



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

**MAY
2024**

2024 OFFICERS & BOARD

President

Jim Bush
916-846-1902

Vice President

Craig Collins
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Treasurer

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805-338-2568

Secretary

Nancy Cook
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Past President

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Matrix Editor

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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 p.m. at Lulu's

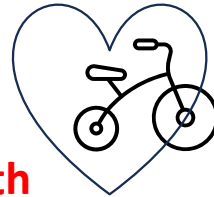


John Crowe goes electric

Welcome New Members

Warner	Josephine	Shasta Lake
Pecaut	Debra	Mt Shasta
Dorken	Brad	Mt Shasta
Utterback	Dean	Corning
Dottle	Jay	Trinity Center
Small	Scott	Redding
Masterson	Pamela	Mt Shasta

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.



May is Love to Ride Month

Wheelmen volunteers are needed. This is a great opportunity to support biking in our community and increase our membership.

Bike Valet Parking

- May 17, Asphalt Cowboy Pancake Breakfast
- June 7, End of Bike Month Celebration

Other Events

- May 18, Sports LTD Bike Swap. We will be renting two booths.

Wheelmen Sponsored Rides

- May 5, Women, Wheels, and Wine Ride
- May 8, Wednesday night ride
- May 15, Ride of Silence
- May 22, Wednesday night ride
- May 25, President's Low and Slow
- May 29, Wednesday night ride

More information in the President's message on how to sign up for the challenge and information on the group rides. GET ON YOUR BIKE AND LOG THOSE MILES!



Opening night of MAY LOVE TO RIDE Event



Awards Banquet

The Awards Banquet was held on April 26th and recognized mileage leaders and outstanding club members.



Congratulations Keith-mileage leader for 2023!



Congratulations to all the award winners!



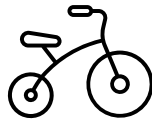


**SHOUT OUT to the Local Businesses who supported this Awards
Banquet with donations:**

LMNT Electrolyte drink mix
Roots Juice Bar
US Forest Service
Orchard Nutrition Center
Cornerstone Bank
Lassen Pastry Company
Starbucks
Theory Coffee Roasters
Woody's Brewery
Sports LTD

THANK YOU FOR YOUR SUPPORT

Submitted by Nancy Cook



Metric Dozen Challenge

May is the perfect month to sign up and start this new challenge!

Complete a Dozen (12) 100Ks which is 63 miles within the “Challenge” time frame of March 1 til February 28, 2025. Rides must be outside on the road and completed within the 12-hour time limit. The cost is included in the Trifecta Challenge fee.



Shasta Wheelmen 2024/2025 Trifecta Challenge

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. This fee also includes the “Metric Double Challenge”.

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 or 650 245-1353

Trig Birkeland

President's Message



Hello Wheelmen!

It's May! Time for the Bike Challenge!!

Sign up to participate in the May Love to Ride Bike Challenge. There are two ways: 1. If you have signed up in the past, just log in like last year and click on join. You will fill out a short survey and you should be good to go. 2. If you are not already signed up, you can sign up at ShastaBikeChallenge.org. When it asks you who you want to ride with click on groups and then the Shasta Wheelmen. When you log your first miles in May, you should be prompted to list someone that

encouraged you. Pick someone in the club and they will get 50 points!

What are your goals for the Bile Challenge? Mine are to ride at least 700 miles, complete two Metric Centuries or more, and to ride every day.

Craig Collins is continuing his 5:30 pm Wednesday evening rides. This is perfect for new riders and members that are still working and cannot make the Tuesday and Thursday morning rides. The routes are different each week, and the route will be tailored to ability. Wednesday evening rides start at the Shasta Bike Depot located on California and Shasta Streets in downtown Redding.

Other community rides and events that the Wheelmen are putting on in May include the following:

First, this Sunday May 5 is the Women, Wheels and Wine ride. It starts at 10 am from the Matson Vineyards (10584 Arapaho Dr. Redding). Please come out and help Nancy Cook put this event on. Please contact her if you would like to help.

Second, May 15 will be the Ride of Silence starting at the Sundial at 7pm. Led by Past President Doug Holt.

Third, May 17 is our next bike parking event for the Asphalt Cowboys Pancake Breakfast. Several members have already signed up, but we need additional help.

Fourth, May 18, is the Sports LTD bike swap. We will have two booths available. One booth will be for donated items to the club and the other booth will be for club members that wish to bring things to sell themselves. If you have small items that you would like to donate to the club to sell, please bring them to the club meeting on the 6th or bring them to the event at 9 am. Good quality riding clothes sold well last year along with bike bags, seats, lights and repair items. The club has some nice bikes that have been donated that will also be sold.

Fifth, May 25, The Presidents Low and Slow Ride. This ride starts at the Fall River Brewery at 10 am for a low-key ride ending at the brewery for refreshments. Past President Doug Holt will be leading this ride.

Finally on June 7, there will be an end of bike month celebration starting at 5pm in Caldwell Park. The Wheelmen will be parking bikes.

Thank you everyone for your help keeping our club rolling along and helping with all the Bike Month Challenge events.

President Bush



Thursday morning ride



General Membership Meeting Agenda

May 6, 2024, at Lulu's 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
 - Trifecta
 - VP report
 - May Love to Ride events
6. New Business
 - Shasta Wheelmen Club name report
7. Presentation, Citizen Bike Patrol Program Sgt. Labbe Redding PD (invited)
8. Other items



Beyond Biking! Jeff rafts the Colorado River

Shasta Wheelmen General Membership Minutes

April 1, 2024

1. Call to Order by President Jim Bush – 6:01pm
2. Self-Introductions
3. Quorum – Yes - 25 members present, 2 guests
4. 'Minutes' from March 2024 General Membership Meeting as printed in the Matrix were approved by motion, John S, second by Rich; all in favor.
5. Jim Bush presented Bike Month activities and requested volunteers for:
 - A. 4/20 Earth Day bike valet parking 9am-4pm. Earth Day organization is donating \$100 to the club
 - B. 4/25 Love to Ride kick-off bike valet parking 4pm-630pm
 - C. 5/17 Asphalt Cowboys pancake breakfast 5:30am-free ticket for those that ride to event
 - D. 6/7 End of Bike Month celebration. Free Tshirt for 1st 50 that ride to event
6. Standing Reports
 - A. (NO Treasurer's Report)
 - B. Membership Report by John Simmons:
 1. 1 new Member for March, 9 renewals, 4 overdue pending renewals.
 2. 145 current standing Members
 3. \$300 received in renewal dues and trifecta sign up
7. Old Business
 - A. Linda is collecting money for awards banquet. \$25/ticket. Nancy C is providing tote bags for first 50 that purchase tickets
 - B. Emergency info forms update by Doug Holt
 - * Bright green forms designed, printed and available at the meeting by Doug
 - * Recommends every rider complete and keep in bike bag during club rides
 - * Info is private and confidential and only accessed in an emergency.
 - C. Out of Town Rides (John C)
 - *Butte Thurs 4/11 -Gridley 9am
 - *Looking at Cedarville ride in September
 - *Art of Survival 5/25-5/26
 - D. Ride Calendar (Rich)
 - *4/6-Fall River Brewery (100 miles)
 - *4/13-Bike around the Buttes
 - *5/4 -Honey Badger Gravel ride
 - *4/6- Get Acquainte Ride, Jim Bush 10am Sundial
 - *Rides are starting at 8:30am for April
 - E. Club Name Change-update by Vice President, Craig
 - *83 members have responded representing 60%
 - *Survey ended 3/31 but can complete at meeting or online by 4/1
 - *Survey should only be completed once
8. Guest Speaker: **Anna Blasco with Healthy Shasta** to discuss Love to Ride
 - *Love to Ride is a national campaign that occurs annually. Our area provides lots of riding opportunities. This event gets people out riding, encourages new riders, and riders gain confidence
 - * 771 participants (Shasta) in 2023 -of those 279 were new to the Love to Ride platform
 - *website is live now-there are early bird prizes if you sign up before 4/30

- * Several ways to track miles-Strava, Map my Ride, log manually, or new app-Love to Ride
- *Love to Ride app tracks data where and how many people are riding-allows you to rate
- *3 ways to participate in the challenge
 - Individual
 - Workplace -only 1 workplace but can join as a retiree
 - Group- can be any type of group (family, friends, neighbors) Can join as many groups a you want. No limit to group size.
- *Awards presented at the end of the month
- *Point system. Each day you ride is 10 points (regardless of distance). Each mile is 1 point. If you encourage someone to sign up, you receive 100 points.
- *Must be age 13 or older

9. Guest Speaker: **Francie Sullivan with Redding Parks and Trails Foundation**

- * Vine and Dine is 5/9. Fundraiser for the foundation. Tickets are \$55. 10 local restaurants provide food and Grocery Outlets supplies wine for pairing. There will also be beer tastings. Location City Hall.
- *8 board members
- *Foundation has raised money for pickleball courts, Giving Tuesday, Pump Park
- *Organizing a creek clean up in October
- *Partnering with Redding PD on trail patrol
- *Wheelmen are donating a “Ride with the Wheelmen” at silent auction

10. Drawing winners:

- *Picture frame from Healthy Shasta -Craig
- *From the Hearth gift cards-Terri and Dan

Adjournment at 7:19pm

Respectfully submitted by Nancy Rudd, Matrix editor



Anna Blasco-Healthy Shasta



Francie Sullivan-Redding Parks and Trails Foundation

Northern California Centuries & Fun Rides

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

6/1- Rotary Gold Country Challenge: Grass Valley, CA. Road (100, 75, 55 & 35 mile) and gravel (49 and 29 mile) bike options. Post ride meal and beer under the pines.

6/2- America's Most Beautiful Ride: Lake Tahoe. 72 or 100 miles. Supports Leukemia & Lymphoma Society.

6/2-The Sequoia Century: Los Altos Hills, CA. 36, 58, 77 or 100 miles. Set amidst the coastal mountains and redwood forests of the Bay Area.

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





6/29 -Giro Bello: Sebastopol, CA. 29, 66 and 102 miles. Ride through Sonoma County wine country.

July

7/20- Fall River Century: Fall River, CA. 4 distances (200k, 100 miles, 100k, and 25 miles)

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>	