



Team Captain Responsibilities

- Choose 8 people for a team** (4 if you are all jogging or cycling) and name your team! At least half must be DeKalb County residents.
- Download** the Captain's packet and individual registration forms for **each** team member by scanning the QR code. (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 at the UT Extension office, all of these are inside).
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 teams forms in together. Don't forget the t-shirt form with sizes Every participant will receive a t-shirt!
- 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 will be on Monday, March 30, 2026 at 6:00pm at Greenbrook 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 given out on Saturday, May 30th at 1:00pm at Greenbrook Park. The winning team receives a rotating trophy.

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

- Each week calculate your team's total mileage. Email 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. 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!



In partnership with Saint Thomas Health



INDIVIDUAL MILEAGE CHART

Call or email weekly totals to your Team Captain 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 Greenbrook 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.*

TEAM MILEAGE CHART

Team Captains: Call, email, or fax weekly team mileage each **Monday** to Mykaela Young

Email: myoung94@utk.edu; **Phone:** 615-597-4945; **FAX:** 615-597-1421

(Submit this form ONLY on Week 8 once it is completed).

Walker's Name	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
1.								
2.								
3.								
4.								
5.								
6.								
7.								
8.								
TOTAL								

Walk Across Tennessee DeKalb County Team Registration and T-Shirt Size Form

Please turn this form in with all the registration information

Team Name: _____

Team Captain's Name: _____

Captain's Phone Number: _____

Captain's Email: _____

Name	XS	S	M	L	XL	2XL	3XL	4XL
1.								
2.								
3.								
4.								
5.								
6.								
7.								
8.								

Rules and Regulations

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. If 4 or more people on the team are primarily running or bicycling, the team is limited to 4 people to make the competition more fair for teams who are primarily walking or doing other exercises.
4. Above all, be as honest as possible. Try to not over exaggerate your mileage. We want this to be a fair competition.

The following chart has been adapted from materials developed by the Texas Cooperative Extension and SilverSneakers.

Please note that the distances on the far right are estimates based on the average caloric burn for a person who weighs 150 pounds. Your distance in miles may be more or less 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.

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 _____	13.5 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 _____	13.5 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) _____	9.5 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) _____	9.5 min = 1 mile
Dancing, aerobic _____	15 min = 1 mile	Tai Chi _____	24 min = 1 mile
Exercise class _____	17.25 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 _____	12 min = 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)-	13.5 min = 1 mile	Yard Work _____	17.25 min = 1 mile
		Yoga _____	24 min = 1 mile

**OR...
SCAN THE
QR CODE
TO CALCULATE
YOUR MILEAGE!**

