



Matrix

July
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

President Patty Shackleton
619-981-2393

Vice Pres. Charlie
Fournier 246-7352

Treasurer Wayne Wilson
221-1883

Secretary Maggie
Fournier 246-7352

Past Pres. Don Talkington
515-0826

Membership Charles
Finkel 365-5959

**Newsletter & News
Releases** Earl Talken
710-1031

Ride Schedule Charlie &
Maggie Fournier 246-7352

Statistician Casey Kerrigan
474-3517

Public Relations Carson
Blume 680-2276

Web Masters Don
Talkington & Carson Blume

To contact the Shasta
Wheelmen Bicycle Club:
P.O. Box 994292
Redding, CA 96099-4292
Web Site:
www.shastawheelmen.org
E-mail:
info@shastawheelmen.org

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

It Can't Just Be About The Bike

Vacation seemed to be an appropriate subject for a June message. Thousands of words of inspiration came to mind; places, experiences and unique adventures. However, Rich Robinson recently wrote a poignant piece of prose which has been received as beautifully inspirational and he has given permission to have it reproduced in this newsletter. It captures so much, everyone will relate to something here, more so than vacations.

"For me it can't be just about the bike. Bikes are cool. They're all cool. It doesn't matter if it's a Colnago, or a Raleigh. You probably love yours. Or maybe you lust after a newer ride. A lighter, faster, more aero ride. We talk about them over coffee or dream about them on our pillow. We clean, polish, lube and adjust them. We wrap new bar tape and mount new tires. We even buy them jewelry. Or bike jewelry for ourselves.

If you truly want to get the most out of cycling I think it has to be more than just about the bike. Sometimes I wonder if I ride for the ride or for the friends. Some people want to get it going, ride, finish, and go home. I want to get there early, discuss the ride while we mount some wheels, pump tires and preen. Yeah, cyclists preen. I want time to meet the new guys and greet the friends who always ride.

Pretty sure almost everyone I have ridden with has wanted to shut me up at some point during the ride. Sorry!

After the ride I want to share some libations, pizza, tacos and chatter. We'll brag about the last ride and plan the next. Planning rides is almost as good riding; figuring out routes and planning stops.

I like my bike and am always lusting after another. But bikes in reality are just the link that connects me to so many friends. Thanks to all of you who have ridden a mile or a thousand miles with me. You are what keeps it fun. Thousands more to come. It can't just be about the

bike."

Of all the articles that have appeared in this newsletter about camaraderie and the love of cycling, Rich's article may have said it best. Here is one cyclist's spontaneous response: Rich, you are a true friend, and inspire us all both on and off our bikes. I am lucky to have found you and the group. Thanks for all the positives. You have helped me become a better cyclist and helped me feel connected to others through our mutual passion—cycling. From J & D.

Thanks Rich—

Patty

Spotlight on Wheelmen

Keith Arnett—a serious accident occurred when a dog ran after Keith during a Tuesday club ride. Fellow Wheelmen acquired emergency services and Keith was taken to a hospital. Our hearts pour out to you Keith. We wish you a speedy & complete recovery.

Judy French—escaping Redding's summer heat, spending several weeks in Maine. Enjoy your lobster but beware the mosquitos and hurry back to ride with us.

Linda Cannar—launched off her bike by a mound in the trail, catapulted into a rock and broke her left wrist. Being unable to ride she is off to help the Giants win baseball games.

Don Talkington—has been posting individual club rides on our fb page and we believe this is helping our membership grow. Eureka!

Beware of the Wheelmen Spotlight, it may be on YOU!

Reminder: No Club Meeting July 3, 2017. See you again August 7th for our next regular meeting. Angelo's will no longer be available for our meetings. A new location will soon be announced. Happy 4th of July!

SHASTA WHEELMEN RIDE SCHEDULE JULY 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
2 Veteran's Cemetery 7:00 AM CVS Pharmacy @ Buena Ventura and Placer 44 miles/1867 ft climbing/B https://ridewithgps.com/routes/14136337	3 Club Monthly Meeting 7:00 PM Angelo's Pizza CANCELLED	4 Ride #5 7:00 AM Sundial Br Park Lot Jones Valley Store via Dana/downtown Churn Creek, College View, Old Oregon Trail, Bear Mtn Rtn: Dry Ck. Deschutes, Old Alturas, Browning, Dana/downtown 33+ miles/C+/B Tuesday Night Turn-Out 6 PM CVS Pharmacy Placer and Buenaventura Rich Robinson 214-9282		6 Ride #6 7:00 AM Sundial Br Lot Millville Plains via Cypress, Hartnell, Old 44, to Palo Cedro Rtn: Millville Plains, Dersch, Churn Creek Bonnyview, Eastside Road 35+ miles/C+		1 Sundial Bridge-Shasta Dam Loop 7:00 AM Sundial Bridge Maggie Fournier 246-7352 36 miles/C+ https://ridewithgps.com/routes/19741516
9 Whitmore Breakfast 7:00 AM Palo Cedro Park & Ride \$7.00 All you can eat Ride to Whitmore Enjoy! 55 miles/B+/A		11 Ride #7 7:00 AM Sundial Br Park Lot Igo/Ono via Freebridge, Eastside, Girvan, Clear Creek to Igo/Ono, w/ Zogg, Rainbow Lake Option Rtn: Placer, Buenaventura, 299, West St. Court St. to River Trail 30 + miles/C+/B Tuesday Night Turn-Out Repeat of Tuesday 7/4		13 Ride #8 7:00 AM Sundial Br Lot Bridge Bay via Dana downtown Hilltop, Twin View, Cascade, Union School, Old OR Tr. Wonderland, I-5 Rtn: I-5, Wonderland Blvd, Collyer, Churn Ck, Canby, Dana/downtown 38+ miles/C+		8 Becky's B-day Bash & BBQ Requesting your presence, but no presents 8:00 AM 639 Sycamore St. Chico, CA Ride to Wheelock/Table Mt. Blvd 42ish miles/C+ Bring: side dish and favorite adult beverage; swim suit and towel to take a dip in Sycamore Pool; Iced tea and lemonade provided Please RSVP to Becky Warren 530-604-9083 Middle Creek Loop 8:30 Sundial Bridge Pk Lot 28 miles/C+ https://ridewithgps.com/routes/1973672
16 Coleman Fish Hatchery 7:00 AM Anderson Starbucks 31 miles/C http://ridewithgps.com/routes/14136343		18 Ride #9 7:00 AM Sundial Br Park Lot Old Shasta via Branstetter, TX Springs, Placer, Taylor, Prospect, Mtn. Shadows, Middletown Pk, Swasey, Red Bluff Rd. Rtn: Granite, Rock Cr., Iron Mtn, Middle Cr, River Trail 33+ miles/C+ Tuesday Night Turn-Out Repeat of Tuesday 7/4		20 Ride #10 7:00 AM Sundial Br Lot Shasta Lake via the River Trail to Shasta Dam, Centimudi, Shasta Dam Blvd. Rtn: Cascade, Pine Grove, Twin View, Churn Ck, 35+ miles/B		15 Fall River Century 7:00 AM Intermountain Fair Grounds  Bensen and Basler 7:00 AM Starbucks Anderson 40 miles/C https://ridewithgps.com/routes/10692743
23 10 Bridge Ride 7:00 AM Westwood Village 46 miles/C http://ridewithgps.com/routes/10374622		25 Ride #11 7:00 AM Sundial Br Park Lot End of Iron Rd via River Trail Rtn: Iron Mtn, Rock Creek, Granite, to Old Shasta backside of wasey, Placer, Texas 4Springs 33+ miles/B/B Tuesday Night Turn-Out Repeat of Tuesday 7/4		27 Ride #12 7:00 AM Sundial Br Lot Shasta Lake City via Dana/downtown from east side to Akrich stop @ McDonalds Rtn: Lake, Quartz Hill, Keswick, River Trail w/Dam loop 32+ miles/B-	21 Gold Country Weekend Nevada City, CA John Crowe 246-2563	22 Gold Country Weekend Nevada City, CA John Crowe 246-2563 Sunnyhill Road 7:00 AM Westwood Village 50 miles/B/B+/A http://ridewithgps.com/routes/12117943
30 Palo Cedro/Victor 7:00 AM Westwood Village 34 miles/C http://ridewithgps.com/routes/11753400		 Ride Ratings: A: Steep, lots of climbing for strong riders B: Steep to moderate, lots of climbing with some relief C: Moderate, some hills challenging to average rider D: Moderate to easy, may be challenging to beginners Helmets required for all rides Log Miles on website: www.shastawheelmen.org under calendar/logs OR on Strava.com		29 Freeway Loop (Bowman to Main) 7:00 AM Cottonwood Park 'n Ride Russ Azevedo 241-4288 24 miles/C Water check Weigh before and after		

Meeting Of Members

Shasta Wheelmen Business Meeting Minutes of June 5, 2017

Call to Order

The monthly business meeting was called to order by President Patty Shackleton at 7 P.M. at Angelo's Pizza Parlor at 1774 California Street, Redding, CA. Two new members, Tom March and Tom Harris were present. Patty Shackleton acknowledged three club members: Fred and Linda Bergstrom for their hard work and great attitude representing the club and Wayne Wilson for all his volunteering for club events and for riding 2,179 miles in the month of May. Earl Talken has designed Shasta Wheelmen business cards for all members. Patty encouraged the members to hand out the business cards to anyone interested in the club.

May Minutes

The May meeting minutes as published in the April newsletter were discussed. Charlie Finkel made a motion to approve the minutes as published in the April newsletter. It was seconded and unanimously approved by all members present.

Treasurer's Report

Wayne Wilson provided the monthly treasurer's report for both the Wheelmen and Granfondo accounts. The Wheelmen account has a balance of \$8,328.18, while the Granfondo account has a balance of \$2,686.93. Income for the Wheelmen account came from six membership dues of \$25 each and the transfer of Granfondo monies for a total of \$341; expenses were \$554 for gift certificates, liability insurance, Ride with GPS club account and office supplies. The Granfondo account had an income of \$136 from club renewal stripe transfer, while expenses totaled \$566 from 2016 Wildcat fee Palo Cedro Park, 2016 Wildcat sponsorship expenses and transfer income to Wheelmen account.

Membership Report

Charlie Finkel reported that there are 88 paid memberships with six lifetime members. Our newest member is Tom March.

Ride Calendar:

Don Talkington is publishing all rides on the interactive ride calendar on the Wheelmen website and on Facebook. He is encouraging everyone to like it on Shasta Wheelmen FaceBook.

Charlie Fournier is asking members to sign up and lead rides. Upcoming rides consist of the Gold Beach Oregon ride called Bike the Rogue on September 9. Charlie Finkel said he would have a party at his house after the ride. John Crowe is sponsoring a Gold Country Weekend in Nevada City, CA on July 21 and 22.

Old Business

The Wildcat Granfondo is scheduled for October 21, 2017. Registration went live in May @ thewildcatgranfondo.com. Wayne Wilson, Charlie Fournier, John Crowe, Larry Toney, Judy Addison and Randy Brix are committee members. Randy Brix is in charge of rest stops. Randy stated that there will be 6 rest stops with 2 Wheelmen at each stop. Maggie Fournier, Ann Wright, and Linda and Ian Cannar have all volunteered to help run a rest stop. Larry Toney is in charge of registration. Charlie Finkel has volunteered to help Larry. Larry is asking for more volunteers to help with registration. John Crowe and Wayne Wilson are in charge of food and drinks. Keith Arnett is in charge of the porta-pot-

ties. Charlie Fournier is in charge of SAG. John Crowe is in charge of advertising. Judy Addison is in charge of picking up and delivering all supplies to the rest stops. The committee is asking for volunteers from the club for the following positions: (1) Marking crew. Charlie Fournier and Charlie Finkel have volunteered but two others are still needed; (2) Rest stop equipment coordinator; (3) Beer Garden and Wild Card Brewery coordinator; and (4) Parking Coordinator. All riders signed up for last year will be receiving a special letter explaining this year's ride and personally inviting them to sign up and ride again this year. Charlie Fournier volunteered to write the letter.

New Business

Casey Kerrigan discussed the National Bike Challenge and explained that it is based on points not miles. Charlie Fournier and Wayne Wilson made the challenge interesting by trying to outdo each other. In the end, Wayne Wilson had the most miles, 2,179.7 miles and Charlie Fournier had the most points. Nationally, Wayne and Charlie came in 12th and 13th respectively. Shasta Wheelmen came in second behind Ride Redding in Shasta County challenges and 24th nationally. The challenge continues through September. Casey encouraged everyone to use Strava as Strava can provide data-based evidence to help with roads, signs and road improvements. He said city planners used this data for metro data and greater environmental planning.

Charlie Finkel has graciously agreed to host a summer pool party at this home on Wednesday, June 28 at 5 pm. This is in lieu of the 2016 winter banquet. He will provide pulled pork, paper plates and glasses. He is asking everyone to bring something to share. Please RSVP.

The July meeting has been canceled due to the July 4th. Our next meeting will be August 7th at 7 P.M. at Angelo's Pizza.

May Ride Leader Drawing:

Door prize drawings were won by Tom March and John Crowe. Russ Azavedo, Wayne Wilson, Maggie Fournier and Rich Robinson were the ride leaders for May. Maggie Fournier was the winner.

The meeting was adjourned at 8:13 P.M.
Respectfully submitted,

Maggie Fournier, Wheelmen Secretary

Why The Ugliness Of Cycling Shorts Is Surpassed Only By Their Importance

Non-riders have a tendency to laugh at the shiny, often gaudy cycling clothes worn by even casual bicyclists, but if they rode even a few miles, they would understand that cycling shorts are second only to a helmet in crucial importance to the rider. Cycling shorts may not be made for fashion, but they provide a critical element of comfort to any kind of bicycling effort.

The first cycling shorts were nearly more work than worth. Made of wool, with a leather chamois stitched for padding in the crotch of each pair, they were hot and they were nearly impossible to launder. The wool took forever to dry, and the leather became so stiff it often hurt more than it helped. Today's cycling shorts are as far from these old models as our laptops are from main frames. They weigh next to nothing, they dry in no time, and their padding stays soft and supple, just as it's supposed to be. With or without straps (the so-called "bib" style), a pair of cycling shorts is essential for any bike rider.

Really, the only thing today's cycling shorts have in common with their ancestors is their style. With the exception of some of the models made for mountain biking, cycling shorts are still long enough to cover most of the rider's thigh and basic black is still the predominant color. However, any ride through a town with a sizable population of road riders will also reveal what passes for fashion sense among bicyclists: the basic black cycling short is now frequently festooned with so many advertisements for events and products and companies in the most garish colors on the spectrum that the black is all but unseen! For some reason, road riders seem to thrive on clashing colors and excessive advertising. And the more devoted a cyclist you observe, the more logos and screaming slogans you are likely to observe!

Still, there is a real reason to wear cycling shorts, no matter what they look like: their padding. It, especially if combined with a good bicycle seat, will vastly increase your comfort level as a rider. It, rather than a particularly delicate area of your anatomy, will absorb a lot of the shock of bike riding. Cycling shorts are made as they are for good reason. They absorb shock, let perspiration evaporate, and keep you aerodynamic on your bike. Being aerodynamic matters to speed, of course, but also to safety. Loose fitting clothing can get stuck in a bicycle's moving parts as well as making your form more resistant to any wind you encounter.



A Warning to Enthusiasts"
Punch, July 6, 1889, 5

This deformed body was the predicted result for the enthusiastic cyclist.

PAY ATTENTION TO THIS IMPORTANT NOTICE

There will be no July meeting of the Shasta Wheelmen. Our next meeting will be August 7th, 7:00 P.M. at a location to be announced.

Ways To Stay Visible While Cycling

By Bryan MacMurray

Using a bicycle to get from point A to point B is a fun and healthy way to reduce your carbon footprint. Unfortunately, even the most cautious and experienced cyclist stands no chance against a careless motorist, and they cause up to 29 percent of injuries for bicyclists. Fortunately, there's a lot we can do to prevent crashes by simply being seen. Here are some top ways to stay visible whenever riding alongside traffic.

#1: Ride Loud and Proud in the Center of Your Lane

Many cyclists tend to stay to the right-hand side of the lane, which is fine if you're on an exceptionally wide street, have a designated bike lane, or if there's no traffic. But if you ride your bicycle in a major city, it's often much safer to ride in the middle of the lane. Drivers have a difficult time judging how much space is between their car and your bike, so there's a solid chance you could be sideswiped if they think they have the space to pass you.

#2: Dress for the Occasion

While we're not recommending attaching strobe lights to your bicycle or gear, it's best to not dress in pure black either. If you can, try to wear at least one article of clothing that's appropriate for the time of day at which you're riding. During the day, try to wear something that's fluorescent, light bright greens, yellows, oranges, and pink. It doesn't really matter what color you wear at night, because motorists can't see it anyway. When cycling at night, it's important to wear something reflective so you'll pick up the light from cars' headlights. An easy way to knock out two birds with one stone is to buy a fluorescent and reflective safety vest to wear over your usual cycling attire.

#3: If It's Legal, Run Red Lights

Don't do anything illegal or reckless here! You can get a ticket, especially if you cruise past a cop in a particularly grumpy mood. Even worse, you could get hit by a car. But in a handful of states, it is legal for cyclists to go through red lights after coming to a complete stop. It's clearly advantageous for cyclists to be ahead of traffic. This allows motorists to see you from far away and give you the space you need. If you live in a state that allows cyclists to run red lights, and if you've made sure the coast is clear and there's no oncoming traffic, be sure to get ahead of other motorists!

#4: Act Predictable

Some easy ways to prevent crashes are by riding predictably: Signaling when you're going to turn, not weaving in and out of traffic, etc. One particularly dangerous situation to avoid is moving to the far right when you approach an empty parking lane. It may seem like a free lane for you to use, but eventually it'll end, either when you approach a parked car or when the curb comes up. At this point you'll need to merge into traffic, making it very easy for a car to rear-end you.



By keeping a handful of visibility techniques in mind, you can dramatically reduce your chances of being involved in a crash with a motorist.

A Warm Welcome to New Members

Benny Adams of Redding
Trevor and Leslie Gerhardt of Redding

Thomas March from Redding
Tom Harris of Cottonwood
John Simmons from Redding
Patricia Hamelberg of Red Bluff

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



Dignity Health™



DINESH S. MANTRI, M.D.



KENNY, SNOWDEN & NORINE



**HUDSON
CHIROPRACTIC**



ESTABLISHED 1994

**North Valley
Physical Therapy**



**REDDING, CA
WILDCARD
Brewing co**

