



**Walk[®]
Across
Texas!**

WEEK 4

March 5, 2015

Greetings Teams and Solo Walkers!

It's cold outside, but the heat is on. Hopefully by now everyone has logged in the Week three totals. Wahoo! Ten teams have made it across Texas and are headed back. See for yourself at <http://walkacrosstexas.tamu.edu/tools-and-resources/view-progress.php>. How about those solo walkers! Four have walked over 100 miles.

Congrats to Top Teams!

Miles Walked

1. Weapons of Mass Reduction 1485.03
2. Iron RoughTechs 1328.88
3. Feet dont fail me now 1271.14
4. IODP Mud Monkeys 1224.30
5. Walkin And Rollin 1129.90
6. Law and Order Special Fitness Unit 1128.25

7. Brute Squad 1093.74
8. Walking Dead or Alive 955.00
9. ALL CAPS 947.72
10. tortugas 865.05

There's been some movement in top 10 rankings. All 10 teams are headed back!

Pounds Lost

1. ALL CAPS 23.00
2. JUSTABLES N SYNC 3 20.00
3. Henry's Walkers 17.20
4. Weapons of Mass Reduction 15.40 Law and Order
Special Fitness Unit 13.00
5. Walk Force 1 12.00
6. Simpliwalk 10.50
7. FIB 10.00
8. Beutel Beauties 8.00
9. Walk it Out 5.40

Seven teams in double digits in pounds loss. Way to shed those pounds!


Top 10 Solo Walkers

- 1 Frank 242.00
- 2 Richard 154.93
- 3 Barbara 127.20
- 4 Oscar 107.40

5 Dyan 99.18
6 Kimberly 98.59
7 Kimberly 95.00
8 Brenda 83.00
9 Helen 73.50
10 Brad 46.40

One person has exceeded 200 and three walkers over 100 miles.

Reminders

- Record your miles each week.
- Set a goal to log the previous week's miles by Tuesday of each week.
- If you are having issues inputting miles, submit a ticket with the help desk.
- Sara Mendez is the contact person for t-shirts. Feel free to email her at smendez@brazoscountytexas.gov.
- Like us on facebook 
<https://www.facebook.com/walk.across.texas.by> . We are at 142 likes. One more like than last week.
- Next walking group is at **Post Oak Mall on March 7 (walking), March 14 (walking), March 21 (line dancing), March 28 (Qiogong) at 8:00 a.m.** We hope to see you there! T'ai Chi was a blast!



Walk Across Texas Milestone

It's so awesome, I have to say it twice. Ten teams exceeded 833 miles the distance across Texas in week four: Weapons of Mass Reduction, Iron RoughTechs, Feet dont fail me now, IODP Mud Monkeys, Walkin And Rollin, Law and Order Special Fitness Unit, Brute Squad, Walking Dead or Alive, ALL CAPS, tortugas

Let's see how many will join them in the next week.

Kudos...

- Johanna Roman for Team Walkie Talkie says that "Hibernating is for bears, not walkers! Visit our facebook page to find out what else she said. Thank you for posting.
- To all who attended the T'ai Chi class

Looking for a great recipe?

If you need a great idea for dinner tonight, check out our demonstration of Beefy-Vegetable Stuffed Peppers

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

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