Walk Across America 2012

GOAL:
To promote a healthy lifestyle by getting active and relieving stress, encompassed in an atmosphere of friendly competition.

• To challenge participants to create a healthy exercise habit, going above and beyond their existing walking goals each week.
• To motivate and encourage team members to reach 10,000 daily steps by incorporating more walking into the work day.
• To be the FIRST team whose combined steps allow them to WALK ACROSS AMERICA using designated City “Check Points”

How to participate:

• Are you or have you been part of a team already?
  o Give your name to your team captain confirming your participation again this year and they will turn in a team registration form. (max of 15 walkers)
• Are you willing to be a “substitute walker”? You may not be able to commit to the entire 10 weeks but are willing to participate to assist teams that have a member out for a long-term illness or injury that arises.
  o Turn in an Individual Participant Registration Form & mark the “Substitute Walker” box on the form
• Are you able to motivate others but are not a part of a team yet? Will you be a team captain? You DON’T have a particular team in mind and will allow the WAA coordinator to create your team.
  o Turn in an Individual Participant Registration Form & mark the “Team Captain” box on the form
• Are you a team captain with an existing team? Do you have a team in mind already?
  o Talk to your group (Maximum of 15 per team). Make sure all will participate in this campaign. Gather the names and complete the Team Registration Form with all of your team members and provide your team name. If you have more than 15 members that want to participate, you will need to split the team and select a 2nd captain for the 2nd team.

Rules:

• Voluntary Participation
• Report your numbers to your team captains BY 11 am on Monday morning, after each complete week of walking. If you will be out on Monday, have something in place to remind yourself to get your numbers to your captain in your absence. (email, text etc. the morning of, or even the night before...)
• There will be NO team number re-counts for a team member short-term illness, vacations or conferences etc. (Meaning – you have a 15 member team. A team member falls ill for 2-3 days and doesn’t have decent numbers to report. Therefore your captain asks for your team count to be changed to 14 for the average steps). We WILL NOT be doing team number re-counts this year. If it is a long-term illness or injury (2 or more weeks), advise your team captain in a timely manner and they will coordinate with the Walk Across America Coordinator to arrange for a “substitute walker” to join your team for the duration of the long-term illness or injury. Vacations/Conferences are not an excuse to lose sight of your goal to stay active, even if there is a long car, plane or train ride involved. Wear your pedometer while you are gone and hit the gym at your hotel or take the stairs instead of the elevator. Some days you may not be able to log as many steps as you would like to. That’s ok! The goal is to have fun and stay active!
• Have fun! Be encouraging!