

5/12/21

This message is being sent bcc to all participants in the 2021 Montgomery County Walk Across Texas Community Challenge with valid emails in the WAT database. This is not an automated mailing list. Email addresses will not be shared.

W – Wow! We have **52 teams** and **364 adult participants** with a total **collective mileage of 37961.69** and the kids on **Team Ocean** are still making waves with a total **583.83 miles!**

Attached are 2 lists: one sorted by date and one by total number of miles. **So many teams are tearing up the track!** Way to go, Montgomery County!

A – Action! The winners for the week were selected from teams who had made it at least halfway across Texas. Congratulations to **Betsy McKernan** and her team, **PaceMakers**. Your team has a \$50 gift card waiting to use for a team party! Hopefully, this works out well since Betsy's team is a part of a neighborhood league.

Next week we'll go back to an **individual winner** and will randomly select from individuals who have made **gradual improvements** from the start (basically, consistently increasing the number of miles entered each week since your team started).

L – Learn! I really need some help with **How to Be More Active During the Work Day**, because really, who are we kidding? ... sometimes by the end of the workday there's little time or energy left for getting active. What if you could work out while you work? Maybe you can...check out these tips from the American Heart Association: <https://bit.ly/3x02rHp>

K - Keep Up! This week, and last, our weekly winners were teams. Although they can do whatever they want with their gift card, we were thinking they might want to have a **team party**. Celebrating together is an awesome way to **stay motivated**. Other than last year, we have traditionally had a "prize patrol" at the end of the community challenge to celebrate and we are happy to say we'll do it again this year! We bring balloons and the iconic "I Walked Across Texas" banner, take pictures, give out a few prizes and celebrate with teams who would like us to come out. As your team is finishing up the challenge, make a plan for getting your team together and let us know when and where to join you!

The 2021 MC-WAT-CC **commemorative stickers** have been going out to team captains, so you should be getting yours soon. **Angel** stopped by yesterday to pick up the stickers for her team and she mentioned incorporating them into a team celebration. She also mentioned that life has been pretty stressful for her lately, but **she has found that participating in Walk Across Texas has been a great stress reliever!**

Speaking of stress relief, we think these team names inspire giving up a little stress: **Simply the Best, Smokey and the Bandits, WalkieTalkies, Bunco Babes** and the **Jackson Fam**. We also have teams that are good for the soul...or sole... including **Sole Sisters, Sole Mates**, and **We've Got Sole**.

We'll check in again next week! In the meantime, keep up the good work!

Best,

Amy