



# GRINNELL BIKE WEEK

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## *Celebrate the Benefits of Biking!*

We are hosting daily activities to encourage everyone to get on their bike for some fun and fitness.

**5-14 2nd Saturday**  
Registration begins at 8:15 a.m.  
All events start at 9 a.m.  
Sunset Street and 8th Avenue,  
just south of the high school

Kick-off the 2011 2nd Saturdays season with a 5k walk/run or a 5k, 10k, or 20k bike ride. Register each month to be entered into drawings for really great prizes and a Grand Prize drawing at our September season finale.  
(Cyclists must wear helmets.)

**5-16 Get Movin' Monday**  
Stop by **Saints Rest** with your helmet for one 12 ounce complimentary coffee!

**5-17 Taco Tuesday**  
If you're feeling the "taco tug", take your helmet to **La Cabana** or **Casa Margarita's** for a free taco with the purchase of any entrée.

**5-18 Helmet Hair Wednesday**  
Stop in at the **Chamber of Commerce** with your helmet and get your picture taken – most outrageous helmet hair wins a cool Grinnell gift basket.

**Gear-Up Workshop: Bike Maintenance 101**  
7 p.m.  
**Bikes To You**

Designed for the cyclist interested in learning about basic cycle maintenance. Get a wheel-to-wheel overview and demonstration of proper bicycle maintenance including lubrication, break systems, proper tire care, and much more.

Instructor **Craig Cooper** is the owner of **Bikes To You**, a local-bike retailer that offers bicycles, accessories, and repairs. Craig is a cyclist and life-long bicycle mechanic. His recent experiences include touring the adventure cycling southern tier route and serving as a multi-year RAGBRAI bicycle shop operator.

**5-19 Thirsty Thursday**  
Bring your helmet by **Pagliai's Pizza** for a free soft drink with entrée or pizza purchase, or a free kids single topping pizza with adult purchase.

**5-20 Feeding Frenzy Friday**  
Feeling the hunger after the biking frenzy? Bring your helmet to **Lonnski's** and get 15% off your lunch or dinner bill.

**Bike Rodeo**  
4 – 5:30 p.m.  
**Parking lot of Ahrens Park**

Kids in Kindergarten through 6th grade will learn about riding skills, rules when riding on the road and the importance of wearing a helmet. Each participant will have a chance to win prizes donated by local businesses. (Participants should bring their own bikes — no skateboards or scooters please.) Join us at **Lonnski's** after the event. Bring your helmet and get 15% off your dinner bill.

*All specials require proof of helmet!*



*Imagine Grinnell*

A QUALITY OF LIFE FOUNDATION

And don't forget to register at [www.bikeiowa.com](http://www.bikeiowa.com) to participate in national **Bike to Work Week** May 16–20. Help us exceed our goal of 210 registered riders and best our number two state ranking from 2010. Let's show Iowa that Grinnell is number 1!