

# Walking Group Captain Information

## *Here is what you will need to do:*

- Be the point person for communications with Project EAT staff.
- Recruit parents, students, friends, neighbors, family, and community members to sign up to participate in your walking group to participate in a *Let's Walk!* activity.
- Determine the route (place, time, duration) that your group will walk. You can request input from others in your group and decide as a team.
- Pass on information to all participants to make sure that everyone is informed and has details for the event.
- Submit the Captain Pledge form with the walk and route information to Project EAT. We will post it on our walking map for others to find your group.
- On the day of the walk, greet participants and lead the walk.

Questions? Contact Debbie Jelincic, [debbiej@aco.org](mailto:debbiej@aco.org)

Project EAT ~ 313 W. Winton Avenue, Hayward, CA 94544 ~ 510-670-4156



Partially funded by USDA SNAP,  
known in California as CalFresh.  
California Department of Public Health

# Let's Walk!

## Captain Pledge

Please complete the information below to register your community group in a neighborhood walk to practice healthy living with friends and family.

Walks can be any length or level of difficulty. You determine the location, time, and route for your community walk!

**Yes, I want to organize a walking group  
in my community!**

**Name:** \_\_\_\_\_ **Organization:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

Start location/Address: \_\_\_\_\_ Start time: \_\_\_\_\_

Ending location: \_\_\_\_\_ End time: \_\_\_\_\_

Estimated number of participants: \_\_\_\_\_

**Route Description** *(Include distance, level of difficulty, other helpful information for participants)*

---

---

Please return completed form to Project EAT  
Fax 510-670-3156 or email [debbiej@acoe.org](mailto:debbiej@acoe.org)  
313 W. Winton Avenue, Hayward, CA 94544



PROJECT  
**EAT**  
EDUCATE. ACT. THRIVE

[www.projectEAT.com](http://www.projectEAT.com)

Partially funded by USDA SNAP,  
known in California as CalFresh.  
California Department of Public Health