.56	

\*Income (Membership Dues = \$450, Trifecta = \$210, Banquet Ticket Sales = \$875, “Bikes for Kids” Raffle \$505, General Donation = \$10)

\*\*Expenses (Banquet = \$2,035.65, Meeting Expense for Speaker Meals = \$81.04, Gift Cards for Attendance Incentive = \$30, Office Supplies = \$20.47, Stripe Fees = \$45.54)

Lisa expresses her thanks and appreciation to all who made the banquet happen!

B. Membership Report by John Simmons:

1. A Membership Audit for 2022 was conducted; 38 members were contacted
2. April had 2 new members, 8 dropped for non-renewal
3. 151 current standing Members

6. Old Business

A. Ride Calendar Coordinator (Rich): States that May rides will start at 8am

B. John Crowe is coordinating the ‘Surprise Valley Ride’ – August 17-18

C. President Jim:

1. Review of May's Love to Ride schedule:

\*Get Acquainted Rides- May 1 and 15

\*Ride of Silence- May 17 @7pm, Sundial (Lisa will be looking for volunteers)

\*Pancake Breakfast Bike Valet- May 19 (Jim will be looking for volunteers)



\*WOW- May 21

\*Low and Slow- May 27

\*Club Celebration Potluck- May 31 @ Anderson River Park Picnic Shelter

2. June action to come- a survey will be sent to members about monthly meeting place and time

3. Jim and Bill Campbell are working on putting on a Club ride in September in the East County area (Fall River, Big Valley). Details to come.

D. VP Craig states the May 12 Bike Depot is still on, although the BikeShare E-Bikes may not be ready to roll out.

## 7. Guest Speakers

A. Patty introduces **Kevin Claxton** (Interim Director) of the California Bicycle Coalition who joined our meeting through Zoom:

\*A non-profit Statewide Bicycle Advocate started in 1994

\*Kevin outlined the history of the organization, past and recent work, and highlighted current projects and legislation

\*An overview of the 2023 agenda includes the EBike Program Incentive

\*Get involved at [calbike.org/join](http://calbike.org/join)

\*You can support and take action by fundraising through 'Climate Ride'

B. Our own Club Members **Craig & Jen Collins and Melissa Boyd** present on all aspects of bicycle touring:

\*Craig provides a well-organized Power Point Presentation with illustrations

\*Melissa provides her own bicycle touring 'rig' for visual reference

\*4 Main topics of discussion:

1. Route Planning – “do the research!”

2. Equipment – the (9) priorities for fully loaded touring

3. Packing – weight/balance/load/personal preference

4. Touring – European recommendations – on your own/organized tour groups

\*Craig, Jen and Melissa are great sources of informed experience. They have offered their knowledge to any Club Member that wants more information.

\*Applause and appreciation expressed for the wonderful presentation!!!

8. Gift Card Drawing – Starbucks cards to John Simmons and Alan Masterson

9. Adjournment at 8:10pm

Respectfully Submitted by Nancy Cook, Club Secretary

**Speakers-Wheelmen's own Craig and Jen Collins and Melissa Boyd**



**Agenda for Meeting Monday June 5th at Lulu's  
Start time 6:00PM**

1. Call the meeting to order]
2. Introductions
3. Approval of minutes from prior meeting
4. Standing report, Treasure and Membership
5. Old Business
  - Ride Coordinators
  - Out of town rides
  - VP report
  - May Bike Month report
6. Other Business
7. Presentation by Ann Thomas, Founding Executive Director of Shasta Living Streets.
8. Announcement