

I wish to participate voluntarily in the Walk Across Tennessee physical activity for the purpose of personal fitness. I understand that I should have medical approval from my health care provider if I am a man over 45, a woman over 50 and not accustomed to vigorously exercise, or have:

- chronic health problems like heart diseases or diabetes
- pain in the heart/or chest area
- a bone or joint condition like arthritis, that could be worsened by the physical activity
- been told by a doctor I have high blood pressure
- any physical conditions or problems that might require special attention during physical activity

I agree to accept full responsibility for any injuries I may sustain while participating in this program.

I also understand that Walk Across Tennessee mile-age only includes designated exercise time. I will only calculate my mileage during my active exercise time. I also agree to follow the rules included in the Team Captain packet and realize I can be disqualified from the contest if they are not followed.

Signature

Date

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development.
University of Tennessee Institute of Agriculture,
U.S. Department of Agriculture and county governments cooperating.
UT Extension provides equal opportunities in programs and employment.

Dates to Remember:

Walk Across TN Kick Off:

Monday, March 30, 2026

6:00 PM

at Greenbrook Park (Smithville)

****Attendance is 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)

722 S. Congress Blvd.

Smithville, TN 37166

Phone: 615-597-4945

Fax: 615-597-1421

WALK ACROSS TN



March 30- May 24

<http://dekalb.tennessee.edu>



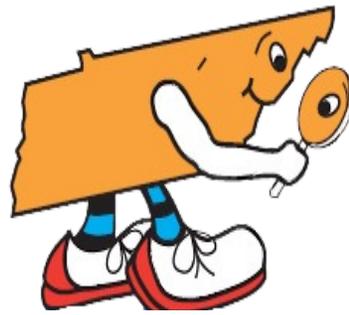
In partnership with Saint Thomas Health

Walk Across Tennessee can give you, your friends, co-workers, family etc. the jump start you need to healthier living! A little friendly competition gets motivation going too!

For eight weeks, teams of up to eight will work together to walk the 500 miles it would take to walk all the way across Tennessee. Other types of exercise are encouraged also. An exercise conversion chart is included in the registration packet. Whatever exercise you choose, it must be intentional exercise (not just wearing a pedometer all day) and get your heart rate up for at least 15—20 minutes.

The team to log the most miles will win a rotating trophy and other prizes! There will also be team prizes for weekly challenges.

Team totals will be posted each week via email and the Walk Across Tennessee DeKalb Facebook page.



WHAT TO EXPECT!

- Stronger Legs & More Toned Arms
- Lower Blood Pressure
- Calmer Attitude & Happier Days
- More Energy
- Quality Time By Yourself Or With A Walking Buddy
- Raised Metabolism
- Lessened Junk Food Cravings
- Muscle Gain & Shaping Up!

Individual Registration Form

Fill out completely, cut off, and return to your team captain on or before March 30th. Team captains, please turn in this registration form for each team member before or at the Kick off.

Name: _____

Team: _____

Address: _____

Phone Number: _____

Age _____ Gender _____

