



NEWS RELEASE

For Release: August 14

Contact:

Kativa Weitzel, Program Director
Mason City Chamber of Commerce
641.423.5724
kweitzel@masoncityia.com

Moonlight Bike Ride in Mason City—August 21

MASON CITY, IA – The Moonlight Bike Ride is back for its third consecutive year! The ride is scheduled under the light of the summer moon on Friday, August 21 in Downtown Mason City. The Chamber of Commerce Worksite Wellness Committee organizes this family-friendly activity to promote use of local bike trails and to build a healthier community. Participants may enter as an individual or family.

Walk-up registration begins at 9PM in front of the Commerce Center. At 10PM, participants will ride a 10-mile loop beginning in Central Park under the light of a “waxing crescent” moon. A half-way pit stop at NIACC provides a quick break and snack. The ride ends at the Southbridge Plaza with breakfast burritos from Mr. Taco. Admission is \$25 for an individual and \$50 for a family of four.

Traditions like the *Moonlight Bike Ride* help to establish a culture of well-being. Event organizers encourage community members to engage in healthful summer activities; the bike ride is just one of many initiatives designed to motivate North Iowans to get out and move more. Endorsed by Iowa's *Healthiest State Initiative* (HSI), the Moonlight Bike Ride aligns with its goal for Iowa to become the healthiest state in the nation.

Appropriate safety measures and sanitation practices will be established to ensure a safe and responsible ride. For more information or to register, contact Kativa Weitzel at the Chamber office at 641.423.5724 or kweitzel@masoncityia.com.