

APRIL 15, 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

Congratulations to the 130 teams that accomplished the mission to make it across Texas and joined the **Mission: Accomplished 833 Club**. As you can see below, we have checked a lot of boxes. Remember to complete the Wrap up form by April 19. All final totals will be announced in the finale newsletter.

## 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:

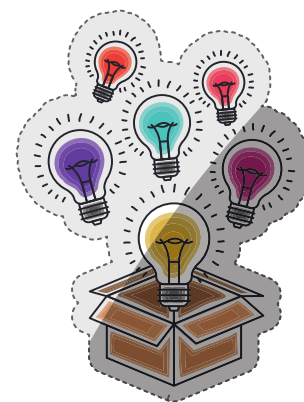
- Weekly e-news blasts are coming to an end. There will be one more edition.



## Top 10 Most Creative Team Names

Names were sent out for judging. The top 10 Most Creative Team Names are listed below and still in the running for overall most creative name

- 16 Feet with Sole
- Bringing Healthy Back
- Buns on a Run
- Cops & Runners
- Don't Stop Til You Step Enough
- Making Strides
- Mind over Miles
- Motionally Challenged
- The Chosen Buns
- Twisted Blisters



## Wrapping Up Operation Walk Across Texas

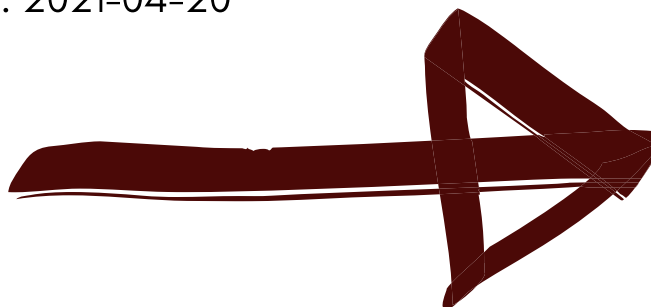
Just a few more days until Closeout Participation  
Wrap-up Button Will Enable On: 2021-04-09 on your  
dashboard

Our Program Start Date: 2021-02-13

Our Program End Date: 2021-04-09

Final Mileage and **Wrap-up survey** Due By: 2021-04-19

Program Will Reset On: 2021-04-20



Team Member	
<a href="#">VIEW TEAM MEMBERS</a>	
<a href="#">VIEW LEAGUE TEAMS</a>	
Stats/History	
<a href="#">VIEW PROGRESS/HISTORY</a>	
<a href="#">PARTICIPANT MILEAGE ENTRIES</a>	
<a href="#">FAQS</a>	
<a href="#">WRAP-UP FORM</a>	
YOUR PROGRAM HAS COMPLETED	
You have 10 days remaining to enter your final mileage and submit your wrap-up form.	
Your Program Start Date: 2021-02-13 Your Program End Date: 2021-04-09	
Final Mileage and Wrap-up Due By: 2021-04-19 Your Program Will Reset On: 2021-04-20 Today's Date: 2021-04-10	
<a href="#">TERMS &amp; SERVICES</a>	<a href="#">PROFILE</a>

# Week Eight Highlights

Thank you to AgriLife Employee Wellness for providing an amazing one hour  
**Zumba virtual workout**  
**April 8, 2021 via Zoom**

The session was not recorded. They provided awesome door prizes as well.

Learn more about our host  
AgriLife Employee Wellness here:  
<https://agrilifeas.tamu.edu/hr/benefits-retirement/employee-wellness-initiative/>

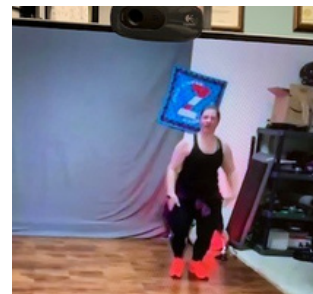
The Texas A&M AgriLife supports the efforts of employees on the journey toward wellness and success in their personal and professional pursuits. The AgriLife Employee Wellness Initiative is intended to provide our employees with resources to assist with efforts to increase their health and well-being.



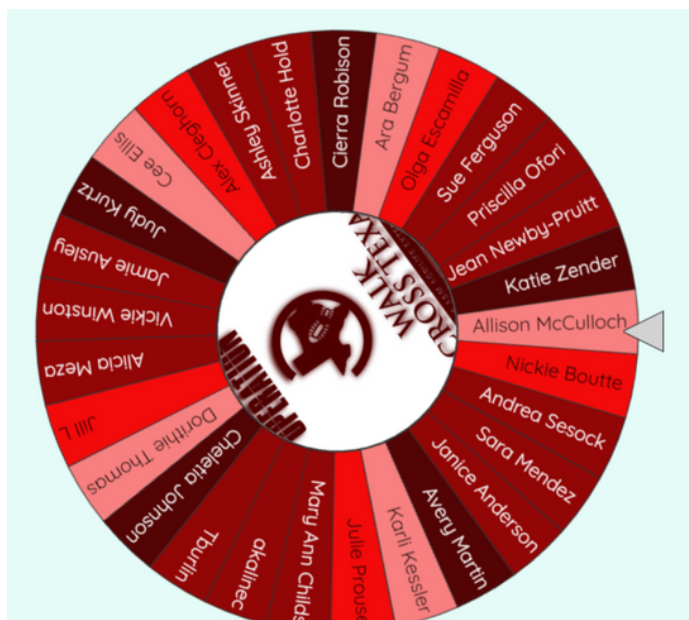
Learn about our instructor...

Hello! I'm Lauren Coleman, and I live in College station, TX. I've been a ZIN™ Member since Jul 2015 and I absolutely love teaching Zumba classes. The reason is simple: Every class feels like a party! I am currently licensed to teach Zumba, Zumba® Toning, Zumba Gold®, Zumba Gold® Toning, Zumba® Kids & Kids Jr.. Come join me, I guarantee you will have a blast! Got questions, don't hesitate to drop me a message! YOUR FIRST ON DEMAND CLASS IS ALWAYS FREE!! EMAIL ME AT [clarklauren4@gmail.com](mailto:clarklauren4@gmail.com) for class code. :)

<https://www.zumba.com/en-US/profile/lauren-coleman/1242576>



## — Week Eight Virtual Workout VIPs and Door Prize Winners —



### CONGRATULATIONS DOOR PRIZE WINNERS

Prizes provided by AgriLife Employee Wellness

Andrea Sesock  
Ara Bergum  
Allison McCulloch  
Jean Newby-Pruitt  
Katie Zender

Olga Escamilla  
Nickie Boutte  
Priscilla Ofori  
Sara Mendez  
Sue Ferguson

WINNERS WILL BE CONTACTED ABOUT DOOR PRIZES VIA EMAIL.



View the spinning wheel [here](#).



# 7 HEALTH BENEFITS OF ZUMBA



**Piedmont**  
HEALTHCARE

Why Zumba is a great alternative to traditional fitness programs:

1. It's fun. The more you enjoy your exercise routine, the more likely you are to stick with it. Many people say they have so much fun dancing that they forget they are actually exercising.
2. Great for weight loss. Zumba is a powerful exercise with a 600 to 1,000-calorie burn in just an hour.
3. Tones your entire body. You may feel sore in places you never knew existed, but it gets results. Zumba targets lots of different muscle groups at once for total body toning.
4. Boosts your heart health. You not only get aerobic benefits (it really gets your heart rate up), you also get anaerobic benefits – the kind that help you maintain a good cardiovascular respiratory system.
5. Helps you de-stress. Turning your attention to dance, and away from the daily grind, is a great way to relieve stress. Studies show that exercise is very effective at reducing fatigue, improving alertness and concentration, and enhancing overall cognitive function.
6. Improves coordination. In Zumba, your arms and legs are generally moving in different directions so it requires a good deal of coordination. Repeated practice improves coordination and helps you feel more comfortable moving your body.
7. Makes you happy. Every time you exercise, you release endorphins, which trigger positive feelings throughout the body.



*To be announced*



## **FINAL TEAM PLACINGS BY LEAGUES**

**Most Inspirational Person**

**Hall of Fame inductees**

**Most Creative Team Name**

**Top teams**

**Random Drawing of  
24 Finishing Teams**

## **OVERALL TEAM PLACINGS**



# **The Mission: Accomplished 833 Club**

**130 teams joined the Mission: Accomplished 833 miles club**

16 Feet with Sole

BCS Yard Goats

Becky's Toddling Troup

Blister Sisters

Bolls of Steel

Bomb Squad

Brazos County

Brazos County DA A Team

Brazos County Walking Warriors

Brazos DA Team One

Bringing Healthy Back

Buns on a Run

Cancer Warriors

Chafing the Dream

CLLA Maskateers

College of Pharmacy - Pharmily

Connected by Walk

Cops & Runners

County Attorney EZ Team

Coverage Captains

Cowgirl Up

CVM Dog Tired

Degree JOG-It

DMS Steppers

Don't Stop Til You Step Enough

DOR - ExSports Stars

DOR - Not fast, Just furious

DOR - RUSH

DOR Change Agents

DOR COVID CRUSHERS

DOR- Dream Team

DOR Mission Accepted

DOR SUPER Tribe

DOR Super Tribe - Dorminators

DORMant Dynamites

DOR-MI"C"-you-on-the-treadmill

Double the Fun Strollers

Dynacisers 21

Enthusiastics In Sneakers

ETID Hearts and Soles

Exercise & Compliance

EXTreme Speed

Fantastic FAID

Fat and All That

Feisty Females

Fueled By Caffeine

Gel Runners

Geoscience Trekkers

Groovy Grape Steppers

Holy Walkamolies!

Holy Walkamolies!

HORT FLOWER POWER

Hort Perennial Posse

HORT TREKKERS

Human Environmental Animal Team  
(H.E.A.T.)

Iâ€™™ll Be There Now In A Minute

If I Had A Boat

Kickin' Asphalt

Laney Bugs

Laps4Laney

LRC Healthy Driven Seniors

Making Strides

Mavericks

Mind over Miles

MYCOOL



# The Mission: Accomplished 833 Club

NESC	Student Services Stompers
ODSL Legs Miserables	Sydney's Team
ODSL Queens of the Mile	Taco Walk on the Wild Side
Operation: Kill-O-Meters	team pasta
Operation: Sole Survivors	Texas Cruisers
Operation: Witness the Fitness	Texas Two-Steppers
Peanut Butter & Jelly Legs	The Chosen Buns
Phage Busters	The Church of Walkatology
Precinct 3 Sole Mates	The Health Planners
Qalankhkan	The MEEN Team
Radiant Rice Racers	The Motley Crew
Rapid Thigh Movement	The Original Holy Walkamolies
RECing The Dream	The Perambulators
Red Hot Chili Steppers	The SHS Movers & Shakers
RELLIS Sole Train	The Tax Squad
Rice CRISP(R)ies	The Walkie Talkies
Risky Record Walkers	Tough Engineers Enthusiastically
Rogue Motion	Stepping (TEES)
Run for Your ResLife!	Twisted Blisters
Run Forrest Run	TX Tough/KY Strong
S.W.A.T.T. – Sprinters, Walkers and	United Rec Force
Trash Talkers	Unleashed at CVMBS
Search Dog Walkers	Un-STEP-able
See ya later, aggregator	Walk It Off
Show Time	Walk Ness Monsters
Socially Distant Sole Sisters	Walk This Way!
Sole Sisters	Walkie Talkies
South Campus Poppers	Walking 9 to 5 (HR)
Spevtaculars	Wandering Wildlanders
Spring in Our Step	What a long strange trip it's been
Stone Cold Steppin	What is That in Miles?
Strictly Business	Wild Walkers of the West
StuAct's New Kids on the Walk	Witness the Fitness
	Your Pace or Mine?

# Meet the sponsors and hosts

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



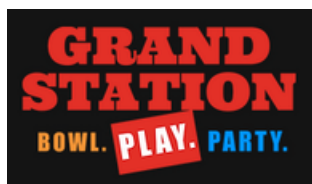
We specialize in custom awards, trophies, promotional products as well as personalized gifts. We can create that special award for your hard working employee. We can also create that personal gift for a friend or loved one including many items that can have a full color photo on them.



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.





## 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

thank you

## 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](mailto: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



*We still have a few shirts!*

## Thank you Taskforce!

### 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

### Members:

Andi Bednorz-Texas A&M University System

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](mailto:fewilliams@ag.tamu.edu)

