



CALTRANS NEWS RELEASE

Date: Thursday, April 30, 2009 -- 09-021
District: District 2 - Redding, www.caltrans2.info
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FOR IMMEDIATE RELEASE:

Gear up and get involved in Bike Commute Week 2009

REDDING – The California Department of Transportation (Caltrans) in cooperation with the NorCal Bicycle Partnership will sponsor a series of bicycling events May 11-15, 2009. The week is part of the California Bike Commute, a project of the [California Bicycle Coalition](#) a non-profit organization that advocates increased bicycle use, access, safety, and education, by promoting the bicycle as an everyday means of transportation and recreation.

Bike Commute Week events in the Shasta County area include:

Monday, May 11

- Public Workshop – Open comment on Shasta Lake City Bike Plan 5:30 – 7:00 pm at the John Beaudet Community Center 1525 Median Ave, City of Shasta Lake

Tuesday, May 12

- Bike Commute and Maintenance Q & A from 8:00 to 9:00
 - Ride to Parkview Park off Smile Place in Redding and learn tips on bike commuting and easy practical maintenance for your bicycle.
 - Enjoy a tour of the Cypress Bridge Bike Project. Space is limited so call Tamy at 225-3478 and reserve your spot. Tour times are 8:30, 12:00, 4:00 and will last approximately 45 minutes. Only 8 people per tour, no drop ins allowed. Long pants, safety glasses and closed toed shoes required.
 - Bike Rodeo and Helmet fitting 4:00 – 7:00 at the John Beaudet Community Center in Shasta Lake City, 1525 Median Ave. City of Shasta Lake.

Wednesday, May 13

- Energizer Stations
 - Stop by anyone of the 8 Energizer Stations and enjoy free food, get a bike map and water bottle. Great Harvest Bread Co 930 Hilltop, Jamba Juice 3455 Placer Street, County Organics 915 Merchant Street, suite 5, Sue's Java Café 1712 Churn Creek, Viva Downtown 1721 Market Street, Shasta Family YMCA 1155 N. Court Street, Starbucks 5340 Shasta Dan Blvd City of Shasta Lake, Shasta County Public Health Teen Center 2889 E. Center Street, Anderson.
 - Enjoy a tour of the State Route 44 Dana to Downtown Bikeway Project. Space is limited so call Tamy at 225-3478 to reserve your spot. Tour times are 10:00 and 1:00. Each tour will last approximately 1.5 hours. Long pants and closed toed shoes required.

Thursday, May 14

- Bike Commute and Maintenance Q & A from 10:00 – 11:30
 - Ride to the Lake Redding Pavilion area, near the Sacramento River Trail and learn tips on bike commuting and easy practical maintenance for your bicycle.
- Fun group ride on the Sacramento River Trail
 - Meet at 11:45 am in the BBQ area of Lake Redding Pavilion area. Free refreshments. Helmets required.

- more -

- Bike Commute and Maintenance Q & A from 5:15 – 5:45
 - Ride to the Lake Redding Pavilion area, near the Sacramento River Trail and learn tips on bike commuting and easy and practical maintenance for your bicycle.

Friday, May 15

- Bike for a FREE breakfast from 5:00 – 10:00 am
 - Ride your bike to the Asphalt Cowboys Pancake breakfast and get yours free. Report to the South entrance of the Downtown Mall at Placer Street for a ticket. FREE secure bike parking will be provided by the Shasta Wheelmen.

In addition to Caltrans, sponsors include: Healthy Shasta, City of Redding, Shasta Wheelmen, Trails and Bikeway Council of the Greater Redding Area, Redding Velo, Trader Joe's and Clif Bar and All businesses supporting Energizer stations: Great Harvest Bread Co, Jamba Juice, Country Organics, Sue's Java Café, Viva Downtown, Shasta Family YMCA, Starbucks, Shasta Co Public Health Teen Center

For more information or to sign up as a worksite partner, call California Department of Transportation at 225-3478 or visit. http://www.healthyshasta.org/bike_commute_week.php

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SHASTA COUNTY