

## Brazos County Walk Across Texas 2020

*Make physical activity your 2020 vision!*



WALK  
ACROSS TEXAS!

TEXAS A&M AGRILIFE EXTENSION

### Welcome to Walk Across Texas 2020

Wow! 23 years of Walk Across Texas sponsored events in Brazos County. Shoutout to the 233 adult teams registered with the February 8, 2020 start date. There are 1,529 individuals signed up. Sooo...that means not all teams have their maximum of eight team members. If you plan on filling your teams please do so by the deadline for the sponsored event February 14.

### Important Dates—at-a-Glance

#### WAT dates—February 8- April 3, 2020

**Week 1: February 8-14, 2020** ← You are here.

Week 2: February 15-21, 2020

Week 3: February 22-28, 2020

WALK ACROSS TEXAS MIDWAY BOOT CAMP-March 5, 2020

Week 4: February 29-March 6, 2020

Week 5: March 7-13, 2020

Week 6: March 14-20, 2020

Week 7: March 21-27, 2020

Week 8: March 28-April 3, 2020

**Last day to enter miles and wrap up survey—April 7, 2020**

**February 12, 2020**  
**Kick Off Event Edition**

TEXAS A&M  
AGRI LIFE  
EXTENSION



#### About the weekly e-blast:

- Team members may record your mileage daily. Report by each Tuesday at 12:00 noon for newsletter purposes.
- If you have pictures of your team in action, upcoming team or community fitness events, or stories please email them to Flora Williams at [fewilliams@ag.tamu.edu](mailto:fewilliams@ag.tamu.edu).
- Weekly e-blast will arrive on or before Thursday of each week.

This data was retrieved 2.12.2020 at 5:00 pm

### Welcome Youth and Adult Leagues

- |                                                 |                                                       |
|-------------------------------------------------|-------------------------------------------------------|
| 1) Aggie STEM                                   | 12) MYCON General Contractors, Inc. (3 teams)         |
| 2) AgriLife Employee Wellness (38 teams)        | 13) TAMU- Main Campus (71 teams)                      |
| 3) Alyssa's Learning Community (4 teams)        | 14) TAMU Remote (3 teams)                             |
| 4) Becky Gates Children's Center (1 team)       | 15) Texas A&M Division of Student Affairs (15 teams)  |
| 5) Brazos County Employee Teams (6 teams)       | 16) Texas A&M Foundation (5 teams)                    |
| 6) Brazos County 4-H and Youth League (4 teams) | 17) Texas A&M University System Offices (7 teams)     |
| 7) Bryan ISD Technology (5 teams)               | 18) TTI (7 teams)                                     |
| 8) BVCOG (10 teams)                             | 19) URPN 370 - Health System Planners 2020 (14 teams) |
| 9) CHI St. Joseph Health (13 teams)             |                                                       |
| 10) DOR                                         |                                                       |
| 11) Hotard Hustlers (2 teams)                   |                                                       |

**Meet this year's sponsors! Thank you to our sponsors!**



# 2020 Adult Teams

⇒ 16 Feet With Sole	⇒ Contracts & Gains	Last
⇒ 2 Hot 2 Trot - Tokyo Drift	⇒ Corner Coasters	⇒ If You Wink at Me I'll
⇒ 3rd floor annexers	⇒ CSTR Team 1	Wenckebach
⇒ 5 Sisters and a Mister	⇒ CVM Dog Tired	⇒ Inspired, but Tired
⇒ 7 Groovy Chicks & An Old Dude	⇒ CVM Heart and Sole	⇒ JETCOBRA
⇒ Administepers	⇒ Dallas Center	⇒ Kickin' Asphalt
⇒ AggiesWalkingAcrossTexas	⇒ Dallas Center 2	⇒ Kiss My Assessment
⇒ Agony of De Feet	⇒ Dallas Center Turf Team	⇒ LAAHlygaggers
⇒ Agony of De Feet	⇒ DoIT Again	⇒ Left TAP Shoe
⇒ Alex LC	⇒ DOR - Chasing Pavements	⇒ Legs Miserables
⇒ All Alone	⇒ DOR Dashing Divas	⇒ Let's Get Fiscal
⇒ All EAHR's 2020	⇒ DOR FAR and beyond	⇒ Liar, Liar, Legs of Fire
⇒ aMAYSing Steppers	⇒ DOR R.eally E.nthusud B.ut S.hort of breath	⇒ Loch'd, Docked and Ready to Walk
⇒ Are We There Yet?	⇒ DOR Skywalkers	⇒ LRC BAD KNEES SENIORS
⇒ Are we there yet?	⇒ DOR Step Happy	⇒ Making Strides
⇒ Ashton's Team	⇒ DOR We thought they said	⇒ Maroon03
⇒ Avocardio	Rum	⇒ Mays Transformational Walkers
⇒ Awesome Screening Squad	⇒ DORitos Locos	⇒ Michael Scott's MYCON College Station Celebrity Rabies Awareness Fun Run
⇒ BAEN Movers and Groovers	⇒ Double the Fun Strollers	Pro Am Race For the Cure
⇒ Ben E. Fits Off His Rockers	⇒ Dumbells and Donuts	⇒ Mind over Miles
⇒ Better Living for Texans	⇒ EAST Steppers	⇒ Miracle
⇒ Between A Walk and A Hard Place	⇒ Fantastic8	⇒ MiSSIng Space CADets
⇒ Between a Walk and a Hard Place!	⇒ Feet for Miles	⇒ Money Walks
⇒ Blazin' 8	⇒ Fit For Duty	⇒ Multicultural Services
⇒ Blister Sisters & Misters	⇒ Francis Hall Highsteppers	⇒ MYtoCONDria - The Powerhouse of Texas
⇒ Blood, Sweat, & Beers	⇒ Freud Would've Ubered	⇒ Naptime at the Finish Line
⇒ Bookin' It!	⇒ Gel Runners	⇒ NoneOfUsAreTexansExceptForCrashAndAllison
⇒ Brazos Walking Warriors	⇒ Geosciences	⇒ Not Fast, Just Furious
⇒ Bright On Track	⇒ GIFT WATaTeam	⇒ Not Fast, Just Furious
⇒ Buns on the Run	⇒ GOGAPS	⇒ Numb Locks (DoIT)
⇒ Buns on the Run	⇒ Gone With the Win	⇒ Nye's Home Fries
⇒ CATs (COGers Across Texas)	⇒ Gotta Love Benefits	⇒ Oak Wilt Annihilators
⇒ CCU Nightwalkers	⇒ Groovy Grape Steppers	⇒ ODSL Exercise? I Thought You Said Extra Fries!
⇒ Cecum and Destroy	⇒ Hike Across The Universe	⇒ ODSL Reber Fever
⇒ Chicks with Kicks	⇒ Holy Walkamolies	⇒ ODSL The Good Pace
⇒ Cirque Du Sore Legs	⇒ Holy Walkamolies	⇒ Old Town Road Walkers
⇒ Cirque Du Sore-Legs	⇒ Holy Walkamolies	
⇒ CommqWATs	⇒ Honey Bees	
⇒ CONTinual Motion	⇒ IBT Roadrunners	
	⇒ If the Shoe Doesn't Fit, We Must Quit	
	⇒ If You Ain't First, You're	

## Team Names (Continued from page 3)

- ⇒ One More Lap
- ⇒ ORECKing Crew
- ⇒ OSA Pharmily
- ⇒ People Enjoying Activi-ty...Periodically
- ⇒ Perennial Posse
- ⇒ Pink Ladies
- ⇒ Poultry Science
- ⇒ PPRI Scrambled legs
- ⇒ PPRI-Chafing the Dream
- ⇒ Quads of Fury
- ⇒ Rapid Thigh Movement (RTM)
- ⇒ Reading Ramblers
- ⇒ RECOrd Setters
- ⇒ Recreational Hazards
- ⇒ Red Hot Chili Steppers
- ⇒ Red Hot Chili Steppers
- ⇒ Red Hot Chili Steppers
- ⇒ RegiSTRIDES Burning Thighs
- ⇒ RegiSTRIDES Degree Jog-it
- ⇒ RegiSTRIDES Run Like the Winded
- ⇒ RegiSTRIDES Student Services Stompers
- ⇒ RegiSTRIDES The Proclaimers
- ⇒ RegiSTRIDES The Young and the Breathless
- ⇒ RegiSTRIDES With Cherrys on Top
- ⇒ RELLIS-School of Walk
- ⇒ Research Administration
- ⇒ Research that Moves
- ⇒ ResLife Walker Texas Rangers
- ⇒ RHACOMModores
- ⇒ Rice Racers
- ⇒ Rice Rice Baby
- ⇒ Rice Roadrunners
- ⇒ Right TAP Shoe
- ⇒ Rise of the LIBR Skywalkers
- ⇒ Road Rage Scholars
- ⇒ Run Like the Winded
- ⇒ Running from Chemistry
- ⇒ Running Hot!
- ⇒ Scrambled Legs
- ⇒ Sea Legs for Days
- ⇒ Search Dog Walkers
- ⇒ See ya later, aggregator
- ⇒ shake and bake
- ⇒ She's Got Legs
- ⇒ Show Time
- ⇒ Silent Assassins
- ⇒ Sole Beneficiaries
- ⇒ Sole Sisters
- ⇒ Sole Survivors
- ⇒ SowBloomGrow
- ⇒ Spevtaculars
- ⇒ StuAct Walkie Talkies
- ⇒ Tai Chi Wonders 1
- ⇒ Tai Chi Wonders 2
- ⇒ Take a Hike
- ⇒ TAMU MUP 2020
- ⇒ TAMU-GRADS
- ⇒ Tater Trots
- ⇒ Team Bonus Points
- ⇒ Techno Speed Walkers
- ⇒ Texas RoadRunners
- ⇒ Texas Top Steppers
- ⇒ Texas Trail Drivers
- ⇒ Texas Two Steppers
- ⇒ The Bad Boys
- ⇒ The Good Ags
- ⇒ The HROE Stompers
- ⇒ The Motley Crew
- ⇒ The Number Juan's
- ⇒ The Original Holy Walkamo-lies
- ⇒ The Slackers
- ⇒ The Untouchables
- ⇒ The Walking Bad
- ⇒ The WATchmen
- ⇒ The Young & The Breathless
- ⇒ The Young and the Breathless
- ⇒ The Young and the Rest of Us
- ⇒ TheLunchClub
- ⇒ These Glutes are made for Walkin'
- ⇒ Thought you said "Extra fries not exercise"
- ⇒ TNT Blast
- ⇒ TPDDL Plant Detectives
- ⇒ Train Recs
- ⇒ Turn Down for WAT!
- ⇒ TVMDL Client Servies
- ⇒ Twinkle Toes
- ⇒ Twinkle Toes
- ⇒ Twinkle Toes
- ⇒ Tyrannosuarus Rec
- ⇒ Vampires on the Run
- ⇒ Vexed Fossils
- ⇒ Walk Across KBTeXas
- ⇒ WALK IT LIKE IT'S HOT
- ⇒ Walk it Out
- ⇒ Walk This Way!
- ⇒ Walker Texas Rangers
- ⇒ Walkers without Borders
- ⇒ WalkerTexasForestRangers
- ⇒ Walkie Talkies
- ⇒ Walkin' on Sunshine
- ⇒ Walkin' till the Cows Come Home
- ⇒ Walking Robins
- ⇒ Walking Warriors
- ⇒ Walking With Auditude
- ⇒ Walking Wonders
- ⇒ Walking Wonders
- ⇒ WAT Pacers
- ⇒ WAT Runners!
- ⇒ WAT! IN TARNATION
- ⇒ WAT! it do Ags
- ⇒ WATs UP
- ⇒ We Thought They Said "Rum"
- ⇒ We've got Sole
- ⇒ WIC Bandits 4 Boobies
- ⇒ WIC Wellness Revolutionaires
- ⇒ Wii Not Fit
- ⇒ Winning Walkers
- ⇒ Witness the Fitness
- ⇒ WTF (Where's the Finish)
- ⇒ X
- ⇒ Yeehawlin' Buns



**Hmmm! Some names are quite popular.**



## WAT 2020-Who's Who Among Walk Across Texas! KO List

**On February 8, 2020 at 10:00 a.m. at Post Oak Mall 112 signed in at the Kick off Event. Thank you for gracing us with your presence.**

Alex Warner  
Alexander Broussard  
Alexandra Pooley  
Alicea Smith  
Amber Bueschar  
Anita Lang  
Anna Navarrette  
Anna Vasquez  
Anthony Calvo  
April Marez  
Ara Begum  
Armando Lucio  
Barbara Winckler  
Becky Merchant  
Benjamin Broussard  
Bonita Magby  
Briana Jones  
Carla Goree  
Cee Ellis  
Collette Champagne  
Connie Forman  
Courtney Reina  
Daija Green  
Debbie Elbrich  
Debbra Broadus  
Debra Rico  
Demetria Allen  
Denise Espinoza  
Derrick Williams  
Dorithie Thomas  
Dorothy Rainwater  
Elizabeth Escobar  
Ernesto Proenza

Felisa Guajardo  
Flora Williams  
Guichim Yao  
Hendrix Broussard  
Howard Robinson  
Ingrid Gutierrez  
Isabel Pantoja  
Jacob Verdure  
Janel Cruz  
Jasmin Ruiz  
Jennifer Hancock  
Jerry Forman  
Jesse Natal  
Karen Giles  
Kayla Titus  
Keith Hancock  
Keith Watson  
Kershin Landrock  
Kris Maass  
Kyra Starnes  
Laura Dainty  
Lauren Dowling  
Leonicia Pantoja  
Lin Lin  
Linda Drehs  
Liz Summers  
Lucile Young  
Lucy Monarrez  
Lucy Peterson  
Luzannette Chavez  
Lynn Reed  
Madeline Prottillo  
Maggie Gray  
Margarita Jones  
Maria C Duran Pantoja  
Maria Malaga  
Mark Haven  
Marla Herrera  
Mary Castoria  
Mary Parrish

Mary Pletzer  
Mia Conrad  
Mia Zazay  
Mila Lyset  
Miriah Freed  
Naomi Dews  
Nasyer Jones  
Norma Rivas  
Pablo B. Rodriguez  
Pat Pierson  
Petra Rodriguez  
Priscilla Ofori  
Ree Kenerley  
Rita Orozco  
Ruth Heath  
Sachi Carr-Charqualaf  
Santos Navarrette  
Sara Mendez  
Shauner McDonald  
Shelia Robinson  
Sheri Weems  
Sierra Decker  
Stacie Grange  
Stephanie Hernandez  
Summer Dubec  
Susan Barclay  
Suzi Lucas  
Sydnee Giles  
Sylvia Pursley  
T.J. Robie  
Teresa Cooper  
Thelma Isenhardt  
Tram Le  
Valeria Valdez  
Wendy Kreider  
Wendy Medina  
Woody Isenhardt  
Yvonne Pownall  
**If your name is misspelled, please send the correct spelling.**



# Kick off Event Snapshots





## More Kick Off Event Snapshots

### TAMU Kinesiology Students and WAT Taskforce



## Door Prize Winners

### Individuals

Anthony Calvo

Ben Broussard

Bill Heath

Cee Ellis

Collette Champagne

Isabel Pantoja

Keith Hancock

Kris Maas

Lucy Peterson

Priscilla Ofori

Shelia Robinson

Summer Dubec

### Teams

Bad Knee Seniors

Tater Trots



# It All Counts...convert your favorite physical activity to miles walked

UNIVERSITY OF  
MARYLAND  
EXTENSION  
*Solutions in your community*

Exercise Equivalents		
Activity	Actual Miles/ Minutes	Recorded Miles
Walking, stroll (2 mph)	30 minutes =	1 mile
Walking, typical pace (3 mph)	30 minutes =	1.5 miles
Walking, brisk (4 mph)	30 minutes =	2 miles
Running (5.5 mph)	1 mile =	1 mile
Cycling/Biking (13 mph)	7 miles =	1 mile
Spinning	30 minutes =	2 miles
Aerobics (moderate intensity)	30 minutes =	1 mile
Stairmaster (moderate intensity)	15 minutes =	1 mile
Roller Blading	3 miles =	1 mile
Swimming (30 yards/min)	1 mile =	1 mile
Gardening, digging	30 minutes =	2.5 miles
Gardening, push mowing	30 minutes =	2.25 miles
Gardening, raking	30 minutes =	1 mile
Gardening, planting	30 minutes =	1.5 miles
Dancing, moderate to rapid	20 minutes =	1 mile
<b>Any activity/exercise that makes you breathe hard and sweat.</b>	<b>20 minutes =</b>	<b>1 mile</b>
<b>Any activity/exercise that makes you breathe very hard and perspire heavily.</b>	<b>15 minutes =</b>	<b>1 mile</b>

## Converting minutes of physical activity to miles "walked:"

### Exercise Equivalent:

Walking, stroll (2 mph) for 30 minutes = 1 mile "walked"

You walk at a walking stroll for 45 minutes and want to convert that activity to miles:

$$\frac{30 \text{ min.}}{1 \text{ mile}} = \frac{45 \text{ min.}}{X \text{ miles}} = \frac{30 X}{1 \times 45} = (X = 45 \div 30) = 1.5 \text{ miles "walked"}$$

## Converting minutes of physical activity to miles "walked:"

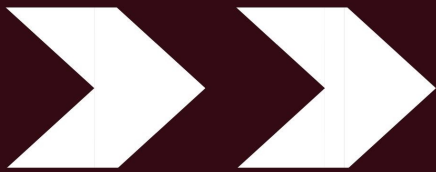
### Exercise Equivalent:

Cycling/Biking (13 mph) for 7 miles = 1 mile "walked"

You bike for 5 miles and want to convert that activity to miles:

$$\frac{7 \text{ miles biked}}{1 \text{ mile "walked"}} = \frac{5 \text{ miles biked}}{X \text{ miles "walked"}} = \frac{7X}{5} = (X = 5 \div 7) = .72 \text{ miles "walked"}$$





**Let's Amp it Up!**



# **WALK ACROSS TEXAS 2020 MIDWAY EVENT**

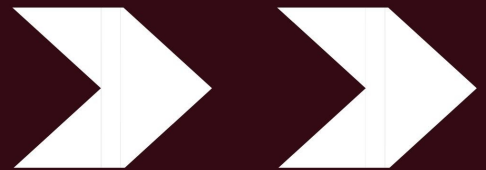
*Grab your team and come do a group workout at TruFit with professional trainers. Earn some extra miles and a chance to win door prizes.*

**March 5, 2020**

**6 PM to 7 PM**

**2412 South Texas Ave  
College Station**

**TRU** **FIT**



For more information contact  
Flora Williams at  
979-823-0129 or  
[fewilliams@ag.tamu.edu](mailto:fewilliams@ag.tamu.edu)

## Support the Taskforce. Purchase a WAT T-shirt.

2020 Walk Across Texas! t-shirts are available for purchase at the Brazos County Health District/Department.

Short-sleeve only

S - XL \$10.00 2X - 3X- \$12.00

For t-shirt purchases, contact Sara Mendez at [SMendez@brazoscountytexas.gov](mailto:SMendez@brazoscountytexas.gov) or 979-361-5730.

## REMINDERS

- ⇒ Like us and post a comment on our facebook page: [Walk Across Texas - Brazos Valley](https://www.facebook.com/walk.across.texas.bv/) <https://www.facebook.com/walk.across.texas.bv/>
- ⇒ We are at 296 likes right now.

# See you on the trails!



## Welcome aboard youth teams!

Southwood 4-H  
Southwood 4-H Adult  
St Joseph's 4-H Club  
FloMa's Grands  
Panthers

# Walk Across Texas Taskforce Members

### Chair

Lindsey Dauer-CHI St. Joseph Health

### Treasurer:

Sara Mendez-Brazos County Health District

### FCH County Extension Agent/Advisor:

Flora Williams-Texas A&M AgriLife Extension

### Advisors:

Alice Kirk-Texas A&M AgriLife Extension

Michael Lopez-Texas A&M AgriLife Extension

Brian Faries- Texas A&M AgriLife Extension

### Members:

Diana Gaytan-Brazos County Health District

Dorithie Thomas-Texas A&M AgriLife

Jessica Palacios-Texas A&M University System

JJ Macias-Texas A&M University System

Judy Kurtz-Texas A&M AgriLife Extension

Kelley Melcher-Blue Cross Blue Shield

Lesley Ward- City of Bryan

Leslie Martinek-CHI St. Joseph

Mary Parrish- Brazos County Health District

Pat Pierson-Texas A&M AgriLife Master Wellness

Volunteer

Sheri Meyer-Texas A&M University System

For more information contact: Flora Williams at [fewilliams@ag.tamu.edu](mailto:fewilliams@ag.tamu.edu)  
County Office of Texas A&M AgriLife Extension Service or at 979-823-0129 **HAPPY TRAILS!**

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