

# WAT Wrap Up

April 16, 2015

Greetings Teams and Solo Walkers!

Thank you! Thank you! Thank you for committing to improving your health. Hopefully you were able to tune into KBTX BVTM on yesterday. If not, hear the tops three teams, MVP, and Most Creative Team Name by tuning in here: <http://www.kbtx.com/bvtm> . Go to the April 15 shows and click on the Brazos County Walk Across Texas Winners video. We are certainly proud of all of the 110 teams and 28 solo walkers. Placings were based on totals at the time the deadline.

## Certificates

If you or your team members completed the program, be sure to complete the Wrap Up information. Once it is entered, a Certificate of Achievement is generated and can be printed to commemorate this year's feat.

# Prize Patrol Alert...

The Walk Across Texas prize patrol will swing into action delivering prizes over the next couple of days. Members of the Taskforce Prize Patrol will deliver prizes and balloons to those recognized. I honestly wish we could visit every single one of you to say how proud we are that you participated. Since we cannot, I'm saying it now...I am super proud that you participated!

## Join the Taskforce...

If you would like to join the Brazos County Walk Across Texas Taskforce, please contact our co-chairs: Fawn Preuss-St. Joseph Healthy Communities at [FPreuss@st-joseph.org](mailto:FPreuss@st-joseph.org) or Jessica Paul- Brazos County Health Department at [jpaul@brazoscountytexas.gov](mailto:jpaul@brazoscountytexas.gov). We as a taskforce are very committed to getting people moving. If the taskforce is not your cup of tea, please share ideas on what you would like to see added to Brazos County Walk Across Texas.

## Guess What?

We still have t-shirts. Sara Mendez is the contact person. Feel free to email her at [smendez@brazoscountytexas.gov](mailto:smendez@brazoscountytexas.gov).

# Congrats to Top 10 Teams!

## Miles Walked

Weapons of Mass Reduction	4259.58
Team I	3685.34
Law and Order Special Fitness Unit	3519.54
Walkin And Rollin	3258.19
CATs (COGers Across Texas)	3176.89
Feet dont fail me now	3161.69
Iron RoughTechs	3060.89
Horsin Around	3034.51
Brute Squad	2853.76
IODP Mud Monkeys	2822.83

## Pounds Lost

Kinetic Energy (KE)	88.20
ALL CAPS	53.40
Walking Wallendas	35.00
Henry's Walkers	31.00
Weapons of Mass Reduction	30.00
Extreme Hazard Survivors	26.00

JUSTABLES N SYNC 3 23.00  
Law and Order Special Fitness Unit 22.00  
7 Old Guys and a Princess 21.00  
Simpliwalk 18.50  
Beutel Beauties 18.00  
Team 3 18.00  
Red Hot Chili Stepperz 17.00  
Team I 16.50  
Walk Force 1 16.00  
Walkie Talkie 14.50  
Walk it Out 13.40  
FIB 11.00

Eighteen teams have joined the ranks of 10 or more pounds that are missing because of action.

## **Top 10 Solo Walkers**

Frank 314.50  
Dyan 254.43  
Kimberly 228.00  
Melanie 227.39  
Brenda 226.00  
Helen 192.00  
Oscar 157.40  
Richard 154.93  
Marian 143.50  
Flora 137.00

**Way to go solo walkers! Your total miles were 2,654.**



## **Walk Across Texas Milestone**

Sixty-nine teams exceeded 79 miles the distance across Texas in week seven. The top 31 teams have been across and back.

1	Weapons of Mass Reduction	4259.58
2	Team I	3685.34
3	Law and Order Special Fitness Unit	3519.54
4	Walkin And Rollin	3258.19
5	CATs (COGers Across Texas)	3176.89
6	Feet dont fail me now	3161.69
7	Iron RoughTechs	3060.89
8	Horsin Around	3034.51
9	Brute Squad	2853.76
10	IODP Mud Monkeys	2822.83
11	tortugas	2787.29
12	ALL CAPS	2671.46
13	Walking Dead or Alive	2420.00
14	Extreme Hazard Survivors	2238.79
15	Daleks	2166.58
16	Walk it Out	2133.49
17	JUSTABLES N SYNC 3	2120.21
18	Critical Mass Reducers	2117.73
19	Women Warriors	2063.78
20	TCALL Walkers 2015	1982.90
21	Nevilles Long Bottoms	1973.47
22	Kinetic Energy (KE)	1965.09
23	Rythhm Walkers	1944.95
24	7 Old Guys and a Princess	1913.33
25	The Hotsteppers	1871.10
26	Walk Force	1817.90
27	Texas A&M Physicians Team 1	1751.13

28	Superheros	1711.00
29	Walkie Talkie	1702.98
30	Twirky Twinkies	1681.88
31	The Moseying Muddy Misfits	1672.00
32	Project Walk It Out	1655.04
33	Simpliwalk	1649.83
34	Beutel Beauties	1635.57
35	Optimistic MileWalking Educators	1625.51
36	School of Walk	1613.76
37	Kelseys Knockout Krew	1607.41
38	Soup-A-Stars	1605.21
39	Agony of deFeet	1570.37
40	Red Hot Chili Steppers 2	1549.75
41	Walk-aholics	1549.64
42	Camino Reales	1527.00
43	Walker Texas Rangers	1524.13
44	Luke Skywalkers	1494.78
45	Moving On	1492.34
46	Walkie Talkies	1490.01
47	FIB	1463.73
48	Route 11	1453.18
49	wendys walkers	1427.78
50	Henry's Walkers	1423.22
51	The Walkie Talkies	1421.86
52	AABS Student Team	1323.27
53	All EAHRs 2015	1315.35
54	Dynacisers 2015	1294.00
55	TAMU ISEN and BMEN	1279.47
56	Walka Walka Walka	1256.13
57	Red Hot Chili Stepperz	1249.80
58	Walkers We Dont Need No Stinkin Walkers	1243.89
59	Thursday Hoofers	1185.85
60	Tigers Traveling Texas	1168.41
61	Three Families	1157.96
62	RCHI Walkers	1157.92
63	Walk Force 1	1139.36
64	Mean Machines	1118.27
65	Raising a Little Health	1065.96
66	The Voyagers	1064.16
67	The IODP Walkers	1060.95
68	Ten and Two	1053.52
69	College Station Middle School	1037.65
70	The MOB	1015.82
71	Movin and Groovin	1011.47
72	Innovating to the finish line	983.14

73	Burnout	975.00
74	Walking Wallendas	973.58
75	TAMU ResLife	926.88
76	The FX	905.07
77	Bryan Rebooters	875.70
78	LADIES AND THE TRAMP	872.71
79	The Couch Potatoes	838.20

## Looking for a great recipe?

If you need a great idea for dinner tonight, go to <http://healthyliving.tamu.edu> to see a quick video demonstration and to download the recipe.

-OR-

To begin receiving quick, easy and healthy recipe

inspiration, register at <http://agrillife.org/dinnertonight/>

## 2015 Walk Across Texas Taskforce Members:

Co-Chairs:

Fawn Preuss- St. Joseph Healthy Communities  
Jessica Paul- Brazos County Health Department

Treasurer:

Howard Hart-City of Bryan  
FCS Extension Agent:

Flora Williams

Members:

Kirstin Brekken-Shea-TAMU Department of Health & Kinesiology  
Sheri Meyer-TAMU System  
Sarah Tobola-TAMU  
Alice Kirk-Texas A&M AgriLife Extension Service

Michael Lopez-Texas AgriLife Extension Service  
JJ Macias-TAMU  
Pat Pierson—Texas A&M AgriLife Master Wellness Volunteer  
Sara Mendez- Brazos County Health Department  
Lesley Ward- City of Bryan  
Lisa Villalobos—TAMU System  
Artheria Brown—Texas A&M AgriLife Extension Service Intern

Happy trails,  
Flora Williams

Family and Consumer Sciences  
County Extension Agent  
Brazos County



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