

December 2012

Issue: 15



Bicycling & Walking Updates

From the Shasta Cascade Bicycle Coalition & Healthy Shasta

Dear Melinda,

5th Annual Bike and Pedestrian Count

Thank you to the many volunteers who counted 1,030 bicyclists and 1,333 pedestrians at 24 intersections September 18-20 in **Redding**. In comparing 2011 to 2012*:

- 1,051 pedestrians were counted in 2012, down 3%*
- 853 bicycles were counted in 2012, an increase of 15.9%*
- Note that these numbers do not include pm data for the south end of the Sundial Bridge, which was busy with 92 bicycles and 216 pedestrians were observed.*

In general, locations near trailheads had the largest volumes of bicyclists and pedestrians. Locations with large rates of increases over last year included Quartz Hill/North Market, Court/Middle Creek, Shasta View / Old Alturas, and Bechelli/Hartnell.

This is the first year data was collected in **Shasta Lake**. At three locations, volunteers counted 38 bicyclists and 83 pedestrians.

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Local Links

Trails maps & health tips:

[Healthy Shasta](#)

Local clubs, events and group rides:

[Northern California Outdoor Adventurers](#)

[Shasta Living Streets](#)

[Shasta Wheelmen](#)

[Redding Velo](#)

[Redding Mountain Biking](#)

Accurate counts of bicycle and pedestrian traffic are essential for advocating and planning new facilities and making our community eligible for competitive funding.

Note: In 2011, temperatures hit 100°F and gas was about \$3.80/gallon; in 2012, afternoon temps were low 90's and gas was \$4.22/gallon.

** When comparing year to year, only data for locations in which am and/or pm data is available at the location for both years (for example, if am data is missing at a given location one year, then am data is not included for that location the other year). This includes both am and pm for 15 locations, plus am data for 5 and pm data for 3.*

Sharrows!

Redding installed its first sharrow on North Bechelli, leading towards the River Trail connection at the north end of the street. What is a sharrow? It's a 'shared lane marking' indicating to bicyclists ideal placement (ex: to avoid getting 'doored' by a parked car), typically along bicycle routes, and alerting motorists to expect to see bicyclists in the area.

Listen to an interview about sharrows and active transportation with Anne Wallach Thomas and Charlie Gandie at [Jefferson Public Radio](#).



We Ski II

Shasta Cascade Bicycle Coalition

Ask to be added to the distribution list for agendas - typically meet every other month at noon with a focus on creating a more bikable community.

More info at: 945-2176


SCBC Email

Shasta Living Streets

A movement to engage and inspire people to create livable communities for an economically viable and vital place to live, work and play. SLS promotes change that will allow people ages 8-80 to lead an active lifestyle and bicycle and walk for everyday transportation, health, and joy. There are many ways to get involved.

SLS Facebook Page

SLS Website

HEALTHY

 SHASTA
 Better choices. Healthy changes.

Beyond Urban Centers

Active Transportation in Rural America

New analysis of the 2009 National Household Travel Survey shows that in every type of rural area, walking and bicycling are already an important part of the transportation picture. Many small communities are choosing to invest in active transportation, and making it safe and convenient, because of the economic, health and demographic benefits these modes return.

The report includes stories from rural communities where people are walking and biking their way to strong local economies and fitness. Also interactive tools related to your community.

See the full report at RailsToTrails.org

Family Biking Day April 27th

Enjoy Shasta Living Street's Annual Event

Mark your calendar for this great car free event, offered in conjunction with the Whole Earth and Watershed Festival in Redding. Now is a great time to think about how your group or family wants to participate - gather fellow musicians to play a tune, juggle or perform magic in the street, or enjoy a morning stroll. Last year the Girl Scouts celebrated their Anniversary by having a bike parade at the event with the Rodeo Queen judging decorated bicycles - what could you do?

Planning efforts are now underway. Contact [Anne](#) with your ideas or questions, or visit ShastaLivingStreets.org



Things Parents Says

A short fun video about things parents (and kids!) have to say about walking or bicycling to school. [UTube](#)

Cypress School Starts Walking School Bus

As a kick off to Walk to School Day, which 14 schools in Shasta County and nearly 1700 students participated in, Cypress School launched a walking school bus. Every weekday morning, Cypress School staff meet excited, energetic students at the First United Methodist Church and walk to school, picking up other student passengers in the Garden Tract neighborhood along the way. Approximately 27 students make up the walking school bus. For more information about starting a walking school bus visit healthyshasta.org or contact Sherrie at 229-8456.

Give Me Wings Super Century

The Shasta Wheelmen will offer the Give Me Wings Super Century this spring - 127 miles of mountain roads (there are shorter options too!). Serious riders can choose to complete a trio by combining this event with events in Mt. Shasta and Hayfork. Details at [Give Me Wings](#).

ProWalk ProBike ProPlace

Four local individuals attended the International ProWalk ProBike ProPlace Conference. At a local panel discussion on October 23rd they shared lessons learned from the conference. See highlights at HealthyShasta.org

League Certified Instructors

Congratulations to 6 local individuals who have completed training and become certified by the League of American Bicyclists as League Certified Instructors (LCI). They will be involved in bicycle education through the Safe Routes to School program and also community based adult education. Watch for a special class for women every Thursday in March, among other classes coming this spring. For information contact [Healthy Shasta](http://HealthyShasta.org).

Find bicycling tips and resources at [League of American Bicyclists](http://LeagueofAmericanBicyclists.org)

May is Bike Month & Challenge

Planning for Bike Month activities and events, as well as the annual Bike Commute Challenge, starts in January. Now is the time to share ideas and suggestions, schedule events, start planning, and seek sponsors. For information, contact [Healthy Shasta](http://HealthyShasta.org) or call Amy at 229-8243.

HealthyShasta.org

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