Walk Across Arizona Website Step-by-Step Instructions

register, join a team, login, and add miles

WAAZ = Walk Across Arizona
WAAZ Website Address: http://cals.arizona.edu/walkacrossaz/

How to Register and Join a Team. A maximum of 10 people can be in a team.
1. Go to the website: http://cals.arizona.edu/walkacrossaz/
2. Click on the “Get Started” green button located on the left side of the page.
3. Read the Consent Form, and then check the box to continue with your registration.
4. Press the button “Continue to registration”.
5. Create a username, enter your email address, create a password and confirm it. Then enter the security code displayed in the image and click on “Create new account”.
Your **username** & **password** are **required**, so you can log in with your username. Your **username** is your **first initial of your first name and last name**: Taylor Swift, tswift. Your **Password** is your team name. **Email address** is required, so your team captain and WAAZ program coordinator can contact you via email. Send your username, password, and email address to your team captain.

- Your username:
- Your password:
- Your email address:
- WAAZ program coordinator name:
- WAAZ program coordinator email address:
- WAAZ program coordinator phone #:

6. Now you should be looking at an Arizona map. Click on the county in which your team will be participating.

7. Select your program by clicking on it. Contact your team captain or program coordinator if you do not know which program your team belongs to.

8. Join your team by clicking on it.

9. Fill out the entry survey. This is needed in order to keep track of the effect WAAZ has on participants. You will be taking this same survey at the end of the program, which will be called exit survey or wrap up survey.
10. When you are finished you will get this screen:

How to Log-in
1. Go to the WAAZ Website address: http://cals.arizona.edu/walkacrossaz/
2. Click on “Log in” green button located on the left side of the WAAZ page.
3. Enter you username and password. Click “Log in”.

How to Enter Miles Walked

1. After being logged in, click on “Track Your Miles”.

2. Click on a day from the calendar on which you want to add miles to.

3. Enter the amount of miles, minutes, OR steps you walked on that day. If you did a different activity, please look at the following conversion chart to help convert your activity to miles. Press “Save”.

Motivational Tips to Keep Up with Walking and Entering Miles

- Remember that the team’s success is everyone’s success.
- Organize a group walk; group walks are very enjoyable since you can chat with your team members while walking. On the weekends might work better.
- Set up an evening to play something: maybe soccer, basketball, football.
- What about hiking and a picnic at the end.
- A dancing party will also put some extra miles to your group.
Exercise Equivalents

<table>
<thead>
<tr>
<th>Activity</th>
<th>Actual Miles/Minutes</th>
<th>Recorded Miles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walking, stroll (2 mph)</td>
<td>30 minutes =</td>
<td>1 mile</td>
</tr>
<tr>
<td>Walking, typical pace (3 mph)</td>
<td>30 minutes =</td>
<td>1.5 miles</td>
</tr>
<tr>
<td>Walking, brisk (4 mph)</td>
<td>30 minutes =</td>
<td>2 miles</td>
</tr>
<tr>
<td>Running (5.5 mph)</td>
<td>1 mile =</td>
<td>1 mile</td>
</tr>
<tr>
<td>Cycling/Mountain Biking (13 mph)</td>
<td>7 miles =</td>
<td>1 mile</td>
</tr>
<tr>
<td>Spinning</td>
<td>30 minutes =</td>
<td>2 miles</td>
</tr>
<tr>
<td>Aerobics (moderate intensity)</td>
<td>30 minutes =</td>
<td>1 mile</td>
</tr>
<tr>
<td>Stairmaster (moderate intensity)</td>
<td>15 minutes =</td>
<td>1 mile</td>
</tr>
<tr>
<td>Roller Blading</td>
<td>3 miles =</td>
<td>1 mile</td>
</tr>
<tr>
<td>Swimming (30 yds/min)</td>
<td>1 mile =</td>
<td>1 mile</td>
</tr>
<tr>
<td>Garden, digging</td>
<td>30 minutes =</td>
<td>2.5 miles</td>
</tr>
<tr>
<td>Garden, push mowing</td>
<td>30 minutes =</td>
<td>2.25 miles</td>
</tr>
<tr>
<td>Garden, raking</td>
<td>30 minutes =</td>
<td>1 mile</td>
</tr>
<tr>
<td>Garden, planting</td>
<td>30 minutes =</td>
<td>1.5 miles</td>
</tr>
<tr>
<td>Dancing, moderate to rapid</td>
<td>20 minutes =</td>
<td>1 mile</td>
</tr>
</tbody>
</table>

*The exercise equivalents are for those who are involved in other activities besides walking.

Easy conversions:
- 1 mile = 20 minutes of any exercise that makes you breathe hard and sweat
- 1 mile = 15 minutes of any exercise that makes you breathe very hard and sweat a lot
- 1 mile = 2,000 steps

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