



Matrix

The Official Publication of the Shasta Wheelmen Bicycle Club

JULY 2023

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 pm at Lulu's

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





Bike Valet -End of Bike Month celebration



WOW ride



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 #7 of 12

Hello Wheelmen, as it turned out we had a cool June to enjoy our rides. I would like to thank Rich Robinson for all his hard work in coordinating the ride schedule. In addition, he leads most of the rides and makes sure everyone is accounted for and safe. When you get the chance, please tell Rich thank you.

The Fall River Century ride is on July 15. If you are going, please plan on coming up on Friday, the night before. We will be camping out at the McArthur Fairgrounds where the event starts. Tents, trailers and RVs are all welcome. We will be setting up a Shasta Wheelmen area for a great evening.

There are a number of other out of town rides coming up that you might want to consider. John Crowe is organizing a ride at Surprise Valley Hot Springs on August 18 and 19. Talk to John to get more information. The ride around Crater Lake will take place on both Saturdays September 9 and 16. These are the dates that the highway around the rim is closed to traffic. I am going to try to go on the 9th. Rich Robinson is also going that day.

The next general membership meeting will be on August 7. This meeting will focus primarily on catching up on club business. We need to review the proposed changes to the by-laws, volunteer position definitions and assignments, and best practices for Safe Cycling and Ride Leader Guidelines. These are all very important items for the efficient operation of the club. We will be posting these items prior to the meeting.

Thanks for everyone's support. I look forward to seeing you on a ride soon.

President Bush

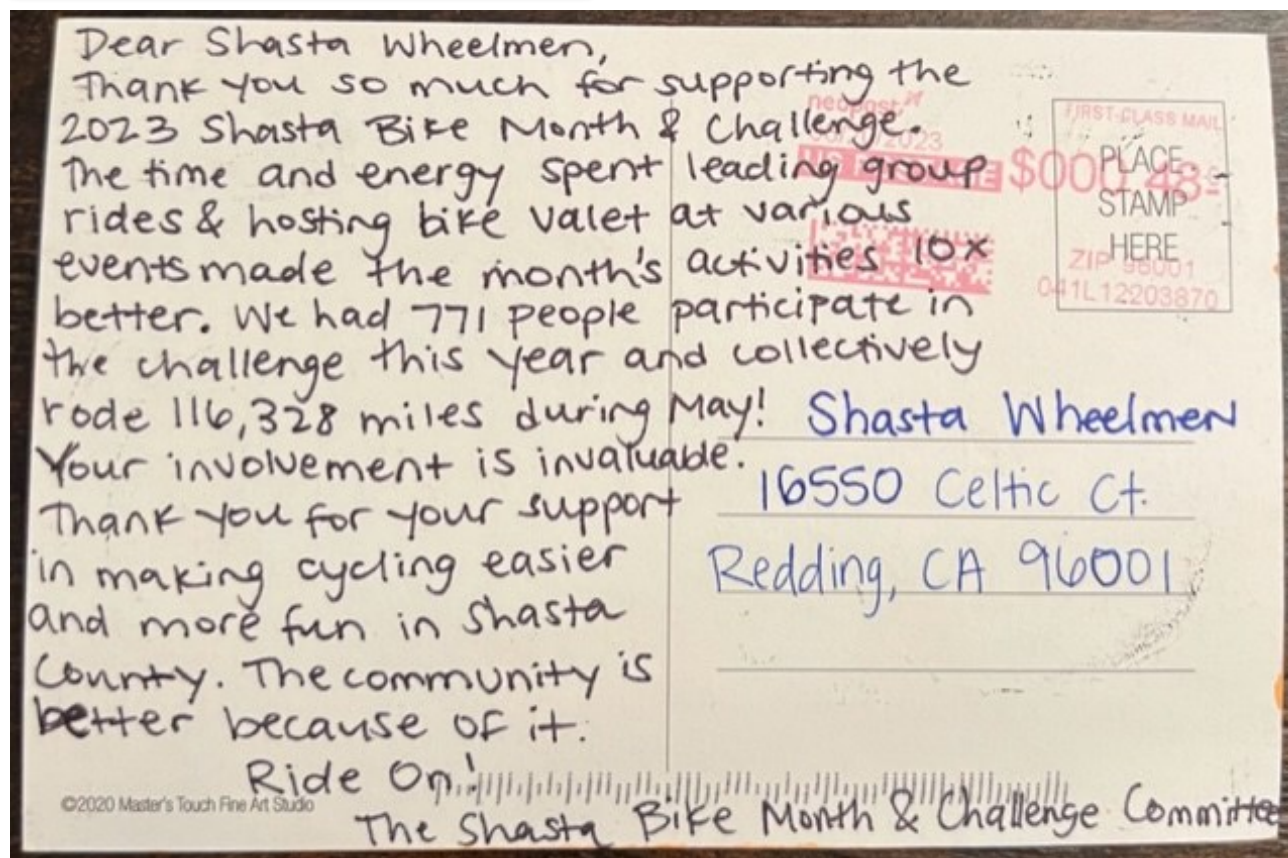
SADLY! Changes to the Valparasio Way route are imminent: Bruce Lutz (Wheelmen member and cyclist) informed us that he sold his home near the top of Valparasio and the new owner is planning to close the gate. The by-pass remaining will be VERY tight and a challenge to navigate, especially downhill. This will most likely change two of our RWGPS routes. However, the change is possibly more pertinent to mountain bikers so we are asked to "get the word out". I'll miss the burn on that hill! Patty Shackleton

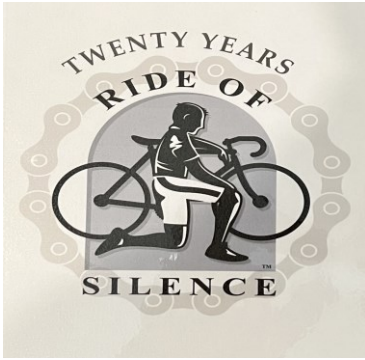


May Bike Mileage/Love-to-Ride Champs!-Cindy, Keith and Dusty



Postcard to Shasta Wheelmen





Ride of Silence

May Bike Month 2023 was a busy month and one of the most important events, in my mind, was the Ride of Silence honoring those cyclists who lost their lives or were severely injured while riding on public roads. It has grown into an international event, with over 400 locations participating on all 7 continents. This tribute takes place each year in Shasta County thanks to our club's commitment to organize and lead this meaningful event. This year's Ride of Silence brought out at least 40 riders, which included 23 Shasta Wheelmen. I want to recognize Rich

Robinson for designing the route and leading the ride, Doug Holt for riding Sweep and keeping us all together, Teddy Doppelhauer for traffic control and safety, and Melissa Boyd and Patty Shackleton for making the special black armbands. Many thanks to the rest of you Wheelmen who helped to wrangle riders and for coming out that evening. I felt very proud of our club and quite moved by your desire to support. I look forward to growing this event and, as Redding continues to assert itself as a strong, safe biking community, getting more publicity and notice.

Lisa Creps
Ride of Silence Coordinator





Congratulations to Lynn Holmquist, Al Masterson and Christina Johnson for competing in the Pacific Crest Triathlon-all 3 made the podium!

The Matrix would love to include what our members have been doing on two wheels! Whether you are competing in a triathlon, completing century rides, or taking a scenic bike tour; please send in your story and a picture to Nancy Rudd for publication.

Shasta Wheelmen General Membership Minutes June 5, 2023 Lulu's Restaurant

1. Call to Order by President Jim Bush – 6:15pm
2. Self-Introductions
3. Quorum – Yes - 25 members and 2 guests present
4. 'Minutes' from May 2023 General Membership Meeting as printed in the Matrix were approved by motion, Rich, second by Terri; all in favor.
5. Standing Reports

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

CHECKING	May 2023		SAVINGS	May 2023	
OPENING	\$9,647.22		OPENING	\$1,641.56	
INCOME	\$400.00	*	INCOME/INTEREST	\$.01	
EXPENSES	-\$191.70	**	EXPENSES	\$.00	
CLOSING	\$9,855.52		CLOSING	\$1,641.57	

*Income (Membership Dues = \$330, Trifecta = \$60, Mug Sales = \$10)

**Expenses (Bike Month = \$147.21, Gift Cards for Attendance Incentive = \$30, Stripe Fees = \$14.49)

B. Membership Report by Lisa for John Simmons:

1. May had 4 new members, 3 declined to renew
2. 152 current standing Members

6. Old Business

A. Ride Calendar Coordinator (Rich):

- *States that June rides will start at 7:30am
- *July 15 - Fall River Century (camp Friday night, ride Saturday)
- *John Crowe is coordinating the 'Surprise Valley Ride' – August 17-18
- *September 9 – Bike the Rogue, then Tuesday the 12th Etna ride

B. President Jim: Wrap-Up of May's Love to Ride:

- *All the rides that the Wheelmen hosted were well attended and successful
- *3 events with Bike Parking by Wheelmen, with one more opportunity on June 9th
- *Club totaled 28,00+ miles (65 riders signed up put us in the 'large group')
- *Wheelmen were 1st in Shasta County, 6th in Nation
- *Keith (3,500), Dusty (3,000), Cindy (1,500) and Elise, Teddy, Rich and Nancy (1,000)

C. President Jim questions meeting in July, which would be July 3rd. Craig motions to cancel the July meeting, and Rich seconds. Jim states that there will be a business focus at our August 7th meeting.

7. Guest Speakers

A. Craig introduces **Anne Thomas** of Shasta Living Streets:

- *SLS has 13 years working with the Wheelmen
- *Anne and her husband, Jeff, rode in 2 BikeShare Bikes to demonstrate
- *Anne shares a presentation, "*Pedal Assist Bikes Change Everything*"
 - most people will only commute in a 2 mile circumference
 - average enjoyable trip is 9 miles, very "do-able" for most in Shasta County
 - with pedal assist: hills, heat, distance don't matter, you don't have to be an athlete and you can wear everyday clothes
 - Downtown Connector Loop Trail will connect 68,000 people to downtown
 - “why this matters?” It is a destination for active and healthy living, and it reduces ‘cost to place’ (housing is low, transportation is high)
- *Redding BikeShare Grant is dedicated to low income downtown, giving people: resources, skills, confidence to get around safely
- *Bike logistics discussed and questions answered
 - 70 bikes with 40 built (Thanks Craig!) Phase 1 will include 110 bikes and 190 docks
 - 15 docking locations in downtown area, plus the Bike Depot
 - Bikes are Trek, best system in the US, already in 50+ cities
 - Get the “BCycle” App (must be 18) or buy a pass at the Shasta Bike Depot
 - Check-out a bike from a docking station, enjoy up to a 60 minute ride (never leave it unattended), return bike to docking station (with gusto to lock it in!), and repeat unlimited for a 24 hour period with trips less than 1 hour to avoid additional fees
- *Applause and appreciation expressed for the informative presentation!

B. Opportunity to try out the Redding BikeShare Bikes in the parking lot (cut short by a thunderstorm)

8. Gift Card Drawing – Starbucks cards to Rich and Jack

9. Adjournment at 7:45pm

Respectfully Submitted by Nancy Cook, Club Secretary

Guest Speaker– Anne Thomas, Shasta Living Streets and Craig Collins



Our own Jenn Collins demonstrates the new e-bikes

REMINDER-There will not be a meeting in July due to the holiday.

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

Northern California Centuries & Fun Rides

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

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. **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.

8/12 – McCloud (Club Ride) Pilgrim Creek out and back 9am

8/17-18 – Surprise Valley (Club Ride) 8/17 is 60 miles out and back. 8/18 is 30 miles out and back to Eagleville.

September

9/9 & 9/16-Ride the Rim Crater Lake. Free event but registration recommended as support provided.

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	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

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>	