

MARCH 30, 2021

OPERATION BRAZOS COUNTY WALK ACROSS TEXAS 2021

Celebrating 24 Years of WAT Brazos County

TEXAS A&M
AGRI LIFE
EXTENSION



WALK
ACROSS TEXAS!
TEXAS A&M AGRILIFE EXTENSION

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

*The Texas A&M University System,
U.S. Department of Agriculture, and
the County Commissioners Courts of
Texas Cooperating*

Walk Across Texas 2021

OPERATION WALK ACROSS TEXAS

MISSION: POSSIBLE

Guess what week it is? You guessed it! It's week seven! Keep making it count. More teams were added to the **Mission: Accomplished 833 Club**. This week, we congratulate 83 teams! Thank you for accepting the mission to Walk Across Texas! Light the fuse and finish strong.

IMPORTANT DATES-AT-A-GLANCE

- Proclamation-February 2, 2021 ✓
- Kick Off Event: February 13, 2021 ✓
- **Event Dates: February 13, 2021-April 9, 2021**
- February 13, 2021-February 19, 2021 (Week One) ✓
- February 20, 2021-February 26, 2021 (Week Two) ✓
- February 27, 2021-March 5, 2021 (Week Three) ✓
- March 6, 2021-March 12, 2021 (Week Four) ✓
- March 13, 2021-March 19, 2021 (Week Five) ✓
- March 20, 2021-March 26, 2021 (Week Six) ✓
- **March 27, 2021-April 2, 2021 (Week Seven)** ←
- April 3, 2021-April 9, 2021 (Week Eight)
- Online registration extended deadline: February 24, 2021 ✓
- Weekly virtual workouts: February 24, March 3, March 10, March 17, March 24, **March 31**, and April 8
- The Announcement of Champions: April 28, 2021
- Celebration Event/Prize Patrol: April 28, 2021

Walk Across Texas
celebrates turning 25 in
Texas this year!

25
YEARS

About the weekly e-news blast:

- Team members are encouraged to enter mileage daily. Each week's e-news will cover the Saturday through Friday week preceding the newsletter (Ex. Team and league placing are based on miles walked through week six; March 26.)
- SEND pictures of your team in action, any upcoming team or community fitness events, or stories for the newsletter. PLEASE email them to Flora Williams at fewilliams@ag.tamu.edu.
- Weekly e-news blast will arrive on or before Thursday of each week.



Top 25 Most Creative Team Names

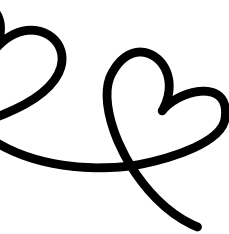
(Names were sent out for judging. The top 25 Most Creative Team Names are listed below and still in the running for overall most creative name)

- 16 Feet with Sole
- Blister Sisters
- Bringing Healthy Back
- Buns on a Run
- Cops & Runners
- Don't Stop Til You Step Enough
- Double the Fun Strollers
- Geoscience Trekkers
- Kickin' Asphalt
- Making Strides
- Mind over Miles
- Motionally Challenged
- Press 'N On
- Run for Your ResLife!
- See ya later, aggregator
- Sole Beneficiaries
- Spring in Our Step
- Strictly Business
- The Chosen Buns
- The ThreadRippers
- Twisted Blisters
- Walk Across KBTexas
- Walk It Off
- Walking 9 to 5 (HR)
- What is That in Miles?

Wrapping Up Operation Walk Across Texas

Just a few more days until Closeout Participation
Wrap-up Button Will Enable On: 2021-04-09 on your dashboard

Our Program Start Date: 2021-02-13
Our Program End Date: 2021-04-09
Final Mileage and **Wrap-up** Due By: 2021-04-19
Program Will Reset On: 2021-04-20



Week Six Highlights

Thank you to the Airrosti team for the 45 minute Foam Roller Stretching class

March 24, 2021 via Zoom

The recorded session is not available. Check out an Airrosti Foam Roller Stretching session [here](#).

This awesome class was hosted by Texas A&M University System Office
H.E.A.D.s Up Wellness Program



THE
TEXAS A&M
UNIVERSITY
SYSTEM

Learn more about
Airrosti [here](#)!



WE FIX PAIN *Fast*

AIRROSTI®

Pain can stop you from doing what you love. At Airrosti, we focus on diagnosing the root cause of your pain, then work to help resolve that pain as quickly as possible — often within only 3 visits (based on patient-reported outcomes and more than a million injuries treated). Airrosti is a covered benefit by most major health insurance carriers, and a physician referral is typically not required. Call us at (800) 404-6050 to learn more or confirm your coverage. In-clinic and Remote Recovery (virtual care) treatment options are available.



— Week Six Virtual Workout VIPs and Door Prize Winners —



CONGRATULATIONS DOOR PRIZE WINNERS

Thank you Texas A&M University System HEADS Up for the virtual class and for the \$15 gift cards to Blue Baker.

Tonight's winners:

Karli Kessler

Cee Ellis

Wendy Mahoney

Dorithie Thomas

Your gift cards will be mailed to you. Please email me at fewilliams@ag.tamu.edu to provide the mailing address.

Otherwise you can drop by and pick them up once we receive them in our office.

View in the spinning wheel [here](#).



WE'VE GOT YOUR BACK

MOBILITY & STRETCHING

Foam Rolling

The Foam Roller is used as a hands-free form of myofascial release. It is an excellent tool for stretching tight muscles. The pressure of your body weight against the dense foam roller helps to release the restrictions and adhesions in the soft tissue and relax the muscle being worked on.

BASIC FOAM ROLLING TECHNIQUE

- Warm-up the area by making 6-8 controlled passes along the length of the muscle. Ensure the muscle stays relaxed during all passes to avoid crossing any joint lines.
- Scan the area for any tender spots and continue to oscillate on this area until the discomfort begins to diminish. You should never feel any numbness or tingling while scanning over the muscle. If these symptoms occur, discontinue use immediately.
- Once the area is no longer sensitive, scan for other tender spots and repeat.
- When the area is free of pain, make 2 additional slow, controlled passes over the entire length of the muscle.
- Rest briefly before continuing on to the next muscle group.

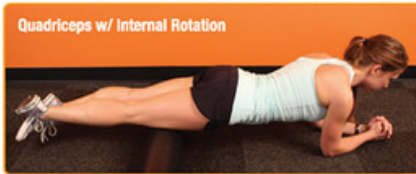
1. Quadriceps - 3 Angles

- Begin by balancing on the elbows in the plank position with the quads on the Foam Roller.
- Roll from just above the knee cap to the top of the thigh.
- Use your core muscles to scan up and down the legs. Be careful not to round or arch the lumbar spine.
- Scan for tender spots and hold until the pain diminishes.
- To place a greater emphasis on one leg, cross the back of the other leg or simply shift body weight to one side.
- Isolate all areas of the quadriceps by repeating this technique in each position: Neutral, Internal Rotation, and External Rotation.
- Complete 6-8 passes on each leg, while scanning for restrictions.

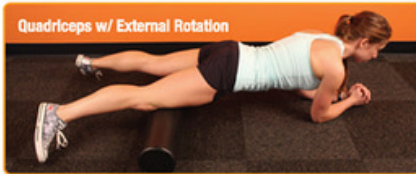
Quadriceps Neutral



Quadriceps w/ Internal Rotation



Quadriceps w/ External Rotation



2. Iliotibial Tract

- Begin by balancing on your forearm, and with your outer thigh on the Foam Roller.
- Slowly roll from the top of the knee to the top of the hip rotating 5 degrees as you work past the hip, avoiding the hip bone.
- Scan for tender spots and hold until the pain diminishes.
- Lower the top leg for support if necessary.
- Complete 6-8 passes on each leg, while scanning for restrictions.

Iliotibial Tract with Support



Iliotibial Tract



3. Piriformis / Gluteus Medius

- Begin by sitting on the Foam Roller and placing the ankle over the opposite knee. Tilt to the side of the bent knee.
- Balance with your hands and opposite foot.
- Scan for tender areas and hold until the pain diminishes.
- Roll from top to bottom of the glute.
- To repeat on the other side, cross the opposite ankle over and repeat on that side.
- Complete 6-8 passes on glute, while scanning for restrictions.



4. Lumbar Spine

- Begin by lying face up. Place the Foam Roller in the arch of your lower back.
- Place the bottoms of your feet on the floor.
- Rotate 5-10 degrees to one side, supporting yourself with your forearm.
- Roll the foam roller along the arch of the back, using your legs to move up and down.
- Complete about 6-8 slow and controlled passes along the length of this area, scanning for tender spots.



5. Lumbosacral Mobility

- Place the Foam Roller at the lumbosacral junction (just above the pelvis/hip bone).
- With a slow and controlled motion, bring your legs up to a table top position, with the shins parallel to the floor.
- Slowly lower one leg at a time, tapping your toe on the ground before returning to the starting position.
- Repeat 10 toe tap repetitions on each leg.



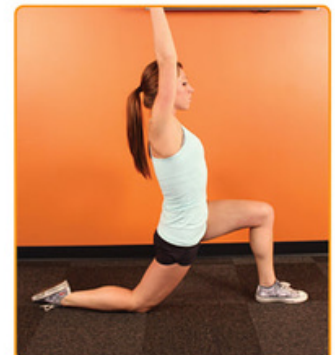
6. Supine Figure 4 Stretch

- Begin by lying on your back with your knees bent.
- Cross your ankle over your opposite knee.
- Reaching through your legs, gently pull on the back of the thigh to bring your leg closer to your chest.
- Hold for 30 seconds on each side.



7. Hip Flexor Stretch

- Begin in a lunge position with the knee of the side to be stretched on the ground.
- Actively engage your core and glute on the side being stretched to prevent your pelvis from tilting forward.
- Throughout this stretch make sure and keep the spine upright, hips square, and glute engaged.
- As you begin the stretch, apply downward pressure into the knee that is on the floor, as if driving the knee backwards.
- Allow the same side hip to lower deeper into the stretch by sinking downward and forward.
- To finish the stretch, take the arm of the same side being stretched, and arch it up and over your head until you feel additional stretching from the abdomen to the front of the thigh.
- Hold this stretch for 30 seconds.



TEAM PLACINGS BY LEAGUES THROUGH WEEK SIX

AgriLife Employee Wellness

1. Wandering Wildlanders 1851.00
2. The Original Holy Walkamolies 1741.54
3. HORT TREKKERS 1656.82
4. Cancer Warriors 1590.67
5. EXtreme Speed 1275.56
6. Hort Perennial Posse 1196.58
7. Making Strides 1187.04
8. Witness the Fitness 1079.40
9. Bolls of Steel 1076.13
10. Groovy Grape Steppers 1073.11
11. If I Had A Boat 1071.81
12. Texas Cruisers 1064.89
13. Gel Runners 1020.52
14. Mind over Miles 1016.85
15. Exercise & Compliance 999.74
16. HORT FLOWER POWER 992.41
17. Radiant Rice Racers 887.69
18. Wild Walkers of the West 882.46
19. Qalankhkan 722.97
20. Show Time 666.37
21. Fat and All That 641.78
22. Coverage Captains 636.32
23. Bringing Healthy Back 583.86
24. Rice CRISP(R)ies 552.81
25. The Walking Dead 474.81
26. Walking Riceronies 467.05
27. TFS Urban and Community Forestry 432.55
28. "Four Score and Seven Blisters Ago" 415.77
29. Runs & Roses 266.33
30. JoCo Joggers 233.17
31. The 2 Cobbs 189.95

58%

Laps for Laney

1. LRC Healthy Driven Seniors 1400.75
2. Laps4Laney 1014.17
3. Laney Bugs 759.55
4. Team Fusion 556.92
5. Laney Boos 543.92

40%

Brazos County 50%

1. The Tax Squad 1214.49
2. Precinct 3 Sole Mates 1163.48
3. Brazos County Walking Warriors 1145.02
4. Brazos DA Team One 942.60
5. Bomb Squad 905.76
6. County Attorney EZ Team 825.30
7. Cowgirl Up 789.99
8. Brazos County DA A Team 688.88
9. Red Hot Chili Steppers 658.26
10. Risky Record Walkers 574.61

Diabetes Edition

1. TX Tough/KY Strong 518.61
2. BMW to LMW 402.38

Health System Planners

1. team pasta 900.63
2. Sydney's Team 781.70
3. Mavericks 667.53
4. Texas Two-Steppers 642.70
5. Twinkle Toes 521.99
6. Cirque Du Sore Legs 416.46
7. Happy Feet 380.86
8. Gold Diggers 354.58
9. TAMU Triumph 282.50
10. The Health Planners 177.85
11. The Majorities 124.05
12. Walking with the Kins 92.88
13. Wii Fit 76.47
14. Howdy 64.00
15. swaggies 63.10
16. Studios Strollers 58.00
17. HOWDY RUN 39.50
18. Gimme Bonus 38.00
19. Jam & Co. 2.00

5%

TEAM PLACINGS BY LEAGUES THROUGH WEEK SIX

MYCON General Contractors, Inc.

1. MYCOOL 1072.45
2. What is That in Miles? 849.26
3. Stone Cold Steppin 794.90
4. Butter's Walking Buddies 441.70

50%

TAMU Division of Research

1. DOR Mission Accepted 1247.94
2. DOR SUPER Tribe 1233.89
3. DOR- Dream Team 1022.04
4. DOR Change Agents 972.74
5. DOR Super Tribe - Dorminators 921.93
6. DORMant Dynamites 852.50
7. DOR - RUSH 686.12
8. DOR - ExSports Stars 658.56
9. DOR - Not fast, Just furious 644.58
10. DOR-MI"C"-you-on-the-treadmill 585.37
11. DOR COVID CRUSHERS 445.42
12. DOR Cirque du Sore Legs 296.61

50%

Texas A&M Engineering

1. ETID Hearts and Soles 1292.60
2. The MEEN Team 1136.58
3. Blister Sisters 1021.99
4. Tough Engineers Enthusiastically Stepping (TEES) 999.38
5. Fueled By Caffeine 894.10
6. Rapid Thigh Movement 870.64
7. Connected by Walk 716.03
8. Engineering IT Step-by-Step 535.98
9. NESC 455.38
10. TEES Trotters 434.43
11. Holy Walkamolies 422.56
12. EASA Vibe 412.18
13. All Alone 145.11

46%

Texas A&M Division of Student Affairs

1. United Rec Force 2697.33
2. Walk This Way! 2233.44
3. Twisted Blisters 1539.66
4. Run for Your ResLife! 1505.57
5. Don't Stop Til You Step Enough 1377.60
6. The SHS Movers & Shakers 1177.57
7. What a long strange trip it's been 1130.13
8. ODSL Queens of the Mile 1086.47
9. RECing The Dream 996.31
10. Taco Walk on the Wild Side 989.44
11. ODSL Legs Miserables 979.12
12. Un-STEP-able 962.58
13. Becky's Toddling Troup 949.92
14. Chafing the Dream 810.75
15. Holy Walkamolies! 798.94
16. Your Pace or Mine? 780.08
17. StuAct's New Kids on the Walk 610.25
18. Team ELS 558.18
19. VRSC Mission Possible 518.13
20. DMS Steppers 418.60

65%

Texas A&M Foundation

1. Holy Walkamolies! 1197.44
2. Geoscience Trekkers 997.34
3. BCS Yard Goats 846.34
4. Three Armadillos 477.77
5. Your Pace or Mine? or "funny name" here 72.58

60%



TEAM PLACINGS BY LEAGUES THROUGH WEEK SIX

Texas A&M regiSTRIDES

1. Holy Walkamolies! 1197.44
2. Geoscience Trekkers 997.34
3. BCS Yard Goats 846.34
4. Three Armadillos 477.77
5. Your Pace or Mine? or "funny name" here 72.58

60%

Texas A&M Transportation Services

1. Spevtaculars 1056.95
2. Walking 9 to 5 (HR) 880.13
3. CS Crew 346.33

67%

Texas A&M University System Offices

1. The Motley Crew 1358.36
2. RELLIS Sole Train 1071.38
3. The Church of Walkatology 905.01
4. Feisty Females 601.61
5. Sole Beneficiaries 356.95

60%

University Libraries

1. Rogue Motion 894.60
2. Strictly Business 794.56
3. MSL Marvels 559.33
4. Press 'N On 557.99
5. The Mandalorian Misfits 408.40
6. Sole Mates 339.34
7. Cushing Panthers 95.05

14%



We Are All Aggies

1. Operation: Witness the Fitness 997.88
2. S.W.A.T.T. - Sprinters, Walkers and Trash Talkers 835.52
3. Enthusiastics In Sneakers 812.62
4. Phage Busters 776.71
5. See ya later, aggregator 773.44
6. CLLA Maskateers 752.01
7. Fantastic FAID 714.09
8. Walkie Talkies 707.83
9. Run Forrest Run 675.19
10. I'll Be There Now In A Minute 585.44
11. Footloose and Free Range 476.31

18%

Solo Teams-No League

1. CVM Dog Tired 1289.52
2. South Campus Poppers 1276.79
3. Brazos County 1094.80
4. 16 Feet with Sole 1049.07
5. Search Dog Walkers 1019.10
6. Dynacisers 21 1000.25
7. The Perambulators 932.87
8. Double the Fun Strollers 931.43
9. Peanut Butter & Jelly Legs 889.50
10. Spring in Our Step 864.47
11. Socially Distant Sole Sisters 832.77
12. Human Environmental Animal Team (H.E.A.T.) 789.45
13. Sole Sisters 777.25
14. Kickin' Asphalt 658.43
15. Motionally Challenged 556.06
16. Walk It Off 472.68
17. Southside Superstars 468.88
18. Chicks with Kicks 454.78
19. MUPs21 390.54
20. The ThreadRippers 268.07
21. InterLibrary Sensation 223.00
22. Walk Across KBTexas 193.19

45%

OVERALL TEAM PLACING

1. United Rec Force 2697.33
2. Walk This Way! 2233.44
3. Wandering Wildlanders 1851.00
4. The Original Holy Walkamolies 1741.54
5. HORT TREKKERS 1656.82
6. Cancer Warriors 1590.67
7. Twisted Blisters 1539.66
8. Run for Your ResLife! 1505.57
9. LRC Healthy Driven Seniors 1400.75
10. Don't Stop Til You Step Enough 1377.60
11. The Motley Crew 1358.36
12. Cops & Runners 1331.41
13. ETID Hearts and Soles 1292.60
14. CVM Dog Tired 1289.52
15. South Campus Poppers 1276.79
16. EXTreme Speed 1275.56
17. Operation: Kill-O-Meters 1259.84
18. DOR Mission Accepted 1247.94
19. DOR SUPER Tribe 1233.89
20. The Tax Squad 1214.49
21. Holy Walkamolies! 1197.44
22. Hort Perennial Posse 1196.58
23. Making Strides 1187.04
24. The SHS Movers & Shakers 1177.57
25. Precinct 3 Sole Mates 1163.48
26. Brazos County Walking Warriors 1145.02
27. Operation: Sole Survivors 1144.68
28. Unleashed at CVMBS 1138.88
29. The MEEN Team 1136.58
30. What a long strange trip it's been 1130.13
31. College of Pharmacy - Pharmily 1129.59
32. Brazos County 1094.80
33. Walk Ness Monsters 1093.99
34. ODSL Queens of the Mile 1086.47
35. Witness the Fitness 1079.40
36. Bolls of Steel 1076.13
37. Groovy Grape Steppers 1073.11
38. MYCOOL 1072.45
39. If I Had A Boat 1071.81
40. RELLIS Sole Train 1071.38
41. Texas Cruisers 1064.89
42. Spevtaculars 1056.95
43. 16 Feet with Sole 1049.07
44. DOR- Dream Team 1022.04
45. Blister Sisters 1021.99
46. Gel Runners 1020.52
47. Search Dog Walkers 1019.10
48. Mind over Miles 1016.85
49. Laps4Laney 1014.17
50. Dynacisers 21 1000.25
51. Exercise & Compliance 999.74
52. Tough Engineers Enthusiastically Stepping (TEES) 999.38
53. Operation: Witness the Fitness 997.88
54. The Walkie Talkies 997.47
55. Geoscience Trekkers 997.34
56. RECing The Dream 996.31
57. HORT FLOWER POWER 992.41
58. Taco Walk on the Wild Side 989.44
59. ODSL Legs Miserables 979.12
60. DOR Change Agents 972.74
61. Un-STEP-able 962.58
62. Becky's Toddling Troup 949.92
63. Brazos DA Team One 942.60
64. The Perambulators 932.87
65. Double the Fun Strollers 931.43
66. DOR Super Tribe - Dorminators 921.93
67. Bomb Squad 905.76
68. The Church of Walkatology 905.01
69. team pasta 900.63
70. Rogue Motion 894.60
71. Fueled By Caffeine 894.10
72. Degree JOG-It 891.78
73. Peanut Butter & Jelly Legs 889.50
74. Radiant Rice Racers 887.69
75. Wild Walkers of the West 882.46
76. Walking 9 to 5 (HR) 880.13
77. Rapid Thigh Movement 870.64
78. Spring in Our Step 864.47
79. Buns on a Run 854.20
80. DORMant Dynamites 852.50
81. What is That in Miles? 849.26
82. BCS Yard Goats 846.34
83. S.W.A.T.T. - Sprinters, Walkers and Trash Talkers 835.52
84. Socially Distant Sole Sisters 832.77
85. County Attorney EZ Team 825.30
86. Student Services Stompers 818.94
87. Enthusiastics In Sneakers 812.62
88. Chafing the Dream 810.75
89. Holy Walkamolies! 798.94
90. Stone Cold Steppin 794.90

OVERALL TEAM PLACING

91. Strictly Business 794.56
92. Cowgirl Up 789.99
93. Human Environmental Animal Team (H.E.A.T.) 789.45
94. Sydney's Team 781.70
95. Your Pace or Mine? 780.08
96. Sole Sisters 777.25
97. Phage Busters 776.71
98. See ya later, aggregator 773.44
99. Laney Bugs 759.55
100. CLLA Maskateers 752.01
101. Qalankhkan 722.97
102. Connected by Walk 716.03
103. Fantastic FAID 714.09
104. Walkie Talkies 707.83
105. The Chosen Buns 690.99
106. Brazos County DA A Team 688.88
107. DOR - RUSH 686.12
108. Run Forrest Run 675.19
109. Mavericks 667.53
110. Show Time 666.37
111. DOR - ExSports Stars 658.56
112. Kickin' Asphalt 658.43
113. Red Hot Chili Steppers 658.26
114. DOR - Not fast, Just furious 644.58
115. Texas Two-Steppers 642.70
116. Fat and All That 641.78
117. Coverage Captains 636.32
118. StuAct's New Kids on the Walk 610.25
119. Feisty Females 601.61
120. I,Äöll Be There Now In A Minute 585.44
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123. Risky Record Walkers 574.61
124. MSL Marvels 559.33
125. Team ELS 558.18
126. Press 'N On 557.99
127. Team Fusion 556.92
128. Motionally Challenged 556.06
129. Rice CRISP(R)ies 552.81
130. Laney Boos 543.92
131. Engineering IT Step-by-Step 535.98
132. Twinkle Toes 521.99
133. TX Tough/KY Strong 518.65
134. VRSC Mission Possible 518.13
135. Three Armadillos 477.77
136. Footloose and Free Range 476.31
137. The Walking Dead 474.81
138. Walk It Off 472.68
139. Southside Superstars 468.88
140. Walking Riceronies 467.05
141. NESC 455.38
142. Chicks with Kicks 454.78
143. DOR COVID CRUSHERS 445.42
144. Butter's Walking Buddies 441.70
145. TEES Trotters 434.43
146. TFS Urban and Community Forestry 432.55
147. Holy Walkamolies 422.56
148. DMS Steppers 418.60
149. Cirque Du Sore Legs 416.46
150. "Four Score and Seven Blisters Ago" 415.77
151. EASA Vibe 412.18
152. The Mandalorian Misfits 408.40
153. BMW to LMW 402.38
154. MUPs21 390.54
155. Happy Feet 380.86
156. Sole Beneficiaries 356.95
157. Gold Diggers 354.58
158. CS Crew 346.33
159. Sole Mates 339.34
160. DOR Cirque du Sore Legs 296.61
161. TAMU Triumph 282.50
162. The ThreadRippers 268.07
163. Runs & Roses 266.33
164. JoCo Joggers 233.17
165. InterLibrary Sensation 223.00
166. Walk Across KBTexas 193.19
167. The 2 Cobbs 189.95
168. The Health Planners 177.85
169. All Alone 145.11
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172. Walking with the Kins 92.88
173. Wii Fit 76.47
174. Your Pace or Mine? or "funny name" here 72.58
175. Howdy 64.00
176. swaggies 63.10
177. Studious Strollers 58.00
178. HOWDY RUN 39.50
179. Gimme Bonus 38.00
180. Jam & Co. 2.00



The Mission: Accomplished 833 Club

**83 teams joined the Mission: Accomplished
833 miles club in week six.**



- 16 Feet with Sole
- BCS Yard Goats
- Becky's Toddling Troup
- Blister Sisters
- Bolls of Steel
- Bomb Squad
- Brazos County
- Brazos County Walking Warriors
- Brazos DA Team One
- Buns on a Run
- Cancer Warriors
- College of Pharmacy - Pharmily
- Cops & Runners
- CVM Dog Tired
- Degree JOG-It
- Don't Stop Til You Step Enough
- DOR Change Agents
- DOR- Dream Team
- DOR Mission Accepted
- DOR SUPER Tribe
- DOR Super Tribe - Dorminators
- DORmant Dynamites
- Double the Fun Strollers
- Dynacisers 21
- ETID Hearts and Soles
- Exercise & Compliance
- EXTreme Speed
- Fueled By Caffeine
- South Campus Poppers
- Spevtaculars
- Spring in Our Step
- Taco Walk on the Wild Side
- team pasta
- Texas Cruisers
- The Church of Walkatology
- The MEEN Team
- The Motley Crew
- The Original Holy Walkamolies
- The Perambulators
- The SHS Movers & Shakers
- The Tax Squad
- The Walkie Talkies
- Tough Engineers Enthusiastically Stepping (TEES)
- Twisted Blisters
- United Rec Force
- Unleashed at CVMBS
- Un-STEP-able
- Walk Ness Monsters
- Walk This Way!
- Walking 9 to 5 (HR)
- Wandering Wildlanders
- What a long strange trip it's been
- What is That in Miles?
- Wild Walkers of the West
- Witness the Fitness
- Gel Runners
- Geoscience Trekkers
- Groovy Grape Steppers
- Holy Walkamolies!
- HORT FLOWER POWER
- Hort Perennial Posse
- HORT TREKKERS
- If I Had A Boat
- Laps4Laney
- LRC Healthy Driven Seniors
- Making Strides
- Mind over Miles
- MYCOOL
- ODSL Legs Miserables
- ODSL Queens of the Mile
- Operation: Kill-O-Meters
- Operation: Sole Survivors
- Operation: Witness the Fitness
- Peanut Butter & Jelly Legs
- Precinct 3 Sole Mates
- Radiant Rice Racers
- Rapid Thigh Movement
- RECing The Dream
- RELLIS Sole Train
- Rogue Motion
- Run for Your ResLife!
- S.W.A.T.T. - Sprinters, Walkers and Trash Talkers
- Search Dog Walkers

SPOTLIGHT

Meet the team!

LRC Healthy Driven Seniors at Lincoln Recreation Center



Seated: Pastor Colvin, Ara Bergum, Jean Newby-Pruitt
Standing: Debra Broadus, Dorothy Rainwater, Mary Ann Childs, Cee Ellis
Missing: Donna Rice



*Laps 4 Laney
League*



MOST INSPIRATIONAL PERSON NOMINATION

Chandra “Cee” Ellis

Chandra “Cee” Ellis is the awesome captain of the Healthy Driven Seniors team. Cee has been involved with Walk Across Texas for the past 5 years. She is a great organizer and has no trouble reminding each member of the team what needs to be accomplished. Cee loves being involved in activities that help and/or motivate others in any



way. She goes over and beyond of what is needed to make sure that the event is a success.

Chandra is a mother of two sons and a member of the 1st United Methodist church of College Station, Texas. She is an active member and volunteer of the Lincoln Center Seniors

MOST INSPIRATIONAL PERSON NOMINATION

MOST INSPIRATIONAL PERSON NOMINATION

Evelyn Dorsey

There often is a misconception that older people can't be active. This is certainly not true for members of the United Rec Force who has five members over the age of 50. The leader of this pack, at the young age of 70 years, is Evelyn Dorsey. She is not only an inspiration to everyone on the team but is also one of the most competitive. Don't be fooled into accepting a Fitbit challenge



from her if you're not willing to get notifications that she's "on the move" at 11pm. She'll do what it takes to surpass the leader and takes the motto "In it to win it" to heart. A running joke amongst the team is when she tried and succeeded in beating Mark Haven in steps during one daily challenge. He was training for a marathon and she was logging steps. Her success was met with some very sore muscles the next day. That is her Evelyn will be one of the overall individual leaders in the Walk Across Texas campaign and her efforts should be met with admiration and inspiration.

Everyone, regardless of age, should begin the journey toward physical wellbeing with the first one step. And someday, may you find yourself as healthy and vivacious as she.

MOST INSPIRATIONAL PERSON NOMINATION

MOST INSPIRATIONAL PERSON NOMINATION

Monica Bruno Holder

The DOR Change Agents team would like to nominate our League Commissioner, Mrs. Monica Holder as “Most Inspirational Person.”

Monica is one of the most positive people around!

Her cheerful attitude, friendly demeanor, and smile help everyone feel better. She has a way of looking at the positives, being honest about real struggles we all face, and encourages us to find ways to overcome challenges to the best of our ability.

Monica helped organize the Walk Across Texas teams for the Division of Research and leads our “Change Agents” team. Each week she encourages us to log our miles and set healthy goals for the coming week. Whether she is encouraging us to get out and walk more, add more steps, or plan meals, she makes everyone feel that our goals are in reach. We know that she struggles with some of the same things we do, and is working to not only “talk the talk” but “walk the walk ” with us on this health and wellness journey.

In a year when there has been so much negative in people’s lives, we are thankful to have Monica cheerlead us this spring and lead our team. She is truly a most inspirational person.



MOST INSPIRATIONAL PERSON NOMINATION

Weekly virtual workout schedule

Only two more left!

Brain Breaks

March 31, 2021; Wednesday

11:45 a.m. via Facebook Live

<https://www.facebook.com/walk.across.texas.bv/live/>



Zumba

April 8, 2021; Thursday

12:00 noon via Zoom

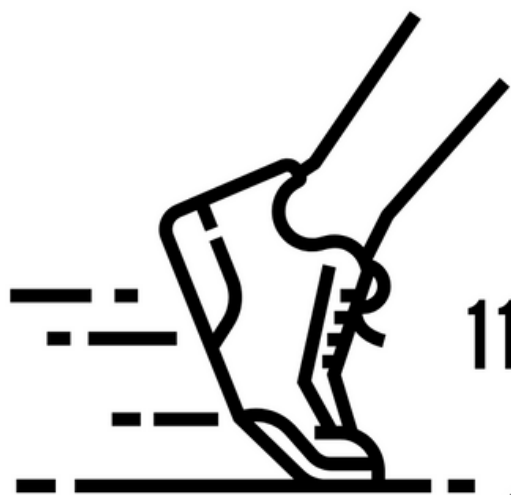
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Passcode: Zumba

Tune in weekly for fun workouts and great door prizes! See individual class details on next page. Please attend as many as your schedule permits.

OPERATION WALK ACROSS TEXAS 2021 CHALLENGE
MISSION: POSSIBLE 833
VIRTUAL WEEKLY INSTRUCTOR LED WORKOUT
Should you choose to accept it!



BRAIN BREAKS
MARCH 31, 2021
WEDNESDAY
11:45 AM - 12:15 PM
FACEBOOK LIVE

@WALK.ACROSS.TEXAS.BV



**Learn multiple short activities that
will incorporate fun, movement and
mindfulness into your day!**

Hosted by
Texas A&M AgriLife Extension Service



TEXAS A&M
AGRI LIFE
EXTENSION


**WALK
ACROSS TEXAS!**
TEXAS A&M AGRILIFE EXTENSION

OPERATION WALK ACROSS TEXAS 2021 CHALLENGE

MISSION: POSSIBLE 833

VIRTUAL WEEKLY INSTRUCTOR LED WORKOUT

Should you choose to accept it!

ZUMBA

APRIL 8, 2021

THURSDAY

12:00 – 12:40 P.M.

ZOOM CLASS

https://urldefense.proofpoint.com/v2/url?u=https-3A__zoom.us_j_93947796745-3Fpwd-3DSWtGeEpmdzBLdCtQRFZBeHBISDdldz09&d=DwlFaQ&c=r_tSSiHV2ie60z4DgB-pQ&r=bFhz88Vr6-B9t5V0PW8Xoj5GY34nCc0H5RF9nCpmuks&m=Sg72s8llGOnTrSZ4VyK83arTNtHKRATHInT05-aUKYg&s=J9bflXr6D5a74s--INIAVP0kX4DTu57ounLyHE7cltY&e=

passcode ZUMBA



hosted by AgriLife Employee Wellness

Zumba—The class that started the dance–fitness revolution and changed the way we look at a “workout” forever. It’s fun, effective, there’s great music, easy to learn dance moves and best of all... it’s made for everyone.



The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

Convert your physical activity to "miles walked". See updated table

Activity Equivalents



Walk Across Texas! is a statewide, 8-week program that's free and open to everyone in the community! The goal of the program is to help people of all ages and abilities establish the habit of regular physical activity.

Is walking not your thing? No problem! Any activity can count towards your journey across Texas! Simply, we encourage you to move more and any activity is better than none!

Below are a variety of activities and guidance for you to calculate your daily mileage. Remember, these are estimates!

Activity	Actual Miles/Minutes	Recorded Miles
Walking, typical pace (3 mph)	30 minutes =	1.5 miles
Running (6 mph)	10 minutes =	1 mile
Cycling/Mountain Biking (13 mph)	7 miles =	1 mile
Spinning (vigorous intensity)	30 minutes =	2 miles
Aerobics (moderate intensity)	30 minutes =	1.5 miles
Stairmaster (moderate intensity)	20 minutes =	1 mile
Swimming (50 yds./min)	15 minutes =	1 mile
Gardening, planting	30 minutes =	1.5 miles
Dancing (moderate intensity)	20 minutes =	1 mile
Steps measured with a pedometer	2,250 steps =	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

To view a clear image of this chart, [click here.](#)

If your exercise of choice is not listed:

- Use a fitness device to measure miles
- Use the conversion of 20 minutes equals 1 mile (for moderate) or 15 minutes equals one mile (intense)

Example

Converting minutes of an activity to miles "walked":

Activity Equivalent:

Aerobics (moderate intensity) for 30 minutes = 1.5 miles "walked"

You participate in an aerobics class for 45 minutes and want to convert that activity to miles walked:

$$\frac{30 \text{ min.}}{1.5 \text{ miles}} = \frac{45 \text{ min.}}{X \text{ miles}} = \frac{30 X}{1.5 \times 45} = (X = 67.5 \div 30) = 2.25 \text{ miles "walked"}$$

Meet the sponsors and hosts

If viewing electronically, click on the images to learn more about each sponsor or host.



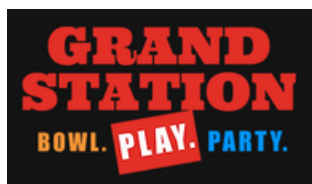
We specialize in custom awards, trophies, promotional products as well as personalized gifts. We can create that special award for your hard working employee. We can also create that personal gift for a friend or loved one including many items that can have a full color photo on them.



We designed this brand for ALL people and ALL fitness levels. Our workouts, our environment, community, and mostly our "tribe" are all what sets us apart.



Mobile tire service specializing in flat repairs and tire changes on 18 wheelers, tractors, RVs, lawn and garden. Fleet checks with air pressure and tread depth. Only spare tire change services are offered for cars, SUVs, and light trucks.



JUST FOR FOR FUN

8 Famous Mission Impossible Lines

I D T I U J S A M T U H Q G T Q C P Q P T C Q A J
Z H N D E S U F E H T T H G I L Z T G H W V P R F
U A P I K L N W C E B Y Q V E R Q V A T J D J N T
K L V B Q L H B A C A J Y Q D T S T J I E T X B E
Q Q Q K O P E D C O O D O R R S S B Q H Q J A T D
H F Q E Z P U Z R U P L F O C T L A S L B O K U A
N U V H D Q C C P N X S M P H K Y I H P A S G N R
C D U Y L Q A K P T E Q W E N P L S P D L I T X R
G Y O E G H A E Y D R L W V M P L Z S X G E H R Y
E K Y S J J B Q I O S R H E M K W L F K K S G L Y
E X G C C F I P Y W O E A O W W F Q Q E V C I T R
F N A P R P D J M N Z Y C O O C W D G V F D L X L
U T I C I E B X G I P C A N Y Q U E S T I O N S Q
R T H Y T K J D Q S A J G I V S I A R I T D E F C
X O B M N L O Q F N B O H W X U D S B O E P E D W
G V M H N O Y Y O O C I A R Y W P Z X Y B W R C C
Y L B P R N K I A T X P V P G F Q N N N N Z G P L
B V K T T Q S E R H L P T Y T G O R F L B U T A X
Z G C F E S Z K C E U M A K E I T C O U N T H L W
T M W V I U E U X L P A B R S H C B U L F N G Q R
Y A J M U P Z O Q P R I E I V C L A Q S S D I C S
O R M H Y I K Q W I H K L K Z R L G L D L M L K W
N V E N K U M G S N L T M P H Z H L G H U U D E U
L J N E C T V H O G K V M G A P N E L G E A E I F
V V D T J L Y X S L Y Z B F P A C O K Z G J R I O

EY

Find the word in the puzzle. Words can go in any direction. Words can share letters as they cross over each other.

Any questions
Exactly
Light The Fuse
Make It Count

Mission Accomplished
Red Light Green Light
That's The Wrong Door
The Countdown Is Not Helping

2021 Awards and Recognition

- Virtual Workout Weekly Drawings
- Most Inspirational Person
- Most Creative Team Name
- Top Teams/Hall of Fame
- Random Drawing of Finishing Teams

Merchandise

Mission: Possible Themed T-shirts

Short-sleeve only

S-XL \$12.00; 2X-3X \$14.00

2020 Yellow Shirts

S-XL \$5; XL-2X \$7

(Sizes available 3XL, 2XL, XL, M and S)

Brazos County Extension Office

2619 Highway 21 West

Bryan, Texas

979-823-0129

Contact: Flora Williams at

fewilliams@ag.tamu.edu

Payable to Brazos WAT

(Delivery available in Bryan and College Station)

Payment methods: exact change (in-person), check, credit or debit card

Thank you Taskforce!

Most Inspirational Person Nomination Thank You

Thank you for taking the time to nominate such deserving candidates.

thank you



Selling out fast!

Chair

Lindsey Dauer-CHI St. Joseph Health

Treasurer:

Sara Mendez-Brazos County Health District

Secretary:

Pat Pierson-Texas A&M AgriLife Master Wellness Volunteer

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

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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

Leslie Martinek-CHI St. Joseph

Mary Parrish- Brazos County Health District

Nickie Boutte-CASAP - Community Alcohol & Substance Awareness Partnership

Sheri Meyer-Texas A&M University System

Contact:
Brazos County Extension Office
Texas A&M AgriLife Extension Service

2619 Highway 21 West
Bryan, Texas 77803

Phone: 979-823-0129
Fax: 979-775-3768

For more information about
Family & Community Health
Walk Across Texas

contact
Flora Williams
E-mail: fewilliams@ag.tamu.edu

