

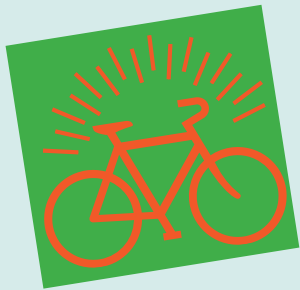
California BIKE COMMUTE

Week — May 11th - 15th, 2009

*PUT DOWN THOSE KEYS! Support Bike Commute Week
-- Choose a bicycle as your mode of transportation.*

Monday, May 11

Start your week off right by riding your bike wherever you're going.



Public Workshop
5:30 - 7:00 pm

Give your valuable input on the updated Shasta Lake Bike Plan.

John Beaudet
Community Center
1525 Median Ave.
City of Shasta Lake

Tuesday, May 12

Bike Commute and Maintenance Q & A
8:00 am

Parkview Park —
Smile Place & Freebridge
Street, Parkview Neighborhood,
Redding

Cypress Bridge Bike Project Tours†
8:30 - 9:30 am
12:00 - 1:00 pm
4:00 - 5:00 pm

Bike Rodeo & Helmet Fitting
4:00 - 7:00 pm

Kids: (5-10 yrs) bring your bikes to the
John Beaudet Community Center
1525 Median Ave.
City of Shasta Lake
Shasta County Sheriff will conduct obstacle course, helmet fitting and giveaway. 275-7460.

† Tours by reservation only. Call 225-3478 to sign up.

Wednesday, May 13

Energizer Stations
7:00 - 9:00 am

Show up on your bike to any of the following locations for free goodies:

Great Harvest Bread Co.
930 Hilltop Dr., Redding

Jamba Juice
3455 Placer St., Redding

Country Organics
915 Merchant St., #5
Redding

Sue's Java Cafe
1712 Churn Creek, Redding

Viva Downtown Redding
1721 Market St. Redding
(Trader Joe's & Clif Bar)

Shasta Family YMCA -
1155 N. Court St., Redding
(Trader Joe's & Clif Bar)
Starbucks - 5340 Shasta Dam Blvd, City of Shasta Lake

Shasta Co. Public Health Teen Center Bldg./Churn Creek Meadow Organic Farm
2889 E. Center St., Anderson

Caltrans Dana to Downtown Bike Project Tours†

Wednesday, 5/13
10:00 - 11:30 am AND
1:00 - 2:30 pm

More information on all events at
www.healthyshasta.org or 225-3478

Thursday, May 14

Bike Commute and Maintenance Clinic

10:45 - 11:30 am

Lake Redding Pavilion Area -
near the River Trail, Redding

Group Bike Ride on the Sacramento River Trail

11:45 - 12:30 pm

Meet at the Lake Redding Pavilion Area - near the River Trail, Redding

Bike Commute & Maintenance Clinic

5:15 - 5:45 pm

Lake Redding Pavilion Area -
near the River Trail, Redding

Friday, May 15

FREE Breakfast!
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 and free breakfast provided by Shasta Wheelmen.

All week: Show up on your bike to any event and get free refreshments, water bottle, and bike map while supplies last.

Sponsors include:



Organized by
NorCal Bicycle Partnership