

CELEBRATING **25** YEARS OF BIKE WALK BUS WEEK

For 25 years, The City of Missoula has been encouraging people to bike, walk, and bus for everyday travel with a weeklong celebration, aptly called Bike Walk Bus Week. The whole community participates, with discounts and giveaways at local businesses, historic neighborhood tours, bike festivals, and group rides.

Walk and Roll Missoula is the evolution of Bike Walk Bus Week. The name change reflects our desire to better coordinate the City's efforts with those of the University of Montana, and to recognize that there all sorts of ways to roll to your destination. We all know that biking, walking, and riding the bus are good ways to stay healthy, save money, and improve the quality of life in the valley. This year, join us in celebrating all of the other great ways to get around Missoula: car- and van-pooling, using a wheelchair or other form of mobility assistance, skateboarding, and rollerblading.

This guide serves as just a partial list of all of the great activities happening around Walk and Roll Missoula.
walkandrollmissoula.com



Group Tours & Rides

Lunar Cycle

Meet at the Madison Bridge for a magical full moon ride around Missoula. Don't forget to bring your bike lights and friends!

KIDical Mass Family Ride

A comfortable 2-mile bike ride around town for kids, families, and kids at heart! The route is designed for kids to ride on their own bikes, but all are welcome. Meet at Greenough Park Pavilion at 12pm, ride ends at Bernice's Bakery.

Bitterroot Brewing Bike Ride

Celebrate the Missoula-Lolo Trail completion with a ride to Lolo Brewing for a brew and/or lunch. Ride starts at noon at McCormick Park pond.

Walking Meditation

Enjoy beautiful Rose Park during a free, peaceful 30 minute meditation walk with Open Way Sangha.

Ride with the Mayor

This group bike ride is hosted by Missoula's very own mayor, John Engen. Come celebrate bike-able Missoula. Ride will meet at the Courthouse and ends with a free ice cream cone at Sweet Peaks!

Ladies Funky Soul Bike Ride

Calling all ladies for a funktastic bike ride. Motown jams likely, clashing patterns encouraged, dance moves (and bicycles) required. Meet at the XXXXs for a casual 40 minute ride around town with ice cream or beers afterwards.

Milltown State Park Ride

Start your National Public Lands day with a ride to Milltown State Park Overlook. The ride leaves from Free Cycles at 9am. After the ride, volunteer on the Clark Fork River floodplain and experience the Community at the Confluence event!

Friday Sep 16 8:30pm

Hosted by: Missoula Bicycle Ambassadors

Saturday Sep 17 12:00pm

Hosted by: Missoula Bicycle Ambassadors

Sunday Sep 18 12:00pm

Hosted by: Women Bike Missoula (MizzBs)

Sunday Sep 18 1:00pm

Hosted by: Open Way Sangha

Wednesday Sep 21 5:30pm

Hosted by: Mayor John Engen

Wednesday Sep 21 7:00pm

Hosted by: Ladies Fancy Ride

Saturday Sep 24 9:00am

Hosted by: Free Cycles & Milltown State Park



For all the Walk and Roll Missoula special offers, visit and bookmark:

WALKANDROLLMISSOULA.COM

SPECIAL

Walk & Roll

EVENTS

More events and offers at
WalkandRollMissoula.com

FRIDAY SEPTEMBER 16TH

PARK(ing) Day

PARK(ing) Day is an annual worldwide event where artists, designers and citizens transform metered parking spots into temporary public parks. Check out Missoula's parklets downtown from 10am-8pm.

SATURDAY SEPTEMBER 17TH

MUD Rocket Stove Building Workshop (Saturday & Sunday Sep 18th) This workshop will be held at Sapphire Apiaries in Stevensville. Attendees are encouraged to bike to the event and are welcome to camp out for free for this two-day workshop. Single day registration is also available for those who want to attend just one day of the workshop. Those who bike to Sapphire Apiaries will receive \$5 off the workshop fee. For details, registration, and a map contact info@mudproject.org.

MONDAY SEPTEMBER 19TH

Bike Skills Course

Give your bike some love! Join Missoula Parks and Recreation for a Bike Skills Course. Bring your kids and try out some ramps and see-saws while learning how to be safe on the road. Bike cleaning and tune-up stations will be provided 4-6pm at McCormick Park.

TUESDAY SEPTEMBER 20TH

Cheers for Charity!

Join Draught Works Brewery & Bike Walk Montana 5-8pm. \$0.50 from each pint purchased during the evening boosts the organization! Bring friends and family and come tip a pint, mingle with membership and board, and support safe walking and bicycling!

WEDNESDAY SEPTEMBER 21ST

Commuter Breakfast Blitz

A celebration for sustainable commuters! The Commuter Breakfast Blitz is offered at multiple locations around Missoula, all hosted by different organizations on Wednesday morning. Free breakfast will be set up at 7:30 am and go until the coffee runs out. Check out walkandrollmissoula.com for breakfast locations, host information, and coffee and treat sponsors.

All Things Bike!

Plan your commute route with a little help from the Missoula Bike Ambassadors and get fitted for a new helmet (\$8 bike, \$10 multi-sport). Free Cycles will also be on site to provide basic maintenance on your bike and Mountain Line will demonstrate and let you practice loading your bike on the bus. 11am-1pm at the Good Food Store.

Bike to School & Big Dipper Day

A Paxson Elementary School tradition. Bike to school in the morning and at the end of the day, bike from your school to Big Dipper to reward yourself!

THURSDAY SEPTEMBER 22ND

Amazing Race Missoula

Follow along live on social media at 2pm as teams from the City of Missoula, Missoula County, the University of Montana, and Mountain Line compete in a car-free scavenger hunt all across Missoula! Teams of two will bike, bus, run, and maybe even crawl through a host of challenges to see which team reigns supreme in healthy transportation. No cars or motorcycles are allowed during the race and each team has to use at least one bus. The first team to complete all the challenges and return to the Downtown Transfer Center wins bragging rights and the 2016 Amazing Race Trophy. Check out Walk and Roll Missoula on Facebook, Instagram, and Twitter to see who wins!

Way to Go! Club Party

Celebrate your commute with us at the first ever Way to Go! Club Member Party from 5-8pm at Imagine Nation Brewing. Current Way to Go! Club members as well as those who enroll at the party will all receive a FREE GIFT CARD to a local Missoula business! Stop by for some FREE FOOD and find out how Missoula In Motion can support you in choosing sustainable commuting options.



THURSDAY SEPTEMBER 22ND Cont.

10th Annual Helmet and Light Sale

St. Patrick Hospital is committed to keeping Missoula safe by providing affordable helmets to the community. (\$8 bike, \$10 multi-sport). 2-6pm at St. Patrick Hospital Trauma Services: 601 W Spruce, Suite K (Garden City Medical Building).

FRIDAY SEPTEMBER 23rd

Missoula Bicycle Works 20th Anniversary

Missoula Bicycle Works has been building community one ride at a time since 1996! This is their way to say THANK YOU to all that have made it possible. Food, drinks, music, pretty much just a dang fun Friday evening from 5-8pm. Bring the fam or roll solo.

Confident Cycle Commuting Lunch & Learn

Bring your lunch and learn how to overcome any barriers or anxieties you may have. The UM Office of Transportation will provide information you need to feel confident riding your bike. University Center, Room 332 12-1pm.

SATURDAY SEPTEMBER 24TH

21st Annual Festival of Cycles!

Free bicycle extravaganza with events and services for all including bike building, bike games, music, food, bike part art, and children's bicycles free for families. Calling all bike mechanics, performers, and cooks - your help is needed. 11am-4pm at Free Cycles 732 S.1st St. W.

Community at the Confluence

Learn about the Clark Fork floodplain from 10am-3pm at the Community at the Confluence. There will be information booths, kids events, guest speakers, guided tours, live music, and food vendors at the Milltown State Park floodplain.

Adventure Cycling's Bike Your Park Day

Ride to or within parks and public lands with thousands of others throughout the U. S. on the same day, the first-ever Bike Your Park Day. Design your own ride and register for free at BikeYourParkDay.org-- or join one of dozens of existing Montana rides on the Bike Your Park Day interactive map. Celebrate the National Park Service's centennial, Adventure Cycling's 40th anniversary and National Public Lands Day. #BikeYourPark



PARTICIPANTS & SPONSORS

Visit WalkandRollMissoula.com for special offers and giveaways from:

A Carousel for Missoula
Adventure Cycling Association
ASUM Office of Transportation
Bernice's Bakery
Betty's Divine
Bicycle Hangar
Bike Doctor
Bike Walk Montana
Bitterroot Flower Shop
Black Cat Bakery
Black Coffee Roasting Company
Book Exchange
Break Espresso
Butterfly Herb
Caffe Dolce
Climate Smart
Draught Works
Ear Candy
Families First Children's Museum
Foundation for Community Health
Frame of Mind
Free Cycles
Free Stone Climbing Center
Golgi Clinic
Good Food Store
Great Harvest
Historical Museum at Fort Missoula
Home Resource
Hunter Bay
Imagine Nation Brewing
Jeanette Rankin Peace Center
Kettlehouse Brewery
Ladies Fancy Ride
Le Petit Outre
Let's Move Missoula
Liquid Planet
Milltown State Park
Missoula Bicycle Works
Missoula Children's Museum
Missoula Fresh Market
Missoula in Motion
Missoula Public Library
Montana Natural History Center
Mountain Line
MUD
Open Way Sangha
Parks & Recreation
Pita Pit
REI
Rhinoceros Pub

Secret Seconds
Shakespeare and Co.
St. Patrick Hospital
Sunrise Coffee Shop
Taco Sano
Taste Buds Kitchen
The Loose Caboose
The Women's Club
Trailhead
Vital Ground
Women Bike Missoula (MizzBs)
YMCA
ZACC



Featured Offers

Create your own Peace Walk and Roll t-shirt at the Jeanette Rankin Peace Center all week long!

Check out Bernice's Bakery and the Good Food Store's daily giveaways and deals for sustainable commuters!

Mountain Line is giving away a Bolt Bike to one of their lucky riders! Drawing for the bike is September 24. Enter to win: <http://www.mountainline.com/bolt-bike-giveaway/>

Don't miss out on your reward for commuting sustainability! Go to WalkandRollMissoula.com to learn about freebies, activities, and special offers happening during Walk and Roll Missoula!

Walk and Roll Missoula is an annual community-wide celebration, encouraging all Missoulians to travel by sustainable moods of transportation.

For 9 days, we focus all of our attention on getting around Missoula in the most healthy and fun way possible! This is done with the help of local businesses and organizations that offer free activities and giveaways!

So, grab your family, friends, and co-workers - and enjoy the journey!

See Commuting



Differently

Walk and Roll Missoula and many other great programs are brought to you by the City of Missoula Transportation Office. Learn how you or your business can make smart choices about sustainable transportation that will save you money. Contact Missoula In Motion and the Bicycle/Pedestrian Office for more information at 552.6675 or www.ci.missoula.mt.us/bikeped



missoula in motion
www.missoulainmotion.com



435 Ryman Street, Missoula



TRANSPORTATION



WalkandRollMissoula.com