

For immediate release: Sept. 17, 2015



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**24TH ANNUAL BIKE WALK BUS WEEK
JUST AROUND THE CORNER
Nearly 100 fun events set for Sept. 19-26**

From Sept. 19 – 26, Missoula residents will focus on traveling by bicycle, bus and feet, celebrating healthy transportation as part of the 24th Annual Bike Walk Bus Week. Coordinated by the City's Bicycle/Pedestrian Office and Missoula In Motion, 60 businesses and organizations will sponsor nearly 100 events.

Events include group bike rides, walking and biking tours, helmet fittings and numerous raffles, discounts and giveaways to help get people moving. Missoula In Motion will host Breakfast on the Bridges each weekday morning, offering free coffee and treats to anyone who bikes or walks by them on their ways to work and school.

Bike Walk Bus Week kicks off with the 17th annual Festival of Cycles at noon on Saturday, Sept. 19, at Free Cycles on South First Street West. The week will also include the familiar Pedal vs. Metal Challenge. This event, a 15-year tradition, pits a team of people on bikes against a team of people driving cars to complete a list of errands all over town. The people on bikes have finished first in all 14 previous races, showing just how easy and effective it is to bike in Missoula.

Bike Walk Bus Week celebrates the healthy transportation choices many Missoulians already make while encouraging other folks to get around by some other means than alone in a car. Lisa Beczkiewicz with Lets Move! Missoula notes, “When people choose to bike, walk or bus for

even one trip per day, they greatly increase the amount of physical activity they engage in and are more likely to meet doctors' recommendations to stay fit."

Replacing just a few car trips each week has dramatic effects on people's waistlines and wallets, not to mention rush-hour traffic. Biking, walking and riding the bus increases the efficiency of our roadways, which helps people get around quicker and saves taxpayer money by delaying and even negating the need for costly lane expansion projects. Forty percent of all trips people take are 2 miles or shorter, which is at most about a half-hour walk or 10-minute bike ride.

"There are many people who want to bike, walk and take the bus more than they are right now," says Bicycle/Pedestrian Program Manager Ben Weiss. "Bike Walk Bus Week gives them that extra incentive to try it out."

For a full listing of Bike Walk Bus Week events, group rides, discounts, and giveaways, visit <http://missoulainmotion.com/bikewalkbusweek>

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