

FOR IMMEDIATE RELEASE

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Results from Shelby County Fit – Walk Across Texas Program

Twenty-six Shelby County teams competed in an 8-week walking challenge to walk across Texas in a physical fitness activity hosted by Texas A&M AgriLife Extension Service and the Shelby County Chamber of Commerce, Health and Fitness Fair Committee. 936 Cross-fit of Center sponsored top walker prizes.



As an entry fee, participants brought over 975 pounds of non-perishable food items that were presented to Shelby County Outreach Ministry food bank. 171 participants completed the challenge by walking 32,811 miles. Certificates and prizes were awarded the top 3 teams for miles walked and the top 4 individuals for miles walked. The most creative team name was also recognized.



Top Team – 3,583 miles: **Shelby County Steppers** (Cynthia Howard, Lindsey Felder, Sherri Felder, Latoya Howard, Debra Johnson, not pictured, Jennifer Bell, James Ross, Deshun Gregory).

2nd Place Team – 2,509 miles: **Pounding the Pavement** (Annette Peters, Randall Samford, Lynnelle McElroy, Coleman Crawford, Dustin Martin, Kimberly McElroy, Ashley Hayes, April Prince).



3rd Place Team – 1,915 miles: **Walkers on the Square – Vision Source** (Randy Collard, Estefony Aviles, Benita Collard, Carla Denney, Alanea Hooper, not pictured, Anna Stuever, Greg Stuever, Kelly Spann).

Most creative team name: Young Tarts and Old Farts

Top Walker: Debra Johnson – 973 miles

2nd Place Walker: Cynthia Howard – 596 miles

3rd Place Walker: James Ross – 498 miles

4th Place Walker: Jayne Crain – 465 miles

Congratulations to all participants for competing and Walking Across Texas!

Shelby County Fit Walk Across Texas, sponsored by the Texas A&M AgriLife Extension Service and Shelby County Chamber of Commerce is a fun, flexible, and FREE way to encourage people to exercise. For more information, call Jheri-Lynn McSwain, CEA-FCH at Texas A&M AgriLife Extension Service in Shelby County at 936-598-7744 or email at jlmcswain@ag.tamu.edu.

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