



# WALK ACROSS TENNESSEE

## ***A Fun and Fitness Challenge...To Get You Moving More... For Your Health!***

**WALK DATES: April 8 - June 9, 2019**

### **General Guidelines**

1. Teams are made up of 4 people. Teams can have fewer members but not more.
2. Teams will be categorized according to the estimated activity level of the majority of the team members. This will be determined by the organizers according to information on the registration forms.
3. Activity equivalents are permitted according to the “Walk Across Tennessee Mileage Equivalents for Exercise Activities” chart.
4. **Only intentional exercise beyond your normal daily activities counts for this challenge.**
5. Team members do not have to walk together but can provide encouragement to one another.
6. It is helpful if the team captain has email.
7. One person can coordinate multiple teams but can only walk on one team.

### **Registration: Closes Friday, April 5 @ 5 p.m.**

1. Online and printable registration forms are available at <https://extension.tennessee.edu/watmadison/>
2. Completing online registration:
  - a) Team captain should complete one team registration form.
  - b) Each team member plus the captain must complete an individual registration form for liability purposes.
  - c) Online registration is completed when a “thank you” message appears after clicking “submit”.
3. Completing paper registration:
  - a) Team captain: Collect and turn in 1 team and 4 individual registration forms to UT - TSU Extension – Madison County, 309 N. Parkway, Jackson; fax to 731-668-8440; or scan and email to [kreeves@tnstate.edu](mailto:kreeves@tnstate.edu) or [ahillsma@tnstate.edu](mailto:ahillsma@tnstate.edu). These should be sent together as a group.
4. Kane Reeves or Ashley Hillsman will contact team captain/co-captain if information is incomplete.
5. A team’s mileage will not be counted if a registration is incomplete.

### **Reporting: Mondays starting April 15**

1. Sometime during the first week of the challenge, each team captain (and co-captain if the team has one) will receive an email from Kane Reeves or Ashley Hillsman with a link for online reporting.
2. Team members should report mileage to their captain at the end of walking on Sundays--starting April 14.
3. Team captains collect and report weekly mileage by Mondays at 5 p.m.—starting April 15. **Mileage MUST be reported on a weekly basis or it will not be counted.**
4. Space will be included at the online survey link for any success stories that team members have to share.

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development.  
University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating.  
UT Extension provides equal opportunities in programs and employment.