



Walk Across Texas!

Take the Challenge: October 1 – Nov. 30, 2021

For more information visit: Glass Recreation Center, (903) 595-7271

How to Participate: Team of 8, walks 833 miles over 8 weeks

Team of 8 – (worksites, friends, church groups, family members, sorority, fraternity organizations). Choose a team captain, register the team with Gaylen Pierce and report miles weekly.

If you sign up as a team captain, we will have a captains meeting on Sept. 21st at 9:00 – 9:30 a.m. at the Glass Recreation Center to go over any questions you may have.

It's More Than Walking:

Dancing, Gardening, Home Activities, Sports, Cycling, Exercise (any sort of activity where you are moving and physically active).

What counts as a mile:

2,000 steps is one mile using a pedometer, Fitbit, Apple Watch or cell phone device

Measured mile at a track, walking trail, or treadmill, etc.

20 minutes of continuous exercise.

All participants receive free pedometers and a weekly incentive item!!!

This program is FREE!!

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