



BIKE FOR A HEALTHY CALIFORNIA

NEWSLETTER

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Bill Walton Supports the Bike For A Healthy California License Plate



Did you know Basketball Hall of Fame Member Bill Walton is an avid cyclist? Yes, one of the 50 all-time best players in NBA history is an avid cyclist. Bill loves his bike and is always looking forward to the next big climb. Bill was gracious enough to record a short video in support of the “Bike For A Healthy California” license plate.

Please go to <https://www.youtube.com/watch?v=BwdiZFwzZMo> to watch the video and share with your cycling friends, family and club members. Like Bill says, “If you ride a bike in California, buying the Bike For A Healthy California license plate is a no-brainer.”

Becky Garrow New to the Bike Plate Team

Becky Garrow is the founder of Bon Vivant Bicycle Tours. Previously, Becky was the President of the Board of Directors for Sacramento Area Bicycle Advocates and co-created the California Department of Public Health Bike Share program. She also served as the co-coordinator (2012-2014) of the East End Complex Bicycle Users Group (BUG). Currently, Becky is a Commissioner for the City of Sacramento Active Transportation Commission. She owns five bicycles, has completed trainings in Traffic Skills 101 with the League of American Bicyclists, Cycling Savvy, Bike Fitting, Basic Bike Skills, and Smart Cycling through the San Diego Bicycle Coalition, and Biking with Children through the San Francisco Safe Routes to School Partnership. Becky



is experienced in helping people ride to work, showing off the great city of Sacramento, and empowering people to gain the confidence to ride a bike safely.

Partner Profile: Kinetic Koffee



"Kinetic Koffee has a passion to keep you moving. We offer great quality coffee as fuel for you when you need it! Kinetic Koffee Company is a gourmet organic micro-roaster, located in Arcata, **in the far northwest corner of California**, surrounded by redwood forests, raging rivers, and the Pacific Ocean. We have enjoyed roasting and sharing our hand-crafted coffee since 2005. *Kinetic Koffee specializes in 100% certified organic coffees from around the world. Each of our roasts is custom designed with distinctive profiles. Our roasting method is hands-on allowing us to adjust the roasting process for each batch we roast. We take our time ensuring that the flavor of the bean varietal comes through. This method allows the bean to roast slowly, developing a caramelized surface – never charred – producing a naturally low acid cup of deliciousness bursting with flavor specific to each bean variety*"- **Mark Ritz, Co-Owner**

Kinetic Koffee's founders, Mark Ritz and Charlie Jordan, are avid outdoor enthusiasts and former executives from the outdoor and cycling industries and have spent years learning all they could about the world of super-premium coffees.

From visiting farms, insisting on only the top grade of green beans, meticulously roasting, and ensuring your coffee is the freshest possible, it all adds up to one of the best cups of coffee available. They bring their knowledge and passion for the noble bean, their love of the outdoors, and their values for a healthy environment and happily share these with all of you coffee aficionados.

Kinetic Koffee- Keeps You Moving!

So, what does the "Kinetic" in Kinetic Koffee mean? The definition of "kinetic" is "energetic or dynamic" or "resulting from motion." To Kinetic Koffee Co., it's all about human-powered activity, whether it's cycling, paddling, skiing, running, hiking, or any other active sport. Participation in these activities demands enormous amounts of energy, stamina, dedication. As outdoor enthusiasts themselves, they share and celebrate these attributes. They also appreciate that caffeine is an excellent energy boost as well as an antioxidant! Check out all the Kinetic Koffee varieties at <https://www.kinetic-koffee.com/>. Place your order on Amazon at <https://www.amazon.com/stores/page/AC346329-2AF6-470D-BB41-75194B4F4BB2> or call to say Hi at 707-825-9417.



Product Highlight: aereo Spider Rack

The Friends of the California Bike Plate appreciate new and innovative items for our bikes, especially when they make life easier and more enjoyable. That's why we teamed up with aereo brand racks and want to highlight the aereo Spider Rack. This unique rack fits most bikes, including e-bikes and front suspension mountain bikes, is lightweight and can carry any dry bag, bag, tent, or sleeping bag meant for use with a bike or for camping. It's also versatile, allowing for the addition of more cradles or Pods to the rack.



- aeroe Spider Rack fits most bikes (including full suspension).
- Easy attachment system using 5mm Allen/Hex key.
- The cradle on top can be rotated 90 degrees to allow for dropper seat use.
- The aeroe Spider Rear Rack can take multiple bags, tents, dry bags at preferred attachment points and angles.
- The dry bag fits perfectly in the cradle.
- Up to three Spider B cradles can be positioned on the rack so load it up!

Check out the aeroe Spider Rack system at <https://aeroe.com/>.

Riding a Bike During COVID-19 Pandemic

Many questions have been asked about exercise during the COVID-19 pandemic. Keep in mind recommendations can change quickly. Here are a few simple guidelines to consider when riding your bike. Excerpts from an article published in Bicycle Magazine August 21, 2020.

Is it safe to ride outside? Yes, and riding alone is still the best way to reduce your risk and keep others safe. The best plan for riding right now is to go out, ride solo or with a small group of trusted people, enjoy the outdoors in open areas, and try timing your rides for when you know your route will be less crowded. Doing some type of vigorous activity for 60 minutes can help you keep your cardiovascular and immune system strong. Be aware of what's going on in your area and if there are any restrictions or mandatory self-quarantines. Most importantly, if you're sick or at risk of spreading the virus, you shouldn't go out or exercise.

Do I need to wear a mask when on my bike? Local recommendations can vary; however, people should wear masks in public settings and when around people who don't live in your household, especially when other social distancing measures are difficult to maintain. Guidance for California residents can be found [here](#). Recommendation from the Center for Disease Control on wearing masks when exercising can be found [here](#). The full article can be found at this [link](#).



This newsletter is brought to you from the Friends of The California Bike License Plate.

Content has been submitted by partner organizations. For information on the Bike For A Healthy California License Plate Initiative contact CABikePlate@cdph.ca.gov

Buy your Bike For A Healthy California bike plate at <https://calbikeplate.com/>