

5/7/21

W – Wow! We have settled in with **52 active teams and 362 people** participating in the challenge this year. So far, we have a **total of 33,359 miles!** The youth team “Team Ocean” of **10 kids** is doing amazing with **543 miles**. Awesome!!

Sharing a pdf of the spreadsheet seems to be a good way to allow participants how teams are doing in the overall challenge. So, attached is this week’s **spreadsheet sorted by start date and total mileage**.

Shout out to the **TEXAS TAMALES, Red Hot Chili Steppers, Texas’ Steppin’, 50 Shades of Hay,** and **Conroe Curves Walkers** who currently have the top 5 totals over all!

A – Action! Our winner for last week’s challenge is **Kim Vest**, and the combo teams of **Inspired Striders** and **50 Shades of Hay** at *Inspiration Ranch*, who sent a pic of them taking a volleyball fun break to get some steps. We’re sending you a \$50 gift card you can use for a team party.

Next week’s mini challenge is a team prize. Any team that has made it **at least halfway across Texas** will be put in the drawing.

L – Learn! In honor of my recent bout with food poisoning that knocked me off my feet for a couple of days, this week’s learn is on “**4 Simple Steps to Keep Food Safe**” from eatright.org. Cross-contamination is how bacteria can spread. It occurs when juices from raw meats or germs from unclean objects touch cooked or ready-to-eat foods. You can greatly reduce your risk of food poisoning...because, believe me, it is not fun! Find out more here: <https://bit.ly/3uwMUgc>

K – Keep up! Be on the look out for the 2021 Montgomery County Walk Across Texas Community Challenge **commemorative window stickers**. They are being distributed though team captains as we speak. See the attached picture for a preview. Contact your team captain to make arrangements to get yours. (Team captains, if you haven’t gotten the stickers for your team, call or email us to make arrangements.)

Team themes! We are noticing some themes in fun team names this year. Last week... modes of moving... this week... fun twists on words (*not like the un-fun confusing twists of thought I’ve been feeling after an especially busy and eventual couple of weeks that put this Wednesday email on Friday!*) **We Thought They Said Rum; Straight Off the Couch; Team Discoverables; Scrambled Legs; Dewey or Die,** and **Holy Walkamolies!**

Hope you all have a great weekend! Call your Momma if you can and maybe even walk while you talk to her. If you can’t call her, walk a few extra steps in her honor!

Best,

Amy