

Events

Blue Cross and Blue Shield Companies across the country sponsor the annual [National Walk @ Lunch Day](#)® – designed to encourage busy people like you and your employees to take a walk during your lunch break and start a healthy routine.

Join Bismarck-Burleigh Public Health as they walk to the Capitol and back on Wednesday, April 25 at noon, leaving from the BBPH parking lot.



For details on these events and more local activity, visit

www.gobismarckmandan.org

GO! Walk Month

APRIL						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 EASTER SUNDAY	2 Take a walking photo and post it! #Go!Walk	3 Grab a friend and do a few laps at the Kirkwood Mall	4	5	6 Walk to Work Day	7 Race to Zero 5k/10k Run/Walk
8 Take a stroll at the Dakota Zoo today for National Zoo Lovers Day!	9	10 National Golfers Day - Ditch the golf cart and walk a round.	11	12	13 Avoid walking under ladders and stay out of the black cat's path today.	14
15 Crazy Fools Hike at Fort Lincoln State Park	16 Many new neighborhood parks in Bismarck include loop trails for short walks or laps. Park maps here .	17	18 Borrow an audiobook from the Bismarck Public Library to explore a story while you walk!	19 Bismarck has several interpretive hiking trails. Find one today!	20	21 Run 4 Change (10k, 5k, 1k)
22 EARTH DAY Go on a nature hike today in honor of Earth Day.	23	24 Walk and learn! Do some laps at the ND Heritage Center .	25 National Walk @ Lunch Day	26	27 ARBOR DAY Up your walking game and ID trees along your way. Check out the Rotary Arboretum .	28 Help clean up Bismarck as you walk today. Keep Bismarck Beautiful
29	30 Joints bothering you? Walk in the water. Open pool schedule here .	The BisMan Food Co-op is offering a 10% total purchase discount on the day someone bikes/walks/rolls into the store during April and May! Those individuals will also be registered in a drawing for a prize valued at \$50!				

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GO! Bike Month

Group Rides

Tuesday - Grade A (more difficult)

Wednesday - Grade B-C

Thursday - All levels

MAY						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 <i>Be safe out there and share the road. More info here.</i>	5 <i>Bismarck has over 55 miles of shared-use trails. See map here.</i>
6	7	8 CDC Group Ride	9 Bike to School Day CDC Group Ride	10 701 Group Ride	11	12 Burleigh County Cup Bike Rodeo at Transportation Expo
BIKE TO SCHOOL WEEK						
13	14 Find a bike rack at our near your destination.	15 CDC Group Ride	16 UTTC Bike Rodeo CDC Group Ride	17 701 Group Ride	18 Bike to Work Day	19 <i>Weather not cooperating? Take an indoor cycling class at the YMCA.</i>
BIKE TO WORK WEEK						
20	21 Explore all the new shared-use trails in Mandan. Click here.	22 CDC Group Ride	23 CDC Group Ride	24 701 Group Ride	25 Traffic Safety 101	26 Traffic Safety 101
27	28	29 CDC Group Ride	30 CDC Group Ride	31		

Bike to School Day, May 9: 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 providing free treat vouchers and other incentives for participating students.

Bike to Work Day, May 18: On your way home from work, stop by the Scheels bike kiosk for a quick minor tune-up and tire pressure check!
Bismarck Public Library

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