

**For Immediate Release:** Monday, April 13, 2009  
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## **Walk & Bike Month releases events list**

*33<sup>rd</sup> annual event features more than 75 bicycle- and pedestrian-friendly activities in June*

**BOULDER**—GO Boulder’s Walk & Bike Month organizers have finalized the full list of activities and events for June, the month when Boulder will celebrate all things pedestrian- and bike-friendly. After a record-turnout of more than 7,500 participants last year, Boulder’s Walk & Bike Month is the largest in the nation. As the name indicates, Walk & Bike Month will continue to be a month-long series of activities versus only a week two years ago and a single day when promotion of bicycle activities began in 1977.

This year, Walk & Bike Month will include more than 75 events and activities, including events specific to kids, seniors, families and women. There will be something for everyone. Additionally, some new high-profile events should draw significant attention this year. Events will be hosted by local organizations such as Community Cycles and the Boulder Mountainbike Alliance, Walk Boulder, and many others. In addition, there will be many weekly group bicycle rides for all ages and skill levels, kids’ bike rodeos, and walks and runs at various Boulder locations. For a complete list of events, go to [www.communitycycles.org](http://www.communitycycles.org).

Last year, participation in various events, such as the popular Bike to Work Day, grew by more than 24%, said Sue Prant, director of Walk & Bike Month. She expects participation to grow again this year. “As part of the city’s efforts to continually promote bicycle and pedestrian activity whenever possible, it is great that we can expand events throughout June, allowing more events to be included and more participation by local civic groups, businesses and riders and walkers.”

Prant, also advocacy director for local nonprofit Community Cycles, organized this year’s event list after supporting GO Boulder the last three years. Prant is former executive director of the Greater Philadelphia Bicycle Coalition. Highlights of 2009 Walk & Bike Month include:

- **May 31, B360 Bike Ride:** Come explore Boulder on a free, non-competitive “B360” bike ride for all ages, starting at Scott Carpenter Park. There will be a full “B360” ride and a half “B180” ride. The rides will follow a rolling route along a network of bike paths, neighborhood streets and unpaved trails.
- **June 6, Lee Likes Bikes Clinic:** Lee McCormack will lead a core skills clinic to help you ride safer.
- **June 12, Park(ing) Spaces Day:** As part of Park(ing) Spaces Day, paid parking spaces downtown and in parking lots around Boulder will be transformed into places where

visitors can stop, visit, and benefit from many different types of activities, from chair massages to yoga to bike repair stations.

- **June 13, Kineticists 30<sup>th</sup> annual kinetics race:** Marking the beginning of summer in Boulder, this time-honored tradition allows kineticists to hone their human-powered vehicle skills.
- **June 22, Celebrity Commuter Race:** Which is quicker, cheaper, more fun and makes you more fit - bike, bus, or car? Find out as GO Boulder hosts this exciting commuter race featuring local celebrity commuters.
- **June 23, New Belgium Brewery and Smartwool present: Team Wonderbike Pasta, Beer & Bikes Family Dinner:** A carb-loading extravaganza the evening before Bike to Work Day.
- **June 24, Bike to Work Day:** Pedestrians and bicyclists will register and walk or ride to work, stopping by more than 30 local businesses who will be offering up refreshments and food to registered participants.
- **BINGO:** When consumers pick up a BINGO card at the GO Boulder booth at the Farmer's Market or download a card from Community Cycles' Web site in May and June, the card will include a list of all participating merchants. Consumers will then have to travel to five participating merchant locations to receive a stamp. Completed BINGO cards are entered in a drawing for prizes. As part of Community Cycles' Bike-to-Shop program, merchants will offer of discounts and prizes for consumers participating in the BINGO game.

For more information, contact Sue Prant at 303-564-9681 or [bikesue@gmail.com](mailto:bikesue@gmail.com).

### **About Walk & Bike Month**

Organized by GO Boulder, Walk & Bike Month is a celebration of bicycle and pedestrian activities. It will be held throughout June. Activities are being coordinated by Community Cycles, a local nonprofit that educates and advocates for the safe use of bicycle transportation. Within the last few years, Walk & Bike Month was expanded from a week to a month. Bike to Work Day, Walk & Bike Month's premiere event, will be held on June 24.

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