

## Activate Shasta!

### In This Issue

Bike Commute Challenge 2012

May is Bike Month

Weight of the Nation

Farmers' Markets

### Quick Links

[Healthy Shasta](#)  
[Bike Commute Challenge](#)  
[Bike Month](#)  
[Weight of the Nation](#)  
[Farmers' Markets](#)

## You're Invited: Bike Commute Challenge 2012

The Shasta Cascade Bicycle Coalition and Healthy Shasta invite individuals, worksites and school teams to join the friendly and fun Bike Commute Challenge taking place May 13 to 19!

Go to Healthy Shasta's [Bike Commute Challenge](#) page to join the fun and learn about this year's event.

Energize your bike commute by stopping by an [energizer station](#) - arrive by bike to receive free refreshments and goodies. A great way to start the day!

- Monday, May 14; 7:30 - 8:30 am; South End of Sundial Bridge with Churn Creek Meadow Organic Farm and Turtle Bay Exploration Park
- Monday, May 14; 6:00 am - 5:00 pm; Kaleidoscope Coffee, 2258 North Street, Anderson
- Tuesday, May 15; 7 - 9 am; Brew Craft Coffee; 1320 Yuba Street, Redding (cross street is Pine)
- Wednesday, May 16; 6:30 - 8 am; in front of the County Courthouse, 1500 Court Street, Redding; provided by Shasta County Superior Court
- Friday, May 18; 7 - 9 am; Brew Craft Coffee; 1320 Yuba Street, Redding (cross street is Pine)
- Friday, May 18; 6:00 am - 5:00 pm; Kaleidoscope Coffee, 2258 North Street, Anderson

Please contact Sherrie at 229-8456 if you have any questions.



## May is Bike Month

Celebrate Bike Month with great local events!

- Bike Commute Challenge May 13-19, with a chance to win great prizes!
- Energize your bike commute by stopping at an [energizer station](#) for free refreshments and goodies
- Ride of Silence on May 16th
- Pancake Breakfast with valet bicycle parking on May 18th
- Nominate your favorite worksite to be named "Bicycle Friendly Employer of the Year" (this award comes with a new bicycle rack)
- And much more!

[Bike Month Calendar of Events](#)



Local bike month activities are coordinated by Healthy Shasta, the Shasta Cascade Bicycle Coalition, Shasta Wheelmen, and Shasta Safe Routes to School. Other sponsors include the Redding Trails and Bikeways Council, RABA, Turtle Bay Exploration Park, The Bike Shop, Cyclopedia, Sports LTD, Village Cycle, Brew Craft Coffee, Kaleidoscope Coffee Company, Rabobank Redding and Churn Creek Meadow Organic Farm.

## Weight of the Nation Screening

The University of California Cooperative Extension (UCCE) invites you to attend the first national HBO screening of "Children in Crisis" - as part of the "Weight of the Nation" HBO series. This is a national outreach campaign on obesity prevention.

Dr. Patricia B. Crawford, Director of the Center for Weight and Health at the University of California, Berkeley, will provide the latest in childhood obesity prevention strategies as well as information on the launch of The University of California's "Shasta Team Up for Good Health: Kids, Families and Communities" program.

The event will be held on May 18, 2012 from 4 to 7 pm at the McLaughlin Auditorium, Sequoia Middle School, 1805 Sequoia Street, Redding, CA, 96001. Refreshments will be served.



To register for this important community event, please call the UCCE office at 530-224-4900 or register online at [ceshasta.ucdavis.edu](http://ceshasta.ucdavis.edu), click on "workshops" then on "Children in Crisis."

For additional information see the event flyer and agenda below or contact Concepcion Mendoza at [cmendoza@ucdavis.edu](mailto:cmendoza@ucdavis.edu).

[Event Flyer](#)

[Event Agenda](#)

# Farmers' Markets Are Open!

Looking for farm fresh produce? Look no further than your local farmers' market. Those looking for local will be pleased to know that nine farmers' throughout Shasta County will be open this year. Two markets are currently open, and others will be opening the first week of June. Options now include the Redding Market every Saturday from 7:30 am - noon at Redding City Hall on Cypress Avenue and the Anderson Market, every Thursday from 7:30 am - 1 pm in the Shasta Outlets Parking Lot.

For more information, including a complete schedule visit [healthyshasta.org](http://healthyshasta.org) or call 225-5351.



Healthy Shasta: Making the healthy choice the easy choice in Shasta County!