



WALK ACROSS
TENNESSEE

How To Participate

Before Walk Across Tennessee begins, decide if you want to walk as an individual, pair or team of 6.

- If walking as an individual:
 - Scan the QR code to register

OR

- Fill out the 2026 **Registration Form**
- Drop it off to the Maury County Extension Office, email it to Storie Ray or mail to P.O. Box 415 Columbia, TN 38402 by **September 25th**.

Pairs of 2 or Team of 6:

- Recruit other walkers to form a pair or team.
 - Each team member including the captain must scan the QR code to register.

OR

- If registering via the **Registration Form**:
 - Have **only** the team captain fill out the **Registration Form** with all participating members.
 - Drop it off to the Maury County Extension Office, email it to Storie Ray, or send via mail to P.O. Box 415 Columbia, TN 38402 by **September 25th**.

Once Walk Across Tennessee is over:

- Calculate your or your team's total mileage.
 - Fill out the total mileage form that will be sent via email.
- OR**
- Email Storie Ray all you or your team's **total mileage by November 18th at noon**.

To register via QR Code:



123 Yanahli Park Way
Columbia, TN 38401
P.O. Box 415
Columbia, TN 38402
Phone: 931-375-5301
Email: stochard@utk.edu

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.

Walk Across Tennessee

Registration form 2026

Team Name (or Individual): _____

Team Captain's Name: _____

Captain's Email Address: _____

Team is made up of people from: *(please circle the one that applies)*

Work-site Church School Family Neighborhood
Other Individual

Name of worksite or organization: _____

Goal Abbreviations:

M- Move More

SL- Sleep better

W – Weight Loss

BP – Improve Blood Pressure

ST – Lower Stress

G – Improve Blood Glucose

E – Increase Energy

Team Members' Names or Individual Name <i>If Team, List Captain's Name First</i>	Email Address	Gender	Ethnic Background	Goals	Shirt Size S-XXXL

Log miles from **September 17 through November 13.**

Please submit registration forms no later than **September 25.**

- Email to: stochard@utk.edu
- Mail to UT Extension, P.O. Box 415, Columbia, TN 38402



2026 Captain's Log



WALK ACROSS
TENNESSEE

Member Name		Week 1	Week 2	Week 3	Week 4	Week 7	Week 6	Week 7	Week 8
	mi.								
	mi.								
	mi.								
	mi.								
	mi.								
	mi.								
	mi.								
Totals:									

Total miles team walked:



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Individual Walking Log

**Reminder – Only record miles walked for physical activity.*

September- November 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				17 WAT KICKOFF Yanahli Park 5:00 PM	18	19
20	21	22	23	24	25	26
27	28	29	30	October 1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
November 1	2	3	4	5	6	7
8	9	10	11	12	13 Last day to count miles	14
15	16	17	18 Mileage due by noon	19 Finale Yanahli Park 5:00 PM		



MILEAGE CONVERSION CHART

Mileage Equivalents for Exercise Activities

Activity	Time to Equal 1 Mile
Aerobics (low impact)	16 minutes
Aerobics (moderate)	13 minutes
Aerobics (high impact)	11 minutes
Basketball	11 minutes
Bicycling (leisure)	20 minutes
Bicycling (moderate)	10 minutes
Bicycling (vigorous)	8 minutes
Bowling	20 minutes
Dancing (all types)	15 minutes
Elliptical	10 minutes
Fencing	15 minutes
Football	15 minutes
Gardening	15 minutes
Golf (walking)	20 minutes
Hiking (general)	12 minutes
Hiking (20-42 lb. load)	9 minutes
Jump Rope (slow)	11 minutes
Jump Rope (mod.)	8 minutes
Kickboxing/Karate	7 minutes
Pilates	20 minutes
Resistance Training	27 minutes
Rollerblading	10 minutes
Rowing/Kayaking	27 minutes
Rowing (moderate)	13 minutes

Activity	Time to Equal 1 Mile
Skating	20 minutes
Skiing (cross-country)	10 minutes
Skiing (down hill)	15 minutes
Soccer	10 minutes
Stationary Bike (light)	16 minutes
Stationary Bike (mod.)	11 minutes
Stationary Bike (vig.)	8 minutes
Stretching	3 hr. 33 minutes
Swimming (leisure)	15 minutes
Swimming (moderate)	12 minutes
Swimming (treading)	41 minutes
Swimming (vigorous)	9 minutes
Tai Chi	24 minutes
Tennis	10 minutes
Treadmill	1 mile = 1 mile
Volleyball (match)	9 minutes
Volleyball (leisure)	23 minutes
Walking/Jogging (leisure)	20 minutes
Walking/Jogging (moderate)	10 minutes
Walking/Running (vigorous)	8 minutes
Water Aerobics	20 minutes
Wii Fit	15 minutes
Yoga	40 minutes
Yard Work	15 minutes

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