Caminante, No Hay Camino
Walking as Learning
Nathan Richardson
COLFA/Honors: In Person & Hybrid

For Everyone

Who Are You?
- A Runner: Born to Run, the persistence running theory of human evolution
- A Rucker: Hunter-gatherers (10 miles/day)
- Tough, Resilient, and Anti-Fragile: The Comfort Crisis
- Lonely, depressed, and anxious: Bowling Alone

Here and Now
(in other words, everywhere)

“Walking is the most obvious and most obscure thing in the world.” --Rebecca Solnit

• Classroom
• Hallways of McKinney
• Campus
• Beyond Campus
• To Boerne, Austin, and Beyond

Learning on the Move

Hall Discussions

Weekly Walks & Reflections:
• Walkable City
• Walking with Migrants
• Romantic Walk
• Born to Run
• Cabeza de Vaca Walk
• Walking for Change

Final Projects:
• The 24 Hour Walk
• Treadmill Finals
• Fasting Finals
• The Boerne Journey
• UTSA to the Alamo
• Austin on a Huffy
• The 1604 Ride
• Mapping the Movimiento

Better Learning the Old Fashioned Way

“Sit as little as possible; do not believe any idea that was not born in the open air.” -Nietzsche

“...made me a more worldly, wiser, and happier individual...”

Radiologists on a treadmill

Walkers 76% recall; sitters, 37%

Physical activity: sharpens vision, enhances creativity, increases confidence, productivity... Transient Hypo-Frontality!

Health: Thinking, Seeing, Feeling...

“I loved this class. Definitely helped my mental health and physical too.”

“I also try to walk more now and on my way back to my dorm after class I always try to take the longer route.”

“This class opened my fourth eye because my third one was already open.”

“...a new type of thinking outside of the same old classes.”

“I really changed my perspective on the world and I’ve grown so much...”

“Weekly Quotes: Nietzche & Annie Murphy Paul

UTSA Academy of Distinguished Teaching Scholars