



PRESS RELEASE

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New Women on Wheels Series

REDDING, CA – Healthy Shasta and Redding Recreation are teaming up to offer *Women on Wheels*, a new series of bicycling classes taught by women for women. All classes are designed to help women learn more about bicycling and gain valuable skills to ride comfortably and confidently. The first class will be March 7th and the series will continue each Thursday at 5:30 pm, through March 28th.

Each class will feature discussion topics, skills building activities (from how to change a flat tire to safely navigating intersections), and a group ride that builds upon what has been taught each week. All instructors are American League of Bicyclists Certified Instructors.

Women must be 16 years or older and may register for one class or the entire series. Each class is \$10, or \$25 for the 4-week series. Scholarships are available. Each participant should bring a bicycle in working order, a helmet, water, and wear comfortable clothes and shoes.

Sessions include “Get to Know Your Bike,” “Becoming a Better Bicyclist,” “Getting Where You Need to Go,” and “Putting It All Together...Enjoying the Ride.”

Register for *Women on Wheels* through the Redding Recreation office (1250 Parkview Avenue) or by calling 225-4095. Direct questions to the instructors at bike@healthyshasta.org.

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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 RTA

Shasta Family
YMCA

Shasta Head Start

Simpson University

The McConnell
Foundation

Turtle Bay Exploration
Park

University of California
Cooperative Extension

Viva Downtown

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Recreation Area