



WEEKLY EVENTS

RIDE FREE WITH YOUR BIKE ON THE MET TRANSIT LINE The City of Billings Met Transit buses will provide FREE bus service on all routes for those with their bikes during Bike Walk Bus Week. Sponsored by MET TRANSIT. Ron Wenger 657-8218

OPEN SHOWERS & TOWELS for anyone during the week that bikes or runs/walks to work. Need picture ID for access. YMCA 402 N. 32nd 248-1685

DONATION BIKES will be accepted to fix up or use for parts to provide underprivileged kids and adults with a bike. Call Derek Stone at 208-3405 if you can help or donate a bike.

VALET TODAY CLEANERS 20% Discount if you bring your laundry in on your bike. Jason Frank 655-9420

BILLINGS CLINIC Senior Sports & Art Festival occurs the week prior to BWW with a bike ride on May 10th @ 10 @ Indian Cave and Fun Walk on May 12th @ 9:30, Dehler Park (Check In at 9 am). Bobbi Roberts 657-4400

BROADWAY DELI & CAFE 313 N. 28th St. 20% off food & drinks if you bike to work. Bring in your helmet. Rita Clippinger 281-8568

ST. VINCENT HEALTHCARE Supports BWW Heart and Sole Run (Walk) June 18 St. Vincent provides helmets at a reduced cost through Home Oxygen.

SOUP & SUCH 2716 3 Ave. No. Free drink with the purchase of soup & salad if you bike to work. Show us your helmet or bike. Mike 294-0148

DOWNTOWN BILLINGS ALLIANCE 2815 2ND Ave. No., If you need to use a bike to run errands, DBA has bikes available. Lisa Harmon 294-5060

BIG SKY STATE GAMES through Big Sky Fit Kids & Shape Up Montana programs will encourage participation in Billings Bike, Walk, Bus Week or National Bike To Work Week.

STELLA'S KITCHEN & BAKERY 2525 1 Ave. N. Bike over to Stella's and receive a 10% discount on your meal. Make sure they see your bike. Stella 248-3060

TIME OUT SPORTS West Park Plaza Get active during Bike, Walk, Bus Week. Get 15% off on regular priced merchandise if you bike or walk to the store during the week. Cindy Thompson 245-9735

\$10 GIFT CARD towards your purchase if you bike to THE SPOKE SHOP 1910 Broadwater Ave. throughout the week. Jim Downs 656-8342

ROCKET GOURMET WRAPS & SODAS Bike in to Rockets during the work week and receive a FREE homemade draft soda with the purchase of a wrap. Brian 248-5231

MONTANA CYCLING 824 Shiloh Crossing Blvd. 10% off if you bike out to the shop during the week. Scott 534-0430

THE SOUP PLACE 106 N, 28th Bike to work and over for lunch and receive a 10% discount on your purchase, Show us your helmet. Mike 294-7687

DAILY EVENTS

SUNDAY, MAY 15

PICTOGRAPH CAVE STATE PARK Treats at the Visitors Center for those who visit via bike or foot. Check in at the desk. Darla 254-7342

RYAN'S RUN 5K run dedicated to Ryan Paul Walter who died after 65 days of life from SIDS. All proceeds donated to the SIDS FOUNDATION in his name. <http://www.ryansrun.net/>

MONDAY, MAY 16

RIM COUNTRY LAND INSTITUTE Hike and enjoy the Full Moon with Campfire at Cove Canyon Grasslands, 8100 Molt Road, 7:45 pm \$10, Naturalist Carolyn Sevier, 669-8880

TUESDAY, MAY 17

ONE FREE BEER on Tuesday evening for those who bike or walk to work and over to the Yellowstone Valley Brewing Company, 2123 1st. Ave. N., 245-0918

MONTANA CYCLING & SKI 824 Shiloh Crossing Blvd. **Montana Women on Wheels** Tuesday at 6pm. Topics include preparedness and comfort with a ride from the shop, weather permitting. Scott 534-0430

YMCA 402 N. 32nd 248-1685
Walk-n-Talk with the Doc, Tuesday at 5:30 pm at the YMCA

WEDNESDAY, MAY 18

SNEAKERS, SPOKES & SPARKPLUG CHALLENGE Wednesday, Friendly competition, teams of 3, starts @ 11:30am, Dehler Park, 2611 9th Ave N., East Parking Lot, BBQ, prizes, Joe-294-5060, joes@downtownbillings.com

RIM COUNTRY LAND INSTITUTE Wednesday Walkabout at Cove Canyon Grasslands, 8100 Molt Road, Exploration with a naturalist, \$6, Carolyn Sevier 669-8880

RIM RUNNERS

All abilities welcome. Meet at Pioneer Park by the picnic tables on 3rd Street at 5:30 p.m. Ryan 245-2552

THURSDAY, MAY 19

HISTORICAL WALKING TOUR OF SWORDS PARK 7:30-9:00 PM Meet at the parking lot in Swords Park off Airport Road across from Rintop Drive. Enjoy an evening hike and conversation along the Rims with Kevin Kooistra from the Western Heritage Center. 256.6809

RIM RUNNERS

Run Black Otter Trail at 6 a.m. Meet at Dehler Stadium 2611 9th Ave.N

FRIDAY, MAY 20

NATIONAL BIKE TO WORK DAY If you haven't already, Get out your bike and try biking to work today.

SPIN CYCLE Bike Ride for Poverty Awareness \$10 Donation with proceeds to benefit HUB (Mental Health Services) 2 pm. MET Transit Station 220 N. 25th Lisa @ DBA 294-5060

10% DISCOUNT ON BIKES Friday, May 20th for Bike to Work Day at THE BIKE SHOP, 1934 Grand Ave. Dennis Stedman 652-1202.

BILLINGS BICYCLE AWARENESS RIDE Meet at Pioneer Park at parking lot by Zimmerman on 5th St. W. at 7:15 pm. Lights and Helmets required. Scott 534-0430.

SATURDAY, MAY 21

RIM RUNNERS

Meet at the YMCA at 8 a.m. for an hour run. Meet at 7:30 a.m for a longer run.

BEARTOOTH HIKING CLUB

Bike ride to Vista on Beartooth Highway or Day hike to Glacier Lake or along Hellroaring Road. Gary Hafer 690.2117

AUDUBON CONSERVATION EDUCATION CENTER Located west of So. Billings Blvd. across from the entrance to Riverfront Park. 9:30-12:30 AM Weed Pulling Contest - We'll learn about several noxious weeds and then split into teams for a friendly competition to see who can pull the most weeds by weight. Prizes will be awarded to the winning teams! Pre-register by calling 294-5099

PICTOGRAPH CAVE STATE PARK Treats at the Visitors Center for those who visit via bike or foot. Check in at the desk. Darla 254-7342