



Essentia Health

Here with you

Presents



BUS. BIKE. WALK



MAY
2015

Healthyduluth.org

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

May 2015

2 | MS Walk
9:00am | Hampton Inn

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

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

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

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

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

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

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

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

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

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

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

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

14 | Ignite your FUSE: Transportation in the Northland
11:45am–1:00pm | Historic Union Depot

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

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

16 | Skate the Lake
1:00pm | The Lakewalk-Beacon Point

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

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

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

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

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

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

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

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

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

31 | Specialized Women's Ride Day
www.theskihut.com

31 | Closing Event
1:00–3:00pm | Zeitgeist Center for Arts and Community

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.

Ongoing Events

Commuter Challenge
Presented by MN Power | #BusBikeWalkDuluth

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

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

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

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

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

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

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.

Sponsors:



Adam Swanson
www.adamswanson.com



enriching communities through architecture



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Healthy Duluth
AREA COALITION