

This newsletter is published monthly by the Shasta Wheelmen, Inc., a Redding, California bicycle club dedicated to promoting interest in all aspects of bicycling.



Matrix

MAY 2018 – The Official Publication of the Shasta Wheelmen Bicycle Club

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Club meetings are held on the first Monday of each month, 6:00 p.m. at Lulu's Restaurant, 2230 Pine St., Redding, CA 96001

PRESIDENT'S PONDERINGS

OK, Wheelmen,

We are on the cusp of the local Bike Month Challenge through May and the National Bike Challenge through September. It's fun to participate and a chance to put ourselves on the map, literally and figuratively.

We have already put two events under our belts (helmets?) in anticipation of May's activities: the Spring Spin at Caldwell Park in Redding April 20 and the Whole Earth and Watershed Festival the next day at Redding City Hall. The two events were studies in contrast. There wasn't much foot traffic for us at the Spring Spin, although it was entirely bicycle oriented. We just didn't have enough goodies to be a draw to our table. GU packets and Give Me Wings pins weren't big thrillers. Even so, it was well that the Shasta Wheelmen were represented. The Whole Earth and Watershed Festival was a different story. Our club parked and kept an eye out for more than 70 bikes during the daylong event. Comments from festivalgoers were positive, we got a new member signed up and even managed to unload some Gran Fondo shirts. One big change I noted was the number of e-bikes. The folks on the electric bikes may not otherwise have come to the festival on two wheels. They were especially appreciative that we were there to park their bikes, knowing they would be safe.

A big thank-you to all of you who helped out at the two events. Volunteerism is the lifeblood of our club and I am thanking you in advance for helping out with Wheelmen Bike Month activities coming in May.

The big one, of course, is the **Asphalt Cowboys Pancake Breakfast** May 18. For those who ride their bikes to the breakfast, we give them meal tickets and park their bikes while they enjoy their repast. The event runs from 5 to 10 am so we will need some folks at "Roaring Gulch" (south end of the downtown mall – Promenade—in Redding) probably no later than 4:30 am to get the bike racks set up.

We'll also need Wheelmen throughout the breakfast period to park bikes and hand out meal tickets. And there is takedown as well. So please volunteer to help out.

The Ride of Silence, part of a national event to call attention to bicycle rider deaths and the need for bicycle/motorist safety will be at 7 p.m., May 16, starting at the Sundial Bridge. Doug Holt will again lead the ride. Thank you, Doug.

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The Woody’s Family Cycling Fest also involves us. We’ve been asked to lead an easy ride from Woody’s to the River Trail, highlighting the city of Redding’s plans to construct bike lanes along Riverside Drive to connect the River Trail and downtown. It is scheduled for May 20.

So you can see there is plenty to do and we all need to pitch in.

Underlying it all, of course, is our passion for riding bikes so be sure to sign up on our Wheelmen team for the National Bike Challenge. It’s great to get rewarded for doing something you love!

John Crowe, President

Shasta Wheelmen Agenda – May 7, 2018 - 6:00 pm @ Lulu’s

1. Call to Order
2. Introduction of new members
3. Approval of February minutes as printed in the Matrix
4. Introduction of Guest Speaker – Brian Davis from Race Across America
5. Standing Reports
6. Treasurer’s report – Linda Cannar
7. Membership report –Don Talkington
8. Ride calendar – Keith Arnett
9. Old Business
10. New business
11. Raffle
12. Adjournment

Shasta Wheelmen Minutes - April 2, 2018 - 6:00 pm @ Lulu’s

1. John Crowe called the meeting to order at 6:00 pm. Introductions were made around the room, including new member Andy Johnson.
2. March 5 meeting minutes as printed in The Matrix were approved. A motion was made by Patty Shackleton to approve, motion was seconded and passed.
3. Additions to the agenda
 - A. Information about the Lemurian Ride
 - B. Update from Casey regarding the National Bike Challenge
4. Treasurer’s report – Linda Cannar

Mar 1, 2018 Opening Bal	9,791.79	
Income	217.85	(memberships + CD sale)
Expenses	198.40	(awards, banquet, League America Bicycle, & ofc supplies)
Mar 31, 2018 Closing Bal	9,811.24	

5. Membership Report - Don Talkington
Total membership this date is 144 including 94 paid members, 3 overdue memberships, 40 family members, and 7 life members.

6. Old business

A. Disposition of storage shed items – Linda Cannar

A number of items still in storage will be dispersed this spring at the various bike events. Wheelmen will give away the Give Me Wings pins, goo, patches – maybe kids will like them and the club can create good will. Linda will place them back in storage so whoever is in charge of each event table will have access to them.

7. New business

A. Brian Davis made a presentation regarding the film, Race Across America. It will be shown May 22 (one day) across the country, shown here at Movies 14 at 7 pm. Brian was a crew member for the race. This sounds like a like not-to-be-missed activity.

B. New membership policy – Board members, John Crowe, Casey and Linda Cannar

After much consideration and working with the numbers the club needs to be solvent (in keeping with its bylaws), the board presented the following change in dues: Effective June 1, 2018, dues will be \$30 per person except for life members and their spouses. The membership year will be based upon a person’s month of payment and will be for one year at a time. When a membership is due to expire, a member will receive a reminder one month in advance of the expiration date, and also one week after the expiration date if the member has forgotten to pay. A grace period of one month will be given.

Note: The board took additional steps to help balance the budget: (1) Don T. will be adding a “Donate” button to our website to encourage donations. (2) The board is seeking to trim expenses. For example, GPS membership was eliminated.

C. Volunteers are needed for upcoming bike events:

Day	Date	Event	Activity	Time	Volunteers
Fri	4/20	Spring Spin Caldwell Park	Table/Materials	4-7 pm	Casey, Jack, John C. * Still need pick-up truck to transport supplies
Sat	4/21	Whole Earth Festival City Hall	Bike Parking	11-5	AM – John C., Doug & Jack PM -Ann W & Judy
Sat	5/5	Lemurian Ride Brandy Creek at Whiskeytown	Volunteers for race and booth	Early	Any needed
Wed	5/16	Ride of Silence Sundial Bridge	Silent Bike Ride	7 pm	None needed, Ride will be led by Doug Holt
Fri	5/18	Pancake Breakfast	Bike Parking Ticket distribution	6-10 am	Get 50 tickets from Redding Trails; need more volunteers Mike, Bob Hammond
Sun	5/20	Woody’s	Bike Parking	11-2pm	Bob Hammond (209-4148) John C. after 11:15. Need truck to transport stuff + volunteers

D. Donation to Bob Malain scholarship – Linda Cannar

The Wheelmen present made donations to Bob’s scholarship that Linda will present on behalf of the Shasta Wheelmen. The collection tonight totaled \$237. Everyone is encouraged to attend the dedication of a bench in honor of Bob Malain at 11:00 am this coming Saturday, April 7, on the River

Trail about a mile north of the Keswick boat ramp.

E. Other

1. Casey explained the current situation with the National Bike Challenge website. Watch for changes and updates. Casey hopes to have information on Google Groups and Facebook by Friday.

2. Rich Robinson encouraged everyone again to participate in the Tule Lake ride over Memorial Day weekend. John C. reminded people we can organize a dinner in Dorris if we get at least 20 participants.

3. John Simmons joined at the new rate. Welcome John!

4. Raffle was held for a magazine and discount restaurant cards.

8. Meeting was adjourned at 7:30.

Next Meeting: May 7 at 6 at Lulu's

Respectfully submitted, Pam Crowe, Secretary

ANNOUNCEMENTS

HELP NEEDED

Leadership is looking to fill the position of Newsletter Editor. If you have experience in desktop publishing of any type and would like to give this a try, please contact us at info@shastawheelmen.org
We are also looking for two individuals to serve on the Newsletter Committee

STORAGE UNIT SUGGESTIONS NEEDED

We are soliciting ideas for storage of Wheelmen Equipment. If any has a secure storage space on their property, or ideas for less expensive commercial storage units, contact John Crowe, email at <mailto:johncrowe47@gmail.com>.

THE NATIONAL BIKE CHALLENGE - May 1 through September 30, 2018

Be sure and sign up if you have not done so already, and specify the Shasta Wheelmen as your club. Our Logo will identify the valid club, as there may be other clubs on the site that have a similar name. The easiest way to do this is to click on the blue announcement bar on the Wheelmen web site <http://www.shastawheelmen.org>

THE RIDE OF SILENCE – MAY 16 @ 7 pm – Doug Holt – meet at the south end of the Sundial Bridge

On May 16, 2018 at 7:00 PM, 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.

The Ride of Silence is a free ride that asks its cyclists to ride no faster than 12 mph, wear helmets, follow the rules of the road and remain silent during the ride. There are no registration fees. The ride, which is held during National Bike Month, aims to raise the awareness of motorists, police and city officials that cyclists have a legal right to the public roadways. The ride is also a chance to show respect for and honor the lives of those who have been killed or injured. <https://www.ridewithgps.com/routes/20540494>

THE RACE ACROSS AMERICA FILM PRESENTATION – May 22, 7 pm @ Cinemark 14

Come support the Race Across America Organization by watching the documentary "Godspeed" at Redding Cinemark 14 at 7 pm. One night only. This is a "must see" event. The inspiration to overcome breathes life into "GODSPEED" as it chronicles a first-time race team – Jerry Schemmel, noted author, speaker and sportscaster for the Colorado Rockies and Brad Cooper, a eleven-time Ironman triathlete – as they compete 24 hours a day for seven days covering 3,000 miles of deserts, mountains and plains overcoming physical exhaustion, sleep deprivation and extreme mental anguish competing in the world's most difficult cycling race – The Race Across America. Pedaling 168 hours non-stop across 12 states from the Pacific to the Atlantic Oceans, Schemmel and Cooper embark on the journey of a lifetime - a race that would provide an extreme test of physical endurance and dependence on faith, all for the greater purpose and personal calling to raise money for the orphans of Haiti.

Click this link to see more about the film and view the trailer. <http://www.godspeedcycling.com/>

SHASTA WHEELMEN RIDE CALENDAR - MAY 2018

Date	Time	Ride Name/Description	Route URL	Miles	Elev Gain
Tuesday, May 1, 18	0800	Ride #02 Palo Cedro counter clockwise Start at Sundial Bridge Parking Lot Palo Cedro via Cypress, Victor, Rancho, Old Oregon Trail, Old 44 Rtn: Old 44, Swede Creek, Deschutes, Old Alturas Dana to downtown 31.6 miles/C	http://ridewithgps.com/routes/14136290	31.6	1057.1
Tuesday, May 1, 18	1730	Tuesday Night Turnout Start at CVS Pharmacy @, Placer/ Buena Ventura A spirited ride, not a race. A couple of regroups. Rich Robinson 604-4371	https://ridewithgps.com/routes/19291815	24.8	1519.0
Thursday, May 3, 18	0800	Ride #03 Anderson counter clockwise Start at Sundial Bridge Parking Lot Olinda/ Anderson via Freebridge, Eastside, Girvan, 273 Canyon, China Gulch to Anderson Burger King Rtn: North St. across Sacramento River Churn Creek, Bonnyview, Eastside with stop at Starbucks 39.5 miles/C	http://ridewithgps.com/routes/14136291	39.5	825.2
Saturday, May 5, 18	0800	Oak Run-Bullskin Ridge-East Fern/Whitmore Start at Palo Cedro Park n Ride	https://ridewithgps.com/routes/7804880	61.9	4567.0
Sunday, May 6, 18	0800	Veteran's Cemetery / West Redding Cottonwood Loop Start at Anderson Starbucks	https://ridewithgps.com/routes/11043109	42.3	1377.0
Monday, May 7, 18	1800	Club Monthly Meeting at Lulu's Resturant 2230 Pine St. Redding	https://goo.gl/maps/PRA4j2gHd8w		
Tuesday, May 8, 18	0800	Ride #04 Old Shasta counter clockwise Start at Sundial Bridge Parking Lot Old Shasta via Old Stage Rd Rtn: Red Bluff Rd. Swasey The neighborhood Texas Springs, Honeybee, Clear Creek, Girvan and Eastside w/ Igo option, with stop at Bonnyview Starbucks 28.5 miles/B	http://ridewithgps.com/routes/14136292	28.5	1296.7
Tuesday, May 8, 18	1730	Tuesday Night Turnout Start at CVS Pharmacy @, Placer/ Buena Ventura A spirited ride, not a race. A couple of regroups. Rich Robinson 604-4371	https://ridewithgps.com/routes/19291815	24.8	1519.0
Thursday, May 10, 18	0800	Ride #05 Jones Valley Store clockwise Start at Sundial Bridge Parking Lot Jones Valley Store via Dana/downtown Churn Creek, College View, Old Oregon Trail, Bear Mtn Rtn: Dry Ck. Deschutes, Old Alturas, Browning, Dana/downtown 32.5 miles/C+/B	http://ridewithgps.com/routes/14136293	32.5	1578.8
Saturday, May 12, 18	0800	Five School Bypass Start at Sunidal Bridge Parking Lot John Crowe 246-2563			
Sunday, May 13, 18	0800	Veteran's Cemetery / West Redding Cottonwood Loop Start at CVS Pharmacy @, Placer/ Buena Ventura	http://ridewithgps.com/routes/15197255	51.5	2270.0
Tuesday, May 15, 18	0800	Ride #06 Millville Plains clockwise Start at Sundial Bridge Parking Lot Millville Plains via Cypress, Hartnell, Old 44, to Palo Cedro Rtn: Millville Plains, Dersch, Churn Creek Bonnyview, Eastside Road w/Oak Run option 38.4 miles/C+	http://ridewithgps.com/routes/14136294	38.4	1042.3
Tuesday, May 15, 18	1730	Tuesday Night Turnout Start at CVS Pharmacy @, Placer/ Buena Ventura A spirited ride, not a race. A couple of regroups. Rich Robinson 604-4371	https://ridewithgps.com/routes/19291815	24.8	1519.0
Wednesday, May 16, 18	1900	Ride Of Silence, meet at south end of Sundial Bridge 10 miles, Doug Holt Join with other cyclists as the Shasta Wheelmen leads the annual Ride Of Silence, Wednesday May 16, 2018, at 7 pm. We begin on the Turtle Bay side of the Sundial Bridge. All cyclists are welcome!	https://www.ridewithgps.com/routes/20540494	10.0	
Thursday, May 17, 18	0800	Ride #07 Igo/Ono Clockwise Start at Sundial Bridge Parking Lot Igo/Ono via Freebridge, Eastside, Girvan, Clear Creek to Igo/Ono, w/ Zogg, Rainbow Lake Option Rtn: Placer, Buenaventura, 299, West St. Court St. to River Trail 41.6 miles/C+/B	http://ridewithgps.com/routes/14136295	41.6	2085.3
Saturday, May 19, 18	0500	Davis Double Davis Veterans Memorial Center 203 E 14th St Davis, CA Ride 200 miles in one day through Yolo, Napa, and Lake counties on the most popular and one of the best supported double centuries in California	https://davisbikeclub.org		
Saturday, May 19, 18	0800	Platina Start at CVS Pharmacy @, Placer/ Buena Ventura	https://ridewithgps.com/routes/10373203	74.8	6465.0
Sunday, May 20, 18	0800	Woody's Bike Parking and Ride, Patty Shackelton (619) 981-2393 - 30 to 40 mie ride preceding bike parking event at Woodys at 11:30 am		30-40	
Tuesday, May 22, 18	0800	Ride #08 Bridge Bay Clockwise Start at Sundial Bridge Parking Lot Bridge Bay via Dana downtown Hilltop, Twin View, Cascade, Union School, Old OR Tr. Wonderland, I-5 Rtn; I-5, Wonderland Blvd Collyer, Churn Ck, Canby, Dana/downtown 35.1 miles/C+	http://ridewithgps.com/routes/14136296	35.1	1706.2
Tuesday, May 22, 18	1730	Tuesday Night Turnout Start at CVS Pharmacy @, Placer/ Buena Ventura A spirited ride, not a race. A couple of regroups. Rich Robinson 604-4371	https://ridewithgps.com/routes/19291815	24.8	1519.0
Thursday, May 24, 18	0800	Ride #09 Old Shasta clockwise Start at Sundial Bridge Parking Lot Old Shasta via Branstetter, TX Springs, Placer, Taylor, Prospect, Mtn. Shadows, Middletown Pk, Swasey, Red Bluff Rd. Rtn: Granite, Rock Cr., Iron Mtn, Middle Cr, River Trail 30.5 miles/C+	http://ridewithgps.com/routes/14136297	30.5	1638.1
Saturday, May 26, 18	0800	Wildcat/Hwy 36 Start at Anderson Starbucks	https://ridewithgps.com/routes/10689148	67.5	3480.0
Saturday, May 26, 18		Art of Survival Century at Tule Lake	http://survivalcentury.com/		
Sunday, May 27, 18	0800	Dry Creek / Bear Mt. Start at Palo Cedro Park n Ride	https://ridewithgps.com/routes/12118058	42.7	1399.0
Tuesday, May 29, 18	0800	Ride #10 Shasta Dam/City of Shasta Lake clockwise. Start at Sundial Bridge Parking Lot Shasta Lake via the River Trail to Shasta Dam, Centimudi ,Shasta Dam Blvd. Rtn: Cascade, Pine Grove, Twin View, Churn Creek 33.4 miles/B	http://ridewithgps.com/routes/14136298	33.4	1777.9
Tuesday, May 29, 18	1730	Tuesday Night Turnout Start at CVS Pharmacy @, Placer/ Buena Ventura A spirited ride, not a race. A couple of regroups. Rich Robinson 604-4371	https://ridewithgps.com/routes/19291815	24.8	1519.0
Thursday, May 31, 18	0800	Ride #11 End of Iron Mountain Rd counter clockwise Start at Sundial Bridge Parking Lot End of Iron Rd. via River Trail Rtn: Iron Mountain, Rock Creek, Granite, to Old Shasta backside of Swasey, Placer, Texas Springs 33+ miles/B/B+	http://ridewithgps.com/routes/14136299	35.7	2205.9

Shasta Bike Month ~ May 2018 Calendar of Events



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 or errands (or for a recreational ride) 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. This year the local Bike Challenge will be hosted by the Love to Ride platform, www.lovetoride.org. Registration and details can be found at www.shastabikechallenge.org

May 1: United Shasta Social Rides

5:30 p.m. (May 1st, 8th, 15th, 22nd, 29th)

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 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 Bike Month (May 1st, 8th, 15th, 22nd, and 29th). www.shastabikechallenge.org

Friday, May 4: Shasta Lemurian Pre-Registration Party

5:00 p.m.- 10:00 p.m.

Location: Caldwell Park

Join the mountain bike community at Caldwell Junior Bike Park for food trucks, drinks, and a movie in the park. Pick up your registration packet for the next day's Shasta Lemurian Classic. The free screening of the movie will be THE Moment - The birth of a sport that nobody wanted, a documentary about the birth of freeride mountain biking. Hosted by Owens. Visit www.shastalemurian.com or www.mayorsmtbchallenge.org

Friday, May 4: School Spirit Friday Fun Ride

6:00 p.m.-7:30 p.m.

Location: Caldwell Park

School Spirit. Hey kids and former kids! Sport your school colors to show your school pride! This is a great ride to prepare and get you excited about International Bike to School Day, which is Wednesday, May 9, 2018. Ride will be around the Arboretum Loop or around the larger River Trail loop to the concrete suspension bridge. Free event. For more information contact: srts@healthyshasta.org

Saturday, May 5: Shasta Lemurian Classic

9 a.m.

Location: Brandy Creek Marina Boat Ramp, Whiskeytown Lake

The Lemurian mountain bike race is a mass start down a narrow two-lane paved road for approximately 1 mile. Riders then ascend up a gravel road before climbing an even steeper gravel road to where they top out onto Monarch Mountain (approximately 1300 feet from the start). The second biggest climb is approximately 1800 feet over 2-3 miles. The technical rocky and drop off sections on steep trails are throughout the courses and on the long descents, including the last 4 miles of the course, which is the downhill portion of the Short course. Hosted by Owens. Park entry fee required; Registration fee; Spectators FREE/No dogs please. Register at www.shastalemurian.com.

Sunday, May 6: Moseley Family Cellars and Redding Escape

12 p.m.- 7:00pm

Location: 2158 Hilltop Drive

Shasta Bike Month invites you to taste the best wines in Shasta County at the Moseley Family Cellars new tasting room and check out the new Redding Escape Rooms. This walk-in event includes a free wine-tasting then a tour of the Escape Rooms. Ride your bike and park in the safety of the tasting room. Anyone who books an escape room experience at a \$5.00 discount will also get \$5.00 off a bottle of wine to take to the Escape Rooms for their party. Walk-ins welcome.

www.moseleyfamilycellars.com and www.escapereddingca.com

Wednesday, May 9: Bike Month Celebration at Fusion Lounge

4 p.m.-9 p.m.

Location: Fusion Lounge, 2704 Hartnell Ave

Ride your bike over to Fusion Lounge and celebrate bike month during this amazing happy hour. Everyone who shows up on a bike will receive a special gift, get \$2 off Tri Tip Sandwich, and receive a free raffle ticket for awesome bike swag. More raffle tickets can be purchased. All others can enjoy specials on food and drinks during the happy hour! Fall River Brewery will there hosting. Free Bike Valet. Purchase your own food & beverages. This is a family friendly event and free to attend.! Visit www.facebook.com/fusionlounge530/

Wednesday, May 9: 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 Call 245-6457 or visit www.healthyshasta.org. If you need a ride home, ride RABA for free (based on rack availability).

Friday, May 11: Bike to Work & Everywhere Day

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

You and your bike ride free on RABA on May 11th in celebration of Bike to Work Day!

Friday, May 11: Women's Breakfast Ride with Shasta Living Streets

7 a.m.

Déjà Vu Restaurant, 1590 California Street.

Join Shasta Living Streets for breakfast. Hosted by Shasta Living Streets. Visit www.shastalivingstreets.org

Friday, May 11: Bike Bling Friday Fun Ride

6:00 p.m.-7:30 p.m.

Location: Caldwell Park

Bike Bling! Have fun decorating your bike before we head out on a ride. Pipe cleaners, stickers, ribbons and other "bling" will be provided. Again a short safety lesson will be presented, followed by a ride around the Arboretum or larger River Trail loop. Free event. For more information contact: srts@healthyshasta.org

Saturday, May 12: 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 16: 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

Wednesday, May 16: Annual Caltrans Lunch Ride

11:30 a.m., start ride at 11:45 a.m.

Location: Lake Redding Park Pavilion

Open to public, short, easy course for beginners and longer loop for more experienced riders. The ride will take place on the River Trail. Energy station available before and after ride. Contact shastabikemonth@gmail.com

Friday, May 18: Neon Friday Fun Ride

6:00 p.m.-7:30 p.m.

Location: Caldwell Park

Neon. Wear your favorite neon socks, shirt, or whatever you've got. Safer bicyclists are seen bicyclists! A short safety lesson will take place followed by a ride around the Arboretum loop or larger River Trail loop. Free event. For more information contact: srts@healthyshasta.org

Friday, May 18: National Bike to Work Day

Celebrate National Bike to Work Day with a ride to work! If you need a ride home, ride RABA for free (based on bike rack availability). Visit <https://www.cityofredding.org/departments/redding-area-bus-authority>

Friday, May 18: Bike to Free Pancake Breakfast

6 a.m. – 10 a.m.

Location: Bicycle corrals at Market / Placer in the Promenade

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 reddingtrailsandbikewayscouncil.org/

Saturday, May 19: Mule Mountain Mayhem Checkpoint Challenge

1 p.m. – 7 p.m.

Location: Swasey Recreation Area

It's going to be a party on your bike. Join Redding Trail Alliance for family fun including a check point challenge, kids treasure hunt, bike limbo, bike toss, food trucks, and more!

Visit www.reddingtrailalliance.org or www.mayorsmtbchallenge.org

Sunday, May 20: Woody's Family Cycling Fest

Location: Woody's Brewing Co., 1257 Oregon Street

Come on over to Woody's for a bike social with activities for all. Boomtown BMX will be doing an exciting demo showing off their bike tricks. There will be a guided ride. Chain Gang will be offering help for those having trouble with their bikes. Redding Rocks will be providing supplies for everyone to enjoy the experience of rock painting. There be will food and drink specials. More details coming soon!

Visit www.woodysbrewing.com

Saturday, May 26: Boomtown BMX Social Ride

11 a.m.

Location: Sundial Bridge

Take a ride with the Boomtown BMX crew starting at the Sundial. They will make their way along the River Trail to the Ribbon Bridge and stop at the Bike Park before heading back to the Sundial Bridge. This will be a leisurely ride of about 10 miles and is open to all ages and levels of experience.

Check them out at www.facebook.com/boomtownbmx

Wednesday, May 30: Rides with Transportation Officials

Ride #1: 12 p.m.- 1p.m. & Ride #2: 5:30 p.m. -7 p.m.

Location: TBA

Join transportation officials from City of Redding, Caltrans District 2, and the Shasta Regional Transportation Agency for a friendly bicycle ride and chat about local bicycling infrastructure. A great chance to ask questions and give input. The first ride will be at the lunch hour to showcase D2D (Diestelhorst to Downtown) and the second ride will feature a future project the City wants to showcase. More details coming soon!

Contact D2bike@dot.ca.gov

Thursday, May 31: Wild Card's Pints with Purpose for Bike Month

5 p.m. – 7 p.m.

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

Wildcard wants to highlight some of the amazing community leaders and non-profits taking our community forward.

Community leaders acting as guest's bartenders will pour pints for a non-profit of their choice which will be [Advance Cycling Education](#). Free bike valet provided from 5:30p.m- 8:30 p.m.

More information coming soon! Visit www.wildcardbrewingco.com

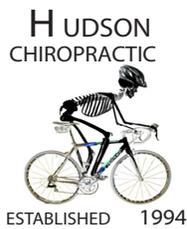


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