# Walk Across Texas Registration Guide

## What is Walk Across Texas?
- Walk Across Texas is a program to help people start moving more and establish physical activity as a lifetime habit. Doing Walk Across Texas with people you know is a great way to help keep you motivated to reach your goal! To walk across the state in eight weeks, everyone on an 8-person team must walk about 13 miles each week.

## Tell me more about Walk Across Texas...
- Participants create teams of eight people or can choose to walk by yourself.
- Teams then designate a Team Captain. If you are a by yourself walker you will be your own team captain.
- The team captain must register the team on the Walk Across Texas website and log their team members' mileage each week (By Yourself Walkers will register themselves).
- Each team member will aim to walk 12-14 miles per week or 30 minutes a day at least 5 times a week.

## What a Team Captain Does:
- Volunteer to be a team captain.
- Organize a team.
- Give a member packet to each team member.
- Select a name for team.
- Collect information from team members.
- Enter information from team in account on WAT! Sign in Website.
- Inform team members of important dates and activities.

## What a Team Member Does:
- Complete Individual Registration Form and give to Team Captain.
- Note mileage on Individual Mileage Log.
- Call or e-mail total weekly mileage to Team Captain each week.
- Participate in Kick-off, Mid-Way and Recognition activities.
- Complete Wrap-Up Form and give to Team Captain.
- Contact Team Captain with questions and issues.

### Steps for Team Captains and By Yourself Walkers:
1. Attend captain training, if being offered locally.
   - Pick up team packets (Team Captain only).
   - Learn process steps and assist team members with the registration process (Team Captain only).
2. Recruit up to 7 people to be on your team with you and distribute the team packets (Team Captain only).
3. Complete Team or Individual Registration Form
   - Select team name (Team Captain only if on a team).
4. Entering Data Online
   - Log in online by going to the WAT! Sign In website ([http://walkacrosstexas.tamu.edu](http://walkacrosstexas.tamu.edu))
   - Choose to walk as the Team Captain of an 8 person team or a By Yourself Walker. When prompted, select your organization from the drop down menu
   - Register your team members (Team Captain only for teams)
   - Enter your team's miles walked in the Team Captain's account on the WAT! Sign In website. By Yourself Walkers will enter in your own miles in your account.
   - Enter the wrap-up information on the WAT! Sign In website when your 8 week program is complete
5. Attend Walk Across Texas events as offered.
6. Enter miles walked each week in the Team Captain's account on the WAT! Sign In website by Wednesday of the following week (Team Captain only).
7. Obtain Recognition Certificates from WAT! website. Team Captains distribute to your team members.

*Find forms for Team Captains at [http://walkacrosstexas.tamu.edu/tools-and-resources/forms.php](http://walkacrosstexas.tamu.edu/tools-and-resources/forms.php)*

### More Information...
- For more information about Walk Across Texas including helpful tools like a mileage calculator, FAQs and videos visit: [http://walkacrosstexas.tamu.edu](http://walkacrosstexas.tamu.edu) or contact your local County Extension Agent.