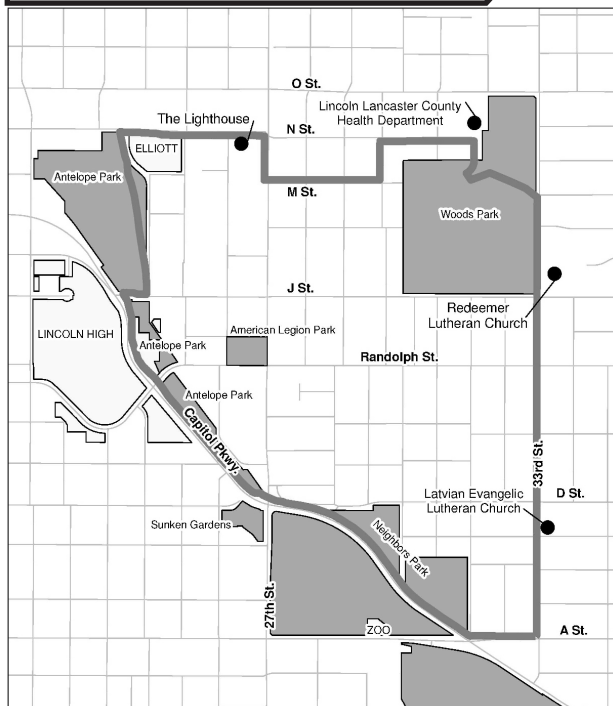


BIKE // SKATE // WALK // PLAY

# STREETS ALIVE!

SUNDAY, SEPTEMBER 25 // 12:30-5



## Get fit Lincoln at STREETS ALIVE!

Can you walk? Propel your wheelchair?  
Ride a bike? Push a stroller?

If yes...This event is for you!

- For the first time ever, a 3.23 mile stretch of key Lincoln streets will be closed to motorized vehicles!
- Walkers, bikers, runners, and skaters, any human-powered transportation - will bring our Streets Alive!
- Experience fitness and dance activities, music & entertainment in parks and along the route.
- Healthy foods - family activities - health exhibits and more!

**FREE and open to the public!**  
**NO experience necessary!**

Sunday, September 25, 2011

12:30 - 5:00 pm

Come out and play  
in the streets!



## SAMPLE ACTIVITIES:

This event spotlights Lincoln's commitment to healthy, active lifestyles. Here are some sample activities to look forward to:

- Come and play Frisbee golf.
- Dance to the Zumba beat!
- Stop at the Near South Community Bike Kitchen booth, enter a raffle to win a vintage bike and have a glass of cucumber lemonade from Pepe's Bistro.
- If you're in to sustainable gardening, stop by the Community Crops booth for gardening tips.
- Visit our Children's Area and prepare a healthy snack with Prairie Hill Learning Center, or sift compost for worms with Dimensions Early Childhood Program.
- Watch skateboarders from Lincoln's own Bay 198 exhibit!
- Meet Lincoln's own No Coast Derby Girls!
- Watch pottery being made at Down Under Pottery.
- Come to the Bike Rodeo brought to you by Safe Kids Lincoln-Lancaster County and the Kiwanis.
- No bike? Rent a bike from The Bike Rack.
- If you're walking your dog along the route, create a Paw Painting at the Capital Humane Society booth.
- There will also be free, healthy food samples brought to you by Russ's Market and Super Saver.
- Focus your quiet mind with Lincoln Yoga Center.
- Come see those Capital City Cloggers!