



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

Shasta County Schools to Celebrate Bike to School Day Kick-off encourages students to bike to school during national bike month

Date: April 24, 2013

Contact: Sara Sundquist, Safe Routes to School Coordinator, 245-6457

Twelve Shasta County schools will join schools from around the nation to celebrate Bike to School Day on Wednesday, May 8. Participating schools include Anderson Heights, Anderson Middle School, Boulder Creek, Burney Elementary, Country Christian, Cottonwood Creek Charter, Cypress, Happy Valley, Junction, Lassen View, Redding School of the Arts, Sequoia School, Shasta Lake School, and Turtle Bay School.

Some schools will host bike safety days or bike safety rodeos throughout May and give away helmets and prizes to students who participate. Other schools will form "bike trains," supervised groups of students riding single-file to school. "We encourage students to ride in supervised groups, and to wear a helmet," says Sara Sundquist, Safe Routes to School Program Coordinator.

The Safe Routes to School Program will coordinate a bicycle safety "par course" at Shasta Living Streets Family Biking Day on Saturday, April 27, from 10 am to noon on Park Marina Drive to allow families to practice their skills to ensure a safer ride to school. On May 2 and 3, Joe Kurmaskie, aka The Metal Cowboy, will present assemblies at five Shasta County schools. Kurmaskie has written books on bicycle adventures across North America and will share his enthusiasm for outdoor activity while giving important bicycle safety messages with students preparing for Bike to School Day.

Bike to School events work to create safer routes for bicycling, and emphasize the importance of increasing physical activity among children, developing bicycling safety skills, and decreasing traffic congestion and air pollution around the school. The events also help to build connections between families, schools and the broader community. City of Anderson police officers will be randomly giving away free bike lights to children riding safely and wearing helmets correctly throughout the month of May.

Bike to School Day is organized by the Shasta County Safe Routes to School program, which works with schools in Shasta County to encourage and promote walking and biking to school. To assist with this event or the Safe Routes to School movement, contact Sundquist at 245-6457.

This event is one of many happening during National Bike Month in May. For a full calendar, visit www.healthyshasta.org

For additional information, please visit these Web sites:



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International Walk to School in the USA
National Center for Safe Routes to School

www.walkbiketoschool.org
www.saferoutesinfo.org

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