



Matrix

The Official Publication of the Shasta Wheelmen Bicycle Club

AUGUST 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



4th of July Spirit



Fall River Century

Welcome New Members

Templeton	Lori	Redding
Harri	Naomi	Redding
Rouse	Jack	Redding
FreemonSowers	Rachel	Redding
Harvey-Arrison	Colleen	Red Bluff
Murphy	Peter	Bella Vista
Vaquero	Virginia	Aptos
Alexander	Peter	Redding
Berg	Robert	Bayside
Keller	Steven	Redding
Sabo	Linda	Redding
Goodman	Louis	Hayward
Forrester	Sterling	Redding
Ritter	Gina	Shasta Lake
Arkeny	Elise	Redding
Lennon	Kevin	Redding

I'm pleased to announce that Spinergy is the official wheel sponsor for the Shasta Wheelmen's 2023/2024 season! This is a great benefit to the Club's membership as it provides a 30% discount on high-end aluminum and carbon wheels and wheelsets. This deal is available to club members only, so please be respectful of Spinergy's support of our Club and do not share the discount code with non-members. Please instead encourage those that may be interested in getting 30% off on Spinergy wheelsets to join the Wheelmen! - Craig Collins



Cold drinks after a hot ride





President's Message #8 of 12

Here it is August already. Be careful while riding in this heat. Our rides start at 7 am and some of the rides are being shortened to avoid the heat. Check your emails from Rich to see if there are any route changes.

Our August meeting will be a business meeting. We will be voting on bylaw changes that have been in the works since last year. The focus of these changes are to allow some flexibility in financially supporting cycling related community events and programs with club funds, as long as our obligations to operate the club are met. We also have a new article on appropriate club conduct. The bylaw committee includes John Crowe, Patty Shackleton, Lisa Creps and Jim Bush. We will be discussing and approving a Ride Leader Guide which was put together by Rich Robinson, Patty Shackleton and Craig Collins. This guide will help club members be better equipped at leading rides. In addition, we will be reviewing Best Practices for Safe Cycling. This document was put together by Patty Shackleton, Rich Robinson, Greg Winters and Linda Cannar. I would like to thank everyone that has stepped up to produce these documents which will result in safer rides for everyone. We will have the information available online as soon as the review process is complete. Look for an email from Craig Collins with additional details.

At our October meeting, we arranged for Michael Kuker from the Shasta Regional Transportation Agency to talk about Envision Highway 273. Michael is a cyclist who is interested in improving cycling on this highway. I hope you can attend as Wheelmen input in this process is very important.

We have invited Ted Blankenheim to our September meeting to talk about his Christmas bike giveaway program and how the Wheelmen can help. November will feature yoga exercises to help improve our flexibility. Nancy Cook is working on this presentation. We might need to find another place to hold the meeting and we will notify you if there is a change in venue.

Well, that's all for now folks.

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
Richard Robinson
John Simmons
Gregory Winters

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

Agenda for Members Meeting

Monday August 7, 2023- Lulu's at 6pm

1. Call the meeting to order
2. Introductions
3. Approval of minutes from June meeting
4. Standing Reports., Treasurers and Membership
5. Old Business
 - Ride coordinators
 - Out of town rides
6. VP report
7. New Business
 - Approval of Bylaw changes
 - Approval of Ride Leader Guide
 - Approval of Best Practices for Safe Cycling
 - Review of Responsibility Matrix
8. Future meetings
9. Other Items
10. Announcements

Wheelmen Trifecta Challenge

Sign-ups are 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>

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.

WHEELMEN GRAVEL RIDES





Northern California Centuries & Fun 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. **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

Do you know of an organized ride that should be added to the above list? Please forward the link to Nancy Rudd at trigirlrudd@gmail.com

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>	