



Healthy Eating and Active Living
www.getmovingkern.org

Mercy Hospitals of Bakersfield



Get Moving Kern's Virtual *Walk Across America* Bakersfield, California to Bangor, Maine Sponsored by Mercy Hospitals of Bakersfield

Team Captain Information

Getting Started:

- ❖ Recruit for your team.
- ❖ Register your team and each individual member of your team.
- ❖ Send all registration information to Kristin Weirather.
Email: kweirather@sbcglobal.net
Fax: 661-861-8064
Snail Mail: 12720 Woodson Bridge Dr.
Bakersfield, CA 93311
- ❖ Use the walking log to track your miles and total all miles from team members' walking log.
- ❖ Send in your team's walking log by the following Tuesday of each week to Kristin Weirather at the above information.
- ❖ Communicate any correspondence you receive from Get Moving Kern with your teammates.
- ❖ Keep your team motivated.

MOST IMPORTANTLY...

- ❖ You are awesome for taking on this responsibility!