Walk Across Texas!
Guide for Mapping Progress on WAT! Map

Overview
Walk Across Texas! (WAT!) is a program designed to establish the habit of regular physical activity. The goal for each team is to virtually walk 832 miles across Texas in eight weeks by logging in several types of activities that can be converted into miles. To help visualize the “walk” across Texas, some groups choose to display a large map for participants. This resource document will guide participants through the mapping process and how to track the progress of participants.

How to use the WAT! Map
1. Download the WAT! map from the “Marketing Materials” section of the website: http://walkacrosstexas.tamu.edu/tools-and-resources/marketing-materials/
2. Print the map at preferred size
3. Determine Starting and Ending Points for your WAT! Challenge
   - Official starting point of WAT! is the green dot in Orange, TX
   - Ending point is the red dot in El Paso, TX
   - Teams may wish to start somewhere different, especially if they have participated in the past
     - Hint: Remember the overall goal of the program is to reach 832 miles, but there is no limit as to how many miles participants can log! If teams reach the goal quickly they can attempt to go back by reversing the direction on the same route or choose a completely new route!
4. Make a symbol for each team that can be moved across the map as team mileage increases
   - Some example suggestions include post-its, different colored markers, feet stickers, etc.
5. Make a map “key” so each team can be identified easily
6. Determine location and post map and key
   - Consider where most participants meet so they can check the progress of their team
   - Each school, community, or worksite may want to track their own mileage, so multiple maps may be necessary
7. Update maps for participants at least once a week
   - Find the total mileage for each team participating in the “View Progress” section of the WAT! website: http://walkacrosstexas.tamu.edu/tools-and-resources/view-progress/
   - Map the WAT! route using Google Maps or a similar program
   - The following are directions for using Google Maps (https://www.google.com/maps):
     - Use the directions feature and enter in the starting and ending point for your WAT! challenge
     - Select the route as the group participating
       - Hint: It’s easier to select the “driving” route so the route uses the same highways as WAT!
     - Right click on the starting point and select “Measure Distance” from the menu
     - Then, click on any other point on the route and a ruler/distance will appear
• Use the ruler that appears to help find the approximate point on the map in which the team is currently
  • Hint: You can zoom in to see the closest town/landmark
  • Move the selected teams symbol to that approximate point on the WAT! map
  • Continue using the same process for all participating teams

8. Be sure to keep participants up to date. However, do not forget to let them know about the “View Progress” on the WAT! website where they can track their team live.

9. Optional: Include some additional information such as:
   • Walker/Team of the week
   • Next stop/city on the route
   • Upcoming events
   • Motivational quote
   • Pictures of participants, activities, etc.

Example Ideas/Suggestions for the WAT! Map
This map can be used for adult or school teams. Here are helpful suggestions for example participation ideas:

• School Teams
  o Incorporate Virtual Field Trips: Mark those spots on the map and when the student team reaches a new location and begin the lesson with pictures and the lesson plan.
  o Walking through U.S. History: Identify routes of importance (i.e., Lewis and Clark, Texas State Parks, Texas History) and create the route based off key stopping points
  o For other mapping ideas, visit the “Social Studies Section” of the “Teacher Lesson Plans”: http://walkacrosstexas.tamu.edu/tools-and-resources/teacher-lesson-plans/

• Adult
  o Map places throughout Texas (e.g., State Parks, Forts, Historical)
  o Map different areas/regions throughout Texas
  o Have participants take pictures where they are being active and highlight if they have traveled to areas across the state
  o Walk Around Texas!
  o Walk Across the United States!
  o For worksites: Visit different offices (if applicable on your WAT! Route). Show pictures, projects, etc.

Example Routes for the WAT! Map:
Here are four example routes that you or your team/classroom can follow on the WAT! map.
Note: The mileage distance between cities is approximate and may not be the actual distance — it is only meant as a guide.

• Interstate 10 Route (East ➔ West): Approximate route distance = 855 miles *most popular*
  o Start at Orange, TX (Green Dot) ➔ Houston, TX = 100 miles
  o Houston ➔ San Antonio, TX = 200 miles
  o San Antonio ➔ Fort Stockton, TX = 315 miles
  o Fort Stockton ➔ El Paso, TX (Red Dot) = 240 miles

• Interstate 20 Route (East ➔ West): Approximate route distance = 810 miles
  o Waskom, TX ➔ Dallas/Fort Worth, TX (DFW) area = 185 miles
  o DFW ➔ Abilene, TX = 170 miles
  o Abilene ➔ Midland, TX = 150 miles
  o Midland ➔ El Paso = 305 miles
• U.S. 87 Route (North → South): Approximate route distance = 740 miles
  o Kerrick, TX → Amarillo, TX = 100 miles
  o Amarillo → San Angelo, TX = 315 miles
  o San Angelo → Laredo, TX = 325 miles
• Interstate 35 Route (North → South): Approximate route distance = 520 miles
  o Gainesville, TX → DFW = 75 miles
  o DFW → Austin, TX = 205 miles
  o Austin → San Antonio = 80 miles
  o San Antonio → Laredo = 160 miles

Example Stops for the Map:
Here are some approximate distances on the WAT! Map
• Orange → Houston = 100 miles
• Houston → San Antonio = 200 miles
• San Antonio → Fort Stockton = 315 miles
• Fort Stockton → El Paso = 240 miles
• DFW → Austin = 205 miles
• Austin → San Antonio = 80 miles
• San Antonio → Laredo = 160 miles
• DFW → Abilene = 170 miles
• Abilene → Midland = 150 miles
• Midland → El Paso = 305 miles
• Amarillo → San Angelo = 315 miles
• San Angelo → Corpus Christi = 360 miles