



# WALK ACROSS TENNESSEE

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

**CHALLENGES DATES: October 1 - November 24, 2020**

### **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 Wednesday, September 30 @ 4 p.m.**

1. Online and printable registration forms are available at <http://www.tiny.utk.edu/wathardeman>
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 –Hardeman County, 210 Vildo Road, Bolivar; scan and email to [aprice26@utk.edu](mailto:aprice26@utk.edu) or [mwhite92@utk.edu](mailto:mwhite92@utk.edu); or fax to 658-5549. These should be sent together as a group.
4. Arianne Price or Mary Goertz 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: Mileage MUST be reported on a weekly basis or it will not be counted.**

1. Team captains report weekly mileage on Mondays between 9 a.m. and 1 p.m.—starting October 5.
2. Report in one of these two ways: 1) Call UT-TSU Extension, 731-658-2421.; or 2) Email [aprice26@utk.edu](mailto:aprice26@utk.edu).

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