

October is WAY TO GO TO WORK month!

**“Work the MKT!” Guided
Bike Ride** **SATURDAY, OCTOBER 16**
9:30 am @ Flat Branch Park Gazebo

Ever wonder how you could use the MKT Trail and MU Recreation Trail to get to work? Learn routes, shortcuts and secret access points on this medium-paced, 15-mile guided ride, lasting about 2 hours and ending at Flat Branch Park. *Helmet required.*



Brown Bag Lunch Seminars

WEDNESDAYS, Noon - 1:00 pm

Bring your lunch and get active commuting advice about bike gear, riding skills, safety, and what to take to work to freshen up. We'll even help you plan your route!

- Oct. 6** – Stephens College - Windsor Lounge, located in Stamper Commons
- Oct. 13** – Columbia College - Lee Room, located in Dulany Dining Hall
- Oct. 20** – City Hall, 3rd floor, Public Works Conference Room 3A
- Oct. 27** – UMC - School of Engineering, Lafferre Hall, Room W1004

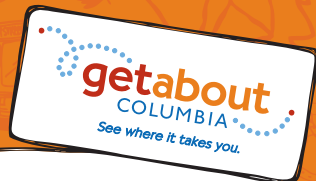
*Join us for a brown bag lunch or the guided ride and get a free gift!**

*WHILE SUPPLIES LAST

**WALK
MORE.**
STRESS
LESS.



WAY TO GO Card



YES! *I will walk, bike or ride the bus as part of my commute to work _____ times during October.*

NAME _____

EMAIL _____

(_____) _____

PHONE

This card is your reminder to participate in WAY TO GO TO WORK month. Bring this card to the Public Works office, third floor of City Hall (M-F, 8-5) by Nov. 5, and you'll be registered to win a **swanky commuter bag**, perfect for walking or biking! No time to stop by? Mail your card to City of Columbia - Public Works, 701 E. Broadway, 3rd floor, Columbia, MO 65201 by Nov. 5 for entry.

Friends and co-workers can join you for WAY TO GO TO WORK month! Download copies of this card at getaboutcolumbia.com or pick up cards at the ARC, City Hall, the Columbia Public Library or the Health Department. For more information about Way To Go To Work month, call 573-268-8816.

getaboutcolumbia.com • City of Columbia - Public Works • 701 E. Broadway, 3rd floor • Columbia, MO 65201