

MARCH 9, 2022

# OPERATION BRAZOS COUNTY WALK ACROSS TEXAS 2022

*Celebrating 25 Years of WAT Brazos County*

*Walk Across Texas 2022*

## WHERE WERE YOU 25 YEARS AGO?

International Women's Day is celebrated on March 8 to commemorate the cultural, political, and socioeconomic achievements of women. Let's stroll back to 25 years ago. The world lost Princess Diana.

She became Her Royal Highness the Princess of Wales after her marriage to Prince Charles. Throughout her life, Diana was involved in philanthropic and humanitarian work supporting organizations that bettered people with serious illness and assisted homeless people, drug addicts and elderly.

Flash back to 25 years later at the end of Week 3 in Walk Across Texas Challenge, we have amassed 63,878.94 miles of physical activity. That's 26,185.65 more than last week. Keep going.

## IMPORTANT DATES-AT-A-GLANCE

- Proclamation-February 1, 2022 ✓
- Kick Off Event: February 12, 2022 ✓
- **Event Dates: February 12, 2022-April 8, 2022**
- February 12, 2022-February 18, 2022 (Week One) ✓
- February 19, 2022-February 25, 2022 (Week Two) ✓
- February 26, 2022-March 4, 2022 (Week Three) ✓
- **March 5, 2022-March 11, 2022 (Week Four)** ← We are here!
- March 12, 2022-March 18, 2022 (Week Five)
- March 19, 2022-March 25, 2022 (Week Six)
- March 26, 2022-April 1, 2022 (Week Seven)
- April 2, 2022-April 8, 2022 (Week Eight)
- Online registration deadline: February 19, 2022
- Weekly virtual workouts: Feb 23, Mar 2, **Mar 9**, Mar 16, Mar 23, Mar 28, Apr 6
- The Announcement of Champions: April 21, 2022
- Celebration Event/Prize Patrol: April 21, 2021

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*

## About the weekly e-news blast:

- Each week's e-news will cover the Saturday through Friday week preceding the newsletter (The mileage the next newsletter will be retrieved on Saturday March 12th, PLEASE have miles current on that date.
- 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](mailto:fewilliams@ag.tamu.edu).
- Weekly e-news blast will arrive on or before Thursday of each week.

## A Yummy Dinner Tonight Recipe

### Cajun Grilled Fish Tacos



Bring your A game to Taco Tuesday with this quick and simple show stopper of a recipe!

Servings 4

#### Ingredients

- 4-4 ounce tilapia fillets thawed (or other white fish)
- 2 Tablespoons Cajun seasoning
- Non stick cooking spray
- 8 corn tortillas
- 2 cups shredded coleslaw mix
- 1/4 cup fresh cilantro chopped

#### Spicy Mayonnaise

- 1/2 cup mayonnaise fat free
- 1 chipotle pepper in Adobo sauce
- 1/2 Tablespoon of lime juice



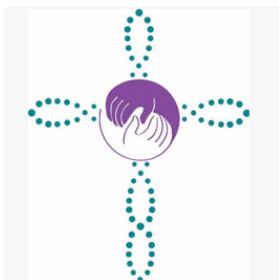
For delicious and nutritious meal ideas visit  
[dinnertonight.tamu.edu](https://dinnertonight.tamu.edu)

<https://dinnertonight.tamu.edu/recipe/cajun-grilled-fish-tacos/>

#### Instructions

1. Preheat an indoor grill or heavy non-stick skillet to medium high heat.
2. Pat tilapia fillets dry with a paper towel and sprinkle each fillet with approximately 1/2 teaspoon of Cajun seasoning.
3. Spray your indoor grill or non-stick skillet with non-stick cooking spray and cook fish for approximately 4 minutes on each side or until fish flakes easily with a fork and has reached 145 degrees F.
4. While the fish is cooking, place the mayonnaise, the chipotle pepper in adobo sauce and a dash of lime juice in a food processor or blender and process until smooth. Or use 1 tablespoons of adobo sauce.
5. To assemble tacos, spread the spicy mayonnaise on a corn tortilla and top with coleslaw mix, 1/2 of a fish fillet, chopped cilantro, and a dash of lime juice and any other toppings of your choice and enjoy.

## Thank you Sponsors and Partners!





# Workout 2 Highlights

On March 2, 2022 at Lions Pride Sports



**Lions Pride Sports  
was an awesome  
host! Many thanks to  
them.**





# Workout 2 Highlights



Up for the Lions Pride Sports Challenge



Cee Ellis of the LRC Mile Walkers

Sara Mendez of the Public Health Squad

Julie Prouse of the Wandering Vagabonds

Brandon Prouse of the Wondering Vagabonds

Katie Zender of the Walking Warriors

Flora Williams of the Over Extended Work Family

Amanda Reynolds of the Four Armadillos

Mary Parrish of the Beast Friends

Gabby Sells of the Maroon and White Interns Fight

Nickie Boutte of the Fit Fun and Fabulous

Thank  
you

TO OUR HOSTS

and the winners are...

*Congratulations  
challenge winners!*



Flora Williams (push ups)  
Amanda Reynolds (swats)  
Mary Parrish (planks)

Challenges and shirts provided by  
Lions Pride Sports



# ABOUT LIONS PRIDE SPORTS

## PROFESSIONAL WRESTLING TRAINING SCHOOL



**PROFESSIONAL WRESTLING TRAINING SCHOOL**  
FOLLOW YOUR DREAM TODAY!

**LIONS PRIDE SPORTS**

**SIGN UP NOW**

**INCLUDES**

- WRESTLING FUNDAMENTALS
- WRESTLING PSYCHOLOGY
- REFEREE TRAINING
- MANAGER TRAINING
- EVENT PRODUCTION
- WRESTLING ETIQUETTE
- LIVE EVENTS
- WEIGHT ROOM
- CARDIO/CONDITIONING
- PROMO CLASSES
- CHARACTER BUILDING
- GUEST TRAINERS
- DIET PLANS

**PLUS MUCH MORE!**

**THE LIONS DEN**  
TRAINING FACILITY  
1910 GREENFIELD PLAZA  
BRYAN, TEXAS 77802

**FILL OUT YOUR APPLICATION TODAY!**

**LIONSPRIDEPRODUCTIONS.COM**

Have you ever dreamed of being a professional wrestler? Do you want to perform in front of live crowds across the nation? Now, you can achieve those dreams by joining the Lions Pride Sports Professional Wrestling Training Facility, known as The Lions Den!

From our building in Bryan/College Station, Texas, former professional wrestler and current Lions Pride Sports promoter HOUSTON CARSON and his team will teach every aspect of the wrestling business, including:

- Ring Psychology
- Ring Awareness
- Promo Work
- MUCH MORE!

The Lions Den also hosts regular events, giving students the opportunity to compete in front of live crowds and learn all the behind-the-scenes skills and efforts it takes to present a show. Contact Houston Carson by using the form below or email [houston@lionsprideproductions.com](mailto:houston@lionsprideproductions.com) for more information!



**LIONS PRIDE FITNESS**  
**PERSONAL TRAINING**

**JUSTIN CHAVEZ**  
(979) 229-7025

**THOMAS CARTER**  
(979) 575-8288

**THE LIONS DEN**  
1910 GREENFIELD PLAZA  
BRYAN, TEXAS

**@LIONSPRIDESPORTS**  
**@LIONSPRIDETX**  
**LIONSPRIDEPRODUCTIONS.COM**

Lions Pride Fitness is a team of certified personal trainers who want to help others reach their fitness and nutrition goals! Our fitness program includes in-person training, online training, as well as nutritional coaching.



# Overall Placing Week Three...

United Rec Force Victory Lap Hall of Fame 2021

1105.71

- 1.Hearts and Soles 885.7
- 2.HORT TREKKERS 872.12
- 3.TX Crawlers 806.21
- 4.The Motley Crew 737.14
- 5.These Roots Were Made For Walking 734.84
- 6.Wandering Wildlanders 730.49
- 7.TEAM FP&C 707.76
- 8.EXTreme Speed 703.35
- 9.Wellness Warriors 676.98
- 10.Chafing the Dream 664.49
- 11.The Original Holy Walkamolies 658.93
- 12.CVM Dog Tired 648.35
- 13.ISENTropic Athletes 646.02
- 14.AgriLife Research Bee-lievers 645.16
- 15.\$outh Campus \$tunnas 637.67
- 16.Wacky Walk don't run 636.31
- 17.Bibliotrekkers 621.82
- 18.Walking aedes 619.93
- 19.Dynacisers 22 615.82
- 20.Hotty Toddy Aggies 609.88
- 21.Running Part Time Sucks (RPTS) 603.83
- 22.keep on truckin 591.39
- 23.Run for Your ResLife! 585.65
- 24.The Pheidips 575.17
- 25.The Mighty Stampede 563.84
- 26.Fine Fit & Fabulous 550.7
- 27.The Zoomies 536.07
- 28.The Rec-ing Business Crew 534.73
- 29.CONtinual Motion 530.77
- 30.The Wandering Vagabonds 524.48
- 31.The Oak-ay Walkers 521.51
- 32.What! WAT! 519.21
- 33.The Road Scholars 518.62
- 34.ODSL - Coffee Runs 514.76
- 35.ROBO-CON 512.18
- 36.403 - Holy Walkamolies 508.21
- 37.Ringer Library 507.16
- 38.\*Walk This Way! 505.75
- 39.Four Armadillos 502.79
- 40.You want me to do WAT!? 502.11
41. Tax Walkoffs 497.15

42. All About That Pace 492.47
43. DOR - 16 Feet with Sole 491.98
44. WAT Are We Doing 488.13
45. The Informers 487.25
46. Walkie Talkies 478.98
47. LRC Mile Walkers 468.2
48. Tick Tick BOOM 466.7
49. ODSL Trekkin' for Tacos 463.05
50. Walsh Lab 454.72
51. DOR Walking Around the Blocker 450.84
52. Walking Warriors 441.69
53. PACE- People Ambulating Competitively Everyday 438.82
54. Fermier Favorites 437.54
55. The Walkie Talkies 434.22
56. Soiled Rotten 427.56
57. Pace Makers 425.66
58. Charlie's Ankles 423.09
59. I Wanna Step with Somebody 419.19
60. Pedominators 408.87
61. Public Health Squad 408
62. The aMAYSing Race 407.67
63. TAMU Engineering [Fitness] Development Across Texas 405.5
64. Are We There Yet? 403.37
65. Myles Miles Team 402.67
66. Academically Deficient 399.64
67. We Don't Talk About Cardio 395.42
68. Red Hot Chili Steppers 392.73
69. The Pharm Posse 385.68
70. Sole Sisters 382.1
71. Walking Spuds 373.7
72. What is That in Miles? 365.7
73. Unleashed 362.83
74. I'm Gonna Be (832 Miles) 362.15
75. Texas Two-Steppers 359.78
76. A Walk to Remember 354.99
77. Cushing Panthers 353.47
78. Arthurs Aardvarks 351.55
79. Over Extended Work Family 350.91
80. Making Strides 346.38



## Overall Placing Week Three...

- |   |   |
|---|---|
| 81. SCOMotion 344.38  | 121. Christland Friends 231.17                    |
| 82. Sole Beneficiaries 343.32   | 122. Waco Walks It Out! 222.81                    |
| 83. The Ag EC Team 341.11   | 123. gigem oompaloompas 219.36                    |
| 84. DOR Worst Pace Scenario 335.61  | 124. We Can DoIT 219.3                            |
| 85. MEEN in Motion 334.91   | 125. TAMF Star-Spangled Patriots 212.95           |
| 86. Snap, Crackle, Pop 329.27   | 126. Worst Pace Scenario 212.73                   |
| 87. The Walkaholics 325.46  | 127. Techie Trekkers 212.31                       |
| 88. JET TRACR 323.75  | 128. Cache us if you can 211.73                   |
| 89. ADR_E - THE Walkie Talkies 323.75                                     | 129. Booking It! 209.34                           |
| 90. Pumped Pedestrians 323.64   | 130. Walking 9-5 209.3                            |
| 91. TAMU Vet School - Large Animal Enthusiasts 322.47                     | 131. aggie baddies 206.12                         |
| 92. Rudder Theatre Complex 321.37   | 132. The Future 202.09                            |
| 93. Better Late Than Never! 320.68  | 133. The Wolf Pack 201.51                         |
| 94. TechBuy 318.6   | 134. TTI Arlington WATch Crew 198.47              |
| 95. TX-CO-LA 318.1  | 135. WALKer Texas Rangers 196.27                  |
| 96. Worst Pace Scenario 315.75  | 136. We Can DoIT Too 193.05                       |
| 97. Two4WAT 310.05  | 137. FCH Community Conversations on Health 192.12 |
| 98. Walking Legionnaires 301.56   | 138. Vet Students Stayin' Alive 190.29            |
| 99. Snacks on the Tracks 299.7  | 139. Walking Miss Daisy 189.39                    |
| 100. *Boujee Shoes* 298.5   | 140. Break-A-Leg 189.2                            |
| 101. Steppin' Right, Left, Right 295.77                                   | 141. MSL Marvels 187.39                           |
| 102. Are We There Yet? 295.57   | 142. The Stepping Stones 181.84                   |
| 103. No Ubers In Sight, Call me a Cab 292.42                              | 143. She made me do it 177.6                      |
| 104. ANSC Heifers 290.09  | 144. DOR Step by Step 177.51                      |
| 105. We MEEN Business 286.88  | 145. Sentries to a Major 176.25                   |
| 106. Roadrunners - Mind over Miles 284.95                                 | 146. Helen's Team 175.29                          |
| 107. walk it to the top! 284.21   | 147. The Yolk Folks 170.9                         |
| 108. Fire walkers 282.5   | 148. Inclusive Walkers 169.91                     |
| 109. Texas Travelers 276.66   | 149. Becky's Toddling Troup 167.83                |
| 110. Step Up 276.51   | 150. Lily's Team 166.27                           |
| 111. Degree Jog It, Part 1 275.42   | 151. Wild Rice 164.72                             |
| 112. Un-STEP-able 273.48  | 152. Nerd Herd 160.72                             |
| 113. Red Hot Chili Steppers 271.25  | 153. Ag Development 160.16                        |
| 114. DOR Red Hot Chili Steppers 270.99                                    | 154. Lets Walk! 160                               |
| 115. Passionate Professionals Dedicated to Purposeful Perspiration 249.68 | 155. Ocho Amigos 144.07                           |
| 116. Maroon & White Interns Fight! 243.65                                 | 156. Moves Like Jagger 141.64                     |
| 117. Name 243.33  | 157. MightyCoolFunny Ramblers 128.54              |
| 118. Legs Miserables 239.13   | 158. Matagorda Mooovers 127.2                     |
| 119. Beast Friends 237.13   | 159. Not Today Heifer 126.11                      |
| 120. Vice President for Student Affairs 233.04                            | 160. Scrambled Legs 124.57                        |





# Overall Placing Week Three...

161. 3s Company 117.7
162. Rec This Way 117.67
163. DMS Steppers 113.51
164. Aggie Rice Racers 113.46
165. The Walkers 113
166. The Book Trailers 112.68
167. Innovation Partners 110.23
168. Walk This Way 106.28
169. Chicken Run 101.92
170. Super Steppers 101.01
171. Degree JOG-It Part 2 96.56
172. The Lollygagging Lobbyists 93.79
173. Fred 78.69
174. Red Hot Chilli Steppers 78.4
175. Office Heroes 78.08
176. Walkie Talkies 76.01
177. Flesh Fighting Fit Family of Faith 71.98
178. New Sneaker Champions (NSC) 71.32
179. Cooner! 64.9
180. FAM 63.66
181. All Alone 63.53
182. Low-Fat Retention 59.5
183. shalom 54.56
184. MAggies 52.82
185. urpn 370 baddies 52.74
186. Walking with Purpose 49.55
187. Star Spangled Strutters 45.75
188. Brazos Valley Unitarian Universalists 30.25
189. Aggie Life 26.8
190. Lindsie™s Team 26
191. Saw Em Off 24.96
192. Kailey Roberts 13
193. Walk for the Win 2



## 832 AND UP MILES CLUB

United Rec Force Victory Lap Hall of Fame  
2021 1105.71  
Hearts and Soles 885.7  
HORT TREKKERS 872.12

These teams have gone the distance and are headed back. Congrats!

## HALL OF FAME TEAMS

The Hall of Fame trophy is on display at the Brazos County Extension Office in the foyer. Drop by to see it.

### 2020

WALK THIS WAY!  
Christian Falconer  
GeNae Welch  
Ron Robison  
Monica Colson  
Jerri McSloy  
Ashley Ramirez  
Iris Cahill Casiano  
Hannah Kovar

### 2021

UNITED REC FORCE  
Christian Miller  
Christina Richards  
Evelyn Dorsey  
Julia Klein  
Mark Haven  
Nick Heiar  
Paula Opal  
Sachi Carr-Chargualaf



How far has your team made it? Our route is from Orange to El Paso.  
What will be your stop this week??



Orange to Houston = 100 miles  
San Antonio to Fort Stockton = 315 miles  
DFW to Austin = 205 miles  
San Antonio to Laredo = 160 miles  
Abilene to Midland = 150 miles  
Amarillo to San Angelo = 315 miles

Houston to San Antonio = 200 miles  
Fort Stockton to El Paso = 240 miles  
Austin to San Antonio = 80 miles  
DFW to Abilene = 170 miles  
Midland to El Paso = 305 miles  
San Angelo to Corpus = 360 miles



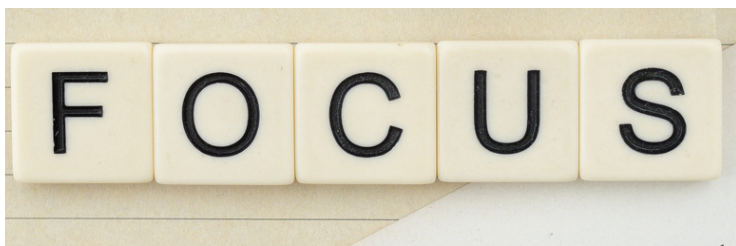
# Team Mileage by Leagues

## 2022 TAMU College Edition

1. keep on truckin 591.39
2. Better Late Than Never! 320.68
3. Roadrunners - Mind over Miles 284.95
4. Red Hot Chili Steppers 271.25
5. Maroon & White Interns Fight! 243.65
6. Name 243.33
7. Christland Friends 231.17
8. gigem oompaloompas 219.36
9. Worst Pace Scenario 212.73
10. Walking 9-5 209.3
11. aggie baddies 206.12
12. The Wolf Pack 201.51
13. Break-A-Leg 189.2
14. Helen's Team 175.29
15. Lily's Team 166.27
16. Nerd Herd 160.72
17. Lets Walk! 160
18. Not Today Heifer 126.11
19. Scrambled Legs 124.57
20. The Walkers 113
21. Innovation Partners 110.23
22. Walk This Way 106.28
23. Super Steppers 101.01
24. Fred 78.69
25. Red Hot Chilli Steppers 78.4
26. Office Heroes 78.08
27. Walkie Talkies 76.01
28. Cooner! 64.9
29. FAM 63.66
30. shalom 54.56
31. MAggies 52.82
32. urpn 370 baddies 52.74
33. Walking with Purpose 49.55
34. Aggie Life 26.8
35. Lindsie™s Team 26
36. Saw Em Off 24.96
37. Walk for the Win 2

## AgriLife Employee Wellness

1. HORT TREKKERS 872.12
2. TX Crawlers 806.21
3. These Roots Were Made For Walking 734.84
4. Wandering Wildlanders 730.49
5. EXTreme Speed 703.35
6. The Original Holy Walkamolies 658.93
7. AgriLife Research Bee-lievers 645.16
8. \$outh Campus \$tunnas 637.67
9. Wacky Walk don't run 636.31
10. Walking aedes 619.93
11. Running Part Time Sucks (RPTS) 603.83
12. The Pheidips 575.17
13. The Wandering Vagabonds 524.48
14. The Oak-ay Walkers 521.51
15. What! WAT! 519.21
16. The Road Scholars 518.62
17. You want me to do WAT!? 502.11
18. Walkie Talkies 478.98
19. Soiled Rotten 427.56
20. Are We There Yet? 403.37
21. Myles Miles Team 402.67
22. Red Hot Chili Steppers 392.73
23. Walking Spuds 373.7
24. Over Extended Work Family 350.91
25. Making Strides 346.38
26. The Ag EC Team 341.11
27. TechBuy 318.6
28. ANSC Heifers 290.09
29. Fire walkers 282.5
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31. Waco Walks It Out! 222.81
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33. The Yolk Folks 170.9
34. Inclusive Walkers 169.91
35. Wild Rice 164.72
36. Matagorda Mooovers 127.2
37. Aggie Rice Racers 113.46
38. Chicken Run 101.92
39. Kailey Roberts 13



# Team Mileage by Leagues

## Brazos County - BLT

1. Flesh Fighting Fit Family of Faith 81.8

## Brazos County Employees

1. The Zoomies 536.07
2. Tax Walkoffs 497.15
3. Walking Warriors 441.69
4. Public Health Squad 408
5. \*Boujee Shoes\* 298.5
6. Beast Friends 237.13
7. The Future 202.09

## Bryan ISD Technology Services

1. Are We There Yet? 295.57
2. Texas Travelers 276.66
3. Cache us if you can 211.73

## CASAP

1. Fine Fit & Fabulous 550.7
2. TX-CO-LA 318.1

## Division of Research (DOR)

1. DDOR - 16 Feet with Sole 491.98
2. DOR Walking Around the Blocker 450.84
3. DOR Worst Pace Scenario 335.61
4. DOR Red Hot Chili Steppers 270.99
5. DOR Step by Step 177.51

## Family League

1. Pedominators 408.87
2. Pumped Pedestrians 323.64

## MYCON General Contractors, Inc

1. The Mighty Stampede 563.84
2. The Walkie Talkies 434.22
3. What is That in Miles? 365.7
4. The Walkaholics 325.46
5. JET TRACR 323.75

## Engineer Your Wellness

1. Hearts and Soles 885.7
2. Wellness Warriors 676.98
3. ISENTropic Athletes 646.02
4. 403 - Holy Walkamolies 508.21
5. The Informers 487.25
6. Walsh Lab 454.72
7. Fermier Favorites 437.54
8. Charlie's Ankles 423.09
9. Academically Deficient 399.64
10. MEEN in Motion 334.91
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12. walk it to the top! 284.21
13. Sentries to a Major 176.25
14. Ocho Amigos 144.07
15. Moves Like Jagger 141.64
16. MightyCoolFunny Ramblers 128.54
17. New Sneaker Champions (NSC) 71.32
18. All Alone 63.53
19. Low-Fat Retention 59.5

## TAMU Vet School

1. CVM Dog Tired 648.35
2. Pace Makers 425.66
3. Unleashed 362.83
4. TAMU Vet School - Large Animal Enthusiasts 322.47
5. Vet Students Stayin' Alive 190.29
6. The Stepping Stones 181.84

## Texas A&M Foundation

1. Hotty Toddy Aggies 609.88
2. Four Armadillos 502.79
3. Tick Tick BOOM 466.7
4. The aMAYSing Race 407.67
5. TAMU Engineering [Fitness] Development Across Texas 405.5
6. Sole Sisters 382.1
7. I'm Gonna Be (832 Miles) 362.15
8. Passionate Professionals Dedicated to Purposeful Perspiration 249.68
9. TAMF Star-Spangled Patriots 212.95
10. Ag Development 160.16
11. 3s Company 117.7



# Team Mileage by Leagues

## Texas A&M regiSTRIDES

We Don't Talk About Cardio 395.42

Snap, Crackle, Pop 329.27

Degree Jog It, Part 1 275.42

Degree JOG-It Part 2 96.56

## Texas A&M University Division of Student Affairs

1. CONTinual Motion 530.77
2. ROBO-CON 512.18
3. WALKer Texas Rangers 196.27
4. United Rec Force Victory Lap Hall of Fame 2021 1105.71
5. Chafing the Dream 664.49
6. Run for Your ResLife! 585.65
7. The Rec-ing Business Crew 534.73
8. ODSL - Coffee Runs 514.76
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17. Snacks on the Tracks 299.7
18. Steppin' Right, Left, Right 295.77
19. No Ubers In Sight, Call me a Cab 292.42
20. Un-STEP-able 273.48
21. Legs Miserables 239.13
22. Vice President for Student Affairs 233.04
23. We Can DoIT 219.3
24. We Can DoIT Too 193.05
25. Becky's Toddling Troup 167.83
26. Rec This Way 117.67
27. DMS Steppers 113.51
28. Star Spangled Strutters 45.75

## Texas A&M University System Offices

1. The Motley Crew 737.14
2. TEAM FP&C 707.76
3. All About That Pace 492.47
4. Texas Two-Steppers 359.78
5. A Walk to Remember 354.99
6. Sole Beneficiaries 343.32
7. Techie Trekkers 212.31
8. TTI Arlington WATCH Crew 198.47
9. The Lollygagging Lobbyists 93.79

## Texas A&M University College of Nursing

1. CONTinual Motion 312.15
2. ROBO-CON 302.43
3. WALKer Texas Rangers 119.77

## WAT Church League

1. Brazos Valley Unitarian Universalists 30.25

## Solo Teams-Unleagued

1. LRC Mile Walkers 468.2
2. The Pharm Posse 385.68
3. Arthurs Aardvarks 351.55
4. ADR\_E - THE Walkie Talkies 323.75
5. Two4WAT 310.05
6. Walking Legionnaires 301.56
7. FCH Community Conversations on Health 192.12
8. She made me do it 177.6
9. The Book Trailers 112.68

## University Libraries 2022

1. Bibliotrekkers 621.82
2. Cushing Panthers 353.47
3. Booking It! 209.34
4. MSL Marvels 187.39



# **WELCOME TO**

## **The Kid's Zone Team Mileage**

### **Week Three**

**The Awesome Kids (12 kids) 492 miles**

**Hullabaloo (16 kids) 19 miles**

**Aggies (14 kids) 18 miles**

**Kyle Field (12 kids) 22 miles**

**Gig'Em (10 kids) 13 miles**

**Century Tree (12 kids) 12 miles**

**Spirit of Agglieland (12 kids) 12 miles**

**Century Tree (12 kids) 12 miles**

**Maroon & Whaite (17 kids) 11 miles**

**Howdy (6 kids) 10 miles**

**WHOOP!!! (17 kids) 7 miles**

**Reveille Classroom (16 kids) 5 miles**

**Aggie Ring (9 kids) 4 miles**

**WHOOP!! (17 kids) 0 miles**

**Aggies (14 kids) 0 miles**

**12th Man Class (15 kids) 0 miles**



# 25 SAFETY FACTS AND TIPS

In collaboration with Brazos Valley Injury Prevention Coalition

## Driving Safety



1. When driving, make sure that you and all of your passengers are wearing seatbelts.
2. Seatbelt should be placed from shoulder to hip with the lap belt at the lowest part of your hips.
3. Seatbelts increase your chances of surviving a crash by 45% in cars and 60% in trucks.
4. Secure objects in your car, these can become deadly weapons in the event of a crash as they're thrown around your car.
5. You are 23 more times as likely to crash if you text while driving.
6. In Texas in 2020, there were 368 people killed in crashes that involve distracted driving.
7. The three most common risky choices when driving are: visual (taking your eyes off the road), physical (taking your hands off the wheel), and cognitive (taking your mind off the focus of driving).
8. Texting while walking slows your reaction time, impairs your visual ability, and gives you a loss of cognitive awareness.

## Impaired Driving Safety

1. In 2020, DUI/alcohol related crashes were reported in the hour between 2:00am and 2:59am more than any other hour of the day. More of these crashes occurred on Saturday than any other day of the week.
2. It takes just 90 seconds for alcohol to start taking effects on your system.
3. There are no shortcuts, only time gives you a sobering effect.
4. Driving impaired increases errors in recognition of traffic lights and delayed response times to their appearances.
5. Binge drinking accounts for 90% of a young person's alcohol consumption.



## Pedestrian Safety

1. Always stay alert when walking. Pick your head up, take your earbuds out, and stay off of your phone.
2. Walk on sidewalks whenever they are available.
3. If there is no sidewalk, walk facing traffic and as far from traffic as possible.
4. When crossing the street do so at the corners, using traffic signals and crosswalks.
5. Watch for cars entering or exiting driveways, or backing up in parking lots.
6. Avoid alcohol and drugs. When walking; they impair your abilities and your judgment.



## Bicycle Safety



1. Ride bikes that fit you - if they're too big it's harder to control.
2. Wear equipment to protect you and make you more visible to others - like a bike helmet, bright clothing, and reflective equipment on your bike.
3. Ride with one person per seat, with both hands on the handlebars, unless signaling for a turn.
4. Carry all of your items in a backpack or strapped to the back of your bike.
5. Tuck and tie your shoelaces and pant legs so they don't get caught on your bike chain.
6. Obey street signs, signals, and road markings, just like a car.



# WEEKLY WORKOUT SCHEDULE



*See flyers for details!*



**Feb 23 @ 12:15 pm**

Virtual Strengthening and Toning



**Mar 2 @ 6:00 pm**

Group Fitness at Lion Pride Sports



**Mar 9 @ 12:00 pm**

Virtual Health at Your Desk

**Mar 16 @ 5:30 & 6:30 pm**

Group Fitness at TruFit

**Mar 23 @ 6:00 pm**

Virtual Line dancing

**Mar 28 @ 12:00 pm**

Virtual Zumba

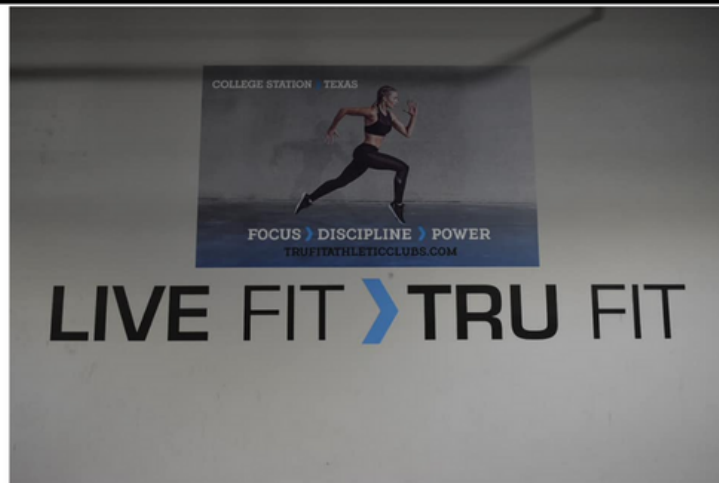
**Apr 6 @ 12:15 pm**

Virtual Chair Yoga

# GROUP FITNESS AT TRUFIT

Combo6 \* Cycling \* Yoga \* Zumba

WE  
WANT  
TO SEE  
YOU  
HERE!



WE  
WANT  
TO SEE  
YOU  
HERE!



**March 16, 2022**  
**5:30 pm Zumba and Cycling**  
**6:30 pm Yoga**  
**2412 TEXAS AVE SOUTH,**  
**College Station TX 77840**



Bring your team members and friends!

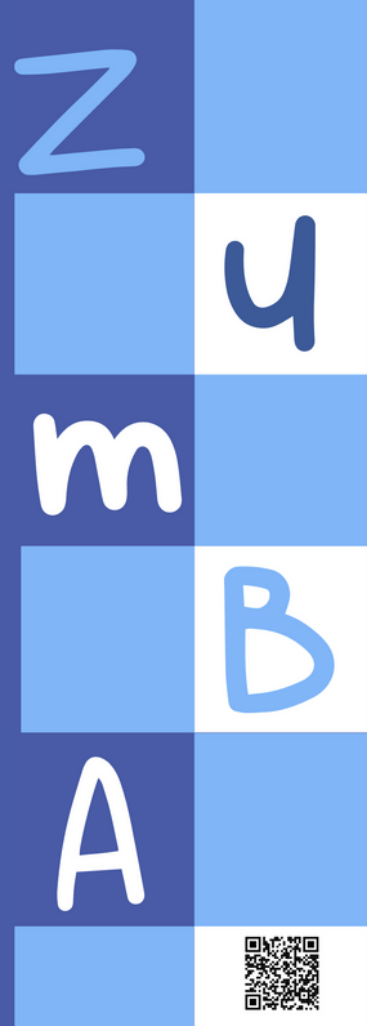
Sign up here


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

*Hosted by AgriLife Employee Wellness*

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.


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



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

# VIRTUAL ZUMBA

March 28, 2022  
12:00 pm  
Via Zoom



Sign up  
<https://www.signupgenius.com/go/20F0545A8AA22A2FB6-virtual>

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.

JOIN US ON  
FACEBOOK LIVE FOR A

# CHAIR YOGA CLASS

[facebook.com/walk.across.texas.bc/live/](https://facebook.com/walk.across.texas.bc/live/)

**APRIL 6, 2022  
12:15 PM**



**INSTRUCTOR**  
**ANNA TAGGART MINAHAN**  
**DEPARTMENT OF RECREATIONAL SPORTS**  
**TEXAS A&M UNIVERSITY**

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.

In honor of 25 years of Brazos WAT Challenges...

- Facebook Live anniversary drawing
- March 25
- 10:00 a.m.



Everyone who has entered at least 20 miles is eligible to win a 1.5 hour BCS Axehouse throwing session for a party of 8!



# Merchandise



(Sizes: Small through 3XLarge)  
\$15 per shirt

Payable to Brazos WAT  
(*Delivery available in Bryan and College Station*)

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

**We need your support. Buy merch!.**

# 2022 Awards and Recognition

- Workout Weekly Drawings
- "25th of the month" Drawings
- Most Inspirational Person
- Most Creative Team Name
- Top Teams/Hall of Fame
- Random Drawing of Finishing Teams

Contact: Flora Williams at  
[fewilliams@ag.tamu.edu](mailto:fewilliams@ag.tamu.edu)  
979-823-0129

Previous  
years' shirts  
\$5 each or  
2 for \$8



## Thank you Taskforce!

Chair

Nickie Boutte-CASAP - Community Alcohol & Substance Awareness Partnership

Treasurer:

Lindsey Armstrong-St. Joseph Health  
Sara Mendez-Brazos County Health District

Secretary/Extension Agent/Advisor:

Katie Zender-Texas A&M AgriLife

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

Members:

Andi Bednorz-Texas A&M University System

Diana Gaytan-Brazos County Health District

Dorithie Thomas-Texas A&M AgriLife

Judy Kurtz-Texas A&M AgriLife Extension

Mary Parrish- Brazos County Health District

Sheri Meyer-Texas A&M University System

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

**4153 County Park Court**  
**Bryan, Texas 77802**

**Phone: 979-823-0129**

**For more information about**  
**Family & Community Health**  
**Walk Across Texas**

**contact**  
**Flora Williams**  
**E-mail: [fewilliams@ag.tamu.edu](mailto:fewilliams@ag.tamu.edu)**  
**or**  
**Katie Zender**  
**E-mail: [katie.zender@ag.tamu.edu](mailto:katie.zender@ag.tamu.edu)**

