



### Atlanta Falcons Free Fitness Day at Urban Perform



Mark your calendar! On Saturday, May 31, 2014, the [Atlanta Falcons Youth Foundation](#) will co-host a free Falcons Fitness Day at the Grand Opening of [Urban Perform](#), a new non-profit fitness center offering free programming for youth and \$2 group fitness classes for adults in the Vine City neighborhood. Children and families are welcome to attend the free event from 9 a.m. to 1 p.m. and participate in fitness challenges, visit local vendors on-site and get autographs from Atlanta Falcons players and cheerleaders. Read more about the [event and Urban Perform](#).



### Join the Atlanta Bicycle Coalition in the National Bike Challenge



This summer, the [Atlanta Bicycle Coalition](#) is uniting 50,000 riders from across the country to ride 30 million miles. The National Bike Challenge is a fun, free, game-changing event. In just three years, the Challenge has helped support thousands of bicyclists -- new and old -- to make every mile count!

This is your chance to represent Atlanta on the national stage, encourage your friends to experience the freedom and joy of biking, and be entered to win prizes by challenging yourself to ride more often! Join us at [www.nationalbikechallenge.org](http://www.nationalbikechallenge.org).

One great way to log more miles is to join the Atlanta Bicycle Coalition and the [Atlanta Beltline Partnership](#) on the Atlanta BeltLine Annual Bicycle Tour!

This urban adventure explores the current and future Atlanta BeltLine project on the completed sections of paved trails and nearby bike-friendly roads. Ride with friends and family through 45 Atlanta BeltLine neighborhoods, see current and future Atlanta BeltLine developments, and show some love for our city of dreams shaping into reality.

For more details and registration, visit [www.atlantabike.org/atlantabeltlineannualbicycletour](http://www.atlantabike.org/atlantabeltlineannualbicycletour).

### Speaker Series Recap: Lessons of Personal Bravery and Self Sacrifice

THE ARTHUR M. BLANK FAMILY FOUNDATION  
~SPEAKER SERIES~

LESSONS OF PERSONAL BRAVERY & SELF-SACRIFICE

APRIL 25, 2014  
@BLANKFOUNDATION  
#MEDALOFHONOR



Lessons of Personal Bravery and Self-Sacrifice: The Medal of Honor Character Development Program

The full video from the The Arthur M. Blank Family Foundation Speaker Series program [Lessons of Personal Bravery and Self Sacrifice](#), is now available. Medal of Honor recipient Col. Leo Thorsness discusses receiving the highest award for valor in action against an enemy force bestowed upon an individual serving in the Armed Services of the United States. He also introduces Georgia to *The Medal of Honor: Lessons of Personal Bravery and Self-Sacrifice* program which challenges students to explore how courage, commitment, sacrifice, patriotism, integrity, and citizenship can be exemplified in daily life. [Read more about the program](#).

### Announcements

- [Atlanta Falcons Youth Foundation Awards \\$90,000 Grant for New Fitness Center in Vine City](#)
- [SHAPE Partners with Playworks to Strengthen Elementary School Recess](#)
- [More...](#)

### Affiliated Funds



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