

Ongoing Events:

Move-it Mondays | May 4th, 11th, & 18th | 7:00pm | The Red Herring Lounge

In the spirit of active transportation, a different bicycle-themed movie will be shown each week, with an accompanying signature cocktail special for those who bike or walk to the showing. Movies are free.

Ski Hut Monday Night Ride | May 4th, 11th, 18th, & 25th | 5:30-7:30pm

The venerable Ski Hut Monday Night Ride rolls on for 2015. Early spring rides will mainly consist of gravel road riding. Once the trails are deemed dry enough we will move the start location throughout the system. Starting at a different location each week. Please call the shop at 218-724-8525 for each week's start location. Helmet required! All abilities are welcome. For more info visit: www.theskihut.com

Bike to School Wednesdays | May 6th, 13th, 20th, & 27th

Ski Hut Hate Ride Wednesdays | May 6th, 13th, 20th, & 27th | 5:15pm

Have some anger issues to work out? Consider this your weekly therapy session. 20+ mph average with attacks a-plenty. Be prepared to suffer. This ride will re-locate week-to-week as well as change mediums. One week may be gravel, the next road, the next mtb—you just never know. Routes average between 50-80 miles. Check in Wednesday a.m. to get the evening's itinerary. 218-724-8525. For more info visit: www.theskihut.com

Ski Hut Wednesdays Social Road Ride | May 6th, 13th, 20th, & 27th | 5:30pm

This ride averages 10 – 15 mph over an hour or two. Start locations will vary. Nearly all paved roads and no one will be left behind. Tutorials on flat repair and basic bike maintenance will be offered on occasion. Please contact the shop at 218-724-8525 each Wednesday to find ride

start location etc...or check us out on Facebook. For more info visit: www.theskihut.com

Grab Bags to Support the Bike Cave | Continental Ski and Bike, Ski Hut East, & Twin Ports Cyclery

Stop into one of these bike shops to support the Bike Cave by purchasing a discounted grab bag full of supplies. Bags will be delivered to the Bike Cave Collective, which empowers people through education, community, and labor to re-build bicycles for themselves and others.

Bus Bike Walk Challenge

Try out biking, busing, or walking instead of driving just once in May for your chance to win great prizes. Document your trip on Facebook (with a photo or status update) with the hashtag #BusBikeWalkDuluth to be entered into a weekly prize drawing. The more you participate, the better your chances - enter up to once per day. visit healthyduluth.org/promotion/bus-bike-walk-challenge for more info. This event is presented by MN Power.



Photo courtesy of Duluth-Superior Metropolitan Interstate Council

For more information visit:
healthyduluth.org

A Special Thanks To:

Supporters:

City of Duluth, YMCA, Contiental Ski and Bike, Ski Hut, Damage Board Shop, COGGS, Duluth Parks, Duluth Coffee Co, Zeitgeist Center for Arts and Community, MIC, Red Herring, Valentini's, Whole Foods Co-op, UMD, Duluth Police Department, Sustainable Twin Ports, Duluth Composit Team, PRØVE Gallery, Fit to Go.

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BUS. BIKE. WALK



DULUTH, MN
2015

Bus.Bike.Walk. Duluth

is a one-of-a-kind month-long celebration that brings together bicyclists, businesses, art hounds, outdoor enthusiasts, active commuters and families that share a mutual love for busing, biking, and walking. The events of Bus.Bike.Walk. Month reach far and wide into the community to encourage the use of people-powered modes of transportation.

MAY 2015

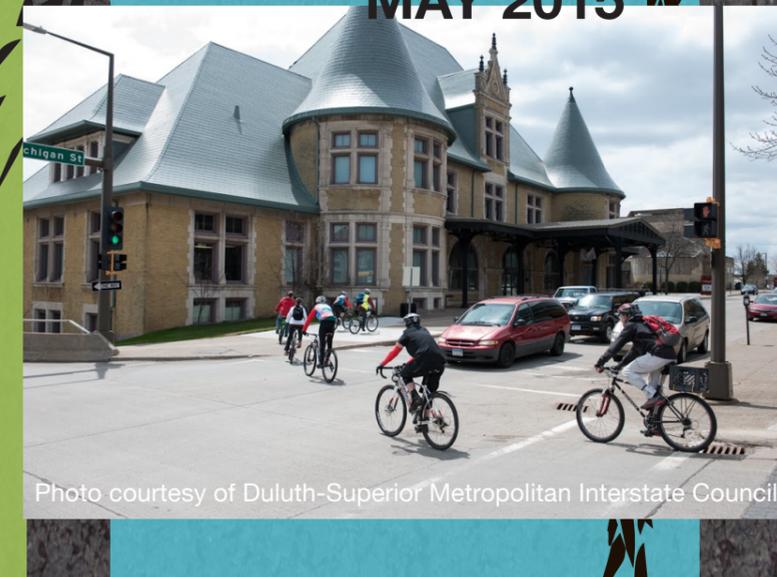


Photo courtesy of Duluth-Superior Metropolitan Interstate Council



Presented By

Essentia Health

Here with you

Week One

April 24 | **Bus Bike Walk UMD | 9:00 am-2:00pm | Kirby Bus Hub**

Hosted by MPIRG, the Minnesota Public Interest Research Group, to unite UMD and the Duluth community to engage around active transportation through various workshops, presentations, activities, and a fair. Bus Bike or Walk to campus for the event to win cool swag.

2 | **MS Walk | 9:00am | Hampton Inn**

The first Walk MS took place in 1988 where people who wanted to join the movement walked from downtown Minneapolis to the state capital. They raised \$216,000 toward research and service programs for people with MS. They began something that grew exponentially, and today, Walk MS events raise \$50 million a year to help people with MS move forward with their lives. <http://bit.ly/MSDuluth>

5 | **Bike to Save the Boundary Waters | 9:40am-2:00pm, UMD | 6:00-8:00pm, Bent Paddle**

Meet riders from the Bike Tour to Save the Boundary Waters and help them celebrate the power of wilderness and the value of the Boundary Waters Canoe Area. Learn about how proposed sulfide-ore copper mines, such as Twin Metals and others, threaten the Boundary Waters' clean water, clean air and forest landscape. Sign the Wenonah canoe they are taking on their ride from Winona to Ely. Win swag and learn how to support a great cause! www.save.theboundarywaters.org/biketour

6 | **Duluth Community Bike Ride | 4:30-5:30pm | Endion Station**

Meet at Endion Station in Canal Park for an after-work social ride with a Duluth Community Police Officer. Learn the rules of the road, safety on a bicycle, and get your questions answered. For age 14 and over. To register

in advance, email smulleneardley@duluthymca.org

6 | **COGGS Trails 101 | 6:00pm | Thirsty Pagan**

Use, etiquette, and stewardship of Duluth's mountain biking trails. Free, appetizers provided.

6 | **Bike to Save the Boundary Waters | 7:00pm | Hartley Nature Center**

Meet riders from the Bike Tour to Save the Boundary Waters and help them celebrate the power of wilderness and the value of the Boundary Waters Canoe Area. Learn about how proposed sulfide-ore copper mines, such as Twin Metals and others, threaten the Boundary Waters' clean water, clean air and forest landscape. Sign the Wenonah canoe they are taking on their ride from Winona to Ely. Win swag and learn how to support a great cause! www.savetheboundarywaters.org/biketour

7 | **Green Drinks: Two Wheel Deal Kickoff | 4:30-6:30pm | Zeitgeist Arts Cafe**

Healthy Duluth and Sustainable Twin Ports are partnering in May to reboot this internationally celebrated happy hour here in the Northland. Bus, bike or walk on down for the latest dish on local green initiatives and volunteer opportunities. Plus, you'll get a Two Wheel Deal sticker good for a year's worth of discounts that promise to make every pedal pay.

7 | **Portland Filmed by Bike Festival | 7:00-9:00pm | Zeitgeist Zinema**

Filmed by Bike, out of Portland, OR, is an annual international film festival about everything bikes. Submissions from around the world are evaluated by cycling experts, and only the best bike movies are selected and showcased in the final production. Showing for Bus Bike Walk Duluth will be *Bike Love* and the *10th Anniversary Festival Compilation*. Show up via bike, bus, or walking and get a beer and small popcorn for \$5! Admission: senior \$6.50, student \$7, adult \$9

8 | **4th Annual Mayor's Bike Ride | 12:00pm | City Hall**

Ride with Mayor Ness in his last mayor's ride as he embarks on a 2 mile bike ride from City Hall to Valentini's. Stick around for the luncheon to follow.

8 | **4th Annual Mayor's Bike Luncheon | 12:45-2:00pm | Valentini's Vicino Lago**

We have come a long way in the bicycle movement! Join Mayor Ness as he reflects on the progress we've made in recent years, and casts a vision for continuing to advance and support bicycling in our community. Stories of local bike, walk, and bus commuters will be featured. This event is presented by Essentia Health. Advanced registration requested at <http://bit.ly/MayorsLuncheon> Lunch: \$13

9 | **Learn to Ride Classes | 9am-12:00pm & 1:00-4:00pm | Downtown Duluth**

Never been on a bicycle before? Join us in one of two classes for people who want to learn now. The morning session will be for adults (16+) and the afternoon session will be for youth (under 16). This is a great opportunity to give cycling a try in a safe and supportive environment. The instructors will use a progressive curriculum to have you balancing and pedaling in no time! Bikes and helmets are included for those who need them. All proceeds will be donated to the Duluth YMCA to support bicycle education. Register by calling 218.728.0884 or at <http://wholefoods.coop/events-calendar/>. Registration: WFC members \$10, non-members \$12.

9 | **Mother's Day Walk/Run | 7:00am-12:30pm | DECC**

The YWCA's Mother's Day Walk Run features the Betty Brasgala 5K Run for women that promotes breast cancer and women's health awareness, the Two Mile Walk

and Youth Fun Run which promote family engagement and youth fitness, and the ever expanding Vendor Expo which features dozens of area businesses that support women and youth. <http://bit.ly/MothersDayWalkRun> Registration: varies, up to \$30

12 | **Bicycle Friendly Business Informational Session | 12:00 & 4:30pm | Zeitgeist Arts Cafe Dining Room**

Interested in becoming a designated Bicycle Friendly Business? Want to learn more about how to encourage customers and employees to bike to your establishment? Hope to encourage your employer to do more to promote biking? This information session will go over how the program works, application process (and how we can help!), and tools and ideas of simple things you can do right now to improve your bike friendliness.

Register (free) by emailing smulleneardley@duluthymca.org

14 | **Confident Cycle Commuting | 6:00-7:00pm | Whole Foods Co-op**

Want to try out bike commuting, but have some fears? Come learn how to overcome the barriers you have to trying out biking in this encouraging presentation. Boost your confidence by learning what to expect and how to prepare. Practical information discussed will include changing lanes, lane and intersection positioning, what to wear, and traffic law. All proceeds will be donated to the Duluth YMCA to support bicycle education. Register by calling 218.728.0884 or at <http://wholefoods.coop/events-calendar/>. Registration: WFC members \$10, non-members \$12.

14 | **Ignite your Fuse: Transportation in the Northland | 11:45am-1:00pm | Historic Union Depot**

Grab a bite and ignite! Learn from area professionals who are

helping to shape our city. Duluth is ablaze with new development, thriving businesses, and newly emerging leaders. Cost: \$18 Chamber Members, \$30 Non-Members <http://fuseduluth.com/events.shtml>

15 | **National Bike to Work Day | 6:30-8:30am | MN Power Plaza**

Stop by on your bike commute to work for free Duluth Coffee, a free bike tune-up, and a light breakfast. Learn how to load your bike on a DTA bus.

15 | **Free DTA Rides**

Do Duluth's hills or a long commute keep you from biking to work, school, or appointments? Try this: bike down the hill and ride the DTA up. Bike half way and ride the rest of the way. The DTA is offering free rides to passengers with bicycles on National Bike to Work Day!

15 | **Minnesota Mountain Bike High School League Movie: Single Track High | 4:30-6:30pm | Zeitgeist Teatro**

Support Duluth's high school mountain biking team and get inspired by the film One Track High, which documents how the lives of California high school youth have been changed and influenced by participating in high school mountain biking! Duluth team (Duluth Composite Team) was founded in 2013. Still in its infancy, the team was the 2014 State Champion. Help support the teams ongoing development - 100% of the proceeds will benefit the team. Tickets: free-will donation

16 | **Skate the Lake | 1:00pm | The Lakewalk**

Skate the Lake is an event to promote skateboarding as alternative transportation. Join us for a 2 mile cruise, starting at the Beacon Point parking lot at the bottom of 21st Ave E and skate to Lake Avenue Cafe in Canal Park. All ages welcome! Questions? Contact Damage Boardshop 218.724.4027.

Week Three

17 | **Our Lincoln Park Celebration | 1:00-4:00pm | Clyde Iron Works**

The Our Lincoln Park Neighborhood Celebration, now in its second year, brings together residents, businesses, and organizations working to make Lincoln Park a vibrant community. Healthy living is a focus of the event, which is free and open to the public. It is a family-friendly afternoon!

19 | **Bicycle Friendly Business Awards Reception | 4:00-6:00pm | Zeitgeist Center for Arts and Community**

Join us to recognize and celebrate the newest of Duluth's Bicycle Friendly Businesses, who were recently awarded by the League of American Bicyclists for their efforts in promoting bicycling in the community. Find out how these businesses support and encourage their customers and employees to bike to their establishments. Refreshments and appetizers provided. Awards given at 5:00pm.

20 | **Fix-a-flat Demos | 4:30-7:30pm | Public Bike Repair Station at Endion Station Lakewalk**

Drop by Duluth's first public bike repair station for a quick 10-minute demo on how to fix-a-flat, learn the ABC Quick Check, and get your basic maintenance questions answered.

20 | **The Future of Our Community: Millennials, Boomers, and Creating a Sense of Place | 4:30-6:00pm | Red Herring Lounge**

Emerging trends in population, housing, work and transportation have implications for the ways we should plan for and invest in this city and this region. Join us for a 'policy and a pint' style panel discussion with the MN state demographer's office, Duluth City Planning and local business owners about how they are thinking about, planning for and investing in the ways we will live, work, shop and play in the future.

Week Four

20 | **Duluth Community Bike Ride | 4:30pm | Endion Station**

Meet at Endion Station in Canal Park for an after-work social ride with a Duluth Community Police Officer. Learn the rules of the road, safety on a bicycle, and get your questions answered. For age 14 and over. To register in advance, email smulleneardley@duluthymca.org

21 | **Youth Bike Rodeo | 4:00-6:00pm | Myers-Wilkins Elementary School**

During this bike education event for Hillside families, a variety of stations will be in place to teach safe bike riding skills and knowledge for youth up to 5th grade. Bring your bike have some fun!

22 | **Tunnel Vision Art Exhibit Opening Reception | 6:00-10:00pm | PRØVE Gallery**

Tunnel Vision is an exhibition that promotes skateboarding and bicycling as a means of alternative transportation. The participating artists' works are rooted in contemporary skateboard and bicycle art, design and culture. In attempt to capture the kinetic, each artist explores their vision of how skateboarding/ bicycling cultures have influenced their practices.

27 | **Healthy Duluth Ideas Festival | 5:30pm | Zeitgeist Teatro**

This is your chance to help determine where up to \$10,000 will go to help Duluth become a healthier, more vibrant community. Join us for four fun, TED style presentation of some of the best ideas regarding making Duluth a modern community committed to active living, fresh and healthy food access, modern design, and health equity. Award funds will be given to the idea(s) that best capture your attention - every member of the audience is invited to offer input and scoring to help us determine where to invest the prize money.

30 | **Volunteer Tree Planting | 10:00am-12:00pm | Cross City Trail**

Urban trees provide much-needed shade and wind-breaks for bicyclists and pedestrians. Volunteer with Parks and Recreation to plant trees along one section of the newly-paved Cross City Trail. All equipment provided. Meet at the intersection of W Superior St and W Michigan St - near the M&H gas station. Contact Cheryl Skafte to register: cskafte@duluthmn.gov or 218.722.4334.

31 | **Fit to Go Social Bike Ride | 1:30pm | Lakewalk at the Rose Garden**

Join Fit to Go on a social bike ride on the Lakewalk from the Rose Garden to Brighton Beach. Those who chose to can continue on the Scenic Highway. Following the bike ride, there will be a social hour at a location chosen by the group. This ride is dedicated to the memory of Gary Gardon, a 30 year faculty at the College of St Scholastica who loved bicycling, promoting community health and fitness, and bringing people together. Free-will donations in his memory will be collected to support Healthy Duluth. www.fittogoincorporated.com

31 | **Specialized Women's Ride Day**

4th annual cycling event encouraging and supporting existing and emerging women riders! Details TBA. Please follow The Ski Hut on Facebook and check out www.theskihut.com for more details!

31 | **Closing Ceremonies | 1:00-3:00 pm | Zeitgeist Center for Arts and Community**