

OULU, FINLAND COPENHAGEN SOURCE: THEGUARDIAN.COM

BERLIN

SOURCE: ADFC BERLIN

WINTER BIKE LOVE STRIKE SAVE WINTER. RIDE WITH US

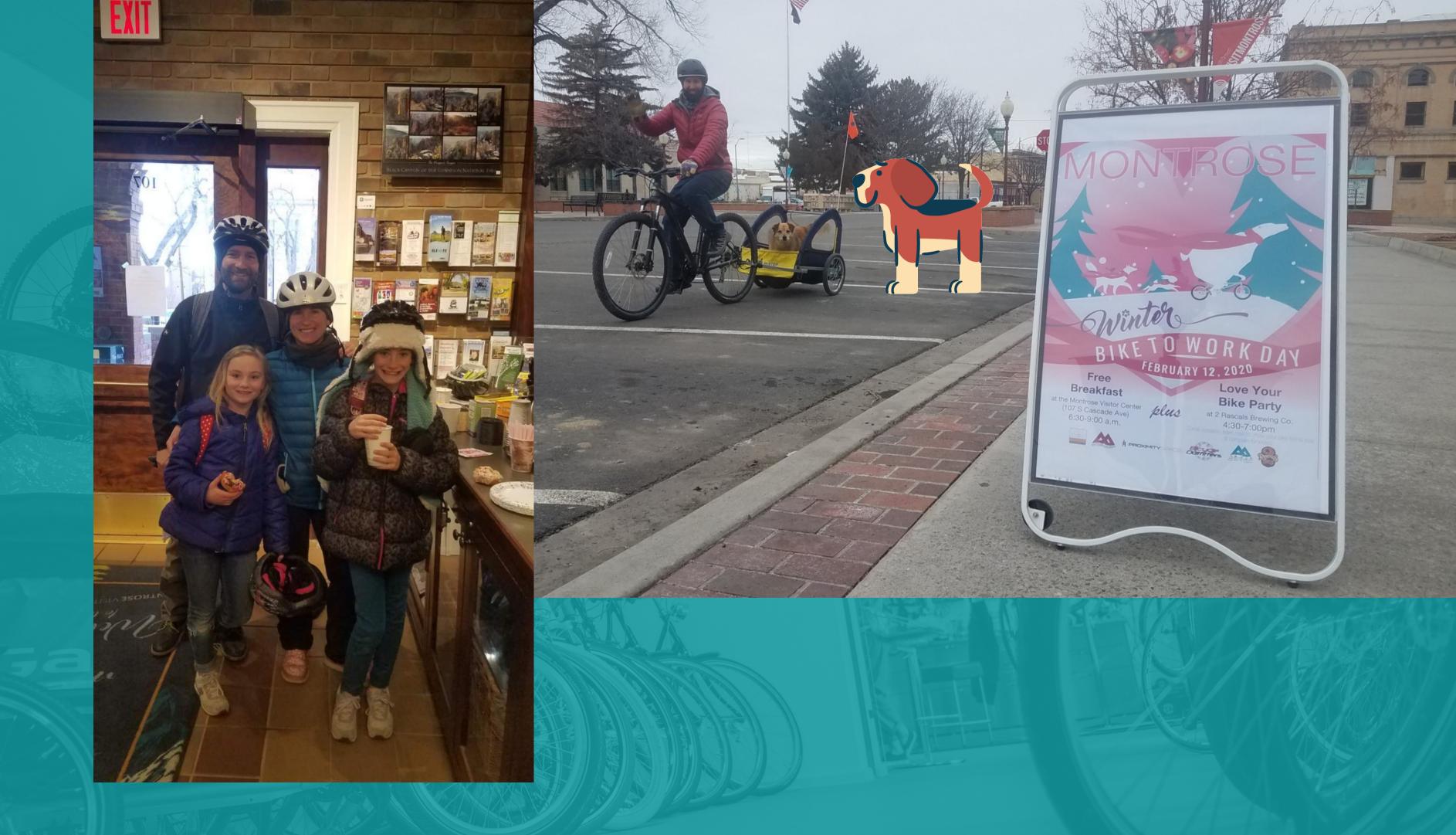
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FREITAG, DEN 14. FEBRUAR 16 BIS 18 UHR





Why?

- INTRO TO WINTER COMMUTING
- ENCOURAGEMENT TO PUSH YOUR LIMITS





Breakfast Stations

MANCHESTER MOVES BREAKFAST STATION @ PISCATAQUOG BRIDGE IN MANCHESTER

Stop by for refreshments and encouragement from 6:30-9:00am

BREAKFAST SPECIALS @ THE GRIND RAIL TRAIL CAFÉ IN DERRY

Stop by for special "grab & go" items from 8:00–10:00am. Working remotely? Come work from The Grind and receive a special discount!



Afternoon 'Refuel'

AFTERNOON SNACKS @ QUEEN CITY BIKE COLLECTIVE IN MANCHESTER

Pedal over to QC Bike Collective for free hot cider and doughnuts from 4:00-6:00pm.



Park 'N' Ride

• WEST SIDE ICE ARENA (MANCHESTER)

Follow the signs to the REAR parking lot

• ABBOTT COURT LOT (DERRY)





ECONOMIC DEVELOPMENT

PHYSCIAL, MENTAL, SOCIAL HEALTH



FOSTER RELATIONSHIPS

HAVE FUN!

Save the Date

- Bike to School Day May 4th
- Bike to Work Day May 20th

• Bike to Work Week - May 16-22nd • Walk to School Day – October 5



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Questions or Comments? GET IN TOUCH!



TAMMY ZAMOYSKI **REGIONAL PLANNER**