

Walk-n-Roll Pueblo Month

Bike Commuter Cup Challenge starts!!!!
pueblobcc.com



This campaign promoted by the City of Pueblo is to educate & encourage safe cycling and walking for health & transportation options. All participants accept the risk of walking/riding on open roads & trails (see waiver online). Don't forget to bring your own water bottle, wear sunscreen, insect repellent and always wear a properly fitting bicycle helmet!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
15 May	16	17	18 Bike to Work breakfast 6-9 a.m. SRDA Downtown Bike Tour 7:25 a.m.	19 Cruiser ride Cowboy ☺ Lake Minnequa Trail at 6 pm by Corwin School	20 Mesa Junction Historic Walking Tour at 5:45 pm Tea Tree	21 S. Pueblo Historic Talk 11:30 Rawlings Library. Walking Tour at 1 pm
22 Bike Tour of Pueblo's Graffiti Art 8-13 mile ride 5 pm Shamrock	23	24	25 Walking Tour of Northside. Meet at Parkview café on Grand Noon or 5 pm	26 Cruiser ride Pirate ☺ 6 pm Riverwalk Main St Garage to Runyon Lake	27 Bike Scavenger Hunt Meet on PCC lawn at 6 pm	28 4th Saturday Birdwalk at 9 am Nature Center
29	30 Memorial Day	31	1 June Family ride on PW trails 5 pm ☺ meet at Sierra Vista Elementary	2 Cruiser ride Wear Yellow ☺ LIVESTRONG Mineral Palace Park at 6 pm	3 Walk or ride downtown to First Friday Art Walk 5-8 pm	4 Ride river trail to Blue Grass Festival at Nature Center 10 am to 11 pm
5	6	7 Ice Cream Social 7-mile ride 6 pm Main library to river trail to Nick's Dairy & back to Taffy's. ☺	8	9 Cruiser ride Super Hero ☺ City Park pool lot at 6 pm	10 Dine on Skyline 60-mile ride Pueblo West to Canon City 3:30-9 pm	11 Bike-in Movie with the Moving Wall Project on Arkansas River Trail 7:30 pm
12 Adaptive Cycling "Cycle Different" Lake Elizabeth 11-2	13	14 Full Moon Hike at Pueblo Mountain Park 7 pm	15	16 Cruiser ride 50's Greaser Lake Victoria Gazebo at 6 pm	17	18 South Creek Hike at Pueblo Mountain park 8 am all day
19 Father's Day Almost Summer Solstice Hike at Pueblo Mountain Park 8 am	20	21 First day of summer!	22 Colorado Bike to Work Day Breakfast stops 6-9 a.m.	23 Awards for Bike Commuter Cup at 6 pm Riverwalk Cruiser ride Any Costume	24 Pedal Paddle Battle bike race against train & rafts in Royal Gorge 6 pm	25 Historic Bike Tour of East Pueblo El Centro Center at 10 a.m.

☺ =Helmet fitting give away for kids riding at these events!

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For more information
Call Wade Broadhead at 719-553-2248

www.activepueblo.net
REGISTER for Bike to Work days & Commuter Cup Challenge!
 Check our **EVENTS** page for more details!

Special thanks to our sponsors supporting active, healthy living and sustainable transportation!

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An affiliate of St. Mary-Corwin Medical Center

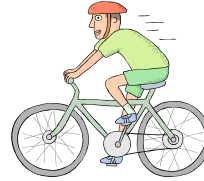


www.cycledifferent.com



Promoting biking and walking for FUN, FITNESS and TRANSPORTATION!

Road Safety is *EVERYONE'S* Responsibility!



When you

- Follow the Rules of the Road. Roads are public spaces, not just car spaces.
- Slow down near bikes, pedestrians
- Pass bikes when safe giving a 3-foot space for safety.
- Be patient, that person riding a bike or walking is someone's friend, parent or child getting exercise and not polluting the air. They only slow you down a few seconds.
- Realize sharing road does not always mean sharing a lane with a bike. If lane is less than 14-feet wide, it is best to leave the lane to pass. Bike may ride in center of lane for their own safety.

When you

- Follow the Rules of the Road
- Ride WITH the flow of traffic.
- Stop at red lights and stop signs.
- Wear bright clothing and use white light on front and red flasher on back of bike in low light conditions.
- Carefully select your route, don't just ride where you always drive.
- Ride single file for cars to pass. Call "Car Back" to tell cyclists to single up for safety and not anger motorists.
- Wear a properly fitting helmet.

When you

- Follow the Rules of the Road
- Do NOT dart into the street from between parked cars.
- Look LEFT, RIGHT, LEFT before crossing road.
- Cross at intersections where cars more likely to see you.
- Keep pets close under control. Don't let leash catch others.
- Adults should walk and ride with children until age 10 and discuss road safety.

Learn more about bicycle and pedestrian safety at
www.activepueblo.net/beingsafe

Bike/Walk to Work:

Pueblo residents are encouraged to try leaving the car at home and walk or bike to work or errands instead. As gas prices rise and our waistlines expand, walking or biking as transportation provides tons of benefits! It might take a little planning but once you try it, you might find it really works, is fun, can save time and money!

Join us for free breakfast stops and celebrate human powered transportation on **May 18th during National Bike Week** and again on **June 23rd for Colorado Bike to Work day**. Please register at www.activepueblo.net so we can track participation and plan to have enough food!

Bike/Walk Commuter Cup Challenge:

Don't just try it one day, try it for the month! See how many days you can walk/bike to work and how many miles you can log. This is a fun, free worksite challenge to become a healthy, active and green business. If you sign up, you will get an email once a week asking how many days you worked, how many days your rode/walked and how many miles you bike/walk commuted.

Awards will be given to individuals for high commuter rates and mileage and the two top commuting businesses are recognized with a trophy. Join us at the Riverwalk on June 23rd before the Costume Cruiser for the awards!

Details on all events at www.activepueblo.net/events
Join us on Facebook at www.facebook.com/PuebloPACE

Costume Cruisers

Join us for a wacky, casual, low speed but high fun factor ride on Thursdays at 6 pm. These rides make bike riding fun and less intimidating for many in the community. We will discuss a safety topic such as sharing the trail or road before each ride. SAFELY increasing ridership for health and fitness for individuals and the entire Pueblo area is the goal.

All roads and trails will be open to traffic so everyone must follow the rules and share the road leaving space for vehicles to pass. This is NOT a critical mass ride. Costumes are optional but SAFETY and signing the liability waiver are not optional. Families are welcome but children must be supervised by a responsible adult also riding.

Learn more at www.activepueblo.net/cruiser-rides

Walking Tours and other Fun Rides

The calendar is full of other events to encourage community members to get out on foot or bike and discover some hidden treasures right here in Pueblo.

Historical Walking Tours will highlight some history and architecture but also issues of walkability and bikeability.

Other rides and hikes will highlight the River Trail and great recreational areas nearby! The Adaptive Cycling Day is an outreach for those with limited balance or mobility to rediscover the joy of riding.