

Youth Fitness Challenge



Play for a chance to WIN A BIKE!

How it Works

- 1) Visit an Information Booth between 1-3pm (see map inside).
- 2) Complete the Fitness Challenge at any Info Booth and check off below.
- 3) Get a **FREE** Streets Alive T-Shirt!*
*For the first 400 challenge participants.
- 4) Get a raffle ticket after you complete the challenge. The more Info Booths you visit the more raffle tickets you get!
- 5) Go to the Entertainment Site in **UPCO Park at 3:15pm** for bike, helmet and prize raffle! *Must be present to win.*

Youth Fitness Challenge Check-Off

- Jump Rope - Info Booth #1
- Hoola Hoop - Info Booth #2
- Hop Scotch - Info Booth #3
- Jumping Jacks - Info Booth #4



Thank You Sponsors!



Gold
Hy-Vee
KLKN Channel 8
Lincoln Journal Star

Silver
BlueCross BlueShield NE
Bryan Health
Community Health Endowment
Complete Weddings + Events
Healthy Blue NE
Hiland Dairy
KZUM 89.3FM
Lancaster County Medical Society
Lincoln Bike Kitchen
LincOne Federal Credit Union
Rivers Metal Products
ScreenInk
ServiceMASTER PBM
Tobacco Free Lancaster County

Bronze
AllCopy
Cornhusker Bank
Cycle Works
Great Plains Trails Network
Firespring
Lincoln Arts Council
LNKTV Health
McHenry Haszard Law
Scheels
Velocity Clinical Research

Route
ALLO Fiber
Brain Injury Alliance of Nebraska
Costco
CVS Pharmacy
Jenda Family Services
NE Association of School Boards
Nebraska Total Care
NU Federal Credit Union
Norland Pure Water
Open Harvest
Tyler Mainquist, CFP®

September 24th ♦ 1:00-4:30pm



Event Rules

BE SAFE

Streets are closed but still watch for vehicles, children, pets and other normal hazards. Streets Alive! is not held liable for participants' failure to be watchful. No weapons. No smoking.

BE RESPONSIBLE

Take care of the streets and sidewalks; watch for others. Dispose of litter and pet waste in responsible ways.

BE RESPECTFUL

Use family-friendly language and be considerate of others.

BE GREEN

Please recycle in the bins along the route.

In case of emergency, contact volunteers at the Information Booths or call 911.



Partnership for a Healthy Lincoln

Entertainment Schedule

Sponsored By: **tobacco free** LANCASTER COUNTY

UPCO Park Entertainment Site

1:00 - 1:15 PM - Kick Off Party
1:15 - 2:15 PM - Cool Poppas
2:30 - 4:30 PM - Black Ophanim

Along the Route 1:00-4:30

- Lincoln Ukulele Group - 39th Street
- Kids Music with Jim King - Cleveland Ave.

Performance Schedule

Sponsored By: COMPLETE weddings + events

Corner of 47th St. & Cleveland Ave.

1:15 - 1:45 PM - Nicholas Li - Cello Performance
1:50 - 2:30 PM - Tevin & Nichole
Acoustic Music & Storytelling
2:45 - 3:45 PM - Cheap Death - Band
4:00 - 4:30 PM - Music & Art Therapy Demo with Our Dream Achievers

Fitness Schedule

Sponsored By: Bryan Health

Corner of 46th St. & Baldwin Ave.

1:15 - 2:15 PM - Zumbathon
2:30 - 3:00 PM - Swanson Martial Arts Demo
3:15 - 4:15 PM - YMCA Pound Class

Route Fitness 1:00-4:30

- Historical Bike Tour with Ed Zimmer - 2pm UPCO Park
- DEVO Mountain Bike Demos - UPCO Park
- Precision Skateboard Demos - UPCO Park
- Nebraska Swordfighters Guild Demos - UPCO Park
- Yoga Demos - 39th St. & Baldwin Ave.
- Swanson Martial Arts Demos - Baldwin Ave.
- No Coast Jr. Derby Rollerskating - Baldwin Ave.

2023 Streets Alive! Route

UPCO PARK

Nebraska Swordfighters Guild
Great Plains Trails Network
Lincoln Parks & Recreation
Claire's Books
Precision Skateboards & Lincoln Skatepark Association
Good Life Skate Center LLC
NeighborWorks Lincoln
DEVO
Pioneers Park Nature Center
Hometown Favorites Hair Care
Fisher's Beauty & Barber
Lincoln Police Education & Personnel Unit

Sponsored by:



39TH STREET

Bryan Health Early Detection & Cancer Programs
Bryan Medical Center: Trauma & LPS Healthcare Focus Program
Bryan College of Health Sciences & Nursing
Bryan Health Trauma & Injury Prevention
Southern Heights Food Forest
Heart of Light Yoga
LLCHD WIC/Dental
Community Action Partnership of Lancaster and Saunders Counties
Lincoln Ukulele Group
Lincoln Children's Museum
LincOne Federal Credit Union
Friendship Home
YWCA Lincoln
Aging Partners

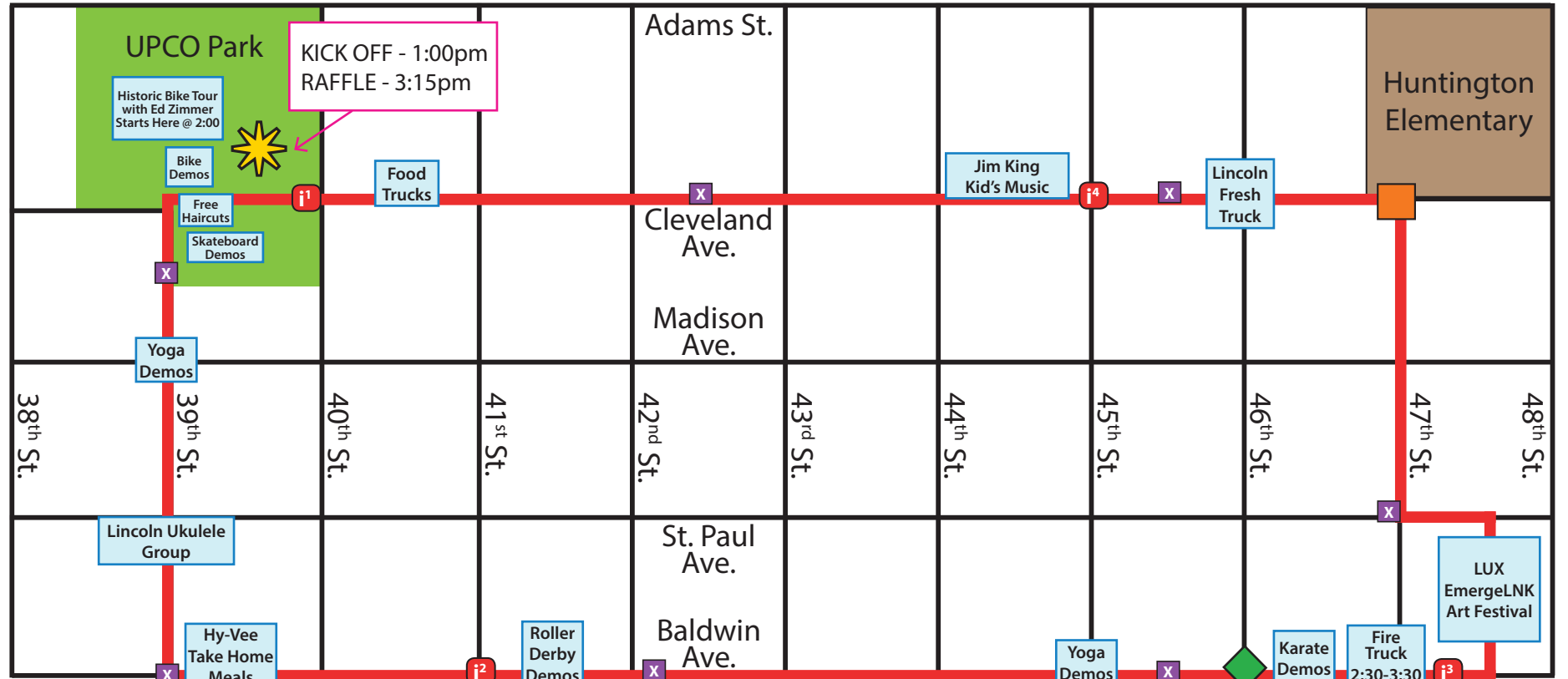
BALDWIN AVE.

Hy-Vee
MilkWorks
BAART Programs
Girl Scout Spirit of Nebraska
The Arc of Nebraska
The Arc of Lincoln
Gideon's International
School Community Intervention & Prevention (SCIP)
Nebraskans Against Gun Violence
Nebraska Safety Council
Boys & Girls Clubs
No Coast Roller Derby
No Coast Junior Derby
Open Harvest
Wellbeing Initiative, Inc.
BLIXT Locally Grown
Lincoln Shooting Stars Special Olympics Team of LPR
Fresh Plate
Adaptive Programs with Easterday Recreation Center of LPR
Healthy Blue

Jenda Family Services Foster Care
LLCHD Men's and Women's Health
LLCHD Tobacco Free Lancaster County
LLCHD Safe Kids
LLCHD West Nile Prevention Program
KZUM
Lincoln Lancaster County Genealogical Society
Women's Foundation
Voices of Hope
St Luke UMC
Lincoln Yoga Center
Malone Center
Citizen's Climate Education
UNMC College of Dentistry
YMCA of Lincoln
Swanson's Martial Arts
Lincoln Running Company
Lincoln Track Club
Clinic with a Heart
Fire Truck



— Route i Information Booth x Restroom * Entertainment Site Performance Site Fitness Site



LUX Center EmergeLNK Mural Art Festival



ST. PAUL AVE.

Allo Fiber
LPS Sustainability
LTU StarTran

47TH STREET

City of Lincoln Planning Department
City of Lincoln Transportation and Utilities
City of Lincoln Solid Waste Management
City of Lincoln Watershed Management
Brain Injury Alliance of Nebraska
Nebraska Department of Health and Human Services/Foster Care
The Salvation Army
CEDARS

Sponsored by:



CLEVELAND AVE.

Our Dream Achievers Art & Science Program
BikelNK
Nebraska Satsang Society
Mental Health Association of NE
Food Bank of Lincoln
Asian Community & Cultural Center
Conservation Nebraska
Lincoln City Libraries
El Centro de las Americas
Cubscout Pack 36
Velocity Clinical Research
BraveBe Child Advocacy Center
SCC Adult Education program
American Cancer Society

Sesostri's Shrine - Hickman Lodge #256
ServiceMaster
Lincoln Animal Ambassadors
Legal Aid of Nebraska
A New Dawn Insurance, LLC
Dawn & Dan Outreach
Educare Lincoln
Family Service Lincoln
Community CROPS - Family Service Lincoln
Family Health Services Inc.
PePe's Bistro
Corner Kitchen
Hiland Dairy

Sponsored by: KLKN-TV Lincoln NE

