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Wise Notes

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Walk Across Texas Results

The 21st Annual Walk Across Texas top awards are presented to the following three teams: 1st place with 3670 miles was The Decatur Eights-Wise Health System, Jordan Holzbog- team captain; Amy Hermes, Becky Samstag, Jason Wren, Debbie Runnels, Matt Runnels, Tom Cocke, and Paul Aslin. 2nd place was Team 360-Wise Health System with 3490 miles. Members are Leah Throckmorton- Team Captain; Nicole Ferrell, Shawna Merchangt, Sara Ratliff, Johnathan Swofford, Lisa Cruz, Jill Hughes, and Kelly Swofford. In 3rd place was the Boonsville Bandits. Team captain was Robert Grantham with members Cindy Highfill, Jessica Davis, Maynard Reeves, Ginger Jimenez, and Ryli Richardson logged 3296 miles.

Additional teams that achieved the milestone of Walking Across Texas were: 4th place, Greenwood Walkers- 3140 miles; 5th place was Not Fast Just Furious1 with 3034 miles; 6th place was Boonsville Slackers with 2277 miles; 7th place was Fit Bits and Pieces with 1895 miles; followed by The Street Walkers in 8th place with 1889 miles; the Blister Sisters placed 9th with 1767 miles; in 10th place was Rhonda's Best Body Bunch with 1620 miles; 11th place was The Step Sisters with 1567 miles and in 12th place was the Alvord FUMC Soleful Strutters with 1482 miles. Also in 13th- Bust a Move with 1439 miles; 14th-Shoe Ins with 1403 miles; 15th - Scrambled Leg with 1352 miles; 16th-Takin a Hike with 1272 miles; 17th- Not Fast Just Furious2 with 1230 miles; 18th- Successful Survivors with 1206 miles; and finally in 19th was Women in Action with 972 miles.

Team captains and individual team members alike did a super job as over 39,809 total miles was logged over the eight week period. The top individual walker was Lynn Foster of Not Fast Just Furious1 with 1542+ miles; 2nd place walker was Amy Hermes of The Decatur Eighters with 950 miles; and 3rd place walker was Bobbie Ashley of the Greenwood Walkers with 641 miles. Rounding out the top five were Geraldine Shadburn of the Greenwood Walkers with 640 miles and Leah Throckmorton with 600 miles.

Congratulations to the 152 Walk Across Texas participants who completed all 8 weeks. If they continue walking at the same level as during Walk Across Texas, they have the potential to save over **\$2,723,613** collectively in future health care costs by avoiding type 2 diabetes and reducing work absences.

Following is a sample of benefits that individuals indicated were a result of their participation:

- *Walk Across Texas kept me moving more because I knew ai was on a team and wanted to do my part.*
- *By setting a goal and having to log in and report progress, I actually exceeded my expectations.*
- *I have done 20 of the last 21 years and have been a team captain. I am 86 years old.*

Thank you to Fuzzy's Tacos in Decatur and Catfish O'Harlies for serving as our weekly door prize sponsors. If you and/or your team have not received your certificates, you can let Karen Brown at the Extension office know that you will drop by to pick them up. The office is located at 206 S. State, Decatur. Call 940/627-3341 to let us know you are coming by. This activity was hosted by Texas A&M AgriLife Extension Service, Wise County, Family and Consumer Sciences Committee. It is never too late for you and a team of eight to begin the Walk Across Texas program. Contact us to find out how.