

5/24/21

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! Our current total mileage for adult teams is **44,768!** Team Ocean (youth) has **584 miles** on their own! That makes a combined total of **45,352**. Below is a list of top 5 teams and top 20 individuals. Attached are PDFs with all the current team totals; sorted by date and sorted by overall total.

A- Action! We drew 3 names from a list of people who have made steady progress in the mileage each week since starting. Congratulations to **Gabrielle Lazo** of **Team Trailblazers**, **Melinda Adams** of **Team Conroe Dashers** and **Vasni Woodley** of **Team Rice n Noodles**. You have your choice of a \$10 gift card from HEB, Kroger, Amazon, OR Mama Juanita's in Conroe.

Next week, we'll do another super easy task for the prize drawing. **Send me an email and tell me about your Walk Across Texas experience this year.** It can be something great that has happened, bragging on a teammate, a suggestion for improvement, or even a story about your team's name. Send it by Wednesday, May 26th to be included in the drawing!

Also, thinking ahead... **as your team finishes your 8 weeks, a wrap-up survey will become available in your Howdy Health account.** It only stays open for about 10 days for you to complete the survey. Once all the teams complete their 8 weeks, we'll do a drawing for a "bigger" prize from all who have completed the survey.

L- Learn! These rainy days have me thinking about ways to do more physical activity inside. Check out these **Six Exercises You Can Do in Your Office** from MedlinePlus. Moving throughout the workday can lessen chronic back pain. Consider these stretches for sitting, floor, and wall. <https://bit.ly/3xiAhYI>

K – Keep Up! Most team captains have received the **commemorative WAT stickers** and are working on distributing them to their team members. If you haven't received yours, let us know. By the way, a big **THANK YOU** goes out to all the team captains for volunteering to do the extra work of leading the teams. Be sure to tell them you appreciate them!

Team themes with name games: Here's some team names that seem to have a family connection or specific name association: **Team WOW Watson; Charlie and Annie's Gang, Jackson Fam, and Amy's Association of Awesomeness.**

"See" you again next week! Don't forget to log in those miles and look for the wrap up survey at the end of your 8 weeks!

Best,

Amy

The current top 5 teams (Team name, start date, total miles) are:

TEXAS TAMALES	4/5/2021	2316.41
Red Hot Chili Steppers	4/3/2021	1942.89
Texas Steppin'	4/1/2021	1879.33
Conroe Curves Walkers	4/1/2021	1524.21
Simply The Best	4/1/2021	1506.08

5/24/21

Current top 20 individuals (Start dates, individual name, team name, total miles)

4/1/2021	Santa Stone	Texas Steppin'	553.2
4/5/2021	Mariana Maher	TEXAS TAMALES	544.07
4/1/2021	Mitch Vest	50 Shades of Hay	496.59
3/29/2021	Mike Butchello	Chasing The Ice Cream Truck	431.48
4/5/2021	Erica Alston	TEXAS TAMALES	409.3
4/1/2021	Lori Goodall	Conroe Curves Walkers	395.58
4/3/2021	Devery Johnson	Red Hot Chili Steppers	382.53
4/1/2021	Natalia Martakova	Holy Walkamolies!	366.45
4/1/2021	Sarah Edman	Coushatti Trace DAR Team 1	355.11
4/1/2021	Barbara Ward	Inspired Striders	346.43
4/1/2021	Tracie Kowis	Dewey or Die	340.93
4/3/2021	Brandy Pocevic	Red Hot Chili Steppers	335
4/3/2021	Sylvia Huerta	Red Hot Chili Steppers	322
4/1/2021	Jesse Marin	Simply The Best	316.09
4/1/2021	Melanie Michaelchuk	Conroe Dashers	307.27
4/5/2021	Berta Flores	TEXAS TAMALES	302.06
4/3/2021	Keri Stanley	Red Hot Chili Steppers	285.7
3/25/2021	Zach Winford	Half-Fast Walkers	282.76
4/1/2021	Terri Lackey	Texas Steppin'	277.05
4/1/2021	Judith Thornton	Conroe Curves Walkers	276.6

Amy Ressler, M. S.
County Extension Agent IV
Family and Community Health
Texas A&M AgriLife Extension Service
Montgomery County
9020 Airport Road, Conroe, Texas 77303
936.539.7825