

## How does it work?

Take this form home with you. 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 the night of Groveland Night Out. See reverse for drop off locations. Visit [www.macgrove.org](http://www.macgrove.org) to determine the date of Groveland Night Out.
- On Groveland Night Out, 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!

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## Golden Shoe Hunt

Join the hunt! Each Saturday 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 great prize!



## 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](http://www.sibleybikedepot.org)

### Share the Road

News, events, kids' safety info, rules of the road, and an array of resources.  
[www.sharetheroadmn.org](http://www.sharetheroadmn.org)

### Transit for Livable Communities

Maps, program details, transit info.  
[www.tlcmnnesota.org](http://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](http://www.dot.state.mn.us/bike)



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 MacGrove Moves:

Everest on Grand • Patagonia • Kowalski's Pizza Luce\* • D'Amico and Sons • Wet Paint Whole Foods Market • phresh spa salon\* • Fein Violins • Breadsmith • Saint Paul City Ballet\* • Coffee News Café • Shish St. Paul's Childhood Center • Brewberry's George's Shoe and Skate Repair\* • Peapods Mississippi Market • ArtStart's ArtScraps Sixth Chamber Books • Dunn Brothers Coffee Bene • Saucony • Run N Fun Live Green Apartments\*

\*This business offers a discount for MacGrove Moves participants. Walk or bike to this business, and show your current MacGrove Moves brochure at time of purchase.

**Walk or bike instead of driving your car for 15 trips before mid-August.**

Complete and turn in this form before 8:00 pm on Groveland Night Out 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, mid-August  
(visit [www.macgrove.org](http://www.macgrove.org) for specific date)  
2045 St. Clair Ave.

\_\_\_\_\_  
FIRST NAME

\_\_\_\_\_  
LAST NAME

\_\_\_\_\_  
STREET ADDRESS

\_\_\_\_\_  
CITY STATE ZIP

\_\_\_\_\_  
HOME PHONE AGE

\_\_\_\_\_  
EMAIL

**Contact Us!**

Macalester Groveland Community Council  
320 South Griggs Ave, St. Paul, MN 55105  
651-695-4000 • [www.macgrove.org](http://www.macgrove.org)



**Log your jog, roll or stroll here:**

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

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!

