

# Youth Fitness Challenge

Sponsored By:  **LBK**  
LINCOLN BIKE KITCHEN

**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!

## Platinum



## 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  
ScreenLink  
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 24<sup>th</sup> • 1:00-4:30pm

# Streets Alive!



## 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.*



# 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 47<sup>th</sup> 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 46<sup>th</sup> 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:



## 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

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

Route



Information Booth

Restroom

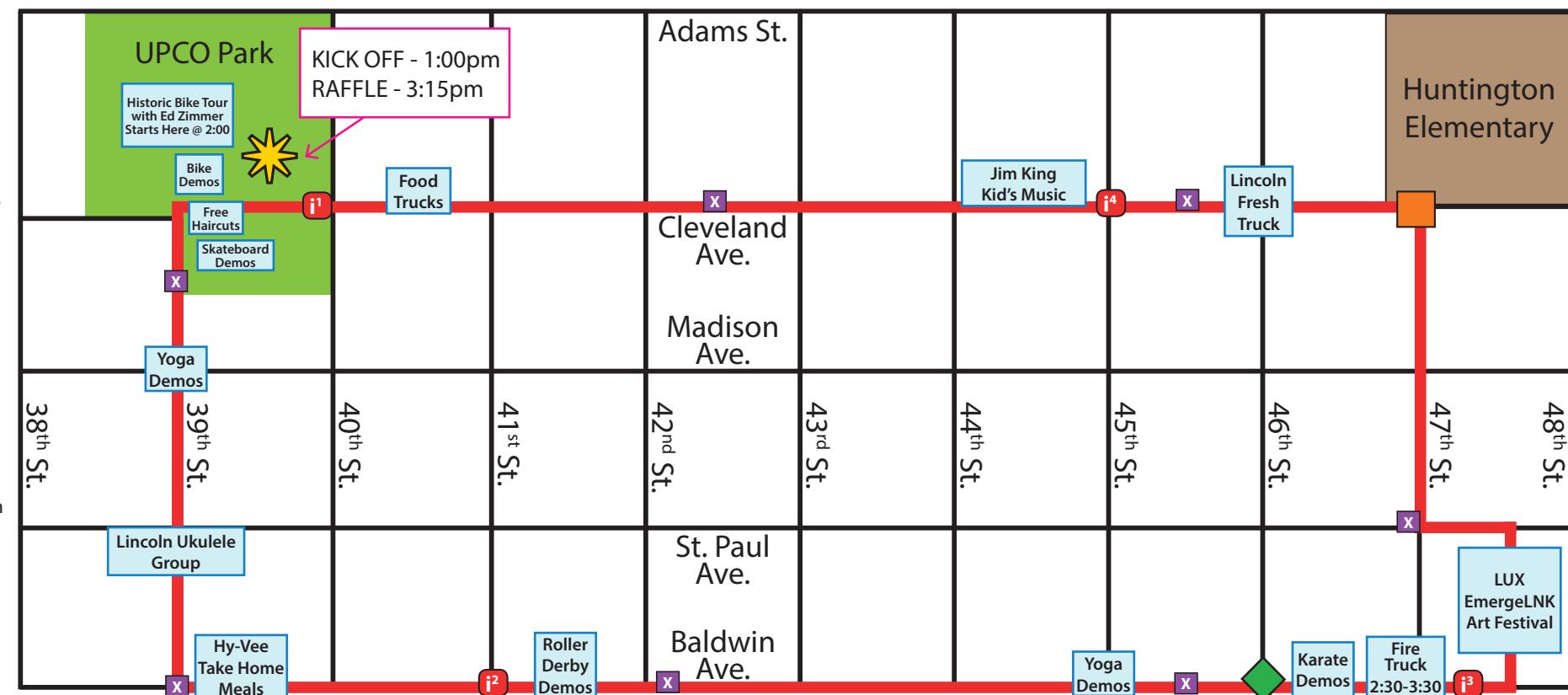


Entertainment Site

Performance Site



Fitness Site



## ST. PAUL AVE.

Allo Fiber  
LPS Sustainability  
LTU StarTran

## 47TH STREET

Sponsored by:  
LINCOLN JOURNAL STAR



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

## CLEVELAND AVE.

Sponsored by:  
KLKN-TV Lincoln NE

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

Sesostris 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

