

**Saturday, May 17**

**Oh, The Places You'll Go in CoMo!**  
2-4 pm, Stephens Lake Park Old Hwy 63 entrance

Venture out to Columbia's newest trails, the Hominy Creek and the extension of the Hinkson Creek Trail from Stephens Lake Park near Moon Valley Rd. A completed passport book is your entry for great prizes. Choose either a self-guided 1.7-mile loop trail or various destinations up to 4.5 miles. Arrive early to use the NEW self-service bike repair station, Helmets required. Giveaways for all participants (while supplies last).



**Sunday, May 18**

**Bicycle History Tour of Columbia**  
2-4 pm, Flat Branch Park playground

Are you a history buff who also enjoys traveling by an early 19th century mode of transportation – the bicycle? This is a leisurely paced 12.5 mile tour highlighting some of Columbia's historic homes and landmarks. Helmets required.

**Ongoing Throughout May**

**Story Book Trail**  
**Dawn to Dusk, Stephens Lake Park**

Read the children's book Journey, by Aaron Becker as you walk through the NEW Children's Grove at Stephens Lake Park.



**Presented by:**



**Special Thanks:**



Join the Bike, Walk and Wheel Week event page. Receive updates and enter prizes by registering at [GoColumbiaMo.com/ParksandRec/](http://GoColumbiaMo.com/ParksandRec/)

All activities are free unless indicated.  
[www.gocolumbiamo.com/ParksandRec/](http://www.gocolumbiamo.com/ParksandRec/)  
(573) 874-7460

13th Annual

**Bike, Walk and Wheel Week**

May 11-18, 2014

**Oh, the Places You'll Go in CoMo!**



**Get walking.  
Get biking.  
Get more out of life.**

*Part of GetAbout Columbia*

# Bike, Walk and Wheel Week

The 13th Annual Bike, Walk & Wheel Week has something for everyone.



This week-long series of events is designed to encourage all Columbians to use active modes of transportation to get to work, school or wherever you need to go around town.

## Sunday, May 11

### CoMo Cyclofemme Trail Ride 2–3:30 pm, Forum Trailhead

Plan to ride 12-miles on the MKT, MU Recreation and Hinkson Creek Trails. Helmets required. Participant giveaways (while supplies last).

## Monday, May 12

### A Bike is Your Ticket on Columbia Transit All Week

Bicyclists ride the city buses for FREE all week! It's the perfect time to try out a combo-commute.

### Public Art Tour Walk

#### 6-7:30 pm, Flat Branch Park playground

JJ Musgrove from the Office of Cultural Affairs will lead a walking tour of the many pieces of public art available throughout downtown Columbia.



## Tuesday, May 13

### MKT Trail Secret Access Ride 6–7:30 pm, Flat Branch Park playground

This 12-mile roundtrip ride will introduce cyclists to Columbia's backyard gem: the MKT Trail. Ride leaders will travel at a leisurely pace highlighting access to popular destinations. Helmets required.



## Wednesday, May 14

### Bike Maintenance Workshop 6:30-7:45 pm, Walt's Bicycle Fitness & Wilderness Co, 1217 Rogers Street

Workshop will cover the basics of replacing or repairing an inner tube, and simple cable and brake adjustments.

## Thursday, May 15

### Try Transit Day

Everyone rides free, all day long! Bus Schedule and routes are available online.

### 3M Flat Branch-Hinkson Creek Wetlands Dedication 3:30–5 pm, 3M Flat Branch-Hinkson Creek Wetlands, MKT Trail

Dedication ceremony starts at 4:00 pm. Join us in celebrating a public-private, urban conservation partnership. This project included development of wetland habitat, cultivation of native bottomland woods, invasive species removal and repurposing a vacant building into an observation platform. Plan to park and walk (0.7 miles) from the MKT Forum Trailhead. Or, walk or bike the NEW Forum Katy Parkway Connector – a short 0.5 mile distance. Light snacks and beverages will be served.

### PedNet Wine Ride

Details online at [PedNet.org](http://PedNet.org) (fee applies)

### Walk the Course

Receive a \$3 discount if you walk instead of ride at L.A. Nickell or Lake of the Woods Golf Courses.

## Friday, May 16

### Breakfast Station Day; National Bike to Work Day

#### 7–9 am, various locations around Columbia

Join us in celebrating National Bike to Work Day! Enjoy free breakfast as you bike, walk or wheel about town. Walk or bike to one or all of the following locations.

Breakfast Station Locations and Host Businesses:

1. **Flat Branch Park, 101 S. 4th St**  
Sponsored by Mayor Council on Physical Fitness and Health and Walt's Bicycle, Fitness and Wilderness Co.
2. **Forum Trailhead, 2701 Forum Blvd.**  
Sponsored by Tryathletics and Clovers Natural Market
3. **Garth Nature Area, 2799 N. Garth Ave.**  
Sponsored by Columbia Kiwanis Club
4. **Lions Stephens Park, Williams & Walnut**  
Sponsored by WELLAWARE
5. **The ARC, 1701 W. Ash St.**  
Sponsored by the ARC and HyVee
6. **Wabash Station, 126 N. 10th St.**  
Sponsored by PedNet and COMET

