

# SHASTA WHEELMEN BICYCLE CLUB – FREQUENTLY ASKED QUESTIONS

August 2023

## 1. **Purpose and Mission Statement of the Wheelmen**

The purpose of the Shasta Wheelmen Bicycle Club is to promote cycling and to provide safe riding schedules and routes to its members. The Mission Statement is to maximize the love of cycling while building a safe cycling culture for all of Shasta County.

## 2. **Membership**

Any individual 18 years or older may join the Wheelmen. The dues are \$30 for a one-year membership. You may join at <https://shastawheelmen.org/membership>.

## 3. **Club Meetings**

Any member can attend club meetings and may vote on all matters. Non-members are welcome to attend but may not vote. The meetings are held at 6 pm on the first Monday of every month at Lulu's Eating and Drinking Establishment 2230 Pine Street, Redding, Ca. Club members usually arrive prior to 6 pm to order dinner if desired.

## 4. **Club Rides**

Rides are on Tuesday, Thursday, Saturday and Sunday. The Tuesday/Thursday rides usually start at the Sundial Bridge parking lot. The Saturday/Sunday rides starting points vary and are shown on the ride calendar. The rides have been established over the years by the club and published on our website at <https://shastawheelmen.org/ridecalendar>. The distance shown for a ride is for the entire course, however the longer rides can be shortened depending on individual needs and weather conditions. Please discuss your riding needs at the start of a ride. The contact for The Get Acquainted Ride and the Presidential Low and Slow is Jim Bush – 916-846-1902. Patty Shackelton – 619-981-2393 is the contact for Women on Wheels (WOW). Everyone is welcome to join us on a ride. If you are not a Club member you will need to sign a liability waiver.

## 5. **Helmets are required for all Club rides!**

Lights and mirrors are recommended. Your cell phone with the number of someone on the ride may be helpful too.

## 6. **Ride Start Times**

The ride starting times usually follow this schedule, but there may be an occasional exception. All times are listed on the monthly ride calendar.

Jan, Feb, Mar	9:00 am	Jul, Aug	7:00 am
Apr	8:30 am	Sep	8:00 am
May	8:00 am	Oct	8:30 am
June	7:30 am	Nov, Dec	9:00 am

**See our Hot Day policy.**

HOT DAY policy: If the official forecast is 100 or above the ride will start one hour earlier. The official forecast is from the National Weather Service (<https://www.weather.gov>) with 96001 as the location. Rides will not start earlier than 7:00 am. Scheduled evening rides will be cancelled if the Weather Service prediction is for temperatures of 105 or more. Notification of cancellation may be received via email, the website, or contact a Club officer.

## **7. Weather Conditions**

Weather conditions will impact your decision to ride or not. One should take into consideration:

Proper clothing for extreme heat or cold

Wet, foggy, windy, or smoky conditions

Ultimately, riders should make their own decisions about riding. If you have questions about these issues, please talk to a Club member regarding proper dress, gloves and foot wear. Night riding will require ample front and rear lights on your bike or helmet.

## **8. Whom to Contact about Club Activities and Rides**

The Matrix, which is the Club's monthly newsletter, provides the names and phone numbers of Club officers and members filling other Club positions including Membership Chair, Ride Schedule and Statistician. Any questions you have may be directed to any of these members. The Matrix is available at <https://shastawheelmen.org/newsletter>. John Simmons is the contact for new rider information 530- 227-7951.

## **9. Speed of the Rides**

Generally speaking there are at least three levels of riders in the Club who participate in the rides.

High Speed	16 mph and above
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Mid Speed	13 to 16 mph
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Low Speed	10 to 13 mph
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Before the ride starts, introduce yourself and find other riders with similar ride style and speed to find riding partners. A ride leader or Club officer will assist you with introductions and finding ride partners.

## **10. Electric Bikes**

The Club welcomes electric bike riders.

## **11. Unfamiliar with the Course?**

At the start of the ride, let someone that you are riding with know that you are unfamiliar with the route. They will wait at turns and help provide directions for you. The ride calendar provides maps and road directions for each ride. Each listed ride has a RidewithGPS downloadable route and route sheet. It is good to have a copy with you

on the rides and/or download the route to your Garmin. The ride calendar can be found at <https://shastawheelmen.org/ridecalendar>.

## 12. Tracking your Miles

You are encouraged to track your miles via the website "Strava", sign up is free. Go to <https://www.strava.com/dashboard> to download the app. Once you have the app you are encouraged to join the Shasta Wheelmen club on Strava. This will make it easier for our statistician to find you and log your miles. Click on your Strava profile and on the right side of the screen you will see clubs listed, or you can click this link <https://strava.com/clubs/shasta-wheelmen>. If you have questions contact the statistician or go to <https://shastawheelmen.org/miles>. The Club's statistician is Nolan Randall – 530-244-3558.

## 13. Ordering cycling shorts/jerseys

Periodically our Pactimo Web Store will open for members who wish to purchase Wheelmen designed clothing. For more information contact Rich Robinson at [arcson19@gmail.com](mailto:arcson19@gmail.com). The 50<sup>th</sup> anniversary clothing is available at <https://www.Vergesport.com>. The password is Shasta 20. If there is sufficient interest this source may be reopened.

## 14. Social Media

The Club has a website <https://shastawheelmen.org> and a Facebook page. Please feel free to explore these sites.

## 15. Special Events

Members often participate with outside sponsored rides. These rides are shown on the monthly ride calendar.

Ride Name/Description	Route URL
Chico Love Ride	<a href="https://www.chicovelo.org">https://www.chicovelo.org</a>
Solvang Century	<a href="https://solvangcentury.com">solvangcentury.com</a>
Bike Around the Buttes	<a href="https://www.bikearoundthebuttes.com">www.bikearoundthebuttes.com</a>
Chico Wildflower	<a href="https://www.wildflowercentury.org">https://www.wildflowercentury.org</a>
Siskiyou Scenic Bicycle Tour	<a href="https://yrekarotary.com/siskiyou-scenic-bike-tour">https://yrekarotary.com/siskiyou-scenic-bike-tour</a>
Ride of Silence in Redding, CA	
Davis Double	<a href="https://davisbikeclub.org">https://davisbikeclub.org</a>
Art of Survival @Tulelake, CA	<a href="https://survivalcentury.com">https://survivalcentury.com</a>
Tour of the Unknown Coast	<a href="https://tuccycle.org">https://tuccycle.org</a>
Fall River Century/Fall River Mills, CA	<a href="https://www.fallrivercentury.com">www.fallrivercentury.com</a>
Bike the Rogue/Gold Beach, OR	<a href="https://goldbeachrotary.com/bike-the-rogue">https://goldbeachrotary.com/bike-the-rogue</a>
Ride the Rogue/Rogue River, OR	<a href="https://Ridetherogue.com">Ridetherogue.com</a>
<b>Other Special Events</b>	
Whole Earth Festival	
Rodeo Week Pancake Breakfast	
May Bike Month Challenge	