



# Matria

Feb  
2017

THE OFFICIAL NEWSLETTER 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.

## OFFICERS & STAFF

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**Treasurer** Wayne Wilson  
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**Secretary** Maggie Fournier 246-7352

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**Membership** Charles Finkel 365-5959

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**Ride Schedule** Charlie & Maggie Fournier 246-7352

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Club meetings are held on the first Monday of each month, 7:00 p.m. at Angelo's Pizza, 1774 California St., Redding, CA 96001

## President's Message

Rain, Rain, Rain; what do Wheelmen do when the weather turns cold and rainy?

**Dave Peterson**—goes to McCloud to shovel snow & ice. When finished he works out on his trainer for 2 hours. Watch out he's getting strong!

**Scott Kirkland**—goes to Rochester, N.Y. to freeze his ears off. No one has seen him since, with or without ears.

**Randy Brix**—goes to Costa Rico, to soak in hot springs and visit the rain forests!

**Allan Kost**—buys an elliptical bike, possibly keeping his shorts from getting too wet? He has also been seen with boards attached to his feet shushing down snow covered Mt Shasta.

**Casey Kerrigan**—keeps a record of the rain measured in his Shingletown rain meter; since October, 39 inches!

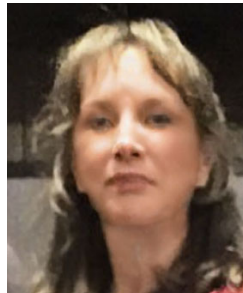
**Andy Wallner**—attempts to avoid the honey doo list; he likes to do breakfast with old friends on rainy Tuesdays, otherwise it's HANDY-MAN!

**Russ Azevedo & Jack Yerkes**—apparently, continue to ride still wearing shorts and perchance a shower cap.

Riding in the rain is a no go for some but others consider it an opportunity to excel at being eccentric, or maybe a necessity to stay out of the hair of their loved ones, or very likely just to avoid going nuts! I have found some good advice for riding in the rain so I will pass it on in the spirit of promoting safe and necessarily fun riding.

Paraphrased from the Bicycling magazine article by Selene Yeager:

First of all, "why ride in the rain?" If you ride long enough, you'll eventually get caught in a down pour so embrace the weather and you may gain skills and strengths that are beneficial! No, you are not too old to try new tricks! It's



important to know how your bike handles and how to handle your bike in the rain, as well as how to dress to be confident and comfortable.

**The risks:** The road is slicker, painted surfaces and metal road obstacles are like ice. It takes longer to stop and it's easier to slide out. You need to brake earlier and lighter, especially on wet descents. Tires lose purchase more easily in turns, so you need to keep your body more upright through corners. Slowly and carefully navigate and approach each maneuver in a straight line, no sudden moves, dismount when prudent. Beware of puddles, they may be hiding pot holes or items you shouldn't ride over.

**Dressing:** Find a waterproof jacket. Master the art of layering to let your body breath while keeping rain out. Do not wear a hood (hearing will be impaired) find a rain cap to keep the rain out of your eyes.

**Gear:** Dropping your tire pressure by 10-15 psi will give better traction. Visibility; blinkies and hi-vis everything are crucial!









If you still can't find the motivation to ride in weather how about this: On January 4th a 105 year old set an hour record at 14 mph! Possibly not in the rain, but we won't achieve 14 mph at 105 by sitting on the couch! Bob Malain you have someone to chase—Robert Marchand.

Another option for a rainy day is to try out the new TRUERIDE Indoor Cycling & Strength Studio by the Starbucks & Home Depot on Churn Creek! Nice facility: [fit@trueridestudio.com](mailto:fit@trueridestudio.com)

This winter is quite different weather-wise than the previous three when riding was reasonably feasible. However, I have read that an off season is good; rest, attitude adjustment and the essential revamping of goals! Also, we are certainly looking forward to our annual banquet, details TBA—Come to the Feb meeting!

*Patty*

# Shasta Wheelmen Ride Schedule February 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b>	<b>2 Ride #6</b> 9:00 AM Sundial Br Lot <b>Millville Plains</b> via Cypress, Hartnell, Old 44, to Palo Cedro <b>Rtn:</b> Millville Plains, Dersch, Churn Creek Bonnyview, Eastside Road w/Oak Run option 35+ miles/C+	<b>3</b>	<b>4 Shasta Wheelmen Metric</b> 9:00 AM Palo Cedro Park N Ride 63 miles/3983 feet of climbing/B <a href="https://ridewithgps.com/routes/1295930">https://ridewithgps.com/routes/1295930</a> 
<b>5 Ten Bridge Ride</b> 9:00 AM Westwood Village 47 miles/B <a href="https://ridewithgps.com/routes/10374622">https://ridewithgps.com/routes/10374622</a> 	<b>6 Club Monthly Meeting</b> 7:00 PM Angelo's Pizza on California Street	<b>7 Ride #7</b> 9:00 AM Sundial Br Parking Lot <b>Igo/Ono</b> via Freebridge, Eastside, Girvan, Clear Creek to Igo/Ono, w/ Zogg, Rainbow Lake Option <b>Rtn:</b> Placer, Buenaventura, 299, West St. Court St. to River Trail 30 + miles/C+/B	<b>8</b>	<b>9 Ride #8</b> 9:00 AM Sundial Br Pkg Lot <b>Bridge Bay</b> via Dana downtown Hilltop, Twin View, Cascade, Union School, Old OR Tr. Wonderland, I-5 <b>Rtn:</b> I-5, Wonderland Blvd, Collyer, Churn Ck, Canby, Dana/downtown 38+ miles/C+	<b>10</b>	<b>11 Sundial Bridge to Shasta Dam Loop</b> 9:00 AM Sundail Bridge Parking Lot <b>Maggie Fournier 246-7352</b> Ride trail to Dam and back Lake Blvd to Keswick Dam 36 miles/C 
<b>12 Velo Love Ride</b>  6:30 to 8:30 AM ButteCounty Fairgrounds 40,60,100 miles/C/B <a href="http://www.chicovelo.org">www.chicovelo.org</a> <b>Cottonwood Breakfast</b> 9:00 AM Starbucks Anderson	<b>13</b>	<b>14 Ride #9</b> 9:00 AM Sundial Br Lot <b>Old Shasta</b> via Branstetter, TX Springs, Placer, Taylor, Prospect, Mtn. Shadows, Middletown Pk, Swasey, Red Bluff Rd. <b>Rtn:</b> Granite, Rock Cr., Iron Mtn, Middle Cr, River Trail 33+ miles/C+	<b>15</b>	<b>16 Ride #10</b> 9:00 AM Sundial Br Parking Lot <b>Shasta Lake</b> via the River Trail to Shasta Dam, Centimudi, Shasta Dam Blvd. <b>Rtn:</b> Cascade, Pine Grove, Twin View, Churn Ck, 35+ miles/B-	<b>17</b>	<b>18 West Redding Cottonwood Loop</b> 9:00 AM CVS Pharmacy @ Buenaventura and Placer 52 miles/B Shorter options available <a href="https://ridewithgps.com/routes/15197255">https://ridewithgps.com/routes/15197255</a> 
<b>19 Bensen and Basler</b> 9:00 AM Starbucks Anderson 40 miles/C <a href="https://ridewithgps.com/routes/10692743">https://ridewithgps.com/routes/10692743</a>	 <b>PRESIDENT'S DAY</b>	<b>21 Ride #11</b> 9:00 AM Sundial Br lot <b>End of Iron Rd</b> via River Trail <b>Rtn:</b> Iron Mtn, Rock Creek, Granite, to Old Shasta backside of Swasey, Placer, Texas Springs 33+ miles/B/B+	<b>22</b>	<b>23 Ride#12</b> 9:00 AM Sundial Br Pkg Lot <b>Shasta Lake City</b> via Dana/downtown from east side to Akrich stop @ McDonalds <b>Rtn:</b> Lake, Quartz Hill, Keswick, River Trail w/Dam loop 32+ miles/B-	<b>24</b>	<b>25 Dersch Wildcat + Black Butte Loop</b> 9:00 AM Palo Cedro Park N Ride <b>Wayne Wilson 221-1883</b> Milville Plains up Dersch to loop Counterclockwise on Ash Creek, Wildcat, Black Butte, Hwy 44 & back down Dersch 50 miles/B 26666 ft climbing <a href="https://ridewithgps.com/routes/1804497">https://ridewithgps.com/routes/1804497</a>
<b>26 Veteran's Cemetery</b> 9:00 AM CVS Pharmacy @ Placer and Buenaventura 40 miles/C <a href="https://ridewithgps.com/routes/10692824">https://ridewithgps.com/routes/10692824</a>	<b>27</b>	<b>28 Ride #13</b> 9:00 AM Sundial Br Lot <b>Palo Cedro</b> Dana to downtown Browning, Old Alturas, Deschutes, Swede Cr, Old 44 <b>Rtn:</b> Old 44, Airport Rd. Old Oregon Trail, Rancho, Victor, Hartnell Cypress w/ Oak Run option 35+ miles/C+/B	 <b>SHASTA WHEELMEN</b>	<b>Ride Ratings:</b> <b>A:</b> Steep, lots of climbing for strong riders <b>B:</b> Steep to moderate, lots of climbing with some relief <b>C:</b> Moderate, some hills challenging to average rider <b>D:</b> Moderate to easy, may be challenging to beginners <b>Helmets required for all rides</b> <b>Record Miles on website: <a href="http://www.ShastaWheelmen.org">www.ShastaWheelmen.org</a></b> <b>Select: <a href="#">Schedule / Miles</a> &gt; <a href="#">Mileage</a> &gt; <a href="#">Record Miles</a></b>		

# MINUTES OF BUSINESS MEETING

## January 2, 2017

### Call to Order

The Meeting was called to order by President Patty Shackelton at 7:01 p.m. at Angelo's Pizza.

**Introductions**—Twenty members were present. Self-introductions were made.

**New President's Statement**—The President took the opportunity to make an inaugural address to express her appreciation of being elected, her vision and expectations for the coming year, and to explore ideas.

Patty's vision for the coming year is that Shasta Wheelmen will remain a premier bike club dedicated to the enjoyment of its members. Building on Don Talkington's work last year, Patty promotes everyone having fun participating with each other through Kindness, Compassion and Respect. She envisions a contagion of these values within the club and the community raising levels of communication and cooperation. Patty will focus on a member highlight in each newsletter. She promised a great annual Party to come soon and she proposed developing an Annual Banquet Plan so there is an ongoing format in place. She listed action ideas for the club to consider for the coming year which she attached to the agenda tonight. She encourages everyone to review the list and communicate to her what you think of her ideas and/or add some of your own. In the meantime, she will work on a mission statement to bring back to the group for approval. She will develop an Event Calendar for 2017.

**December Minutes**—The December meeting minutes as published in the December newsletter were discussed. A motion to approve was made by Steve Nielsen and seconded by John Crowe. The motion passed unanimously.

**Treasurer's Report**—Wayne Wilson gave an abbreviated treasurer's report. He stated there are no significant changes. He will have the written report ready to distribute January 3. The club will sponsor two members, Charlie Fournier and Wayne Wilson, to attend a Be-Pro Conference in the Bay Area Friday through Sunday, January 6-8, which will provide ideas on how to put on events.

**Membership Report**—Charlie Finkel reported that the club had 105 members in 2016. The 2017 membership method is strictly online. Membership is \$25/year. Another email will go out to members to remind them of the new method. If anyone believes s/he paid a two-year membership in 2016, contact Charlie Finkel.

**Ride Calendar**—Due to the illness of the Fourniers, the ride calendar was not at this meeting. Members are instructed to call Maggie with their rides to create the January calendar.

Since Wayne will be at the conference this coming weekend, John Crowe volunteered to lead his Saturday ride, weather permitting.

**Old Business:**—Committee chairs were re-introduced:

Public Relations is Carson Blume, who was unable to be present.

News Release Chair is Earl Talken. He will continue to release information to the Record Searchlight and publish the newsletter, which has Matrix as its new name.

Statistician is Casey Kerrigan assisted by Don Talkington.

Webmasters Don Talkington and Carson Blume retain their positions. Don stated they lay out the content for the website, so if anyone has an idea to improve it, please contact him.

Charlie Fournier has a new format for weekend scheduled rides. Rides will be set up on GPS when there is no leader. He will explain when he is able to attend the next meeting.

**New Business**—The Go-Pro Conference coming up this next weekend was discussed above.

The Annual Banquet was discussed. John Crowe made a motion to have an annual banquet, place and time to be determined. This motion was seconded and passed. It was determined by consensus to have a potluck. A number of possible locations were offered to Patty. (Grange halls, the library, Sons of Italy and the Senior Center were suggested locations.) Bob and Patty will make phone calls to see where the club may be able to host the dinner on either February 25 or, as an alternate date, March 4. Wayne Wilson volunteered to assist Maggie with club pictures for the evening. Earl Talken will assist with awards. Earl Jam will provide music.

Upcoming 2017 events include. Simpson U. Red Hawk Ride in April; and Whole Earth Watershed, Asphalt Cowboys, and Shasta Bike Month in May. It was decided to advertise specific dates as they become available and appoint committees to work on joint activities.

John Crowe shared the banner the Wheelmen were awarded. The 2016 Shasta Bike Challenge Top Team—Shasta Wheelmen. John Crowe is currently attending meetings for the May 2017 Shasta Bike Month.

**December Ride Leader Drawing**—In the drawing were Charlie Fournier, Maggie Fournier, Dan Martin, John Crowe, Wayne Wilson, and Rich Robinson. The winner was Maggie.

**Raffle Drawing**—Fred Bergstrom and Ian Cannar were raffle winners.

The meeting was adjourned at 8:27 p.m.

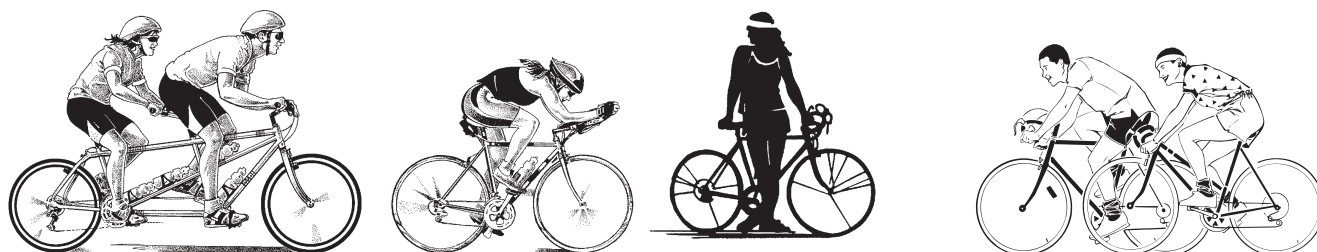
Respectfully submitted,

Pam Crowe  
Acting Secretary





# Bike Calendar of Events in 2017



<b>DATE</b>	<b>DESCRIPTION</b>	<b>WEB SITE</b>
February 12, 2017	Worst Day of the Year Ride 2017 Portland OR	<a href="http://www.worstdayride.com">www.worstdayride.com</a>
April 8, 2017	Simpson University Red Hawk Ride	<a href="http://simpsonu.edu/Pages/About/News/Events/Red-Hawk-Ride.htm">http://simpsonu.edu/Pages/About/News/Events/Red-Hawk-Ride.htm</a>
April 8, 2017	Bike Around The Buttes,, Sutter, CA	<a href="http://www.active.com">www.active.com</a>
April 22, 2017	Whole Earth and Watershed Festival (set up and staff guarded bike corral 11 am – 5 pm) Redding City Hall	<a href="http://shastalivingstreets.org/">http://shastalivingstreets.org/</a>
May 1, 2017	Local Bike Month Challenge all month	<a href="http://www.nationalbikechallenge.org">www.nationalbikechallenge.org</a>
May 1-Sep 30, 2017	National Bike Challenge	<a href="http://www.nationalbikechallenge.org">www.nationalbikechallenge.org</a>
May 12, 2017	Asphalt Cowboys Pancake Breakfast, Bike Valet Service	
May 17, 2017	Ride Of Silence at Sundial Bridge 7 pm	<a href="http://www.shastawheelmen.org">www.shastawheelmen.org</a>
May 19, 2017	Bike to Happy Hour for Bike to Work Day. 4pm-8pm at Carnegie's Restaurant in downtown Redding. For anyone curious about bicycling and best ideas. Come meet people who ride locally and swap ideas, tips and stories. Sponsored by Carnegies and Shasta Living Streets.	<a href="http://shastalivingstreets.org/">http://shastalivingstreets.org/</a>
TBD	Bike-In Movie Night. 8:30pm Presented by Enjoy Magazine & Shasta Living Streets.	<a href="http://shastalivingstreets.org/">http://shastalivingstreets.org/</a>
May 20, 2017	Anderson Century	<a href="http://www.active.com">www.active.com</a>
	Ride in the Redding Rodeo Parade. We ride too! Dress-up as a cowboy or in your favorite biking outfit and join others on their bicycles as we ride in the Redding Rodeo Parade. Meet on Oregon Street & Yuba at 9:00 am. All ages welcome. Hosted by Shasta Living Streets and the Shasta Wheelman.	<a href="http://shastalivingstreets.org/">http://shastalivingstreets.org/</a>
June 17, 2017	Castle Crags Century	<a href="http://www.castlecragscentury.com">http://www.castlecragscentury.com</a>
July 15, 2017	Fall River Century	<a href="http://www.fallrivercentury.com">www.fallrivercentury.com</a>
August 18-21,2017	Crater Lake Ride with John Crowe	<a href="http://www.shastawheelmen.org">http://www.shastawheelmen.org</a>
September 9, 2017	Siskiyou Century in Yreka	<a href="http://www.siskiyoucentury.com">http://www.siskiyoucentury.com</a>
September 9, 2017	Bike The Rogue at Gold Beach, OR	<a href="http://goldbeachrotary.com/bike-the-rogue/">http://goldbeachrotary.com/bike-the-rogue/</a>
September 12-14, 2017	Harris Beach, OR reserve campsite at ReserveAmerica.com	<a href="http://www.shastawheelmen.org">www.shastawheelmen.org</a>
October 14, 2017	The Wildcat Gran Fondo presented by The Shasta Wheelmen	<a href="http://www.thewildcatgranfondo.com/">http://www.thewildcatgranfondo.com/</a>

# Shasta Wheelmen Business Meeting Agenda

**February 6, 2017**

- Call to order by President
- Introduction of new members

## Featured speakers

- Not Just Another Crack in the Road  
Charlie Finkel, Esq.
- BE-Pro Conference report  
Charlie Fournier and Wayne Wilson

## Standing Reports

- Approval of the January Minutes as published in the February newsletter
- Treasure's Report—Wayne Wilson
- Membership Report—Charlie Finkel
- Ride Calendar—Maggie & Charlie Fournier

## Old Business

- Annual Banquet
- Web Masters—Don Talkington & Carson Blume
- Ideas list

## New Business

- Tour d'Ed—Becky Pope
- Ride guidelines committee: monthly 1st time riders' orientation, more rides for working people, variation of ride times and mph groups designated. Need a Committee!
- Events: Simpson University Red Hawk Ride (April 8), Whole Earth Watershed Festival (April 22), Shasta Bike Month (May). Don Talkington, Jack Yerkes, Wayne Wilson.

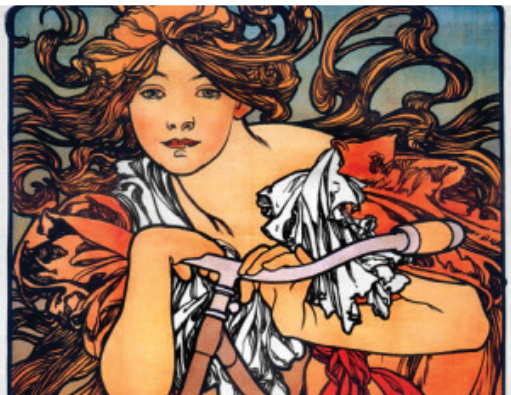
## January Ride Leader Drawing

(Maggie Fournier)

## Raffle Drawing

## Motion to Adjourn

## Annual Awards Banquet Details at the Feb. 6th Meeting



## How we Roll: Diamondback in Afghanistan

*by Bicycle Times Contributor / January 10, 2017*

*Words and photos by Josh Parker.*



I wouldn't consider myself a competitive cyclist by any means, rather a bike enthusiast. The day before I left for Afghanistan, my wife and I found an old, beaten Diamondback priced at \$50 at the local used sports shop. A brief haggle and \$35 later, we left. The next day, I proudly wheeled our find onto the transport jet and headed overseas with the rest of my unit.

I'm pretty sure everything on the bike was original, down to the tires and tubes. All telling the story of a past life spent under the Arizona sun. Classic lines, a lugged frame and forgiving steel. An actual leather seat long past its prime. This Ridge Runner was one of the first of its kind in 1983.

Scrounged from bits of scrap lying around the compound, I built a rear rack to carry my laundry. Two hose clamps and some bottle cage parts compose the cup holder mounted to the top tube, borne from necessity after a one-handed close call balancing an early morning coffee. New tires after the originals gave way in dramatic fashion one hot afternoon. A "borrowed" saddle from the deserted skeleton of a discount store special when the old seat clamp disintegrated on a rocky road. And plenty of TLC.

More than just a convenience or some easy exercise, this old machine transformed steel and rubber into freedom. A taste of autonomy in a place with precious little.

## Not Just Another Crack in the Road

Wheelmen member and bicycle accident attorney Charlie Finkel will speak at the February 6th meeting and present evidence, facts and argument on a case he is set to try this Spring. An experienced cyclist rode into large crack in the shoulder of a well-traveled road in Santa Barbara County resulting in very serious injuries. Should the state of California be liable? You be the judge while learning about what goes into a case involving a dangerous condition of public property.

We support the Shasta Wheelmen, their efforts to share the experience of freedom, health and empowerment through the bicycle.



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