



LET'S GO!

WINSTON-SALEM'S ACTIVE TRANSPORTATION NEWSLETTER

CYCLING AND WALKING

Family Fun!



For All Ages!

Join us for Cycling Sunday Fun Day on April 27!

Mark your calendar for Sunday, April 27, 3:30-6:00 PM, get your bike tuned up and join us for a fun afternoon of cycling. Walkers and skaters are welcome, too. In fact, just bring your whole family or group of friends to enjoy a range of activities. This free event is open to people of all ages and all cycling, walking, and skating abilities.

We hope that everyone who can walk or bike to the event will do so. But if you need to drive, free parking and registration will be available in two locations:

1. Novant Health: Gateway Family Medicine, 390 Salem Ave.
2. Gateway YWCA, off S. Main Street on YWCA Way.

Participants are asked to register to help us count total attendance as well as to see which elementary school with the most participants will win the \$400 worth of PE equipment.

Get the Latest Updates on Cycling Sunday Fun Day

- Check out the Cycling Sunday video and more details at www.cityofws.org/departments/transportation/biking/cycling-sunday
- LIKE us on Facebook www.facebook.com/pages/Cycling-Sunday-Fun-Day/814799078545789



Support Your School!

The WSFC elementary school with the most representation will receive \$400 in physical education equipment for their school!

LET'S GO! CYCLING AND WALKING

WINSTON-SALEM'S ACTIVE TRANSPORTATION NEWSLETTER

New this year!

Join in on the Scavenger Hunt

We've added a Scavenger Hunt this year to engage participants in answering questions and identifying things around the event area, using a special form you will get at one of the two Registration Tables. Turn in the Scavenger Hunt form when you've completed it to be eligible for the prize drawing. The prizes include a \$25 gift card (courtesy of Gateway Family Medicine) and 5 free passes to the Gateway YWCA!

Other fun activities:

- Face painting
- Bike decorating
- Parachute games
- Hula hoops
- Tug of war
- Jump ropes
- and more...



Visit with these Exhibitors:

- Triad Eco Adventures—Segway discovery tours and stand-up paddle-boarding lessons and tours
- Forsyth County Department of Public Health—Learn how to keep your teeth clean and healthy
- Cancer Services—Get information about great eating and active living
- Safe Kids Northwest Piedmont—Get your helmet properly fitted and learn about bike safety
- Gateway YWCA—Find out all the fun things you can do at the YWCA
- TRU (Tobacco Reality Unfiltered)—Check out the display set up by youth and participate in an activity

Thanks to our sponsors!

We wouldn't have Cycling Sunday Fun Day without the assistance and support of these organizations:

- City of Winston-Salem Bicycle & Pedestrian Program
- Forsyth County Department of Public Health
- Novant Health: Gateway Family Medicine
- Gateway YWCA

Next Cycling Sunday Fun Day —August 17, 2014

Our next event for 2014 will take place on Sunday, August 17th in conjunction with the Winston-Salem Journal's celebration of the Solar Bear bike ride to support Cancer Services. Watch for more information closer to the event.

You can receive this e-newsletter automatically by subscribing at this link: www.cityofws.org/departments/transportation/biking/biking-and-walking-newsletter

This newsletter is published by the Bicycle & Pedestrian Program in the City of Winston-Salem Department of Transportation, which serves the Winston-Salem Urban Area.

