

September 2012

Issue: 14



## Bicycling & Walking Updates

From the Shasta Cascade Bicycle Coalition & Healthy Shasta

Dear Melinda,

### Volunteers Needed!

#### For the 5th Annual Bike and Pedestrian Count

Accurate counts of bicycle and pedestrian traffic are essential for advocating and planning new facilities and making our community eligible for competitive funding. Volunteers are needed on September 18th, 19th or 20th (you pick the day). Simply choose one of the 26 intersections and choose the morning (7-8:30 am) or afternoon (4-6 pm) shift. Sign up at [Bike Count Sign-up](#) then print the [Bike/Pedestrian Count Form](#) to record the information you gather. Thank you for your time! Questions? Email [Sara](#) or call 245-6457.

### Kids Bike Weekend - October 6th & 7th

Enjoy a Bike Skills Rodeo Saturday followed by Take A Kid Mountain Biking on Sunday - both FREE events!

A Bicycle Safety Skills Rodeo will be held at Turtle Bay School Saturday, October 6th, from 9 am to noon. Test your bicycle skills with fun activities, plus helmet fitting, bicycle checks, and safety tips. Then ride your bike on the trails to Turtle Bay Exploration Park for the Walk This Way at Turtle Bay event (free admission). Contact Sara at 245-6457.

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[Join Our Mailing List!](#)



### Local Links

Trails maps & health tips:

[Healthy Shasta](#)

Local clubs, events and group rides:

[Northern California Outdoor Adventurers](#)

[Shasta Living Streets](#)

[Shasta Wheelmen](#)

Sunday is Take a Kid Mountain Biking Day at Swasey Recreation Area. Guided mountain biking rides on dirt trails are offered for various levels and ages. Booths, free drawing for kids with great prizes, and lunch will be provided. Offered by Redding Mountain Biking and BLM. Contact [Scott](#)

Volunteers are needed for either event. More info at [healthyshasta.org](http://healthyshasta.org).

## Bike Instructor Certification Scholarships Available

Want to share your passion for bicycling with others? Healthy Shasta and Shasta Safe Routes to School are providing scholarships to Shasta County residents who would like to become League Certified Instructors (LCI) through the League of American Bicyclists. The LCI training will be October 19-21 in Chico. The scholarships cover tuition for the LCI training (a \$300 value) and recipients are asked to provide at least 10 hours of bicycle instruction in local schools or the community (we can plug you into existing opportunities or you can create your own classes or workshops). To qualify, applicants must have completed the League's Traffic Skills 101 course before the LCI training (it will be offered in Chico Sept 21-22). More information and scholarship applications available at [healthyshasta.org](http://healthyshasta.org) or [email](#).

## Walk To School Day At Your School Free Safety Kits Offered to Local Schools

Shasta Safe Routes to School is offering safety kits, supplies and training for K-8 schools who want to coordinate Walk to School (W2S) Day, October 3, 2012. Parent groups/organizations and site councils are encouraged to apply. For more information and to complete the application please visit [healthyshasta.org](http://healthyshasta.org) or call 245-6457 for more information.

## Free Talk on Active Transportation

Four local professionals are currently at the ProWalk ProBike Conference in Long Beach. They will share lessons learned and inspirations from the conference at a panel discussion, Tuesday, October 23, at 12 noon in the Redding Library Community Room. Additional information will be posted at [healthyshasta.org](http://healthyshasta.org) closer to the event.

## Shasta Living Streets

Shasta Living Streets is a local movement that promotes active living

[Redding Velo](#)

[Redding Mountain Biking](#)

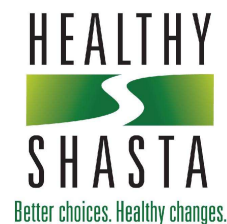
[We Ski II](#)

## Shasta Cascade Bicycle Coalition

Next meeting is Monday,  
September 17th, 7pm at  
Gironda's in Redding.

More info at: 547-3198

[Click Here to Email Us](#)



and community interaction as people move safely through neighborhood streets. The goal is to create more livable communities within our region for an economically viable and vital place to live, work and play. For information about local issues and monthly events in our area, connect with the community on [Facebook: ShastaLivingStreets](#).

The website [ShastaLivingStreets.org](#) contains resources and information about important issues, including complete streets and the safe passing legislation, Give Me 3, which is currently on the Governor's desk.

## Caltrans Named Bicycle Friendly Employer of the Year

When the dust settled, the California Department of Transportation District 2 came out on top with the most points in the annual Bike Commute Challenge. Caltrans was also named Bicycle Friendly Employer of the Year (based on points earned in the Challenge plus other efforts such as caged bicycle parking, showers, incentives to encourage employees to ride and more). Other top performing teams included Nichols, Melburg and Rossetto Architects, Shasta College, City of Redding, Team Anonymous, and California Department of Public Health Drinking Water. For more results and information, visit [healthyshasta.org](#).

## Local SRTS Effort Recognized

Mistletoe School, City of Redding, and Shasta Safe Routes to School are being featured in a success story by the California Safe Routes to School program. They partnered to obtain funds to build an enhanced crosswalk, making it safer and easier for students to cross a busy street in front of the school. Walk to School Day was celebrated last October, which gave many students an opportunity to try the new crosswalk. Read more at [Mistletoe Success Story](#).

## Redding Adopts Complete Streets

On August 21st, Redding's City Council unanimously approved a Complete Streets resolution, including an amendment to the General Plan. Complete Streets practices create safe and efficient transportation networks for all travel modes - including bicyclists, pedestrians, motorists and transit users.

## Designing Healthy Communities

*Designing Healthy Communities* is a provocative 4-hour TV series that will air locally on KIXE at 8 pm on October 6, 13, 20, and 27, Hosted by Richard Jackson, MD, MPH, the series looks at the impact our built environment has on key public health indices -

obesity, diabetes, heart disease, asthma, cancer and depression. Dr. Jackson connects bad community design with burgeoning health costs, then analyzes and illustrates what citizens are doing about this urgent crisis by looking upstream for innovative solutions.

## Public Comment Period for Climate Action Plan

The public comment period for a regional Climate Action Plan is currently open. The draft plan can be viewed at [Draft Climate Action Plan](#) and covers unincorporated Shasta County, Redding, Anderson and Shasta Lake. A public workshop will be held September 25, shortly after the Board of Supervisors meeting (mid-to late morning). Comments may be submitted to the Shasta County Air Quality Management District by emailing [Adam Fieseler](#) or calling 225-5674. The plan does have sections about non-motorized transportation.

## Shasta Cascade Bicycle Coalition: Changes Ahead

**Next meeting is Monday, September 17th at 7 pm**

**Meeting Location:** Gironda's Italian Restaurant (back room)

Topics include recent paving/painting projects in the area, plans for a Sharrow Birthday Party, highlights from the ProWalk ProBike Conference, and transitioning of SCBC to Shasta Living Streets. Bring your ideas and updates.

Shasta Cascade Bicycle Coalition meetings are free and open to everyone! Call 547-3198 for information.

## Shasta Cascade Bicycle Coalition & Healthy Shasta

[Healthy Shasta Website](#)

[Shasta Cascade Bicycle Coalition Website](#)

[Forward email](#)



Try it FREE today.

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