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Wise Notes for Consumers

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“Walk Across Texas” Team Update

Twenty-three teams are participating in Wise County Extension’s “Walk Across Texas”. It is an eight week, fun and fitness program for teams of up to eight people. The teams have a friendly competition to see who can log the most miles walking, jogging, biking, spinning, treadmill, swimming, or other physical activities. The purpose of the program is to have every person who participates take home a healthy habit - walking for fitness.

Our 2018 teams have really been busy - so how are they doing after week four? As a county group we are three quarters of the way walking around the world. As of April 6, 2018 walkers have logged 17804 miles.

The top ten teams and team captains are as follows: 1. The Decatur Eighters-Wise Health System, Jordan Holzbog-1581 miles; 2. Team 360-Wise Health System, Leah Throckmorton-1553 miles; 3. Boonsville Bandits, Robert Grantham-1474 miles; 4. Greenwood Walkers, Bobbie Ashley-1252 miles; 5. Not Fast Just Furious 1, Peggy Black-1198; 6. Boonsville Slackers, Joey Highfill-1125 miles; 7. The Street Walkers, Jessica Chambers-939 miles; 8. Fit Bits and Pieces, Sylvia Elenburg-883 miles; 9. Blister Sisters, Anna Coker-871 miles; and 10. The Step Sisters, Becky Mihecoby.

The top three individuals so far are Amy Hermes-Decatur Eighters with 395 miles; Leah Throckmorton-Team 360 with 292 miles; and Jill Hughes-Team 360 with 232 miles.

To view all teams and their mileage logs go to <http://walkacrosstexas.tamu.edu> then scroll

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down to click on 'See Your Progress' and proceed through to Wise County2018 mileage.

And speaking of physical activity, there are a couple of community events coming up that I encourage everyone to take part in.

- Saturday, April 14- Run Fest benefiting the Jackie Murphree Memorial Scholarship Fund will be held at the McCarroll Middle School Track in Decatur. Runners and walkers can participate in Jackie's Run 5K or the FIT Y.O.U.T.H. 1 mile Fun Run. For more information go to www.Decatur5K.com.
- Saturday, April 28- Run for the Clovers COLOR RUN 5K and Family Fun Run hosted by Wise County 4-H. The event will be held at McCarroll Middle School. Participants should register by April 16 to receive a t-shirt at [Eventbrite](https://www.eventbrite.com) or contact the Extension office, (940) 627-3341 for complete information.

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