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An autumn edition of Bike Walk Week!

We're not done having fun!

(Twin Cities, MN)—After a hugely successful summer bike walk week in June—with a 30% increase in participation—organizers are happy to announce an autumn edition—October 2-10, 2010. The fall is a great time to be out on foot and on bicycle. As cooler, shorter days approach, one goal of the autumn week is to highlight options and safety for getting around in a multi-modal way—via bicycling, walking, transit, and ridesharing. To register to participate—and be eligible for prizes—visit www.bikewalkweek.org.

One big focus of the week will be schools, with Bike Walk to School Day on Wednesday, October 6, in conjunction with International Walk to School Day. The Twin Cities has many active Safe Routes to School programs that focus all school-year on giving kids and families options for safely getting to school without driving the car. Bike Walk to School Day will feature these schools—and encourage others to try walking, bicycling, and transit on that day. The line-up for the week also includes the following. For the latest details, check www.bikewalkweek.org:

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| Saturday, Oct 2 | Women's Brunch Ride on the Grand Rounds |
| Tuesday, Oct 5 | Free rides on Metro Transit to bicyclists who use the racks on the system's buses and trains. |
| Wednesday, Oct 6 | Bike Walk to School Day |
| Thursday, Oct 7 | "Share the Ride Day" featuring Nice Ride bike sharing, HOURCAR car-sharing, and Metro-Transit's rideshare. |
| Fri– Sun, Oct 8-10 | Bike Walk to Worship |

All the activities of Bike Walk Week are meant to highlight the advantages of getting around in a multi-modal way—from better health and cleaner air to a thicker wallet. For instance, families can save \$5,000-\$10,000 per year by reducing the number of cars in their driveways. According to Bundle data, "the average household spent \$5,477 on gas and auto expenses last year. . . more than we spend on groceries or utilities, and more than we spend on travel, entertainment, clothes and shoes, and hobbies — combined." And the American Public Transit Association reports that "riding public transit saves individuals \$9,293 annually."

For more about Bike Walk Week—a report on June activities and the latest on October events—visit www.bikewalkweek.org.