



**Get Moving
Bike for
Healthy Living**



*Get Moving
Learn a New Sport!*



Public Health Participates in Bike! Charlotte

- ★ *It is good for your health!*
- ★ *It is good for the environment!*
- ★ *It is good for your wallet!*

Friday, May 1

- ★ 7:30 AM - *ride with the Mayor!*
 - Meet behind the Dowd YMCA on Morehead Street
 - ★ Ride to the Wachovia/Wells Fargo Atrium
 - Free Breakfast Provided

Monday, May 3 - Friday, May 7

- ★ Bring your bike - *ride CATS for free!* Information is available at <http://www.charmeck.org/Departments/cats/home.htm?header=ridetransit%2eorg>

Thursday, May 7

- ★ *Bike to Work Day!*
 - Meet 3 miles from Billingsley Road for a free light breakfast, and a safe ride to work.
- ★ *Kids Bike Safety Rodeo - 4:30-6:30 PM*
 - At Randolph Park - for kids age 7-12; free helmets available
 - Want to help? Contact Diane Thomas @ 2-1467

Have a bike you don't need or want?

Clean out your garage and donate it to Trips for Kids Re-Cyclery
A non profit, it is the "Habitat for Humanity" for bikes. Kids can earn a bike by learning how to care for it and to ride it safely.

For information on any of these activities contact
Dick Winters (2-4596) or Mike Kennedy (2-1107)

Here Are Some Sports to Try!

Rowing

Kayaking

Field Hockey or Street Hockey

Combat sports: Jiu Jitsu, Boxing
Karate, Kung Fu, Kick Boxing,
Taekwondo

Baseball or Softball

Dodge Ball

Soccer

Cycling

Frisbee

Tennis

Basketball

Volleyball

Running

Canoeing

Badminton

Racquetball

Rafting

Fencing

Climbing or Bouldering

Dance: Ballet, Ballroom, Salsa, Break
Dance, African Dance

Football or Rugby

Marathon

Triathlon

Inline Speed Skating

Bowling

Swimming or Diving

Rollerblading

Kids Bicycle Safety Rodeo

Randolph Road Park

Thursday, May 7, 2009

4:30PM – 6:30PM

FREE HELMETS



WHILE SUPPLIES LAST

Fit City Challenge and the Mecklenburg County Health Department will be hosting a bicycle safety and educational rodeo on Thursday, May 7. Come learn the rules of the road, bicycle safety tips, and receive a new helmet. Bikes will be provided. You must participate in the rodeo to receive a helmet.

Great for Kids
Ages 7 - 12

Randolph Road Park (next to the Dept of Social Services)
301 Billingsley Road
Charlotte, NC

For more info, contact Fit City Challenge at 704.432.1467

Special thanks to our event sponsors:

