


Event Highlights


 **Bike to School Week:** Join millions of student nationwide by riding your bike to school during national Bike to School Week and Bike Day. Police Officers from Bismarck and Mandan will be out during this week and may be providing free treat vouchers and other incentives for participating students.

When: Bike to School Week – May 8 - May 12
Bike to School Day – May 10

Where: Everywhere!

Who: Kids K-12!


Contact: Will Hutchings, Luke McKay, Heidi Schuchard

 **2017 Mayors Ride:** Join Bismarck Mayor Seminary and Mandan Commissioner Dennis Rohr as they lead a family-friendly bike ride along the Missouri Waterfront Trails. This ride will start in Sertoma Park in Bismarck and travel south and west across the Bismarck Expressway Bridge and then through the trails in east Mandan by Raging Rivers and then back across the Memorial Highway Bridge (Distance 3.86 miles). The pace of the ride will be accessible to most beginning cyclists.

When: Thursday May 18th, 6:15 PM – ride starts at 6:30 PM

Where: Sertoma Park, entrance to shelters 1-3 – Bismarck ND

Who: All Ages

 **National Bike Week:** Join millions of commuters nationwide by riding your bike to work, school and everywhere else during National Bike Week and Bike Day. Let the rest of the nation know that Bismarck-Mandan residents love to bike by taking photos and posting them to social media with **#bismanbikes**.

On your way home from work on Friday May 19, stop by the Bismarck Veterans Library in Bismarck for a quick minor tune-up and tire pressure check with experts from Scheels plus register to win prizes! Post your ride to work on social media using the hashtag **#bismanbikes** for more opportunities to win prizes

When: Bike Week – May 15- May 19

Bike to Work Day – May 19

Repair and Information Kiosk – May 19, 4:00 – 6:00 PM Bismarck Veterans Library

Where: Everywhere!

Events

The following details the events planned for May 2017. As well as contact details for each event. Specific events initiated or promoted directly by the coalition are denoted with the Go! logo. All events are free unless noted otherwise.

Weather in ND can be unpredictable in May, bring appropriate clothing for the conditions. Keep an eye on our Facebook page and Website for possible weather related cancellations.

Ride the Streets! This fun, group street ride around Bismarck and Mandan will be led by League of American Bicyclists' certified instructor Al Thompson. Participants should be comfortable riding on streets with traffic.



When: May 6, 1:00 PM

Where: Start @ State Capitol – Front Steps - 600 E Boulevard Ave, Bismarck, ND 58505

Who: Ages 14+

Contact: Al Thompson

Take a Kid Mountain Biking Day: Please come enjoy the spring weather with Burleigh County Bicycle Cult riders at Sleepy Hollow. We will have different length loops with varying difficulties so that every age and ability of our riders can be included. The Burleigh County Bicycle Cult is providing a small snack and a beverage for each child. Please note that if you would like your child to participate, but are not able to ride with them, that we will have volunteers available to ride with your child in small groups.

When: May 7th, 2:00-3:00 PM, Registration at 1:45 PM

Where: Meet at the Sleepy Hollow Parking Lot - 2899 E Divide Ave, Bismarck, ND 58501

Who: All ages Welcome

Contact: Kelly Jean-Suchy

ND Safety Council Kids Bike Rodeo: Both entertaining and educational, bike rodeos teach kids bicycle handling and safety skills while also sharing the rules of the road in a safe environment. This Bike Rodeo is hosted by the North Dakota Safety Council and will include helmet fitting, bike inspection, bike safety presentations, and an obstacle course! This event will ensure your kids are ready for summer riding before the school year ends.

When: May 8th, 4:00 - 7:00 PM

Where: Target Parking Lot, 706 Kirkwood Mall, Bismarck, ND 58504

Who: Kids!

Contact: Clint Fuller

UTTC Bike Rodeo: Both entertaining and educational, bike rodeos teach kids bicycle handling and safety skills while also sharing the rules of the road in a safe environment. The United Tribes Technical College Bike Rodeo will include helmet fitting, bike inspection, bike safety presentations, Infused Water Station, a Sun Safety booth, an obstacle course and the chance to win bike! This event will ensure your family is ready for summer riding before the school year ends.

When: Tuesday, May 9th, 3:30 PM – 7:00 PM

Where: United Tribes Technical College South Campus 3315 University Dr. Bismarck, ND 5850

Who: All ages

Contact: Christopher Knoll, Mara Yborra



Traffic Safety 101: Wish you felt more safe and secure as a cyclist? In this two day course, League of American Bicyclists certified instructors will teach adult cyclists how to use a bicycle under various conditions including highway, climate, terrain, and traffic. The class is organized into three levels: The Basics, Bicycling in Traffic, & Enjoying the Ride. Each level builds on the knowledge and skills gained in the previous level.

To register: email ndbikeed@outlook.com or call (701) 471-4207

When:

Day 1: May 12, 5:30 PM to 8:30 PM

Day 2: May 13, 9:00 AM to 4:00 PM

Where: Al's Bicycle Garage – 110 10th Ave NE, Mandan, ND 58554

Who: Adults

Cost: \$25 (Free Will Donation)

Contact: *Al Thompson*

Cyclofemme: Let's celebrate women riders! Please join us on Mother's Day to ride together along the river path. This is a laid back ride with the goal of getting more females (both young and old) on the bike trails. We will go at a relaxed pace and will stop for breaks. Since this is Mother's Day, we encourage you to bring your children if you like. Bring your friends!

When: Mother Day (May 14th), Sign in: 1:45, Ride: 2-3pm

Where: Pioneer Park - 2020 River Rd, Bismarck, ND 58501

Who: Open to all women and their families

Contact: *Kelly Jean-Suchy*



2017 Mayors Ride: Join Bismarck Mayor Seminary and Mandan Commissioner Dennis Rohr as they lead a family-friendly bike ride along the Missouri Waterfront Trails. This ride will start in Sertoma Park in Bismarck and travel south and west across the Bismarck Expressway Bridge and then through the trails in east Mandan by Raging Rivers and then back across the Memorial Highway Bridge (Distance 3.86 miles). The pace of the ride will be accessible to most beginning cyclists.

When: Thursday May 18th, 6:15 PM – ride starts at 6:30 PM

Where: Sertoma Park, entrance to shelters 1-3 – Bismarck ND

Who: All Ages

Contact: *Will Hutchings*

Burleigh County Cup: The always popular race is back. The sixth annual Burleigh County Cup is a self-supported cycling event on the gravel roads of Burleigh County. There will be two distances: 35 miles (The Sippy Cup) and 75 miles (Burleigh County Cup). This physically challenging race will be held on the hilly roads located just outside of Bismarck.

When: May 20th

Where: Eagles Park, 10900 Highway 1804, Bismarck, ND 58503

Who: Gravel Road Cyclists

Registration: visit <http://burleighcountycup.blogspot.com/> Limited to 150 spots

Contact: *Kelly Jean-Suchy, Tyler Huber, Ian Easton*



Community Orchards Celebrate & Clean-up Day: Bike to the Community Orchard at the Clem Kelley Complex and help with the spring clean-up of the orchard. Participants are encouraged to bring sunscreen, gardening gloves and garden tools like trimmers and trowels. If you plan to work, please wear long pants and closed-toe shoes.

When: May 21, 1-4pm

Where: Community Orchard at Clem Kelley Complex - 517 W Arbor Ave, Bismarck, ND 58504

Who: All ages

Contact: *Karen Ehrens*



Memorial Day Ride: Join us for our own version of an Honor-Ride to commemorate our service men and women. This group ride will start in Mandan and travel south through Fort Abraham Lincoln State Park and end at the North Dakota Veterans Cemetery. This is certain to be a peaceful scenic ride with great views of the rural countryside in late spring. Bring any refreshments you need for the ride.

When: May 29th, 10:30 AM – 1:30 PM, (ride starts at 11:00 AM)

Where: Meet at Raging Rivers - 2600 46th Ave SE, Mandan, ND 58554

Who: Any cyclist capable of riding 20miles

Contact: *Al Thompson*

Group Rides

Join **Central Dakota Cyclists** every Wednesday throughout May. This is an energetic road bike ride around the Bismarck-Mandan area geared for cyclists who would like more group road bike experience. These 15 – 20 mile rides with at a pace of 13 -17 MPH on bike paths, city roads and some highways will be moderate enough to get in a work out, but comfortable enough to converse with other riders while learning good road & group riding skills. A different route will be selected each week based on group preference and conditions.

When: Wednesday throughout May, 6:30 – 8:30 pm

Where: Epic Sports parking lot - 411 Fraine Barracks Rd, Bismarck, ND

Who: 18+

Weather: Rides will NOT be held if the temperature is below 55 degrees, it is raining or rain is imminent at the start time. Rides will not be canceled if it is windy since this presents an excellent fitness opportunity!

Contact: *Craig Schaff*

Join **701 Cycle and Sport** (formally Epic Sports) for Group Rides every Thursday throughout May. A variety of group rides are planned including mountain, fat-tire, and road bikes on a variety terrain.

For more information: <http://www.701cycleandsport.com/>

When: Thursday through May 6:00 – 8:30 pm

Where: Rides start at 701 Cycle and Sport shop - 411 Fraine Barracks Rd, Bismarck, ND 58504

Who: 18+

UTTC Lunch Rides: Take a break from work and take a cruise with the Health Promotion Center staff during our daily lunch ride. This is a no drop ride that uses bike paths and roads surrounding United Tribes Technical College. Getting into the fresh outdoor air and on the bike will surely help you refresh and reenergize to finish out the work day strong! Rides will be cancelled for rain and/or wind over 20MPH. Contact Chris at cknoll@uttc.edu or 221-1355 for more information.

When: Monday – Friday (all month long), 12:00 PM-1:00 PM

Where: Start at Lewis Goodhouse Wellness Center, UTTC Campus, 3315 University Drive, Bismarck ND 58504

Who: Everyone!

Contact: *Christopher Knoll, Mara Yborra*

Cyclist Cove Rides: Join the Cyclist Cove for rides from their shop in Mandan to Fort Lincoln and back. For more information: <http://www.thecyclistscove.com/>

When: Sundays (starting May 21), 11:00 AM

Where: Start the Cyclist Cove Shop - 4101 21st St SE #6, Mandan, ND 58554

Who: Everyone!

Miscellaneous

Roving Bike on Bus – Keep an eye out for the GO! Bicycle roving around Bismarck-Mandan on a CAT bus throughout the month of May. All CAT busses are equipped with bike racks on the front of the bus to help you get just about anywhere by combining these two transportation options. For more information on bicycles and busses visit:

<http://bisantransit.com/bike-and-bus/>

Social Media

Don't forget to post a picture with the hashtag **#bisanbikes #biketowork**. Go! will be offering prizes to random people who publicly post their involvement in Bike Month activities with these hashtags.