



Walk[®] Across Texas!

WEEK 2

February 20, 2015

Greetings Teams and Solo Walkers!

I hope that you and your teams are motivated and moving. Way to go on getting teams and solo walkers registered. Wow! 1,020 registered.

HERE'S AN UPDATE ON TEAM NAMES:

- Weapons of Mass Reduction
- Iron RoughTechs
- Team I
- Feet dont fail me now
- Law and Order Special Fitness Unit
- Walk Force
- Brute Squad
- IODP Mud Monkeys
- ALL CAPS
- Walkin And Rollin
- Walk it Out
- Women Warriors
- Extreme Hazard Survivors
- Critical Mass Reducers
- TCALL Walkers 2015
- Walkie Talkie
- Running Crew
- Walking Dead or Alive
- Luke Skywalker
- Nevilles Long Bottoms
- Simpliwalk
- 7 Old Guys and a Princess
- Soup-A-Stars
- Agony of deFeet
- FIB
- Rythm Walkers
- Beutel Beauties
- CATs (COGers Across Texas)
- Project Walk It Out
- Dynacisers 2015
- Raising a Little Health
- Walkie Talkies
- Walka Walka Walka
- Red Hot Chili Stepperz
- The Voyagers
- Red Hot Chili Steppers 2
- tortugas
- Three Families
- Route 11
- The BeFits
- Walk Force 1

- Walkers We Dont Need No Stinkin Walkers
- Henry's Walkers
- Bryan Rebooters
- The MOB
- The Couch Potatoes
- Kelseys Knockout Krew
- All EAHRs 2015
- TAMU ResLife
- The Flatliners
- TAMU ISEN and BMEN
- Moving On
- Walk-aholics
- College Station Middle School
- Innovating to the finish line
- LADIES AND THE TRAMP
- The FX
- Weight Watchers Walkers
- The IODP Walkers
- Fitness Freaks
- Walking Wallendas
- Diva Warriors
- Slim It To Win It
- Will Walk for Food
- Daleks
- Winning Losers
- Kinetic Energy (KE)
- WhollyWALKAmolies
- Now walk it out
- Bod Squad
- Mean Machines
- Night Crawlers
- Burnout
- Berkeley Rabble Rousers
- Walking in the Spirit
- SAVE OUR SOLES
- AGLS Deans Team
- WHO RUN THE WORLD
- CATs (COGers Across Texas) (2015-02-07)
- Horsin Around
- wavemakers
- AABS Student Team
- Movin and Groovin
- The Moseying Muddy Misfits
- Walker Texas Rangers
- RCHI Walkers
- The Walkie Talkies
- Lost in Pace
- SiStars
- Optimistic MileWalking Educators
- Weight Walkers
- NeverTooLate
- RCHI Walkers II
- Thursday Hoofers
- The Hotsteppers
- Stride Academy
- Texas A&M Physicians Team 1
- Darling Divas (2015-02-07)
- Ten and Two
- Smurglepuffs
- JUSTABLES N SYNC 3
- School of Walk
- Electrifying Competitive Enthusiasts
- Movers and Shakers
- Superheros
- Seeing Miles and Miles of Texas

WHO WILL BE VOTED MOST CREATIVE TEAM NAME?

Find out on April 15 on KBTX!

PROGRESS REPORT

It's great to see teams logging miles. As of right now there are two teams over 500 miles, three teams 400 to 499 miles, six teams 300 to 399 miles, 14 teams 200 to 299 miles, 30 teams 100 to 199 miles, 15 teams 3 to 99 miles, and quite a few who have not logged in your miles. (Clears throat) If you have not started entering team miles yet, aim to have miles entered by Tuesday of each week.

CONGRATS TO THE WEEK TWO TOP TEAMS!

- Weapons of Mass Reduction
- Iron RoughTechs
- Team I/Texas A&M Engineering Extension Service
- Feet dont fail me now/AgriLife Extension Employee Wellness
- Law and Order Special Fitness Unit
- Walk Force/Center for Regional Services
- Brute Squad/TAMU Libraries
- IODP Mud Monkeys
- ALL CAPS/Texas A&M Engineering Extension Service Employee Wellness
- Walkin And Rollin

UPDATE ON SOLO WALKERS

Wahoo! There are 53 solo walkers on the journey across Texas. Two have walked more than 100 miles, twelve have walked 5 to 50 miles, and 38 have not started entering miles yet. (Clears throat). We want to hear how you are doing so report weekly.

TEN 10 SOLO WALKERS

Barbara
Frank
Oscar
Lou Ellen

Jessica
Brad
Helen
Brenda

cliff
Flora (Tied)

Rick (Tied)

SUPPORT TICKETS

If you are having problems with the Walk Across Texas! website please submit Support Ticket.

WEEKLY WALKING GROUPS

If you did not attend the Walking Group at Post Oak Mall on February 14, come on out and join us on February 28 at 8:00 a.m. at Post Oak Mall in front of the JCPenney entrance. We warm up, walk, and warm down. Bring your team spirit with you. Shout out to JJ Macias to leading the group!

HEALTH HULLABALOO

Come see us this Saturday at the 4th Annual Community Health Hullabaloo. The Walk Across Texas! Taskforce will have a booth: Saturday February 21 from 10:00-3:00 at the Texas A&M Health Science Center, 8447 Highway 47, Bryan, Texas. In fact, bring the whole family. There's something for everyone at the event. If you feel the urge to walk or run a 5K show up at 7:30 a.m. or register online. For complete details on the event visit <http://medinterestgroups.tamu.edu/node/2>. Don't forget to stop by the WAT booth and see what we have.

MOBILE LOG IN OPTION

Use the mobile website at walkacrosstexas.tamu.edu/mobile to report your mileage.

MILEAGE EQUIVALENTS CALCULATOR

If you are not sure how much mileage an activity such as house cleaning, carpentry, or gardening equals, use the mileage equivalents calculator at http://walkacrosstexas.tamu.edu/anewat/myaccount/team/my_wat_team/wat_mileage_equivalents.php.

T-SHIRTS

T-shirts are still available at the Brazos County Health Department. Sara Mendez is the contact person for t-shirts. Email her at smendez@brazoscountytexas.gov to make arrangements go get yours.

GOT OUTSTANDING TEAM MEMBERS?

Do you have outstanding team members? We want to hear about them. Let us know and we'll send a shout out to them on the Walk Across Texas-Brazos Valley Facebook page. Speaking of that...encourage your team members to like the page <https://www.facebook.com/walk.across.texas.bv> We are at 122 likes. Let's see if we can exceed 200 by Week 3. Visit the <http://brazoswat.com/home/>

LOOKING FOR A GREAT RECIPE?

If you are looking for a great recipe, check out our demonstration for:

Very Vegetable Curry



We hope you enjoy this week's recipe.

Go to <http://healthyliving.tamu.edu> to see a quick video demonstration and to download the recipe.

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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