

Shasta Bike Month ~ May 2019

Calendar of Events



All events are **FREE** unless indicated with a \$



= featured Bike Month event

Shasta Bike Challenge!

May 1st-31st

Get your bike into gear and join the Shasta Bike Challenge! Get a free entry into a drawing for great prizes, each day you ride your bicycle to work, school, or wherever you want to go! The more days you ride, the more likely you'll win a prize.

Visit: www.shastabikechallenge.org

Log your trips:

www.lovetoride.net/shasta

Friday, March 29: Mayor's Mountain Bike Challenge Kick Off at Fall River Brewery

5:30 p.m. – 7:30 p.m.

Location: 4001 Eastside Road

Join your fellow mountain bike riders at Fall River Brewery to kick off the Challenge. This is an awesome opportunity to pick up a passport, learn more about the various challenge events, hear from organizers some detail on the various rides, and get your challenge started in a great way. Ride your bike, bike valet will be available. This is a free event. All are welcome. www.mayorsmtbchallenge.org

Monday, April 1: Mayor's Mountain Bike Challenge Begins

The Mayor of the City of Redding welcomes you to join the Mayor's Mountain Bike Challenge running from April 1st to May 31st. The beautiful and diverse backcountry trails of Redding calls for exploration and discovery on your mountain bike. In the interest of promoting mountain biking, you are invited to take the "Mayor's Mountain Bike Challenge" and enjoy our trail system— from flat paved rail trails to steep and rugged single track. Take your Mountain Bike Challenge Passport and challenge yourself in completing our Beginner, Intermediate, and/or Advanced Mountain Bike Trails. All contestants successfully completing a category of rides will receive a hat and stickers commemorating the event. In addition, your name will also be entered in the challenge raffle with gift certificates for each category. More information at www.mayorsmtbchallenge.org

April: Team & Individual Registration for the Shasta Bike Challenge

Schools, teams, and workplace teams compete against each other by encouraging more people to bicycle more often from May 1 to 31. Put your team together today to compete for glory and awards. Individuals are entered into a free drawing each day they ride a bicycle, May 1 to 31. Prizes have been donated by local bike shops and other community organizations, businesses, and individuals. Register a workplace, team, school team at www.shastabikechallenge.org. Free to participate.

Saturday, April 13: Kidical Mass Bicycle Event for the Week of the Young Child

11:00 a.m.–2:00 p.m.

Location: Caldwell Jr Bike Park

Gather up the kids and come have fun! Join the Redding Parks & Trails Foundation at the Caldwell Jr. Bike Park in Caldwell Park for Kidical Mass. This fun and educational event will focus on safety tips for kids on our trails and neighborhoods. This FREE event is for kids 0-5 years old. Their parents and older siblings are encouraged to participate. Lots of activities including: Obstacle course for kids to ride balance bike, scooters and trikes. Rock painting provided by Chain Gang Rocks. Safe Routes to School will take kids through bike and pedestrian safety scenarios that may occur in their neighborhood or on their way to school. FREE books and

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bags for the first 100 kids to register. Raffle drawing for balance bikes, scooters and other bicycle related items for registered kids. The raffle will be held at 2pm. This is a free event.

www.first5shasta.org/week-of-the-young-child or www.facebook.com/friendsofthereddingtrails

Tuesdays & Thursdays, Starting April 16: Women's Beginner Mountain Bike Series

6 p.m. (5 classes, April 16-30th)

Location: Varies Each Class

The Mayors Mountain Bike Challenge is here! Are you women ready?!?

Come join Sandy Rich and Michele Benjamin for a 5-part workshop to learn about your mountain bike from maintenance to fit and function. Then let's work on our skills so we can get out and enjoy our local mountain bike trails! Topics include tools, maintenance, tires, gear, bike and helmet fit, skills course and going over obstacles. Workshop enrollment is limited! \$50 enrollment cost can be paid via Venmo: @sandy-Rich- Sponsored by: Redding Trail Alliance, Fall River Brewing, Redding Sports LTD and Chain Gang Bike Shop. Proceeds go to Redding Trail Alliance. Please contact Michele or Sandy through this event to register

www.facebook.com/events/2218698564888940/

Friday, April 19: Spring Spin Bike Month Kick-Off Celebration at the Caldwell Park

4 p.m.-8:00 p.m.

Location: Caldwell Jr. Bike Park, 58 Quartz Hill Road

Kick-off for Shasta Bike Month! Come celebrate with friends and enjoy the bike festivities. Everything you need to celebrate Shasta Bike Month all in one place – live music, food trucks, corn hole tournament, bike park skills course demo, drinks, local vendors, bike mechanics, test ride Pedego electric bikes, advice on bike routes, and more! Bring your bike to have fun at the bike park or grab a bite to eat (food available for purchase) and dance to the live music. Shasta Bike Challenge Teams can pick up their Team Captain Swag bags. Hosted by Owens Healthcare. Free Bike Valet will be provided. This is a free event.

Questions: Contact shastabikemonth@gmail.com or 229-8456. Visit www.shastabikechallenge.org

Saturday, April 20: Whole Earth Day and Watershed Festival

11:00 a.m. – 5:00 p.m.

Location: Redding City Hall and Sculpture Park, 777 Cypress Ave.

This Festival features over 135 Innovative Exhibitors with interactive, educational fun for the entire family, giveaways, local artists, great local food, live music, and activities for people of all ages!" Shasta Wheelman will provide valet bicycle parking and Healthy Shasta will have free Bike Blender Smoothies.

This is a free event. Visit www.wholeearthandwatershedfestival.org

May 1: Shasta Bike Challenge!

Location: Shasta County, Redding, Anderson, City of Shasta Lake, Burney

Be entered into a free drawing each day you ride your bike to work, school, errands or just for fun between May 1 to 31...it's that simple! Local prizes include gift certificates to local bike shops, free tune ups, great gear, and so much more. The Shasta Bike Challenge is tracked on the Love to Ride platform www.lovetoride.net/shasta.

Registration and details can be found at www.shastabikechallenge.org

For questions, contact shastabikemonth@gmail.com or 229-8456

Revised 04/18/19

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Wednesday, May 1: Bike Month Social at Fusion Lounge

5:00 p.m.-9 p.m.

Location: Fusion Lounge, 2704 Hartnell Ave

Come over to Fusion Lounge and celebrate the first day of bike month with this amazing happy hour. Everyone who shows up on a bike will receive a special gift and receive a free raffle ticket for awesome prizes. Park your bike with free bicycle valet. More raffle tickets can be purchased for a separate raffle with tons of awesome prizes including . Proceeds will go to the Shasta Bike Challenge for a huge door prize at the Shasta Bike Celebration Party on June 7th. All others can enjoy specials on food and drinks during the happy hour! Fall River Brewery will be there with drink specials. Bring your bike and leave it at the free Bike Valet. Food & beverages available for purchase. This is a family friendly event and free to attend!

Visit www.facebook.com/fusionlounge530/

Thursdays, Starting May 2 (every Thursday in May): Mayor's Mountain Bike Challenge Group Ride

6:00 p.m. (May 2nd, 9th, 16th, 23rd, 30th)

Location: TBD

Every Thursday of May the Mayor's MTB Challenge will be having a group ride. See Mayors MTB Challenge Passport for full description of trails. Free to attend. Visit www.mayorsmtbchallenge.org or follow Mayor's Mountain Bike Challenge on Facebook and Instagram for details.

Thursday, May 2: The Transformation of Downtown Redding

5:30 p.m.

Location: Wild Card Brewing Company's Tied House, 1321 Butte Street #140

Hosted by Daniel Knott from K2. *More information coming soon.*

Saturday, May 4: Women's Mountain Bike Day

Inaugural International Women's Mountain Bike Day. The first Saturday in May every year. A day dedicated to women enjoying mountain biking with each other and encouraging fellow women to join them. Grab your mountain bike and ride any of our amazing trails. For trail suggestions, check out

www.mayorsmtbchallenge.org

Tuesday, May 7 (every Tuesday in May): United Shasta Social Rides

6:00 p.m. (May 7th, 14th, 21st, 28th)

Location: Sundial Bridge, Meet at the Museum Café

Take a leisurely ride on the River Trail with United Shasta for an out and back trip of approximately 8 to 10 miles. There will be multiple stops along the way. All ages and experiences levels are welcome. Helmets are always recommended. Please make sure your bike is in good mechanical condition before the ride. This is a great way to add some miles while participating in the Shasta Bike Challenge. Rides will take place every

Tuesday throughout May. Follow United Shasta: www.facebook.com/groups/UnitedShasta/

Wednesday, May 8: National Bike to School Day

Celebrate National Bike to School Day with a ride to school! Shasta Safe Routes to School can help with offering technical assistance and safety equipment to local schools. Students can now logged their Bike to School Day trip on www.lovetoride.net/shasta for a chance to win their school a bike blender smoothie party! More information can be found www.shastabikechallenge.org Questions, please call 245-6583

Revised 04/18/19

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Friday, May 10: Bike to Work & Everywhere Day

More details coming soon! Hosted by Shasta Living Streets. Visit www.shastalivingstreets.org

Saturday, May 11: Guided Trail Ride of LaGrange Classic Course + Frontier Day

10 a.m.

Location: Weaver Bally Road Trailhead Parking Lot; Weaverville, CA

Guided trail ride of LaGrange Classic Course. There will be several local guides for rides, long or short, and all abilities. After the guided ride, stop by Frontier Day from 10 a.m.-4 p.m. There will be art workshops, gold planning, children's games and historical reenactments all through downtown Weaverville. There will be something for everyone to do. Free event. For more information contact trinitytrailalliance@gmail.com.

Wednesday, May 15: Annual Ride of Silence

7 p.m. Please arrive early.

Location: Sundial Bridge

Everyone is invited. The ride will be approximately 10 miles.

The Ride of Silence will traverse and unite the globe as nothing before it. Cyclists will take to the roads in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways. Although cyclists have a legal right to share the road with motorists, the motoring public often isn't aware of these rights, and sometimes not aware of the cyclists themselves. This slow-paced silent ride is in honor of those injured or killed while bicycling. The Ride of Silence asks cyclists to ride no faster than 12 mph, wear helmets, follow the rules of the road and remain silent during the ride. Organized by the Shasta Wheelmen Bicycling Club. Free.

www.shastawheelmen.org. Check out the route map here www.ridewithgps.com/routes/20540494

Friday, May 17: Bike to Free Pancake Breakfast

6 a.m. – 10 a.m.

Location: Bicycle corrals at Market / Placer in the Promenade

Free valet bicycle parking by Shasta Wheelmen and FREE breakfast tickets provided by Trails and Bikeways Council for the first 50 people who ride their bike wearing a helmet to Redding Rodeo Association's famous outdoor pancake breakfast. At "Roaring Gulch" (bicycle corrals at Market / Placer in the Promenade). Visit shastawheelmen.org or reddingtrailsandbikewayscouncil.org/

Friday, May 17: National Bike to Work Day

Celebrate National Bike to Work Day with a ride to work! National Bike Month includes an ever-expanding diversity of events in communities nationwide — but the biggest day of the month is Bike to Work Day. In 2019, Bike to Work Week will be May 13–19, with Bike to Work Day on Friday, May 17. www.bikeleague.org

Saturday, May 18: Shasta Bike Tour

8 a.m.-7 p.m.

Location: Caldwell Park

Join One SAFE Place in one of our four rides, from the 62-mile metric century ride through Ash Creek or a 4-mile family ride along the Sacramento River trail system. Join everyone for a after party that will consist of live music, BBQ, Dutch raffle, and local beer/wine. All proceeds from this event benefit programs and services provided by One SAFE Place, a non-profit organization that helps survivors of domestic violence and sexual assault. All registration fees will be matched dollar for dollar by the McConnell Foundation in 2019. By partaking in the fundraising piece of the event you will double your impact.

Visit <https://ospshasta.org/> or join the Facebook page www.facebook.com/shastabiketour/

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Wednesday, May 22: Growing the Local Economy Through Biking

5:30 p.m.- 7:30 p.m.

Location: Final Draft Brewing Company

Presentation on how Mountain Biking, Cycling, and Trails Create Local Economic Benefit. Speakers include Anne Thomas, Nathan Knudsen, and Travis Menne. Hosted by Redding City Club. The event is free.

For more information visit www.facebook.com/reddingcityclub/

Thursday, May 23: A Taste of History- Shasta Historical Society

5:30 p.m.- 8 p.m.

Location: Shasta State Historic Park

Join the Shasta Historical Society for their 7th annual A Taste of History. Pedego Redding will offer a special on their e-bike rentals for the event. Each person who rides their bike to the event will receive one \$10 raffle ticket. There will be a group ride to the event from the Caldwell Bike Park that will be led by the Mayor of Redding, Julie Winter. Enjoy great food, wine, music, friends and a silent auction in this beautiful setting. This year, historic individuals will appear in character, mingling during the event and sharing stories about how each one impacted Shasta County History. Tours of the Shasta Museum and Courthouse will also be available. Tickets are \$40 per person if purchased before the event, \$45 at the gate. Visit www.shastahistorical.org/

Friday, May 31: Guided Historic Bike Ride Along the Sacramento River Trail

10 a.m. – 11 a.m.

Location: Join SRTA for a guided bike ride along the Sacramento River Trail as part of Bike Month! We'll meet at Diestelhorst trailhead on the south side of the river, and ride most of the way to the ribbon bridge along the south side of the river, stopping to learn about historic events and sites along the way! Find out more information at www.facebook.com/events/479832965886886/

Friday, May 31: Mayor's Mountain Bike Challenge Party

5 p.m. - 8 p.m.

Location: Maxwell's Eatery, 1344 Market Street

This is the celebration party for the conclusion of the Mayor's Mountain Bike Challenge. Winners for the raffles will be drawn. Sponsored by Maxwell's, Redding Trail Alliance, McConnell Foundation, City of Redding, Bureau of Land Management, Redding Recreation, Visit Redding, Trinity Trail Alliance, and Healthy Shasta.

Free Bike Valet provided. Purchase your own food & beverages. Visit www.mayorsmtbchallenge.org

Friday, June 7: Shasta Bike Challenge Celebration Party

4:30 p.m. to 8:00 p.m.

Location: Chain Gang Bike Shop, 1540 Division Street

Join the cycling community and friends in our final celebration of the Shasta Bike Challenge and Month. This social event will celebrate the individuals who participated in our local bike challenge where prizes will be randomly drawn and handed out to those who participated. We will also honor the organizations, volunteers, and sponsors who made everything possible. This event will include music, food trucks, corn hole tournament, drinks, Chain Gang Rocks, bike activities, and more! There will also be the Bicycle Friendly Business Award presented in conjunction with the Redding Chamber. This is a free event. Additional cost for drinks and food. Everyone who attends will be entered into a free raffle for a special prize. Must be present to win. More details coming soon! Visit www.chaingangbikeshop.com or www.shastabikechallenge.org.

Bike Month Promotions: Free ride on RABA with your bike, May 8.

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Social Rides

May 1-31: The Shasta Wheelmen Bicycling Club is a cycling group whose membership is family-oriented and welcomes riders of all ages. Founded in 1970, it is affiliated with the League of American Bicyclists, the California Association of Bicycling Organizations, and Adventure Cycling.

Club rides are scheduled on each Saturday, Sunday, Tuesday, Wednesday, Thursday and on some holidays. Guests are invited to attend these rides, with the provision that helmets are worn on all rides and liability waivers are signed. With Redding as the club base, a wide variety of terrain is available for riding, varying from flat to rolling hills to mountains. Check out the [Shasta Wheelmen calendar](#) of rides throughout May!

May is Biked Month

Where Will Your Bike TAKE You?

Win Prizes for Simply Riding Your Bike

APR 19 • Spring Spin Bike Month Kick-off Celebration at Caldwell Jr. Bike Park

MAY 1 • Bike Month Social at Fusion Lounge

MAY 8 • Bike to School Day

MAY 15 • Ride of Silence

MAY 18 • One Safe Place Shasta Bike Tour Fundraiser

MAY 23 • A Taste of History and Ride with Mayor to Old Shasta

MAY 31 • Guided Historic Ride

• Mayor's Mountain Bike Challenge Party

JUN 7 • Shasta Bike Challenge Celebration Party at Chain Gang Bike Shop

Organized Rides, Social Events and More!

To... Fun, Education, Opportunity, Health, Adventure, Sustainability, Saving \$, Friendship, Family Time, Stress Relief, Fitness, Happiness

Shasta Bike Month and Challenge • May 1-31 • ShastaBikeChallenge.org

Shasta Bike Month & the Shasta Bike Challenge is a collaborative effort of various organizations & volunteers.

Healthy Shasta	Owens Healthcare	Caltrans District 2
Redding Parks & Trails Foundation	Shasta Regional Transportation Agency	Chain Gang
Shasta Wheelmen	Redding Electric Utility	Fusion Lounge
Sports LTD	The Bike Shop	Wild Card Brewing Co.
Advanced Cycling Education	First 5 Shasta	Jefferson State Adventure Hub
One Safe Place	Shasta Community Health Center	Shasta Historical Society
Shasta Living Streets	Redding Mayor's Mountain Bike Challenge	Trails & Bikeways Council of Greater Redding
Woody's Brewing Co.	Redding Chamber	McConnell Foundation
Active NorCal	Balance Yoga Center	Bikes Etc.
Churn Creek Meadow Organic Farm	City of Redding	Fall River Brewing
Headwaters Adventure Company	Holiday Market	Pedego Redding
RABA	Redding Rancheria	Redding Trail Alliance
Rare Air Trampoline Park	Shasta County Health & Human Service Agency	Shasta Rock Club
Shasta Family YMCA	Turtle Bay Exploration Park	United Shasta

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