

Thank you for your interest in Walk Across Texas!

Walk Across Texas! is an eight-week walking program for teams of eight people. 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. Teams compete to see which one reaches the opposite border first or walks the most miles during the eight weeks. Please read the following information. If you have any questions or need more information, please contact:

- The Kick-Off Activity is: _____
- The first day to start logging miles is: _____
- Form a team of eight people.
- Have one person on the team be team captain.
- Name your team.
- Captains download an Individual Registration Form, Individual Mileage Log, and Wrap-Up Form for everyone on the team from <http://walkacrosstexas.tamu.edu>.
- Everyone fills out the Individual Registration Form and gives it to the captain.
- Captains enter the team's Individual Registration Forms on <http://walkacrosstexas.tamu.edu>.
- Captains complete the Team Registration Form. Download it and all other forms from <http://walkacrosstexas.tamu.edu>.
- Captains fax, e-mail, or mail the information to their county Extension office:
 Fax: _____ E-mail: _____
 Address: _____
- Everyone keeps track of their daily mileage and/or pounds lost on the Individual Mileage Log and e-mails, calls, or faxes their total for the week on Fridays or Saturdays to their team captain.
- Captains enter team member totals on the <http://walkacrosstexas.tamu.edu> website by Sunday evenings.
- Everyone can check how their team is doing compared to other teams — see the website.
- The Don't Give Up Now Activity will be held on _____.
- Walk Across Texas! ends on _____.
- Everyone completes the Wrap-Up form and gives it to the team captain.
- Captains enter Wrap-Up and final mileage and/or pounds lost information on the website.
- Everyone is invited to the Celebration Activity at _____.

We hope you will enjoy Walk Across Texas!

