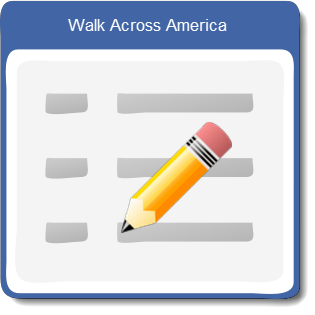
WALK ACROSS AMERICA IN 10 EASY STEPS



1. Fill out [Registration](http://triwou.org/materials/page/1114/109).



1. Give registration to Robbin Bull,

[bullr@wou.edu](mailto:bullr@wou.edu), Todd Hall Rm 236.



1. Decide which route to take.

Miami, FL?

Chicago, IL?

Denver, CO?



1. Donate $5 to Governor’s Food Drive & have a chance to win prizes in Walk Across America. (You do not have to donate to participate.)
2.  Encourage family and friends to join you.
3. Review the Walk Across America (WAM) Challenge details on the [program resources](http://triwou.org/groups/page/109/walk-across-america) page.
4. Come by the Health Fair at Todd Hall, 2nd floor East Wing, Rm 245, January 27, 12:00 – 1:30 for a Walk Across America(WAM) orientation, pick up health and wellness in resources, and much more!

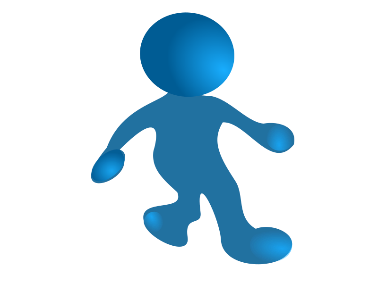




1. Get online and register to track mileage at:

<http://triwou.org/wam>.

(Site available February 1, 2016)

1. February 1 Start Walking/Running/Exercising!

10. Log those miles using your electronic devices from anywhere!

