

Brazos County Walk Across Texas!

Walk Across Texas! is an 8-week physical activity program created by the Texas AgriLife Extension Service in 1996 to help Texans establish the habit of regular physical activity.

The goal is to walk 830 miles across the state. Of course, participants can also get from El Paso to Orange by jogging, swimming, biking, roller-blading and using cardio machines at the gym. Even dancing and gardening count.

Here's how it works: Participants form teams of up to eight people and keep track of their physical activity for an eight-week period. Each team will have a captain who is responsible for logging each team member's amount of activity into the Walk Across Texas! web site. The goal is for the team to collectively log at least 830 miles.

Presented by the Walk Across Texas! Task Force in Brazos County. All ages are encouraged to participate in this fun adventure across Texas.

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*The Brazos County
Walk Across Texas!
Task Force would
like to give a special
THANK YOU
to all participating
program sponsors!*

Walk Across Texas!
Helping Texans establish the
habit of regular physical activity.

Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, or national origin. The Texas A&M University System, U. S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating. A member of The Texas A&M University System and its statewide Agriculture Program.


WALK ACROSS TEXAS!

February 11

**April 7,
2012**

Walk Across Texas! is a program that motivates people of all ages to take the first step toward being fit. It's fun and it's free, come join us!

**AgriLIFE EXTENSION**
Texas A&M System

**Walk[®]
Across
Texas!**

WALK ACROSS TEXAS!

Instructions

1. **Form a team**, you and 7 others, pick a Team Captain and come up with a clever name.
2. **Complete an Individual Registration Form** and submit it to your Team Captain.
3. **Celebrate with us** at our 3 major events: Kick Off, Recharge and Celebration.
4. **Buy T-shirts:** Purchase yours at the Kick Off Event. Cost is \$10 for short sleeve and \$12 for long sleeve. Checks can be made payable to B/CS Walk Across Texas.
5. **Log your miles** each week from February 11 through April 7 and submit them each week to your Team Captain. Submit Nominations for most inspirational individual by March 30.
6. **Wrap-up Form:** Complete this after your amazing 8 weeks and submit it to your Team Captain.

Team Captain Checklist

- Attend the Team Captain training meeting February 11 immediately following the Kick-Off Event at Post Oak Mall.
- Collect Individual Registration forms and register your team online at: www.walkacrosstexas.tamu.edu
- Log everyone's miles, stay motivated and don't forget to submit your nominations!
- Don't forget to 'like' Walk Across Texas Brazos Valley on Facebook for updates!

Important Dates

Kick-Off

Saturday, February 11 * 10:00 a.m.
Post Oak Mall—College Station

(JC Penney entrance)

Your guide to a successful walk will be here. We will walk our first mile together and you can also purchase your t-shirt! Team Captain meeting will immediately follow the kick-off event.

Registration Deadline

Friday, February 17

Recharge!

Saturday, March 3 * 10:00 a.m.
Neal Recreation Center

(Located at 600 N Randolph, Bryan)

Join others to trade stories, rack up more miles, plus have fun with games and prizes.

Nominations

Due by: Friday, March 30

Nominate the most inspirational individual and submit it to brazoscountywat@yahoo.com.

Last Mile Celebration Event

Saturday, April 14 * 10:00 a.m.

Gloria Stephen Sale Park

(Located to the west of Main Street between W. 28th Street and W. 29th Street)

You've done it, now celebrate it and join the fun!

Just For Fun

This year's awards will be presented to:

- Most creative team name
- Most miles walked
- Dirtiest Walking Shoes
- Most Inspirational Individuals

Walk Across Texas! T-shirts

T-shirts available while supplies last!

Short Sleeve T-Shirts \$10.00

Long Sleeve T-Shirts \$12.00



More information is available online at www.brazoswat.com and <http://walkacrosstexas.tamu.edu>

You can also call the Brazos County Office of the Texas AgriLife Extension Service at 979.823.0129 or email brazoscountywat@yahoo.com