

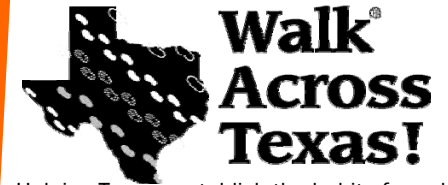
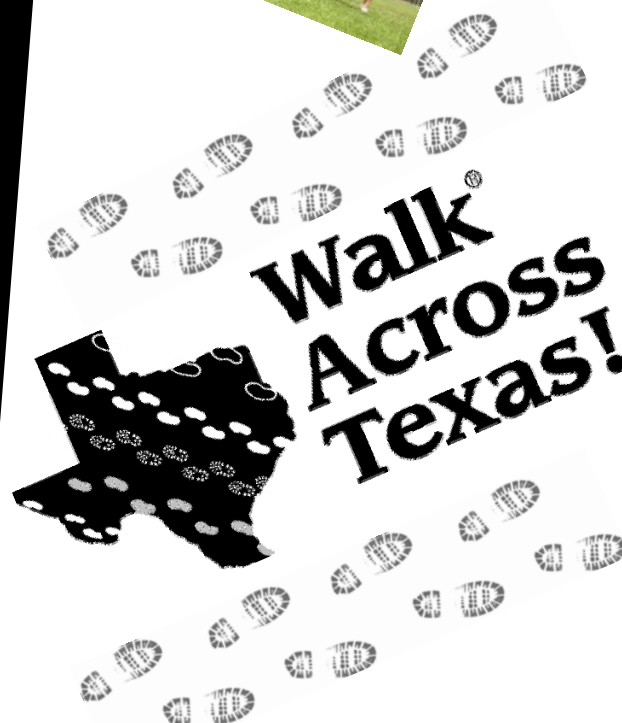
Register Online at:

walkacrosstexas.tamu.edu



(979)567-2308

Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating. A member of The Texas A&M University System and its statewide Agriculture Program.



Helping Texans establish the habit of regular physical activity

October 10- November 29



BURLESON COUNTY
CHAMBER OF
COMMERCE



(979)567-2308

Register Online at: walkacrosstexas.tamu.edu

Don't forget to "Like" us on Facebook at

[Burleson County AgriLife Extension](#)

For important updates and reminders!

Need more information? If you do...

- * **Come to the Kick-Off on October 10th**
- * **Call the AgriLife Extension Office at
(979)567-2308**
- * **Visit the main website at
<http://walkacrosstexas.tamu.edu>**
- * **Email troehling@ag.tamu.edu**

2015 Event Dates

Join us for the Walk Across Texas
Kick-Off Event on the Courthouse
lawn. Team Captain and solo walkers
meeting immediately following.

**October
10th @
10a.m.**

Registration Deadline!
Register online at
walkacrosstexas.tamu.edu

Oct. 17th

Recharge Event will be held on the
Courthouse lawn at 10:00 a.m.
PRIZES

**Nov.
7th @
10a.m.**

**Nominate your most inspirational
team member before November 7th.**
You can do this by emailing your nom-
ination to troehling@ag.tamu.edu and
let us know why they inspire you.

**Nov.
7th**

Log your last mile!

Dec. 4th

Join us for the **Last Mile Celebration**
Teams and solo walkers will walk in
the Christmas On The Square Parade
AWARDSPRIZES***

**Dec.
5th @
10a.m.**

Walk Across Texas! is a fun, free and flexible way to exercise. Just get together with seven other people -friends, neighbors, coworkers, or family members—and start walking, jogging, or even biking.

You can walk together or individually and report your 'miles' back to your Team Captain, outside or at a mall or gym, any way that fits your schedule and lifestyle. You keep track of your miles, to see if your team can walk the 830 miles "across Texas" in 8 weeks. Report your totals to see how your team "measures up"!

By the end of Walk Across Texas!, you'll have a healthy habit that will last a lifetime! Walk, Run, Bike, Pilates, Gardening - it ALL counts! Just remember that it's about more than your everyday movement, it's about becoming MORE active!

Use the mileage calculator on the website. It will help you determine how many miles your extra activities log—you will be amazed!

<http://walkacrosstexas.tamu.edu/>