



Wellness by Mason

Celebrating Mason's



Wellness Calendar of Events

September 2011

- 3 [Trail Mix](#) is a celebration of the Washington & Old Dominion (W&OD) Trail. The event includes the “Great Skedaddle”, a 5K run/walk or a 5 and 10 mile bike ride. Molly Grove is organizing a Mason Team for the Great Skedaddle. Contact her at 3.8376 or via email at mgrove1@gmu.edu.
- 11-17 [Virginia Bicyclist and Pedestrian Awareness Week](#)
- 18 [Kit's Miracle Mile](#) - Fairfax Campus. Team Mason is being organized by Patrice Winter. Register on line at [Kit's Miracle Mile](#). Questions? Call Patrice at 3.1802 or via email at pwinter@gmu.edu.
- 19 [Try Transit Week](#) (pledge by 9/23 for a chance to win a grand prize). Includes a Mini-Flex period at Mason. Details on Mini-Flex are available on the [flexible work website](#). Through September 23.
- 19 Month long Commuter Challenge with area universities to see who can use public or alternate transportation the most to get to work and school. Through October 21. Look for details soon at [Zimride](#).
- 22 [World Car Free Day](#)
- 22 [Car Free Metro DC](#) (pledge by 5:00pm on 9/22 for a chance to win prizes)
- 28 [Happy Heart Walk](#) – Arlington, Fairfax, and Prince William Campuses simultaneously at noon. Details at [Wellness by Mason](#).

