



WEEKLY EVENTS

RIDE FREE WITH YOUR BIKE ON THE MET TRANSIT LINE The City of Billings Met Transit buses will provide FREE bus service on all routes for those with their bikes during Bike Walk Bus Week. Sponsored by **MET TRANSIT**. Ron Wenger 657-8218

OPEN SHOWERS & TOWELS for anyone during the week that bikes or runs/walks to work. Need picture ID for access. **YMCA** 402 N. 32nd 248-1685

DONATION BIKES will be accepted to fix up or use for parts to provide underprivileged kids and adults with a bike. Call Derek Stone at 208-3405 if you can help or donate a bike.

VALET TODAY CLEANERS 15% Discount if you bring your laundry in on your bike. Jason Frank 655-9420

BILLINGS CLINIC Senior Sports & Art Festival occurs the week prior to BWBW with a bike ride on May 11th and walk/run on May 13th. Bobbi Roberts 657-4400

ZOOMONTANA Bike to ZooMontana all week and receive free entry & \$5 off on a season pass Jenny McCullough 652-8100

TRAVEL CAFÉ 313 N. 28th St. 50 cents off on Specialty Drink if you bike to work. Bring in your helmet. Amanda 259-0999

ST. VINCENT HEALTHCARE Supports BWBW with numerous walking activities that encourage the public to get active.

- Walk-n-Talk with the Doc, Tuesday at 5:30 pm at the St. Vincent Fortin Center
- Heart and Sole Run (Walk) June 12

St. Vincent provides helmets at a reduced cost through Home Oxygen.

SOUP & SUCH 2716 3 Ave. No. Free drink with the purchase of soup & salad if you bike to work. Show us your helmet or bike. Mike 294-0148

DANA MOTORS 2102 Grand, Reader Board Out Encouraging the Public to Bike to Work as many of their employees do. Del 656-7654

DOWNTOWN BILLINGS ALLIANCE 2815 2ND Ave. No., Will give out bottles of water & granola bars for those using Alternate Transportation during the week. DBA will start their bike loan program this week. Lisa Harmon 294-5060

BIG SKY STATE GAMES through Big Sky Fit Kids & Shape Up Montana programs will encourage participation in Billings Bike, Walk, Bus Week or National Bike To Work Week.

STELLA'S KITCHEN & BAKERY 2525 1 Ave. N. Bike over to Stella's and receive a 10% discount on your meal. Make sure they see your bike. Stella 248-3060

TIME OUT SPORTS West Park Plaza Get active during Bike, Walk, Bus Week. Get 15% off on regular priced merchandise if you bike or walk to the store during the week. Cindy Thompson 245-9735

FREE \$10 COUPON towards your purchase if you bike or walk to **THE SPOKE SHOP** 1910 Broadwater Ave. Offer good throughout the week. Jim Downs 656-8342

ROCKET GOURMET WRAPS & SODAS Bike in to Rockets during the work week and receive a FREE homemade draft soda with the purchase of a wrap. Brian 248-5231

MONTANA CYCLING 824 Shiloh Crossing Blvd. 10% off any one item if you bike out to the shop during the week. Mark 534-0430

THE SOUP PLACE 106 N, 28th Bike to work and over for lunch and receive a 10% discount on your purchase, Show us your helmet. Mike 294-7687

MAGIC CITY TRAIL TREK Family oriented fun run, walk, bike on the trail with entertainment and barbecue at Public Utilities Park, southeast of 2251 Belknap Dr. **Sunday, June 6**, 11 a.m.-2 p.m. Registration forms at local bike shops and at the Parks Department or on line at www.bikenet.org or www.ci.billings.mt.us

DAILY EVENTS

SUNDAY, MAY 16

PICTOGRAPH CAVE STATE PARK Treats at the Visitors Center for those who visit via bike or foot Darla 254-7342

COWPIE CLASSIC MOUNTAIN BIKE RACE (Beginner Friendly) Diamond X/Phipps Park off Molt Road north of Ironwood Subdivision, First race at 9:45 a.m. http://www.yvcclub.com/COW_PIE_2010.PDF Steve: smysee@gmail.com

MONDAY, MAY 17

SHARE THE ROAD SIGN DEDICATION AND MEMORIAL RECOGNITION 4 PM on trail at 54th and Rimrock Rd. (parking along 54th St. W., north of Rimrock) Brief ceremony and refreshments. Darlene: 860-6121

TUESDAY, MAY 18

ONE FREE BEER or FROST BITE VODKA on Thursday evening for those who bike or walk to work and over to the Yellowstone Valley Brewing Company, 2123 1st. Ave. N., 245-0918

RIM RUNNERS

Run Black Otter Trail at 6 a.m. Meet at Dehler Stadium 2611 9th Ave.N

ST. VINCENT HEALTHCARE

Walk-n-Talk with the Doc, Tuesday at 5:30 pm at St. Vincent Fortin Lobby

WEDNESDAY, MAY 19

SWORDS PARK: Taking a walk through the Natural and Historic 6:45 PM Meet at the parking lot in Swords Park off Airport Road across from Rimtop Drive. Enjoy an evening hike and conversation along the Rims with Kevin from the Western Heritage Center and Carolyn from Rim Country Land Institute. Darlene 860-6121

10% DISCOUNT ON BIKES Wednesday, May 19th for Bike to Work Day at **THE BIKE SHOP**, 1934 Grand Ave. Dennis Stedman 652-1202

RIM RUNNERS

All abilities welcome. Meet at Pioneer Park by the picnic tables on 3rd Street at 5:30 p.m. Ryan 245-2552

THURSDAY, MAY 20

BEARTOOTH HIKING CLUB

Meet at 5:30 pm at 2134 Fairview to hike up into the Rims. Pat 698-2515

VELO BELLA MOUNTAIN BIKING Mountain biking for women (kids welcome with Mom or Grandma) 6 pm Diamond X/Phipps Park (very beginner friendly) off Molt Road north of Ironwood Subdivision <http://www.facebook.com/pages/Montana-VeloBella>

RIM RUNNERS

Run Black Otter Trail at 6 a.m. Meet at Dehler Stadium 2611 9th Ave.N

FRIDAY, MAY 21

NATIONAL BIKE TO WORK DAY Get out your bike and try biking to work today.

SATURDAY, MAY 22

RIM RUNNERS

Meet at the YMCA at 8 a.m. for an hour run. Meet at 7:30 a.m. for a longer run.

AUDUBON CONSERVATION EDUCATION CENTER Located west of So. Billings Blvd. across from the entrance to Riverfront Park. 1:30-3 PM FREE talk by author Ralph Scott, "Picturing Nature: A Journey through Scientific Illustration & Photography." Afterwards take a walk in nature on the trails around Norm's Island and along the Yellowstone River by the ACEC. Heather 294-5099

PETAPALOOZA A Festival of Pets and their People, Pet Parade at 2 pm Register at 406-690-5503 or www.billingsevents.com Get out and walk your pet.

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