

# Shasta Bike Month & Challenge Workgroup 2018



Shasta Bike Month & the Shasta Bike Challenge is a collaborative effort of various organizations and volunteers. These are the individuals who planned, organized, and implemented Shasta Bike Month.

## **Cameron Lievense, *Healthy Shasta***



My name is Cameron and I am from the Foothills of Los Angeles. I moved to Shasta County in 2013 and started working for Public Health where part of my job is to promote active transportation, specifically cycling. 2014 was my first year being a part of the Shasta Bike Challenge and Month and I represent Healthy Shasta. I started riding a bike pretty much right after I learned to walk and my family routinely took me on bike adventures across the state including my favorite places, Yosemite, Big Bear, and Mammoth. At an early age, I went on frequent trips to the coast where I could do long rides and overnights on the beach.

When I moved away for college, I ditched my car and used my road bike as my main mode of transportation. Now that I have moved to Redding, I have taken to the trails and enjoy mountain biking in my free time. I hope to see Shasta County continue its effort in building new trails and connecting our areas with new bike lanes. My previous jobs included Aquatic Therapist, Teaching Associate at CSUN, personal trainer, group fitness instructor, Recreational Therapy Volunteer, and swim instructor/coach. Other than cycling in my free time, I am an avid backpacker, fisherman, adventurer, traveler, and I am member of the Shasta County Search and Rescue Team. I am also specialized in fitness, nutrition, health, wilderness survival, and therapeutic exercise for individuals with disabilities.

## **Carrie Edwards, *Redding Rancheria***



Being born and raised in Redding, CA was a great childhood with lots of bike riding. I graduated from Shasta High School. Living in Sacramento I went to college at American River College and graduated from Chico State. I have Bachelors in Physical Education and worked as a PE teacher, PE consultant on a grant, and currently at Redding Rancheria as a Wellness Coordinator.

The Shasta Bike Challenge is a great community event and I have been able to be a part of for five years. Redding Rancheria has been fortunate to be Bike Friendly Employer of the year in 2015 & 2017.

Being a part of a community that has great trails has inspired me to share with our employees. I prefer mountain biking and our dirt trails are off the hook.

Riding around my neighborhood as a kid was a healthy fun way to spend my time. I took up mountain biking in my twenties and I am still doing that today. Now that I don't have kids to drop off at school anymore, I have commuted to work on my bike.

I would love to see commuter trails expanded and made safe so that families could commute to school and work.

Because it is so hot in our area during the summer the best place to travel for mountain biking is Tahoe for me. Great trails, great views, and great area to hang out. I am an Archery in the Schools instructor and compete in archery tournaments around our area.

**Dan Wayne, Shasta Regional Transportation Agency**



I have been in Redding since 2006, but have lived in a variety of regions and communities, from the suburbs of Phoenix, Chicago, and Salt Lake City, to rural Calaveras County, to small urban communities like Olympia, Washington. I've spent my career in transportation planning, including the last 12 years at the Shasta Regional Planning Agency (SRTA).

SRTA has been a part of Bike Month for years. I've been involved since 2018, where we have helped sponsor the bike app used to record rides.

All vibrant communities have cyclists. Bike Month celebrates the contributions of cyclist and invites more people to experience their community at a more personal level and improve their health and well-being.

My childhood was filled with bicycling adventures. This later turned into a lifelong passion for mountain biking. As an adult, I've spent years riding my beach cruiser to college and as a commuter when life and circumstances have allowed.

Together, we are working toward Redding as a cycling destination – a place where cycling is part of the community's identity.

My favorite bike trips are mountain biking adventure trips with friends to Downieville, Ashland, Moab, and other destinations.

I haven't been to a barber in over 20 years (I cut my own hair).

**Elizabeth Cifu-Shuster, Shasta Living Streets**



I'm a transplant to the Redding community, being born and raised in Riverside, CA. I have been living here consistently for about 5 years, but I've lived here off and on for the past 10 years. My husband and I chose to stay

here when we became more and more interested in the outdoor opportunities and the developing Downtown area. We love life in the northstate with our adorable and active mini Australian Shepherd.

I grew up not knowing how to ride a bike, but once I learned to ride about 4 years ago, I fell in love with road cycling both as a recreational activity and as a sustainable and fun commuting choice. I've been hooked since! My favorite ride to date was a solo trip through the Redwood forests and along the coast near Crescent City. As someone who is recharged by nature and passionate about cycling, that ride will be hard to beat, but I look forward to trying again and again.

I have been a Bike Month participant for a couple of years, but I've been involved with helping to organize Shasta Bike Month for about a year because of my position as



Communications & Engagement Coordinator with Shasta Living Streets. I am a lover of statistics who is highly motivated by competition, so it's no surprise that the local and national Bike Challenge is something I enjoy participating in. I would love to see further bike and ped infrastructure development in Shasta County, which is a lot of the reason I work with Shasta Living Streets. I'm inspired by the changes that I've seen happen in my short time living in Redding. My biggest hope is that more and more people have safe and enjoyable access to engage with their community.

**Francie Sullivan, City of Redding**



I was born in a little town in Montana where bikes were the only way to get around for kids. Our parents thought exercise and fresh air kept us healthy and busy. I'm not athletic. I like to ride a bike for transportation. The bike challenge is my annual kick in the pants to ride my bike to work and run errands. Getting on my bike still makes me smile. I'm the Vice Mayor of Redding. My passion is to make the streets safer for non-motorized

transportation. We shouldn't need a car to access our World Class bike trails! And, we could be the Healthiest City to live in.

**John Crowe, Shasta Wheelmen**



**Shasta  
Wheelmen**

I was born in Michigan and although I have lived in California since 1971 and in Redding since 1978, I maintain my allegiance to my home state sports teams – Michigan (football and basketball), the Detroit Tigers and the Detroit Lions (the latter takes real bull-headedness!) After nearly 30 years as a reporter and copy editor at the Record Searchlight, I retired in 2010.

I have participated in the Bike Challenge for several years – I don't know exactly. Essentially, I've tied into the Shasta Bike Challenge activities through the Shasta Wheelmen, which I believe I joined in 2002. I am president of the club this year.

I join in Bike Month activities in part as a representative of the Shasta Wheelmen, but in larger part because I believe it is increasingly important to promote alternative transportation. Cycling in particular is good for the individual as a means of getting exercise, but is also a pollution-free, low-impact form of transportation.

I have been most active as a cyclist since joining the Wheelmen, but I also rode a bike as a kid to school and as way to get to my friends' homes or as simple recreation. I purchased my first 10-speed in the early '70s when cycling was having a revival. At that time, most bikes and components were of European manufacture. Campangolo was the big name, although Japanese bikes and parts started appearing.

I would hope there is increasing awareness that bicycles are not just recreational vehicles, but viable transportation. More safe bike routes and bike-friendly work sites will help in that regard.

My favorite bike trip was a ride along the western shore of Lake Michigan sponsored by the League of Michigan Bicyclists. Several rides along the California coast and around Crater Lake also stir fond memories.

**Linda Masterson, Redding Parks and Foundation**



I was born in Seattle, Wa moved to California in 1984, then moved to Redding in 2001 to open the Macy's. I retired from Macy' in 2011 and have become involved with a variety of groups of different interests. Love retirement!

I've been part of the Shasta Bike Challenge and Month for 3 years. I help with planning activities and I represent Friends of the Redding Trails and Redding Park and Trails Foundation.

With the amazing outdoor opportunities in Redding I really want to see this community take advantage of active transportation opportunities for the health and vitality that it affords. I love bike riding and want to encourage everyone to enjoy it.

Seriously riding? (meaning on a road bike, not a Huffy) When I met my husband in 2003 he taught me how to ride and we've been doing most of our vacations on bike tours all over the world. I have never ridden for actual transportation, only recreation.

I would love to see all forms of active transportation integrated into regular daily activities like grocery shopping, work, cultural events, dining out and entertainment, especially for young families.

My favorite bike trips have been to Vietnam, New Zealand and Europe (Slovenia, Austria and Venice)

I've been walking with the same women on a 6 mile River Trail loop on Sundays for the last 15 years. I grow a year round vegetable garden and make great jalapeño pepper jelly.

**Stephanie Kvale, Owens Healthcare**



I grew up in the Bay Area, was fortunate enough to live on the Central Coast while attending college and managed to spend a few years living on Kauai before moving back to California and setting down roots in Redding about 5 years ago. My first experience with the Shasta Bike Challenge was in 2013 when the first Spring Spin was dreamt up and put into place, since

then I've been delighted to help coordinate the annual kick off to Shasta Bike Month! My main participation in Bike Month, other than the Spring Spin, is captaining the Owens

Workplace Team for the challenge. I've been cycling on and off for my entire life, just for the fun of it. I'm excited to see the amount of attention and awareness for cycling in the North State and look forward to seeing more improvements to our Bike Lanes and Trails throughout the area.

**Tammy Quigley, Caltrans District 2**



I was born and raised in Sacramento. I moved to Chico in 1994 to pursue my education at CSU, Chico then came up to Redding in 2000 to start my career and family. I have worked as an Associate Transportation Planner for Caltrans since moving to Redding. My role at Caltrans has ranged from long range planning to managing statewide and local programs and projects. From 2003 – 2010 I served as the District 2 Bicycle and Pedestrian Coordinator. In 2012 I took on managing local projects as well as the funding programs that paid for bike and pedestrian infrastructure and education programs. In 2017 I was selected to be the Districts Active Transportation and Complete Streets Coordinator where I continue to manage the same funding programs while ensuing Caltrans projects include complete streets elements.

Since 2008 I have worked as an Indoor Cycling Coach at the Shasta Family YMCA.

And since 2017 I have served as a Board Trustee to the Shasta Union High School District.

The first year that I was involved is 2002 when Caltrans and Shasta County Public Health born the idea of Bike to Work Week and just a few community events. We continued to celebrate during May and offer more community events as well as the worksite challenges. I have continued to stay involved in this annual effort and support it and represent Caltrans as a partner to the month-long events and any ongoing support or events that take place to organize and prepare for them. One thing that I love is that there are still three of us who have been supporting these efforts since they began. Amy Pendergast, Sara Sundquist and I were all a part of the initial efforts in 2002.

I participate in Bike Month for a variety of reasons. As the Caltrans liaison to the events I enjoy working with the local partners in our community. As Caltrans moves towards an active transportation leader it is important to try and lead by example and partner as often as possible. Personally, I enjoy the motivation to be active, drive less and be outdoors more as well as be an example and roll model to my kids. I enjoy that there is so much to do and really love seeing all my friends and people in our community during this month of outings and fun.

I have been cycling since about 2002. Being part of the Bike Month events back in 2002 really helped motivate me to look at riding as a mode of transportation as well as for exercise. Soon after I started riding I became hooked and moved into a competitive area. Over the years I have completed several long distance rides both organized and not as well as seven years as a triathlete had me riding daily. I always enjoyed the long ride days with friends that often led up to a group century ride or just time out and about over a weekend. In the last few years I have not been able to ride very much and look forward to my



youngest being able to drive in another year so that I can get back in the saddle to commute to work and other activities.

I would like to see a major shift in how we plan, design and building infrastructure for cycling.

My favorite ride was Americas Most Beautiful Bike Ride in Lake Tahoe. I trained with a group of people here locally for an amazing cause. We enjoyed weekends riding together all the while raising money for an effort one of the riders has organized.

Something random about myself is I still hate changing my flat bike tires.



*For questions about volunteering and/or helping with Shasta Bike Month,  
contact [shastabikemonth@gmail.com](mailto:shastabikemonth@gmail.com) or 229-8456*

