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Bicycling & Walking Updates

From the Shasta Cascade Bicycle Coalition & Healthy Shasta

Dear Amy,

Trail User Survey Results

Healthy Shasta's recently released Trail User Survey received 819 responses from people who use the Sacramento River Trail. Thanks to all of you who completed the survey! A few highlights:

- 79% of respondents live in a zip code covering the greater Redding area
- 45% report walking, 35% bicycling and 16% jogging/running on their most recent trip to the trail
- 52% used the trail for exercise, 37% for recreation, and 7% for transportation (among those using the Dana trailhead, 18% used it for transportation on their most recent trip to the trail)
- The average commute using the trail is 21.8 miles and the median is 8 miles
- Overall, 63% of respondents got to the river trail in a motor vehicle, while 20% rode a bike and 14% walked to the trailhead
- There are over 800 written comments about making it easier to walk or bicycle in Redding

The full results, including more detail about the open ended responses, is at healthyshasta.org.

[Join Our Mailing List!](#)



Local Links

Trails maps & health tips:

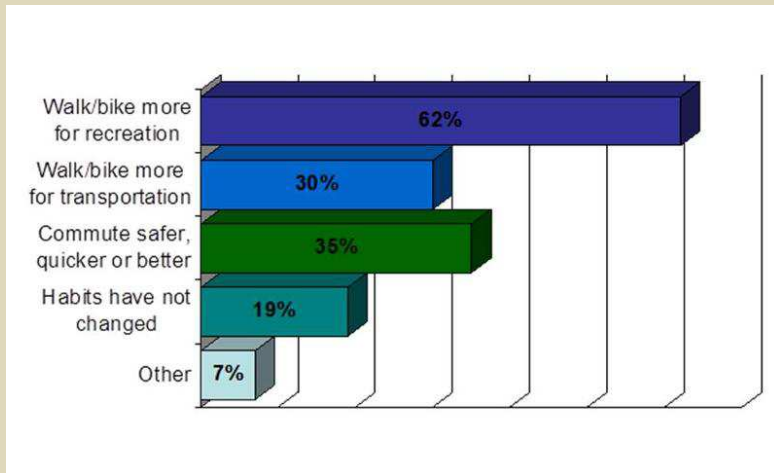
[Healthy Shasta](#)

Local clubs, events and group rides:

[Northern California Outdoor Adventurers](#)

Since the Dana to Downtown trail extension opened...

(among those who used the Dana/Hilltop trailhead on this or their last trip to the trail, n=249)



Celebrate National Bike to School Day At Your School

Free Helmets and Kits Offered to Local Schools

The Second National Bike to School Day is Wednesday, May 8th. Last year 8 schools with over 250 riders in Shasta County participated. The Safe Routes to School program is offering a free training to school officials and parents that want to participate. Those who attend the training will receive free helmets and Bike to School Day Kits for their school. Helmet fitting, bicycle safety, and tips on how to coordinate "bike trains" and a Bike to School Day event will be covered at the training, which will be Tuesday, March 26, 5:30 - 7:30 pm, at Shasta County Public Health. We encourage schools to take part in the bike month challenge!

Register for the training and to get your school involved at [Shasta Bike To School Day](#). Call 245-6457 for more information.

Women on Wheels

Women on Wheels Series offered in March

Women on Wheels is a 4-class series for women who would like to learn more about bicycling and gain valuable skills to ride comfortably and confidently. Each week will feature discussion topics, skills building, and a group ride. Topics include getting to know your bike, changing flats, avoiding hazards and common crashes, trail etiquette, choosing a route, street skills and rules of the road, commuting tips and much more!

[Shasta Living Streets](#)

[Shasta Wheelmen](#)

[Redding Velo](#)

[Redding Mountain Biking](#)

[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](#)

Taught by four local women who are League of American Bicyclist Certified Instructors. Scholarships are available. Class info available at healthyshasta.org. Register at [Redding Recreation](#).

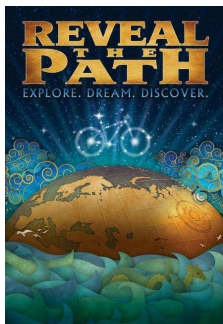
Reveal the Path

Reveal the Path is a genre-defying adventure film that contemplates what it means to live an inspired life. Ride along and get lost in the wonders of the world.

Before the movie, a reception will celebrate bicycling in the North State, including a slide show highlighting biking past and present. Local leaders will share stories and comments, including Francie Sullivan (Redding City Councilwoman), Mark Lascelles (Economic Development Corporation), Robert Paoletti (Redding Chief of Police), and Ed Rullman (General Manager of Best Western Plus Hilltop Inn, CR Gibbs American Grille).

Bicycle parking available. Arrive by bike to receive one free raffle ticket.

Movie trailer and tickets available at the [Cascade Theater](#) (\$15 in advance, \$20 day of event).



Metal Cowboy Riding Into Redding

Save the Date: May 3rd

Save the date for an entertaining and fun event with Joe Kurmaskie, the Metal Cowboy, on Friday, May 3rd. Joe will entertain us with humorous stories and images from his latest book, "[Mud Sweat, and Gears: Next 3,326 Miles](#)" about his family's rowdy bike adventure across Canada with three children on seven wheels.

This will be a great night out...with entertainment, snacks, bicycling gear on display, dessert and more! If your bicycle related business or club would like to display bicycle gear or activities please call 245-6457. The Metal Cowboy will also be visiting local schools as part of the Safe Routes to School

program. The Metal Cowboy's visit is hosted by First 5 Shasta and Healthy Shasta.

[Metal Cowboy Event Information](#)

Bike Commute Challenge Expands to Two Weeks!

Bike Month Coming In May

Time to start thinking about your Bike Commute Challenge team for 2013! Due to popular demand, this year's Bike Commute Challenge will be expanded to two weeks...May 5 to 18. Registration for worksite and school based teams will take place in April.

Planning is underway for Bike Month....watch for old favorites such as Bike to School Day and the Pancake Breakfast, as well as new events in the works for 2013! It's not too late to get involved...if your club or business would like to have an event for the public added to the Bike Month calendar just let us know. You can also support this annual celebration of bicycling by volunteering for an event, hosting an energizer station (provide refreshments to bicyclists during a 2 hour block in May), donating prizes for the Bike Commute Challenge, or contacting us at [Bike Month](#) about other opportunities.

The next planning meeting will be in the YMCA Conference Room on Wednesday, February 20th at 11:30 am (it's OK to bring a lunch and eat during the meeting).

What Bicyclists Want

Researchers in Portland, Oregon, clipped GPS units to experienced bicycles to document route details and determine what factors bicyclists used to determine their non-recreational routes. What they found:

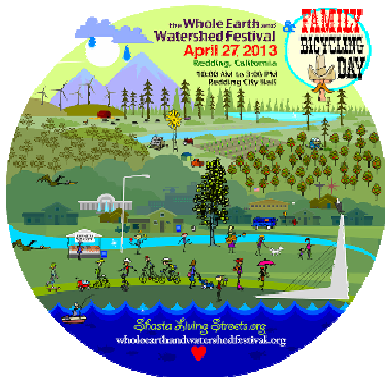
- Shorter routes are better.
- Bicyclists try to avoid both left and right turns.
- Bicyclists went out of their way to avoid hills.
- Traffic is a turn off. Bicyclists preferred off-road bicycle paths or traffic-calming bikeways (such as 'bike boulevards') to arterial bicycle lanes. Bicyclists are willing to go out of their way to use a path or quiet route.

More details about the study are at [The Atlantic](#).

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



Walk with Redding Recreation

Redding Recreation offers walking programs for all fitness levels.

- Walk with Ease is a multi-component evidence based program that meets for 6 weeks. It includes walking, education, stretching, strengthening and motivational strategies. The fee includes a t-shirt and fun incentives. This is perfect for those getting started on a walking or fitness program.
- Explore a new trail each week with one of the Walking for Fitness and Adventure groups. The intermediate/moderate class adds distance each week and sticks to paved surfaces. The advanced class explores dirt trails with varying terrain and hills.

More information at [Redding Recreation](#).

HealthyShasta.org