

# Ride, Walk, Run, Rollerblade or Skateboard On Over To:



**MOVING PLANET SOUTH BAY**  
24 SEPT 2011

A family friendly Celebration in support of the  
new South Bay Bicycle Master Plan & the Vitality  
City Livability Plan!

**FREE! FUN!**

**PRIZES & GIVEAWAYS!**

**GREAT WORKSHOPS!**



*Bikeable, Walkable, Livable!*

## MOVING PLANET: SOUTH BAY

Saturday, September 24<sup>th</sup> • 10 am to 2 pm  
13<sup>th</sup> Street & Morningside Drive in Manhattan Beach

- FREE Bike Parking Corral**
- Hermosa Beach Community Garden**
- Appear in the Video & Photo Campaigns**
- Energy Saving Tips & Programs**
- Solar-Powered DJ Music**
- Vitality City Walking Moai Groups**
- Sustainable Landscaping Tips**
- Composting Workshop**

**10:00 AM** Moving Planet Festival kickoff with welcome by City Council and event partners

- 10:30 AM** Vitality City Skit
- 10:45 AM** Walking Tour of Demonstration Garden at City Hall
- 11:00 AM** Walk through Moving Planet Festival Displays
- 11:00 AM – 2:00 PM** Moving Planet Workshops, 13th Street/Metlox Plaza
- 11:00 AM** Bikram Yoga Workshop
- 11:15 AM** Grades of Green: How to pack a trash free lunch
- 11:25 AM** Village Runner: Running/walking/stretching clinic
- 11:35 AM** GrowingGreat: Growing an organic vegetable garden
- 11:45 AM** MB Botanical Garden: Quiet gardening “aerobics”
- 12:00 PM** YogaBuddies: Yoga for kids
- 12:15 PM** backwards beekeepers: Beehives in your backyard
- 12:25 PM** i Tai Chi for health: Tai Chi demo
- 12:40 PM** REI: Youth Bike Safety
- 12:55 PM** Tree Musketeers
- 1:00 PM** You Can Dance Studio: Dance Performance
- 1:20 PM** Adventureplex: Zumba! Exercise for everyone
- 1:30 PM** South Bay Bicycle Coalition: Rules of the Road for Bikes & Cars
- 1:40 PM** Manhattan Beach Environmental Task Force
- 1:45 PM** Beach Cities Health District: Exercise for Seniors
- 2:00 PM** Event Concludes

### Bike/Walk-Friendly Businesses in Manhattan Beach!

Make sure to bike or walk to each of these establishments to receive a very special offer when you mention Moving Planet!!

**Ateam Shoe Shop • Ava & Aliria • Aviator Nation • Barbie K • Bella Beach • Bella Beach Kids • Blvd - Men's & Women's Apparel  
Bloume Baby • Bob Roy Salon • Cake Bake Shop • Cami • Chique • Cupcakes Couture • d'boutique • Dan Deutsch Optical Outlook  
Dawn Baker • Elegance Boutique Spa and Medical Aesthetics • Four Daughters Kitchen • Harry's Cleaners • Kasai Hair  
Krise's of Manhattan Hair Salon • Lisa's Gallery • Look! Optometry • Magpie • Manhattan Denim • Manhattan Meats  
Manhattan Pizzeria • Old Venice • Pasha Fine Jewelry • Roundhouse Aquarium • Shade Hotel Lounge • Shore Fit • Subway  
Sun & Moon Cafe • Tabula Rasa Essentials • Trendy Sunglass & Optometry**

Presented by

