



January 11, 2012
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Two Safe Routes to School Workshops will be held in January
League of American Bicyclists' Traffic Skills 101 Smart Cycling Course and Safe Routes
School Conference will be held in Redding

SHASTA COUNTY – Shasta Safe Routes to School is sponsoring a League of American Bicyclists Traffic Skills 101 smart cycling course on Saturday, January 28 at Cypress School in Redding. The course is \$15 and includes lunch, a student manual, and a certificate of completion. The course is open to all community members age 16 and older, and will include information on how to educate youth on bicycle safety.

The course combines classroom discussion with on-road bicycle experience on quiet residential streets and multi-lane roads. Other aspects of the course include bicycle maintenance basics, clothing and equipment, bicycle handling, bicyclists' role in traffic, avoiding crashes and hazards, riding etiquette, and helping motorists share the road. Each participant must bring a bicycle and helmet.

“Bicyclists have more fun, and are safer, when they ride with skill and confidence,” said Dan Allison, League Certified Trainer and instructor for the course. Traffic Skills 101 provides the foundation for all League of American Bicyclist courses and gives instruction and guidance in the basic principles of vehicular bicycling.

In addition to the Traffic 101 Smart Cycling course, the Safe Routes to School Program is sponsoring a Safe Routes to School Conference on Thursday, January 26, 4 -7:30 pm at Cypress School in Redding. This conference is intended for teachers, parents, school officials, and walking and bicycle advocates. Topics include a presentation on stranger danger by Dan Kupsy, training on Safe Moves City equipment from the Redding Police Department, planning a successful Walk to School Day, and innovative projects by Anderson Middle School students to keep kids safe while walking to school. The goal of the Safe Routes to School Program is to make walking and biking to school safer, easier, and more convenient.

Registration deadline for both workshops is January 20, 2012. For more information or to register for these workshops, call Sara Sundquist at 245-6457 or visit www.healthyshasta.org. More information about content for this and other League of American Bicyclists trainings is available at www.bikeleague.org/programs/education/courses.php.

Healthy Shasta is a partnership committed to making healthy eating and physical activity choices easier where you live, work and play. Visit www.healthyshasta.org for more information.

Anderson Partnership for
Healthy Children/South
County HEAC

City of Anderson

City of Redding

City of Shasta Lake

County of Shasta

First 5 Shasta

Mercy Medical
Center

Redding Rancheria

Redding School
District

Shasta College

Shasta County Office
of Education

Shasta County RTPA

Shasta Family
YMCA

Shasta Head Start

Simpson University

The McConnell
Foundation

Turtle Bay Exploration
Park

University of California
Cooperative Extension

Viva Downtown

Whiskeytown
National
Recreation Area