



Get 8 people (4 if you are all jogging or cycling) together and name your team. At least half of your team must be DeKalb County residents.

- ⇒ Download Captain's **packet** and **individual registration forms** for each team member at <https://dekalb.tennessee.edu>. (Download registration forms separately). Give members a copy of the *individual mileage chart*, *exercise conversion chart*, and *registration form*. (If you picked up a packet, all of these are inside). These are at the UT Extension office and the DeKalb County Complex if you are unable to download them. Registration forms and team forms are due on or before **Monday, April 8**. **You can also bring them to the kick off on April 8** Please turn your team in together in one bundle. Don't forget the t-shirt form with sizes.
- ⇒ **EXERCISE SHOULD BE INTENTIONAL EXERCISE....MEANING YOU ARE NOT JUST WEARING A PEDOMETER/FITBIT/ETC EVERYWHERE YOU GO. WE ARE ON AN HONOR SYSTEM**
- ⇒ Kick Off on **Monday, April 8** at 6:00 PM at **Green Brook Park**.
- ⇒ Begin counting your exercise **April 8**. Each Sunday ends one week of exercise. Contact team members to get their weekly totals (Monday – Sunday) and record this on the *Team Mileage Chart*. Exercise ends on **Sunday, June 2**. **Please turn in final team AND individuals totals by Wednesday, May 31. Awards will be on Thursday, June 13 at 6:00 pm at Green Brook Park**

Encourage team members to like our Facebook page to get regular updates (*Walk Across Tennessee DeKalb County*)

Every participant will receive a nice gift on Awards Day. The winning team receives a rotating trophy

- ⇒ Each week calculate your team's total mileage. Email the total with your team name to April Martin by Monday each week (amartin3@utk.edu) or text to April at 615-542-6403. *Each week begins with Monday and ends with Sunday. The faster you can sent the totals in, the faster we can report team totals for the week.*
- ⇒ *We have Tennessee maps at our office. You are welcome to come by to pick one up and post at home or work to keep track of your team's progress.*

Call in or email weekly totals to your Team Captin every Sunday

Day of the week	End of wk. 1	End of wk. 2	End of wk. 3	End of wk. 4	End of wk. 5	End of wk. 6	End of wk. 7	End of wk. 8
	4/14	4/21	4/28	5/5	5/12	5/19	5/26	6/2
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
Total								

Monday, April 8 ~~ WAT Kick Off

(6:00 PM) at Green Brook Park

(attendance not required, but encouraged)

Monday, April 8 ~~ Start exercising

Sunday, June 2 ~~Last Day exercise

Wednesday, June 5 ~~Team captains turn in final mileage to April Martin

Thursday, June 13— Awards, 6 pm Greenbrook Park

(Call (615-597-4945), fax (615-597-1421), or email to amartin3@utk.edu)

Team totals will be posted weekly on the Walk Across Tennessee DeKalb County

Facebook Page and the UT Extension DeKalb County website at

dekalb.tennessee.edu

and SilverSneakers.

Please note that the distances in the far right column are estimates. They are based on the average caloric burn for a person who weighs 150 pounds. Your distance in miles may be lesser or greater depending on your weight and the intensity of your exercise. Check out our article in the Walk Across Tennessee News on how to monitor intensity from American Council of Exercise.

1. To count any exercise you do for the competition, the exercise must be intentional and consistent for at least 15–20 minutes. For example, if you start out walking for 7 minutes and then stop to drive to the store, then later do some light housework for 10 minutes, this should not count. While it is helpful to get any amount of exercise, we are trying to make this competition as fair to everyone as possible.
2. Only registered team members can participate. Team members cannot be “switched out” throughout the contest without the approval of UT Extension office. Teams that break this rule will be disqualified.
4. Above all, be as honest as possible. Try to not “fudge” your mileage. We want this to be a fair competition.
5. If 4 or more people on the team are primarily running or bicycling, then the team is limited to 4 people to make the competition more fair to teams who are walking or doing other exercises.

Exercise Conversion Chart for Walk Across Tennessee Participants

Below is a chart to change some other exercises to miles. Walk Across Tennessee is all about moving for fitness. Other types of exercise can be converted to miles. Below is a chart to change some other exercises to miles:

Aerobics	20 min = 1 mile
Backpacking	13 1/2 min = 1 mile
Badminton	20 min = 1 mile
Basketball (recreational)	15 min = 1 mile
Basketball (game)	12 min = 1 mile
Bicycling (easy pace)	15 min = 1 mile
Bicycling (moderate pace)	12 min = 1 mile
Bicycling (vigorous pace)	9 1/2 min = 1 mile
Circuit Training	12 min = 1 mile
Cleaning House (at a fast pace)	30 min = 1 mile
Dancing, line	15 min = 1 mile
Dancing, aerobic	15 min = 1 mile
Exercise class	17 1/4 min = 1 mile
Elipitical	1 mile = 1 mile
Gardening (digging)	12 min = 1 mile
Gardening (planting)	20 min = 1 mile
Gardening (raking)	30 min = 1 mile
Fishing (walking along bank)	20 min = 1 mile
Martial Arts	25 min = 3 miles
Mowing Lawn (using push mower)	13 1/2 min = 1 mile
Painting/papering	20 min = 1 mile
Pilates	30 min = 1 mile
Playing with children	24 min = 1 mile
Racquetball	13 1/2 min = 1 mile
Rowing	20 min = 1 mile
Running	1 mile = 1 mile
Shuffleboard	30 min = 1 mile
Softball	20 min = 1 mile
Spinning	15 min = 1 mile
Swimming (leisurely)	15 min = 1 mile
Swimming (vigorous)	9 1/2 min = 1 mile
Tai Chi	24 min = 1 mile
Tennis (singles)	12 min = 1 mile
Tennis (doubles)	15 min = 1 mile
Walking	1 mile = 1 mile
Washing car (by hand)	24 min = 1 mile
Water Aerobics	24 min = 1 mile
Weight Lifting (light/moderate)	30 min = 1 mile
Weight Lifting (vigorous effort)	15 min = 1 mile
Yard Work	17 1/4 min = 1 mile
Yoga	24 min = 1 mile