No More Parking Hassles
Bicycle commuting is easy, free and the parking is plentiful. Walking is even easier. Plus, the more people who bike or walk to UMD, the more parking spaces there are for people who need to drive to UMD.

Economics
Add up what you spend getting to UMD everyday. Walking or commuting by bike saves you parking fees, fuel costs, auto maintenance and transit fares. A new bicycle and cycling gear would pay for itself in a few short months. All you need to walk are a good pair of sneakers!

Mobility
Even the most powerful SUV’s and sports car crawl in congested metro area traffic while bicyclists ride around it and walkers move right past.

Improved Health
Walking or commuting by bike are great ways to get into a regular exercise routine into a hectic schedule. Commuting time can be used to stay in shape instead of sitting frustrated in traffic. This type of “optional” commuting can get you to campus on time more often, but you
in a better mood and help you concentrate better. As an added bonus, when you are in better shape, you’re immune system is less vulnerable to getting sick.

It’s E A S Y!

At first it may seem like there’s a lot to figure out. Where do I park my bike? What if it rains? How do I get my clothes to school without wrinkles in them? What if I need to walk home after dark? There are simple solutions for all of these challenges at Maryland. Investigating the answers is worth the end result! The Maryland Department of Transportation, along with the State Highway Administration and the Maryland Highway Safety Office, strongly promotes and supports bicycling as a viable transportation option. A publication titled “Safe Bicycling in Maryland” is available within the Stamp Student Union near the Information Desk or by contacting Commuter Student Involvement. For more information, go to either www.marylandtransportation.com or call 1-800-252-8776.

Walking - It’s as simple as putting one foot in front of the other. It can be done by almost anyone of any age and physical condition, and it’s one of the best cardiovascular conditioners around. It’s not surprising that an estimated 54 million Americans walk for fitness.

At a competitive extreme, walking is a track event. At the casual end of things it’s a shockingly effective strategy for lifelong good health. Walking works major muscle groups and gets you blood moving. Studies show that walkers traveling faster than five miles per hour actually burn twice as many calories as runners going the same speed. Walking briskly can also boost immune response and improve circulation.

If you’re interested in walking your way to better health, try the following tips:

- Invest in a good pair of walking shoes with flexible soles and good arch and heel support. Shoes are the only “equipment” you’ll need.
- Wear lose-fitting, comfortable clothing.
- Do gentle stretching exercises for about five minutes before starting your walk.
- To cool down after fitness walking, go gentle stretching exercises for about five minutes to help prevent muscle soreness.
- Consider buying a portable cassette player, radio, or iPod and listening to brisk-paced music while you walk.
Don’t Forget to Stretch

At whatever level you’re walking, stretching is a good idea. Warm muscles respond better to stretches than cold ones, so walk for five to ten minutes until you’re warm. Then stop for at least three of the following static—no bouncing—stretches. Stretch five times, 20 seconds each, for each leg. Repeat at the end of the walk.

**Achilles tendon and calf.** Place both hands against a wall or tree. Keeping your rear leg straight and your heel on the ground. Lean in toward that wall or tree.

**Quadriceps.** Put one hand on a wall or tree for balance and with the other hand reach behind your back and grasp the ankle of the opposite leg. Pull it up toward your buttocks until you feel tension along the front of your thigh.

**Hamstring.** Stand on one leg; prop the other leg parallel to the ground on a fence or table and slide both hands toward the propped-up ankle as far as they’ll go.

Everything is in walking distance if you have the time.

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