

AMES *Insider*

A **DISCOVER AMES** bi-weekly newsletter

Take a break

Discover Ames via bike

Ames is a great bicycling community, welcoming casual riders and experienced pros alike. Several bike trails are near Ames and the surrounding areas, and the city has designated bike lanes just for riders. Here are just a few of the cyclist-friendly businesses to visit while you're here.



[Read Blog](#)



Get involved

We need you!

Throughout the year Ames hosts a variety of events that require assistance from volunteers. Volunteer roles will vary for individual events and their requirements. See the upcoming events and their respective volunteer position:

[Sign Up](#)

Upcoming events in Ames



Ames on the Half Shell



Parade of Homes



Legally Blonde

[Visit our website](#)

Mark your calendar: groups coming to Ames in 2022

- USA Track & Field, June 18-19
- State Games of America, July 27-31
- Farm Progress Show (Boone), August 30 - September 1
- Octagon Art Festival, September 25

[Download the calendar](#)

Connect with us!

