

The University of Manchester - First Ever Run-Commuting Event

Already run to or from work and thought you were the only one?

Never really thought about occasionally running some or all of your commute but interested to find out more?

As part of the continuing development of the Sustainable Travel Plan, a new initiative is under development; with an event taking place aiming to kick start a University Run-Commute Community.

When: Thursday 19th March 2015 12pm – 2pm

Where: i-Zone, Ground Floor, University Place

What to expect:

- A short online survey to gather your thoughts
- A free snack (probably a flapjack!) and water bottle for the first 50 that complete the survey – so be quick!
- Experts from Sweatshop providing free gait analysis (running style) and advice
- Advice and support from internal colleagues from the Environmental Sustainability Team and Sport Manchester

The detail:

Run-commuting is a rapidly growing trend. Come along to the University's run-commuting event to find out more about this fun, healthy and sustainable mode of travel, **whether you're a keen runner or complete novice.**

Have a chat with the experts from Sweatshop about your gait and running style. You'll find commute-specific accessories on display, as well as tips on how to get started.

We're really keen to hear your ideas and thoughts. If you've never considered run-commuting before, or you think there's something stopping you, this is a great opportunity to tell us, and see what we can do to help. If you already run to or from work, we'd love to know more about your experiences. You might even persuade someone else to take up the habit.

The Survey:

In order to gather feedback and direct a way forward, a short survey has been produced. This can be completed by all staff – whether currently a run-commuter or not.

If you'd like to give your views but can't make the event please complete the survey here:

<http://bit.ly/198HmPC>

Further information:

A new Running Webpage <http://bit.ly/18xwFF3> has been created on the Environmental Sustainability website which will develop as this new initiative does.

Sport Manchester already offer lunchtime runs through the Staff Running Group <http://bit.ly/1D04JYa>

This new initiative is focused on staff and post-grads. For undergrads the **Run Wild** group offers free weekly runs <http://bit.ly/1Ad5K9g>

