

[logo & web site]



[www.bikewalkweek.org](http://www.bikewalkweek.org)

[short announcement—for listings, etc]

Get Tuned Up! Twin Cities' summer Bike Walk Week is June 5-11. We are gearing up for an exciting week of activities and events that will have you peddling your wheels and moving your feet. Log on to [www.bikewalkweek.org](http://www.bikewalkweek.org) and learn a new way move, join a team, meet up with a convoy and find celebration events near you.

[long announcement—for newsletters, etc]

Bike Walk Week Summer Celebration, June 5-11

Get tuned up! Whether it's biking to work, taking a leisurely weekend ride, or walking to the grocery store, residents are making the Twin Cities region one of the top places in the country for bicycling and walking

Bike Walk Week 2010 kicks off this summer, June 5-11, with a week of activities across the Twin Cities, all designed to have you peddling your wheels and moving your feet. The many folks who've joined together to bring you Bike Walk Week share one goal: to make biking and walking an easy and fun choice. There are special events throughout the week and all kinds of incentives to "be your own engine." Sign up to receive prizes. Join a team of walkers and riders at work. Walk or take your bike to worship. On Bike Walk to Work Day, Thursday, June 10, lead or join a convoy along one of the great bike routes around the Twin Cities. Also visit celebration locations on Bike Walk to Work Day and grab a free breakfast or afternoon special. In the weeks leading up to Bike Walk Week, check out the free information and courses offered to help you get tuned up. All information and registration tools are available at [www.bikewalkweek.org](http://www.bikewalkweek.org).

Bike Walk Week calendar of special events (always being updated on [bikewalkweek.org](http://bikewalkweek.org)):

- Saturday, June 5: The Twin Cities 2010 Start! Heart Walk hosted at the new Minnesota Twins Target Field.
- Sunday, June 6: Grand Old Days—join the parade—and Bike-Walk to Worship Days (also Saturday June 5 and Friday June 11).
- Monday, June 7: The Great Commuter Race. Prepare to root for your favorite mode of transportation as bicyclist, transit rider/walker, and car driver vie to reach the finish line first.
- Thursday, June 10: Bike Walk to Work Day with Celebrations Locations all over town, including morning celebrations in downtown Minneapolis and St. Paul and evening celebrations at REI locations in Bloomington, Roseville, and Maple Grove. At lunch time in Minneapolis, join the fun as the Nice Ride bike-sharing program is officially launched along Nicollet Mall.

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](http://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.