



# WALK ACROSS TEXAS!

TEXAS A&M AGRILIFE EXTENSION

## *Palo Pinto County Walking Dates*

**MARCH 18 - MAY 12, 2018**

Walk Across Texas is a friendly competition to see which team can walk the most miles. The goal is for the team of eight to collectively reach 834 miles (the distance across Texas) during the eight weeks.

- Participating is FREE!
- Team members do not have to walk together.
- Participants can walk, jog, bike, swim, run or even dance. The Walk Across Texas website has a mileage equivalent calculator.
- Mileage will be reported weekly.
- The top three teams will receive special awards. Other prizes will also be announced.
- Schools can also participate, but an entire classroom tracks their mileage together.
- Don't have a team but would like to participate? Contact us for information about walking as an individual..

Visit <http://palopinto.agrilife.org>  
or contact the Extension Office for more  
information about registering your team.

TEXAS A&M  
**AGRILIFE**  
EXTENSION

Palo Pinto County Office  
221 S. 5th Ave., Palo Pinto, TX  
Phone: 940-659-1228

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The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

Thank you for your interest in Walk Across Texas!

Walk Across Texas is a friendly competition to see which team of eight can log the most miles from **March 18 – May 12, 2018**. The goal is for the team to collectively log at least 834 miles. Teams are not required to walk or exercise together, although they may if they desire. Participants can walk, jog, bike, swim, run or even dance.

Please read the following information. If you have any questions or need more information, please contact:  
**Texas A&M AgriLife Extension Service - Palo Pinto County Office**

Phone: 940-659-1228

Email: [l-babcock@tamu.edu](mailto:l-babcock@tamu.edu)

On the Web: [palopinto.agrilife.org](http://palopinto.agrilife.org)

## What do we need to do to participate?

1. Form a team of eight people and select one person to be the team captain.
2. Name your team.
3. Complete the Team Registration Form.
4. Give every team member an Individual Registration Form and Individual Mileage Log. Everyone fills out the Individual Registration Form and gives it to the captain.
5. Captains register your teams and enter the information from the Team & Individual Registration Forms online at <http://walkacrosstexas.tamu.edu>. If a team doesn't have internet access, this information can be sent to the Palo Pinto County Extension office.
6. Walking will begin on March 18th.
7. Everyone keeps track of their daily mileage and/or pounds lost on the Individual Mileage Log and e-mails, calls, or texts their total for the week to their team captain by Monday morning of each week.
8. Captains will enter team member totals on the website <http://walkacrosstexas.tamu.edu> by Tuesday of each week.
9. Everyone needs to complete the Wrap-up form during Week 8 and return it to your team captain. Team captains will enter your Wrap-up information online.
10. The last walking day is May 12<sup>th</sup>.

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Web Site <http://palopinto.agrilife.org>



## TEAM REGISTRATION FORM

Team Name: \_\_\_\_\_

Team Captain's Name: \_\_\_\_\_

Captain's Phone: \_\_\_\_\_

Captain's Email Address: \_\_\_\_\_

Teams can have up to 7 members plus a captain. My team is made up of the following people (from the individual registration forms)

Name	Email Address
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____

- Team Goals:**
- To enjoy being active while walking with family, friends, and co-workers during the 8 week Walk Across Texas! program.
  - To record on your mileage log the miles that your team submits to you weekly.
  - To encourage your teammates and others to complete their journey goal of 832 miles.
  - To have fun walking and being active!

*Updated February 2017*



## INDIVIDUAL REGISTRATION FORM

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

County: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Email Address: \_\_\_\_\_

Gender:  Male  Female Age: \_\_\_\_\_ (No ranges permitted)

Are you of Hispanic, Latino or Spanish origin?

Yes  
 No

What is your race? (select one)

Anglo  Asian  Multiracial  
 African American  Native American

I wish to participate voluntarily in the Walk Across Texas! program. While it is generally not necessary to see a health care provider before beginning every-day physical activities such as walking, we encourage you to talk with your health provider about your health and exercise as part of your regular visits.

Exercise can sometimes result in injury. However, it is generally much more harmful to your health to be inactive. As a general rule, it is always a good idea to start at a level that is easy for you to build up slowly.

I agree to accept full responsibility for any injuries I may sustain while participating in this program.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**1. On most days, how many hours per day do you spend sitting while at home and/or during leisure time. This may include time spent visiting friends, reading or watching television.**

Less than 1 Hour  1 Hour  2 Hours  3 Hours  4 Hours or more

**2. During the past 7 days, on how many days were you physically active for at least 30 minutes per day? Add up all the time spent in any activity that increased your heart rate and made you breathe hard some of the time.**

0  1  2  3  4  5  6  7

**3. Where are you most physically active? (Check all that apply)**

Parks or trails  Home fitness center  School track  Work site or office place  
 Local gyms or fitness centers  Local mall  Neighborhood

**4. Why are you participating in the Walk Across Texas! (WAT) program?**

Personal health  Support friend/family member  Employee/employer wellness program  WAT event/challenge  School wellness event

**5. The Walk Across Texas! program goal is to log 832 miles in 8 weeks. To meet the goal, members on teams of 8 would log approximately 104 miles per person. What is your personal goal during the 8 week program?**

Log \_\_\_\_\_ Miles Lose \_\_\_\_\_ Lbs.

**6. Would you be interested in receiving health information on any of the following: (Check all that interest you)**

Diabetes  Arthritis  Hypertension or high blood pressure  Other: \_\_\_\_\_  
 Asthma  Cancer  Cardiovascular disease (stroke or heart attack) \_\_\_\_\_  
 Obesity  Chronic pain  Mobility problems (balance or gait problems) \_\_\_\_\_

*Updated February 2017*

## INDIVIDUAL WRAP-UP FORM

Name: \_\_\_\_\_ Team Name: \_\_\_\_\_

**1. On most days, how many hours per day do you spend sitting while at home and/or during leisure time. This may include time spent visiting friends, reading or watching television.**

Less than 1 Hour     1 Hour     2 Hours     3 Hours     4 Hours or more

**2. During the past 7 days, on how many days were you physically active for at least 30 minutes per day? Add up all the time spent in any activity that increased your heart rate and made you breathe hard some of the time.**

0     1     2     3     4     5     6     7

**3. Where are you most physically active? (Check all that apply)**

Parks or trails                       Home fitness center                       School track                       Work site or office place  
 Local gyms or fitness centers                       Local mall                       Neighborhood

**4. What did you like most about the program?**

Setting personal goal                       Competition                       Health benefits  
 Team support                       Flexibility of program

**5. Did you or your family benefit from participating in Walk Across Texas?**                       Yes     No  
*Please explain:*

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*Updated February 2017*