

# Run, walk, bike: Activity urged today

AMERICAN-STATESMAN STAFF

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Austin residents are invited to join a community walk/run or bike ride today to mark Make the Movement Day.

The free event is part of a national initiative created by Active Life, an Austin-based nonprofit that promotes healthy living.

Walkers and runners may meet at 6 p.m. at Rogue Running, 500 San Marcos St.; 6:30 p.m. at RunTex Riverside, 422 W. Riverside Drive; or 7 p.m. at RunTex Lake Austin, 2201 Lake Austin Blvd. They will follow the hike-and-bike trail around Lady Bird Lake, and the run/walk will conclude with a group photo at City Hall.

A bike ride is also planned. Cyclists may meet at the Pfluger Pedestrian Bridge at 6 p.m. For more information, go to [www.makethemovementday.org](http://www.makethemovementday.org).

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