



For Immediate Release: April 11, 2011

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June 2011 Bike Walk Week

(Twin Cities, MN)— This summer’s Bike Walk Week celebration will be June 4-12, 2011. As always, a major focal point for the week is Bike Walk to Work Day, Thursday, June 9. In the Twin Cities area there are several other events throughout the week, including the American Heart Association Heart Walk, Grand Old Day, Women’s Wednesday, Yoga on the Greenway, and Bike Walk to the Twins Game on Sunday, June 12. Additional events will be announced on the Bike Walk Week web site (www.bikewalkweek.org), which is also the place to register to participate.

All of the Bike Walk Week activities highlight the advantages of getting around without the use of a car. Bicycling and walking are more than just leisure activities –they promote better health and a cleaner environment, and save you money. The average family can save \$5,000-\$10,000 per year by reducing the number of cars they own. According to Bundle Data, “the average household spent \$5,477 on gas and auto expenses last year.”

Last spring, Minneapolis was named the #1 bicycling city in the nation and it’s no wonder— 2010 Bike Walk Twin Cities Count Report numbers show that bicycling is up 33% in the Twin Cities and walking is up 17%! Minneapolis is second in the nation in bicycle commuting. Taking bicycling, walking, and transit together, nearly 25% of Minneapolis commuters get to work by modes other than driving alone.

By registering for Bike Walk week, participants pledge to make at least one trip each week without using a car. Communities around the state are also planning activities during the week.

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