

Shasta Bike Month ~ May 2016

Calendar of Events



All events are **FREE** unless indicated with a \$



= featured Bike
Month event

Shasta Bike Challenge!

May 1st-21st

Get your bike into gear and join the Shasta Bike Challenge! Get a free entry into a drawing for great prizes each day you ride your bicycle to work, school, or wherever you want to go! The more days you ride, the more likely you'll win a prize.

Visit:

www.shastabikechallenge.org

March 22-May 3: Introduction to Mountain Biking Classes

6:00 p.m., Tuesdays

The Redding Mountain Biking Club will offer its annual "Introduction to Mountain Biking Classes for mountain biking enthusiasts as well as those who are new to the sport. Participants will become familiar with their bikes and riding capabilities, explore Shasta County's expanding trail system, and learn how to successfully traverse the ever-changing mountain-biking terrain. Weekly classes will be held under the direction of Ellis Goad and other RMB members on Tuesday evenings at 6:00 p.m.

For a complete listing of rides and meet-up locations, visit <http://reddingmountainbiking.org>
\$20 per person, includes a 1 year membership in the RMBC. FREE to current members.

Saturday, April 9

Red Hawk Ride

8:30 a.m.

Location: Simpson University

Fundraising ride to support scholarships at Simpson University with rides of various levels (6, 18, 38 or 69 miles). Register by March 30. <http://simpsonu.edu/Pages/About/News/Events/Red-Hawk-Ride.htm>
\$

April 10-May 1: Team & Individual Registration for the Shasta Bike Challenge



School and worksite teams compete against each other by encouraging more people to bicycle more often from May 1 to 21. Put your team together today to compete for glory and awards. Individuals are entered into a free drawing each day they ride a bicycle, May 1 to 21. Register a worksite or school team, or as an individual, at <http://shastabikechallenge.org>
FREE!

April 16: Kidical Mass Bicycle Event for the Week of the Young Child

11:00 a.m.-1:00 p.m.

Location: Turtle Bay Exploration Park's Children's Garden and Quarry Patio Garden

Come create a "Kidical Mass!" Tricycles, balance bikes and scooters will be available for children to ride on a fun obstacle course, or children can bring their own bikes. Turtle Bay Exploration Park's resident animals will be there as well! Provided by Friends of the Redding Trails as part of the Week of the Young Child.

<http://first5shasta.org/week-of-the-young-child> or <https://www.facebook.com/friendsofthereddingtrails>
FREE!

April 23- April 27: Whole Earth Day and Watershed Festival

10:00 a.m. – 5:00 p.m.

Location: Redding City Hall and Sculpture Park, 777 Cypress Ave.

There will be over 110 Exhibitors, live music, excellent local food, extended Farmers Market, loads of incredible hands-on activities for all ages, giveaways, the annual Cart Art Contest, and “Build It Bazaar”. Shasta Wheelman will provide valet bicycle parking and Healthy Shasta will have Bike Blender Smoothies.

www.wholeearthandwatershedfestival.org

FREE!

Friday, April 29: Spring Spin Celebration at the Sundial



4 p.m.-7 p.m.

Location: Turtle Bay Exploration Park’s Quarry Plaza (north end of the Sundial Bridge)

Kick-off Shasta Bike Month! Stop by on your evening commute to fuel up and get energized with live music or plan to meet up with friends for a ride and dinner. Everything you need to celebrate Shasta Bike Month all in one place - music, food trucks, photo booth, prizes, vendors, get advice on bike routes, give input to transportation officials, and more! Offered by Owens Healthcare in conjunction with Turtle Bay Exploration Park. Shasta Bike Challenge Teams can pick up their Team Captain swag bags.

FREE!

Saturday, April 30: Lemurian Shasta Classic Mountain Bike Race

9a.m.

Location: Brandy Creek Marina Boat Ramp, Whiskeytown Lake

Several courses available (challenging 26 mile long course, 20 mile intermediate, and 8 mile short course).

Preregister at <http://shastalemurian.com/>

\$ Park entry fee required \$5.00

\$ (registration plus \$5 car entry fee)

Spectators FREE/No dogs please

Sunday, May 1 – Saturday, May 21

Shasta Bike Challenge! Win Great Prizes!



Be entered into a free drawing each day you ride your bike to work, school or errands (or go for a recreational ride) between May 1 to 21...it’s that simple! Local prizes include gift certificates to local bike shops and great gear. This year the local Bike Challenge will be hosted again on the National Bike Challenge website – so every bicycle trip you log between May 1st to 21st counts for both. Then National Bike Challenge continues through September. You can submit your bicycle trips on the website, or use the Strava app which also provides information to help local cities plan for bicycle facilities. Register at <http://shastabikechallenge.org>

FREE!

Wednesday, May 4: Bike to School Day



Sign up your school for Bike to School Day!

Shasta Safe Routes to School can help! Call 245-6457 or visit www.healthyshasta.org.

FREE!

Saturday, May 7: Shasta Trail Celebration

Shasta Historic Mining Park

10:30 a.m.-3:00 p.m.

Location: Shasta Historic Mining Park.

The Shasta Historic Mining Park, McConnell Foundation, Redding Mountain Bike Club and Bureau of Land Management invite you to help celebrate the dedication of the Middle Creek Rock Creek trail system and Redding Bike Month. Join us for free guided trail rides at 10:30 a.m. food served at 11:30 and live music by Jim Dyar band.

FREE!

Every Saturday: Valet Bicycle Parking at the Redding Farmers' Market

7:30 a.m-12 p.m.

Location: Redding City Hall back parking lot

Enjoy the security of valet bicycle parking while you shop, eat and play at the Redding Farmers' Market every Saturday. Provided by Shasta Living Streets.

www.shastalivingstreets.org

FREE!

Saturday, May 14: The Dam Bridge Ride

9 a.m. – 1 p.m.

Location: Starting at the south end of the Sundial Bridge
Redding East Rotary Club is offering a family oriented, fun bike ride that will benefit local high school scholarships. The Dam Bridge Ride offers 2 bike courses, a ten mile ride, and the 32-mile sponsored course. All riders get a post-ride meal at headquarters.

<https://www.facebook.com/bridgeride>

\$

This Event has been CANCELED

Saturday, May 14 

Redding by Bike. Art & Music

11a.m. (start)

Location: Old City Hall, 1313 Market Street

Wednesday, May 18: 12th Annual Ride of Silence

7 p.m. Please arrive early.

Location: Sundial Bridge

The Ride Leader is Doug Holt.

Everyone is invited. The ride will be approximately 10 miles.

This slow-paced silent ride is in honor of those injured or killed while bicycling.

The Ride of Silence asks cyclists to ride no faster than 12 mph, wear helmets, follow the rules of the road and remain silent during the ride. Organized by the Shasta Wheelmen Bicycling Club.

www.shastawheelmen.org

FREE!

Get Answers to Your Bike Commute Questions

Ask a Bike Commute Question

Shasta Living Streets is available to answer your bike commute questions! Contact them through Facebook, Twitter, or email. www.shastalivingstreets.org
Free!

Bicycle Commute Coaching

Take advantage of a Shasta Living Streets Commute Coach to help you integrate more bicycling and walking trips into your weekly routine. Learn to plan a reliable route, how to carry things, what to wear, find others to ride with, and much more! Available for personal coaching or worksite presentations.

www.shastalivingstreets.org/activities-and-events/personal-bicycle-commute-coaching/

Free for Shasta Living Streets Members (starting at \$10)

Thursday, May 19: Caltrans Lunch Ride

11:30 a.m., start ride at 11:45 a.m

Location: Lake Redding Pavillion

Open to public, short, easy course for beginners and longer loop for more experienced riders. Comfort station available before and after ride.

FREE!

Thursday, May 19: Ride with Transportation Officials

5:30 p.m.

Location: Sundial Bridge

Join transportation officials from City of Redding, Caltrans District 2, and the Shasta Regional Transportation Agency for a friendly bicycle ride and chat about local bicycling infrastructure. A great chance to ask questions and give input.

FREE!

Friday, May 20



Free Pancake Breakfast with Shasta Wheelmen

6 a.m. – 10 a.m.

Location: Bicycle corrals at Market / Placer in the Promenade Valet bicycle parking and FREE breakfast tickets for the first 150 people who ride their bike wearing a helmet to Redding Rodeo Association's famous outdoor pancake breakfast. At "Roaring Gulch" (bicycle corrals offered at Market / Placer in the Promenade). Courtesy of the Shasta Wheelmen. www.shastawheelmen.org

FREE!

Friday, May 20



Bike-In Outdoor Movie with Enjoy & Shasta Living Streets

8:30 p.m. - Come early to find a seat

Location: Market Street Promenade (Market Street, Downtown Redding, at the north end near the lawn and Shasta College building)

Remember the Drive-In Movies? Now you can *Bike-In* to enjoy an outdoor movie! The feature film will be *Rising From the Ashes*, a film locally produced by Dan Cooper. Bring your blanket or lawn chair to sit on and enjoy a movie under the stars. Plus updates of the Shasta Bike Challenge will be announced.

Living Streets.

About the movie: www.risingfromashesthemovie.com

About the event: www.shastalivingstreets.org

Presented by Enjoy Magazine, Shasta Arts Council and Shasta Living Streets.

FREE!

Connect with Clubs & Groups to Ride Year-Round

There are a variety of groups that host bicycle rides throughout the year. Check out their websites to learn about what is planned in May and throughout the year!

Redding Mountain Biking Club (RMB) for dirt trail riding

www.reddingmountainbiking.org

Shasta Wheelmen for road riding

www.shastawheelmen.org

We Ski II

www.meetup.com/We-Ski-II

Recreation Unlimited Fun & Friends "RUFF"

www.meetup.com/RecreationFunFriends/

Burney-Fall River Bicycle Association

cycleburneyfallriver@frontier.com

Cyclocross Riding

Cyclopedia Facebook page

Friday, May 20 

**Bike to Happy Hour
for a Bike to Work
Day**

4:00 p.m. – 8:00 p.m. and beyond

Location: Carnegies, 1600 Oregon Street, Redding

For anyone curious about bicycling. Come meet people who ride locally and swap ideas, tips and stories. Learn about organizations and events that make this a beautiful place to ride and be inspired. Sponsored by Carnegies and Shasta Living Streets. Bicycles not required.

Free event; purchase your own food & beverages

FREE!

Saturday, May 21 

Ride your bike in the Rodeo Parade

8:30 a.m.

Location: Meet on California Street

Decorate your bike and ride with the, Shasta Living Streets and others in the Rodeo Parade (helmets required).

www.shastalivingstreets.org

FREE!

Saturday, May 21: Whiskeytown Duathlon

8:30 a.m.

Location: Whiskeytown National Recreation Area, Shasta Mine Loop Parking Lot.

Run 3.0 miles – Mountain Bike 8 miles– Run 3.0 miles on a great dirt course.

By SWEAT and Redding Mountain Biking.

Preregister at www.sweatrc.com/Duathlon/Duathlon.html

\$ 35/45 Individual

\$60/70 Team (2 person)

Books N Bikes

Reading and bicycling are both great family activities! This May fun children's' books with bicycle themes will be distributed to children 8 and younger. Watch for them popping up at story times, kindergarten classrooms, and select Bike Month events! Books provided by First 5 Shasta.

For links to bicycle related book lists for kids and adults alike, visit www.healthyshasta.org/bike-challenge-news/bikes-n-books or contact shastabikemonth@gmail.com or call 229-8456

Saturday, May 21

Anderson Century Bike Ride

Various Start Times (visit website for full details)

By Enterprise and Anderson Lion's Clubs. Route changes and new maps, a 125 mile "Super Century" option.

Ride options for various levels and distances.

Anderson River Park

See website for registration & costs. <http://www.andersoncentury.com/> \$

Friday, May 27 to Sunday, May 29

Shasta Cascade Weekend Sports Festival

California's new race adventure, including half-iron triathlon, endurance duathlon, Olympic tri/du, full and half marathon, 5k and 10k runs, bike tours, kids' splash pedal-n-dash, and kids' ½ mile and mile dash. Events at Shasta Lake, the Sacramento River Trail and other areas in Redding, Shasta Lake and Anderson. Festivities and music at the Civic Center in Redding.

www.shastasportsfest.com

\$ (prices vary)

Shasta Bike Month & the Shasta Bike Challenge are made possible by local volunteers and sponsors, including:

- Healthy Shasta
- Owens Healthcare
- Shasta Safe Routes to School
- Shasta Wheelmen
- Shasta Living Streets
- California Department of Transportation, District 2
- Chain Gang
- Enjoy Magazine
- First 5 Shasta
- Redding Area Bus Authority / RABA
- City of Redding
- Redding Sports LTD
- The Bike Shop
- Bikes Etc.
- Trails & Bikeways Council of Redding
- Turtle Bay Exploration Park
- Village Cycle
- Redding Electric Utility
- The Harvest Company
- The Fusion Lounge
- Headwaters Adventure Company
- Rare Air Trampoline Park
- Shasta Rock Club
- Jefferson Public Radio
- Pedego Electric Bikes
- And others!

Shasta Bike Month and Challenge • May 1-21 • 2016 • ShastaBikeChallenge.org

Shasta Bike Month & the Shasta Bike Challenge is a collaborative effort of various organizations & volunteers.

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