

March 21, 2014

Greetings Team Captains and Solo Walkers!

I'd like to start off with a few reminders and updates:

- Our next final Saturday Walking Group will be held March 22 at Veterans Memorial Park Pavilion at 8:00 a.m. If your team hasn't attended a session, this could be a goal and a great finale!



**Join us for a weekly walking group led
by a member of the WAT Task Force!**

- We still have a few T-shirts. Get a souvenir of Brazos Valley Walk Across Texas 2014! They are available at the Brazos County Health Department from Sara Mendez. Her email address is SMendez@brazoscountytexas.gov.

Short-sleeve S - XL \$10.00

2X - \$12.00

3X - \$13.00



- Get to logging. Make sure that you are logging in your teams miles so that other teams don't have a false sense of security.
- The last day to log in miles for awards is April 4, 2014. This gives you whole five days after week eight has ended to get everything entered. Placings will be based on April 4.
- This year's awards will include:
 - Most Inspirational Team Member (email nominations with an explanation of why and how this person was an inspiration to fewilliams@ag.tamu.edu .
 - Most Creative Team Name
 - Most Miles Walked (Top 3 Teams)
 - Most Miles Walked (Top 3 Individuals)

- Awards will be announced on KBTX Brazos Valley This Morning show on April 16. Tune in at 6:00 a.m.
- If you haven't liked us on facebook. It's not too late!
- As of today, here are our top ten placings.

Rank	Team Name	Total Team Miles
1	Turn Up	4907.41
2	Holey Walkamolies	4122.15
3	Mud Monkeys	3984.80
4	Quad Squad	2922.89
5	Agony of De Feet	2694.22
6	CATs (COGers Across Texas)	2613.73
7	Catherines Cronies	2390.90
8	Kickn Some Asphalt	2202.59
9	Bits & Pieces	2142.57
10	Las Tortugas	2025.94

- Collectively we have logged in 92,185.78 miles.
- Here are a few walking quotes from <http://www.squidoo.com/walking-quotes>
 - "Your body is built for walking. "

~ **Gary Yanker**

- "Walking: the most ancient exercise and still the best modern exercise."

~ **Carrie Latet**

- "In every walk with nature one receives far more than he seeks."

~ **John Muir**

If you want a great recipe Parsley Crusted Fish is the featured Dinner Tonight video for the week. Just log on to <http://healthyliving.tamu.edu>

Happy Trails,
Flora Williams

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