

# Active Commuting for Every Body

(Or how to walk or bike to work when you're REALLY not athletic...or think you are maybe too old...or you think you live too far...or, you know, kids...or you have that one reason that you can't remember right now but you swear is a good reason)

**Wednesday, May 10, 2017 Noon until 1 p.m.**

Room 110 Chittenden Hall (MSU Graduate School; 466 W. Circle Drive)

**Now that the weather has turned nice, have you ever thought to yourself, "It's such a nice day! It would be the perfect day to bike or walk to work!" If that thought ever crossed your mind, no matter how fleeting, this event is for you!**

In this informal community discussion, please bring your lunch and join us for a funny and informative session from several "regular people" who walk or bike to work on campus. Hear them talk about why, even though it might seem daunting, it's (usually) worth it, and how to overcome the obstacles that might seem insurmountable.

**Bring your questions!**

Topics include:

Helmet hair

Feeling safe

Overcoming fear (of bike shops, drivers, judgy people, or being sweaty)

Weather

What you need to get started

Why it's worth trying!



**If WE can do it, you can too!\***

(\*Probably. We think you can. We do. Let us help you figure it out).

Sponsored by a random group of colleagues who all happen to walk or ride their bike to work sometimes, with support **(and giveaways!)** from MSU Bikes and MSU Health4U.

Panel of Active Commuters/Regular People:

**Senta Goertler** (German and Second Language Studies)

**Nicole Springer** (Service Learning)

**Adam Zwickle** (Criminal Justice and ESPP)

Convenor and Moderator: **Julie Rojewski** (The Graduate School)

Register Here: <https://goo.gl/forms/NHlgbglJuZAvZG012>

*Or just show up, if that's how you like to do things.*

