



Two-Stepping Around Texas

Kickoff event: Wednesday, May 1, 2019 at 6:00
PM at the San Marcos Activity Center

Big City Tour
1st Leg - San
Marcos to Dallas

16 Week Program.
Step Counter
Required.

Registration
Packets available at
the San Marcos
Activity Center

Sponsored in part by:

**CENTRAL TEXAS
MEDICAL CENTER**

 **Adventist**
HEALTH SYSTEM

50 +

**FREE Walking
Program!**

For more info contact: Nick Riali at
(512)-393-8275



50+ Two-Stepping Around Texas Walking Program – Big City Tour – First Leg, Dallas

Kickoff Event - Wednesday, May 1, 2019 at 6:00 PM at the San Marcos Activity Center

The San Marcos Parks and Recreation Department is continuing their free walking program for the 50+ community. Our goal is to get people up and exercising in a fun, healthy and interesting way and to create a social community to help motivate you in your walking. The third “step” of this program is our Big City Tour. It will start on Wednesday, May 1, 2019 and will run for 16 weeks. This tour will eventually take us from San Marcos to Dallas, down to Houston, over to San Antonio and back up to San Marcos. This is the first leg of the Big City Tour, a “virtual” walk to Dallas totaling 226 miles. This can be done by walking a little over 4,000 steps per day (2 Miles) or 14 miles per week for 16 weeks. Participants who complete the entire virtual tour will receive a special item of recognition. Walk on your own, with a friend or with a group, inside, outside or on a treadmill. We encourage you to sign up and invite your family and friends to join you!

We will try to have group walks every Monday at the San Marcos Activity Center, so we can encourage each other and update our mileage logs. These can be done in the morning or evening, depending on when the group would like to meet. You can keep track of your miles and steps with a smartphone, Fitbit or other simple pedometer. We may also schedule other group walks led by volunteer group leaders. These will occur outdoors at places like CTMC Creation Health Trail, Crook Park or Five Mile Dam. Membership to the San Marcos Activity Center is not required for this program, however if you would like to walk on the indoor track at times other than our scheduled group walks then you will need to become a member.

The kickoff event will be on Wednesday, May 1, 2019 at 6:00 PM. The kickoff event and this program is sponsored in part by CTMC Creation Health. If you would like to participate but are unable to attend the kickoff event, you can stop by the San Marcos Activity Center, pick up a registration packet, and receive all of the information you will need to join. We will have a wrap-up celebration during the CTMC Creation Health Social Spin celebration of National Senior Citizens Day on Wednesday, August 21 from 2-4 PM at the San Marcos Activity Center. The Walking Program is free and open to ages 50 and up. For more information, call Nick Riali at (512)-393-8275 or visit <http://sanmarcostx.gov> and visit the 50+ page under Park and Recreation - Activities.

EASY Screening Questions

Below is an Exercise Assessment and Screening for You (EASY) downloaded from the Medical Sciences Library at Texas A&M University to help determine if joining an exercise program is right for you. Your health and safety is of great importance to us, so please take the time to answer the following questions honestly and to the best of your ability.

(Circle One)

- | | | |
|---|-----|----|
| 1. Do you have pains, tightness, or pressure in your chest during physical activity (walking, climbing stairs, household chores, similar activities)? | YES | NO |
| 2. Do you currently experience dizziness or lightheadedness? | YES | NO |
| 3. Have you ever been told you have high blood pressure? | YES | NO |
| 4. Do you have pain, stiffness, or swelling that limits or prevents you from doing what you want or need to do? | YES | NO |
| 5. Do you fall, feel unsteady, or use an assistive device while standing or walking? | YES | NO |
| 6. Is there a reason not mentioned why you would be concerned about starting a physical activity program? | YES | NO |

If you answered yes to any of the questions above, please consult your physician before starting any exercise program.



Group Walk Leaders

Wanted!

We are looking for individuals that can lead group walks at different times and different places throughout the week. Anyone can be a group walk leader! Please fill out the following information and submit this form to Nick Riali at the Activity Center if you would like to be one.

Name: _____

Email: _____

Phone: _____

Day(s) that you would be available to lead: (Circle at least one)

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

At what time(s) of the day(s) circled above are you available?

Where would you like to lead a group walk?

****Please keep in mind that to walk indoors at the Activity Center, you will have to be a member. There will be one day a week that a morning and evening group walk at the Activity Center will be available to everyone, even if you do not have a membership. This is the only time you will be able to walk there if you are not a member of the Activity Center.**



Two-Stepping Around Texas: Big City Tour - 1st Leg - Dallas
 San Marcos Parks and Recreation

Please record your steps and/or miles in the corresponding boxes below. Approximately 2000 steps equals 1
 Cut along the dotted line and turn in your weekly progress to the Activity Center.

Week 18	Name	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
if needed								

Week 17	Name	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Last Week		18-Aug	19-Aug	20-Aug	21-Aug			

Week 16	Name	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		11-Aug	12-Aug	16-Aug	14-Aug	15-Aug	16-Aug	17-Aug

Week 15	Name	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		4-Aug	5-Aug	6-Aug	7-Aug	8-Aug	9-Aug	10-Aug

Week 14	Name	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		28-Jul	29-Jul	30-Jul	31-Jul	1-Aug	2-Aug	3-Aug

Week 13	Name	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		21-Jul	22-Jul	23-Jul	24-Jul	25-Jul	26-Jul	27-Jul

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Week 12	Name	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		14-Jul	15-Jul	16-Jul	17-Jul	18-Jul	19-Jul	20-Jul

Week 11	Name	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		7-Jul	8-Jul	9-Jul	10-Jul	11-Jul	12-Jul	13-Jul

Week 10	Name	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		30-Jun	1-Jul	2-Jul	3-Jul	4-Jul	5-Jul	6-Jul

Week 9	Name	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		23-Jun	24-Jun	25-Jun	26-Jun	27-Jun	28-Jun	29-Jun

Week 8	Name	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		16-Jun	17-Jun	18-Jun	19-Jun	20-Jun	21-Jun	22-Jun

Week 7	Name	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9-Jun	10-Jun	11-Jun	12-Jun	13-Jun	14-Jun	15-Jun

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Please record your steps and/or miles in the corresponding boxes below. Approximately 2000 steps equals 1 mile.
 Cut along the dotted line and turn in your weekly progress to the Activity Center.

Week 6	Name	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		2-Jun	3-Jun	4-Jun	5-Jun	6-Jun	7-Jun	8-Jun

Week 5	Name	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		26-May	27-May	28-May	29-May	30-May	31-May	1-Jun

Week 4	Name	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		19-May	20-May	21-May	22-May	23-May	24-May	25-May

Week 3	Name	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		12-May	13-May	14-May	15-May	16-May	17-May	18-May

Week 2	Name	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5-May	6-May	7-May	8-May	9-May	10-May	11-May

Week 1	Name	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1-May	2-May	3-May	4-May

**Two-Stepping Around Texas: Big City Tour – 1st Leg Dallas
Walking Program**

***Please fill out this form and submit it to Nick Riali at the San Marcos
Activity Center. You may also email it to Nriali@sanmarcostx.gov***

Participant Name: _____ Birth Date (mm/dd/yy): _____

Address: _____

City: _____ State: _____ Zip Code: _____

Email Address: _____ Shirt size: _____

Phone Number: _____

Participation Waiver

By Participating in this program put on by the San Marcos Parks and Recreation Department (SMPARD) you agree to the terms and conditions of the following Participation and Release Agreement:

I acknowledge and understand the following:

- 1) That my participation in this program with the SMPARD involves exercise, physical exertion, and risks of illness, injury or death.
- 2) That I will maintain an awareness of my own physical limitation, and that if I have any questions about my fitness or ability to safely participate in the activities, I must consult with my physician and obtain and follow my physician's advice.
- 3) That the program may be instructed and supervised by group walk volunteers, interns, independent contractors engaged, but not employed, by the City of San Marcos (COSM), and the COSM does not exercise direct control over the specific activities with some programs.

In consideration of the acceptance of my application for participation in this COSM program, I agree to release and to hold harmless the COSM and its officers, agents, employees, and volunteers from any claims for injury or property damage that may result in whole or in part from my participation in the programs or by the acts or omissions of any organization, firm, or individual that takes place in connection with this program. I agree that this release is binding upon my heirs, administrators, and assigns.

I also give permission to the COSM, its officers, agents, employees, and volunteers to obtain medical treatment at my expense that may reasonably appear to be necessary in connection with this program.

Unless otherwise indicated, I hereby grant permission to the COSM to take my photo while participating in activities or programs. These photos may be used for promotion of future programs.

Signature of Participant

Date