

# MUSCLE POWERED

Citizens for a walkable and bikeable Carson City

P.O. Box 2402  
Carson City, NV 89702

[www.musclepowered.org](http://www.musclepowered.org)

775-841-6810 • Fax: 775-841-6810  
E-mail: [musclepow@sbcglobal.net](mailto:musclepow@sbcglobal.net)



SUPPORTED BY THE GENEROUS SPONSOR

## ADVANCED DENTISTRY



1001 NORTH MOUNTAIN ST.

SUITE 3G

CARSON CITY, NV 89703

775-883-7244

Randy Wright D.D.S. • Clint Euse D.D.S.

**MUSCLE POWERED**  
P.O. Box 2402  
Carson City, NV 89702

Citizens for a walkable & bikeable Carson City

# MUSCLE POWERED



# Citizens for a walkable & bikeable Carson City

## WE ARE

Muscle Powered is a non-profit organization that promotes walking, bicycling in Carson City. It was formed in 1999 by citizens who wanted the needs of those who walk or use bicycles and other forms of non-motorized transportation to be a priority as Carson City grows.

We advocate for public policy that supports all forms of muscle powered transportation. We know that live-able communities encourage muscle-powered travel for many reasons, including:

- Active, healthy lifestyles
- Transportation choices for people of all ages & ability
- Economic benefits
- Reduce parking needs
- Reduce traffic congestion

## Our activities include:

- Urban and trail walks
- Member picnics, events, and education
- Quarterly newsletter
- Planning and policies for multi-use trails, sidewalks, crosswalks, and bikeways
- Safe routes to schools
- Bike Rack program
- Advocates for pedestrians & bicyclists in Carson City

## BICYCLING



Lysie & Shelby Powell at Mexican Ditch Trail.

## BECOME a MEMBER

- To have fun with others who love to walk and bicycle
- To support more and better places to walk and bicycle
- To learn about existing trails and non-motorized travel routes
- To vote on Muscle Powered issues

## You CAN

- Participate in our walks and events
- Attend public meetings
- Provide written comments supporting facilities for bicyclers and walkers

But you don't have to do anything, your membership alone shows your support for walking and biking in Carson City. Your tax-deductible contributions and annual dues pay for our newsletter and other programs.

## WE WILL

Add you to the newsletter mailing. If you'd like we'll alert you by e-mail about relevant public meetings or pending policy actions.

MORE INFORMATION

775-841-6810 • [www.musclepowered.org](http://www.musclepowered.org)

## WALKING



Nan Kreher & Judy Larquier on the west side of Carson.

**JOIN US - to support walking, bicycling and an active lifestyle in Carson City**

## MEMBERSHIP APPLICATION

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_  
 State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Phone: \_\_\_\_\_

E-mail:

## Do you want to be on the ALERT e-mail list?

Yes  No, thanks

## Would you like to help the club by volunteering?

Yes  No, thanks

## If YES:

Lead walks: \_\_\_\_\_  
 Lead Bike rides: \_\_\_\_\_  
 Organize events: \_\_\_\_\_  
 Other: \_\_\_\_\_

## Annual dues: (January - February)

Check one:  
 \$10 Student/Senior  
 \$15 Individual  
 \$20 Family

Additional Donations: \_\_\_\_\_

TOTAL ENCLOSED: \_\_\_\_\_

Please mail to: MUSCLE POWERED  
 P.O. Box 2402, Carson City, NV 89702