

WALK ACROSS ALABAMA

August 1 - October 31, 2026 - 320 miles



EXTENSION WELLNESS INITIATIVE

A statewide challenge through Alabama Extension Counties

Challenge at a glance

- 320 total miles
- 3.5 miles per day
- 24-25 miles per week

Daily Goal options

- 7 days/week 3.5 mi
- 6 days/week 4.1 mi
- 5 days/week 4.9 mi

Monthly mileage goals

Month	Days	Goal	Daily pace
August	31	108	3.5 mi/day
September	30	104	3.5 mi/day
October	31	108	3.5 mi/day

Weekly challenge tracker

Week	Dates	Goal	Cumulative
Week 1	Aug 1-7	24 mi	24 mi
Week 2	Aug 8-14	24 mi	48 mi
Week 3	Aug 15-21	25 mi	73 mi
Week 4	Aug 22-28	24 mi	97 mi
Week 5	Aug 29-Sep 4	24 mi	121 mi
Week 6	Sep 5-11	25 mi	146 mi
Week 7	Sep 12-18	24 mi	170 mi
Week 8	Sep 19-25	24 mi	194 mi
Week 9	Sep 26-Oct 2	25 mi	219 mi
Week 10	Oct 3-9	24 mi	243 mi
Week 11	Oct 10-16	24 mi	267 mi
Week 12	Oct 17-23	25 mi	292 mi
Week 13	Oct 24-30	24 mi	316 mi

Final day Oct 31 • Walk the last 4 miles to reach the 320-mile finish line.

Walking Like a CHAMPION

Checkpoint counties

- Madison**
Huntsville / AAMU
- Morgan**
Decatur
- Calhoun**
Anniston
- Jefferson**
Birmingham
- Montgomery**
Montgomery
- Houston**
Dothan
- Mobile**
Mobile
- Finish**
Florida line



Scan QR Code



Registration & Swag Bag

Register in person at one of the listed checkpoints and receive a swag bag



Questions or Need Further Assistance?

Contact Shavita Wood-Warren
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