



Promoting Adult Wellness • May 14-21, 2011



Moline • Rock Island • Bettendorf • Muscatine

## SCHEDULE OF FREE EVENTS

Everyone is encouraged to walk, bike or bus to work each day during the week!  
Free “bike & bus” transportation all week on Transit, CitiBus, and Metro.

### Saturday, May 14

- Visit a Farmer’s Market 8 am to Noon  
Freight House Farmer’s Market, Davenport or Trinity Farmer’s Market, Moline
- Come out and play in your City parks!
  - Hershey Track Meet, Brady Street Stadium 9 am to 1 pm
  - Touch-A-Truck at the Moline Public Works Building 9 am to Noon
  - Pitch, Hit & Run at Stephens Park, Moline at 9 am
  - Davenport Family Fest, River’s Edge Noon to 3 pm
  - Play in Schwiebert Riverfront Park, Rock Island 10 am to Noon
- Blackhawk Hiking Club, Hike No. 2372  
Rock Island State Trail, Wyoming, IL 2 pm

### Sunday, May 15

- Bike or bus to worship
- “Tour de QC” self-directed bike rides Noon to 4 pm

### Monday, May 16

- QCTAG Commuter Breakfast / State of QC Transportation presentation  
Bechtel Park (Government Bridge & 2nd Street) 6:30 to 9:30 am
- Learn to Row (Y Quad Cities Rowing – Sylvan Boathouse, Moline) 5:30 to 8 pm

### Tuesday, May 17

- Take a Walk with Disc Golf! Middle Park Disc Golf Course, Bettendorf, 4 to 7 pm

### Wednesday, May 18

- “Walk or Bike to School Wednesday”

### Thursday, May 19

- Loop d’Arte – Ride the Loop Bus and enjoy a variety of QC arts activities, 5-8 pm

### Friday, May 20

- Community Walk Day - Lead or join a walk for your organization!

### Saturday, May 21

- American Heart Association Heart Walk, for more information visit  
<http://heartwalk.kintera.org/faf/home/default.asp?ievent=426510>
- Blackhawk Hiking Club - Hauberg Memorial Hike at Loud Thunder 2 pm

### ORGANIZING PARTNERS:



For a more detailed schedule of events, please visit

[www.activatequadcities.org](http://www.activatequadcities.org)

