

# WEEK 6

March 18, 2015

Greetings Teams and Solo Walkers!

How about this Texas weather? Hopefully by now everyone has logged in the Week five totals. Things are really shaping up! Two-hundred forty-eight teams have made it across and 79 teams have made it back. If you don't believe me, see for yourself at <http://walkacrosstexas.tamu.edu/tools-and-resources/view-progress.php>. How about those solo walkers! Four have walked over 100 miles.

## Congrats to Top Teams!

### Miles Walked

1. Brazos Area Walkers 8164.20
2. RKZ 5241.80
3. Flitterific Fitness Fanatics 4967.36
4. WalkIT Out 4069.10
5. Tribe TEEEX 3586.92
6. Stridders 3354.10
7. Kickn Some Asphalt 3327.24
8. Holy Walkamolies1 3300.75
9. We got Sole 3134.90
10. The Ministry of Silly Walks 3131.51

**Once again, there's been some movement in top 10 rankings. Keep it movin'.**

## Pounds Lost

1. Kinetic Energy (KE) 58.20
2. Calorie Crushers 57.20
3. TAG Team Blue 50.90
4. Financially Fit 48.80
5. Ergo We Go 40.50
6. Spider Monkeys 38.95
7. Bringing home the Goal 37.00
8. 1337 F337 ELITE FEET 37.00
9. The Heels are Astride with the Sound of Movement  
36.20
10. ALL CAPS 35.20


**Three teams with more than a 50 pound loss. Excellent!  
Forty teams have double digits in pounds loss. Amazing!**

## Top 10 Solo Walkers

1. Frank 242.00
2. Richard 154.93
3. Brenda 146.00
4. Kimberly 134.00
5. Barbara 127.20
6. Helen 118.00
7. Oscar 107.40
8. Dyan 99.18
9. Kimberly 98.59
10. Flora 80.00

**Still one person has exceeded 200 miles and seven walkers over 100 miles.**

## Reminders

- Record your miles each week.
- Set a goal to log the previous week's miles by Tuesday of each week.
- If you are having issues inputting miles, submit a ticket with the help desk.
- Sara Mendez is the contact person for t-shirts. Feel free to email her at [smendez@brazoscountytexas.gov](mailto:smendez@brazoscountytexas.gov).
- Like us on facebook  <https://www.facebook.com/walk.across.texas.bv> . We are now at 143 likes. One more like than two weeks ago.
- Next walking group is at **Post Oak Mall on March 21 (line dancing), March 28 (Qigong) at 8:00 a.m.** We hope to see you there!



## Walk Across Texas Milestone

Two hundred forty-eight teams exceeded 833 miles the distance across Texas in week five:

Miles

1 Brazos Area Walkers 8164.20	46 WOW women out walking 2085.25
2 RKZ 5241.80	47 Iron RoughTechs 2057.48
3 Flitterific Fitness Fanatics 4967.36	48 Feet dont fail me now 2054.84
4 WalkIT Out 4069.10	49 HSS BONES IN MOTION 2004.23
5 Tribe TEEEX 3586.92	50 The ABC Angels 1996.31
6 Stridders 3354.10	51 Will Run For Burgers 1981.10
7 Kickn Some Asphalt 3327.24	52 The Bird Herd 1981.00
8 Holy Walkamolies1 3300.75	53 Fueled by Coffee 1977.60
9 We got Sole 3134.90	54 Booking It 1937.44
10 The Ministry of Silly Walks 3131.51	55 M Team 1912.52
11 Health Hazards 3112.41	56 Risky Walkers 1905.40
12 Texas Walkers 2882.71	57 Wii Not So Fat 1899.26
13 The Untouchables 2845.48	58 We Cant Lose 1894.44
14 Water women 2822.50	59 Avenue D Pot Hole Dodgers 1884.75
15 Nevilles Longbottoms 2820.90	60 FOGG Fat Old Guys and a Girl 1878.02
16 The Gold Diggers 2700.22	61 HALF FULL 1875.69
17 Nevilles Longbottoms 2012 2683.75	62 Word Walkers 1868.00
18 Biz Babes 2682.93	63 Ave D Pothole Dodgers 1857.91
19 Financially Fit 2655.14	64 History Buffs 1850.00
20 Weapons of Mass Reduction 2601.53	65 GG Princess Warriors 1846.57
21 The Brute Squad 2576.15	66 Avenue D Pothole Dodgers 1835.00
22 The Annex Avengers 2533.64	67 Should be runnin but Im gonna waddle 1818.14
23 Yellow Dogs 2476.00	68 Footloose 1808.29
24 The Walkabouts 2453.74	69 Riverside Walkers 1792.34
25 Blocker Walkers 2436.13	70 The Trekkers 1759.63
26 CDOSRun 2408.77	71 GP WAT 1 1755.74
27 The Unhinged 2392.63	72 Happy Housers 1754.81
28 Team Number One 2363.10	73 Rocking and Walking 1753.19
29 TheHot Shots 2354.00	74 IODP Mud Monkeys 1752.07
30 Hell on Heels 2261.48	75 Walking Without Tears 1748.90
31 TAG Team Blue 2259.64	76 SWAT 1738.31
32 Scholarships and Financial Aid 3 2244.62	77 Killing ourselves and Eating light (KE 1716.86
33 Red Hot Chili Steppers 2013 2242.27	78 Texas Heat 1700.19
34 KCs Crew 2236.53	79 Dynacisers 1690.20
35 TEDacious 2233.00	80 D KAMP ARG 1664.90
36 Healthy Hounds 2232.89	81 BCHD 3 1652.00
37 Vegetable Lambs 2198.35	82 Between a Walk and a Hard Place 1638.92
38 Fast Feet 2196.75	83 Studio Steppers 1632.00
39 The OddiTEES 2171.92	84 Mighty Movers 1629.42
40 Women on a Mission 2171.00	85 Heart and Sole 1628.56
41 Word Walkers 2012 2136.39	86 tortugas 1606.68
42 The Incredibles 2131.00	87 Advance Diversity 1588.89
43 The Early Birds 2126.60	88 Task Force 1561.47
44 Dynacisers 2012 2095.10	
45 Walka Walka 2091.04	

89 1337 F337 ELITE FEET 1559.50  
90 Team Awesome 1559.43  
91 Bringing home the Goal 1556.24  
92 The Magnificent Seven 1555.20  
93 Galloway BCS 1547.90  
94 The Flying Chairs 1546.68  
95 TEEEXan 2 Steppers 1528.16  
96 Law and Order Special Fitness Unit  
1521.39  
97 CATs (COGers Across Texas) 1518.60  
98 TCALL walkers 2013 1516.26  
99 Team I 1508.98  
100 BCS LDS GO GETTERS 1499.35  
101 ALL CAPS 1499.10  
102 Team J 1495.43  
103 Foot Brigade 1493.85  
104 FIFO 1481.00  
105 Map My Tracks 1476.10  
106 Scholarships and Financial Aid 1  
1475.27  
107 Cruise Control 1470.33  
108 Keeping Up With the Joneses 1462.50  
109 Aquatic Mamas and Papas 1461.42  
110 Divine Soles 1437.33  
111 Dynacisers 2014 1436.30  
112 The Moseying Muddy Misfits 1432.00  
113 Ergo We Go 1430.67  
114 WMFAO which stands for Walking  
My Flabby Abs Off 1425.80  
115 ITSI Victorious Secret 1423.91  
116 Brute Squad 1423.00  
117 Move It or Lose It 1416.00  
118 Fresh Air Friends 1413.17  
119 Walking Dead or Alive 1410.00  
120 The Walkie Techies 1408.38  
121 INSERT NAME HERE 1402.10  
122 The PDFs 1392.40  
123 Spatial Walkers 1390.53  
124 The Determinators 1388.55  
125 Spider Monkeys 1384.79  
126 WAT Fishes?? 1381.03  
127 Left Wingers 1380.10  
128 iConquer 1372.79  
129 TAG Team Red 1369.50  
130 Wholly Walkamolies 1369.12  
131 Go Team Borlaug 1368.69  
132 Healthy Walkers 1366.20  
133 Head Over Heels 1364.27  
134 BCHD 2 1362.00  
135 Electrifiers 1354.86  
136 Thin It To Win It 1346.00  
137 OPALS 1339.60  
138 ALL EAHRs 2010 1334.85  
139 Grovetrotters 1322.60  
140 Regulators of Beauty 1318.85  
141 CBC Walkettes 1318.00  
142 IODP Hard Core Walkers 1318.00  
143 Limine In Motion 1315.95  
144 ALL EAHRs 2014 1311.86  
145 Save Our Soles 1307.52  
146 Women Warriors 1306.14  
147 Dixie Dashers 1302.00  
148 Tour de BCS 1298.50  
149 Walk it Out 1277.02  
150 Not Fast But Fabulous 1275.00  
151 Development In Motion 1262.83  
152 BCHD 1 1254.00  
153 Mustangs 1253.05  
154 Critical Mass Reducers 1244.97  
155 Joseph and the Sole Sisters 1240.61  
156 Extreme Hazard Survivors 1238.02  
157 TCALL Walkers 2015 1229.76  
158 Driller Thrillers 1224.44  
159 Weapons of Mass Propulsion 1224.00  
160 Rythm Walkers 1213.66  
161 Chew walkas 1211.95  
162 Wont Be DeFeeted 1209.23  
163 Running Rough Necks 1202.70  
164 Horsin Around 1196.88  
165 Walk Force 1191.45  
166 Slim Criminals 1178.00  
167 Groovy Movers 1166.98  
168 Los Dlablos 1165.14  
169 Waist Management 1155.67  
170 Volume One 1149.34  
171 Holy Walkamolies 1145.15  
172 Daleks 1144.58  
173 Library Star Trekkers 1141.23  
174 Team Cara 1140.21  
175 PINK RIBBONS 1138.35  
176 Pavement Pounders 1132.50  
177 Suck It Up Buttercup 1131.90

178 Advance Leadership 1131.45	214 Honeybadgers 975.50
179 Walkin And Rollin 1129.90	215 Soup-A-Stars 973.26
180 Greens Prairie Nomads 1127.75	216 Walking This Way 972.86
181 Sole Survivors 2010 1123.00	217 New Direction 972.50
182 Kinetic Energy (KE) 1121.89	218 Beutel Beauties 963.66
183 JUSTABLES N SYNC 3 1119.52	219 Project Walk It Out 961.38
184 Aqua Chicks 1119.45	220 Legs Go 961.25
185 Team Stepping Up 1116.90	221 The Twilighters 957.25
186 The Young and the Breathless 1115.84	222 Running Roughnecks 952.45
187 The Christopher Walkins 1111.38	223 Being WYNNded Happens Regularly 950.10
188 The Unknowns 1111.11	224 Nevilles Long Bottoms 947.30
189 Walk That Walk 1105.00	225 Walk by Faith 945.50
190 Nerd Herd 1095.50	226 Move It To Lose It 943.00
191 IODP Energized Exercisers 1093.62	227 Walkcatters 942.75
192 Savannah TRECERS 2 1093.24	228 Hammond Oliver Teachers 942.30
193 COMettes 1087.74	229 Los Exterminadores de Lonjas 939.28
194 Walkie Talkie 1078.45	230 In it to thin it 936.52
195 Rhythym Walkers 1078.19	231 I can almost smell the stateline 933.00
196 The Huff and Puffs 1073.30	232 YANEZ FAMILY 930.22
197 Blue Warriors 1063.99	233 Nap Time at the Finish Line 916.48
198 Bookworms 1063.32	234 FIB 915.10
199 The Walking Med 1050.65	235 ESSAP Excursionists 912.00
200 Zippy 1039.47	236 TEAM MOSAIC ONE 900.00
201 Kelseys Kickin Krew 1032.49	237 Calorie Crushers 899.66
202 7 Old Guys and a Princess 1016.14	238 Unity Partners Project Walkway 896.25
203 BTHO IRB Insane RRunnin Brainiacs 1011.50	239 Fiscal Fitness Fanatics 892.75
204 Keep Walkin' 1010.25	240 Blister Sisters 886.31
205 WAT WAT 1001.26	241 Crazy 8 875.13
206 Victorious Secret 993.56	242 BCS Bookworms 868.67
207 The Hotsteppers 992.40	243 ADVANCE Transformation 865.31
208 Sparkle N Motion 991.69	244 Shinanigans 855.94
209 Agony of deFeet 990.29	245 Walker Texas Rangers 850.53
210 Superheros 988.00	246 Optimistic MileWalking Educators 846.31
211 ERrrr Are We There Yet 987.11	247 Holy Heelers 841.59
212 The Heels are Astride with the Sound of Movement 984.90	248 MARCing Time 834.99
213 Forever Young 981.29	

Let's see how many will join them in the next week.

## Looking for a great recipe?

If you need a great idea for dinner tonight, go to <http://healthyliving.tamu.edu> to see a quick video demonstration and to download the recipe.

-OR-

To begin receiving quick, easy and healthy recipe inspiration, register at <http://agrilife.org/dinnertonight/>

## 2015 Walk Across Texas Taskforce Members:

Co-Chairs:

Fawn Preuss- St. Joseph Healthy Communities  
Jessica Paul- Brazos County Health Department

Treasurer:

Howard Hart-City of Bryan  
FCS Extension Agent:

Flora Williams

Members:

Kirstin Brekken-Shea-TAMU Department of Health & Kinesiology

Sheri Meyer-TAMU System

Sarah Tobola-TAMU

Alice Kirk-Texas A&M AgriLife Extension Service

Michael Lopez-Texas AgriLife Extension Service

JJ Macias-TAMU

Pat Pierson—Texas A&M AgriLife Master Wellness Volunteer

Sara Mendez- Brazos County Health Department

Lesley Ward- City of Bryan

Lisa Villalobos—TAMU System

Artheria Brown—Texas A&M AgriLife Extension Service Intern

Happy trails,  
Flora Williams

Family and Consumer Sciences  
County Extension Agent  
Brazos County



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