

••• Breakfast Station Hosts •••



SPECIAL THANKS

- Columbia Bicycle Club
- Columbia College
- Columbia Public Schools
- Columbia Transit
- Cyclextreme Bicycle Warehouse
- Flat Branch Pub & Brewing
- Kaldi's Coffee House
- KFRU 1400 AM
- Klunk Bicycles & Repair
- City of Columbia Office of Neighborhood Services
- Services for Independent Living
- Shakespeare's Pizza
- VANGEL
- West Broadway Walmart

**Bike, Walk & Wheel Week Committee Members and Community Volunteers**

**Bike, Walk & Wheel Week**

Join Mayor McDavid by taking this year's challenge to bike, walk or wheel around Columbia. The 10th Annual Mayor's Challenge: Bike, Walk & Wheel Week is happening May 14 – 21 and is designed to encourage all Columbians to use active modes of transportation – like walking or biking – to get to work, school and all around town.



Mayor Bob McDavid

Bike, Walk & Wheel Week is for everyone! Ride your bike to run an errand, walk up the street to visit a friend, or head out on the trail. It's easy, it's fun and when you bike or walk you help make Columbia a happier, healthier place.



**Register online!**

Go to [www.pednet.org](http://www.pednet.org) to pledge your commitment to active living and get entered into a drawing for prizes from local businesses.

**10th Annual Mayor's Challenge**  
May 14-21, 2011 • Columbia, Missouri

**BIKE  
WALK &  
WHEEL  
WEEK  
2011**



**Public Health**  
Prevent. Promote. Protect.  
Columbia/Boone County  
Public Health & Human Services



**PedNet**



**Columbia Parks and Recreation**  
Creating Community

# 2011 CALENDAR OF EVENTS

Events are free, unless otherwise noted. Get all the details on this year's Bike, Walk & Wheel Week events at [www.pednet.org](http://www.pednet.org)

## Saturday, May 14

### Kids Bike Safety

10:00 am-Noon, Shelter Insurance, 1817 West Broadway  
For more information, call Columbia Parks and Recreation at 573-874-7460 or visit [www.gocolumbiamo.com/ParksandRec/](http://www.gocolumbiamo.com/ParksandRec/)

## Sunday, May 15

### Bike or Hike to Church Sunday!

Inspire your congregation to travel the active transportation way.

## Monday, May 16

### Bike is Your Ticket on Transit All Week

Bicyclists ride the city buses for FREE all week!

### Adult Learn to Ride Class

5:30-7:30 pm, Armory, corner of 7th and Walnut  
\$25 per person. Register online at [www.pednet.org](http://www.pednet.org)

### PedNet's MKT Secret Access Trail Ride

6:00 pm, Flat Branch Park Gazebo - corner of 4th and Cherry  
For more information, call 573-823-5503. Twenty-mile round-trip ride. Helmets required.

## Tuesday, May 17

### Rack Pack and Roll

6:00-9:00 pm, ARC, corner of Clinkscales and Ash  
PedNet staff will provide instruction on the art of "do it yourself" bike bags made from kitty litter buckets and fenders made from recyclables. For more information call 573-303-1033.

## Wednesday, May 18

### Family Fun Fest: Fitness is Fun!

6:00-8:00 pm at Flat Branch Park  
Celebrate Bike, Walk & Wheel Week and learn ways to stay fit. Join us for fun demonstrations and hands on activities, as well as the Let's Move Cities and Towns Proclamation from Mayor McDavid at 6:00 pm. For more information, call Columbia Parks and Recreation at 573-874-7460 or visit [www.gocolumbiamo.com/ParksandRec/](http://www.gocolumbiamo.com/ParksandRec/)

## Your bike is your ticket!

Bicyclists ride the city buses for FREE all week!



## Thursday, May 19

### Try Transit Day

Everybody rides free, all day long! Bus schedules and routes at [www.gocolumbiamo.com](http://www.gocolumbiamo.com)

### Bike Maintenance Workshop

6:30-7:45 pm, Walt's Bicycle Fitness & Wilderness Co., 1217 Rogers St.  
Learn basic bicycle maintenance, like how to repair or replace a tire tube and make cable and brake adjustments. For more information call 573-886-9258.

## Friday, May 20

### Breakfast Station Day

7:00-9:00 am

Everyone is invited! Stop by and enjoy a free breakfast as you bike, walk or wheel about town. (See map and locations, right.)

Join us for a FREE breakfast!

### Walk to School Day

Kids get a free breakfast, too! Call PedNet at 573-529-1148 for information about participating schools or help planning your personal walk to school.

## Saturday, May 21

### Trails Day; 5K Walk/Run & 10K Bike Event

5K Walk/Run & 10K Bike Ride (9:00-10:00 am)

Nature Expo (9:00 am-Noon)

MKT Trail Access, 800 S. Stadium Blvd (MLK Jr. Memorial)  
Run, walk or bike on the MKT Trail to celebrate Columbia's trails! Free, untimed event; participants get a free t-shirt. No registration required. And, stop by the Nature Expo for booths and demonstrations! For more information, call Columbia Parks and Recreation at 573-874-7460 or visit [www.gocolumbiamo.com/ParksandRec/](http://www.gocolumbiamo.com/ParksandRec/)

### Riding Out Poverty in Mid-Missouri: A Fundraiser Benefitting CMCA (Central Missouri Community Action)

Packet pick-up begins at 9:00 am; ride begins at 10:00 am, MKT Trail Access, 800 S. Stadium Blvd (MLK Jr. Memorial)

Registration fee: \$30 per individual or \$100 per team or family of four. For more information, call 573-443-8706, ext. 1071 or visit [www.showmeaction.org/](http://www.showmeaction.org/)

### Confident City Cycling

9:00 am-6:00 pm, ARC, corner of Clinkscales and Ash  
\$80 per person. Register online at [www.pednet.org](http://www.pednet.org).

### Wheelchair Wash and Roll

Noon-4:00 pm, Stephens Lake Park, corner of Old Highway 63 and Broadway

Come enjoy a recreational roll around Stephens Lake Park. Free wheelchair detailing and snacks for all participants. For more information call Services for Independent Living at 573-874-1646.

### PedNet's Birthday Bash Trivia Night Fundraiser

6:00 pm, Dulany Hall at Columbia College, 1001 Rogers St.  
\$25 per person or \$200 for a table of eight. For more information call PedNet at 573-268-8816.

# Breakfast Stations

Join us for a free breakfast on Friday, May 20 between 7:00 and 9:00 am at any of these locations:



- MKT Trailhead at Forum Blvd.**  
Breakfast provided by Clovers Natural Market and Tryathletics
- The ARC, Clinkscales & Ash**  
Breakfast provided by Hy-Vee  
"Early Bird" Station - open at 6:30 am
- MKT Trail Access at Stewart & Providence**  
Breakfast provided by Walt's Bicycle Fitness & Wilderness Co.
- Shiloh Bar & Grill, 402 E. Broadway**  
Breakfast provided by Central Missouri Community Action (CMCA), Focus on Health Chiropractic and ServiceNoodle.com  
"Early Bird" Station - open at 6:30 am
- Blind Boone Community Activity Center, Park Ave & Providence Rd**  
Breakfast provided by CHA Low Income Services, Inc. in partnership with the PedNet Coalition's Healthy Habits Project
- D&H Drugstore at Broadway & West Blvd.**  
Breakfast provided by Mayor's Council on Physical Fitness & Health
- WELLWARE: Boone Hospital Center's Health and Wellness Services, William & Walnut Streets**
- Jack's Gourmet Restaurant, 1903 Business Loop 70 East**
- Bear Creek Trail Access, 2799 N. Garth Ave.**  
Breakfast provided by Columbia Kiwanis Club
- Rock Bridge High School Football Field Pavilion, Near the corner of Providence & Southampton Roads**  
Breakfast provided by Optimus: The Center for Health
- Columbia Center for Urban Agriculture's (CCUA) Urban Farm, 1209 E. Smith Street**