



WALK ACROSS TENNESSEE

INFORMATION

Walk Begins January 18 Walk Ends March 14

Walk Across Tennessee is an 8-week virtual walk across the state, about 500 miles. Participating teams will have a friendly competition to see who can log the most miles, while having lots of fun, fitness, and team building along the way. **A team is made up of 6 participants (one is the captain).** Team members do not have to walk together but can provide encouragement to one another. It is helpful if the team captain has email they check regularly.

What You Need To Do:

1. Form a team and select a captain.
2. Choose a unique team name
3. Register!
 - Everyone must complete an individual registration form.
 - Each captain must complete the captain registration form.

Key Dates & Information

- WALKING CHALLENGE: Monday, January 18 - Sunday, March 14.
- REGISTRATION & FORMS: All forms (team and individual) are due to Shelva Moore by email or fax (moores@mcnairy.org / Fax: 731-645-5792) by January 14.
- REPORTING DEADLINES: Captains will report mileage for their team each Monday via email, fax, phone, or text (see below). For reporting purposes, the week will begin on Monday and conclude on Sunday.
- You will receive a weekly “Health Break” newsletter to keep you motivated and reminders to turn in weekly logs
- All forms are available in the email from Shelva Moore or online at <https://mcnairy.tennessee.edu/family-consumer-science/> (middle of page under “Walk Across Tennessee Forms”)

Turn mileage into, receive reminders, and get newsletter from:

Schancey Chapman
Family and Consumer Science Agent II
UT Extension – McNairy County
Office: 731-645-3598
Fax: 731-645-6456
Cell: 731-439-5041 (textable)
Email: schjspea@utk.edu

Prizes available:

- Each team member from the first 10 teams to register will receive a water bottle.
- The school with the most miles will receive \$500 for their school.
- The team with the most miles will get an awesome swag bag full of prizes.
- Every team that reports by 5:00 p.m. each Monday will have their name put in a drawing for an air fryer OR Ninja Blender.