

Brazos County Walk Across Texas 2020

Welcome to Week 3 Walk Across Texas in Review

Weeks one, two, and three are all just a memory. Keep right on moving along! With 57331.95 total miles reported, we are seeing the many sights of Texas. Hooray to 246 teams taking this year's challenge! The data in this email was grabbed on Saturday February 29, 2020.

Important Dates—at-a-Glance

WAT dates—February 8- April 3, 2020

~~Week 1: February 8-14, 2020~~

~~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 ← You are here!

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



March 3, 2020

Making physical activity your 2020 vision

TEXAS A&M
AGRI LIFE
EXTENSION



- ♥ Team members please report your miles daily or at least by Saturday by 12:00 noon for newsletter purposes from this point forward.
- ♥ Snapshots of teams in action, upcoming fitness events, or success stories are needed. Email to Flora Williams at fewilliams@ag.tamu.edu.
- ♥ Weekly e-blast will arrive on or before Thursday of each week.

The 833 Miles or More Club

Walk This Way!

Texas A&M Division of Student Affairs
1670.88

Train Recs

Texas A&M Division of Student Affairs
1098.85

Dynamic Walking WINGineers

TTI
1011.46

Hike Across The Universe

AgriLife Employee Wellness
910.76



Winning Walkers

CHI St. Joseph Health 903.26

The Original Holy Walkamolies

AgriLife Employee Wellness
875.6

Liar, Liar, Legs of Fire

TAMU- Main Campus
871.95

Walking Wonders

CHI St. Joseph Health
841.7

**Congratulations to the eight teams that
made it across Texas!**

Team Spotlights...MYCON General Contractors, Inc.



Meet BJ & Tammie Burlin

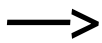
Team: MYCON General Contractors, Inc.

Event: 5k in Dallas 2/15/20.

Team Spotlights...Between a Walk and a Hard Pace

**Kudos
goes
to... the
Dallas Center!**

**Meet Between
a Walk and a
Hard Pace**



The Dallas Center has a trophy that gets passed to the weekly leading team (most new miles) from week to week. Way to go!

Team Spotlights...Winning Walkers

If it's true, it "ain't" bragging'! Check out this note...

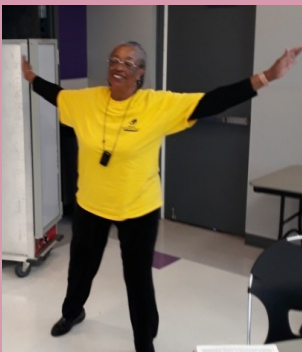
Just a quick note to let you know that our team, Winning Walkers, made it all the way across Texas yesterday evening - 834 miles! All thanks to team members: Breau Daniel, Bruce Slover, Phyllis Barker, Linda Vincent, Bob Holmes, Viki Coumbe, and Butch Kamps.

~Jim Steele, Team Captain

Team Spotlights...LRC Bad Knees Seniors



Lucille Young, Mary Childs, Dora Hopkins, Ara Begum, Cee Ellis, Lucy Peterson, Dorothy Rainwater and Deddra Broadua (missing)



Meet **the LRC Bad Knees Seniors**. They wear their WAT t-shirts every Tuesday and Thursday and do variety of exercises at Lincoln Recreation Center.



Individual Spotlights...Top 25 Most Miles Walked Walkers

Christian Falconer	Walk This Way!	Texas A&M Division of Student Affairs	456.25
Mary Levien	Dynamic Walking WINGi-neers	TTI	386.13
Ron Robison	Walk This Way!	Texas A&M Division of Student Affairs	374.55
Tim Adams	Liar, Liar, Legs of Fire	TAMU- Main Campus	303.2
Angela Wells	TNT Blast	Bryan ISD Technology	290.4
Michael Deveau	Chip My Penguin	TAMU- Main Campus	261.98
GeNae Welch	Walk This Way!	Texas A&M Division of Student Affairs	232.5
Breaux Daniel	Winning Walkers	CHI St. Joseph Health	231.29
Aaron Baker	Texas RoadRunners	Bryan ISD Technology	227.31
Justin Lange	If You Ain't First, You're Last	TTI	223.88
Mary E Lopez	Cecum and Destroy		219
Monica Colson	Walk This Way!	Texas A&M Division of Student Affairs	216.41
John Pitt	CATs (COGers Across Texas)	BVCOG	214.62
Margarita Jones	Better Living for Texans	AgriLife Employee Wellness	208.5
Jared Conrad	Between a Walk and Hard Pace	AgriLife Employee Wellness	204.5
Karsten Pearce	Vexed Fossils	AgriLife Employee Wellness	202.86
Viki Coumbe	Winning Walkers	CHI St. Joseph Health	194.4
Deena McConnell	EAST Steppers	TAMU- Main Campus	190.8
HOLly Wolfe	The Young & The Breathless	CHI St. Joseph Health	190.13
Laura Huning	If You Wink at Me I'll Wenckebach	CHI St. Joseph Health	186.77
Zackary Medlin	Libraries' Cirque Du Sore Legs	TAMU- Main Campus	182.43
Megan Higginbotham	ODSL Exercise? I Thought You Said Extra Fries!	Texas A&M Division of Student Affairs	179.79
Anna Gitter	Lochã€™d, Docked and Ready to Walk	AgriLife Employee Wellness	178.5
Joe Fields	Nye's Home Fries	TAMU- Main Campus	177.56
Evelyn Dorsey	Train Recs	Texas A&M Division of Student Affairs	173.3

Team Placings by Leagues-Adult

AGRILIFE EMPLOYEE WELLNESS

Hike Across The Universe	910.76
The Original Holy Walkamolies	875.6
Avocardio	761.26
Making Strides	702.79
Groovy Grape Steppers	659.28
Gel Runners	647.04
Perennial Posse	634.46
Loch'd, Docked and Ready to Walk	611.04
Between a Walk and Hard Pace	587.47
BAEN Movers and Groovers	535.57
Show Time	535.27
Blazin' 8	532.39
Sole Survivors	512.77
Blood, Sweat, & Beers	481.6
Vexed Fossils	474.07
Rice Roadrunners	465.06
Rice Racers	448.57
Dallas Center Turf Team	437.17
Are We There Yet...duh?	413.29
Not So Fast But Furious	411.72
Mind over Miles	388.81
TPDDL Plant Detectives	367.16
Ben E. Fits Off His Rockers	351.98
Better Living for Texans	348.48
Rice Rice Baby	347.04
Walkin' till the Cows Come Home	343.26
Oak Wilt Annihilators	296.73
Twinkle Twinkle Little Toes	296.23
Contracts & Gains	286.33
Witness the Fitness	266.63
Poultry Science	249.5
GIFT WATaTeam	242.43
Miracle	241.55
Yeehawlin' Buns	187.68
SowBloomGrow	180.76
5 Sisters and a Mister	76.51
TVMDL Client Servies	60.49
Total	16168.75



ALYSSA'S LEARNING COMMUNITY

The Number Juan's	38.91
TheLunchClub	24
Twinkle Toes	17
Twinkle Toes	5
Total	84.91

BRAZOS COUNTY EMPLOYEE TEAMS

Tater Trots	576.16
Turn Down for WAT!	508.55
Walkie Talkies	456.2
Brazos Walking Warriors	418.9
One More Lap	369.39
Gone With the Win	300.55

Total 2629.75

BRYAN ISD TECHNOLOGY

TNT Blast	294
Texas RoadRunners	235.11
The Untouchables	203.49
Reading Ramblers	182.16
Techno Speed Walkers	127.8
Total	1042.56

BVCOG

CATs (COGers Across Texas)	799.54
7 Groovy Chicks & An Old Dude	524
WIC Wellness Revolutionaires	345.52
The Young and the Rest of Us	324.69
Holy Walkamolies	300.92
WIC Bandits 4 Boobies	300.06
X	275.12
Chicks with Kicks	192.43
Honey Bees	162.66
Steppin' Out	127.77
Madisonville	73.17
Fantastic8	7
Total	3432.88



CHI ST. JOSEPH HEALTH

Winning Walkers	903.26
Walking Wonders	841.7
Texas Top Steppers	799.86
Texas Trail Drivers	753.69
Buns on the Run!	574.07
Scrambled Legs	533.16
If You Wink at Me I'll Wenckebach	517.74

Walk-er Texas Ranger	500.63
JETCOBRA	461.45
The Young & The Breathless	446.66
Take a Hike	427.55
Tai Chi Wonders 2	407.01
Walk-A-Mole	352.25
Walk it Out	349.79
Between A Walk and A Hard Place	319.8

Tai Chi Wonders 1	224.36
Suite Sisters Stepping Out	62.77
CCU Nightwalkers	61.45
Walking on Air	16
Total	8553.2

HOTARD HUSTLERS

Right TAP Shoe	528.32
Left TAP Shoe	390.21
Total	918.53

MYCON GENERAL CONTRACTORS, INC.

Michael Scott's MYCON College Station Celebrity Rabies Awareness Fun Run Pro Am Race For the Cure	539.7
MYtoCONDria – The Powerhouse of Texas	465.2
Walker Texas Rangers	376.3
Total	1381.2

TAMU REMOTE

IBT Roadrunners	511.27
OSA Pharmily	503.64
IBT - Not Fast, Just Furious	308.81
Awesome Screening Squad	168.06
Total	1491.78



Team Placings by Leagues-Adult

TAMU- MAIN CAMPUS

Liar, Liar, Legs of Fire	871.95
People Enjoying Activity...Periodically	800.05
CVM Dog Tired	794.02
Chip My Penguin	787.61
Road Rage Scholars	750.46
We Thought They Said 'Rum'	651.1
Buns on the Run	647.52
Agony of De Feet - CLLA	636.97
RRAAREQers	624.38
DOR Skywalkers	618.47
CVM Heart and Sole	608.53
LAAHlygaggers	607.9
Libraries' Cirque Du Sore Legs	592.48
2 Hot 2 Trot - Tokyo Drift	570.89
Nye's Home Fries	562.75
DOR FAR and beyond	556.02
Fit For Duty	516.72
Quads of Fury	497.8
RegiSTRIDES Student Services Stompers	494.67
RegiSTRIDES The Young and the Breathless	472.63
Mays Transformational Walkers	469.44
DOR Dashing Divas	467.76
Kickin' Asphalt	453.89
Administepers	445.22
Not Fast, Just Furious	440.59
RegiSTRIDES Burning Thighs	439.72
Hearts & Soles	438.54
DoIT Again	438.26
We Thought They Said Rum	430.73
DOR We thought they said Rum	427.94
Legs Miserables	427.69
RegiSTRIDES With Cherrys on Top	413.97
CommqWATs	410.86
Bright On Track	409.42
16 Feet With Sole	409.11
Spevtaculars	393.37
DOR we there yet?	380.72
PPRI Scrambled legs	379.18
Are we there yet?	371.92

3rd floor annexers	371.07
Walking Wonders	366.67
RegiSTRIDES Run Like the Winded	360.61
Naptime at the Finish Line	359.89
Holy Walkamolies	342.53
aMAYSing Steppers	340.35
EAST Steppers	335.64
Bookin' It!	330.7
DORitos Locos	324.28
DOR R.eally E.nthusud B.ut S.hort of breath	323.86
Thought you said 'Extra fries not exercise'	318.46
RegiSTRIDES Degree Jog-it	318.08
Maroon03	316.21
Numb Locks (DoIT)	315.74
PPRI-Chafing the Dream	312.32
Francis Hall Highsteppers	310.88
RHACOMModores	305.41
Neville's Lo ngbottoms	303.55
RegiSTRIDES The Proclaimers	303.42
Holy Walkamolies	299.2
All EAHR's 2020	286.4
Cirque Du Sore-Legs	285.15
The Walking Bad	277.69
NoneOfUsAreTexansExcept-	
ForCrashAndAllison	225.07
DOR RAcers	219.97
Old Town Road Walkers	219.76
DOR - Chasing Pavements	216.93
OREcking Crew	199.6
Sea Legs for Days	190.03
Lazy Lobsters	173.53
DOR Student Athletes	167.6
Freud Would've Ubered	163.87
The Good Ags	162.5
The HROE Stompers	147.07
Rise of the LIBR Skywalkers	147.01
DOR Step Happy	110.37
Research that Moves	108.53
GOGAPS	97.12
Red Hot Chili Steppers	79.95
Gotta Love Benefits	59.28
Texas Two Steppers	50
Alex LC	22.9
TEAM BIMS	11.89

Total 30892.34

TEXAS A&M FOUNDATION

Let's Get Fiscal	534.57
Blister Sisters & Misters	351.6
Money Walks	291.83
Red Hot Chili Steppers	279.23
Inspired, but Tired	169.59
Total	1626.82

TEXAS A&M UNIVERSITY SYSTEM OFFICES

Walking Robins	716.35
RELLIS-School of Walk	576.42
The Motley Crew	456.61
Walking With Auditude	371.65
If the Shoe Doesn't Fit, We Must Quit	338.25
Sole Beneficiaries	321.16
See ya later, aggregator	212.17
Total	2992.61

TEXAS A&M DIVISION OF STUDENT AFFAIRS

Walk This Way!	1670.88
Train Recs	1098.85
ODSL Exercise? I Thought You Said Extra Fries!	780.43
ResLife Walker Texas Rangers	630.27
ODSL Reber Fever	610.53
ODSL The Good Pace	596.9
Kiss My Assessment	582.03
RECOrd Setters	566.97
Vampires on the Run	530
Red Hot Chili Steppers	446.38
Multicultural Services	421.59
We've got Sole	385.81
Between a Walk and a Hard Place!	378.93
StuAct Walkie Talkies	351.18
Tyrannosaurus Rec	345.4
Not Fast, Just Furious	279.92
The Young and the Breathless	218.71
Total	9894.78



Team Placings by Leagues-Adult

TTI

Dynamic Walking WINgineers	1011.46
If You Ain't First, You're Last	747.12
Walkin' on Sunshine	573.96
The Slackers	468.9
WALK IT LIKE IT'S HOT	364.53
These Glutes are made for Walkin'	289.52
Running Hot!	161.55
All Alone	44.95
Total	3661.99

Pink Ladies	97.26
CSTR Team 1	67.5
Running from Chemistry	62.08
Total	9331.38

This Week's Top 23 in Year 23

URPN 370 - HEALTH SYSTEM

PLANNERS 2020

WAT Runners!	431.71
WAT! it do Ags	398.38
Team Bonus Points	368.48
Wii Not Fit	364.71
shake and bake	360.1
Run Like the Winded	354.91
WAT! IN TARNATION	313.14
AggiesWalkingAcrossTexas	273.63
The WATCHmen	267.02
WATs UP	257.11
WAT Pacers	209.86
Total	3599.05

LEAGUE OF THEIR OWN

Cecum and Destroy	788.51
Feet for Miles	761.4
Dumbells and Donuts	678.71
LRC BAD KNEES SENIORS	648.5
Search Dog Walkers	618.51
Agony of De Feet	518.94
She's Got Legs	450.94
Walking Warriors	430.09
Geosciences	424.21
TIGER TRACKS	415.07
WTF (Where's the Finish)	402.21
Sole Sisters	400.89
Rapid Thigh Movement (RTM)	370.23
MiSSIng Space CADets	357.28
Corner Coasters	347.18
Double the Fun Strollers	297.76
Walk Across KBTeXas	292.37
CONTinual Motion	282.63
Walkers without Borders	222.72
TAMU MUP 2020	212.87
TAMU-GRADS	183.52

1. **Walk This Way!** Texas A&M Division of Student Affairs 1670.88
2. **TraiRecs** Texas n A&M Division of Student Affairs 1098.85
3. **Dynamic Walking WINgineers** TTI 1011.46
4. **Hike Across The Universe** AgriLife Employee Wellness 910.76
5. **Winning Walkers** CHI St. Joseph Health 903.26
6. **The Original Holy Walkamolies** AgriLife Employee Wellness 875.6
7. **Liar, Liar, Legs of Fire** TAMU - Main Campus 871.95
8. **Walking Wonders** CHI St. Joseph Health 841.7
9. **People Enjoying Activity...Periodically** TAMU- Main Campus 800.05
10. **Texas Top Steppers** CHI St. Joseph Health 799.86
11. **CATs (COGers Across Texas)** BVCOG 799.54
12. **CVM Dog Tired** TAMU- Main Campus 794.02
13. **Cecum and Destroy** 788.51
14. **Chip My Penguin** TAMU

- Main Campus 787.61
- 15. **ODSL Exercise? I Thought You Said Extra Fries!** Texas A&M Division of Student Affairs 780.43
- 16. **Feet for Miles** 761.4
- 17. **Avocardio** AgriLife Employee Wellness 761.26
- 18. **Texas Trail Drivers** CHI St. Joseph Health 753.69
- 19. **Road Rage Scholars** TAMU - Main Campus 750.46
- 20. **If You Ain't First, You're Last** TTI 747.12
- 21. **Walking Robins** Texas A&M University System Offices 716.35
- 22. **Making Strides** AgriLife Employee Wellness 702.79
- 23. **Dumbells and Donuts** 678.71



What's in a team name?

How did your team come up with their name? Email response to

fewilliams@ag.tamu.edu

Come amp it up with us!



Let's Amp it Up!

[https://](https://www.signupgenius.com/go/20F0545A8AA22A2FB6-walk1)

www.signupgenius.com/go/20F0545A8AA22A2FB6-walk1



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.

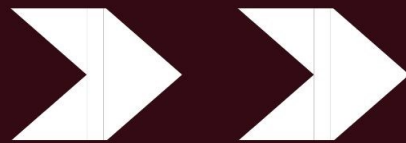
March 5, 2020

6 PM to 7 PM

**2412 South Texas Ave
College Station**

Register by March 2

TRU  **FIT**



For more information contact
Flora Williams at
979-823-0129 or
fewilliams@ag.tamu.edu

Sign up to join us at TruFit for the Walk Across Texas Midway Amp it Up Event

You have options:

Kickboxing, Cycling/spin class, bootcamp, or Zumba or Yoga

Click here:

<https://www.signupgenius.com/go/20F0545A8AA22A2FB6-walk1>



Attention please!

Mileage for the newsletter will be based on mileage as of Saturday of each week since physical activity can be entered daily.

DO NOT wait until the end to submit mileage. Enter regularly either daily or by Saturday of each week.

Let's go youth league teams!

Southwood4H	655.51	(10 youth)
Southwood4HAdult	235.71	(5 parents)
St Joseph's 4-H Club	0	(10 youth)
FloMa's Grands	237.00	(7 youth)
Panthers	330.50	(16 youth)
Tigers Class	0	(18 youth)
The Jags	0	(18 youth)
Seals	0	(17 youth)



Go ahead! Click the link for a quick tasty Beef Kabob recipe.

<https://dinnertonight.tamu.edu/recipe/beef-kabobs/>



**DINNER
TONIGHT**
TEXAS A&M AGRILIFE EXTENSION



*******Reminder*******

Convert your favorite physical activities completed to miles walked equivalents. Here's a chart and a link to help
https://extension.umd.edu/sites/extension.umd.edu/files/_images/programs/walkmd/Exercise%20Equiv.Chart3_.pdf



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
Any activity/exercise that makes you breathe hard and sweat.	20 minutes =	1 mile
Any activity/exercise that makes you breathe very hard and perspire heavily.	15 minutes =	1 mile

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:

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

TEXAS A&M
AGRILIFE
EXTENSION



Make sure to redeem prizes won at Kick-off Event. Thank you sponsors!



Camp Gladiator
College Station



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 or

979-361-5730. *1/2 price 2019 shirts are available

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 321 likes right now.

Need help fixing your team's information on howdyhealth.org?

Log into your howdyhealth.org account. Go to your dashboard. Click on the CONTACT tab. Submit a ticket to the helpdesk.

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

Brazos County Office of Texas A&M AgriLife Extension Service or at 979-823-0129 HAPPY TRAILS!

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin. The Texas A&M University System, U.S. Department of Agriculture and the County Commissioners Courts of Texas Cooperating.