



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

MARCH 2024

2024 OFFICERS & BOARD

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Nolan Randall

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Email Contact

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Club meetings are held on

the first Monday of each

month,

6:00 p.m. at Lulu's



A good ride ends with Starbucks



Welcome New Members

Warner	Josephine	Shasta Lake
Pecaut	Debra	Mt Shasta
Dorken	Brad	Mt Shasta
Utterback	Dean	Corning
Dottle	Jay	Trinity Center

Strength in numbers! Encourage your friends, family, and coworkers to join the Wheelmen Club. We welcome all ages and skill level; and Spring is the perfect time to get out on a bike and explore the area with friendly, fun, skilled cyclists.

Shasta Wheelmen 2024/2025 Trifecta Challenge What a great way to set your New Years' cycling goals!

Signup for the Wheelmen Trifecta Challenge! Ride three challenge distance rides -63 miles Metric Century, 100 miles Full Century; or for a real challenge, 200 miles Double Century.

63

Time period starting March 1, 2024, and ending February 28, 2025 (a whole year 😊). Each century ride is to be completed within a 12-hour time frame. All rides must also be completed outdoors on the open roads. All results are to be recorded on Strava and logged on the Wheelmen Year to Date mileage log.

100

Cost: Wheelmen Members \$30.00 Non-Members \$60.00 (includes one year membership). Cost is the same for either the 63, 100, or 200 mile option.

Upon completion of any of the challenges, a special Wheelmen Trifecta Jersey will be available for purchase by the participant. In addition, a Trifecta Patch will be awarded by the club to signify the challenge distance completed. There will be available Wheelmen ride routes listed on the webpage as well as upcoming out of area rides that would meet the challenge requirements.

200

For information, contact Trig Birkeland at birk52@yahoo.com 650 245-1353

Trig Birkeland



President's Message



Hello Wheelmen!

March is finally here, and let's hope for some clear skies and good riding days to come. There was a great deal of rain in February. Don't get me wrong, we need the rain, but not on our ride days!

Rich Robinson is working hard on providing good rides for everyone. If you have some ideas on rides, please help him out and pass those ideas along. Also, keep a look out for club emails concerning special rides. Craig Collins is starting a Wednesday evening ride in March when daylight saving time takes effect. These rides are designed for

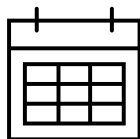
those who work and will be centered around the river trail. Our Get Acquainted Rides will begin Saturdays starting on March 9th. Depending on the turnout, we will offer it twice a month.

The May Love to Ride Month is almost here, and we will need club members to help with several events. Volunteers will be needed for bike parking (four events), the Bike Swap at Sports LTD, a WOW ride, a President's Low and Slow Ride, a Get Acquainted Ride, and the Wednesday night rides. There will be plenty to do in May, so **please** pitch in and help. This is a great way for the Wheelmen to get recognition in the community and help promote cycling. We are also considering adopting a code of conduct for those that participate as Shasta Wheelmen in the Love to Ride challenge.

The board is considering a possible club name change. The board is seeking feedback from the membership to consider renaming the club to better reflect the membership which includes 35% women. We will be conducting a private survey electronically and/or by mail. Your participation in the survey would be greatly appreciated. It would be worthwhile in the decision-making process if we received at least 50% club participation. Depending on the outcome of the survey, a formal vote of the club and a change in the Bylaws will be needed.

Thanks for everyone's participation. I look forward to our upcoming Spring rides.

President Bush



SAVE THE DATE
FRIDAY, APRIL 26
AWARDS BANQUET
DETAILS TO FOLLOW



Shasta Wheelmen Ride Leader Appreciation

Since launching an effort to encourage Wheelmen to take ride leader roles in 2022 there has been some noteworthy success.

We began by creating Best Practices for Safe Cycling, published Feb 2023. Then, Ride Leader Guidelines were published March 2023. The authors included Linda Cannar, Greg Winters, Patty Shackleton, and Rich Robinson. These were approved by the board and live on the Shasta Wheelmen website.

In the meantime, Craig Collins and Rich Robinson revolutionized the ride calendar and created a library for nearly 100 routes, which are available on Ride with GPS. Most of them are on the Shasta Wheelmen web site under Weekday Ride Maps and Descriptions.

Rich Robinson has taken responsibility for publishing this efficient, remotely accessible ride calendar and has led many rides for the past two years. Due to the effort and participation of several people; our rides have been safer, really fun, and have more variety!

Originally, there were plans to organize some events for potential ride leaders. Our first gathering attracted 16 Wheelpeople (5 more asked to be included). There is a plan to have a get-together for ride leader “training” including basic bike maintenance, route planning and creation of a support system. Some ride leaders have come up with a plan to calendar individual volunteers to work with experienced ride leaders to get a flavor of how rewarding it can be. Keep watching the Shasta Wheelmen email for plans and event dates this Spring. In the meantime, the below mentioned members have stepped up to lead rides when needed, and some have planned or led alternative rides. We couldn't have the quality, fun, and camaraderie we have come to expect without these people!

Thanks to: Jeff Webster, Teddy Doppelhauer, Nancy Cook, Jim Bush, Linda Cannar, Craig Collins, Dave Vandermeer, Dan Alcala, John Crowe, Bill Campbell and Doug Holt. Of special note were Nancy Cook's Winery Ride, Jim Bush's' Get Acquainted Rides and Dave Vandermeer's Poker ride! The out-of-town rides John Crowe promoted were highlighted by the fabulous Rim Ride around Crater Lake. Beyond gorgeous!

So, we have momentum and hope many people will take a turn to plan and/or lead a ride this year.

Patty Shackleton



January ride-break in the rain



General Membership Meeting Agenda

March 4, 2024, at Lulu's 6pm

1. Call the Meeting to Order
2. Introductions
3. Approval of Minutes from February 2024 meeting
4. Standing reports, Treasurer and Membership
5. Old Business
 - Club Awards function
 - Club name change survey
 - Ride coordinators
 - Out of town rides
 - Club sponsorships
6. VP Report
7. New Business
 - May Love to Ride
 - Club volunteers for events
 - Upcoming guest speakers
 - Bike Maintenance workshop
8. City of Redding Bike Lane projects
9. Other items
10. Adjourn



Pink Power

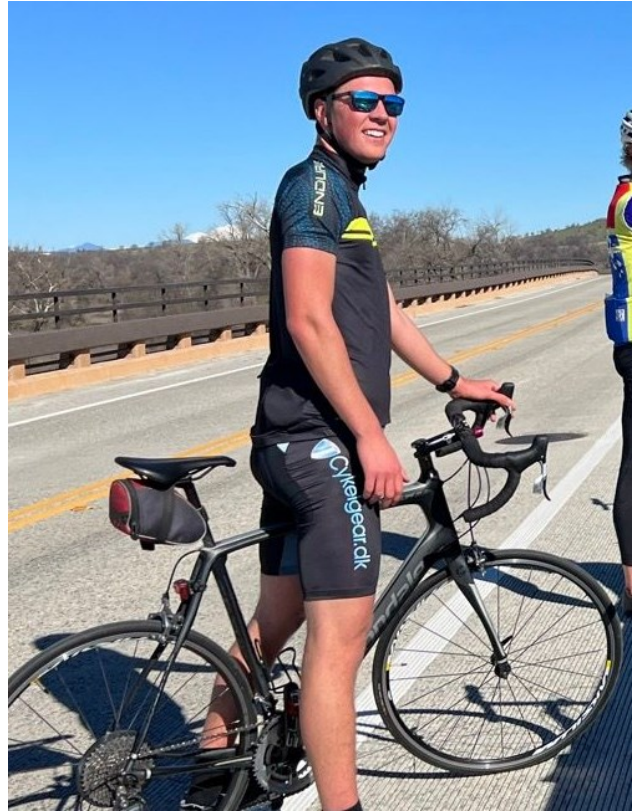
MEET WHEELMEN SAMUEL

My name is Samuel and I joined the Wheelmen a month ago. I moved to Redding from Denmark in August to go to Bethel School of Supernatural Ministry and am having an amazing time here in Redding. Since coming here, I have continued my passion for being active with hiking, running, biking and workouts. I have done road biking for around five years, but have always been active. I was introduced to road biking by my best friend in Denmark and we would ride together to all the steepest hills nearby. But even though I live in a very hilly area in Denmark, the highest peak of Denmark is 482 feet.. soooo? Not so much elevation compared to here so that's also one of the reasons I love Redding, because of the terrain. We still have steep climbs in Denmark, just not as steep and long.

Since coming to Redding, I would ride my city bike along the River Trail and liked the extra watt I had to pedal :-)
Then then one day I met you Wheelmen, and that was amazing. I was overwhelmed by your friendliness and Jim offered me to ride his spare bike and then suddenly I was out riding with fellow biking fanatics and it was amazing. Thank you all for having welcomed me in such a nice way. I'm looking forward to more rides with you all. Unfortunately, I'm only available to ride with you on the weekends because I have school during the week. See you!

Best wishes Samuel, The Dane

Samuel Bjerregaard



Shasta Wheelmen General Membership Minutes February 5, 2024

1. Call to Order by President Jim Bush – 6:00pm
2. Self-Introductions
3. Quorum – Yes - 27 members present, 2 guests
4. 'Minutes' from December 2023 General Membership Meeting as printed in the Matrix were approved by motion, Teddy, second by John S; all in favor.
5. Standing Reports
 - A. Treasurer's Report by Lisa Creps details submitted:
Recap for 2023 – The Club's 2023 budgeted Net Income was forecasted to be a loss of (\$172) while the actual Net Income came in at \$393.15. Although expenses came in slightly higher than plan, actual

income exceeded the plan and resulted in a gain of \$565.15 for the year.

CHECKING	Jan 2024		SAVINGS	Jan 2024	
OPENING	\$9,380.53		OPENING	\$1,641.64	
INCOME	\$620.00	*	INCOME/INTEREST	\$.01	
EXPENSES	(\$28.08)	**	EXPENSES	\$ -	
CLOSING	\$9,972.45		CLOSING	\$1,641.65	

*Income: Membership Dues \$600, Donation \$20

**Expenses: Stripe Fees (\$28.08)

B. Membership Report by John Simmons:

1. December & January had 20 renewals; 10 outstanding Members sent second reminder
2. 147 current standing Members

6. Old Business

A. Ride Calendar Coordinator (Rich):

*Upcoming Club rides: A century will be calendared for each month (including events)

- February 24 Club century
- February 18 Tour of Sutter Buttes
- March 2 Blossom Ride
- July 13/14 Seattle to Portland, sign-up opens Feb 6

*Updated Ride Leader list, and Patty passes out Ride Leader Guide as requested

*Jeff reminds all to be prepared for flat tires (carry tubes & full cartridges)

B. VP Craig proposes 'Wednesday Night Ride' to be added to the calendar after the March 10 time change. Craig will lead, most rides to be on River Trail.

C. Past President Doug reports on new legislation:

AB 1909 went into effect January 1, 2024 – Bicyclists may cross with pedestrians (LPI = leading pedestrian interval). Walk signal has 3-7 second head start for pedestrians, and cyclists can now start into the intersection even though traffic signal remains red.

D. President Jim:

1. Patty summarizes "Bikes for Kids": 18 Club Members volunteered, Club purchased 4 bikes, 18 bikes donated by Members, 430 bikes total collected for foster children – best year ever!
2. Awards Banquet: due to lack of availability at Winn River this year, Jim suggests alternate 'formal' and 'informal' years, maybe in a park this year?
3. March's Guest Speaker – City Planners from Redding; will discuss coming improvements and grants they are applying for
4. Discussion of possible Club name change (gender neutral)
A survey will be sent out for anonymous input and general feeling of Members, Jim is hoping for a good response to reflect all Members
5. Logo change design to also be considered
6. Patty has printed copies of Safe Cycling Practices document for anyone interested

7. Guest Speakers: **Rebecca Burns and David Benjamin (EMT-P)** from Dignity Health to discuss first aid considerations for cyclists:

*Prevention is the key! BE AWARE! DON'T GET HIT!

- *Wear protective equipment, be visible, safety in numbers
- *Carry a list of your prescriptions on your bike - Doug will make a color coded form for individuals to carry on their bike bag, to indicate health issues/medication (especially blood thinner) or allergies (carry epi-pen/benadeyl)
- *Inform ride partners of medical conditions
- *Carry a GPS Satellite phone for calls in remote/no service areas
- *Consider membership to PHI/REACH for flight insurance
- *Accident? Control the scene, activate medical response, do an assessment
- *Provide general first aid (stabilize the head, jaw lift if unconscious, roll to side if vomit, self-adhesive wrap if blood, tourniquet if lots of blood, pelvic girdle if hip)
- *Concussed? Ask mental alertness question, check pupils, chaperone rider back, reassess (getting better or worse?)

8. Raffle winners: Rich R. and Elise D.

9. Adjournment at 7:25pm

Respectfully submitted by Nancy Cook, Club secretary



Guest Speakers Rebecca Burns and David Benjamin (EMT-P) from Dignity Health

Northern California Centuries & Fun Rides

April

4/6 Party Pardee: Ione. 26 mi./1200' of climbing, 65 mi./3500' of climbing with routes through the gentle rolling hill of Amador and Calaveras counties. Includes rest stops, SAG, mechanical assistance at rest stops. Apres ride, enjoy lunch & live music at the finish. Bikehikers.com

4/13 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 Pedals n Pears: 4 distances from easy 4 miles to challenging Royal Riviera Metric Century. Pedalsnpears.com

4/18-4/21 Life Time Sea Otter Classic Gran Fondo: Monterey. Test ride the latest gear from 1000+ bike brands and converse with cycling legends at the Sea Otter Expo. Race, ride or demo including gravel courses. Seaotterclassic.com

4/28 Chico Wildflower Century: 7 route options ranging from 12 miles to 125 miles. Pre-ride Wildfest on the 27th. Wildflowercentury.org

May

5/18-5/19 Siskiyou Scenic Bicycle Tour: Upper Greenhorn Park, Yreka. Two day event. 4 paved route options (21m, 40m, 67m and 104m) and 2 gravel/gravel mix rides (39m and 62miles). 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. www.siskiyouscenic.com






5/25-5/26 Art of Survival Century; Malin, OR. Embark on a journey along the Volcanic Legacy Scenic Byway through Southern Oregon and Northern California. Each rest stop offers historian led talks highlighting the cultural history, geography, environmental issues and geology of the area. Paved and gravel options 13 to 100 miles. <https://survivalcentury.com/>

June

6/15 Tour de Fronds: Powers, OR 6 ride options 30-117 miles. All paved except for one route is combo gravel/paved (71 m). Sponsored by Powers Lions Club. www.tourdefronds.com

ANY ORGANIZED RIDES YOU WOULD LIKE TO SHARE WITH THE GROUP AND SEE ADDED TO THE CALENDAR? Forward information or website to Nancy Rudd trigirlrudd@gmail.com

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

<p>Bikes Etc. 2400 Athens Ave. Redding, CA 96001</p> <p>530-244-1954</p>	
<p>Chain Gang Bike Shop 1540 Division St Redding, CA 96001</p> <p>530-243-9951 http://chaingangbikeshop.com/</p>	
<p>Jefferson State Adventure Hub 872 N Market St. Redding, CA 96003</p> <p>530-768-5055 www.jsahub.com</p>	
<p>Pedego Redding 862 N Market St. Redding, CA 96003</p> <p>530-605-4500 https://www.pedegoelectricbikes.com/dealers/redding/</p>	
<p>Sports LTD 950 Hilltop Drive Redding, CA 96003</p> <p>530-221-7333 https://www.reddingsportsltd.com</p>	
<p>The Bike Shop 3331 Bechelli Lane Redding, CA, 96002</p> <p>530-223-1205 https://www.thebikeshopredding.com</p>	