

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:

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- 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
- Everyone completes the Team Registration Form. You can download it and all other forms from <http://walkacrosstexas.tamu.edu>
- Captains FAX or mail the Team Registration Form or e-mail the information to your county Extension agent.
- Captains download an Individual Registration Form, Individual Mileage Log, and Wrap-Up form for everyone on your team from <http://walkacrosstexas.tamu.edu>
- Everyone fills out the Individual Registration Form and gives it to the captain.
- Captains enter Individual Registration Form on <http://walkacrosstexas.tamu.edu>
- Everyone keeps track of their daily mileage and/or pounds lost on the Individual Mileage Log and e-mails, calls, or FAX's 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 others — see the website
- 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 on the website
- Everyone is invited to the Celebration Activity at

We hope you will enjoy Walk Across Texas.