**Thank you for your interest in Walk Across Texas!**

Walk Across Texas! is an eight-week team exercise program. Participants walk for eight weeks in teams of eight (members do not need to walk together but you can if you want to). One member needs to be the team captain. Members of a team combine their mileage each week. The team with the most miles logged at the end of the challenge wins.

Please read the following instructions. If you have any questions or need more information, please contact: Joel Redus, County Extension Agent, at 936-634-6414 x1 or joel.redus@ag.tamu.edu

* Form a team of up to eight people.
* Have one person on the team be team captain.
* Name your team. Make it as fun as you like!
* Captains receive team packet from Joel Redus at the Extension office. Packets contain one Team Registration form, as well as Individual Registration Forms, Individual Mileage Logs, and Wrap-Up Forms for everyone on the team.\*
* Everyone fills out an Individual Registration Form and gives it to the captain.
* Captains create an account and enter the team’s Individual Registration Forms on <http://walkacrosstexas.tamu.edu/>. When registering, be sure to select March 20, 2017 as your start date.
* Captains complete the Team Registration Form and then send to Joel Redus.
* Everyone keeps track of their daily mileage\*\* and pounds lost on the Individual Mileage Log and provides their total for the week to their team captain.
* Captains enter team member totals on the <http://walkacrosstexas.tamu.edu/> website weekly.
* Everyone can check how their team is doing compared to other teams on the website.
* The 8-week Walk Across Challenge ends May 14th. Please log all miles by May 19th at noon.
* Everyone should complete a Wrap-Up form and give it to the team captain.
* Captains enter Wrap-Up and final mileage and/or pounds lost information and success stories on the website.

\* In addition to being located in team captain packets, all forms are available at <http://walkacrosstexas.tamu.edu>.

\*\* **IMPORTANT CHANGE FOR THIS YEAR**: We ask all participants to log only actual mileage, either by walking or running a known distance or as recorded by a pedometer, fitness device (e.g. Fitbit) or phone app (there are many free ones available). Due to the inaccuracy and inconsistency of the online mileage calculator, we will not be using this tool to convert alternative activities, such as cleaning or house work, to miles. Try your best to record actual distance as closely as possible.

*“Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity.”*