



FREQUENT WALKER

Mileage Club
2025 - 2026

Walk Across America Challenge

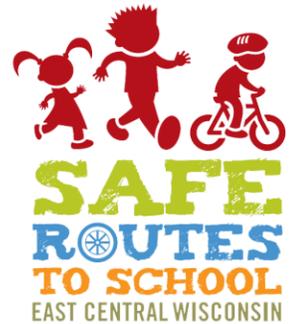




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Walk Across America Challenge

Walking has many great health benefits. It is also a great way to get from place to place.

And every now and then someone will walk from coast to coast.

The goal is to collectively walk a total of 3,000 miles, the approximate distance from coast to coast.

Your leader will set a monthly goal of laps or miles to be reached by each student.

Earn a token for each month you walk and reach the set goal.

Along the way, take time to learn important safety information included in this guidebook.

Earn all 9 tokens to help your school reach the goal of 3,000 miles!

TOKENS

September	Apple
October	Leaf
November	Pumpkin
December	Twinkle Tree
January	Peppy Penguin
February	Snowman
March	Shamrock
April	Umbrella
May	Flower

Gather some friends and get ready to reach the goal.



Student Contract

I am ready to accept the challenge!

Directions: Please complete this page if you would like to participate in the Walk Across America Challenge. Join other students to meet the goal set by your leader of walking 3,000 miles from coast to coast. You will need to walk each month to collectively reach this distance.

Did You Know

West Quoddy Head, Maine is the farthest eastern point in the mainland of the United States. Can you find it on a map?

Cape Prince of Wales, Alaska is the farthest western point of the 50 United States. Can you find it on a map?

Cape Alava, Washington is the farthest western point in the mainland of the United States. Can you find it on a map?

There is a total of 474 National Parks, Historical Areas, and Monuments in the United States. List the ones you know.

Draw a picture, or write about a place you would like to visit in the United States.

Student Name _____

Student Signature _____

Date _____

Because you will be traveling a great distance, it will be important to ...

WALK WISE

Vocabulary

PEDESTRIAN - A person walking along a road or in a developed area.

This includes people walking, running, on a scooter, skating, or using a mobility device.

ALERT - Paying attention to what is going on around you.

EYE CONTACT - When two people look into/at each others eyes.

VEHICLE - A car, truck, van, SUV, motorcycle, semitruck, or a bicycle.

CAUTION - Great care given to avoid possible danger.

PREDICTABLE - Anything you see or know before it happens.

Alert Scavenger Hunt

Keep Your EARS and EYES Open

Do you HEAR?

- a vehicle in front of you?
- a vehicle coming up behind you?
- a vehicle engine in a driveway?
- a bike tire rolling on the pavement?
- someone ringing a bike bell?
- a semi-truck?
- emergency vehicle sirens?

Do you SEE?

- a turning vehicle?
- the blinker of turning vehicle?
- vehicle moving
- a vehicle stopped for a pedestrian?
- an emergency vehicle with flashing lights on?
- the white lights on the back of a vehicle backing up?

Because you will be traveling a great distance, it will be important to ...

WALK WISE

How do You Stay ALERT?

Fill in the blanks.

WORD BANK						
stop	walk	you	head	vehicles	predictable	eye

1. Listen to what is happening all around _____.
2. Watch for turning _____.
3. Wait for vehicles to _____ before crossing a roadway.
4. Make _____ contact with drivers that have stopped.
5. _____, don't run across streets.
6. Keep your phone down and your _____ up.
7. When you stop at the curb before crossing, you are walking in a _____ manner.

Places to Use Extra CAUTION

Unscramble the following words to learn the places you need to use extra caution around vehicles.

- kgpirna tlo _____
- ldiskwae _____
- sbuy yrwdowaa _____
- wrevdayi _____
- dghtiel nnstiecertio _____
- scakwoslr _____

Ask parents, caregivers, and teachers to tell you what skills they use in these areas to practice pedestrian safety.

Because you will be traveling a great distance, it will be important to ...

WALK WISE

Benefits of Walking With a GROUP

Draw a line to connect the beginning and the end of each sentence.

- A group of children is more easily seen ▪ someone is missing or unsafe.
- Children watch out for each other and notice if ▪ responsible behaviors.
- Children pick up different skills from one another and learn ▪ by drivers than a child walking alone.
- Always stay with the group and do not ▪ adjust to driving more cautiously.
- When drivers see a group they ▪ run ahead or fall behind.



If you were to go on a walk, who are some people you could walk with?

Beyond Left - Right - Left

When preparing to cross a roadway, it is important to stop and look **Left**, then **Right**, then Left again. (cars from the left are closer to you)

Beyond that, you also want to look **Behind** and in **Front** of you for turning vehicles.

Wait for vehicles to stop and make **eye contact** with the driver before walking in front of their vehicle. You want to make sure they see you.

Do the same as you walk past a **driveway**.

Look for vehicles **turning** into driveways or pulling out of driveways.

If you see white lights shining on the back of a vehicle, it means the vehicle is backing up or waiting to back up.

Again, **stop** and make eye contact with the driver before walking in front of their vehicle.

Find the bolded words from above in the word search below.

E	D	R	H	U	H	P	R	D	A
K	R	I	M	G	O	E	N	A	L
M	I	G	S	T	H	I	N	P	Y
L	V	H	S	D	H	K	D	U	C
F	E	T	G	E	F	G	D	O	J
T	W	F	B	R	F	R	O	N	T
I	A	L	T	J	Z	C	N	A	L
A	Y	Q	T	U	R	N	I	N	G
W	A	F	R	A	T	M	S	P	S
E	Y	E	C	O	N	T	A	C	T

Because you will be traveling a great distance, it will be important to ...

WALK WISE

Can Drivers See You?

True or False - Write **T** for True or **F** for false

- ___ When walking during the day, it does not matter what you wear. Drivers will always see you.
- ___ Drivers see fluorescent colors faster and from further away than standard colors.
- ___ During the daytime, wearing a fluorescent jacket, backpack, or clothing will help drivers see you.
- ___ Dark conditions are during sunrise, sunset, cloudy days and nighttime.
- ___ When walking at night it doesn't matter what you wear, drivers will always see you.
- ___ The darker it is outside, the harder it is for drivers to see you.
- ___ To help drivers see you at night, wear reflective gear.
- ___ Wearing reflective gear on your ankles, knees, and wrists draws more attention because of the movement.

What to Know at LIGHTED INTERSECTIONS



- Take this paper home.
- Review this sign with an adult.
- Learn what to DO and WATCH FOR at a lighted intersection.
- Ask an adult to take you to a lighted intersection. Together practice how to cross.
- Always watch and wait for vehicles to stop before you walk.
- Always look behind you and ahead of you for turning vehicles.
- Continue to watch for moving vehicles as you cross the street.

Running a Successful Program

Some important decisions to make before your program begins.

1. School staff are responsible to record miles walked. Who are the key people that will run your program?
2. When will students walk? Some great times include during lunch time, recess, or before school. During PE class run by the PE teacher is another option.
3. How often will you allow students to walk? Once a week or more frequently?

How you run your program is up to you. The goal is to get students walking and learning important safety skills along the way. Students will easily be able to reach the 40 mile goal by walking 5 miles each month of school.



Miles can tracked using EZ Scan or Paper Spreadsheets

EZ Scan uses an app on phones or I-pads to track student miles. If your school used EZ Scan last year, login into your account and set up your program for this year. If you are new to EZ Scan, you should have received an email from Fitness Finders over the summer with information on how to set up your account.

For paper tracking you may use page 8 of this guidebook. You may also choose to create a spreadsheet of your own.

Get the students excited.

Have a name for your walking program. Some options: 'Walking Wednesday', 'Fast Walk Friday', 'The Mindful Mile' or whatever fun name you can come up with.

Introduce the program to students using pages 2 and 3 of the guidebook.

Throughout the year use the activity pages to help students learn pedestrian safety skills. You may have students work on the pages in the classroom, or send them home for families to work on together.