



San Patricio County Walk Across Texas! Program begins October 22, 2023

Walk Across Texas! is a **FREE** online, eight-week program designed to help Texans be more active using a team-based approach. Walk Across Texas is a program that persuades and motivates people of all ages to make that most important change. Teams do not really walk together, although they may if they want to; teams simply poll their mileage each week to work toward the chosen destination.



New for this year



Only San Patricio County residents are eligible for prizes

How does it work

- ◆ Form a team - 1 team captain & 7 members.
- ◆ All Walk Across Texas participants will need to establish a Howdy Health account at <https://howdyhealth.org/programs/howdy-health-registration>.
- ◆ Pick up your registration packet that will be available on October 16, 2023 at the San Patricio County Extension office at 219 N. Vineyard in Sinton or San Patricio County Personnel Office at 1301 E. Sinton Street, Suite C in Sinton, Texas.
- ◆ Team registration forms due to the Extension office on or before October 22.
- ◆ All individuals that complete all information including Wrap-up form will be entered in door prize drawing.
- ◆ Top 15 San Patricio County teams will receive a T-shirt and be entered in a special door prize drawing at the Wrap-Up Event.



**For additional information call the
San Patricio County Extension office at 361-587-3400.**

Join us for a fun physical activity program!



Dates to Remember

Oct 22..... Registration Deadline

Oct 22-28..... Week 1
Oct 31 1st week mileage deadline

Oct 29-Nov 4 Week 2
Nov 7 2nd week mileage deadline

Nov 5-11 Week 3
Nov 14 3rd week mileage deadline

Nov 12-18 Week 4
Nov 21 4th week mileage deadline

Nov 19-25 Week 5
Nov 28 5th week mileage deadline

Nov 26-Dec 2.... Week 6
Dec 5 6th week mileage deadline

Dec 3-9 Week 7
Dec 12 7th week mileage deadline

Dec 10-16 Week 8
Dec 19 8th week mileage deadline

TBA Wrap Up Event



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