



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 First Bike to School Day

A kick-off to encourage students to bike to school during national bike month

Date: April 25, 2012

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

Local –Shasta County schools will be joining schools from around the nation to celebrate Bike to School Day on Wednesday, May 9, 2012. Schools that are participating in this year's first Bike to School Day include Anderson Middle School, Burney Elementary, Lassen View, Manzanita, Redding School of the Arts, Sequoia School, Shasta Lake School, and Turtle Bay School.

Some schools will be offering contests throughout the month of May and giving away prizes to students that participate. Other schools will form "bike trains," supervised groups of students riding single-file to school. "We encourage students to ride with a friend and/or parent, and to wear a helmet, says Sara Sundquist, Safe Routes to School Program Coordinator. The Safe Routes to School program offered a training earlier in April to schools and parents to teach how to fit helmets and offer safety tips and tools to coordinate Bike to School Day. The Safe Routes to School Program will be doing a bicycle skills rodeo at Shasta Living Streets on Saturday, April 28, 10 am – Noon on Park Marina Drive to allow students to practice their skills to ensure a safer ride to school.

Bike to School events work to create safer routes for bicycling, and emphasize the importance of issues such as an increase in physical activity among children, pedestrian safety, and a decrease in traffic congestion and air pollution. The events also help to build connections between families, schools and the broader community. City of Redding 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 the Safe Routes to School Coordinator Sara Sundquist at 245-6457.

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

For additional information, please visit these Web sites:

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

www.walkbiketoschool.org
www.saferoutesinfo.org