



# Team Member Guide

<http://walkacrosstexas.tamu.edu>



## Walk Across Texas Overview

Walk Across Texas is a physical activity program created in 1996 by Texas AgriLife Extension Service to help people of all ages support one another to establish the habit of walking.

Someone in your organization will be appointed as the Site Manager for Walk Across Texas. The Site Manager will find Team Captains. The Team Captains then recruit seven people for their team.

Once teams of eight are formed, a “Kick-Off” event marks the beginning of the program. People walk together or individually, outside or at a mall or gym, on a treadmill—any way that fits their lifestyle. Teams compete for eight weeks to see which one walks the 830 miles across the state first and which one walks the greatest amount of miles.

Team Captains report their team members’ mileage each week, and it is posted on an on-line map or on a Texas road map somewhere in your organization. Some groups sponsor an activity after four weeks to keep everyone motivated. Everyone is recognized for their accomplishments at the “Recognition” activity at the end of the eight weeks.

We hope you and others in your organization will not only develop the habit of walking but also have a wonderful time walking across Texas!

Team Captain: \_\_\_\_\_

Phone: \_\_\_\_\_

Fax: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Updated January 2008.

Educational programs of the Texas AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin.  
The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

# Walk Across Texas

## Team Member Steps to Success

**Step 1:** Sign up, and give your contact information to your Team Captain. Help your Team Captain name your team.

**Step 2:** Complete the Individual Registration Form, and give it to your Team Captain. Please check with your doctor, if needed, before starting. This form also helps us know your starting physical activity level.

**Step 3:** Attend the Kick-Off activity.

**Step 4:** Start walking. If you want to do another aerobic activity, like swimming, use the *Mileage Equivalents* handout to determine your mileage. The handout is in the packet you received from your Team Captain.

**Step 5:** Keep track of your daily mileage on your Individual Mileage Log. If you'd like to do so, you may also track your pounds lost on this same form.

**Step 6:** Total your mileage and/or pounds lost each week; e-mail, fax, or call the total to your Team Captain—usually by Sunday.

**Step 7:** Attend the “Midway” or “Don’t Give Up Now” activity about the fourth week of Walk Across Texas.

**Step 8:** Complete the Wrap-Up Form when Walk Across Texas is over. Give it to your Team Captain. This form helps us learn how to improve the program and what to keep the same.

**Step 9:** Enter your success story on the Walk Across Texas website to let us know what Walk Across Texas did for you. You may also tell this information to your Team Captain, who can enter it for you.

**Step 10:** Attend the Recognition Event.

## Frequently Asked Questions about Walk Across Texas

**Q.** How far does each person need to walk every week if a team is to make it the 830 miles across Texas?

**A.** Each person needs to average about 13 miles per week. Some people walk more and others less. Gradually work to increase your mileage to avoid injury.

**Q.** Do we all have to walk at the same time?

**A.** Team members do not need to walk together unless they want to do so. Treadmills are okay. Other aerobic activities may be converted to miles using the Mileage Equivalents handout that is found in your packet.

**Q.** How can we see our team’s progress?

**A.** Members pool their mileage each week to help their team move across either a paper road map or the on-line map on our website. If a paper map is used, generally, no more than the top 10 teams can be shown each week.

**Q.** How much does it cost?

**A.** Walk Across Texas is meant to be a “free” activity. Fundraising is not a part of Walk Across Texas; however, if someone participates in a fundraising activity, such as those put on by

the American Heart Association, those miles may be counted for Walk Across Texas.

**Q.** Why do we need all of these forms and records?

**A.** Each form does have an important function. The Registration Form documents your baseline activity information and lets us know you have checked with your doctor. You write down miles every time you walk because doing this helps you be successful, as well as accurate. The Wrap-up helps us learn ways to improve for next time and whether or not the program helps. Please let us know your comments. Entering “Success Stories” helps us know specific ways the program helped you.