



Team Captain Responsibilities

- 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** the 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 if you are unable to download them. **Registration forms and team forms are due on or before Monday, April 6, 2026. You can also bring them to the kick off on March 30, 2026. 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 the honor system.**
- Kick off on Monday, March 30, 2026 at 6:00pm at Green Brook Park.**
- Begin counting your exercise **March 30th**. 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, May 24th. Please turn in FINAL TEAM AND INDIVIDUAL TOTALS by Tuesday, May 26th. Awards will be on Saturday, May 30th at 1:00pm 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 t-shirt. The winning team receives a rotating trophy.

- Each week calculate your team's total mileage. Email the total with your team name to Mykaela Young by Monday each week (myoung94@utk.edu) or call our office to leave a message at 615-597-4945. Each week begins with Monday and ends with Sunday. The faster you can send 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!

Individual Mileage Chart:



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

Day of the Week	End of WK. 1 04/05	End of WK. 2 04/12	End of WK. 3 04/19	End of WK. 4 04/26	End of WK. 5 05/03	End of WK. 6 05/10	End of WK. 7 05/17	End of WK. 8 05/24
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
TOTAL								

Monday, March 30th ~ WAT Kick Off (6:00 PM) at Green Brook Park

(attendance not required, but encouraged)

Monday, March 30th ~ Start exercising

Sunday, May 24th ~Last Day exercise

Monday, May 25th ~Team captains turn in final mileage to Mykaela Young

Saturday, May 30th ~ Awards, 1:00pm Greenbrook Park (Call (615-597-4945), fax (615-597-1421), or email to myoung94@utk.edu)

Team totals will be posted weekly on the Walk Across Tennessee DeKalb County Facebook Page and emailed to participants.

This chart has been adapted from materials developed by the Texas Cooperative Extension 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 the UT Extension office. Teams that break this rule will be disqualified.
3. Above all, be as honest as possible. Try to not “fudge” your mileage. We want this to be a fair competition.
4. 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 for 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	Painting/papering	20 min = 1 mile
Backpacking	13 1/2 min = 1 mile	Pilates	30 min = 1 mile
Badminton	20 min = 1 mile	Playing with children	24 min = 1 mile
Basketball (recreational)	15 min = 1 mile	Racquetball	13 1/2 min = 1 mile
Basketball (game)	12 min = 1 mile	Rowing	20 min = 1 mile
Bicycling (easy pace)	15 min = 1 mile	Running	1 mile = 1 mile
Bicycling (moderate pace)	12 min = 1 mile	Shuffleboard	30 min = 1 mile
Bicycling (vigorous pace)	9 1/2 min = 1 mile	Softball	20 min = 1 mile
Circuit Training	12 min = 1 mile	Spinning	15 min = 1 mile
Cleaning House (at a fast pace)	30 min = 1 mile	Swimming (leisurely)	15 min = 1 mile
Dancing, line	15 min = 1 mile	Swimming (vigorous)	9 1/2 min = 1 mile
Dancing, aerobic	15 min = 1 mile	Tai Chi	24 min = 1 mile
Exercise class	17 1/4 min = 1 mile	Tennis (singles)	12 min = 1 mile
Elipitical	1 mile = 1 mile	Tennis (doubles)	15 min = 1 mile
Gardening (digging)	12 min = 1 mile	Walking	1 mile = 1 mile
Gardening (planting)	20 min = 1 mile	Washing car (by hand)	24 min = 1 mile
Gardening (raking)	30 min = 1 mile	Water Aerobics	24 min = 1 mile
Fishing (walking along bank)	20 min = 1 mile	Weight Lifting (light/moderate)	30 min = 1 mile
Martial Arts	25 min = 3 miles	Weight Lifting (vigorous effort)	15 min = 1 mile
Mowing Lawn (using push mower)	13 1/2 min = 1 mile	Yard Work	17 1/4 min = 1 mile
		Yoga	24 min = 1 mile

OR...
SCAN THE
QR CODE
TO CALCULATE
YOUR MILAGE!

