



WOMEN
RUN THE CITIES
PRESENTED BY TRIA ORTHOPEDICS

BIKE VALET INFO

Warm up for your race and reduce your carbon footprint -
ride to Minnehaha Falls!

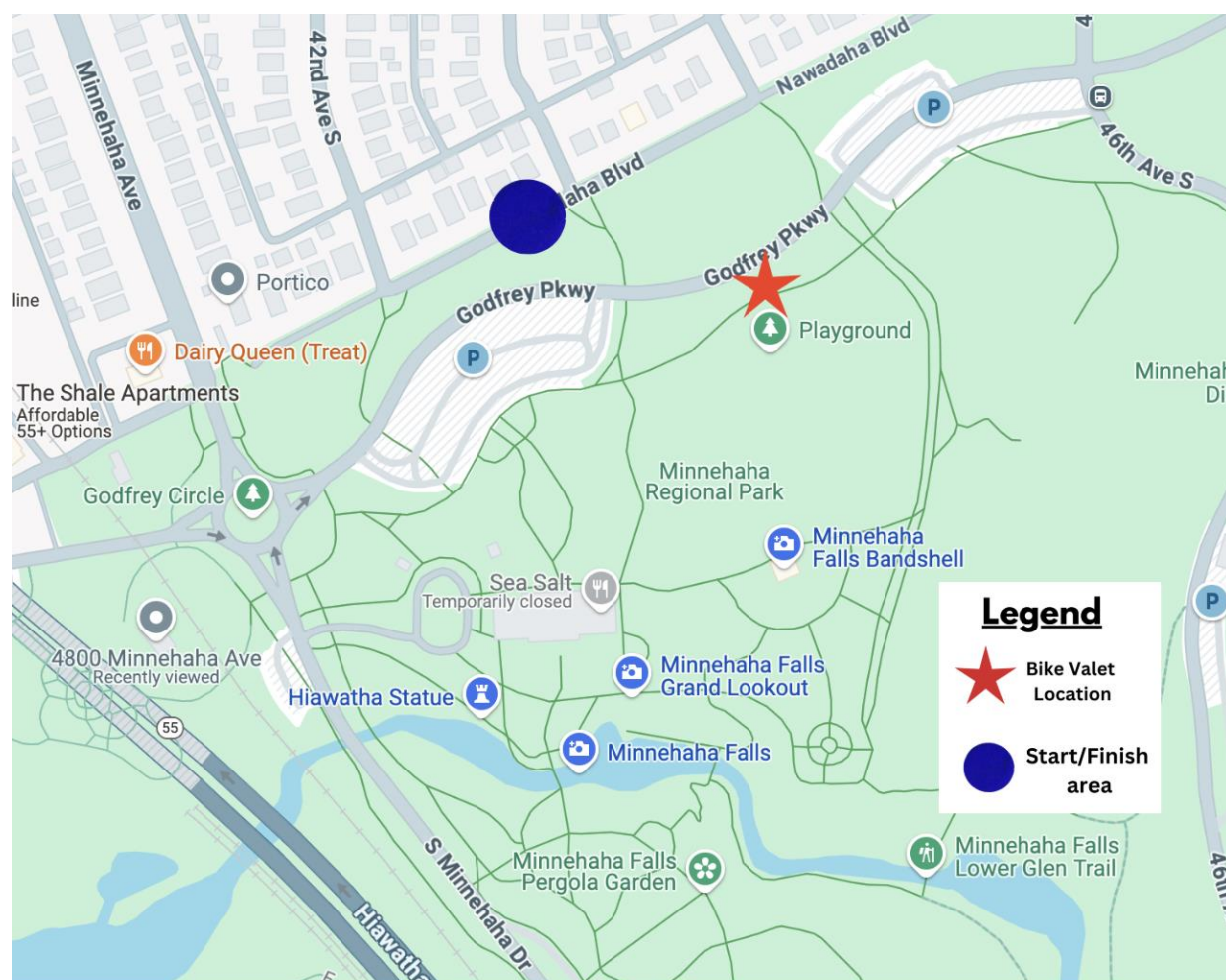
Skip the traffic and congested parking.

Ride your bike or use another form of active transportation!

Twin Cities In Motion will offer free monitored bike parking for people who ride their bike to Women Run the Cities at Minnehaha Falls on Saturday, May 17.

Bike valet will operate on May 17 from 7:30am until 12pm.

The bike valet service is conveniently adjacent to the bike trail and near the start/finish line!



What can be parked at the bike valet?

We will park modes of active transportation including: Bikes/e-bikes, Cargo Bikes, Scooters, Electric Scooters, Skateboards. We do NOT park anything with a gas motor.

How does it work?

Runners:

Bring your bike to the bike valet. Your bike will be tagged with your bib number. Return to bike valet after the race, show your bib and retrieve your bike.

Non-Runners (those without a bib):

Bring your bike to the bike valet. You will receive a ticket that will match the same ticket that will be affixed to your bike. Return to bike valet, show your ticket and retrieve your bike.

Be sure to retrieve your bike before 12pm!

Are you unsure about riding your bike?

Live too far away?

Unsure about how to use public transit?

Great questions!

Biking to Women Run the Cities is easy if you plan ahead and consider ride combo options:

- 1) Be sure to allow yourself enough time. Map out your route in advance and know how long it will take you to arrive at Minnehaha Falls. Please give yourself adequate time to check your bike into the bike valet. It is recommended to arrive at bike valet at least 20 minutes before the start of your race.
- 2) If you live too far away to bike to Minnehaha Falls – consider using public transportation with your bike. On race day all participants can use Metro Transit for free with their bib. All Metro Transit buses and trains have bike racks so you can pedal for part of your trip and ride for the rest. Every bus has a bike rack on the front bumper that accommodates two bikes. There are four bike racks inside each light rail car and spaces for two bikes on every Northstar train car. Learn more here: <https://www.metrotransit.org/bike-options>
- 3) If Metro Transit is not an option, consider driving your car with your bike. Drive part of the way, part outside of the congested area and then bike the rest of the way!
- 4) The bike valet will be staffed and monitored by volunteers. To keep your bike safe, we still recommend locking your bike in the bike corral. TCM cannot be responsible for damage or theft.