



Matrix

The Official Publication of the Shasta Wheelmen Bicycle Club

NOVEMBER 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.

2023 OFFICERS & BOARD

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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



Wheelmen THINK PINK



FRATELLI'S PIZZA PARTY 10/20



Nolan Randall in the Band





Welcome New Members

Templeton	Lori	Redding
Harri	Naomi	Redding
Rouse	Jack	Redding
Freemon Sowers	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
Connor	Ivan	Wales
Tello	Ramon	Redding

President's Message

Hello Wheelmen! Happy November! On November 4, 2023, we are planning a ride with fellow Wheelmen Bill Cambell in the Fall River area. Keep track of the ride calendar for further information.



We have a special club meeting planned in November. Nancy Cook has arranged for us to all meet at Sun Oaks for a demonstration of yoga. Everyone should bring their yoga mats. We hope to have some club members bring food for everyone to share. The Club will also provide some pizza at the event.

Our October guest speaker was Michael Kuker from the Shasta Regional Transportation Agency. Michael is working on “Envision 273” a planning effort for the Highway 273 corridor. Michael gave a great presentation on the history of 273 and the Envision 273 that is in development. Log onto the Envision 273 website and provide your input. Cyclists are using 273, therefore, it is important to bring our ideas on how to improve the safety of the bike lanes. Some of the things we talked about included regular cleaning of the bike lanes, improved bike lane markings, and possibly a separation of the bike lanes from the fast-moving traffic.

As a last note, Patty is doing a great job developing a plan to help Ted Blankenheim with his Christmas children's bike giveaway program. If you have not signed up to help, please talk to Patty. We will be sitting in Starbucks on Churn Creek on Friday and Saturdays to collect bike donations, as well as transporting bikes to the storage area and helping assemble bikes. This is a great opportunity for the Shasta Wheelmen to help Ted and promote cycling.

Well, that's all for now Wheelmen. Thank you everyone for your support. Remember the December meeting will include the election of officers and our annual Christmas party.

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 Madden
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
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>



10/14- Dave Vandermeer led the ride and included a fun card game-meet your winner and loser!



No light at the end of the tunnel-only cold and rain!



Wheelmen member filling out their Cascade Commotion Alley Cat race checkpoint card.

Agenda for Members Meeting at Sun Oaks Monday November 6, 2023 @ 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. Announcements
8. Adjourn to Yoga

Bikes for Kids

Hello Wheelmen,

This year the club will again partner with Ted Blankenheim and his Christmas program - Bikes for Kids. There was a wonderful response at our Monday night meeting for donations and volunteers. More volunteers are needed.

Please consider giving two hours to receive bike donations and greet well-wishers from 10am - 2pm on a Friday or Saturday November 25 - December 23. These bicycle donations come into the Starbucks on Churn Creek (near Costco).

If you have already signed up THANK YOU! This is a great opportunity to not only help get bikes to foster and some less fortunate kids, but to show our Wheelmen colors! If you need more information, or want to sign up, please either email or text me.

Patty Shackleton

619-981-2393 /shackyp@att.net



Wheelmen Member Nancy Cook

I was recently asked, “Why do you like to ride your bike?” As cliché as it seems the answer is quite simple; it just makes me feel good!

I joined the Shasta Wheelmen in August of 2017, after moving to the North State in late June of that year. I was regularly riding the River Trail, because I wasn't sure where else to safely ride by myself. I rode up beside another rider and we finished that ride together and met up several more times. Soon he told me that I should ride with the Wheelmen and one Saturday we joined a Club ride. I was hooked! Riding with the Wheelmen I learned the safer roads to ride and saw more of Shasta County than I ever

would have otherwise. More importantly, I met the nicest group of people! I moved here not knowing anyone but my family and a few neighbors, and in a short time I had connected with some of the finest people the area has to offer. Cycling does that; it can connect folks whose paths would have otherwise not intersected.

In short, besides the obvious physical benefits, cycling provides the opportunity to explore the roads less traveled, alongside quality individuals who make me smile. And that just makes me happy!

Ride on friends,
Nancy Cook



10/21 Orland to Elk Creek ride





10/21-Orland to Elk Creek Ride- a sweet reward!

Northern California Centuries & Fun Rides

November

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

11/11 Beer Run. Club ride to Sierra Nevada Brewery. See ride calendar.

December

Calendar in progress

February

2/25 Pedaling Paths to Independence: DeVinci's Ravioli Factory & Restaurant, Linden. 65 mi. w/1,485 ft. elev. gain, & 26 mi. w/302 ft. of elev. gain. The routes traverse the quiet rural roads of San Joaquin, Stanislaus, & Calaveras counties. A great early season ride. This ride raises funds for benefit Community Center for the Blind.
www.pedalingpaths.com

Nominations for Shasta Wheelmen 2024 Officers

In October President Jim Bush appointed a team of three past board members to the nomination committee for the 2024 board of officers. In accordance with club by-laws, the voting must occur at the December general membership meeting and the newsletter must publicize the nominees in November. So, we went to work.

First, the committee would like to congratulate the current board on an extraordinary year. Your hard work, new ideas and personal involvement have made our club stronger; it's been an exciting year. Thank you all.

Next, it has been an easy year to be on the nominating committee because every member of the 2023 board is willing to take the nomination for 2024 and serve yet another year!!

Finally, the nominees are:

President	Jim Bush
Vice President	Craig Collins
Secretary	Nancy Cook
Treasurer	Lisa Creps

In addition, write-ins are allowed and encouraged. If you know someone or want a position on the board, please add your name to the write-in line on the ballot in December. It is a great honor and makes the elections more interesting.

Please come to the December 4 general membership meeting. It's a Christmas party, elections, an ugly sweater contest and lots of sugar and spice!

Your nominations committee,
John Crowe
Linda Cannar
Patty Shackleton



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)



Shasta Wheelmen
Holiday Party

(and Meeting)

Monday, December 4th at Lulu's Restaurant

General Membership Meeting 6:00pm

Vote for the 2024 Board of Directors

(Members must be present to vote)

*Holiday Party to Celebrate the Season 6:30pm

***BYOADD – Buy your own appetizers, drinks and dinner as usual**

***Dessert Potluck – Bring a Christmas dessert to share**

***Ugly Christmas Sweater (sweatshirt/T-shirt) Contest**

Prize Awarded for the Best!!

***Gift Exchange – Bring a \$20 Wrapped Gift**

Graphic submitted by Lisa Creps

Shasta Wheelmen General Membership Minutes

October 2, 2023

Lulu's Restaurant

1. Call to Order by President Jim Bush – 6:04pm
2. Self-Introductions
3. Quorum – Yes - 19 members present, 3 guests
4. 'Minutes' from September 2023 General Membership Meeting as printed in the Matrix were approved by motion, Lisa, second by Cindy; all in favor.

INCOME	\$710.00	*	INCOME/INTEREST	\$.01	
EXPENSES	-\$485.10	**	EXPENSES	\$.00	
CLOSING	\$10,917.736		CLOSING	\$1,641.61	

*Income (Membership Dues = \$210, Sponsorships = \$500)

5. Standing Reports

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

CHECKING	Sept 2023		SAVINGS	Sept 2023	
OPENING	\$10,692.46		OPENING	\$1,641.60	

**Expenses (Stripe Fees = \$14.94, Gift Cards = \$30, Meeting Expense = \$44.16, Square Space/GSuite Fee = \$396)

B. Membership Report by John Simmons:

1. September had 3 new members, 4 renewals
2. Membership Card and Welcome Packets sent out for new 2023 Members
3. Notices sent out for renewals
4. 150 current standing Members

6. Old Business

A. Ride Calendar Coordinator (Rich):

*Upcoming Club rides:

October 21 – John Crowe has organized a ride with Chico riders, Elk Creek/Orland

October 22 – WOW ride

October 28 – American River Ride, 9:30, Old Sac to Folsom and back

November 4 – Fall River with Bill Campbell, 10am, route to be determined

*Teaser – STP (Seattle to Portland) let's see if we can get a group next summer!

*Rich states that Trig (Trifecta Coordinator) has mentioned a proposal for changing requirement for century ride to be completed in same calendar day, and making a second ride option of a metric century instead of the current 75mile ride. To be discussed further.

B. VP Craig:

*Club sponsorship Program being worked on. More info to come.

C. President Jim:

1. Nomination Committee needed to come up with a slate of candidates to vote on at December's Club meeting. Candidates will be published in November's Matrix. Nomination committee to be made from past presidents/past board members. So far committee is made of Patty, John Crowe, and ???

2. Christmas Committee

*Holiday party at regular Lulu's meeting, December 4

*Dinner on your own (as usual); bring a dessert to share and a gift for the exchange

*Committee is – Trig, Patty, Lisa, Cindy

3. Next Club Meeting will be at SUN OAKS Tennis and Fitness Club; business meeting at 6pm and then moving to the upstairs YOGA studio for a 30-40 minute YOGA class designed specifically for cyclists by experienced instructor Jamie.

D. Doug shares new legislation:

*AB 825- Safe Passage for Bikes (no action currently)

*AB 413- Daylighting to Save Lives (no action currently)

*AB 251- Deadly Oversized Cars Bill (no action currently)

*AB 73- Bicycle Safety Stop (has become two-year bill)

E. Patty shares 2023 *Bikes for Kids Program* partnering with Ted Blankenheim:

- *Plenty of volunteer opportunities for Shasta Wheelmen (cash donations, shifts at Starbucks during collection times, transportation of bikes, bike assembly)

- *Sign-up sheet passed around with email follow-up to all Members soon

F. Guest Speakers:

Aaron Casas (DOT/CalTrans Senior Transportation Planner- District 2), and

Michael Kuker (Shasta Regional Transportation Agency- Association Transportation Planner)

- *Topic: “Envision 273 Multimodal Corridor Plan” (6 agencies working together)

- *State Route 273 is the oldest travelled corridor in the region

- *Slideshow presentation with historical photos

- *Data from 2011-2020 shared (587 recorded crashes-42 killed, 68 seriously injured; corridor accounts for 12% of all crash fatalities in Shasta County)

- *Project considerations: Safety, Resiliency, and Special Interest (ex: revision of one-way to two-way streets, roundabout)

- *Mr. Kuker asks for Wheelmen concerns on 273 – those shared: signage, sweeping of bike lane, divided bike lane, improved lighting...

- *Make your voice heard! Offer input! Go to: envision273.org

8. Gift Card Drawing – Starbucks cards to Jack Yerkes, Doug Holt, and yoga mat won by Bob Hammond (given to Lisa)

9. Adjournment at 8:02pm






Respectfully Submitted by Nancy Cook, Club Secretary



Michael Kuker and Aaron Casas



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>	