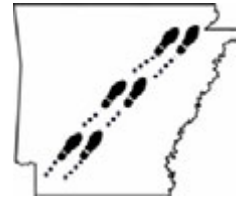


Walk Across Arkansas



Steps to Walk Across Arkansas

Through a modest increase in daily activity, most Americans can improve their health. *Walk Across Arkansas* is a program that persuades and motivates people of all ages to make that most important change... to get started. It is a program that is simple, inexpensive, and safe. All you need is a team of up to eight people and a desire to get moving.

Teams do not really walk or ride together, although they may if they want to; teams simply pool their mileage each week to work towards the chosen destination on a map posted in a convenient place for people to check.

So, dust off your walking shoes and prepare to join us in this 8-week journey across Arkansas. Here are the “steps” to *Walk Across Arkansas*.

1. Form a team (Captain and up to 7 members to walk or 3 members to ride bikes or run).
2. Captain will complete a Team Registration Form and send/FAX it with registration fees into the county Extension office.
3. Captain will receive Captain’s Packet and distribute materials to members.
4. Fill out an Individual Registration Form and give to your Captain (captain completes one too). Captain sends all Individual Registration Forms to Extension office.
5. Attend the Kick-Off located at _____ on _____ at _____.
6. Walking/biking/running start date is _____ and finish date is _____.
7. Starting point on Arkansas map is _____ and ending point is _____.
8. Recognition and awards will be given to the team arriving at the end point first **and** to the team walking, riding or running the most miles; the same team cannot win both awards.
9. The captain and members will record their mileage on the Individual Mileage Log between **Sunday** and **Saturday** each week
10. Members will call their weekly mileage total to their captain **Monday** of each week.
11. Captains will record their own and their members’ mileage on the Team Captain’s Log, determine the total number of miles walked by the team that week, and then call it into the Extension office by **Wednesday at 5:00 PM**.
12. Team miles will be noted on the Arkansas map posted at _____ by Friday morning.
13. **Large work groups** with multiple teams of up to 7 members plus their captain should have captains give their team totals to a site coordinator each week; the site coordinator then calls each of the team totals for

the entire worksite to the county Extension office; such groups may track their own teams' progress on a map posted at their worksite as well as compete with one another, if they wish.

14. **Schools** and/or classes only need to report number of students participating and total miles walked each week to their site coordinator who will call in the totals to the Extension office; the school may track their progress on a map at the school. No registration forms or logs are required for school groups. Classes may compete with each other or students vs. teachers, etc.

15. At the end of eight weeks, team members and their captain will complete the *Walk Across Arkansas* Wrap-Up; turn it in to the captain along with their Individual Mileage Logs by . Captains will turn Individual Registration Forms (if not already turned in), Individual Mileage Logs, and *Walk Across Arkansas* Wrap-Ups and their Captain's Log to the county Extension office by . **Captains meeting this deadline will be eligible for a prize drawing at the Celebration and Awards Activity.**

16. Recognition of winning teams will be held at on at am/pm.