



Matrix

January 2023– The Official Publication of the
Shasta Wheelmen Bicycle Club

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

President

Jim Bush
916-846-1902

Vice President

Craig Collins
530-491-3867

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Lisa Creps
805-338-2568

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Nancy Cook
760-217-2085

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Nolan Randall
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Web Master

Nolan Randall
530-244-3558

Email Contact

info@shastawheelmen.org

Club meetings are held on the first Monday of each month, 6:00 p.m..

President's Message

I am hoping all of the Wheelmen and your families are having a great holiday Christmas and New Year!

I am happy and proud to be elected as your Shasta Wheelmen President for the coming year. I promise to move the club forward and work on items important to club members. Our club primary objective is to enjoy Riding and to promote cycling. In order to help ensure safe rides I will be proposing the following.

The First will be **Ride Leader Coordinator (s)** The responsibilities of these coordinators will be to recruit a **Ride leader Pool** that will be available each and every ride. The ride leader will simply be responsible for greeting the group at the start, review the route, make sure someone is riding with both the lead group and the end of the line group, introduce any new riders and make sure they have someone to ride with and of course announce the Coffee stop location.

Second the Ride Leader Coordinators will be responsible for putting together safe **Riding Guidelines** for all members. The guidelines, once proposed, will be approved reviewed and approved by the board and the general membership. Remember all riders are responsible for your own personal safety and the safety of the riders around you. But having safe riding guidelines will certainly help.

Third, I believe we need to have a **Training Coordinator**, who on a voluntary basis would help train new riders on safe riding techniques, create and lead long distance rides, help members achieve their long distance riding goals and establish ride challenges such as this year Trifecta.

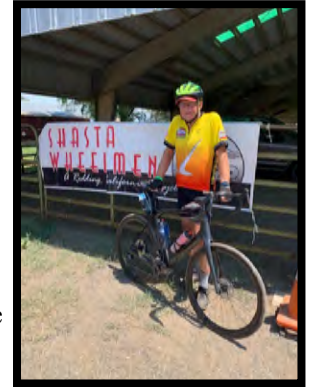
Other important club activities;

I would like to propose is a monthly schedule for speakers at general membership meeting, We are already working on bike maintenance, Law enforcement discussion on cycling on roadways, Medical and physical therapy advise.

Community outreach for planning safe bike route and Club promotion/membership activates.

As you can see there are a number of things Wheelmen can get involved with. It's going to be a fun and productive year to be a Wheelmen.

Enjoy the Ride!
President Bush



Shasta Wheelmen New Officers for 2023

Left to right. Lisa Creps treasurer, Craig Collins VP, Nancy Cook secretary and Jim Bush President.

Shasta Wheelmen Partner with The Bike Shop to Donate Bikes



This was the Wheelmen Sunday, December 18 ride. We stopped at Starbucks on Churn Creek and S. Bonneyview specifically to tell Ted that we had partnered with The Bike Shop to provide his program two bikes. The Board of Directors made a decision to do this Christmas donation and from the email exchange with the general membership we received very positive responses.



We beat the rain! Pictured left to right: Trig (new), Cindy, John, Elise, Teddy, Greg, Jeff and Teddy. Michael and Tim were also on ride but not in the picture. It was cold, but not wet yet!!!



12/4/22 Elise & Teddy Doppelhauer on a West Redding ride during a wet day of showers & downpours. Riding with full rain gear : rain jackets, pants, boots & rain gloves. We stay warm & dry for a 23 mile ride.

Welcome to the New 2022 Shasta Wheelmen Members

Holmquist	Lynn	Redding
Crouse	Dana	Anderson
Lutz	Bruce	Redding
Jones	Brenna	Redding
Cota	Dennis	Cottonwood
Feusier	Shane	Lewiston
Foley	Alan	Red Bluff
Collins	Jen	Redding
Johnson	Christina	Palo Cedro
Clark	Sean	Shasta Lake
Alcala	Daniel	Palo Cedro
Richardson	Pamela	Redding
Doppelhauer	Teddy	Redding
Doppelhauer	Elise	Redding

Johnson	Josh	Redding
Webster	Jay	Redding
Burrell	David	Redding
Grafe	Terry	Redding
Meurer	Gary	Redding
Ritter	Keith	Shasta Lake
Schmit	Jennifer	Redding
Lee	Mark	Shasta
		Shin-gletown
Sutter	Sabrina	Shin-gletown
Mitchell	Rosemary	Redding
Goodman	Tim	Redding
Gerhardt	Trevor	Oak Run
Rogers	Don	Anderson
Winters	Andi	Redding
Xiao	Xiao	Redding

Specialty Ride

01/15/23 9:00 AM **WOW-** Join Patty and Nancy for the December Women on Wheels ride to to Zogg Mine Road and Ono. Start at CVS Pharmacy @, Placer/Buena Ventura 47 miles Elev 3019 <https://ridewithgps.com/routes/10457128>

Northern California Centuries, Fun Rides (Thanks to *Cycle California!*)

February

2/25 Pedaling Paths to Independence: DeVinci's Ravioli Factory & Restaurant, Linden. 65 mi. w/1,400 ft. elev. gain, & 25 mi. w/300 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 programs. pedalingpaths.com

April

4/1 Party Pardee: Ione. 26 mi., 62 mi. routes through the gentle rollings hills of Amador & Calaveras Counties. Participants must preregister. NO SAME-DAY REG. available, & there is a 1,500 rider limit. Reg. opens 1/1/23. Reg. includes rest stops, SAG, mechanical assistance at rest stops. Après ride, enjoy a hot meal & live music at the finish. bikehikers.com

4/20-23 Life Time Sea Otter Classic Gran Fondo: Laguna Seca, Monterey. Enjoy the views! Sea Otter offers two Gran Fondo events that cover the rolling hills and gorgeous coastal roads of Monterey County. If you prefer the dirt, there is an off-road tour for both gravel and mountain bikes that traverses the scenic trails and roads of the Fort Ord National Monument. seaotterclassic.com

4/23 Primavera Century: Mission San Jose High School, Fremont. 3 route options: 25 mi., 63 mi. or 100 mi. Climb the challenging Calaveras Wall, then cycle the scenic route along Calaveras Reservoir. Ride past Livermore vineyards and wineries. The longer routes have lunch at a winery, then it's back to the start for a hearty meal. All routes are fully supported with SAG and rest stops. ffbc.org/primavera or (520) 490-8098

May

5/6-7 Siskiyouscenic Bicycle Tour: Upper Greenhorn Park, Yreka. Two day event. 5/6: All-paved road rides of 101 mi., 67 mi., 40 mi., & 21 mi. These routes are the same as last year — beautiful views of Mt. Shasta and Shasta Valley. 5/7: 2 gravel rides, 63 mi. & 39 mi. - both very challenging. Hosted by Rotary Club of Yreka & Jefferson Mountain Bike Assoc. Reg. includes rest stops, SAG, end of ride meals both days, w/ beer available. Camping at Greenhorn Park the 5/5-6t. To register, visit www.siskiyouscenic.com for all info.

Ride Ratings on Shasta Wheelmen Regular Ride Calendar

This should be used as a guide for selecting rides based on your own fitness and endurance. It's borrowed from the Western Wheelers Bicycle Club from Palo Alto (sponsors of the Sequoia Century).

There is a notation of HR followed by a number from 1-5. That number is based on the feet climbed during the ride divided by the ride's mileage. The scale is here:

Hilliness	Average Climb
Rating	Feet/Mile
0	0
1	25
2	50
3	75
4	100
5	125

There may also be a "+" or a "!" next to the HR number. The plus denotes a ride near the top of its category. An exclamation point indicated very steep climb(s) within the ride.

The "Pace" rating of the ride is the average speed the ride is likely to be ridden. A is the slowest and E is the fastest. Here is a table that describes the system:

Pace Rating	Hilliness Rating					
	0	1	2	3	4	5
A	10	9	8	NA	NA	NA
B	12	11	10	9	8	7
C	14	13	12	11	10	9
D	16	15	14	13	12	11
E	18	17	16	15	14	13

If the official high temperature is 100 or above the ride will start one hour earlier

Date	Time	Description	Route URL
01/02/23	6:00 PM	Club Monthly Meeting at Lulu's Restaurant 2230 Pine St., Redding	HTTPS://google/maps/PRA4i2gHd8w
01/03/23	9:00 AM	Ride #02 Palo Cedro counter CCW - Start at Sundial Bridge Parking Lot 31.6 miles Elev 1057 HR: 2 Pace: B/C/D	https://ridewithgps.com/routes/14136290
01/05/23	9:00 AM	Ride #03 Anderson counter CCW - Start at Sundial Bridge Parking Lot 39.5 miles Elev 825 HR: 1! Pace: C/D	https://ridewithgps.com/routes/14136291
01/07/23	9:00 AM	C/D-HR: 1! - Veteran's Cemetery / West Redding Cottonwood Loop Start at CVS Pharmacy @, Placer/Buena Ventura 44.1 miles Elev 1867 HR: 1! (Rosaline climb at end) Pace: C/D	https://ridewithgps.com/routes/14136337
01/07/23	9:00 AM	AB/?-Start at CVS @ Placer/Buena Ventura for a shorter, slower paced ride. Route to be determined at start.	
01/08/23	9:00 AM	Olinda Happy Valley Cottonwood Balls ferry Start at Anderson Starbucks 34 miles Elev 818 HR:1 Pace:C	https://ridewithgps.com/routes/13817171
01/10/23	9:00 AM	Ride #04 Old Shasta counter CCW - Start at Sundial Bridge Parking Lot 28.5 miles Elev 1297 HR: 2! Pace: C/D	https://ridewithgps.com/routes/14136292
01/12/23	9:00 AM	Ride #05 Jones Valley Store CW - Start at Sundial Bridge Parking Lot 32.5 miles Elev 1579 HR: 2 Pace: B/C/D	https://ridewithgps.com/routes/14136293
01/14/23	9:00 AM	CD/1- Ten Bridge Ride Start at Westwood Village 47 miles Elev 1173 HR:1 Pace: B/C/D	https://ridewithgps.com/routes/10374622
01/14/23	9:00 AM	AB/?- Start at Westwood Village for a shorter, slower paced ride. Route to be determined at start.	
01/15/23	9:00 AM	Bowman/Evergreen Start at Anderson Starbucks 33 miles Elev 783 HR:2 Pace:C	https://ridewithgps.com/routes/9623422
01/15/23	9:00 AM	WOW- Join Patty and Nancy for the December Women on Wheels ride to to Zogg MIne Road and Ono. Start at CVS Pharmacy @, Placer/Buena Ventura 47 miles Elev 3019	https://ridewithgps.com/routes/10457128
01/17/23	9:00 AM	Ride #06 Millville Plains CW - Start at Sundial Bridge Parking Lot 38.4 miles Elev 1042 HR: 2 Pace: B/C	https://ridewithgps.com/routes/14136294
01/19/23	9:00 AM	Ride #07a Keswick Dam Loop, CCW, Start at Sundial Bridge Parking Lot 32.4 mi. 1726 ft. HR: 3! Pace: B/C	https://ridewithgps.com/routes/40180326
01/19/23	9:00 AM	Ride #07b Keswick Dam Loop, CCW (Alternate- No Valparaiso) , Start at Sundial Bridge Parking Lot 29.5 miles 1345 feet HR: 2 Pace C/D	https://ridewithgps.com/routes/40180345
01/21/23	9:00 AM	BC/2+ -Zogg/Ono Start at CVS Pharmacy @, Placer/Buena Ventura 47 miles Elev 3019	https://ridewithgps.com/routes/10457128
01/21/23	9:00 AM	AB/?- Start at CVS Pharmacy @, Placer/Buena Ventura for a shorter, slower paced ride. Route to be determined at start	
01/22/23	9:00 AM	Westwood/Millville Plains Start at Westwood Village 35 miles Elev 959	https://ridewithgps.com/routes/14136348
01/24/23	9:00 AM	Ride #08 Igo/Ono CW - Start at Sundial Bridge Parking Lot 41.6 miles Elev 2525. HR: 3! Pace: B/C	https://ridewithgps.com/routes/38159723
01/26/23	9:00 AM	Ride #09 Bridge Bay CW - Start at Sundial Bridge Parking Lot 35.1 miles Elev 1706 HR:2 Pace: C/D	https://ridewithgps.com/routes/38159724

01/28 /23	9:00 AM	CD/1- Coleman Fish Hatchery Start at Westwood Village 44 miles Elev 804 hr:1 Pace:C	https://ridewithgps.com/routes/14136335
01/28 /23	9:00 AM	AB/?- Start at Westwood Village for a shorter, slower paced ride. Route to be determined at start.	
01/29 /23	9:00 AM	Clover Creek Deschutes, Old Alturas. Old Oregon, Shasta View Start at Clover Creek Preserve 31 miles Elev 986 HR:2 Pace: B/C	https://ridewithgps.com/routes/31261933
01/31 /23	9:00 AM	Ride #10 Old Shasta CW -Start at Sundial Bridge Parking Lot 30.5 miles Elev 1638 HR: 3 Pace: B/C	https://ridewithgps.com/routes/38159726

SHASTA WHEELMEN TRIPLE CROWN CHALLENGE (NOT THE CALIFORNIA TRIPLE CROWN)
No Set Starting Times- Complete ride within 24 hrs.

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

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 option A	https://ridewithgps.com/routes/38299564		
100 option B	https://ridewithgps.com/routes/38227466		
100 option C	https://ridewithgps.com/routes/38227527		
200 option A	https://ridewithgps.com/routes/38205168		
200 option B	https://ridewithgps.com/routes/38299569		
200 option C	https://ridewithgps.com/routes/38299572		

Wheelmen's Christmas party 2022 at Lulu's



The winning Christmas outfit won by Richard Robinson



Shasta Wheelmen General Membership Minutes

NOVEMBER 7, 2022

1. Call to Order by President Doug Holt – meeting started at 6:02pm
2. Self-Introductions
3. Quorum – Yes - 38 members present
4. Minutes from November 2022 General Membership meeting as printed in the Matrix were approved by unanimous vote.
5. Standing Reports:
 - A. Treasurer’s Report by John Simmons details submitted:

CHECKING	Nov 2022		SAVINGS	Nov 2022	
OPENING	\$10,266.42		OPENING	\$1,641.50	
INCOME	\$525.00	*	INCOME/ INTEREST	\$.01	
EXPENSES	-\$272.47	**	EXPENSES	\$0	
CLOSING	\$10,518.95		CLOSING	\$1,641.51	

*Income (Membership = \$510, Donation = \$15)

**Expenses (Stripe Fees \$22.47, RidewithGPS annual fee = \$250)

Total assets = \$12,160.46

B. Membership Report by Jim Bush:

1. 150 total members
2. November 2022 – 16 renewals
3. Year to Date 2022 – 24 new members, 65 renewals, 20 outstanding, 20 dropped
4. 51 new Members in last 3 years

C. Board Meeting Report by Doug:

*No Board meeting report due to election and holiday party

6. Old Business: None revisited due to election and holiday party

7. New Business

A. Question from the Floor (Erik Stewart) asking President Doug to describe positions of the Board; Doug reviewed the 4 Board positions and their traditional duties.

B. Doug asks for nominations from the Floor for position of 2023 Club President.

1. Linda Cannar nominates Jim Bush for President, citing his qualifications; Jim accepts nomination
2. Jim Bush added to ballot along with Greg Winters
3. Ballots distributed to Club Members in attendance
4. Results tallied and announced; Jim Bush elected for President 2023

C. Nominations for 3 remaining Board Positions called for from the Floor:

1. Patty nominates Craig Collins for Vice President; Craig accepts nomination
2. John Simmons nominates Lisa Creps for Treasurer; Lisa accepts nomination

3. Cindy Begbie nominates Nancy Cook for Secretary; Nancy accepts nomination
 4. Doug explains that no 5th Board Member is needed for nomination because the position will be returned to 'Immediate Past-President' which is Doug, who accepts the position
 5. Erik Stewart calls for approval by Proclamation; seconded, all approved
- D. Jack Yerkes announces lemons and limes that he brought to share, "help yourself!"
- E. Doug announces he has a 'Special Announcement':
- *Recognition of current Lifetime Members of the Shasta Wheelmen
 - *New Lifetime Member nominated and acknowledged; **John Crowe**, who has been an active Shasta Wheelmen Member since 2004
- 'Ugly Sweater' voting to take place during party time

8. Doug motions meeting adjournment to begin Holiday Party; motion approved unanimously at 6:28

9. Hors d'oeuvres, conversation, voting, desserts shared, laughter, voting, Gift Exchange by raffle number, more desserts, last call for 'Ugly Sweater' votes, more laughter, tally of votes..... and the overwhelming winner is..... Richard Robinson!
(Rich, you had us with the icicle-light-neck-accessory!)

Agenda for Meeting Monday January 2, 2023 at Lulu's

Start time 6:00PM






1. Call the meeting to order
 2. Introductions
 3. Membership Chair to determine that a Quorum is present
 4. Standing reports, Treasure, membership
 5. Old Business
 - Donation to the Christmas bike program
 - Other(s)
 6. New Business
 - Review goals and objectives for the coming year
 - Bylaws Presentation
- Other business
7. Adjourn Meeting



Ride 19- Millville Plains CCW on December 12



The Gezeer ride on Montgomery Ranch December 20.

<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>	



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Club meetings are held on the first Monday of each month, 6:00 p.m.. at Lulu's

SAVE THE DATE!

The Wheelmen Annual Awards Banquet is in the planning stage. We're looking at April 15th or 22nd, 5 - 10pm'ish. Venue and entertainment TBD. Please plan to attend! For questions or ideas contact one of the committee members: Terri Webster, Jen Collins, Lisa Creps or Patty Shackleton.

WOW Ride Jan 15 – a rainy one!



January has been a wet and cold month for riding

Valparaiso Ride Jan 19



Zogg Mine Jan 21: Nancy Cook, Rich Robinson, Dan Alcala, Lynn Holmquist, Erik Digby



President's Message #2 of 12

Happy February Wheelmen! Let's hope it is a little warmer for our rides.

When I first joined the club 7 years ago I was not able to ride in the cold but over the years I was able to buy the right clothing, I am up to four layers on top and two socks and shoe covers. Keeping my feet and hands warm was the biggest issue.



Since our last meeting there has been significant progress on the creation of a Ride Leader pool. Our new Ride Leader Coordinators, Patty Shackleton and Rich Robinson have been putting together a list of club members willing to help lead rides and write guidelines for these leaders. They will be giving a report at our membership meeting. Our intent is to have someone available to greet the group prior to the ride, introduce new riders, make sure everyone has someone to ride with, review the riding course, and keep the ride as safe as possible.

In addition Patty and Rich have been working on safe Riding Guidelines for all club members. They have been researching other riding clubs and have organized a committee of interested Wheelmen to assist.

Our Club Training Coordinator has been off and running, he is organizing the longer Saturday rides, has initiated a Wednesday evening ride for those that work and cannot make the weekday morning rides. As many of you might recall the club had a Tuesday night ride which was popular for many years. This ride no longer exists and hopefully the Wednesday night ride will fill that void. The Wednesday night will not conflict with our Tuesday morning ride if you would like to get additional rides in. Gary is also recruiting riders to participate and train for the May Love to Ride Challenge.

Our thanks goes out to Greg Winters who was our club ride calendar coordinator and Andi Winters who was our Matrix editor. Our new ride calendar coordinator will be Rich Robinson and our interim Matrix editor will be Terri Webster. Melissa Boyd is considering being our permanent Matrix editor.

Make sure you are at our February Membership meeting on February 6th. Our guest speaker will be Joe Dodd from Sports LTD to discuss bike maintenance and changing tires on the road. Hope to see you on a ride soon!

President Bush

Ride Leaders - Call to Action

The Wheelmen Ride Leader position has been re-booted! As a part of the forward vision of the new board of directors a plan is being put in place to define a ride leader, create a pool of volunteers and develop protocols. The first call to members for volunteers resulted in 12 people showing up at a meeting, most of whom were willing to become ride leaders. Others have since volunteered; all are awaiting guidelines about how a ride leader will be matched with a ride. A draft plan will be presented to the board then to the general membership. The following members are currently considered Ride Leader candidates:

Elise Doppelhauer
Teddy Doppelhauer
Trig Birkeland
Al Masterson
John Crowe
Cindy Begbie
Terri Webster

Patty Shackleton
Rich Robinson
Mike Madden
Jack Yerkes
Nancy Cook
Scott Hammelberg
Melissa Boyd

Craig Collins
Jim Bush
John Simmons
Greg Winters
Gary Nelson
Linda Cannar
Jeff Webster

Submitted by
Patty Shackleton, January 18, 2023

Ride Ratings on Shasta Wheelmen Regular Ride Calendar

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There may also be a "+" or a "!" next to the HR number. The plus denotes a ride near the top of its category. An exclamation point indicates very steep climb(s) within the ride.

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C	14	13	12	11	10	9
D	16	15	14	13	12	11
E	18	17	16	15	14	13

First ride of the year and random coffee shop photo



Northern California Centuries & Fun Rides

February

2/25 Pedaling Paths to Independence: DeVinci's Ravioli Factory & Restaurant, Linden. 65 mi. w/1400' elev. gain, & 25 mi. w/300' 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 programs, pedalingpaths.com

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4/15 Bike Around the Buttes: 20 mi., 40 mi., 70 mi., 100 mi. courses around the town of Sutter and the Buttes. Offering rest stops, SAG, and lunch after with live music. Proceeds benefit local diabetes patients. Bikearoundthebuttes.com

4/20-23 Life Time Sea Otter Classic Gran Fondo: Leguna Seca, Monterey. Enjoy the views! Sea Otter offers two Gran Fondo events that cover the rolling hills and gorgeous coastal roads of Monterey County. If you prefer the dirt, there is an off-road tour for both gravel and mountain bikes that traverses the scenic trails and roads of the Fort Ord National Monument. Seaotterclassic.com

4/29-30 Chico Velo Wildflower Century: 7 route options ranging from 12 miles to 125 miles. Pre-ride Wildfest on the 29th, rides on the 30th. Wildflowercentury.org

May

5/6-7 Siskiyou Scenic Bicycle Tour: Upper Greenhorn Park, Yreka. Two day event. 5/6 All-paved road rides of 101 mi., 40 mi., & 21 mi. These routes are the same as last year ---beautiful view of Mt. Shasta and Shasta Valley. 5/7 2 gravel rides, 63 mi. & 39 mi. ---both very challenging. Hosted by Rotary Club of Yreka & Jefferson Mountain Bike Assoc. Registration includes rest stops, SAG, end of ride meals both days, w/beer available. Camping at Greenhorn Park 5/5-6. www.siskiyouscenic.com

February 2023 Ride Calendar

(hope to have this back as a table next month)

02/01/23 5:30 PM Start at Anderson Safeway parking lot Anderson/Turtle Bay and Back
<https://ridewithgps.com/routes/41714402> 33.7 miles Elev 543 HR: 1 Pace B/C Head and tail lights required Ride Leader Gary Nelson 925 951 3345

02/02/23 9 AM #11 Shasta Dam. Start@ Sundial Bridge Parking lot. Shasta Lake via the River Trail to Shasta Dam, Centimudi, Shasta Dam Blvd. Rtn: Cascade, Pine Grove, Twin View, Churn Creek 33.4 miles 1778 Ft. HR 2. Pace B/C <https://ridewithgps.com/routes/38159727>

02/04/23 9 AM CVS @ Placer/Buena Ventura. Veteran Cemetery. Placer, Gas Point, Happy Valley, China Gulch 44.1 miles Elev. 1867 HR: 2 Pace B/C Ride Leader Gary Nelson 925 925 3345
<https://ridewithgps.com/routes/14136337>

02/05/23 9 AM Start@ CVS Placer, Branstetter, Placer, Swasey, Rock Creek, River Trail 29.3 miles. 1917 ft. HR 3. Pace C/D Contact Rich@530-604-4371 <https://ridewithgps.com/routes/32922964>

02/06/23 6 PM Club Monthly meeting @ Lulu's Restaurant 2230 Pine St

02/07/23 9 AM #12 End of Iron Mt Rd. CW. Start @ Sundial Bridge Parking Lot. End of Iron Rd. via River Trail Rtn: Iron Mountain, Rock Creek, Granite, to Old Shasta backside of Swasey, Placer, Texas Springs 35.7 miles. HR 3. Pace B/B+. 2206 ft <https://ridewithgps.com/routes/40182351>

02/08/23 5:30 PM Start at Anderson Safeway parking lot 18.3 miles per loop. Elev. 137 HR: 1 Pace B/C Head and tail lights required Ride Leader Gary Nelson 925 951 3345
<https://ridewithgps.com/routes/41715271>

02/09/23 9 AM #13 City of Shasta Lake CCW. Start at Sundial Bridge Parking Lot Shasta Lake City via Dana/downtown from east side to Akrich. Return: Lake, Quartz Hill, Keswick, River Trail w/Dam loop 1,962Ft.34.1miles miles. HR 2. Pace B/C <https://ridewithgps.com/routes/40172747>

02/11/23 9 AM Start at Anderson Starbucks Cottonwood/Igo. Balls Ferry, Gas Point, Placer, Cloverdale, Olinda Rd. HR: 2 Pace B/C Ride Leader Gary Nelson 925 951 3345. 49.8 Miles Elev. 1412 <https://ridewithgps.com/routes/14136352>

02/12/23 9 AM Start from Starbucks Anderson. Cottonwood, Coleman, Balls Ferry, Parkville, Dersch 30.7 miles. 887Ft.HR 1. Pace C/D <https://ridewithgps.com/routes/11043224>

02/14/23 9 AM #14 Palo Cedro CW. Start at Sundial Bridge Parking Lot. Dana to downtown Browning, Old Alturas, Deschutes, Swede Cr, Old 44 Return: Old 44, Airport Rd. Old Oregon Trail, Rancho, Victor, Hartnell Cypress. 31.2 miles. 1101 Ft. HR 1. Pace C+/B. <https://ridewithgps.com/routes/40172744>

02/15/23 5:30 PM Start at Anderson Safeway parking lot. Palo Cedro and back. 21.5 miles Elev 186 HR: 1. Pace B/C Head and tail lights required
Ride Leader Gary Nelson 925 951 3345 <https://ridewithgps.com/routes/41714456>

02/16/23 9 AM #15 a&b. Keswick Dam Loop. Start at Sundial Bridge parking lot. Park Marina, Eastside, Buenaventura bike path, Mary Lake and Valparaiso, 299, Iron Mtn Rd, Middle Springs Trail, Keswick Dam, Quartz Hill Rd, Lake, Pine Grove, Cascade, Oasis, Twin View, College View to bike path, left on new bike path to Hilltop, 44 bridge to return. 32.4 miles 1726 feet. HR2! Pace B/C <https://ridewithgps.com/routes/40182398>
Skip Valparaiso. 29.5 miles 1345 feet. HR2 Pace C. <https://ridewithgps.com/routes/40182409>

02/18/23 9 AM Start Palo Cedro Park & Ride. Old 44, Swede Ck. Deschutes, Dry Ck, Old Oregon, Rancho, Dersch, Deschutes. 42.7 miles Elev 1399 HR:2 Pace B/C
Ride Leader Gary Nelson 925 951 3345 <https://ridewithgps.com/routes/14136354>

02/19/23 9 AM Start at the Sundial Bridge parking lot. Ride the River Trail to Shasta Dam, Return Lake Blvd, Quartz Hill, 35.7 miles. 1887 ft. HR2 C/D <https://ridewithgps.com/routes/19741516>

02/21/23 9 AM #16 Anderson CW. Start @ Sundial Bridge parking lot. Olinda/Anderson via Cypress, Hartnell, Victor, Churn Cr. No./So. Streets to Olinda Return: Olinda, China Gulch w/ Clear Creek and Igo Option 37.9 miles 855 Ft./C-B. <https://ridewithgps.com/routes/40172736>

02/22/23 5:30 PM Start @ Anderson Safeway parking lot. Palo Cedro and back. Head and taillights req. Ride leader Gary Nelson 925-951-3345. 42.7 miles. 1399 Elev. HR 2. PaceB/C. <https://ridewithgps.com/routes/41714456>

02/23/23 9 AM #17 Old Shasta CW. Start at Sundial Bridge Parking Lot Old Shasta via Eastside, Girvan, Clear Creek, Honeybee, TX Springs, Placer, Taylor, Prospect, Mtn. Shadows, Middletown Park, Swasey, Red Bluff Rd Rtn.: 299 to Middle Cr (Old Stage Rd)across Iron Mt. Rd to River Trail 29.0 miles. 1,323Ft. /C. <https://ridewithgps.com/routes/40182437>

02/25/23 9 AM Gary's ride & Shorter Club ride. Start at Anderson Starbucks Corning Cruise Ronda, Bowman. Hooker Ck. Skyline, Wilcox, Jackson Rawson, Corning, 99w, Main St, I5, Auction Yard Rd, Sunset Hills, Main St Locust. Elev. 2727, 85.1 Miles HR: 3 Pace B/C Ride Leader Gary Nelson 925 951 3345. <https://ridewithgps.com/routes/41812993>
Shorter route will return from Red Bluff on Jellys Ferry. 1943 Ft. 52 miles. HR 3 Pace B/C <https://ridewithgps.com/routes/930938>

02/26/23 9 AM Start@Palo Cedro Park & Ride. Deschutes, Dersch, Balls Ferry, Ash Ck, Parkville, Millville Plains. 33 miles 769 Ft. HR 1 Pace B/C. <https://ridewithgps.com/routes/14136329>

02/28/23 9 AM #18 Jones Valley CCW. Start at Sundial Bridge Parking Lot Jones Valley Store/Marina via Dana/downtown, Browning, Old Alturas, Deschutes, 299, Dry Creek Rtn: Bear Mtn, Old Oregon Trail, Collyer 32.6 miles/C/B. 1,557 <https://ridewithgps.com/routes/40182452>

**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

Shasta Wheelmen General Membership Meeting January 2, 2023

1. Meeting Called to order by Jim Bush at 6:00pm
2. Introductions: self-introductions. One new member, Trig Birkland.
3. Membership Chair, Jim Bush, determined a quorum is present >7.
4. A motion to approved the minutes for the December meeting was requested by Terri Webster and 2nd by Linda Cannar, unanimously passed.
5. Standing reports:
 - a. Treasurer: John Simmons standing in for Lisa Creps –

CHECKING	Nov 2022		SAVINGS	Dec 2022
OPENING	\$10,518.95		OPENING	\$1641.51
INCOME	\$150.00	*	INTEREST	\$.01
EXPENSES	-\$1,681.57	**	EXPENSES	0
CLOSING	\$8,987.38		CLOSING	\$1641.52

*Income (Membership \$150)

**Expenses (Stripe fees = \$10.35, expense to Lulu’s Restaurant for Christmas party = \$971.22, donation to The Bike Shop for bikes to Ted Blankenheim’s Christmas bike giving program = \$700.00)

- b. Membership: Total membership at year end = 130, new members in 2022 = 52. Jim Bush will relinquish the Membership Chair position to Teddy and Elise Doppelhauer.
6. Old Business:
 - a. Donation to the Christmas bike for kids program. Patty Shackleton reported that the board of directors with general membership approval donated \$700 for this program. The Bike Shop partnered with the club and discounted two bikes. Several Wheelmen met with Ted Blankenheim, the program creator at both his donation and distribution sites. Ted will be asked to make a presentation at a club meeting this September.
 - b. The bike rack won from Healthy Shasta for the May challenge has not been placed yet. Rich Robinson has taken responsibility to pick up and install the bike rack in front of the Old Shasta Coffee shop on Eureka Way, next to ACE hardware.
7. President Jim Bush’s goals and objectives for the coming year:
 - a. Gary Nelson is appointed to a new position, Training Coordinator. This position will be responsible for new member training, long distance rides, distance training, Trifecta, May Love to Ride efforts and Saturday distance rides.
 - b. Rich Robinson & Patty Shackleton will be appointed as Ride Leader Coordinators. They will recruit ride leaders for a pool of members that will be able to lead the Tuesday, Thursday and Sunday rides. The pool will be trained and given a “script” of basics for leading a ride. In addition, a committee will be formed to establish Safety Guidelines. When completed these will be presented to the board of directors and general membership for approval.
 - i. Rich Robinson spoke about intentions to contact members this month for the ride leader position. He would like to have a brief training which would review beginning a ride,

previewing the route, 1st re-group site, coffee location, appointing a sweep, reviewing any pertinent safety concerns, basic mechanics and a possible adoption of an app “Chasing Watts”.

ii. Patty requested a sign-up of volunteers; 9 members volunteered for this pool!

iii. A motion to accept Rich and Patty for this position was approved.

c. The Bylaws revision is complete and will be distributed at the Feb meeting for discussion and then voted on at the March meeting.

d. Club Concern Process. Jim is establishing a process for managing members concerns and issues. He asks that members bring issues to the board. The board will review and make recommendations to those who brought up the issues. If there is not satisfaction to the decision the issue will be brought to the general membership for a vote.

e. Meeting Speaker Program:

i. Feb – Joe Dodd, Sports LTD bike mechanic. Bike maintenance.

ii. March- Law Enforcement. Cycling on road ways.

iii. April- Physical Therapist, Stephanie Smith. Conditioning and recovery.

iv. May- Bike Touring Tips, Craig Colling

v. June- Shasta Living Streets, Ann Thomas. Local plans.

vi. Others to include city, county and CalTrans officials.

(Anyone with ideas for speakers please notify Jim)

8. General:

a. Terri Webster asked if there would be recognition of the Trifecta finishers. Gary Nelson reported the Trifecta year will end in February, recognition will be planned.

b. Gary Nelson asked what happened to the donation made for trophies, John Simmons reported that there remains \$140 designated for such.

c. Craig Collins, new VP and outreach coordinator:

i. Craig reported on his efforts to establish some club promotional materials and the idea to place in bike shops, the new bike depot, school athletic departments, etc. He has reviewed many old graphics from Wheelmen history. He found an “Uncle San Wants You” – Wheelmen poster (originally created by Earl Talken) and a “Five Reasons to Join the Shasta Wheelmen Club” poster which are the most favorable. He will also send an email to general membership asking for ideas and resources.

ii. Mixed surface rides – coming to our ride calendar soon! Craig would like to establish a day a month for gravel rides (the fastest growing type of riding). Rich Robinson will assist Craig in establishing this activity. Then a proposal will be made to the board.

iii. Ride the Park Day at Lassen National Park: Craig will contact the Superintendent to request permission for the club to set up a table and distribute snacks, hot beverages and promotional material at a couple of parking lots on the day the park opens to bike traffic only. Event could be titled ‘Snacks on the Summit’ or ‘Muffins on the Mountain’!

iv. Craig is also the coordinator for a renewed effort for the club to become a collaborator with city and county road planning and bike infrastructure planners. Craig asks for input from anyone who has contacts or knowledge of persons or programs that would be appropriate to contact.

d. John Crowe has been asked to report out of area bike rides. These will be published in the Matrix or on the ride calendar.

e. Patty Shackleton motioned that a committee be formed to plan the annual banquet. The motion was 2nded by Gary Nelson and Craig Collins and unanimously passed. Five members were nominated for this committee: Terri Webster, Lisa Creps, Jen Collins and Patty Shackleton.

9. A raffle was held for gift certificates at coffee shops, three winners were: John Crowe, Teddy Doppelhauer and Trig Birkland.

10. Two Social affairs were promoted by John Crowe and Nolan Randal; Chuck Brodsky, solo musician, Jan 10 at Pilgrim Church and A Musical Variety and benefit for Diversity at Fratelli's Pizza, Jan 14, 6pm (Nolan will be one of the musicians).
11. Meeting adjourned about 7:10pm

Respectfully submitted by Patty Shackleton substituting for Nancy Cook

Agenda for Meeting Monday February 6 at Lulu's Start time 6:00PM

1. Call the meeting to order
2. Introductions
3. Membership Chair to determine if there is a quorum present
4. Approval of minutes from the prior meeting
5. Standing reports, treasurer and membership
6. Old Business
 - Ride Coordinator(s) report
 - Safe Riding Guidelines report
 - Out of town rides
 - Training coordinator report
 - VP Report
7. Guest Speaker Jo Dodd from Sports LTD
8. Bylaws
9. Other Business
10. Adjourn meeting

Upcoming Speakers







February, Jo Dodd Sports LTD

March, Law enforcement

April, Elevate Physical Therapy

May, bike touring tips, Craig Collins

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>	



Matrix

March 2023 – The Official Publication of the Shasta Wheelmen
Bicycle Club

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 p.m.. at Lulu's

Watch for the email announcement

The Shasta Wheelmen *SHIFT INTO PARTY GEAR* Celebration
April 21

February Rides



Latest Trifecta Earner



Welcome New Members

Templeton	Lori	Redding
Harri	Naomi	Redding
Rouse	Jack	Redding
FreemonSowers	Rachel	Redding
Harvey-Arrison	Colleen	Red Bluff

President's Message #3 of 12

Hello Wheelmen,

March is upon us and better riding weather is almost here. I want to start off by congratulating all of our members who participated in the Trifecta Challenge. Eighteen members signed up for the Challenge, of which 12 members completed the required three events. Notably, Gary Nelson and Keith Elzner completed three 200 mile rides. I would like to thank club members Scott Hamelberg, Lisa Creps, Gary Nelson and Dusty Sartain for stepping up to help Keith finish his last 200 mile ride.



Guest Speakers and Topics

Our February guest speaker, Joe Dodd from Sport LTD, gave a great presentation on bike maintenance and flat tire repair. We had close to 30 club members and one guest in attendance and I'm sure we all learned something.

At the March meeting we will have two police officers from Redding PD discuss traffic issues related to cycling on the road ways. In April we will have Stephanie the owner of Elevate Physical Therapy located in Anderson. I thought it would be good to get some tips on keeping ourselves in shape and injury free just before the May Love to Ride month and summer long distance riding. Our Club VP, Craig Collins, will present on long distance touring at our May membership meeting.

Bylaws

The revised Bylaws were recently sent out (emailed) for your review and comment. We would appreciate comments back by March 1, 2023. We will discuss the proposed changes at our March meeting. Depending on the extent of the comments received we will either vote on the Bylaws in March, or if additional work is

deemed necessary, the vote will be in April. Thanks to Patty Shackleton, Lisa Creps and John Crowe for helping on this project.

Shasta Bike Month

We have been working with the Shasta Bike Month Working Group to put together biking events for the May Love to Ride month. During the month The Shasta Wheelmen will organize two Get Acquainted rides (we normally do two in May anyway), A WOW ride, a slow and low ride followed by burgers and drinks and the Ride of Silence. In addition, we will help with bike parking/valet service at the opening ceremony and at the pancake breakfast. All of these activities will be advertised by the Shasta Bike Month Working Group which should result in a good turnout. The calendar showing the dates of these events and many others will be available in early March. Your help in organizing these events will be greatly appreciated.

There is a lot going on and I appreciate everyone's help.

Hope to see you on a ride soon! Stay Safe!

President Bush

Speaker Joe Dodd, Sports LTD – Bike Maintenance



Vice President's Journal No. 1 – March 2023

I'm excited to be contributing a new section to the Matrix newsletter! My entries will focus on something of personal interest within cycling culture, technology, and current events. One topic per month with lots of hyperlinks for further reading and the shameless intention of sending you down a new and interesting rabbit hole every time. Hopefully my journal entries give us all something interesting to chat about on our Club rides and more importantly, they inspire your continued journey within the sport and lifestyle of cycling.

Alright! Let's get to it...

Outside of the hot summer months, determining what to wear on the Wheelmen Club rides can be a challenge. As we move into spring, temperature swings from ride start to finish can be significant. High winds, chance of rain and sunlight must also be taken into consideration to stay comfortable. Having a good selection of cycling kit is a great start to solving this problem, but once that's sorted, the next most important factor to choosing the right gear (for me at least) is having access to good weather information.

To that end, I'd like to discuss a new smart phone app that I recently stumbled upon called [Epic Ride Weather](#). This app allows you to view the predicted changes in weather for the duration of a proposed ride across a predetermined route. The weather information provided includes temperature, humidity, precipitation, cloud cover, wind and even wind direction mapped onto the route. The wind direction information is very useful when deciding whether to ride a loop CW or CCW, so a perfect planning tool for Club Ride Leaders. It's good enough that [pro cycling teams use it to plan their race strategies](#).

Epic Ride Weather integrates very nicely with Ride with GPS (RWGPS) and Strava. Even if you don't use RWGPS routes on your cycling computer for wayfinding during a Wheelmen Club ride (something I definitely recommend for new

Club members), you can still use Epic Ride Weather and our Club RWGPS route library to help in planning what to wear. Simply copy the RWGPS route from the Shasta Wheelmen account to your personal RWGPS account and then the route will be available for weather predictions from within Epic Ride Weather.

The first 1,000 weather predictions are a free trial and then there are monthly and yearly subscription options for \$11.99 and \$2.99 respectively. I've yet to exhaust my initial 1,000 predictions, but when I do I'll likely opt for the yearly model as I've found this app to be hugely helpful to me in picking the right kit for the ride. Hopefully you will find it useful too!

Note: Credit goes to the "[How to Not Die](#)" blog post on the [Our Mother the Mountain website](#) for cluing me into this great planning resource.

VP – Craig Collins

Ride Ratings on Shasta Wheelmen Regular Ride Calendar

This should be used as a guide for selecting rides based on your own fitness and endurance. It's borrowed from the Western Wheelers Bicycle Club from Palo Alto (sponsors of the Sequoia Century).

There is a notation of HR followed by a number from 1-5. That number is based on the feet climbed during the ride divided by the ride's mileage. The scale is:

Hilliness	Average Climb
Rating	Feet/Mile
0	0
1	25
2	50
3	75
4	100
5	125

There may also be a "+" or a "!" next to the HR number. The plus denotes a ride near the top of its category. An exclamation point indicates very steep climb(s) within the ride.

The "Pace" rating of the ride is the average speed the ride is likely to be ridden. A is the slowest and E is the fastest. Here is a table that describes the system:

Pace	Hilliness Rating					
	0	1	2	3	4	5
A	10	9	8	NA	NA	NA
B	12	11	10	9	8	7
C	14	13	12	11	10	9
D	16	15	14	13	12	11
E	18	17	16	15	14	13

**Bike Rack Installed at Old Shasta Coffee Company on Eureka Way
Won by Captain's Crew, May 2022 Bike Challenge**



Northern California Centuries & Fun Rides

April

4/1 Party Pardee: Ione. 26 mi., 62 mi. routes through the gentle rolling hill of Amador and Calaveras counties. Participants must preregister. 1,500 rider limit. Reg. opens 1/1/23 includes rest stops, SAG, mechanical assistance at rest stops. Apres ride, enjoy a hot meal & live music at the finish. Bikehikers.com

4/15 Bike Around the Buttes: 20 mi., 40 mi., 70 mi., 100 mi. courses around the town of Sutter and the Buttes. Offering rest stops, SAG, and lunch after with live music. Proceeds benefit local diabetes patients. Bikearoundthebuttes.com

4/15 Pedals n Pears: 4 distances from easy and flat to the challenging Royal Riviera Metric Century. All rides start and finish using the Bear Creek Greenway. Pedalsnpears.com

4/20-23 Life Time Sea Otter Classic Gran Fondo: Leguna Seca, Monterey. Enjoy the views! Sea Otter offers two Gran Fondo events that cover the rolling hills and gorgeous coastal roads of Monterey County. If you prefer the dirt, there is an off-road tour for both gravel and mountain bikes that traverses the scenic trails and roads of the Fort Ord National Monument. Seaotterclassic.com

4/29-30 Chico Velo Wildflower Century: 7 route options ranging from 12 miles to 125 miles. Pre-ride Wildfest on the 29th, rides on the 30th. Wildflowercentury.org

May

5/6-7 Siskiyou Scenic Bicycle Tour: Upper Greenhorn Park, Yreka. Two day event. 5/6 All-paved road rides of 101 mi., 40 mi., & 21 mi. These routes are the same as last year ---beautiful view of Mt. Shasta and Shasta Valley. 5/7 2 gravel rides, 63 mi. & 39 mi. ---both very challenging. Hosted by Rotary Club of Yreka & Jefferson Mountain Bike Assoc. Registration includes rest stops, SAG, end of ride meals both days, w/beer available. Camping at Greenhorn Park 5/5-6. www.siskiyouscenic.com

5/27-28 Art of Survival Century; Malin/Tulelake, paved, mountain, and gravel something for everyone, 13 to 100 miles.
<https://survivalcentury.com/>

July

July 15 Fall River Century; McArthur, 25 to 128 mile rides

Bike the Rogue out of Gold Beach Sept. 9 (the Rotary ride) and 10 (our own ride at Port Orford)

Etna Sept 12-13 (a follow-on to Gold Beach)

These rides have been suggested, but no dates are set:

- Surprise Valley 2 days, maybe early summer
- McCloud/Pilgrim Creek and possibly Fowler's Campground loops -- summer (get out of the heat)
- Crater Lake -- maybe August
- Orland/Elk Creek/Willows loop -- sometime in the fall -- too hot in the summer
- Corning/Orland loop -- sometime this spring

March 2023 ride calendar

03/01/23 5:30pm. May training ride. Start Anderson Safeway Balls Ferry Rd. 17.8 miles 104 ft ascent
Pace B/C Hill Rating 1. Head and tail lights required Ride Leader Gary Nelson 925 951
3345 <https://ridewithgps.com/routes/38157618>

03/02/23 9:00am #19 - Millville Plains CCW Start@ Sundial bridge parking lot. Hartnell, Churn Creek,
Dersch, Millville Plains, Old 44, Hartnell. HR 1, Pace C/D
<https://ridewithgps.com/routes/40182456>

03/04/23 9:00am Weekend #48. Swasey, Shasta Dam, Old Oregon
Start@ CVS parking lot Placer. Placer, Swasey, Rock Ck, River trail, Shasta Dam blvd, Union School, Old
Alturas, Browning, River trail, Court, Pioneer, Buena Ventura. 50.1 miles 3088 ft ascent Pace B/C Hill Rating
4. <https://ridewithgps.com/routes/41837240>

03/05/23 9:00am. WKND#40 North/East/South of Palo Cedro Start@ Palo Cedro park and ride. Deschutes, Swede
Ck, Old 44, Millville Plains, Dersch, Parkville, Ash Ck, Balls Ferry, Deschutes, Beatie, Maynard. 32.8 miles. 801
ft. HR1. Pace C/D. <https://ridewithgps.com/routes/41837142>
Ride Leader Nancy Cook

03/07/23 9:00am #20 - Igo/Ono CCW Start@ Sundial bridge parking lot. River Trail, Court St, West St, Pioneer
Dr, Buena Ventura, Placer, Clear Ck, Westside, Eastside Parkview. 40.7 mi 2,196 ft. HR 2, Pace
C/D <https://ridewithgps.com/routes/40182468>

03/08/23 5:30pm May Training ride. Start@ Anderson Safeway balls Ferry Rd.
Palo Cedro and Back 21.5 miles 186 ft ascent Pace B/C Hill Rating 1 <https://ridewithgps.com/routes/41714456>
Head and tail lights required Ride Leader Gary Nelson 925 951 3345

03/09/23 9:00am #21 Bridge Bay CCW Start@ Sundial bridge parking lot. Browning, Collyer, Old Oregon,
Wonderland, Fawndale, Twinview. 35.0 mi., 1656 ft. Hilliness Rating: 2
Pace: B/C/D <https://ridewithgps.com/routes/40182471>

03/11/23 9:00am WKND #19 Fish Hatchery, Palo Cedro. Start@ Starbucks Anderson.
Balls Ferry, Ash Creek, Grover, Parkville, Dersch, Deschutes, Airport, Churn Ck. 45.5 miles. 1033 ascent. HR1!
Pace B/C. <https://ridewithgps.com/routes/41836622> Head and tail lights required Ride Leader Gary Nelson 925
951 3345

03/12/23 9:00am WKND #06 - Evergreen/Bowman Long Start@ Anderson Starbucks.

Locust, Panorama, Balls Ferry, Bowman, Evergreen, Benson, Bassler, Hooker Ck, Bowman, Ronda. 44.9 mi., 1190 ft. Hilliness Rating: 1 Pace: C <https://ridewithgps.com/routes/41836328>

03/14/23 9:00am #22 Old Shasta CCW. Start@ Sundial bridge parking lot. River trail, Middle Ck Rd, Iron Mt Rd, Rock Ck Rd, Granite, Jays, Swasey, Middleton Park, Texas Springs, Eastside Rd, Parkview. 30.4 mi., 1643 ft. Hilliness Rating: 3 Pace: C/D <https://ridewithgps.com/routes/40182474>

03/15/23 5:30pm May Training ride. Start@ Anderson Safeway. Turtle Bay and back via 273 <https://ridewithgps.com/routes/41714402> Head and tail lights required Ride Leader Gary Nelson 925 951 3345

03/16/23 9:00am #23 Shasta Dam/City of Shasta Lake CCW Start@ Sundial bridge parking lot. River Trail to Browning, Hawley, Collyer, Twinview, Pine Grove, Shasta Dam Blvd, Lake Blvd, Coram, River Trail, Sundial. 33.4 mi., 1773 ft. Hilliness Rating: 3 Pace: B/C <https://ridewithgps.com/routes/40182480>

03/18/23 9:00am WKND #53B. Veterans Cemetery Long Start@ CVS Placer parking lot Placer Gas Point, Happy Valley Rd., Cloverdale, Clear Creek, Honeybee, Branstetter, Westside Buenaventura. 51.5 miles 2170 ft. HR 1! Pace C/D <https://ridewithgps.com/routes/41837338>

03/19/23 9am RB airport out Red Bank Rd. Start@ Breezy's Wings & Wheels Restaurant 1760 Airport Blvd, Red Bluff, CA 96080, US. Luther Rd, Paskenta Rd, Live Oak Rd, Lowery Rd. Out & Back. Ride leader, Scott Hamelberg <https://ridewithgps.com/routes/42055730>

03/21/23 9:00am #24 End of Iron Mountain Rd CW. Start@ Sundial bridge parking lot. Park Marina, Eastside, Cedars, Branstetter, TX Springs, Placer, Swasey, Red Bluff, Old Shasta, Granite, Rock Ck, Iron Mtn Rd to gate, Rtn: River Trail @ Rock Crk HR 3. Pace C/D <https://ridewithgps.com/routes/40182489>

03/22/23 5:30pm May Training ride. Start@ Anderson Safeway. Palo Cedro and back. 21.5 miles. 186 ft. HR 1. Pace B/C. <https://ridewithgps.com/routes/41714456> Head and tail lights required Ride Leader Gary Nelson 925 951 3345

03/23/23. 9:00am #02 Palo Cedro CCW. Start@ Sundial bridge parking lot. Palo Cedro via Cypress, Hartnell, Victor, Rancho, Old Oregon Trail, Old 44 Rtn: Old 44, Swede Creek, Deschutes, Old Alturas Dana to downtown. 31.6 miles. 1057 ft. HR 2. Pace B/C/D <https://ridewithgps.com/routes/38148141>

03/25/23 9:00am Turtle 52 Start@ Sundial bridge parking lot. River Trail, Lower Springs, Valparaiso, Placer. Texas Springs, Clear Ck, Cloverdale, Olinda, Airport Rd, Churn Ck, South Bonnyview, Park Marina. 52 miles. 2092 ft. HR1+, pace B/C <https://ridewithgps.com/routes/41837283>

03/26/23 9:00am WKND #03 - Ash Creek/Dersch CCW Start@ Palo Cedro park and ride. Old 44, Millville Plains, Parkville, Ash Ck, Dersch, Millville plains, Old 44. 40.3 mi., 1590 ft. Hilliness Rating: 1 Pace: C <https://ridewithgps.com/routes/41836233>

03/28/23 9:00am #05 Jones Valley store. Start@ Sundial bridge parking lot. Jones Valley Store via Dana/downtown Churn Creek, College View, Old Oregon Trail, Bear Mtn. Option Boat ramp. Rtn: Dry Ck. Deschutes, Old Alturas, Browning, Dana/downtown 32.5 miles/C+/B <https://ridewithgps.com/routes/38148149>

03/29/23 5:30pm May Training ride Start@ Anderson Safeway. Palo Cedro and back. 21.5 miles. 186 ft. HR 1 Pace B/C <https://ridewithgps.com/routes/41714456>

03/30/23 9:00am #06 Millville Plains CW Start@ Sundial bridge parking lot. Millville Plains via Cypress, Hartnell, Old 44, to Palo Cedro. Rtn: Millville Plains, Dersch, Churn Creek Bonnyview, Eastside Road. 38.4 miles. 1042 ft. HR:2 C+ <https://ridewithgps.com/routes/38157618>

**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

**Shasta Wheelmen General Membership Meeting
February 6, 2023
Lulu's Restaurant**

1. Call to Order by President Jim Bush – meeting started at 6:02pm
2. Self-Introductions
3. Quorum – Yes - 29 members present
4. Minutes from January 2023 General Membership meeting as printed in the Matrix were approved by motion, John Simmons, second by Teddy; all in favor.
5. Standing Reports:

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

CHECKING	January 2023		SAVINGS	January 2023	
OPENING	\$8,987.38		OPENING	\$1,641.52	
INCOME	\$180.00	*	INCOME/INTEREST	\$0.01	
EXPENSES	-\$11.82	**	EXPENSES	\$0	
CLOSING	\$11,341.29		CLOSING	\$1,641.53	

*Income (Membership renewals= \$180)

**Expenses (Stripe Fees \$11.82)

2022 Recap: Finished the year with balance of \$10,628.92

Although we fell short of projected yearly income, we brought in money from unplanned sources (Bike Swap, Trifecta). The net loss of \$768 is close to the amount of donation to 'Bikes for Kids' which was not in the original budget. Budget details will be provided upon request.

B. Membership Report by Jim Bush will be transitioning to Teddy and Elise

C. Board Meeting Report by Jim:

*Bylaws will be sent out upon approval by the Board

6. Old Business
 - A. Ride Leader Coordinator, Rich, states a Google Calendar will be added with current email account and available soon for Ride Leader Pool to sign up for Sunday rides.
 - B. John Crowe will keep us informed of out-of-town rides.
 - C. Doug reports on 2 legislation proposals:
 1. AB6 – prioritizes and funds transportation projects to meet climate goals

2. AB73 – yield at stop sign law

D. Terri reports on Banquet Committee: After contacting 15 locations, the best is the Eagle Room at Win-River, possibly April 21. Buffett at \$30/person (which includes \$10 slot coupon) with an option of no host bar. This includes a discounted rate from Tracy and Scott Edwards. A \$500 down payment is required, and will be brought to the Board for consideration.

7. New Business

- A. VP Craig reports on Ride With GPS Platform: Shasta Wheelmen approved as ‘Route Ambassador’ for the Redding area. Craig has categorized routes in the Club Library. Craig asks Members to take photos along rides to add to our Club RWGPS.
- B. Craig reports that “Snacks at the Summit” has been approved by Lassen National Park, and a ‘Special Use Permit’ will be granted for Club sponsored vehicles to drive on the (closed) road to take snacks/beverages to sell for donation. This could be an opportunity to advertise widely to promote our Club, and possibly a fundraiser. Date TBD by snow melt/road opening to bicycles.
- C. Shasta Living Streets Bike Depot Grand Opening – May 11
SLS is asking for volunteers to be ‘ride chaperones’ to deliver 70 E-Bikes to docking stations. Ask Craig for details or to volunteer.
- D. Jim and Lisa met with the Bike Month Work Group. Wheelmen will partner with Healthy Shasta to help organize rides (Get Acquainted, WOW, Low&Slow). Healthy Shasta will advertise on their May Love to Ride schedule. A great way to support cycling in our community!

8. Guest Speaker – Joe Dodd, from Sports LTD

Joe began road racing as a 13 year old and has been a bike mechanic for 31 ½ years. He gave a wonderfully dynamic, informative, and entertaining presentation on bike maintenance tips/tricks/tools and all who were in attendance appreciated his expertise! We also learned that in 1986 Joe was mentored by some of our Wheelmen predecessors, which he said gives him great appreciation of our Club.

Topics discussed were:

- *the complete process of changing a flat tire (remember “the valley is the key”)
- *disc brake maintenance
- *drive train maintenance
- *‘order of operations’ (tires, brake pads, chain, rear cassette, front chain ring, wheels)
- *tire life (TWI = a little hole in the tread)

9. Gift Card – No Drawing – A Gift Card was presented to Doug Holt – “THANK YOU” for 3 years of gift cards he supplied to our Club’s Monthly Meetings!

10. Adjournment 8:10pm

**Agenda for Meeting Monday March 6 at Lulu’s
Start time 6:00PM**

1. Call the meeting to order
2. Introductions
3. Membership Chair to determine a quorum
4. Approval of Minutes from the prior membership meeting
5. Standing reports, Treasure and membership
6. Old Business
 - Ride Coordinators report
 - Safe riding guidelines report
 - Training Coordinator report
 - Out of town rides
 - VP report
 - Legislation report

7. New Business
8. Bylaws
9. May Love to Ride
10. Guest Speakers
11. Other Business







Upcoming Speakers

March, Law enforcement

April, Elevate Physical Therapy

May, bike touring tips, Craig Collins

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>	



Matrix

April 2023 – The Official Publication of the Shasta Wheelmen

****REMINDER****

**The Shasta Wheelmen *SHIFT INTO PARTY GEAR* Celebration
April 21**

**If you have any raffle prizes to donate, please contact Terri Webster @ 530-945-9984
by April 15**

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

President

Jim Bush
916-846-1902

Vice President

Craig Collins
530-491-3867

Treasurer

Lisa Creps
805-338-2568

Secretary

Nancy Cook
760-217-2085

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Web Master

Nolan Randall
530-244-3558

Email Contact

info@shastawheelmen.org

Club meetings are held on the first Monday of each month, 6:00 p.m.. at Lulu's

March rides



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 #4 of 12

Happy April Wheelmen! The sun should be out this month for some good riding. Stephanie Smith (owner and PT at Elevate Physical Therapy in Anderson) is our April Meeting guest speaker. I am sure you will enjoy her presentation. Come to the meeting prepared with specific questions, especially if you have aches and pains from riding and/or would like to keep in better riding shape.



Anna Blasco from the County Health and Human Services Agency, who is in charge of the May Love to Ride, will also be presenting at our April meeting. Anna will be going over the group riding tracking system for the event this year and cover all of the events planned in May to encourage bike riding.

In the month of May, The Shasta Wheelmen are signed up to help with bike parking at two events putting on two Get Acquainted rides, A WOW ride in Red Bluff and a President's low and slow ride. The WE SKI II group will be partnering with us on the rides.

Make sure to sign up for this year's Trifecta. In addition to the 100 and 200 mile ride option, the event this year has been expanded to include a 75 mile option. All three rides in each option need to be completed by the first of March next year. You will have 24 hours to complete a ride. So, for example, you may start a designated ride at 3pm one afternoon and finish the remaining required miles prior to 3pm the following day.

The annual American River Ride from Old Sac to Folsom and back will be Thursday April 13. It's a fun 62 mile ride along the American River bikeway with dinner in Old Sac to follow the ride.

The Wheelmen have been asked by the organizers of Earth Day to park bikes. The event will be on April 22. More information will follow.

On a closing note, please sign up for the Shasta Wheelmen banquet. Our committee members have been hard at work to organize a great evening. Mark your calendar for Friday April 21, 2023.

Weather is improving and we will be riding more in April.

Hope to see you on the road. President Bush

Shasta Bike Month

The third meeting of Shasta Bike Month's Working took place on Wednesday, March 8 and was attended by Shasta Wheelmen President, Jim Bush and Treasurer Lisa Creps. So much work has been done already to ensure a successful Bike Month in May! Here's a recap:

- Bike Month Challenge 2023 online registration is now open! Instructions on how to register and sync Strava for **New and Returning Riders** are on the Healthy Shasta Bike Challenge website below: [Shasta Bike Challenge - shastabikechallenge.org \(healthyshasta.org\)](https://shastabikechallenge.org/healthyshasta.org)
- A full calendar of events is in work and will be posted on the website soon. Shasta Wheelmen will provide bike valet services for the Bike Month Kickoff, Asphalt Cowboys Pancake Breakfast and Earth Day

Festival and will lead Get Acquainted, WOW, President's Low & Slow and American River rides this year. Lots of opportunities to volunteer!

- **Differences from last year:** The primary focus of the 2023 Love to Ride Bike Month platform is on increasing workplace participation to encourage commuting to work. However, Teams and Groups can still compete for recognition and prizes! Shasta Wheelmen's own Captain's Crew is already recruiting and signing up online!! **Important Note:** A rider can join more than one group and their miles will count for each group and as an individual.
- Questions? Please contact Jim Bush at (916)8461902 or Lisa Creps at (805)338-2568.

-Lisa Creps

Vice President's Journal No. 2 – April 2023

Next month Redding will join other California cities such as Santa Cruz, Santa Barbara, and Encinitas as the newest city to deploy a [Trek BCycle](#) bike share system. The program in Redding will be called [Downtown Bikeshare](#). As the name implies, it will focus on providing a convenient and easy to use bikeshare system for residents and visitors to Redding's downtown core. In addition, the opening of the Bike Depot - also scheduled for grand opening in May - will provide a [secure bike locker facility](#) for personal bikes in Downtown.

I'm personally very excited about Downtown Bikeshare and the Bike Depot locker as it will introduce some much-needed transportation flexibility to Downtown Redding. It will now be possible to ride a personal bike downtown, store it in the Bike Depot locker and then check out a Downtown Bikeshare to make the last hop for a night out at a restaurant, taphouse or a show at the Cascade Theatre without having to worry about bike theft. I also plan to take visiting friends and family out for Bikeshare rides along the Sacramento River Trail in the evenings...a great way to burn some calories before or after [Taste & See Creamery](#). 🍷 🚲 🍷

Shasta Wheelmen club members already know that cycling is a safe, convenient, cheap and fun transportation option. But we need to show that it can work for the citizens of Redding at large. If Downtown Bikeshare succeeds, then we will hopefully see increased acceptance and demand for safe cycling infrastructure in our community.

So, I encourage all Shasta Wheelmen to join the movement and get a BCycle account set up on your phones for Downton Bikeshare and a BikeLink card in your wallets for the Bike Depot locker. Just follow the links below to get started. I already have both accounts set up and I'm raring to go!

[BCycle for iPhone](#)

[BCycle for Android](#)

[BikeLink Access Card](#)

Happy Bikeshare Cycling Wheelmen & Wheelwomen!

VP – Craig Collins

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

Kudos and appreciation to the amazing turn out for ride leaders! Due to direction from the new board of directors and the extraordinary numbers of new members our club has been acquiring we are establishing a new ride leader program. Rich Robinson, Craig Collins and Patty Shackleton will be the coordinators.

The ride Leader will confirm the route and/or alternatives, keep riders together and serve as the responsible person if an accident occurs. For the Tuesday and Thursday club rides a ride leader may self-appoint at the beginning of the ride and assume ride leader responsibility. The Saturday ride will be led by Gary Nelson through May and Sunday rides (and after May, Saturday rides) will be the responsibility of the ride leader who claims a date on the ride calendar.

Craig Collins has established a ride leader calendar and organized routes on RWGPS for us to use. He is training all ride leader volunteers and we have begun filling out Sundays and selecting rides for the year. A ride leader guideline document is being created and a training (ride leader ride) will be scheduled as soon as weather permits!
-Patty Shackleton

THE RIDE CALENDAR WILL NO LONGER BE INCLUDED IN THE MATRIX. THE CALENDAR CAN BE FOUND ON THE WHEELMEN WEBSITE.

Northern California Centuries & Fun Rides

April

4/1 Party Pardee: Ione. 26 mi., 62 mi. routes through the gentle rolling hills of Amador and Calaveras counties. Participants must preregister. 1,500 rider limit. Reg. opens 1/1/23 includes rest stops, SAG, mechanical assistance at rest stops. After ride, enjoy a hot meal & live music at the finish. Bikehikers.com

4/15 Bike Around the Buttes: 20 mi., 40 mi., 70 mi., 100 mi. courses around the town of Sutter and the Buttes. Offering rest stops, SAG, and lunch after with live music. Proceeds benefit local diabetes patients. Bikearoundthebuttes.com

4/15 Pedals n Pears: 4 distances from easy and flat to the challenging Royal Riviera Metric Century. All rides start and finish using the Bear Creek Greenway. Pedalsnpears.com

4/20-23 Life Time Sea Otter Classic Gran Fondo: Leguna Seca, Monterey. Enjoy the views! Sea Otter offers two Gran Fondo events that cover the rolling hills and gorgeous coastal roads of Monterey County. If you prefer the dirt, there is an off-road tour for both gravel and mountain bikes that traverses the scenic trails and roads of the Fort Ord National Monument. Seaotterclassic.com

4/29-30 Chico Velo Wildflower Century: 7 route options ranging from 12 miles to 125 miles. Pre-ride Wildfest on the 29th, rides on the 30th. Wildflowercentury.org

May

5/6-7 Siskiyou Scenic Bicycle Tour: Upper Greenhorn Park, Yreka. Two day event. 5/6 All-paved road rides of 101 mi., 40 mi., & 21 mi. These routes are the same as last year ---beautiful view of Mt. Shasta and Shasta Valley. 5/7 2 gravel rides, 63 mi. & 39 mi. ---both very challenging. Hosted by Rotary Club of Yreka & Jefferson Mountain Bike Assoc. Registration includes rest stops, SAG, end of ride meals both days, w/beer available. Camping at Greenhorn Park 5/5-6. www.siskiyouscenic.com

5/27-28 Art of Survival Century; Malin/Tulelake, paved, mountain, and gravel something for everyone, 13 to 100 miles. <https://survivalcentury.com/>

June

6/16-18 Tour de Fronds: Powers Oregon 6 ride options 33-101 miles. All paved except for one route is combo gravel/paved. Friday pasta dinner, Sat ride, Sun morning pancake breakfast. Sponsored by Powers Lions Club. www.tourdefronds.com

July

7/15 Fall River Century; McArthur, 25 to 128 mile 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.

Sept

9/23 Ride The Rogue;3 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
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**Shasta Wheelmen General Membership Meeting
March 6, 2023
Lulu's Restaurant**

1. Call to Order by President Jim Bush – meeting started at 6:02pm
2. Self-Introductions
3. Quorum – Yes - 32 members present
4. ‘Minutes’ from February 2023 General Membership Meeting as printed in the Matrix were approved by motion, John Simmons, second by Terri; all in favor.
5. Standing Reports:

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

CHECKING	February 2023		SAVINGS	February 2023	
OPENING	\$9,155.56		OPENING	\$1,641.53	
INCOME	\$400.00	*	INCOME/INTEREST	\$.01	
EXPENSES	-\$1,684.77	**	EXPENSES	\$.00	
CLOSING	\$7,870.79		CLOSING	\$1,641.54	

*Income (Membership = \$270, Trifecta = \$30, Donations = \$100)

**Expenses (Insurance = \$1,122.90, Banquet deposit = \$500, Stripe Fees = \$20.70, Web Domain fees = \$16.17, State Tax Filing Fee = \$25.00)

The Board approved the proposed 2023 Budget.

B. Membership Report by Jim Bush: 6 renewals and 6 new sign-ups

C. Trifecta Coordinator Gary reports the second annual challenge has begun and is open for signups. Calendar dates are March 1, 2023 to February 28, 2024. A 75-mile option has been added.

6. Old Business

A. Ride Leader Coordinator, Patty, states Craig has created a Google Calendar for Ride Leader Pool to sign up for Sunday rides.

Guidelines for Ride Leaders will be forthcoming.

B. John Crowe informs out-of-town rides will be included in the Matrix. One to watch for is the Club's 'American River Trail'; ride date in April TBD.

C. Vice President Craig reports:

1. Ride Leader Calendar sign-up email went out to Ride Leaders. If you experience problems or need help let him know.

2. Craig is working with Nolan on testing the official Club Ride Calendar being available dynamically on the Club webpage.

3. May 12 is the Bike Share launch date, and opening of the new Bike Depot (party!) The Wheelmen have agreed to act as chaperones to help rollout B-Share bikes.

4. Snacks @ the Summit; date TBD with all the recent snow! Craig will be in contact with the Park Service.

D. Doug reports there are no legislative updates.

E. Patty reports for Banquet Committee:

April 21, Win-River Eagle Room, attire is 'dressy-casual'

*5:30 No Host Bar (top-shelf!), Andy will be DJ, Slide Show (please send pictures to Terri!), Jay Webster will be the MC

*6:15 Buffet Dinner & desserts (special dietary needs can be addressed, notify Linda)

*7:00 Awards/recognitions/shenanigans

*8:00 Raffle (a night at Win-River with meal vouchers), other donations welcomed (contact Patty or Terri)

*Dancing and Social time until ???

*Tickets \$35 available from Linda Cannar in person (paper receipt) or by mail (email receipt) with April 5th as the deadline for purchase.

F. Bylaws comments will be addressed and revisions made accordingly.

G. Love to Ride – May Bike Month – Wheelmen involved with Healthy Shasta:

*2 'Get Acquainted' rides, May 1 and another TBD

*WOW ride, May 21

*Bike valet – 'Kick Off' and 'Pancake Breakfast'

*Calendar will be finalized soon

H. Volunteer opportunity – Earth Day Bike Parking, April 22, signups available soon

7. Guest Speaker – **Ryan Frank**, of Redding Police Department:

Ryan is a member of the RPD Bike Team (part of Special Services Unit) since May 2022. The Unit takes a proactive approach with priority areas of downtown, parks & trails, and the Hilltop area. They target drug activity, and protection of downtown residences and businesses.

Ryan gave an informative presentation pairing humor with topics of seriousness. He entertained questions and listened to concerns. All who were in attendance appreciated his knowledge and candor! Many topics were discussed in detail; if you missed it, you missed out! A snapshot review:

**"How do you respond to: being 'coal rolled'/rude/reckless drivers?" - *Balance personal safety and be cautious! Ride 'the right way', for the civil side of things.*

*Specific Concerns (cars in bike lanes)? - *Contact RPD Special Services Unit. Email the Bike Team, or call dispatch and ask for the Bike Unit, or contact Ryan directly*

at (530) 515-4963

*Specific cases of reckless driving (delivery trucks) discussed - *Not enforceable if not witnessed; you can take pictures of license plate to document reckless driving. Submit to RPD Traffic Office, attention RJ Johnson.*

*"When riding in a group, can we take a lane to be safe and avoid road hazards?" – *Yes, the vehicle code laws protect cyclists. Additionally, there is white signage, 'bicycles may take full lane', (white sign=law, yellow sign=recommended). If you know a road in need of signage, contact Public Works (Carl Buchanan, City of Redding Public Works).*

*River Trail Cyclist Officials in yellow are hired by Turtle Bay, not RPD

*The stop sign roll-through question... - *Again, balance your personal safety. Ticketing would be up to Traffic Officers discretion ('Letter of the Law vs. Spirit of the Law'). However, if you get a ticket, go before the judge and explain the situation.*

*"Can you address bike theft in Redding?" – *Most commonly it is travelers leaving bikes on car racks overnight. Know your bike serial number and have pictures, and report it as stolen. Many can be recovered.*

*"What about driver's side tinted windows that don't allow eye contact?" – *Officers do not like them either! They can issue a 'fix it' ticket. (Russ states that he is willing to break the windows!!! Laughter erupts!)*

8. Gift Card Drawing – tickets drawn by Officer Ryan – Starbucks cards to Alan Masterson and John Simmons.
9. Adjournment (approximately 7:30) with applause and a "Thank You" to Officer Ryan, and a reminder that next month's guest speaker will be a Physical Therapist.

-Nancy Cook

Speaker– Officer Ryan Frank RPD



Agenda for Meeting Monday April 3 at Lulu's Start time 6:00PM

1. Call the meeting to order
2. Introductions

3. Membership chair to determine if there is a quorum present
4. Approval of minutes from prior meeting
5. Standing reports, Treasure and Membership
6. Old Business
 - Ride Coordinators report
 - Out of town rides
 - VP report
 - Approval of budget
 - Approval of By laws
 - Banquet
7. Anna Blasco, Love to Ride month
8. Guest speaker Stephanie Smith Elevate Physical Therapy
9. Other Business
10. Adjourn







Upcoming Speakers

April: Elevate Physical Therapy

May: Bike touring tips- Craig Collins

TUNE IN for an out-of-town presentation at our May 1st meeting! Kevin Claxton, the Executive Director (Interim) of CalBikes has agreed to speak at our general membership meeting. He will talk about how they are moving California to “Invest in Our transportation future and Divest from regressive road building”. He will highlight the CA legislation that the organization is writing/promoting, and mention how a local bike club can be supportive. He will allow for questions so please come and represent the North States enthusiasm!
-Patty Shackleton

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>	
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<p>The Bike Shop 3331 Bechelli Lane Redding, CA, 96002</p> <p>530-223-1205 https://www.thebikeshopredding.com</p>	

Matrix



May 2023 – The Official Publication of the Shasta Wheelmen Bicycle Club

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Email Contact

info@shastawheelmen.org

Club meetings are held on the first Monday of each month, 6:00 p.m. at Lulu's



Over the past 6 months, with the leadership of Patty Shackleton, the Shasta Wheelmen Board of Directors has approved the following Club Mission Statement:

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

We would like the General Membership to approve this Mission Statement.
Jim Bush

April Rides







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 #5 of 12

Well May Love to Ride month is finally here. Gary, Dusty, Keith and Cindy are all hard at work getting in shape to challenge local, national and international riding miles. Let's support them as much as we can. If you have not signed up to participate in the Bike month Challenge, go to ShastaBikeChallenge.org. Sign in under groups and look for the Shasta Wheelmen. My personal goal is to ride every day during May and 800 miles for the month.

It's an ideal time to sign up for the club Trifecta challenge. You can sign up through the club website, or you can complete a club membership form and pay with CASH or Check.

I was amazed at how many rides the Wheelmen were involved with in April. Yes, I follow everyone on Strava! We had club riders, and out of town guests, riding to Platina and back with burgers in Igo. We had members going around the Buttes in an organized event. We had a big group travel down to Red Bluff to ride with the

Weekenders on Wheels with lunch at the airport. Additionally, I saw a lot of club members doing individual rides locally-one was 160 miles. The Shasta Wheelmen are out riding everywhere-keep it up!

We have had some great speakers at our club meetings. In May our own Club VP is going to speak on cross-country bike touring and will bring examples of equipment.

There are several community special event rides scheduled in May. They include two Get Acquainted rides, a Presidents Low and Slow ride, and a Women, Wheels and Wine ride. Check the ride schedule and support these rides.

I would like to thank John Simmons for volunteering to be our Membership Chairman. I am sure you will be hearing from him about renewing membership dues and announcing new members joining the club.

Thanks to everyone for your continued support on club activities and rides.

See you at the General Membership and on the club rides,

President Bush

It's Shasta Bike Month !

Bike Month Challenge 2023 online registration is open! Instructions on how to register and sync Strava for new and returning riders are on the Healthy Shasta Bike Challenge website: [Shasta Bike Challenge - shastabikechallenge.org \(healthyshasta.org\)](http://shastabikechallenge.org (healthyshasta.org))

A full calendar of events is posted on the website. Shasta Wheelmen will provide bike valet services for the Bike Month Kickoff, Asphalt Cowboys Pancake Breakfast and Earth Day Festival and will lead Get Acquainted, WOW, President's Low & Slow and American River rides this year. Lots of opportunities to volunteer! Questions? Please contact Jim Bush at (916)8461902 or Lisa Creps at (805)338-2568.

There will be an "End of Bike Month Potluck Celebration" on May 31 at Anderson River Park at 5:30. Come celebrate with our Club all the mileage accomplishments!

Wheelmen Ride Leaders

Cindy Begbie
Linda Cannar
Lisa Creps
Teddy Dopplehauer
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

****THE RIDE CALENDAR WILL NO LONGER BE INCLUDED IN THE MATRIX. THE CALENDAR CAN BE FOUND ON THE WHEELMEN WEBSITE.**



May's W.O.W. Ride is on Sunday, May 21, and will be a special "Women, Wheels & Wine" event! We will start and finish at Matson Vineyards (10584 Arapaho) just off Old Alturas Road. Starting at 9:30am we will go for a relaxed 28 miles and come back to the winery for snacks and wine sipping! Bring a friend and your favorite fruit, baguette, cheese, or sweet treat!

Questions? Call Nancy (760-217-2085) or Patty (619-981-2393)



Northern California Centuries & Fun Rides

May

5/6-7 Siskiyou Scenic Bicycle Tour: Upper Greenhorn Park, Yreka. Two day event. 5/6 All-paved road rides of 101 mi., 40 mi., & 21 mi. These routes are the same as last year ---beautiful view of Mt. Shasta and Shasta Valley. 5/7 2 gravel rides, 63 mi. & 39 mi. ---both very challenging. Hosted by Rotary Club of Yreka & Jefferson Mountain Bike Assoc. Registration includes rest stops, SAG, end of ride meals both days, w/beer available. Camping at Greenhorn Park 5/5-6. www.siskiyouscenic.com

5/27-28 Art of Survival Century; Malin/Tulelake- paved, mountain, and gravel something for everyone, 13 to 100 miles. survivalcentury.com

June

6/16-18 Tour de Fronds: Powers Oregon- 6 ride options 33-101 miles. All paved except for one route is combo gravel/paved. Friday pasta dinner, Sat ride, Sun morning pancake breakfast. Sponsored by Powers Lions Club. www.tourdefronds.com

July

7/15 Fall River Century; McArthur, 25 to 128-mile rides

7/22 Giro Vigneti Healdsburg 4 Routes: 20 miles, 38 miles, 63 miles, and 100 miles. All routes will soon 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.

Sept

9/23 Ride The Rogue; 3 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

**Shasta Wheelmen General Membership Minutes
April 3, 2023
Lulu's Restaurant**

1. Call to Order by President Jim Bush – 6:00pm
2. Self-Introductions
3. Quorum – Yes - 30 members present, and 3 guests
4. 'Minutes' from March 2023 General Membership Meeting as printed in the Matrix were approved by motion, Lisa, second by John; all in favor.
5. Standing Reports

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

CHECKING	March 2023		SAVINGS	March 2023	
OPENING	\$7,870.79		OPENING	\$1,641.54	
INCOME	\$2,175.00	*	INCOME/INTEREST	\$.01	
EXPENSES	-\$235.87	**	EXPENSES	\$.00	
CLOSING	\$9,809.92		CLOSING	\$1,641.55	

*Income (Membership Dues = \$540, Trifecta = \$60, Banquet Ticket Sales = \$1,575)

**Expenses (Banquet Awards = \$164.01, Stripe Fees = \$36.36, New SW Checks = \$35.50)

The 2023 Budget Proposal was reviewed and approved by motion, John Simmons, second by Doug, all in favor.

B. Membership Report by John Simmons:

1. 157 current members
 2. March had 14 renewals and 1 new member
 3. John will contact non-renewals one more time
 4. Lisa reminds all to "check your junk/spam email inbox!"
6. Old Business
 - A. Ride Calendar Coordinator (Rich):

1. Stated that he has reviewed/edited weekday ride routes
 2. Please text/email Rich if you are doing the Platina Ride (April 15) for planning purposes
 3. Please submit rides before the 22nd of the month to be included in the next month's calendar
 4. For new rides, make a RWGPS link and send to Rich or Craig to be added to the Wheelmen Library
- C. John Crowe states no new out-of-town rides to be discussed
- D. Banquet Report (Terri) reminds us to "Buy your Tickets!" and thanks for the raffle donations, money donated will go to 'Bikes for Kids'
- E. Legislation Report (Doug):
1. State: AB 825 (Ride on the Sidewalk Rule) has passed its first committee (TRANS) and on to the next (APPR)
 2. Federal: E-BIKE Act – would provide a refundable federal income tax rebate of up to 30% of the cost of buying an e-bike, capped at \$1500
- F. VP Craig states there is a new Calendar resource on the SW Webpage, and introduces us to 'Google Calendar' by demonstration
- G. Matrix Editor (Nancy Rudd) asks for articles and photos to be submitted 2 weeks before the next month's meeting. The Matrix is published 7 days prior to the next General Membership Meeting.
7. Guest Speakers
- A. **Anna Blasco** and **Sara Sunquist** of Healthy Shasta came to inform us of the upcoming Bide Month Challenge:
1. Go to shastabikechallenge.org for the Calendar of Events
 2. Anna demonstrated some website navigation tips
 3. Challenge Information and Sign-Up at LovetoRide.net
 4. What is different this year?
 - a. No TEAM challenge
 - b. 3 ways to compete
 1. Individual – the more you ride, the more chances to win prizes
 2. Club or Group (look for 'My Club' when you join, choose Shasta Wheelmen) there is no limit in # of people or # of Clubs/Groups, there are 4 size categories, most miles in County wins a pizza party
 3. Workplace – the goal is to encourage commuting to work – based on % of participation of total staff, most participation wins bike rack
 - c. Looking for STATS? Go to [LovetoRide](http://LovetoRide.net) homepage; under Results Tab, for County Standings (lovetoride.net/shasta) or National Standings (lovetoride.net/usa)
 5. Title sponsor = Shasta Regional Transportation Agency
- B. **Stephanie Smith** of Elevate Physical Therapy in Anderson:
 Stephanie is a UC Davis undergrad who went to UCSF for PT school. She loves working with athletes, especially problem solving those nagging injuries. Her philosophy is: "What do you want to be able to do?" and "How can I help you keep doing that?"
- *We want our bodies supported and stable
 - *Maximize what your body can do through: posture, length of muscles, strength, and balance
 - *Cyclists specific areas of concern are: hips, shoulders, neck, knees
 - *Culprits tend to be: IT Band, Hip Flexor, Glutes
 - *Suggestions are: opposing stretches (demonstrates) for range of motion, cross training for strength, nutrition, frequency of exercise
 - *Recommends: Denneroll (foam piece for neck), massage balls, foam rollers
- C. Gift Card Drawing – tickets drawn by guests - Starbucks cards to Claudia and Nancy

D. Jim Highlights May's Events

- *Craig and Jen will present on 'Bike Touring' at next Club Meeting
- *Bike Month Kick-Off Ride (Doug and Melissa will lead, it is our Club Meeting night)
- *Lisa will be reaching out for Sign-Ups for Bike Valet opportunities
- *Jay asks for "Funnies"; stories to share at the Banquet – text or email him!

E. Adjournment - 7:21, with applause and a "Thank You" to guest speakers

Respectfully Submitted by Nancy Cook, Club Secretary

Speakers– Anna Blasco and Sara Sunquist of Healthy Shasta



Speaker-Stephanie Smith, Elevate Physical Therapy





**Agenda for Meeting Monday May 1 at Lulu's
Start time 6:00PM**

1. Call the meeting to order
2. Introductions
3. Approval of minutes from prior meeting
4. Standing reports, Treasure and Membership
5. Old Business
 - Ride Coordinators
 - Out of Town rides
 - VP report
 - Approval of Bylaws
 - May Bike month activities
6. Other Business
7. Video greeting from the California Bicycle Coalition
8. Presentation from Craig Collins on cross country bike touring
9. Announcements

Upcoming Speakers

May: Craig Collins -Bike touring tips
Kevin Claxton, the Executive Director (Interim) of CalBikes

FRIENDS OF THE SHASTA WHEELMEN - Show your membership card for available discounts

<p>Bikes Etc. 2400 Athens Ave. Redding, CA 96001 530-244-1954</p>	
<p>Chain Gang Bike Shop 1540 Division St Redding, CA 96001 530-243-9951 http://chaingangbikeshop.com/</p>	

Jefferson State Adventure Hub
872 N Market St.
Redding, CA 96003

530-768-5055
www.jsahub.com



Pedego Redding
862 N Market St.
Redding, CA 96003

530-605-4500
<https://www.pedegoelectricbikes.com/dealers/redding/>



Sports LTD
950 Hilltop Drive
Redding, CA 96003

530-221-7333
<https://www.reddingsportsltd.com>



The Bike Shop
3331 Bechelli Lane
Redding, CA, 96002

530-223-1205
<https://www.thebikeshopredding.com>





Matrix

June 2023 – The Official Publication of the Shasta Wheelmen Bicycle Club

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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Jim Bush
916-846-1902

Vice President

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530-491-3867

Treasurer

Lisa Creps
805-338-2568

Secretary

Nancy Cook
760-217-2085

Past President

Doug Holt
530-246-7429

STAFF

Membership Chairman

John Simmons
530-227-7951

Matrix Editor

Nancy Rudd
530-356-9724

Ride Schedule

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530-604-4371

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Nolan Randall
530-244-3558

Web Master

Nolan Randall
530-244-3558

Email Contact

info@shastawheelmen.org

Club meetings are held on the first Monday of each month, 6:00 p.m.. at Lulu's

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

MAY BIKE MONTH

Results ss of the third week of May the Shasta Wheelmen are enjoying great riding success. We have 65 riders signed up in our Wheelmen group and have totaled over 24,000 miles as a group. This is good for 1st place in Shasta County, 6th place in the USA and also 6th place Globally! Fantastic job to all who have participated in the success! Of the top 20 male rides in Shasta County there are 11 Wheelmen. The top riders are Keith Elzner, Dusty Sartain, Gary Nelsen, Teddy Doppelhauser and Josh Johnson. Of the top 10 female riders in Shasta County there are 5 Wheelmen including Cindy Begbie leading the pack, Elise Doppelhauer, Nancy Cook and Ann Marie Sutter (who has been renting bikes all over the world to get rides in while working). Go to the Love to Ride web site to find a complete list.

James Bush

May Rides











Welcome New Members

Templeton	Lori	Redding
Harri	Naomi	Redding
Rouse	Jack	Redding
FreemonSowers	Rachel	Redding
Harvey-Arrison	Colleen	Red Bluff
Murphy	Peter	Bella Vista
Sabo	Linda	Redding
Keller	Steven	Redding
Berg	Robert	Bay Side
Alexander	Peter	Redding



President's Message #6 of 12

June is here and the hot weather is upon us. It was not so long ago we were complaining about the rain and cold. Please note that the rides start at 7:30 am in June. Make sure you bring plenty of water and use sunscreen as much as possible. I found some small tubes of sunscreen at Walmart that are perfect to put in your bike bag. Now you are aware I have a stash; you know who to ask to borrow!

Our May Love to Ride has been a huge success. At last check, we had 65 riders in our Shasta Wheelmen group. Many of our riders are riding every day and have recorded an amazing number of miles. May was a good time to try and finish all three tripecta rides. I know of several Wheelmen that have been able to do this. While I did not finish any tripecta rides last year, I have completed two already in May.

As part of the Shasta County Love to Ride Challenge, the club was involved with several very successful community events. The Wheelmen parked bikes at three events, led two get acquainted rides, led the Ride of Silence, led the WOW wine ride and the Presidents Low and Slow ride. Many community members showed up at these events which is a great promotion of the club.

If you missed the opportunity to park bikes you have one more chance. On Friday June 9th from 6 to 10pm, there will be an end of May bike month celebration which we have been asked to park bikes. It will be at Caldwell Park next to the South Market Street over pass. Come out and help, it should be a good time.

Our guest speaker in June will be Ann Thomas, Founding Executive Director of Shasta Living Streets. Hope to see you there.

Thanks again for everyone's help and support during a busy May!

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
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

June

6/16-18 Tour de Fronds: Powers Oregon 6 ride options 33-101 miles. All paved except for one route is combo gravel/paved. Friday pasta dinner, Sat ride, Sun morning pancake breakfast. Sponsored by Powers Lions Club.

www.tourdefronds.com

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.

September

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

Shasta Wheelmen General Membership Minutes

May 1, 2023

Lulu's Restaurant

1. Call to Order by President Jim Bush – 6:02pm
2. Self-Introductions
3. Quorum – Yes - 33 members present
4. ‘Minutes’ from March 2023 General Membership Meeting as printed in the Matrix were approved by motion, Lisa, second by Teddy; all in favor.
5. Standing Reports

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

CHECKING	April 2023		SAVINGS	April 2023	
OPENING	\$9,809.92		OPENING	\$1,641.55	
INCOME	\$2,050.00	*	INCOME/INTEREST	\$.01	
EXPENSES	-\$2,212.70	**	EXPENSES	\$.00	
CLOSING	\$9,647.22		CLOSING	\$1,641.56	

*Income (Membership Dues = \$450, Trifecta = \$210, Banquet Ticket Sales = \$875, “Bikes for Kids” Raffle \$505, General Donation = \$10)

**Expenses (Banquet = \$2,035.65, Meeting Expense for Speaker Meals = \$81.04, Gift Cards for Attendance Incentive = \$30, Office Supplies = \$20.47, Stripe Fees = \$45.54)

Lisa expresses her thanks and appreciation to all who made the banquet happen!

B. Membership Report by John Simmons:

1. A Membership Audit for 2022 was conducted; 38 members were contacted
2. April had 2 new members, 8 dropped for non-renewal
3. 151 current standing Members

6. Old Business

A. Ride Calendar Coordinator (Rich): States that May rides will start at 8am

B. John Crowe is coordinating the ‘Surprise Valley Ride’ – August 17-18

C. President Jim:

1. Review of May’s Love to Ride schedule:

*Get Acquainted Rides- May 1 and 15

*Ride of Silence- May 17 @7pm, Sundial (Lisa will be looking for volunteers)

*Pancake Breakfast Bike Valet- May 19 (Jim will be looking for volunteers)

*WOW- May 21

*Low and Slow- May 27

*Club Celebration Potluck- May 31 @ Anderson River Park Picnic Shelter

2. June action to come- a survey will be sent to members about monthly meeting place and time

3. Jim and Bill Campbell are working on putting on a Club ride in September in the East County area (Fall River, Big Valley). Details to come.

D. VP Craig states the May 12 Bike Depot is still on, although the BikeShare E-Bikes may not be ready to roll out.

7. Guest Speakers

A. Patty introduces **Kevin Claxton** (Interim Director) of the California Bicycle Coalition who joined our meeting through Zoom:

*A non-profit Statewide Bicycle Advocate started in 1994

*Kevin outlined the history of the organization, past and recent work, and highlighted current projects and legislation

*An overview of the 2023 agenda includes the EBike Program Incentive

*Get involved at calbike.org/join

*You can support and take action by fundraising through 'Climate Ride'

B. Our own Club Members **Craig & Jen Collins and Melissa Boyd** present on all aspects of bicycle touring:

*Craig provides a well-organized Power Point Presentation with illustrations

*Melissa provides her own bicycle touring 'rig' for visual reference

*4 Main topics of discussion:

1. Route Planning – “do the research!”

2. Equipment – the (9) priorities for fully loaded touring

3. Packing – weight/balance/load/personal preference

4. Touring – European recommendations – on your own/organized tour groups

*Craig, Jen and Melissa are great sources of informed experience. They have offered their knowledge to any Club Member that wants more information.

*Applause and appreciation expressed for the wonderful presentation!!!

8. Gift Card Drawing – Starbucks cards to John Simmons and Alan Masterson

9. Adjournment at 8:10pm

Respectfully Submitted by Nancy Cook, Club Secretary

Speakers-Wheelmen's own **Craig and Jen Collins and Melissa Boyd**



**Agenda for Meeting Monday June 5th at Lulu's
Start time 6:00PM**

1. Call the meeting to order]
2. Introductions
3. Approval of minutes from prior meeting
4. Standing report, Treasure and Membership
5. Old Business
 - Ride Coordinators
 - Out of town rides
 - VP report
 - May Bike Month report
6. Other Business
7. Presentation by Ann Thomas, Founding Executive Director of Shasta Living Streets.
8. Announcement



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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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.

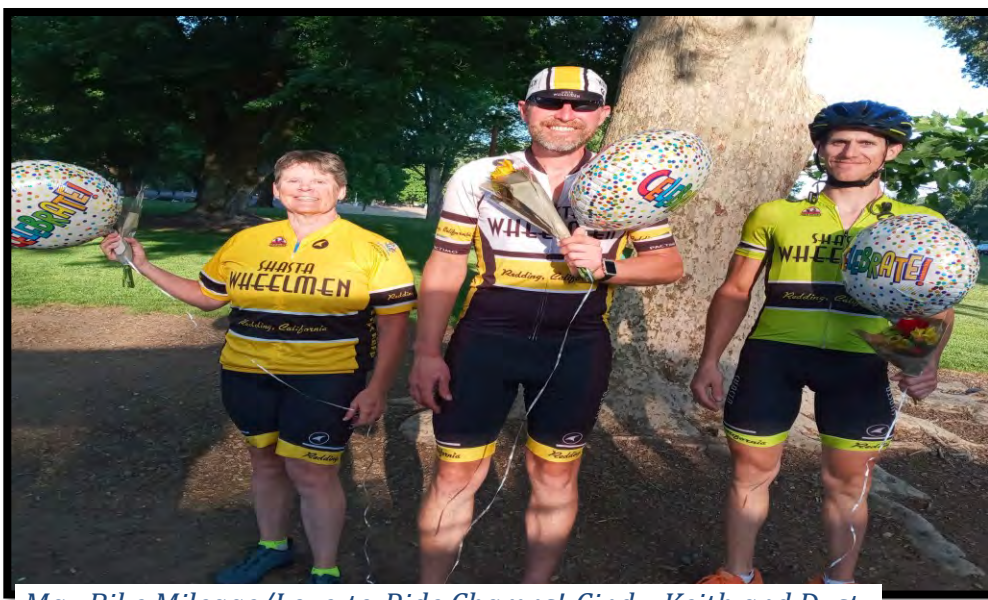
There are a number of other out of town rides coming up that you might want to consider. John Crowe is organizing a ride at Surprise Valley Hot Springs on August 18 and 19. Talk to John to get more information. The ride around Crater Lake will take place on both Saturdays September 9 and 16. These are 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

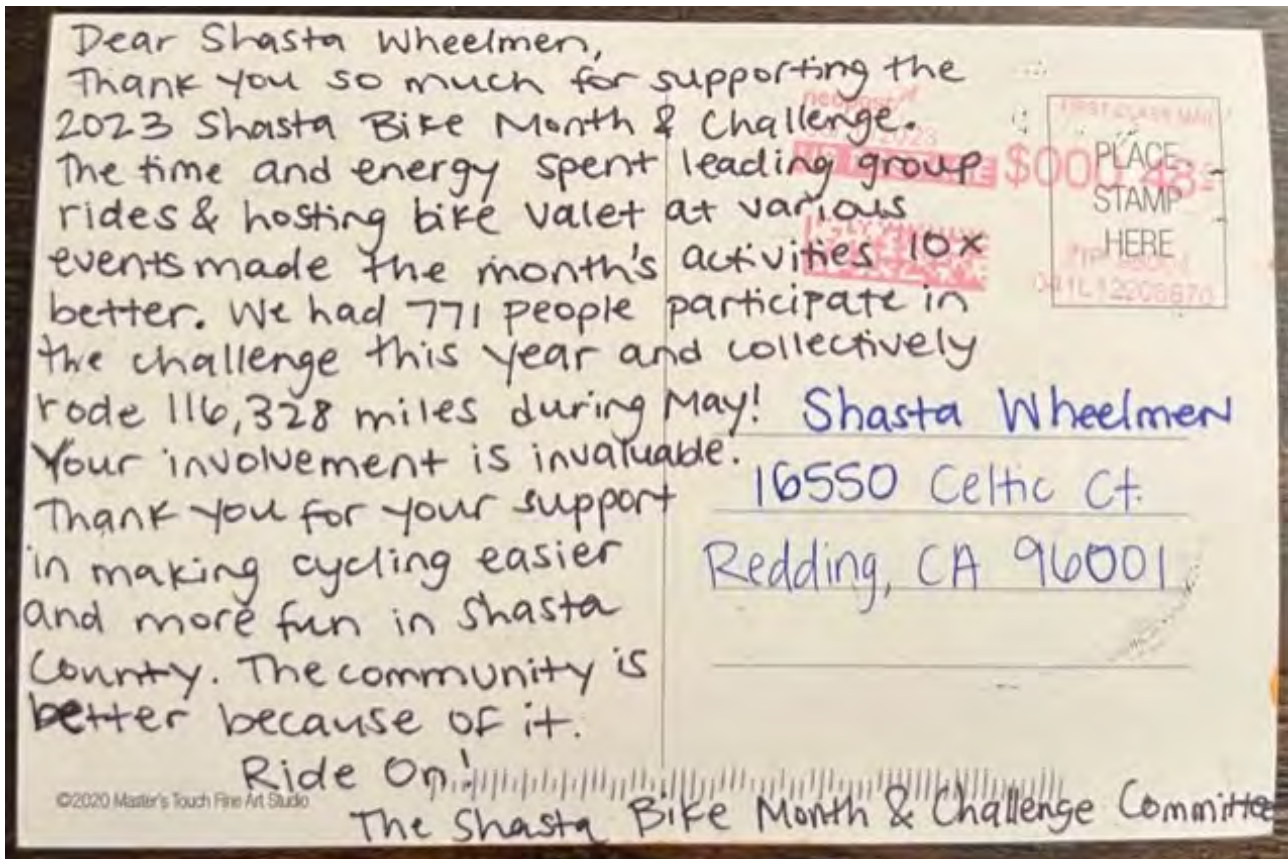
SADLY! Changes to the Valparasio Way route are imminent: Bruce Lutz (Wheelmen member and cyclist) informed us that he sold his home near the top of Valparasio and the new owner is planning to close the gate. The by-pass remaining will be VERY tight and a challenge to navigate, especially downhill. This 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	
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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

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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

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SEPTEMBER 2023

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Vice President

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Treasurer

Lisa Creps
805-338-2568

Secretary

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Membership Chairman

John Simmons
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Matrix Editor

Nancy Rudd
530-356-9724

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530-604-4371

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Nolan Randall
530-244-3558

Web Master

Nolan Randall
530-244-3558

Email Contact

info@shastawheelmen.org

Club meetings are held on the first Monday of each month, 6:00 pm at Lulu's



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

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Gregory Winters

James Bush
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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, Spinerger Wheel sets
 - Ted Blankenhein, 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

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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
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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

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Linda Cannar
Lisa Creps
Teddy Doppelhauer
Al Masterson
Patty Shackleton
Jeff Webster

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 - 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

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WHEELMEN GRAVEL RIDES





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<p>Sports LTD 950 Hilltop Drive Redding, CA 96003</p> <p>530-221-7333 https://www.reddingsportsltd.com</p>	
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Matrix

The Official Publication of the Shasta Wheelmen
Bicycle Club

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

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.

2023 OFFICERS & BOARD

President

Jim Bush
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Vice President

Craig Collins
530-491-3867

Treasurer

Lisa Creps
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Secretary

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Email Contact

info@shastawheelmen.org

Club meetings are held on the first Monday of each month, 6:00 pm at Lulu's



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 Madder
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



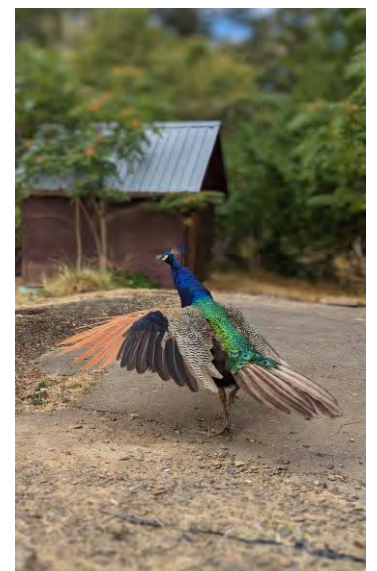
The Roseburg Vineyard Tour weekend was over Labor Day weekend and wow - it was really something! While there were lots of negatives swirling (quite literally) before leaving the house, my friend, Marty, and I fought the doubt and drove up Saturday morning. We did the FREE Gravel ride led by a couple 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>	
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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



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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
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<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>	



Matrix

The Official Publication of the Shasta Wheelmen

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

DECEMBER 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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Nolan Randall
530-244-3558

Email Contact

info@shastawheelmen.org

Club meetings are held on the
first Monday of each month,
6:00 pm at Lulu's



American River ride in Sacramento



Lisa has a snazzy new bike!



Fall River ride with Bill Campbell



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



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

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
Paul	Hurlbut	Redding



President's Message

Hello Wheelmen and Merry Christmas to you!

I would like to take this opportunity to thank everyone that has helped the club this past year with all our activities and events. Here's just a few who have really stepped forward: Patty Shackleton for taking on so many events, Lisa Creps who has handled our accounts, John Simmons who has done our membership, Rich Robinson who has organized all of our rides, John Crowe who has worked hard organizing out of town rides, Vice President Craig Collins who has done a great job organizing the club, Nancy Cook our club secretary and our course Nancy Rudd who does our Matrix. Finally, Doug Holt, our past president for keeping us going.

In addition, I want to thank everyone who has stepped up to lead rides. Our members have taken the responsibility to watch and assist at the front and back of the line, keeping riders accounted for and safe. That's why we ride.

We have had some great out of town rides including the Siskiyou Scenic tour (even though it was rainy), the Fall River Classic, Surprise Valley, American River ride in Sacramento, Bill Campbell's ride in Fall River, Crater Lake, and the recently completed Chico 100 miler.

Our speaker program was a big success! We had speakers from law enforcement, physical therapy, Envision 273, Healthy Shasta, Shasta Living Streets, and Bikes for Kids; as well as bike touring by Melissa and Craig, and a yoga class.

Our major accomplishments for the club included approving revised Bylaws, a Ride Leader Guide, and Best Practices for safe cycling. We also had a major role in the May Love to Ride month by organizing community events and rides. We provided bike parking for three major events. Each of these activities increased the awareness of the Shasta Wheelmen in the community.

Let's end with helping Bikes for Kids. Patty has sent out the sign-up sheets for those Wheelmen that will be manning Starbucks on Churn Creek across from Save Mart. We will also be assembling bikes and transporting bikes. There are plenty of opportunities to get involved. Light up your bike and ride it in Ann Wright's evening lighted bike ride on December 20th.

Thanks again everyone for a great year!

President Bush

And a big "Thank YOU" to our friendly, fearless leader James Bush! Your time, commitment, humor, and good nature is much appreciated.

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

Agenda for Members Meeting at Lulu's

Monday December 4, 2023 @ 6pm



1. Call the meeting to order
2. Introductions
3. Approval of minutes from November meeting
4. Standing reports, Treasurer and Membership reports
5. Old Business
 - Ride Coordinators
 - Out of Town Rides
 - VP report
 - Bikes for kids
6. Election of officers for 2024
7. Other Business
8. Adjourn to Holiday Party!

Giving Back

The Shasta Community Bikes for Kids Program kicks off November 24th. This year our club will partner with founder Ted Blankenheim and Youth and Family Programs to collect and distribute new bikes to selected, fortunate local kids! The final day is December 24th when all donations are delivered. Ho, Ho, Ho!!!!

A huge thanks to the Wheelmen who are donating time and skills to enhance this program and provide a little holiday giving spirit to this community.

If anyone else is interested in participating contact Patty Shackleton, shackyp@att.net.



Working shifts at the bike collection site (Starbucks, 4641 Churn Creek):

Cindy Begbie
Jim Bush
Trig Birkland
Lisa Creps
Linda Cannar
Teddy & Elise Doppelhauer
Bob & Kathy Hammond
Lynn Holmquist

Ann Wright
Terri & Jeff Webster
John Simmons
Patty Shackleton
Nancy Rudd
Keith Ritter
Doug Holt

Working transportation or bike assembly:

Cindy Begbie
Jim Bush
Craig Collins
Lisa Creps
Teddy & Elise Dopplehauer

Doug Holt
Bob Hammond
Keith Ritter
Richard Robinson
John Simmons

In addition, our club has raised \$705 for the program and will donate 4 bikes. Now, that's a Christmas story!

Submitted by Patty Shackleton



Bikes for Kids founder Ted Blankenheim (bottom center) and crew

Wheelmen Member Jack Yerkes

I joined the Wheelmen in 2000 when I was 59 years old. I immediately became involved in putting together a bike plan for Caltrans District 2 and the McConnell Foundation. Redding, Shasta Lake City and Anderson were all in need of a bike plan in order to receive grants for their future bike routes. I am pleased to say some grants were awarded.



I was elected vice president of the club with Earl Talken as president. During this time, we helped County Public Health in their efforts to promote cycling. Bike rodeos, bike to school, and bike month were a few of the events we participated in. Bicycle safety was an important concern as there were only 7 miles of bike trails.

On to the Jamboree!! I contacted businesses and organizations and received donations for the Jamboree. I was Director of the Jamboree for 4 years. The donations were used basically for bicycle safety.

I served as vice president during some of Doug Holt's term as president. During this period the Club became not only a riding club but also a service club. Reconditioned bikes were inspected for safety, and helmets were purchased and given away during the holidays. I was still involved with different agencies concerned with bicycle safety and bicycling in general.

Share the Road signs and road maps for safe cycling were some of the projects completed. The Regional Transportation agency, Shasta Living Streets, Asphalt Cowboys and McConnell Foundation were a few of the agencies I worked with over the years.

I've been a member of Shasta County Injury Prevention Coalition since 2005.

As a member of the Shasta Wheelmen, I have worked continuously with City of Redding, Redding Police Department, Caltrans, and Highway Patrol. These agencies needed (and still need) input from individuals who recognize what needs to be done.

The fruits of our labor can be seen on all the roads and trails you ride on now. I'm a Lifetime Member and proud to be a Senior on Bike (SoB).

- Jack Yerkes

Northern California Centuries & Fun Rides

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

Chico Beer Run 2023



Rich Robinson organized and led a most enjoyable ride on back country roads all the way through Anderson, Cottonwood, Red Bluff, Corning and Hamilton City to Chico on Saturday, November 11th. Nine riders participated in the 93.4 mile ride from the Sundial with a few Wheelmen riding from home to get over 100 hundred miles logged for the Trifecta Challenge! The ride ended at Farmers Brewing in Chico for a much-deserved beer (or two!) and early dinner. Many thanks to our dedicated support drivers (Claudia Robinson, Dave Cook, Angie Birkeland, Bob Leslie, the Elzner's and Brenna's Sister) who "sagged" us along the way and/or transported us home!

- Lisa Creps

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 General Membership Minutes November 6, 2023

Sun Oaks Fitness Center

1. Call to Order by President Jim Bush - 6:05pm
2. Self-Introductions
3. Quorum - Yes - 21 members present, 3 guests
4. 'Minutes' from October 2023 General Membership Meeting as printed in the Matrix were approved by motion, Rich, second by Lisa; all in favor.
5. Standing Reports

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

CHECKING	Oct 2023		SAVINGS	Oct 2023	
OPENING	\$10,917.36		OPENING	\$1,641.61	
INCOME	\$470.00	*	INCOME/INTEREST	\$.01	
EXPENSES	(\$1,184.35)	**	EXPENSES	\$ -	
CLOSING	\$10,203.01		CLOSING	\$1,641.62	

*Income: Membership Dues (\$270), Donation for Bikes for Kids (\$200)

**Expenses: Stripe Fees (\$10.35), Storage Unit (\$1,174.00)

Questions from Members:

1. Dave V. asks, "Do we get an insurance discount for our non-profit status?"
 - no, because we are a 501(c)(7) -not tax-deductible
 - “Maybe we can explore the option of a CD for a portion of checking to get higher interest? Just a thought.
 - Lisa will bring this idea to the Board at next meeting
2. Ann Marie asks, "How do we donate \$ to Bikes for Kids?"
 - Give a check to Lisa, marked 'Bikes for Kids'

B. Membership Report by John Simmons:

1. October had 8 renewals, 23 outstanding Members
2. In 2023, 21 new Members, 28 dropped
3. 145 current standing Members

6. Old Business

A. Ride Calendar Coordinator (Rich):

*Upcoming Club rides:

November 11 - Chico Beer Ride

November 25 - Platina ride

*A big 'Thanks' to Bill Campbell for the Big Valley Ride on November 4th

*Rich asks to email him if you have a ride you want to add to an upcoming calendar

B. VP Craig is working on Club Logo and Marketing updates

*a sponsorship letter is nearly ready to go out detailing how to become a sponsor.
Let Craig know if you know a business that is interested.

C. President Jim:

1. The Team Store will open on Wednesday, November 8
Rich says there are sale prices, so the window will be short to take advantage of sale items
2. Ted Blankenheim's 'Bikes for Kids'- 300 bikes of all sizes given out last year
*Volunteer at Starbucks to accept new bikes, Fridays and Saturdays, shifts 10-2, starting November 24 until December 23
*A folder will be on site for volunteers' reference
*Bikes donated stay at Starbucks for a later pick-up
*Poster Art? Anyone want to volunteer? To post in local shops
*Jim talked to Dick's Sporting Goods for a discount on bikes to donate
*Helmets are provided by Mercy
*Bike Locks might be a nice addition for donations
3. Holiday Party, December 4th, regular Club meeting at Lulu's
*Business Meeting first @ 6:00 - vote for new Board
*Party @ 6:30 - buy your own food/drinks, dessert potluck, ugly sweater/tee contest (prize awarded), and gift exchange (\$20)
4. Ann Wright shares that she wants to do a lighted holiday bike ride
5. Linda Cannar shares that Steve Nielson and Randy Brix will join for coffee on 11/7

D. Guest Speakers: **Anna and Sara** from Healthy Shasta want to share upcoming programs:

1. Street Story - A website made by UC Berkeley, to help make roadways safer
*you can pin and make a comment about roads/intersections
*you can write a narrative about an experience
*a way to capture 'near misses', so agencies can access information all year long, not just during survey times
*in addition to a police report, not instead of
*may help with funding projects
2. Healthy Shasta promotes "Winter Wheelers", December 1-25
*ride as much as you can as an individual
*sign up through your LoveToRide account
*prizes from LoveToRide
*Jim asks for a short paragraph to send to Club via email
3. "Ride with Confidence" - program through the 'Y' - fliers to share
*November 30 - tips and techniques
*December 2 - out on the bicycle
4. City Projects (Active Transportation Program Funds)
*City of Shasta Lake - Ashby
*Redding - Hilltop Drive, and - River Trail/Jenny Creek
*Enterprise - Loma Vista/Churn Creek to Enterprise Park
and - Victor/Mistletoe to Old Alturas
*Bill Campbell inquires on funds for Eastern Shasta County - message Sara

E. Guest Presentation - **YOGA by Jamie**

*All invited to move to the upstairs Yoga Studio for a YOGA SESSION especially created for the cyclist. 17 members and 2 guests enjoyed a terrific 40 minutes of strength/flexibility/relaxation techniques to help improve a healthy active lifestyle.

Thank you Jamie!

7. Adjournment at 7:45pm

Respectfully Submitted by Nancy Cook, Club Secretary



Yoga after Membership meeting

FRIENDS OF THE SHASTA WHEELMEN

Show your membership card for available discounts!

<p>Bikes Etc. 2400 Athens Ave. Redding, CA 96001 530-244-1954</p>	
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<p>Jefferson State Adventure Hub 872 N Market St. Redding, CA 96003 530-768-5055 www.jsahub.com</p>	
<p>Pedego Redding 862 N Market St. Redding, CA 96003 530-605-4500 https://www.pedegoelectricbikes.com/dealers/redding/</p>	
<p>Sports LTD 950 Hilltop Drive Redding, CA 96003 530-221-7333 https://www.reddingsportsltd.com</p>	
<p>The Bike Shop 3331 Bechelli Lane Redding, CA, 96002 530-223-1205 https://www.thebikeshopredding.com</p>	