

# PRESS RELEASE

**Date:** March 27th, 2009

**From:** Emily Henning, North Central Council of the MHA  
ehenning@voyager.net

**Re:** Kerri Finlayson Kicks Off Let's Get Moving Northern Michigan

**Priority:** For Immediate Release

---

Local fitness adventure enthusiast Kerri Finlayson will tour northern Michigan in May to kick off the 2009 Let's Get Moving Northern Michigan program.

Kerri Finlayson is a professor of Anthropology and Sociology at North Central Michigan College in Petoskey. She has degrees in Anthropology and Spanish from the University of Michigan and a Master's degree in Archaeology from the University of Illinois. When she is not teaching she is off adventuring and exploring. In 2001, she was part of an all-women's trek to the North Pole where 12 women from Canada and America cross-country skied from a Russian-based departure. In 2005 she spent two months in South America hiking the Inca Trail and exploring parts of Peru, Ecuador, Bolivia, Chile, and Argentina. Climbing Mt. Kilimanjaro in Tanzania was the next adventure in 2006. And, in 2008 she biked with 54 others for four months from Cairo, Egypt to Cape Town, South Africa for a total of 6,510 miles while on sabbatical from North Central Michigan College. While biking she studied group dynamics and specifically she is interested in how physically and mentally challenging trips have the capacity to change an individual's life.

Discover your ambition for fitness and adventure as Kerri takes you on a tour of the nine African countries she and her teammates biked through and shares with you the struggles, hardships and triumphs of what it is like to bike for 4 months with 54 other people through the Dark Continent.

Come May, this powerful speaker will help to launch the Let's Get Moving Northern Michigan program in several northern Michigan communities. Visit [www.lgmmn.org](http://www.lgmmn.org) for more information and an updated program schedule.