



Matrix

The Official Publication of the Shasta Wheelmen
Bicycle Club

SEPTEMBER 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



Birthday Boy



Fort Bidwell



McCloud Ride- Aug 12



Montague Gravel 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
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
Smith	Vern	Redding



President's Message #9 of 12

Hello Wheelmen, I hope everyone is having a great summer. Our weekday rides have been well attended. Twenty to twenty-five riders at a time, which is great. Wheelmen have been stepping up to lead the front of the line and the back of the line. Rich and Patty are doing a great job keeping us safe. Rich is always looking for Saturday riders to help lead the rides. Please talk to him if you want to help.

Thanks to John Crowe for organizing two out of town rides in August. The McCloud ride went through some beautiful pine tree lined forest service roads. Also, several Wheelmen went on the two-day Surprise Valley ride. By all accounts everyone had a great time.

Look for a couple of other out of town rides in October/November. We want to do the annual American River ride from Old Sacramento to Folsom and back (62 miles). We would like to schedule a ride with our Fellow Wheelmen Bill Cambell in Fall River. He promises to have a stop that has great milk shakes. Also, John Crowe is working on a ride with the Chico riders. Look for all these rides in upcoming calendars. Additionally, you can sign up online with the US Forest service to ride around Crater Lake on either September 9th or 16th. The roads will be closed. Some Wheelmen are going up on the 9th. If you are planning on going let me know and we'll plan a start time and location.

Craig Collins, our Vice President is working on renewing and getting club sponsors for our riding jerseys, T-shirts, the Matrix and our Web page. Craig has already lined up Spinergy who have offered a substantial discount on their wheelsets. If you know of a business that might want to help sponsor the club, please let Craig know. The funds raised will go towards club and community activities to promote cycling.

We are working with Ted Blankenheim who puts on the Christmas bike giveaway program in Shasta County. Ted is going to be a speaker at our September meeting. Patty has been working with him and has suggested Wheelmen involvement with staffing bike drop off sites, transporting bikes, assembling bikes and financial assistance. Let's see if we can forge a long-term relationship with Ted and this great program.

Well, that's all for now Wheelmen, Thanks for everyone's support! Things are rolling right along! Some faster than others. I tend to hang out at the back of the line if you ever want to talk about anything.

President Bush



Michigan Fans in Eugene!



Cedarville Ride



TRIFECTA

“A RUN OF THREE WINS OR GRAND EVENTS”

“AN ACHIEVEMENT INVOLVING THREE SUCCESSFUL OUTCOMES!”

We are now a little over five months into the Trifecta Challenge (March 1, 2023, to February 29, 2024). For those who have entered and completed your challenge – Congratulations! For those who have entered and have not yet completed your challenge, there is still lots of time. And for those who have not entered yet, there is still plenty of time to complete a challenge. Check out the Trifecta Challenge details on the website at www.shastawheelmen.org. If you have met the challenge, please email me the details, which include date, time, and miles to be recorded as complete. Trifecta jerseys (at your cost) will be available a little later in the year.

Trig Birkeland

Trifecta Challenge Optional Courses

100 Mile A Route- Start at Anderson Outlets
100 Mile B Route- Start at Sundial Bridge
100 Mile C Route Start at Sundial Bridge
200 Mile A Route- Start at Sundial Bridge
200 Mile B Route- Start at Anderson Starbucks
200 Mile C Route- Start at Sundial Bridge

<https://ridewithgps.com/routes/37046369>
<https://ridewithgps.com/routes/38227466>
<https://ridewithgps.com/routes/38227527>
<https://ridewithgps.com/routes/38205168>
<https://ridewithgps.com/routes/38217610>
<https://ridewithgps.com/routes/38217737>

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



Thank you from Elise

Dear Members of the Shasta Wheelmen,
Thank you for all the generosity and kindness that you have shown me over the past weeks. It was a pleasant surprise this morning when I went to get my bike and I was told that it had already been paid for. I'm going to miss the club rides while I'm in Colorado and look forward to going on them when I come back. Thank you again!

Sincerely,
Elise Ankemy
08/03/23

Agenda for Members Meeting Monday September 4, 2023- Lulu's at 6pm

1. Call the meeting to Order
2. Introductions
3. Approval of minutes from prior meeting
4. Standing reports, Treasurer and Membership reports
5. Old Business
 - Ride Coordinators
 - Out of Town Ride
 - VP report
6. Other Business
7. Presentations
 - Jeff Paulson, Spinergy Wheel sets
 - Ted Blankenheim, Christmas bike give away program
8. Announcements
9. Adjourn

Shasta Wheelmen General Membership Minutes August 7, 2023 Lulu's Restaurant

1. Call to Order by President Jim Bush – 6:02pm
2. Self-Introductions
3. Quorum – Yes - 18 members present
4. 'Minutes' from June 2023 General Membership Meeting as printed in the Matrix were approved by motion, Lisa, second by Jack; all in favor.
5. Standing Reports

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

CHECKING	July 2023		SAVINGS	July 2023	
OPENING	\$10,063.05		OPENING	\$1,641.58	
INCOME	\$330.00	*	INCOME/INTEREST	\$.01	
EXPENSES	-\$16.26	**	EXPENSES	\$.00	
CLOSING	\$10,376.79		CLOSING	\$1,641.59	

*Income (Membership Dues = \$330)

**Expenses (Stripe Fees = \$16.26)

B. Membership Report by John Simmons:

1. July had 4 new members, 16 new in 2023 so far
2. 157 current standing Members
3. Update on Gary Schalesky; doing well but asked to be dropped due to health concerns

6. Old Business

A. Ride Calendar Coordinator (Rich):

*Ride Leader Guide completed and will go on Website after approval

- *Asking for weekend Ride Leaders, especially Sundays, submit a new ride/route for something different, or pick a current calendared ride to lead. Message Rich if you need help!

- *Weekend Ride Leaders are important to have to welcome new riders

- *John Crowe is coordinating 2 Special Rides;

- the 'McCloud Ride' – August 12 and

- 'Surprise Valley Ride' – August 17-18 (count needed for restaurant reservations)

- *September 9 – Bike the Rogue, then Tuesday the 12th Etna ride

- *September 9 and 16 – Ride the Rim, Crater Lake

- *September 23 – Ride the Rogue

- *October 14 – Bikes and Brews (Medford)

- *October TBD – Club ride coordinated with Bill Campbell to ride the Fall River area

B. President Jim for VP Craig:

- *Working on procuring new sponsors (Spinergy) and advertisers to update Club jerseys

- *Any interest in being a sponsor, or know any business owner that might be?
Contact VP Craig Collins

- *Linda suggests a tee-shirt option, others agree, good to wear at community volunteer events

C. President Jim's Business Agenda:

1. Bylaws – Jim provides summary of changes

- *using surplus dues to contribute to community, allows flexibility to do this, allows donations to be spent on promoting cycling in the community

- *Club meetings that fall on Monday holidays, gives flexibility to change

- *Secretary's Minutes, electronically kept & published in Club newsletter

- *new Article 8 – adds a 'Code of Conduct', Jim asks to change language of 'majority' to 'unanimous' Board vote

- *Motion to approve, Eric, Second, John S., ALL IN FAVOR

2. Ride Leader Guide – Richard provides summary

- *A document to provide direction/guidelines of responsibilities to volunteer Ride Leaders

- *Motion to approve, John S., second, Cindy, ALL IN FAVOR

3. Best Practices for Safe Cycling Document – Richard summarizes

- *provides guidelines for communication/hand signals/verbal cues/behavior that the Club utilizes and promotes

- *Nancy R. suggests this document being attached to an email welcoming new Club members

- *Motion to approve, Eric, second, Nancy R., ALL IN FAVOR

4. Responsibility Assignment Matrix – Lisa provides summary – "Who Does What?"

- *It is a tool to reference the many roles and responsibilities of what keeps the Club running

- *Linda asks about Club website discrepancies, and how to correct (to be determined and completed before November ride start times!)

- *Motion to approve, Linda, second, Richard, ALL IN FAVOR

5. Future Meeting Topics:

- *September – Spinergy Sponsorship Spokesperson and Ted Blankenheim of Children's Bike Giveaway

- *October – Regional Transportation Designer for 273 Corridor, looking for input on bicycle lanes

6. Other:

- *August 14 – Open forum to discuss plans for Riverfront development, consider going as Wheelmen are frequent users of the Riverfront

- *Patches for Trifecta participants; also, Trig will be new coordinator

- *Bike clothing swap/giveaway, members brought person surplus to share

8. Gift Card Drawing – Starbucks cards to Nancy Rudd and Jack Yerkes
9. Adjournment at 7:00pm

Respectfully Submitted by Nancy Cook, Club Secretary

Lynn Holmquist competed at USAT Age Group Nationals 2023



I was humbled and honored to race at the USAT Age Group National Championship on Aug 5th and 6th in Milwaukee, Wisconsin.

My triathlon journey began in 2017, a few months after learning to swim, racing on my new-to-me hybrid mountain bike. My love and respect for the sport grew and 5 years later, in 2022, I completed my first full Ironman triathlon (2.4 mile swim, 112 mile bike and 26.2 mile run). That same year I qualified for the Olympic/Sprint distance AGN championship.

With over 6500 participants, more than 12,000 spectators and 20 separate races over 3 days, including the PTO US Open; it was a huge event. I raced 2 days in a row, which was a lot to ask of my body, but I am happy how I executed my race. Training with my Wheelman family prepared me well, and out of all 3 disciplines, I was most happy with my bike performance. Thank you to my Wheelman family for encouraging me to push beyond my perceived limitations! -Lynn Holmquist

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.

Bobby McMullen Memorial Ride 9/9

Hosted by the McMullen Family at Saint Joseph School Gym 2460 Gold Street, Redding
1pm-4pm

Two ride options - one road ride and one mtb ride. Participants will all meet at 9:00am at the Senior Citizen Hall Parking lot. Please note the mtb ride will be for those at the intermediate to advanced level of riding and be approximately 1.5 hours long. The road ride will be a similar length. Once done there should be plenty of time to clean up and pay our respects to the McMullen family between 1-4pm.

Northern California Centuries & Fun Rides

September

9/1-9/4 Vineyard Tour. Roseburg. Several rides including a gravel ride and social rides.

www.thevineyardtour.com

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

Eggplant Casserole Recipe






Yield: 6 servings

2 tbsp butter	2 tbsp olive oil
1 large onion, diced	2 garlic cloves, minced
1 yellow pepper, diced	2 portabello mushroom sliced into bite-sized pieces
3 large tomatoes, diced	2 tbsp fresh parsley, finely chopped
1 tbsp fresh basil, chopped	½ tbsp fresh thyme
¼ cup vegetable oil	2 medium eggplants, cut into bite-sized pieces
1 tbsp salt	1 tbsp flour
1/2 cup Parmesan cheese	4 ounces fresh mozzarella, sliced

1. Preheat the oven to 375°F. Coat a 2 1/2-quart casserole dish with cooking spray.
2. In a large skillet heat the butter and olive oil over medium-low heat. Add in the onions and cook for 3 minutes or so (don't let them brown). Add in the peppers and garlic and continue to cook for an additional 3 minutes. Add in the mushrooms and cook them until they start to release their moisture (about 3 to 4 minutes). Finally, add in the tomatoes and herbs and allow to simmer for a couple of minutes. Remove the mixture to a large bowl and set aside.
3. In the same skillet, heat the vegetable oil and then add the eggplant and salt. Allow the eggplant to cook until it's browned, stirring frequently. Once lightly browned add in the flour and stir. Add the tomato mixture and stir everything together and bring it to a simmer.
4. Spoon in 1/3 of the vegetable mixture into the prepared baking dish. Top it with some Parmesan cheese and a few slices of mozzarella. Spoon more of the veggies on top of the cheese followed by more cheese. Spoon in the last of the mixture and top it all of with a layer of cheese on top.
5. Bake the casserole for 30 minutes. Allow the casserole to stand a few minutes before serving.

-Yerkes Family

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>	