

WEEK 8

April 1, 2015

Greetings Teams and Solo Walkers!

Welcome to week eight. Oh, what a journey it has been. April 4, 2015 marks the end of this year's Brazos County Walk Across Texas sponsored by the Brazos County Walk Across Texas Taskforce. Please do not let it be the end of your healthy habit. The magic date to have all mileage reported is **April 11**. Placings for top teams will be based on that date.

See where your team

stands: <http://walkacrosstexas.tamu.edu/tools-and-resources/view-progress.php>.

And the winner is...

Tune on to KBTX Brazos Valley This Morning Show on April 15, 2015 for the announcement of the top three teams, most valuable player, and most creative team name. Again, that is...

When

April 15, 2015

Where

KBTX BVTM Show; during the 6:00 a.m. hour

Announcers

Flora Williams and Howard Hart



Members of the Taskforce Prize Patrol will deliver prizes and balloons to those recognized.

Nomination Time...

Email nominations for Most Valuable Player on your team can be sent with an explanation of how and why this team member has been an inspiration to you. Mail to fewilliams@ag.tamu.edu by April 13.

Congrats to Top 10 Teams!

Miles Walked

Weapons of Mass Reduction 3715.21
Team I 3159.70
Law and Order Special Fitness Unit 3083.69
Iron RoughTechs 2870.89
Feet dont fail me now 2828.46
Walkin And Rollin 2600.28
IODP Mud Monkeys 2472.16

Brute Squad 2448.12
tortugas 2402.64
ALL CAPS 2293.26

Pounds Lost

Kinetic Energy (KE) 58.20
ALL CAPS 44.60
Henry's Walkers 31.00
Weapons of Mass Reduction 29.40
JUSTABLES N SYNC 3 26.50
Law and Order Special Fitness Unit 22.00
Extreme Hazard Survivors 22.00
7 Old Guys and a Princess 21.00
Red Hot Chili Stepperz 17.00
Beutel Beauties 16.50
1Simpliwalk 16.50
1Walkie Talkie 14.50
1Walk Force 1 12.00
1Team I 11.00
FIB 11.00
Walk it Out 10.40
Sixteen teams have joined the ranks of 10 or more pounds
that are missing because of action.


Top 10 Solo Walkers

1. Frank 314.50
2. Kimberly 228.00
3. Brenda 226.00

4. Melanie 174.39
5. Oscar 157.40
6. Richard 154.93
7. Dyan 147.33
8. Helen 142.00
9. Barbara 127.20
10. Flora 123.00

Way to go solo walkers!

Reminders

- Record your miles by April 11.
- April 4 will mark the end of our eight weeks.
- 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 still at 145 likes.



Walk Across Texas Milestone

Sixty-nine teams exceeded 833 miles the distance across Texas in week seven. The top 23 teams have been across and back.

1	Weapons of Mass Reduction	3715.21
2	Team I	3159.70
3	Law and Order Special Fitness Unit	3083.69
4	Iron RoughTechs	2870.89
5	Feet dont fail me now	2828.46
6	Walkin And Rollin	2600.28
7	IODP Mud Monkeys	2472.16
8	Brute Squad	2448.12
9	tortugas	2402.64
10	ALL CAPS	2293.26
11	Horsin Around	2087.11
12	Walking Dead or Alive	2004.00
13	CATs (COGers Across Texas)	1963.89
14	Critical Mass Reducers	1909.04
15	Daleks	1885.57
16	Extreme Hazard Survivors	1871.22
17	JUSTABLES N SYNC 3	1831.84
18	Walk Force	1817.90
19	Women Warriors	1807.13
20	TCALL Walkers 2015	1782.71
21	Rythhm Walkers	1721.71
22	Kinetic Energy (KE)	1704.72
23	The Moseying Muddy Misfits	1672.00
24	School of Walk	1613.76
25	Walk it Out	1576.42
26	Superheros	1576.00
27	Agony of deFeet	1570.37
28	Walkie Talkie	1511.91
29	7 Old Guys and a Princess	1507.29
30	Twerky Twinkies	1500.75
31	The Hotsteppers	1429.65
32	Nevilles Long Bottoms	1427.94
33	Kelseys Knockout Krew	1396.51
34	Beutel Beauties	1390.61
35	Simpliwalk	1367.24

36	Soup-A-Stars	1365.91
37	Red Hot Chili Steppers 2	1314.59
38	Luke Skywalker	1311.78
39	Walker Texas Rangers	1296.31
40	FIB	1275.09
41	Project Walk It Out	1263.83
42	Route 11	1257.43
43	Optimistic MileWalking Educators	1256.34
44	Walk-aholics	1246.49
45	TAMU ISEN and BMEN	1231.47
46	wendys walkers	1231.27
47	Henry's Walkers	1210.32
48	Moving On	1176.83
49	Camino Reales	1176.00
50	Walkie Talkies	1120.70
51	All EAHRs 2015	1120.06
52	The Walkie Talkies	1101.86
53	Red Hot Chili Stepperz	1093.80
54	AABS Student Team	1064.18
55	Walkers We Dont Need No Stinkin Walkers	1046.01
56	The IODP Walkers	1040.95
57	Thursday Hoofers	1039.75
58	Dynacisers 2015	1038.00
59	College Station Middle School	1037.65
60	Walk Force 1	1031.81
61	Movin and Groovin	1011.47
62	The Voyagers	972.84
63	Tigers Traveling Texas	970.16
64	Raising a Little Health	939.01
65	Three Families	898.66
66	LADIES AND THE TRAMP	872.71
67	Walking Wallendas	869.39
68	TAMU ResLife	858.88
69	The MOB	857.62

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

Some WAT 2015 Highlights



Zumba



T'ai Chi



T'ai Chi



Health Hullabaloo

Photos courtesy of Pat Pierson

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

inspiration, register at <http://agrilife.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

Visit our website at brazoswat.com

Happy trails,
Flora Williams

Family and Consumer Sciences
County Extension Agent
Brazos County



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