

Steps to Register

Workplace, School, Teams, or Individual



Step 1: Visit www.lovetoride.net/shasta/

Step 2: Click “REGISTER HERE”

Step 3: Enter “First Name”.

Step 4: Enter “Last Name”.
Note: You can use an initial.

Step 5: Enter “Email”.
Note: Only one participant can register under a single email.

Step 6: Choose a Password.
Agree to Terms of Service.

Step 7: Enter your Street + City
Note: You can use an alternative Street (Workplace, Business, School, Other Location).
***Your City must reside in Shasta County.**

Let's get you local info, routes, prizes, etc

what street + city do you live in?

I'm not in USA

Type and select Home address

NEXT

If you can't see a dropdown menu and with address options to choose from, please delete the text you entered and try entering your address again.

Step 8: Enter City you work in or school address or select I don't work.
Note: Feel Free to use an alternative Street Name (Workplace, Business, School, Other Location).

Redding - nice.

what city/town do you work in?

I'm not in USA

Type and select Work address

I don't work **NEXT**

If you can't see a dropdown menu and with address options to choose from, please delete the text you entered and try entering your address again.

Step 9: Answer the following Question.

Approximately...

how often have you ridden a bike in the last 12 months?

Not at all

A few times

1 - 3 times a month

Once a week

2 - 3 times a week

4 or more days a week

NEXT

Step 10: Start Your Own Team or Join Existing Team

May is Bike Month

Where will Your Bike TAKE You?

Win prizes for simply riding your bike!
Rides, social events and more!

SHASTA BIKE MONTH AND CHALLENGE • MAY 1-31 • SHASTABIKECHALLENGE.ORG

HOME MY PROFILE STORIES PRIZES RESULTS INFO

Ronan L

Take part in the Shasta Bike Month 2019!

- Have some fun with friends and co-workers
- Win some great prizes!

START YOUR OWN TEAM

or...

JOIN AN EXISTING TEAM

Step 11: Start Your Own Team

Start your own team

Team name
Sundial Elementary School

Team description
Sundial School

Team category
Workplace - School

Optional: Is your team a workplace team?
*You can associate your team with your employer. Not on the list? You can register your employer later.

CREATE TEAM

Skip this step (ride solo)

or Join Existing Team.

Join an existing team

choose one of these teams
...or start your own team

TEAM NAME	ORGANIZATION ASSOCIATION	TEAM CAPTAIN
Bella Vista Elementary School Details		Kelly Pagan
California Department of Fish and Wildlife - Redding Office	California Department of Fish and Wildlife	Eric Haney

START YOUR OWN TEAM or **JOIN AN EXISTING TEAM**

Skip this step (ride solo)

Step 12: Complete Survey

Quick Survey Step 2

Please take 1 minute to complete this short survey
Go into the draw for some great prizes!

What are the main benefits that you want to gain through riding a bike? Select up to 3.

- Improved fitness
- Save money
- Save time
- Enjoy the outdoors
- Enjoy time with family or friends
- To live more sustainably
- Other

What barriers do you face to cycling more often? Select all that apply

- don't own a bike
- don't feel confident riding a bike on the road yet
- My bike needs maintenance
- My bike has a flat tire
- don't yet know a route I can ride on safely and confidently
- Other

How do you usually travel to work?
-- choose --

In the past 7 days, on how many days have you done a total of 30 minutes or more of physical activity, which was enough to raise your breathing rate?
-- choose --

This may include sport, exercise, and brisk walking or cycling for recreation or to get to and from places, but should not include housework or physical activity that is part of your job.

I am ...
 Male
 Female
 Additional Category
 Prefer not to say

I am ...
-- choose --

FINISH SURVEY

IMPORTANT: For minors under 16 years old, parents must help register participant. Select age 16 years or older to complete registration even if participant is younger).

Note: If you child is 15 or under, you will need to select age 16 years or older in order for them to participate.

I am ...
15 yrs or under

We're sorry, you must be 16 years or older to register on the Love to Ride website. It's a legal thing. We hope you enjoy riding your bike!

[Click here to delete your account](#)

FINISH SURVEY

You are now registered! For additional assistance, please contact 229-8456 or ShastaBikeMonth@gmail.com

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HOME MY PROFILE MY TEAM STORIES PRIZES RESULTS INFO Ronan L

You're now registered to take part in Shasta Bike Month 2019! Now spread the word and get your friends and colleagues signed up too!

RIDER PROFILE
Ronan L
Works at Join an Organization
Join a Group
My team Sundial Elementary School
"I ride because..." Edit reason

Stats: All Time
0 TEAS
0 MILES
0 LBS CO2
0 CALORIES

My Badges
No badges yet! Take a look

ADD A RIDE ADD A PHOTO GOALS INVITE FRIENDS BADGES

I biked 16 miles on 04/09/2019 for transport to or from work **LOG MY RIDE**