






May is Bike Month 2012
Energizer Stations & Pancakes!
These events are FREE if you arrive by bike


Sunday, May 13-Saturday, May 19 
Bike Commute Challenge – Win Great Prizes! Be entered into a drawing each day your ride your bike to work, school, or errands! Team compete by points (based on participation rates, days ridden, miles, etc). One worksite will be named Bicycle Friendly Employer of the Year.
www.healthyshasta.org


Throughout the month of May 
Kid's Riding Right
Redding Police Officers will be distributing prizes to kids and youth they 'catch' riding safely with a helmet and following the rules of the road. Offered in conjunction with Shasta Safe Routes to School.


Monday, May 14; 6:00 am – 5:00 pm 
Energize Your Bike Commute @ Kaleidoscope Coffee
2258 North Street, Anderson
Enjoy a free drink if you stop by on your bike on your way to work or school.
Provided by Kaleidoscope Coffee Company


Monday, May 14; 7:30 am – 8:30 am 
Energize Your Bike Commute with Turtle Bay Exploration Park & Churn Creek Meadow Organic Farm
South end of the Sundial Bridge, Redding
Enjoy fresh fruit and refreshments on your morning bike commute.
Provided by Churn Creek Meadow Organic Farm and Turtle Bay Exploration Park, which is also offers \$3 discount on admission for those who arrive by bicycle throughout the year.

Tuesday, May 15; 7 am – 9 am 
Energize Your Bike Commute @ Brew
Enjoy free refreshments on your morning commute
1320 Yuba Street, Redding (cross street is Pine)
Provided by Brew Craft Coffee

Wednesday, May 16; 6:30 am – 8 am 
Energize Your Bike Commute @ The Courthouse
Enjoy free refreshments in front of the Courthouse.
1500 Court Street, Redding; provided by Shasta County Superior Court

Free Pancake Breakfast 
Friday, May 18; 6 am – 10 am
Valet bicycle parking and FREE breakfast tickets for the first 150 people who ride their bike wearing a helmet to Redding Rodeo Association's famous outdoor pancake breakfast
Roaring Gulch (Market Street / Placer in downtown Redding); Courtesy of the Shasta Wheelmen

Friday, May 18; 7 am – 9 am 
Energize Your Bike Commute @ Brew
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Enjoy free refreshments on your morning commute
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Friday, May 18; 6:00 am – 5:00 pm 
Energize Your Bike Commute @ Kaleidoscope Coffee
2258 North Street, Anderson
Enjoy a free drink if you stop by on your bike on your way to work or school.
Provided by Kaleidoscope Coffee Company

The Shasta Cascade Bicycle Coalition and Healthy Shasta thank the following sponsors of the Bike Commute Challenge & local Bike Month: Shasta Wheelmen, Trails & Bikeways Council, RABA: Redding Area Bus Authority, Rabobank Redding, Turtle Bay Exploration Park, The Bike Shop, Cyclopedia, Sports LTD, Village Cycle, Brew Craft Coffee, Churn Creek Meadow Organic Farm, and Kaleidoscope Coffee Company