



Matrix

The Official Publication of the Shasta Wheelmen Bicycle Club

OCTOBER 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



Crater Lake





Jen at Lassen Gravel Adventure 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
Crummett	Rob	Redding



President's Message

Hello Wheelmen! We are pushing towards the end of the year but there are some very good rides coming up. On October 21, 2023, John Crowe is organizing a ride with the Chico riders outside of Orland called the Elk Creek Ride. On Saturday October 28, 2023, we are taking our annual Sacramento ride up the famous American River Trail from Old Sacramento to Folsom and back with dinner in Old Sac. On November 4, 2023, we are planning a rider with fellow Wheelmen

Bill Cambell in the Fall River area. Keep track of the ride calendar for further information.

For those of you that went up to Crater Lake for the "Ride Around the Lake" it was amazing. The highway was closed off for just cyclists. Everyone should do this ride someday!

We have a special club meeting planned in November. Nancy Cook has arranged for us to all meet at Sun Oaks for a demonstration on Yoga. Everyone should bring their yoga mats. We hope to have some club members bring in some food for everyone to share.

The October guest Speaker will be Michael Kuker from the Shasta Regional Transportation Agency. Michael is working on "Envision 273" a planning effort for the Highway 273 corridor. We are using Highway 273 for our rides; therefore, it is important to bring our ideas on how to improve the safety of these bike lanes. Some suggestions I have are: regular cleaning of the bike lanes, improved bike lane markings, and the separation of bike lanes from the fast-moving traffic. I am sure you will have additional suggestions. Please come and bring your ideas.

As a last note, we will be developing a plan to help Ted Blankenheim with his children's Christmas bike giveaway program. We will be providing more information to the club on how we can help.

Well, that's all for now Wheelmen, thanks for everyone's support and help.

President Bush

Wheelmen Ride Leaders

Cindy Begbie
Linda Cannar
Lisa Creps
Teddy Doppelhauer
Al Masterson
John Simmons
Gregory Winters

Melissa Boyd
Craig Collins
John Crowe
Scott Hamelberg
Richard Robinson
Terri Webster
Jack Yerkes

James Bush
Nancy Cook
Elise Doppelhauer
Michael Maddar
Patty Shackleton
Jeff Webster

TRIFECTA



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	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

Agenda for Members Meeting Monday October 2, 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 Rides
 - VP report
 - Christmas Bike donation update
 - Club Sponsorships
6. Other Business
7. Presentations
 - Michael Kuker, Shasta Regional Transportation Agency
8. Announcements
9. Adjourn



September membership meeting

Announcement! Special Meeting Location for November's General Membership Meeting!

Instead of our traditional Lulu's meeting place, **the November 6th meeting will take place at Sun Oaks Tennis and Fitness Club; 3452 Argyle Rd, Redding, CA 96002.**

At 6:00 we will have our business meeting at the outdoor lighted patio (inclement weather will move us indoors). Beer and wine may be purchased in the lobby prior to the meeting if individuals so desire. You may also bring your own snack/dinner. At 6:45 we will move into the upstairs YOGA Studio for a 30-40 minute YOGA class taught by certified YOGA instructor Jamie Button. Jamie is very experienced with adapting YOGA for all ages and abilities. She has agreed to prepare a session specifically for the needs of cyclists.

You do not want to miss this! Bring a yoga mat if you have one, there will be a few available to borrow, or purchase one from your favorite store. If you are the lucky one, there will be one to win at October's General Meeting raffle!

-Questions? Call Nancy Cook, (760) 217-2085

Shasta Wheelmen General Membership Minutes

September 4, 2023

Lulu's Restaurant

1. Call to Order by President Jim Bush – meeting started at 5:59pm
2. Self-Introductions
3. Quorum – Yes - 24 members present, 1 guest
4. 'Minutes' from August 2023 General Membership Meeting as printed in the Matrix were approved by motion, Patty, second by Doug; all in favor.
5. Standing Reports:

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

CHECKING	August 2023		SAVINGS	August 2023	
OPENING	\$10,376.79		OPENING	\$1,641.59	
INCOME	\$513.14	*	INCOME/INTEREST	\$.01	
EXPENSES	(\$197.47)	**	EXPENSES	\$.00	
CLOSING	\$10,692.46		CLOSING	\$1,641.60	

*Income (Membership = \$300, Trifecta = \$30, Donations = \$20, Bank Reconciliation = \$163.14)

**Expenses (Stripe Fees = \$22.47, Gift Cards = \$30, Renewal – League of American Bicyclists = \$100, Storage Unit = \$20, Tax Exempt Filing fee = \$25)

B. Membership Report by Doug:

*The Club Directory has been updated (and available by request- ask Lisa)

*current membership is 147

*1 new Member, 16 non-renewals

C. Ride Leader Coordinator, Richard, asks for Sunday Ride Leaders! Sign up with Rich to have your name added to the Google Calendar; it is important to make sure a Member is present at weekend rides. Patty encourages Members to send out a group email to invite others, as it is an effective way to let others know that someone will be on the ride.

D. Out of Town Rides:

*Sept 21-24, Etna

*Sept 26, Lisa's B-day ride – Zogg Mine

*Oct 7, American River Trail, 10am start in Old Sac RR Museum, lunch in Folsom

*Oct 14, Medford, Bikes & Brews

*Oct 21, Orland, Elk Creek

*Oct 28, Patty's B-day ride

*Nov 4, Bill Campbell's Fall River (course TBD) 10am start, with a milkshake stop

6. Old Business

A. Vice President Craig reports:

1. Sponsorship Opportunities

*Spinergy Wheelsets (30% discount on carbon fiber spoke/rims) - will need the Club discount code when ordering, for Club members only

*Walner Plumbing is back to being an official sponsor

*If you or someone you know is interested in Sponsorship, talk to Craig

2. Gravel Rides! More to come! If you prefer Saturdays or Sundays let Craig know

B. Richard reads a 'Thank You' note from Elise A. for the gift card that was sent to her as she starts her college Tri-Club riding experience in Colorado.

7. Guest Speaker – **Ted Blankenheim**, of ‘Bikes for Kids’ Program at Christmas:
Ted started the ‘Bikes for Kids’ program 20 years ago. Over that time ¾ of a million dollars of bikes have been given away. Ted partners with Youth and Family Services as the non-profit that works with Foster families, where 100% of the profits are given out. From Thanksgiving until Christmas Eve, donations are accepted at the Starbucks on Churn Creek. Last year 400 bikes were given out. RPD and Youth & Family Programs help distribute the bikes. Helmets are provided by Mercy Medical, and some are privately donated.
This program depends on the support of the community.
Ways to help:
*Volunteer ½ day at Starbucks where you can meet & greet & promote donations
*Build bikes (contact Ted if interested)
*Donate bikes
*Drop off/delivery opportunity (special arrangements needed)
-Patty & Lisa will coordinate volunteer opportunities soon!
If interested, and you want to contact Ted directly, Facebook is preferred. He will take calls to his home number, (530) 917-5806, leave a text or voice message with your name and Wheelmen association for reference.
A big round of applause and a ‘thank you’ to Ted for his time tonight and his dedication to kids in need at Christmas time.
8. Raffle Drawing – Scenic Siskiyou Water bottle to Nolan, Starbucks cards to Nancy C. and Dave V.
9. Adjournment (approximately 7:00) with a group photo taken

Respectfully Submitted by Nancy Cook, Club Secretary

Northern California Centuries & Fun Rides

October

10/13-14 Bikes and Brews. Medford. 3.5 to 67 mile ride options. See <https://downtownmedford.org/events/bikes-n-brews/bike-routes/>

10/21 Elk Creek Ride. Orland. Chico and club riders. See ride calendar.

10/28 American River Trail. Sacramento. Annual Club ride with post ride dinner. See ride calendar.

November

11/4 Fall River. Club ride with guest leader. See ride calendar for more details.



Wheelmen sporting a variety of jerseys

Wheelmen Member Ann Marie Sutter



previous races!

When our daughter was born, she had no choice but grow up as a cyclist too- first in a bike trailer but eventually becoming too fast for us to keep up with. I love that my last triathlon was her first triathlon (Bear Valley 2015) and we both won first place in our class:) When we decided to settle down in Bill's hometown of Shingletown, I joined the Shasta Wheelmen in 2002. During those early years, I was so busy with family and flying that I would only get to ride with them a few times a year.

I'm happy that the past two years I have been able to ride more club rides and enjoy some out-of-town rides. I had fun biking at Fall River Mills, Sacramento, Etna, McCloud, and Crater Lake with the Shasta Wheelmen. I love being a part of such a great and inspiring group of fellow cyclists. I am away alot from home with my job flying 747s for Atlas Air all over the world, but when I'm home I always look forward to riding and socializing with my Shasta Wheelmen family.

Ann Marie Sutter

I have always loved the sense of freedom I get on a bike; from my first pink banana seat Schwinn cruising the south suburbs of Chicago neighborhood where I grew up, to the yellow three speed I rode in high school and college. I think the love of that sensation of flying on my bike naturally led me to a career in aviation. For awhile bicycles were replaced by aircraft until I met my husband Bill in Army flight school and he showed how much he loved me when he gave me my first serious bike so we could ride together. We were married soon after. In the Army, we were able to cycle all over the world. From the southern US, to Korea, Germany, Italy, France, and eventually back to the states in Colorado. I got to meet wonderful people and see beautiful places on a bike. As I got better, I also competed in mountain bike races, triathlons, and did some century rides. A great memory was when we were stationed in Germany and we both won the Armed Forces European Mt. Bike Championship, beating another married couple we knew who had won all the



Michael Sojka on The Roseburg Vineyard Tour



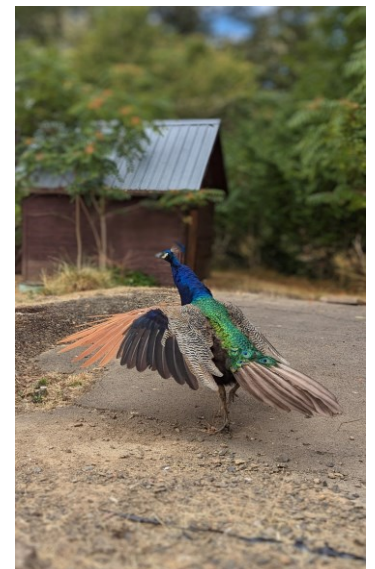
The Roseburg Vineyard Tour weekend was over Labor Day weekend and wow - it was really something! While there were lots of negatives swirling (quite literally) before leaving the house, my friend, Marty, and I fought the doubt and drove up Saturday morning. We did the FREE Gravel ride led by a couple members of Umpqua Velo Club. A long 12 mile climb on smooth gravel roads at mostly easy grades led to about a 10 mile downhill for a total ride of 29 miles. I got separated once and my Garmin started misbehaving and giving bad advice when one of the club members running sweep found me and led me to the promised land (my car). Everyone really looked out for each other, and there was one guy on an electric bike in order to go back and forth on the climb to talk with everyone.

On Sunday I did the 58-mile ride. There were only 88 registered riders and not everyone showed up due to the smoke concerns and the fact it rained in some areas early Sunday morning. The rest stops were mostly at country parks and one included peacocks. The ride finished in downtown Oakland, OR at the Triple Oak Winery. We were given \$20 vouchers to use and a choice of restaurants and I chose the winery. A pork slider, couple pieces of pizza, and a blackberry juice/wine slushy was a great after-ride meal.






But wait, there is more! On Monday they did a FREE coffee ride that didn't really include coffee. About 26 miles with a short challenging climb in the middle and ending on a paved bike path along the river made for a nice way to finish the weekend. I definitely plan to return.

Michael Sojka

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. (subject to editing)



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>	