

WEEK 7

March 24, 2015

Greetings Teams and Solo Walkers!

Welcome to week seven. Ok, you can breathe a big sigh of relief. How many of you noticed? The data retrieved last week was way off. Accept my apology for the scare. With that being said, hopefully by now everyone has logged in the Week six totals. There are 111 teams registered with 51 teams going the distance across Texas and 12 teams making it across and back. Check it out:

at <http://walkacrosstexas.tamu.edu/tools-and-resources/view-progress.php>. How about those solo walkers! Eight have walked over 100 miles with one walking over 300 miles.

Come Zumba Across Texas!

When

March 28 at 8:00 a.m.

Where

Post Oak Mall in front of the JCPenney Melrose entrances

Instructor

Allison Herrington

Will you win a free Zumba session or other freebie? You will not if you do not attend.

Congrats to Top 10 Teams!

Miles Walked

1. Weapons of Mass Reduction 3205.53
2. Team I 2588.06
3. Iron RoughTechs 2521.16
4. Brute Squad 2152.62
5. Feet dont fail me now 2054.84
6. IODP Mud Monkeys 2054.19
7. Law and Order Special Fitness Unit 1945.73
8. tortugas 1933.79
9. Horsin Around 1862.22
10. Walking Dead or Alive 1798.00

If you want to see how the team placings have gone from week to week visit

<http://brazos.agrilife.org/newsletters/fcs-newsletters/>

However, feel free to ignore the Week 5 and 6 edition.

Pounds Lost

1. Kinetic Energy (KE) 58.20
2. ALL CAPS 35.20
3. Weapons of Mass Reduction 27.60
4. Henry's Walkers 25.20
5. JUSTABLES N SYNC 3 20.00
6. Law and Order Special Fitness Unit 15.00
7. Walkie Talkie 14.50

8. Beutel Beauties 14.50
9. Simpliwalk 12.50
10. Walk Force 1 12.00
11. Team I 11.00
12. FIB 11.00
13. Walk it Out 10.40
14. Red Hot Chili Stepperz 10.00

Hey! Hey! Hey! Fourteen teams who have 10 or more pounds that are missing. I hope you never find them.


Top 10 Solo Walkers

1. Frank 314.50
2. Melanie 174.39
3. Kimberly 168.00
4. Brenda 163.00
5. Richard 154.93
6. Oscar 143.40
7. Barbara 127.20
8. Helen 118.00
9. Dyan 99.18
10. Kimberly 98.59

How about Frank! He is really boogieing. I applaud all solo walkers for staying the course without a team.

Reminders

- Record your miles each week.

- Set a goal to log the previous week's miles by Tuesday of each week. Finish strong now. You hear? April 4 will mark the end of our eight weeks. Of course, the hope is that you will continue to fit physical activity into your day.
- If you are having issues inputting miles, submit a ticket with the help desk.
- T-shirts? 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 now at 145 likes. Two more like than one week ago.
- Next walking group is at March 28 **(Zumba) at 8:00 a.m.** We hope to see you there! You may just even win a door prize. PLEASE don't miss it.



Walk Across Texas Milestone

Fifty-one teams exceeded 833 miles the distance across Texas in week six. The top 12 teams have been across and back.

1	Weapons of Mass Reduction	3205.53
2	Team I	2588.06
3	Iron RoughTechs	2521.16
4	Brute Squad	2152.62
5	Feet dont fail me now	2054.84
6	IODP Mud Monkeys	2054.19
7	Law and Order Special	1945.73

8	Fitness Unit	
8	tortugas	1933.79
9	Horsin Around	1862.22
10	Walking Dead or Alive	1798.00
11	Walkin And Rollin	1795.81
12	Critical Mass Reducers	1674.07
13	Extreme Hazard Survivors	1626.61

14	Walk Force	1543.30
15	Daleks	1541.21
16	CATs (COGers Across Texas)	1518.60
17	ALL CAPS	1499.10
18	JUSTABLES N SYNC 3	1487.68
19	Agony of deFeet	1487.47
20	Rythm Walkers	1447.44
21	Walk it Out	1444.83
22	The Moseying Muddy Misfits	1432.00
23	Nevilles Long Bottoms	1427.94
24	TCALL Walkers 2015	1415.79
25	7 Old Guys and a Princess	1408.79
26	Women Warriors	1306.14
27	Walkie Talkie	1299.12
28	Superheros	1274.00
29	The Hotsteppers	1250.10
30	Kelseys Knockout Krew	1248.99
31	Soup-A-Stars	1163.76
32	Beutel Beauties	1144.81

33	Kinetic Energy (KE)	1141.89
34	FIB	1098.45
35	Route 11	1064.88
36	Walk-aholics	1056.94
37	College Station Middle School	1037.65
38	Henry's Walkers	1031.37
39	Red Hot Chili Steppers 2	1030.69
40	Walker Texas Rangers	1003.02
41	Luke Skywalkers	996.28
42	Optimistic MileWalking Educators	988.54
43	Walkie Talkies	966.93
44	Project Walk It Out	961.38
45	Moving On	943.61
46	All EAHRs 2015	915.14
47	Red Hot Chili Stepperz	907.00
48	Three Families	898.66
49	Walk Force 1	884.36
50	Thursday Hoofers	877.70
51	The Voyagers	848.86

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

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

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

Speaking of great recipes...Kudos!

The Walkie Talkie team cooked healthy Lebanese food: grape leaves stuffed with vegetables and herbs, yogurt salad, cucumber and tomato salad with fresh mint from the garden. They also made baba ghanoush with grilled eggplant and garbanzo beans. Another day they got together to prepare vegetable soup. Thank you for sharing your team's story and photos Johanna Roman.



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

Visit our website at brazoswat.com

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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