



## PRESS RELEASE

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Contact: Sara Sundquist, 245-6457, or Scott Russell, 378-9110

### **Kid's Bike Weekend October 6 & 7**

*Safe Routes to School and Redding Mountain Biking partner to teach bike safety and experience fun on a bicycle!*

**Shasta County** – Gear up for fun by participating in Kid's Bike Weekend, October 6<sup>th</sup> and 7<sup>th</sup>! The weekend starts with Shasta Safe Routes to School's Bike Safety Rodeo at Turtle Bay School from 9 A.M. – noon on Saturday. On Sunday, The Redding Mountain Biking Club, in association with Redding's Bureau of Land Management, is hosting its annual Take A Kid Mountain Biking Day at the Swasey Recreation Area beginning at 9:00 am with ride groups departing regularly until 9:45 am. The two events are free.

Both events will have routes and activities for all skill levels including those who've recently had their training wheels removed. Bicycle mechanics will be available, however all participants are advised to pre-check their bikes prior to arrival. Safety is always a priority - participants are reminded to bring a bike, helmet, water, and to wear comfortable shoes - no sandals or flip flops.

Both events give children an opportunity to hone their bicycle skills so they can be confident riders and enjoy the freedom of riding a bike. After taking part in the bicycle rodeo, families are encouraged to ride their bikes to Healthy Shasta's Walk this Way at Turtle Bay event where the Shasta Wheelmen will provide free, secure bicycle parking to enable participants to enjoy Walk this Way's events and free entry into the museum.

Take a Kid Mountain Biking Day is an opportunity for adults to share the joy of a simple bike ride with a younger loved one. It also showcases the magnificent Swasey Recreation Area located approximately one mile north of Placer Road on Swasey Drive. A barbecue will be provided after the event for participants.

Additional sponsors of the event include The Bike Shop, Sports LTD, the Chain Gang, and International Mountain Biking Association.

For more information call Sara Sundquist at 245-6457 or Scott Russell at 378-9110 or [trailwork@reddingmountainbiking.com](mailto:trailwork@reddingmountainbiking.com).

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