

Walk Across Texas is a FREE 8-week program designed to help Texans establish the habit of regular physical activity. Each team may include up to 8 team members, all working together to walk the 832-mile goal.

Ready to take on the step challenge? Grab your co-workers, friends, or family and get walking.

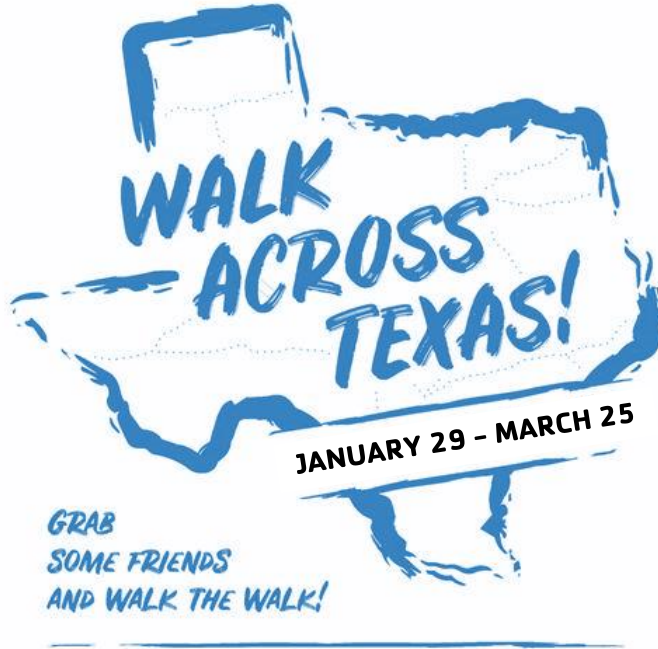
GRAB YOUR FRIENDS AND VIRTUALLY WALK ACROSS TEXAS!

Create your team of up to 8 friends and register today for this FREE PROGRAM. Must be Y members.

You'll be sent a link to the Walk Across Texas site so we can track your miles.

We'll update the program board with team mileage weekly.

First team to collectively reach 832 miles win prizes for your team.



REGISTRATION FORM

PLEASE PRINT

TEAM NAME _____

TEAM CONTACT _____ MALE/FEMALE _____

EMAIL _____ CELL # _____

DOB _____ AGE _____

TEAM MEMBERS (UP TO 8 TOTAL)

NAME _____ EMAIL _____

NAME _____ EMAIL _____

NAME _____ EMAIL _____

NAME _____ EMAIL _____

NAME _____ EMAIL _____

NAME _____ EMAIL _____

NAME _____ EMAIL _____

PARTICIPATION WAIVER

PARTICIPANTS MUST SIGN SIGNATURE LINE IN ORDER TO BE ELIGIBLE TO PARTICIPATE. THE YMCA DOES NOT PROVIDE ACCIDENT OR MEDICAL INSURANCE FOR PROGRAM PARTICIPANTS.

I GRANT THE YMCA AND ITS AGENTS PERMISSION TO TRANSPORT ME IN THE EVENT OF AN EMERGENCY. I RECOGNIZE THAT PARTICIPATION IN YMCA ACTIVITIES MAY EXPOSE ME TO SOME RISK OF INJURY. I AGREE TO HOLD THE YMCA HARMLESS FROM ANY CLAIMS FOR DAMAGE TO ANY PROPERTY OR INJURY TO PERSONS WHICH MAY OCCUR THROUGH PARTICIPATION IN ANY ACTIVITY AT THE YMCA.

I HAVE READ AND UNDERSTAND THE ABOVE INFORMATION. BY SIGNING THIS FORM, I AGREE TO PARTICIPATE IN THE YMCA PROGRAM WITH THE ABOVE CONDITIONS SET FORTH.

SIGNATURE _____ DATE _____