

Event Co-Chairs

Mike & Marcheita Anderson are the 2009 Bike, Walk & Wheel Week co-chairs!

Mike and Marcheita Anderson are active members of the Columbia community in more ways than one. Coach Anderson is a spokesperson for the Boys and Girls Club of Columbia. He and Marcheita play active roles in the behind-the-scenes development of the organization. They are also members of the Urban Empowerment Church.

The Andersons are family oriented and take great pride in their four children, Darcheita, Michael Jr., Yvonne and Suney. They also love spending time with their three granddaughters ages 7, 4 and 1.

Life is active, both personally and professionally for both. Marcheita enjoys biking, walking on the MKT Trail with friends, and spending as much time as possible outdoors. Coach Anderson stays active through his coaching position at Mizzou, and keeps his energy level up with routine workouts and quick games of basketball during his lunch hour.

Join us for Bike, Walk & Wheel Week 2009!



Marcheita & Mike Anderson

SPECIAL THANKS

- The Alpine Shop
- The ARC Activity and Recreation Center
- Boys and Girls Club of Columbia
- Broadway Diner
- Clovers Natural Market
- Columbia Bicycle Club
- Columbia's Kitchen
- Columbia Kiwanis Club
- Columbia Public Schools
- CoMo Bicycle Polo Club
- Cyclextreme Bicycle Warehouse
- D&H Drugstore
- Dunn Bros. Coffee
- Fairview Friends 4-H Club
- Flat Branch Pub and Brewing
- Friends of Rock Bridge State Park
- Hy-Vee
- Jack's Gourmet Restaurant
- Kaldi's Coffee House
- Klunk Bicycles & Repair
- KBXR 102.3 FM
- KFRU 1400 AM
- KOPN 89.5 FM
- KPLA 101.5 FM
- Mayor's Council on Physical Fitness and Health
- Missouri Egg Council
- Missouri Theater
- Optimus: The Center for Health
- PedNet Coalition, Inc.
- Shakespeares Pizza
- Shiloh Bar and Grill
- Sven's Kafe & Gallery
- Tryathletics
- West Broadway Walmart
- Walt's Bicycle Fitness & Wilderness Co.
- WELLAWARE Boone Hospital Center's Health and Wellness Services
- YouZeum

Bike, Walk & Wheel Week Committee Members and Community Volunteers

Breakfast Stations

Join us for a free breakfast on Friday, May 8 between 7:00 and 9:00 am at any of these locations:



- 1. MKT Trailhead at Forum Blvd.**
Breakfast provided by Clovers Natural Market and Tryathletics
- 2. The ARC, Clinkscales & Ash**
Breakfast provided by Hy-Vee
"Early Bird" Station - open at 6:30 am
- 3. MKT Trail Access at Stewart & Providence**
Breakfast provided by Walt's Bicycle Fitness & Wilderness Co.
- 4. Shiloh Bar & Grill, 402 E. Broadway**
Breakfast provided by Broadway Diner
"Early Bird" Station - open at 6:30 am
- 5. Columbia's Kitchen**
2011 Corona Road, Ste. 101 in Cherry Hill (faces Scott Blvd.)
- 6. D&H Drugstore at Broadway & West Blvd.**
Breakfast provided by Mayor's Council on Physical Fitness & Health
- 7. WELLAWARE Boone Hospital Center's Health and Wellness Services**
Corner of William & Walnut Streets
- 8. Kaldi's Coffee House**
29 S. Ninth Street
- 9. Jack's Gourmet Restaurant**
1903 Business Loop 70 East
- 10. Bear Creek Trail Access, 2799 N. Garth Ave.**
Breakfast provided by Columbia Kiwanis Club
- 11. Optimus: The Center for Health & Rock Bridge High School**
RBHS Football Field Pavilion, located near the corner of Providence and Southampton Road.
- 12. Sven's Kafe & Gallery**
110 Orr Street, Ste. 101



**Mayor's Challenge:
Bike, Walk & Wheel Week**



Bike, Walk & Wheel Week
8th Annual Mayor's Challenge
May 2-8, 2009 • Columbia, Missouri

Part of GetAbout Columbia

Bike, Walk & Wheel Week is a part of:



www.getaboutcolumbia.com

Bike, Walk & Wheel Week

It's time for Bike, Walk & Wheel Week 2009! The 8th Annual Mayor's Challenge takes place from May 2-8. This weeklong event 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 Darwin Hindman

Bike, Walk & Wheel Week is for everyone! Ride your bike to run a couple of simple errands, walk up the street to visit a friend or head out on the trail for some fresh air. It's easier than you think to get active, so give it a try. You might even consider doing it more often—and that leads to improved health for you, your family and the community as a whole.

Take the challenge with Mayor Hindman and try biking, walking or wheeling your way around town!



CALENDAR OF EVENTS

For more details about each event, go to getaboutcolumbia.com or call Janet at (573) 442-7189, ext. 29.

Saturday, May 2

Bike, Walk & Wheel Week Kick Off Celebration
1:00-4:00 pm, Flat Branch Park

Register and pick up BWWW t-shirts, enjoy some music, check out a bike polo match and "float your boat!" Get bike safety and commuting tips, learn how to load your bike on the city bus rack and much more.

- **Commuter Bicycle Expo** – Veteran commuters will display bikes outfitted with gear, from low-tech recycled items to the latest high-tech extras. Local businesses will be on hand to discuss how to help you get about by foot or by bike!
- **Bicycle Tire and Tube Recycling** – Bring your old bike tires and tubes to be recycled into useful products. Take home a bicycle leg band made out of recycled tire tubes.

BIKE SAFE, USE A LIGHT!
The Columbia Police Dept. is providing safety tips and **FREE** bike light sets (while supplies last) during the Kick Off.

Sunday, May 3

Cycle Recycle
1:00-3:00 pm, GetAbout Columbia office, 101 N. 7th Street
Register at 12:30 pm to receive a free, refurbished bike (while supplies last). Giveaway begins at 1:00 pm.

Monday, May 4

MKT "Secret Access" Trail Ride
5:45 pm, meet at Flat Branch Park's playground
Access neighborhoods and shopping areas from the MKT Trail and learn the best way to get to the MU campus on this 20-mile round trip ride. Bring a water bottle, snack and your helmet (required).

Tuesday, May 5

Confident City Cycling Class (Tues. 5/5, Wed. 5/6, Fri. 5/8)
6:00-9:00 pm each evening, Stephens Lake Activity Center, 2311 E. Walnut Street

Gain the skills you need to ride safely and legally in traffic or on the trail. Covers bicycle safety checks, replacing a flat tire, on-bike skills and crash avoidance techniques. Cost is \$20 for three 3-hour sessions. Open to ages 14 and above.

Mayor's Council On Physical Fitness 2009 Health & Fitness Forum

5:30-7:30 pm, The ARC, 1701 W. Ash Street
Health and fitness education, demonstrations and free services: blood pressure readings, bone density scans, vision checks, skin cancer screenings and body mass index measurements.

Your bike is your bus ticket during Bike, Walk & Wheel Week!



Bicyclists ride the city buses for free this week when rack space is available.

Wednesday, May 6

Brown Bag Lunch Seminar: Commuting by Bike
noon-1:00 pm, The YouZeum, 608 Cherry Street

Experienced bicycle commuters will share tips on buying a suitable bike, what to wear, bike maintenance and route planning.

Thursday, May 7

Bike Skills 101 Class
6:00-9:00 pm, GetAbout Columbia office, 101 N. 7th Street
This class is an introductory version of GetAbout Columbia's popular Confident City Cycling class. Covers basic on-bike skills and safety, road positioning techniques, and tips for riding safely in traffic. Cost is \$10 for this 3-hour session.

Walking For Fun

6:30 pm, Walt's Bicycle Fitness & Wilderness Co., 1217 Rogers St.
Steve Henry, author of *60 Hikes Within 60 Miles of St. Louis*, shares his knowledge on where to go and what you need when you're out on the trail to be comfortable and have a great time.

COLUMBIA TRY TRANSIT DAY

Thursday, May 7
Everybody rides for free on the city buses, all day long. For schedules or routes, visit gocolumbiamo.com.



Friday, May 8

Breakfast Station Day

7:00-9:00 am
Everyone is invited! Enjoy a free breakfast as you bike, walk or wheel about town. (See map and location listings on back.)

Walk to School Day

If your school is interested in participating in Walk to School Day on Friday, May 8, please call Margy at (573) 356-9405.

Saturday, May 9

Bike Ride with Mom

10:00 am, meet at Flat Branch Park's playground
Everyone is invited to join us for a 7-mile ride to Twin Lakes Shelter and back on the MKT Trail. No training wheel riders please. Register by calling Janet at (573) 442-7189, ext. 29. All registered moms will receive a special gift!

Registration Form

You can register for Bike, Walk & Wheel Week by:

- Visiting getaboutcolumbia.com and submitting your form online.
- Mailing this form to:
GetAbout Columbia
101 N. 7th Street, Columbia, MO 65201
- Dropping it by the GetAbout Columbia office.

Please complete one registration form per family.

Free t-shirt to participants!
(sizes and availability are limited and on a first-come, first-served basis)

Name	Age
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

E-mail Address (please print)

Would you like to receive the GetAbout Columbia e-newsletter? YES / NO (circle one)

Is this your first year to participate in Bike, Walk & Wheel Week? YES / NO (circle one)



8th Annual Mayor's Challenge
May 2-8, 2009 • Columbia, Missouri

FREE T-Shirt for participants!

Register for Bike, Walk & Wheel Week and get a free t-shirt (while supplies last).

Register by Saturday, May 2, and be entered to win bicycles and other great prizes. Pick up your t-shirt before or during the event at the following locations:

- **Earth Day** (GetAbout Columbia Booth), Peace Park
April 19, noon-7:00 pm
- **GetAbout Columbia office**, 101 N. 7th Street
Beginning Monday, April 20, 9:00-5:00 pm
- **BWWW Kick Off Celebration**, Flat Branch Park
Saturday, May 2, noon-4:00 pm
- **BWWW Cycle Recycle Event**, GetAbout Columbia Office
Sunday, May 3, 1:00-3:00 pm

