

Jerry Hass photographed these happy Ramblers in Mankato

Let's Go Biking!

It's as easy as 1, 2, 3

1 Celebrate the Saint Paul Parks Sesquicentennial on Sunday, September 11, 2022! See the next page for Saint Paul Classic details including our exciting new route through Lilydale Regional Park!

2 Double your pleasure! Bike the Tour of Saints on Sunday, July 17th in Saint Joseph, then the Rock-n-Roll the Lakes in Albert Lea on August 13th. Lots more details on these and other great bike events on page eight.

3 Ramble on! The 12th annual Mankato River Ramble rolls on October 9, 2022 with three scenic routes of 12, 26, and 44 miles. Read about fall's favorite ride on page 3.

SAINT PAUL CLASSIC



PRESENTED BY 3M + AARP

**BikeMN members
save \$5 on each ride!
Join at BikeMN.org**



Saint Paul Classic Bike Tour

sports new route to Lilydale Regional Park



Let's Roll!

Sunday, September 11, 2022

- Start at Como Lakeside Pavilion
- Ride limited to 2,475
- No day of ride registration
- Ride is mostly on paved trails and bike lanes
- Two check-in times to help keep trails safe and rest stop lines short
- See BikeClassic.org for details

As always, Classic riders enjoy the scenic and historic Saint Paul Grand Round. **This year marks the 150th anniversary of visionary landscape architect Horace Cleveland coming to Saint Paul.** On June 24, 1872, Cleveland addressed the Common Council and called for preserving parks at Lake Como and Lake Phalen and connecting them with the parkway now known as Wheelock Parkway. His vision of parkways and parks was realized after decades of work.

The emerald necklace with a world-class bikeway encircling the city is nearly complete. Join us as we celebrate Saint Paul parks sesquicentennial on the 28th annual Saint Paul Classic Bike Tour. **Delicious refreshments and live music will trumpet your arrival at every rest stop.**



New for 2022!

We're going over the Mississippi River and through the woods to visit a hidden gem — **Lilydale Regional Park**. You'll love the stylish new rest stop overlooking Pickerel Lake where live music and tasty refreshments will greet you. Our route continues through Harriet Island before crossing back over the river to reconnect with the Sam Morgan Trail.

BikeMN salutes our major Classic Sponsors:
3M, AARP, and FruitShare

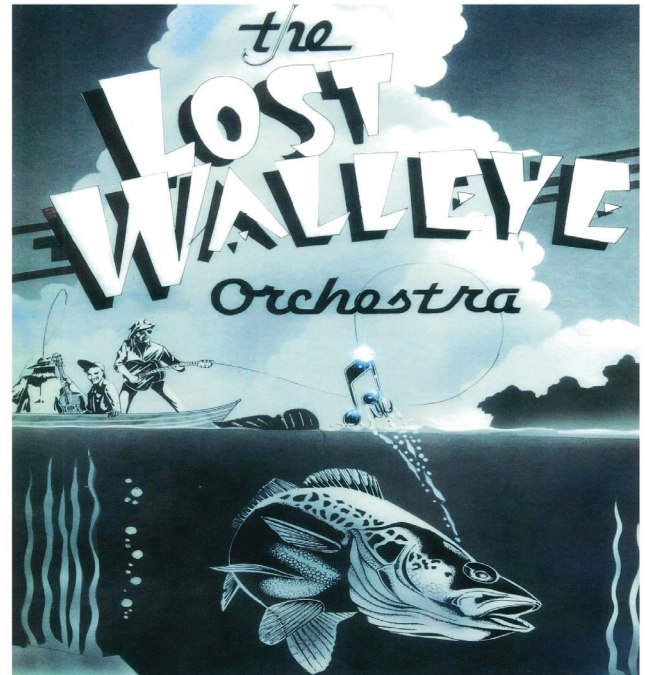


GET HAPPY! Register at BikeClassic.org!

Rolling on the River

Sunday, October 9, 2022

For a city so close—just 77 scenic miles from the Twin Cities—Mankato may be Minnesota's best-kept bicycling secret! The Mankato River Ramble celebrates the best bike routes, baked goods, and live music to be found in Southern Minnesota. Beyond rivers and lakes, waterfalls, and award-winning pies; the city now sports one of the largest artworks in the state. See it from Highway 169, or better yet, on the 42-mile Lake Crystal Loop.



Ron Arsenault celebrates his birthday with his band of musical brothers, the Lost Walleye Orchestra.



Ramblers cruising down the Red Jacket Trail.



One great ride, three scenic routes

The 12-mile Minneopa Falls Loop

Mostly trails and perfect for riders of all abilities. The 40-foot-tall double waterfall at Minneopa State Park is a highlight. Ramblers also love the big downhill on the South Route Trail.

The 26-mile Pie Run

Our most popular route features 150 homemade pies and a spectacular view of the Blue Earth River gorge at Rapidan Dam. Pie run riders enjoy the entire Red Jacket Trail.

The 42-mile Lake Crystal Loop

Cyclists savor quiet country roads and quaint towns on this loop. After the Minnemishinona Falls Rest Stop, riders go through North Mankato to a panoramic view of the giant silo mural — a ten-story-tall silo mural by Guido van Helten that honors Native Americans who have lived here for untold generations. This route includes all four rest stops, with live music at each.



The Mankato River Ramble benefits the Greater Mankato Bike & Walk Advocates and the Bicycle Alliance of Minnesota.

BikeMN members save \$5!
Register at BikeRiverRamble.org



Taken during the National Bike Summit



Bicycle Advocacy In St. Paul and Washington, D.C.

BikeMN's priorities were still in play at the Capitol (or on Zoom!) in Saint Paul when this newsletter went to print. The legislative session ended May 23 with no agreement on much of anything so please check for an update on the BikeMN.org blog if you hear about a special session. On the federal front, the U.S. DOT and MnDOT are still sorting out how to administer and allocate the funds in the Infrastructure Investment and Jobs Act/Bipartisan Infrastructure Law (IIJA/BIL) passed last year. It included very large one-time investments and significant increases in ongoing funding for biking, walking, and safe routes to school infrastructure and programs that will amount to tens of millions per year. However, the other key part of President Biden's people, climate, and energy focused agenda, Build Back Better, remains stalled over funding issues.

The 2022 priorities for BikeMN at the Minnesota Legislature included passing some operation of, and passing a, bicycle changes. Those changes include changing that a bicyclist must ride as far to the right as practicable to as far to the right as is safe as determined by the bicyclist, making it legal to ride through a right turn lane without turning right, and strengthening the three foot passing law. This year, for the first time, Active transportation funding was included in the MnDOT/Governor's budget request. Funding for the program

was also included as 5% of the House Climate Action Caucus's \$1 billion proposal and \$12.5M of that is included in the House's transportation bill this year. Safe routes to school may also get a boost to its General Fund base. MnDOT currently gets \$500,000 per year for this program and primarily uses it for program work like the Walk! Bike! Fun! Elementary school safety curriculum, program grants to communities and schools, and community safe routes plans. Safe Routes has also been, and will likely again be, funded in the bonding bill. There were \$10 million bonding bills in both the House and Senate that we worked to have included in the recently announced \$1.4 billion bonding bill target amount. Unfortunately, there may not be a bonding bill and if there is the safe routes number will likely be a lot less than \$10 million.

The formula for calculating the amount of Transportation Alternatives funding sent to the states by the U.S. DOT was changed by IIJA/BIL and will now be 60% to 70% more on an ongoing basis. There will also be a lot of one-time money. Staying in touch with your city and county public works directors and engineers to make sure that they are aware of the increased funding available from these state and federal sources is always a good idea.

More information can be found by searching for and reviewing the MnDOT Transportation Alternatives, Safe Routes to School, and Active Transportation web pages. They will have details on current funding solicitations and links to the others involved - for instance, the Met Council manages the solicitation in the Twin Cities Metro Area.

If BikeMN can be of help please let me know at dorian@bikemn.org or 651-387-2445.

Dorian Grilley
Executive Director



Dorian and Maya were lucky enough to catch Representative Angie Craig and discuss our legislative asks!



DISPATCHES

Feeling Friendly in Minnesota

Minnesota is currently home to 33 Bicycle Friendly Communities, among the more than 496 across the United States, demonstrating that interest in bicycling is skyrocketing — and it's easy to see why. A bike is a ticket to health, mobility, freedom, and fun! Communities and organizations which support bicycling are vibrant, healthy, and sustainable places. Bicycle-friendly communities attract new residents, visitors, businesses, and investments. Bicycle-friendly businesses help encourage more energized, alert, and productive employees, decrease healthcare costs, attract and retain top talent, draw more customers, and sustain local economies. Minnesota has had some serious wins in the past few years!

Become A Bike-Friendly Businesses



Bike-friendly businesses just make sense, they support economies and support greater network connectivity for traveling in communities large and small. Touright Bicycle Shop in Little Falls, and Back Street Bicycle Service & Repair in Walker, Minnesota, were both awarded the highest achievement, a Platinum Level Ranking, bringing Minnesota's platinum-level businesses to six! Other notable platinum businesses include Target and Quality Bicycle Products.

"We've been embraced by the community. I know what biking can do for a community. It's not just us, it's really the community that has helped us achieve this award," said David Sperstad and Susan Sperstad, owners of the Touright Bicycle Shop in Little Falls, Minnesota.

"I'm thrilled Paul Nye is being recognized at the Platinum level for his bike shop in Walker. What a gem in that community and of humble service to anyone riding the Paul Bunyan Trail who might need an unexpected rescue and bike repair, which they can have completed while stopping in town for lunch or a beer within walking distance from the shop," said Natalie Gille, Greater Minnesota Program Manager.

Any business can be bicycle-friendly, a charming bike shop, or a world-class medical facility. In Rochester, the Mayo Clinic was awarded a Bronze Bicycle Friendly Business ranking. With 32,000



employees and serving countless patients from Minnesota and beyond, this is a remarkable effort to encourage safe and convenient biking for people of all ages and abilities. This effort was encouraged thanks to the local chapter, We Bike Rochester, comprised of advocates and community members working to normalize biking in the community through advocacy, education, and ridership.

"Mayo Clinic's campus in Rochester, Minnesota, is honored to receive the Bronze-level Bicycle Friendly Business designation from the League of American Bicyclists. Recognizing the health, well-being, and environmental benefits of bike commuting, Mayo Clinic has made improvements to its support of cyclists with improved bike racks, secure bike parking rooms, and tips for employees to ensure a safe and secure ride to and from work. We appreciate the collaboration with the League of American Bicyclists and We Bike Rochester as we continue to evolve our commuter programs," said Amanda Holloway, Director of the Mayo Clinic Office of Sustainability.

This latest round of awards was released in May, Pine River welcomed four Bicycle Friendly Businesses, and had six total applications, all thanks to the tireless work of local advocates and change-makers. Four of the applicants in Pine River received a Bronze level ranking, including Backus Schools, the Pine River Chamber of Commerce, the Pine River State Bank, and Wheels & Things. —Maya Sheikh, Communications Manager •

Welcome to...
JACKSON

Southwest Minnesota's Bike-Friendly Gem!

Jackson Minnesota is bringing bike-friendliness to their southwestern corner of Minnesota. The latest news is Jackson was awarded a Silver-level Bicycle-friendly Community (BFC)! Jackson is the first community in Southwest Minnesota to be recognized as a Silver-level ranking in Minnesota, and one of three Greater Minnesota communities that has achieved this level. The Bicycle Friendly recognition in Jackson didn't happen overnight. In fact, it's been in the works for over two decades!

"In 2017, the concept of creating a more Bikeable Friendly Community was introduced to us by the Statewide Health Improvement Partnership (SHIP). We then started this journey with the City of Jackson and a handful of technical assistant providers including the SW Regional Development Commission and the Park/Trail Council of Minnesota. After receiving the BFC Bronze-level award and report card, we went to work checking off goals on the report including having a local resident go through League Cycling Instructor (LCI) training, partnering with JCC Schools to update their Safe Routes to School Plan, developing a pedestrian/bicycling counting program, creating active living videos for our YouTube channel, working on grants to expand trail development including the Belmont County Park Single-Track Park, and building relationships

with businesses to develop a bicycle incentive program," said Luke Ewald with Des Moines Valley Health and Human Services. "We hope the next four years will be just as great, if not better, than the past four years as we make Jackson more bike-friendly!"

The Bicycle Alliance of Minnesota (BikeMN) has been working in partnership with the Statewide Health Improvement Partnership (SHIP), local advocates, and others in Jackson that are pursuing BFC rankings for more than ten years. When a community is recognized for being bicycle-friendly by the League of American Bicyclists, it's a nationally recognized thumbs-up. Towns, cities, counties, and metropolitan areas can be recognized when they take concrete steps toward ensuring bicycling is safer, more visible, and more fun in their communities. —Maya Sheikh, Communications Manager •



Photo courtesy of Friends of the Jackson County Trails



Tim, BikeMN's GreenCorps Member, was eager to take the van!

Bikeable Community Workshops, Rain or Shine!

In early May, BikeMN headed to Mahanomen and Willmar to conduct Bikeable Community Workshops (BCW's) in partnership with the Minnesota Department of Health and the Minnesota Department of Transportation. BikeMN is grateful for Tim's expertise and dedication, and for the support from Minnesota GreenCorps, the AmeriCorps program run through the Minnesota Pollution Control Agency that funds Tim's service position.

Since 2012, BikeMN has led 35 BCWs in cities across the state. These towns have gone on to write bike/ped plans, apply to become official Bicycle Friendly Communities, and have worked to become better places to bike. At a typical workshop, BikeMN gets local stakeholders together for a day of discussion, a bike ride through the community to look at infrastructure, and action planning around creating a more bicycle friendly community.



Mahanomen's BCW

Bikeable Community Workshops contribute to BikeMN's mission by engaging and educating folks on how to make their community more bicycle friendly. This helps accomplish our vision of a Minnesota where everyone can easily walk, bike and roll in their daily life. These events fall under category one of the strategic plan—community engagement, goal three—set and implement evaluation of active living in communities.

Mahanomen and Willmar really showed up for their communities, getting the right folks to the table to do the work for bicycle-friendliness. At both Workshops, everyone worked through an Action Plan exercise to identify short and long-term action items that would help make their communities more bike-friendly. At each workshop, we had many inspiring conversations with local advocates and community members who are working hard to make their communities more bikeable for everyone. We can't wait to see what they will do next!

Stay tuned to learn what happens in June and July, as we continue our Bikeable Community Workshops in Park Rapids, Pine River, and Rochester. — Maya Sheikh, Communications Manager & Tim Brackett, BikeMN GreenCorps Member •



An over-the-shoulder photo during the Mahanomen ride.



All smiles despite the rain for the Willmar workshop!



Encouraging Bicycling Joy

Do you remember the thrill of riding a bike for the first time or walking or rolling to school on the first day? There's a feeling of joy and independence—a sense of adventure—that doesn't fade. Celebrating the joy of moving by biking, walking, or rolling is one of the reasons BikeMN keeps on rolling. When children or families bike, walk, or roll to school, it empowers them to incorporate the regular physical activity they need each day while also forming healthy habits that can last a lifetime. When families lace up their sneakers or strap on their helmets to get to school instead of riding in a car, they help reduce the amount of air pollutants emitted by automobiles. And, finally, statewide encouragement of biking and walking promotes safety. An effort BikeMN works toward everyday through our Walk! Bike! Fun! Education and Safety curriculum for educators and students. The curriculum helps children and adults learn safe walking, biking and rolling skills, and can help community members identify safety concerns along school routes that need to be addressed.

This year, BikeMN was elated to participate in Lake Phalen Elementary School's Bike and Walk Day celebrations by assisting with bike safety lessons in preparation for an off-site ride later in the school year (Helena, CJ, and Angela pictured in the bottom left corner). Our BikeMN intern, Spencer, also participated in a Slow Roll ride with Minneapolis Public Schools. We even heard about a Walking School Bus in New Ulm, dozens of skaters, bikers, walkers, and rollers in Winona, and the amazing turnout at Red Rock Elementary School! We love seeing community-wide celebrations of biking, walking, and rolling, and look forward to next year's Bike and Walk to School Day.

Feeling Inspired?

Bring a Walk! Bike! Fun! curriculum training to your region. Visit walkbikefun.org to request a training! Not a teacher? No problem! You don't have to be a teacher to bring bike education, bike rodeos, or walking school buses to your town. Visit bikemn.org/ambassador to learn about our Walk! Bike! Fun! Ambassador program.



(Left) Helena, CJ, and Angela supporting Lake Phalen Elementary School's bike skills workshop. (Right) Angela instructs some patient riders on the bike skills course



Rock These Rides

2022

Did you know that when you hop on a bike and participate in one of our rides you're supporting our work? Your pedaling supports bicycle education programs in schools across Minnesota, bike-friendly programming in communities big and small, our advocacy work in Saint Paul and in Washington, D.C., and Adult Learn to Ride education programs, among many more wonderful things! BikeMN wouldn't exist without the support of our members and those who join us for our featured rides.

BikeMN Tours

Tour of Saints

July 17 in St. Joseph

Hosted by BikeMN, tourof saints.com

Each summer in Central Minnesota more than 1,000 bicyclists wend their way through a rich and rolling landscape, along quiet roads on the Tour of Saints bicycle ride. This is the 38th year that bicyclists from around the state and beyond will make their annual pilgrimage to St. Joseph.

Take your pick of the 18, 35, or 50 mile routes! The 18-mile course features the Lake Wobegon Trail and is ideal for families and those who prefer to avoid hills. The longer courses trace surprisingly beautiful byways. With sinfully scrumptious pastries and bushels of fresh strawberries, this event is not to be missed!

Rock-n-Roll The Lakes

August 13 in Albert Lea

Hosted by Albert Lea Area Cyclists & BikeMN - BikeMN.org

As the hometown of rock-n-roll icon, Eddie Cochran, as well as Marian Ross, Albert Lea knows how to rock! Riders can choose from one of three different routes—10, 30, or 50 miles—of SAG-supported, “rolling” fun around our lakes and community. All three courses hug picturesque lake shores and offer a variety of beautiful southern Minnesota scenery. Look for pelicans and eagles soaring overhead.

Members Save \$5

Minnesota Ironman

Mid-June in Shakopee

Hosted by Minnesota Ironman, ironmanbikeride.org

Launched in 1967, long before the Hawaiian Triathlon, this was Minnesota's largest ride for many years. It features routes of 31, 62 and 100 miles, as well as a 5-mile family ride on the winding Minnesota Valley State Trail. The Classic was gifted the use of the Ironman mail list, a key to its initial success.

Habitat 500 Bike Ride

July 14-17 in Fergus Falls

Hosted by Habitat for Humanity Minnesota, hfhmn.org

The Habitat 500 Bike Ride is a ride (not a race) and fundraiser that covers up to 500 miles over the course of several days. Every rider raises funds from their community and can choose the local or global Habitat for Humanity affiliate they wish to support.

Bike Duluth Festival

August 5-7 in Duluth

Hosted by KA Bike Duluth Festival, bikeduluthfestival.com

The 8th annual Kraus-Anderson Bike Duluth Festival will be held August 5th – 7th, 2022 at Spirit Mountain in Duluth, Minnesota! Thanks to participants and sponsors, the KA Bike Duluth Festival has given over \$310,000 to local charities and Duluth mountain biking trails in the past seven years.

Bridge the Valley Bike Rally

August 14 in Stillwater

Hosted by Stillwater Sunrise Rotary Club, sunrotary.org

Pedal the picturesque St. Croix River Valley on epic bike rides between Minnesota and Wisconsin. All routes start and finish in historic Stillwater. Rides for all skill levels feature spectacular views from the historic lift bridge and the giant new cable-stayed bridge. Meet up with friends and family in downtown Stillwater after your ride.

Annual Mayor's Bike Ride

September 16 in Willmar, Spicer & New London

willmarlakesarea.com

The communities of Willmar, Spicer and New London are coming together for a bike ride. Mayors from Spicer, New London and Willmar will be leading rides starting at 5:00 pm in each town and finishing with a picnic in New London, MN.

Open Streets - Minnehaha

October 1 in Minneapolis

Hosted by Open Streets Minneapolis, openstreetsmpls.org

Enjoy these free, family-friendly events, when local nonprofit Our Streets Minneapolis partners with the City of Minneapolis to close major thoroughfares to car traffic, and opens them to biking, walking, rolling, and connecting with neighbors and local businesses.

thank you NEW AND RENEWING MEMBERS

We extend our deep gratitude to all the members, donors, volunteers, and supporters who make BikeMN a great and effective organization. The list below represents contributors between January 1, 2021, and January 1 2022.

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- We Bike Rochester
- Duluth Bikes
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- Albert Lea Area Cyclists
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Roll Call: Meet BikeMN Business Member Wahoo! Adventures



Kerri Kolstad

My name is Kerri Kolstad and I am founder of Wahoo! Adventures. We are a twelve-year-old outdoor adventure company providing outdoor events for all levels of experience. You might find us bicycling, kayaking, trekking the trails, or snowshoeing. Our motto is “Get Outside and Play” and we do that by providing events and adventures that include gear, lessons, and morale support around the state of Minnesota.

That makes the Bicycle Alliance the perfect partner since they advocate for bicyclists and pedestrians in the same way. Our customers get to enjoy the advocacy that BikeMN fights for every day. Some of our trips and tours have found us in

Bemidji, Grand Marais, and Stillwater which are all Bicycle Friendly Communities thanks to being certified through BikeMN.

I am also on the board of the Gateway Brown's Creek Trail Association, a non-profit organization who are advocates for the Gateway Brown's Creek Trail. Through partnerships with BikeMN, GBCTA, and Wahoo! Adventures we are able to provide events, training, safety classes, and maintenance classes for safer travel on roadways and trails. When U.S. Bicycle Routes opened up in Minnesota, from St. Paul to Canada and Itasca to Iowa, BikeMN and Wahoo! Adventures partnered to provide support for about 50 cyclists to enjoy these new routes and all Minnesota has to offer. Wahoo! Adventures has been a BikeMN business member for over 10 years! —Kerri Kolstad, Wahoo! Adventures •

Learn more about BikeMN's Business Membership program at
bikemn.org/Business.

