



For Immediate Release

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Get Tuned Up for Bike Walk Week 2010—June 5-11

April 30, 2010—With the recent news from “Bicycling” magazine that Minneapolis is the nation’s #1 bike-friendly city, it’s time for everyone in the Twin Cities to gear up for Bike Walk Week, which this year has moved from late May to June 5-11. The week includes events and activities designed to promote walking and bicycling as fun, healthy, and convenient ways to get around.

In addition to events in the Twin Cities, communities across the state will celebrate Bike Walk Day or Week. Details are posted on the Mn/DOT Bike web site (<http://www.dot.state.mn.us/bike/>) and available via the Bike Walk Week web site: <http://www.bikewalktwincities.org>.

In the Twin Cities area, several classes and workshops are offered in May covering bicycle maintenance and traffic skills—including some for women only. A full schedule is available on www.bikewalkweek.org.

May is also time start thinking about organizing bike walk teams (for your workplace, place of worship or school) and joining convoys for organized rides during bike walk week. Businesses can also sign up to be Celebration Locations on Bike Walk to Work Day, Thursday, June 10. Full information about how to organize teams and sign up as celebration locations is on the Bike Walk Week web site (www.bikewalkweek.org). This year, everyone who registers to participate in Bike Walk Week is automatically entered in Metro Transit’s Commuter Challenge and eligible for great prizes. And everyone who registers is also welcome at the Celebration Locations on Bike Walk to Work Day, Thursday, June 10.

Here is the line up for Bike Walk Week:

Saturday, June 5

- The American Heart Association Twin Cities Start! Heart Walk at Target Field
- Bicycling workshops and events for the whole family from 9am-1pm at the Hopkins Depot Junction, sponsored by Three Rivers Park District.

Sunday, June 6

- Enjoy St. Paul’s Grand Old Day without the hassle of parking your car. Grand Old Day is a great destination for walking or biking (including via transit).

—Bike/walk to worship on Sunday—and the following Friday and Saturday—and join the effort to engage churches, synagogues, and mosques in Bike Walk Week.

Monday, June 7

—Bike Walk Week encourages everyone to open the work week by saying or waving “thank you” to all those who are out biking and walking—and by making your neighborhood’s streets and sidewalks welcoming and safe for bicycling and walking.

Tuesday, June 8

—A screening of “Beyond the Motor City” and bicycling short films at the Oak Street Cinema, including a discussion with director Aaron Woolf and local bicycling and walking leaders.

Wednesday, June 9

—For the first time this year, Women’s Wednesday takes over mid-week, featuring a celebrity group ride and an online photo collage—with a drawing and prizes for those who upload photos. Bike Walk Week and the American Heart Association encourage women to wear red on Women’s Wednesday to put an exclamation point on your ride!

Thursday, June 10

—Bike Walk to Work Day, always the biggest day of the week. Bike Walk teams are eligible for prizes. Convoys ride together on organized routes. There will be Celebration Locations in the morning—at Rice Park in St. Paul, Government Plaza in Minneapolis, and at the Green Institute on the Midtown Greenway— and in the evening at REI stores in Bloomington, Roseville, and Maple Grove. Several restaurants are offering happy hour specials and businesses are offering discounts for biking and walking that day. To see the growing list of celebration locations and offers, visit www.bikewalkweek.org.

The metro-area Bike Walk celebrations started out as a “day” in 2007 and grew to a “week” in 2008. Now, in 2010, plans are taking shape to carry the energy of Bike Walk Week year-round, with seasonal bike-walk weeks—one in the summer, one in the fall around International Bike Walk to School Day, and one in the winter around the St. Paul Winter Carnival. Help build the momentum by signing up for this summer’s Bike Walk Week, June 5-11. To find out the latest, go to the Bike Walk Week website at www.bikewalkweek.org

Bike Walk Week is a public, private, and non-profit partnership between: Anoka County TMO, City of Minneapolis, City of St. Paul, Downtown Minneapolis TMO, 494 Commuter Services, Hennepin County, Metro Transit, Minnesota Department of Transportation, St. Paul Smart Trips and Transit for Livable Communities/Bike Walk Twin Cities.

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