



# Walk<sup>®</sup> Across Texas!

## WEEK 2

February 10, 2014

Greetings Team Captains 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! 1,050 registered. Make sure all team members are registered by February 14. If you are having trouble with the website or logging your miles, do not hesitate to contact the help desk.

Here's an update on team names:

	451 STOMPERS	A Mays Zing Race
Aggie Divas	Agony of De Feet	ALL EAHRs 2014
Antonias Angels	APD Detectives	Aviators
Baby Got Track	Barber Babes	Bean Counters
Bean Counters	Beat the Dryer	Benchley Bloomers
Best Little Warehouse Walkers	Bits & Pieces	Booking It
Briggs 4 your heart	Bryan Rebooters	Calorie Crushers
Cast a weighs	Catherines Cronies	CATs (COGers Across Texas)
CC Sweet Soles	Christopher Walkin Phoenix	Cornhustlers
Crazy 8	Cruisin for losin	Curves High Hopes
Curves Higher Hopes	Curves Highest Hopes	Curves Hopes
Darling Divas	Dazzling Determined Dashers	Dont Give A Krappa
Dynacisers 2014	Eat Right Tall Pines	Financially Fit
FOGG Fat Old Guys and	Foxwood Two	FUMCSM


a Girl		
Get Fit For Life	Get Walking	HOLY WALKAMOLIES
Head Start Ups	Healthy Hearts Across Texas	Hearne Hellions
Hearne Stepkids	Heart Breakers II	Holey Walkamolies
Holy Heelers	Holy Walkamolies	Horsin Around
Hot Mess Express	Huffin and Puffin	In it to thin it
IODP Hard Core Walkers	IODP Walker Bees	Island Gems
IT TREKKERS PLUS ONE	ITSI Victorious Secret	junk in the trunks
K Unit Team A	KDJM	Keep Walkin'
Kelseys Kickin Krew	Kickn Some Asphalt	Killing ourselves and Eating light (KE
Kitty shuffle	Kreepy Krawlers	L2L
Las Tortugas	Legs Do This	Lets Do This
Lon and Lori	Meadows Elementary Mustangs 3	MEI Solo Group
MEI Solo Team	MEI Spouse Team	Milam
Mixed Nuts	Mud Monkeys	Mustang Power Rangers
MWV Divas	MWV Strutters	OLLIn the Family
Pace Makers	Paces of Eight	Paper Pushers III
Phenomenal Phew	Positive Force Walkers	Quad Squad
Rambling Roadrunners	Red Hot Chillin Steppers	ResLifers
Rhythm Walkers	Rip Tide Walkers	Rounders
Rounders 2	Scott and Andrea	Sharknados
Sole Friends	Sole Mates	Sole Mates 2
Sole Sistas	Sole Sisters	Sole Sisters and Misters
Sole Trainers	Speed	Star Fruit ACE BCC
Street Walkers	Stunning Divas	Surgical Sweets
Tax Office Trotters	TCALL Walkers 2014	Team Amaya
Team Gomez	TEAM H APPY FEET	Test ETS TX 2
Test Opt 1	Texas Heat	The Brute Squad
The Christopher Walkins	The Coast Busters	The Cushing Catchwords
The Electro-Lights	The MOB	The Proclaimers
The Procrastinators	The Retrivers	THE TURBOS

<b>The Walkie Techies</b>	<b>Thunder Thighs</b>	<b>Tiger Striders</b>
<b>Too Inspired to be Tired</b>	<b>Too Inspired to be Tired 1</b>	<b>Too Inspired to be Tired 1</b>
<b>Traffic Warriors</b>	<b>Turn Up</b>	<b>UP</b>
<b>UP</b>	<b>Walk That Walk</b>	<b>Walk This Way!</b>
<b>Walk Your Socks Off</b>	<b>Walkaholics Anonymous</b>	<b>Walker Cross Texas Rangers</b>
<b>WAT Fishes??</b>	<b>Wellness Warriors</b>	<b>WICKED WALKERS</b>
<b>will decide later</b>	<b>Winning</b>	<b>Wocka Wocka Wocka</b>
<b>Women Warriors</b>		

It's great to see teams logging miles. As of right now there are nine teams who have topped 1,000 miles.

- 1 So Fresh So Clean
- 2 Thunder Thighs
- 3 HOLY WALKAMOLIES
- 4 Sharknados
- 5 Surgical Sweets
- 6 Walkaholics Anonymous
- 7 The Electro-Lights
- 8 Walker Cross Texas Rangers
- 9 Test ETS TX 2

If you did not attend the Walking Group at Veterans Park on February 8, come on out February 15. Bring your team spirit with you.

Do you have an outstanding team member? 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. We are at 92 likes  92. Let's see if we can exceed 100 by Week 3.

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

Cran-Orange Swiss Chard.

It is packed with nutrients for good health and it's easy to make.  
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.

Happy trails,  
Flora Williams

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