

For details on these events and more local activity, visit

www.gobismarckmandan.org

GO! Walk Month



APRIL						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 <i>Grab a friend and do a few laps at the Kirkwood Mall</i>	3	4	5 Walk to Work Day	6 Race to Zero Run/Walk
7	8	9	10	11 <i>Host a walking meeting today. Not sure how? Click here.</i>	12	13 <i>Many new neighborhood parks in Bismarck include loop trails for short walks or laps. Park maps here.</i>
14 Crazy Fools Hike at Fort Lincoln State Park	15	16	17 <i>Borrow an audiobook from the Bismarck Public Library to explore a story while you walk!</i>	18 <i>Bismarck has several interpretive hiking trails. Find one today!</i>	19 Have today off? Take your kids for a walk.	20 Run for Change Run/Walk
21 EASTER SUNDAY <i>Take a walk with your family today</i>	22 EARTH DAY <i>Go on a nature hike today in honor of Earth Day.</i>	23 <i>Walk and learn! Do some laps at the ND Heritage Center.</i>	24 National Walk @ Lunch Day	25	26 ARBOR DAY <i>Up your walking game and ID trees along your way. Check out the Rotary Arboretum.</i>	27 UTTC Spring Thunderbird Run
28 <i>Take a stroll at the Dakota Zoo !</i>	29 <i>National Golfers Day - Ditch the golf cart and walk a round.</i>	30	<i>Take a walking photo and post it! #Go!Walk</i>			

For details on these events and more local activity, visit

www.gobismarckmandan.org

GO! Bike Month

Group Rides

Tuesday - Grade A (more difficult)

Wednesday - Grade B-C

Thursday - All levels

MAY						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 <i>Be safe out there and share the road. More info here.</i>	4 <i>Bismarck has over 55 miles of shared-use trails. See map here.</i>
5	6	7 CDC Group Ride	8 Bike to School Day CDC Group Ride	9 701 Group Ride	10	11 Burleigh County Cup
BIKE TO SCHOOL WEEK						
12	13 Find a bike rack at or near your destination.	14 CDC Group Ride	15 CDC Group Ride	16 701 Group Ride	17 Bike to Work Day	18 <i>Weather not cooperating? Take an indoor cycling class at the YMCA.</i>
BIKE TO WORK WEEK						
19	20 <i>Explore all the new shared-use trails in Mandan. Click here.</i>	21 CDC Group Ride	22 CDC Group Ride	23 701 Group Ride	24	25
26	27	28 CDC Group Ride	29 CDC Group Ride	30	31	

Bike to School Day, May 8: Join millions of student nationwide by riding your bike to school during National Bike to School Week and Bike Day.

Bike to Work Day, May 17: On your way home from work, stop by the Scheels bike kiosk for a quick minor tune-up and tire pressure check!

Take a biking photo and post it!
#Go!Bike