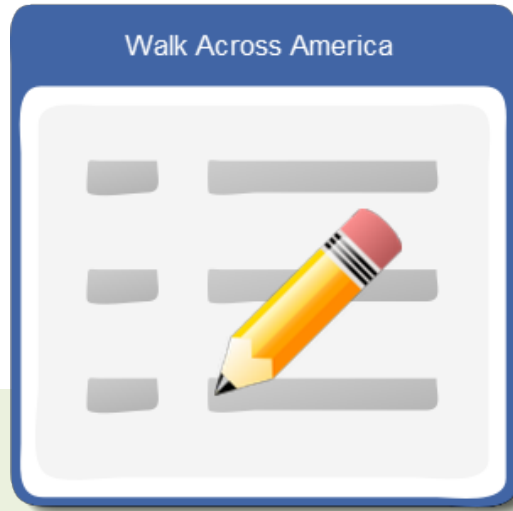


# WALK ACROSS AMERICA IN 10 EASY STEPS

## 1. Fill out Registration.



## 2. Give registration to Robbin Bull.

## 3. Decide what route to take.

New York?  
Dallas, TX?  
Grand Canyon?



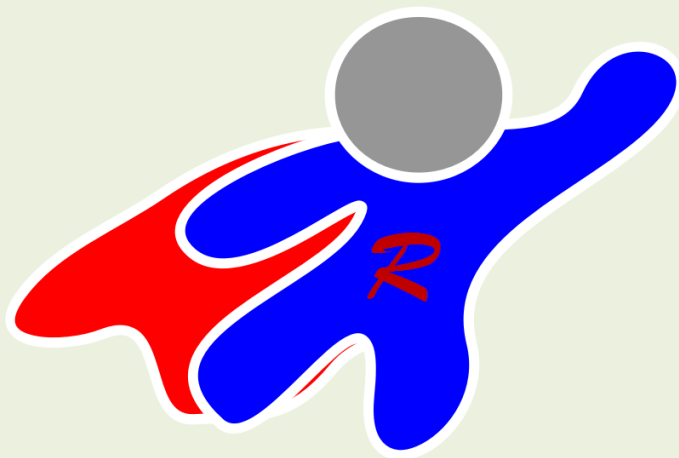


**4. Donate \$5 to Governor's Food Drive & chance to win prizes.**

**5. Double your donation,**



**...thanks to our Super-Hero Retiree Match Fund!**





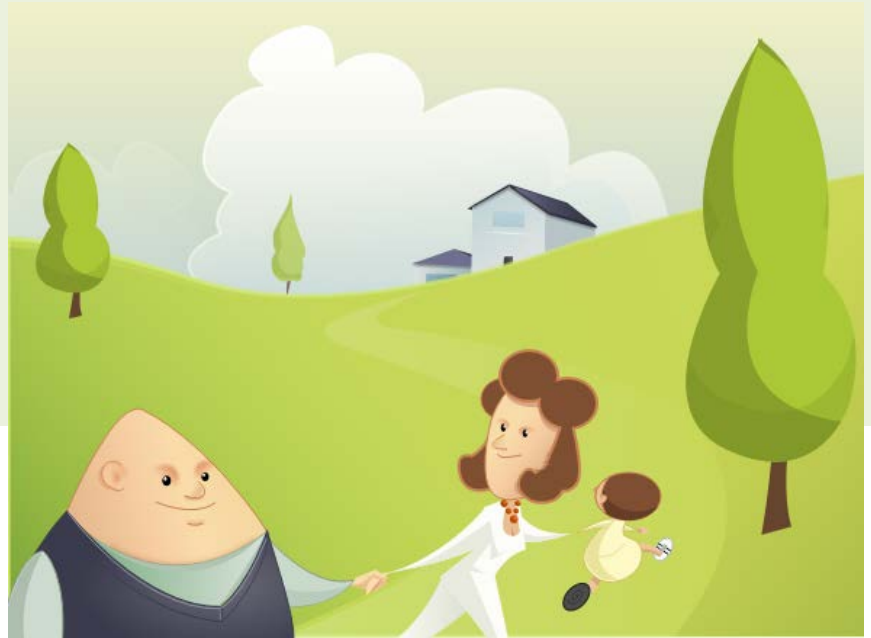
**6. Join the Walk Across America group on <http://teachingresearchinstitute.org/> to access resources**

**7. Get online and register to track mileage at <http://teachingresearchinstitute.org/wam>**

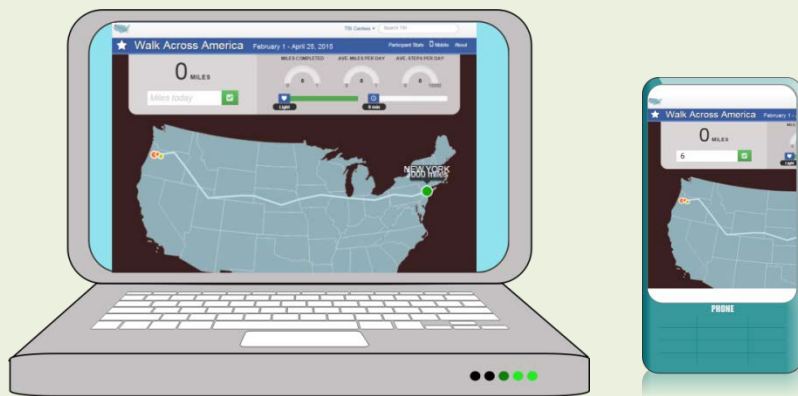
**(Site available February 1, 2015)**



**8. February 1 Start Walking/Running/Exercising!  
Encourage family and friends to join you!**



**9. Log those miles using your electronic devices from  
anywhere!**



**10. Come by the Health Fair in the East Wing  
February 3 12:30 – 1:30 to get your free chair  
massage, learn more about the Walk Across America  
Challenge, have your blood pressure checked, pick  
up healthy gadgets and resources, and much more!**

