

How does it work?

Take this form home with you. Up until August 12, 2009, instead of driving a car - walk, jog or bike and record these trips on this log sheet.

- Turn in a completed log sheet before 8:00 pm on 8/12/09 (see reverse for drop off locations)
- On Groveland Night Out (8/12/09) all complete log sheets will be entered into a drawing for prizes donated by local businesses, need NOT be present to win!
- Participate with up to 3 log sheets.

Is Driving Really Faster than Biking?

In 2007 at the MacGrove Moves Car-Bike Challenge, four bikers and four drivers competed to complete a list of errands in the neighborhood. Bikers picked up four out of the top six places, and overall, the bikers completed the errands over 7 minutes faster than the drivers. And, of course, the bikers got a work-out and avoided releasing over 40 pounds of carbon dioxide into our air!

New this year...

Not only is biking in the neighborhood fun, now it's convenient too! Check out the new bike hitches to be installed along Grand Avenue this spring. Sponsored by the Grand Avenue Business Association, Summit Hill Association & Macalester Groveland Community Council.



Tap into Minnesota's bike resources:

Sibley Bike Depot

Learn to maintain and fix your bike at free open shop hours, kids' programs and more! www.sibleybikedepot.org

Share the Road

News, events, kids' safety info, rules of the road, and an array of resources. www.sharetheroadmn.org

Transit for Livable Communities

Maps, program details, transit info. www.tlcmnnesota.org

Bicycling Minnesota: MNDOT

Details to help you choose your route and links to bike paths across the state. www.dot.state.mn.us/bike

Golden Shoe Hunt

Join the hunt! On the first three Saturdays in May, a golden shoe will be hidden where people walk, jog or bike in MacGroveland or Summit Hill. Find one of the golden shoes and win a new pair of shoes from Run N Fun!



MAC · GROVE
MOVES
SUMMIT HILL

Roll or Stroll to the places you need to go!

Get fit, reduce global warming, win great prizes and leave your car at home

Thank you!

Many thanks for your support of the 2009 MacGrove Moves:

Peapods • Kowalski's • Coffee Bené
Sixth Chamber Books • Skally Management
Grand Health Chiropractic • Patagonia
Khyber Pass Cafe • Shish • Karma
Italian Pie Shoppe • Aspire Chiropractic
Everest on Grand • Euphoria Salon
Davanni's • Mississippi Market • Quince
Dunn Brothers • Essence of Nonsense
Coffee News Cafe • Boehm's Bike
Breadsmith • Brewberry • ArtScraps
Run N Fun & other participating businesses

Instructions

Complete and turn in this form before 8:00 pm on 8/12/09 to win great prizes! Return to one of the following locations:

- Macalester Groveland Community Council
320 S. Griggs Ave. / 651-695-4000
- Summit Hill Association
860 St. Clair Ave. / 651-222-1222
- Grand Avenue Business Association
867 Grand Ave. / 651-699-0029
- Groveland Night Out, 8/12/09
2045 St. Clair Avenue

Name: _____
 Street Address: _____
 City, State, Zip: _____
 Home Phone: _____
 Email: _____
 Age: _____

Contact Us!

Macalester Groveland Community Council
 320 South Griggs Ave, St. Paul, MN 55105
 651-695-4000 • www.macgrove.org



MacGrove Moves is organized by the Macalester Groveland Community Council and supported by the Summit Hill Association and the Grand Avenue Business Association.

Residents everywhere, regardless of neighborhood, are invited to participate. We hope to see you out on the MOVE!



Log your jog, roll or stroll here:

ex. <i>5/20/09 Biked to coffeeshop</i>	8.
1.	9.
2.	10.
3.	11.
4.	12.
5.	13.
6.	14.
7.	15.