

APRIL 6, 2022

BRAZOS COUNTY WALK ACROSS TEXAS 2022

Celebrating 25 Years of WAT Brazos County
Walk Across Texas 2022

TEXAS A&M
AGRI LIFE
EXTENSION



WALK
ACROSS TEXAS!
TEXAS A&M AGRI LIFE 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*

WHERE WERE YOU 25 YEARS AGO?

Each week the question has been posed "Where were you 25 years ago? Some of us had made our appearance on life's grand stage already while others had not. Either way, chances are you have seen some of the great dances from the 90s. Seven iconic dance moves appeared or made a resurgence in the 1990s: voguing, the macarena, the hammer, the running man, the sprinkler, slam dancing, and the Cotton Eye Joe. Other notable dance moves were the House Party Dance Kick, the cabbage patch, the butterfly, the heel toe, or the tootsee roll.

We have danced our way into week eight. At the end of Week 7, miles accumulated were 168,428.3 miles of physical activity. Make sure to find some time to relax. Speaking of relaxation, the virtual workout for April 6 at 12:15 is chair yoga. Tune into Facebook Live.

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) ✓
- 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)** ← We are here! 
- 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

About the weekly e-news blast:

- Weekly e-news blasts are coming to an end. There will be two more editions.
- 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.

Top 25 Most Creative Team Names

Walking Spuds

Low-Fat Retention

Run for Your ResLife!

DOR - 16 Feet with Sole

PACE- People Ambulating Competitively Everyday

No Ubers In Sight, Call me a Cab

Snacks on the Tracks

Pace Makers

Chafing the Dream

I Wanna Step with Somebody

Scrambled Legs

Ocho Amigos

ODSL Trekkin' for Tacos

Bibliotrekks

Tax Walkoffs

Steppin' Right, Left, Right

Tick Tick BOO

She made me do it

Cache us if you can

\$outh Campus \$tunnas

What is That in Miles?

All About That Pace

You want me to do WAT!?

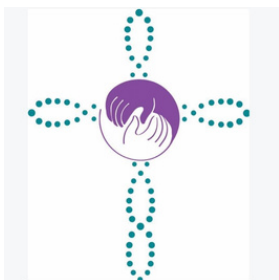
Not Today Heifer

We Don't Talk About Cardio

TOP 25

TOP 25

Thank you Sponsors and Partners!






Time to Wrap Up WAT 25



The "Wrap-up Form" button below is disabled until your program's End Date.

 WRAP-UP FORM

3 days until Closeout Participation

Wrap-up Button Will Enable On: 2022-04-08

Just a few more days until Closeout Participation Wrap-up Button Will Enable On: 2022-04-08 on your dashboard

Our Program Start Date: 2022-02-12

Our Program End Date: 2022-04-08

Final Mileage and Wrap-up survey Due By: 2022-04-18

Program Will Reset On: 2022-04-19

**Do you want to try an individual
Howdy Health challenge?**

**10,000
CHANGE CHALLENGE**

10-10,000 Change Challenge

A simple web app, with the goal to make it through 4 stages in
100 days to help propel you toward an independent,
sustainable healthy lifestyle.

Join the 10,000 change challenge on May 1, 2022.

Meet goals at your own pace.

Tutorial: [https://player.vimeo.com/video/461513356?](https://player.vimeo.com/video/461513356?app_id=122963&autoplay=1&rel=0)

[app_id=122963&autoplay=1&rel=0](https://player.vimeo.com/video/461513356?app_id=122963&autoplay=1&rel=0)

Virtual Workout 5 Highlights

On March 23, 2022 instructed by CiCi
& Destiny Robison



THANK YOU Cierra and Destiny Robison for the March 23 line dancing class. Songs danced to were Cha cha slide and Boot Scoot Boogie. Both Cierra and Destiny are longtime Walk Across Texas participants. You might say it's a family tradition. Cierra gave birth to Destiny and her sister Delaney five years ago during the final weeks of WAT.





Workout 5 Highlights

Thank you for attending!

Dorothy Rainwater
Julie Brooks
Morgan Bradley
Rosa Guel
Sara Mendez
Tina Yount
Z'Aundria Warren
Cierra Robison
Destiny Robison
Pam Ferro
Flora Williams



Pam Ferro

Flora Williams

Laser tag passes provided by
Grand Station Entertainment
hosted by Brazos County Extension Office

Thank
you

TO OUR HOST and SPONSOR

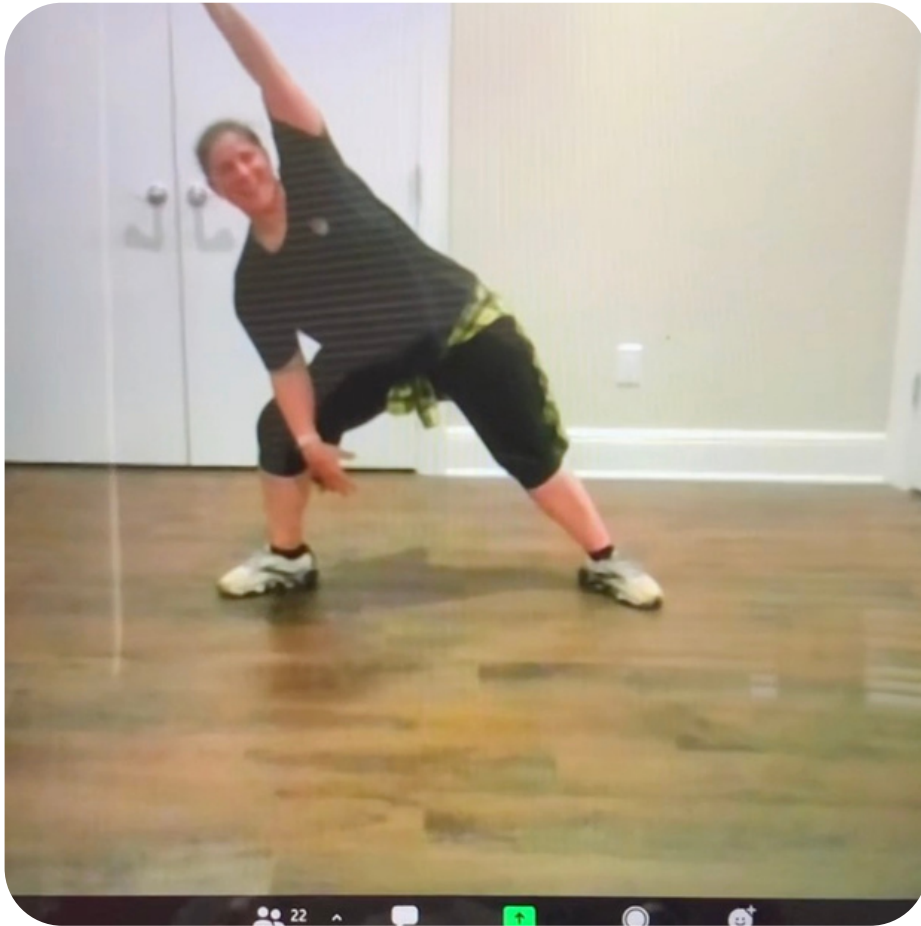
TEXAS A&M
AGRI LIFE
EXTENSION



Virtual Workout 6 Highlights

On March 28, 2022 instructed by

Lauren Coleman



Lauren Coleman

Instructor Lauren Coleman was AWESOME as usual. This is Lauren's second year agreeing to serve as a virtual instructor for Walk Across Texas. Lauren knows her Zumba and makes it fun for everyone.

ZUMBA

Zumba can reduce stress and can also be healthy for the body and a fun sport that is suitable for those who like to dance.



Workout 6 Highlights

Thank you for attending!

Alanna McDaniel

April Strickland

Cee Ellis

Dina Nutall

Donna Witt

Doris Tykal

Dorithie Thomas

Dorothy Rainwater

Flora Williams

Judy Kurtz

Julie Prouse

Leah Smith

Nickie Boutte

Priscilla Ofori

Sara Mendez

Shelia Robinson

Sheri Meyer

Sue

Yordanos Bisrat

ZAundria Warren



Thank
you

TO OUR HOST and SPONSOR



BRAZOS COUNTY OFFICE OF TEXAS A&M AGRILIFE EXTENSION



Texas A&M AgriLife Extension's Family and Community Health (FCH) unit helps Texans better their lives through science-based educational programs designed to improve the overall health and wellness of individuals, families, and communities.

Our FCH Programs

WALK ACROSS TEXAS!



Walk Across Texas! is a FREE, 8 week program designed to help Texans establish the habit of regular physical activity.

DINNER TONIGHT



The Dinner Tonight program provides families with quick, healthy, cost effective recipes that taste great. It also provides in-person and weekly video demonstrations on cooking tips and techniques, nutrition topics, menu planning basics and information on healthy living.

BETTER LIVING FOR TEXANS



Better Living for Texans (BLT) is a nutrition education program. The BLT program helps people make healthy meals, improve their physical fitness, save money at the grocery store, grow their own foods, and adopt better food safety habits.

FOOD PROTECTION MANAGEMENT



The Food Protection Management course prepares food service employees for the accredited Certified Professional Food Manager Examination (CPFM).

DO WELL, BE WELL WITH DIABETES



Do Well, Be Well with Diabetes is a five week series developed to help people with type 2 diabetes learn how to manage their blood glucose through basic nutrition and self-care management.

CHILD PASSENGER SAFETY



The Passenger Safety Project works to reduce deaths and injuries from motor vehicle crashes by increasing the use of child restraints and safety belts. Brazos County offers safety seat inspections by appointment.

PARENTING CONNECTIONS CLASSES



Parenting Connections is designed to help parents gain the necessary tools to help their children flourish and thrive.



AND MORE!



Food preservation classes, cottage food business classes, health talks, child care provider trainings, healthy aging, decluttering, mindfulness, preventing food waste, budgeting, and more!

Congratulations
3/25
prize winners!

REBECCA HAPES

BCS Axe House certificate for 8!

Sponsored by BCS Axe House

RHONDA FAUST & STEPHANIE GARZA

Walk Across Texas Anniversary Shirts

Sponsored by AgriLife Health Promotions

The following have door prizes that need to be picked
up from the Extension Office:

Andrea Kishne

Kerstin Landrock

Lindsey Armstrong

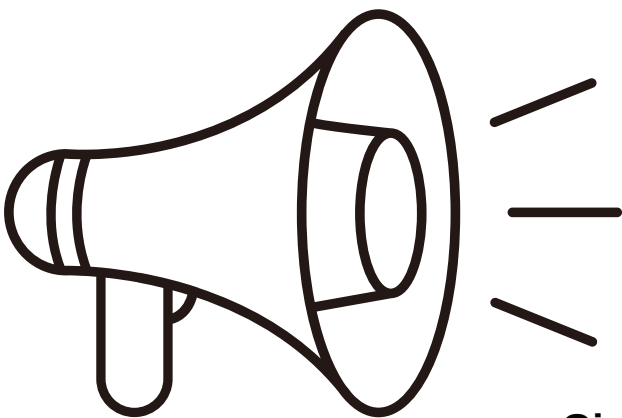
Lorri Thomas

Rebecca Hapes

Sydney Wood

Wendy Wood Hencerling

Give us a call at the Extension Office if you have
questions 979-823-0129



Overall Placing Week Seven...

1. The Motley Crew 2433.35
2. Hearts and Soles 2366
3. United Rec Force Victory Lap Hall of Fame 2021 2273.31
4. HORT TREKKERS 2131.45
5. *Walk This Way! 2015.03
6. These Roots Were Made For Walking 2010.77
7. Wandering Wildlanders 1930.99
8. AgriLife Research Bee-lievers 1917.81
9. TEAM FP&C 1877.89
10. TX Crawlers 1849.49
11. All About That Pace 1818.3
12. Chafing the Dream 1781.38
13. Wacky Walk don't run 1654.34
14. ODSL Trekkin' for Tacos 1615.56
15. Run for Your ResLife! 1598.3
16. ISENTropic Athletes 1581.23
17. \$outh Campus \$tunnas 1574.75
18. EXTreme Speed 1572.01
19. Walking aedes 1551.03
20. The Original Holy Walkamolies 1542.41
21. The Oak-ay Walkers 1456.13
22. keep on truckin 1441.55
23. Dynacisers 22 1396.93
24. Hotty Toddy Aggies 1387.47
25. What! WAT! 1372.04
26. CONTinual Motion 1350.09
27. CVM Dog Tired 1349.98
28. Red Hot Chili Steppers 1347.67
29. The Mighty Stampede 1340.31
30. Bibliotrekkers 1337.47
31. Running Part Time Sucks (RPTS) 1334.91
32. Fine Fit & Fabulous 1321.15
33. The Pheidips 1309.67
34. LRC Mile Walkers 1304.04
35. ROBO-CON 1291.89
36. Are We There Yet? 1286.74
37. Fermier Favorites 1279.12
38. Tax Walkoffs 1267.36
39. WAT Are We Doing 1262.05
40. You want me to do WAT!? 1254.78
41. Rudder Theatre Complex 1241.87
42. The Informers 1237.76
43. DOR - 16 Feet with Sole 1219.58
44. Wellness Warriors 1218.4
45. Tick Tick BOOM 1217.12
46. Walking Warriors 1206.17
47. Walkie Talkies 1203.03
48. Ringer Library 1188.6
49. The Zoomies 1177.52
50. Between a Walk and a Hard Pace 1164.59
51. The Road Scholars 1160.21
52. Four Armadillos 1159.56
53. The Wandering Vagabonds 1152.26
54. DOR Walking Around the Blocker 1117.7
55. Unleashed 1113.33
56. Walking 9-5 1111.6
57. The Rec-ing Business Crew 1104.85
58. Over Extended Work Family 1090.98
59. Becky's Toddling Troup 1090.39
60. Soiled Rotten 1077.72
61. ODSL - Coffee Runs 1072.84
62. Red Hot Chili Steppers 1068.57
63. 403 - Holy Walkamolies 1062.56
64. What is That in Miles? 1061.14
65. Sole Sisters 1046.46
66. Public Health Squad 1032.71
67. I Wanna Step with Somebody 1017.28
68. Walsh Lab 1016.32
69. Walking Spuds 1015.27
70. The aMAYSing Race 1011.27
71. Academically Deficient 1001.42
72. Pace Makers 988.27
73. Charlie's Ankles 985.55
74. We Don't Talk About Cardio 985.14
75. TAMU Engineering [Fitness] Development Across Texas 973.14
76. ADR_E - THE Walkie Talkies 957.95
77. The Pharm Posse 957.48
78. Better Late Than Never! 950.39
79. Sole Beneficiaries 926.58



Overall Placing Week Seven...

80. I'm Gonna Be (832 Miles) 913.8
81. The Walkie Talkies 913.17
82. PACE- People Ambulating Competitively Everyday 903.99
83. Are We There Yet? 894.5
84. Degree Jog It, Part 1 892.49
85. Worst Pace Scenario 878.27
86. A Walk to Remember 874.4
87. DOR Step by Step 867.64
88. Texas Two-Steppers 860.06
89. Degree JOG-It Part 2 853.26
90. Snap, Crackle, Pop 848.22
91. Pedominators 843.62
92. TechBuy 837.35
93. walk it to the top! 834.15
94. DOR Worst Pace Scenario 827.29
95. Steppin' Right, Left, Right 816.99
96. We MEEN Business 809.76
97. Myles Miles Team 806.27
98. Walking Legionnaires 798.25
99. Threat Level Midnight 791.92
100. Cushing Panthers 785.87
101. Two4WAT 781.45
102. JET TRACR 778.08
103. MEEN in Motion 765.46
104. DOR Red Hot Chili Steppers 764.21
105. Snacks on the Tracks 759.07
106. Making Strides 757.2
107. Arthurs Aardvarks 756.53
108. *Boujee Shoes* 745
109. MSL Marvels 738.79
110. The Lollygagging Lobbyists 734.98
111. Chicken Run 723.2
112. SCOMotion 722.17
113. Roadrunners - Mind over Miles 718.34
114. The Ag EC Team 708
115. 3s Company 702.69
116. Waco Walks It Out! 697.47
117. Rec This Way 682.72
118. Un-STEP-able 680.43
119. Maroon & White Interns Fight! 678.45
120. Legs Miserables 671.23
121. No Ubers In Sight, Call me a Cab 663.32
122. Pumped Pedestrians 662.88
123. Step Up 660.52
124. TAMU Vet School - Large Animal Enthusiasts 659.67
125. Wild Rice 653.57
126. DMS Steppers 642.91
127. Walking Miss Daisy 637.79
128. Passionate Professionals Dedicated to Purposeful Perspiration 635.99
129. WALKer Texas Rangers 635.08
130. We Can DoIT Too 626.25
131. The Walkaholics 622.53
132. Texas Travelers 613.17
133. Fire walkers 612.92
134. The Wolf Pack 604.89
135. We Can DoIT 599.63
136. Vice President for Student Affairs 593.87
137. FCH Community Conversations on Health 589.31
138. Booking It! 586.79
139. Helen's Team 586.31
140. TX-CO-LA 584.37
141. ANSC Heifers 578.28
142. TAMF Star-Spangled Patriots 571.86
143. Ag Development 569.96
144. Cache us if you can 562.05
145. Beast Friends 558.81
146. Innovation Partners 557.07
147. Techie Trekkers 512.52
148. gigem oompaloompas 505.31
149. Nerd Herd 497.27
150. Sentries to a Major 486.5
151. The Stepping Stones 476.12
152. Not Today Heifer 457.35
153. TTI Arlington WATch Crew 453.57
154. She made me do it 448.85



Overall Placing Week seven...

155.	Christland Friends	443.32	
156.	Worst Pace Scenario	426.24	
157.	The Yolk Folks	426.1	
158.	aggie baddies	425.68	
159.	Vet Students Stayin' Alive	421.2	
160.	Break-A-Leg	405.99	
161.	Moves Like Jaggaer	404.28	
162.	Lily's Team	379.48	
163.	Aggie Rice Racers	372.91	
164.	Ocho Amigos	371.3	
165.	The Future	364.64	
166.	Inclusive Walkers	360.1	
167.	Lets Walk!	355.4	
168.	Scrambled Legs	346.38	
169.	Walk This Way	332.23	
170.	Matagorda Mooovers	313.9	
171.	The Book Trailers	307.65	
172.	Flesh Fighting Fit Family of Faith	263.76	
173.	shalom	260.67	
174.	New Sneaker Champions (NSC)	242.68	
175.	Saw Em Off	231.68	
176.	FAM	212.26	
177.	All Alone	208.78	
178.	Low-Fat Retention	201.81	
179.	Fred	200.04	
180.	Super Steppers	187.18	
181.	The Walkers	178	
182.	Red Hot Chilli Steppers	169.2	
183.	Office Heroes	162.22	
184.	Star Spangled Strutters	160.85	
185.	MightyCoolFunny Ramblers	160.66	
186.	Cooner!	150.9	
187.	urpn 370 baddies	127.59	
188.	MAggies	112.92	
189.	Walkie Talkies	110.51	
190.	Walking with Purpose	103.45	
191.	Aggie Life	96.72	
192.	Lindsie™'s Team	90	
193.	Brazos Valley Unitarian Universalists	30.25	
194.	Kailey Roberts	13	
195.	Walk for the Win	2	



KEEP MOVING

832 AND UP MILES CLUB

- The Motley Crew
- South Campus \$tunnas
- *Walk This Way!
- 403 - Holy Walkamolies
- A Walk to Remember
- Academically Deficient
- ADR_E - THE Walkie Talkies
- AgriLife Research Bee-lievers
- All About That Pace
- Are We There Yet?
- Are We There Yet?
- Becky's Toddling Troup
- Better Late Than Never!
- Between a Walk and a Hard Pace
- Bibliotrekks
- Chafing the Dream
- Charlie's Ankles
- CONTinual Motion
- CVM Dog Tired
- Degree Jog It, Part 1
- Degree JOG-It Part 2
- DOR - 16 Feet with Sole
- DOR Step by Step
- DOR Walking Around the Blocker
- Dynacisers 22
- EXTreme Speed
- Fermier Favorites
- Fine Fit & Fabulous
- Four Armadillos
- Hearts and Soles
- HORT TREKKERS
- Hotty Toddy Aggies
- I Wanna Step with Somebody
- ISENTropic Athletes
- keep on truckin
- LRC Mile Walkers
- ODSL - Coffee Runs
- ODSL Trekkin' for Tacos
- Over Extended Work Family
- Pace Makers
- PACE- People Ambulating Competitively Everyday
- Pedominators
- Public Health Squad
- Red Hot Chili Steppers
- Red Hot Chili Steppers
- Ringer Library
- ROBO-CON
- Rudder Theatre Complex
- Run for Your ResLife!
- Running Part Time Sucks (RPTS)
- Snap, Crackle, Pop
- Soiled Rotten
- Sole Beneficiaries
- Sole Sisters
- TAMU Engineering [Fitness] Development Across Texas
- Tax Walkoffs
- TEAM FP&C
- TechBuy
- Texas Two-Steppers
- The aMAYSing Race
- The Informers
- The Mighty Stampede
- The Oak-ay Walkers
- The Original Holy Walkamolies
- The Pharm Posse
- The Pheidips
- The Rec-ing Business Crew
- The Road Scholars
- The Walkie Talkies
- The Wandering Vagabonds
- The Zoomies
- These Roots Were Made For Walking
- Tick Tick BOOM
- TX Crawlers
- United Rec Force Victory Lap Hall of Fame 2021
- Unleashed
- Wacky Walk don't run
- walk it to the top!
- Walkie Talkies
- Walking 9-5
- Walking aedes
- Walking Spuds
- Walking Warriors
- Walsh Lab
- Wandering Wildlanders
- WAT Are We Doing
- We Don't Talk About Cardio
- Wellness Warriors
- What is That in Miles?
- What! WAT!
- Worst Pace Scenario
- You want me to do WAT!?

47%



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



A team can only win this distinction once.

Team Mileage by Leagues

2022 TAMU College Edition 10.8%

1. keep on truckin 1441.55
2. Red Hot Chili Steppers 1347.67
3. Walking 9-5 1111.6
4. Better Late Than Never! 950.39
5. Threat Level Midnight 791.92
6. Roadrunners - Mind over Miles 718.34
7. Maroon & White Interns Fight! 678.45
8. The Wolf Pack 604.89
9. Helen's Team 586.31
10. Innovation Partners 557.07
11. gigem oompaloompas 505.31
12. Nerd Herd 497.27
13. Not Today Heifer 457.35
14. Christland Friends 443.32
15. Worst Pace Scenario 426.24
16. aggie baddies 425.68
17. Break-A-Leg 405.99
18. Lily's Team 379.48
19. Lets Walk! 355.4
20. Scrambled Legs 346.38
21. Walk This Way 332.23
22. shalom 260.67
23. Saw Em Off 231.68
24. FAM 212.26
25. Fred 200.04
26. Super Steppers 187.18
27. The Walkers 178
28. Red Hot Chilli Steppers 169.2
29. Office Heroes 162.22
30. Cooner! 150.9
31. urpn 370 baddies 127.59
32. MAggies 112.92
33. Walkie Talkies 110.51
34. Walking with Purpose 103.45
35. Aggie Life 96.72
36. Lindsie™'s Team 90
37. Walk for the Win 2

AgriLife Employee Wellness 62.5%

1. HORT TREKKERS 2131.45
2. These Roots Were Made For Walking 2010.77
3. Wandering Wildlanders 1930.99
4. AgriLife Research Bee-lievers 1917.81
5. TX Crawlers 1849.49
6. Wacky Walk don't run 1654.34
7. \$outh Campus \$tunnas 1574.75
8. EXTreme Speed 1572.01
9. Walking aedes 1551.03
10. The Original Holy Walkamolies 1542.41
11. The Oak-ay Walkers 1456.13
12. What! WAT! 1372.04
13. Running Part Time Sucks (RPTS) 1334.91
14. The Pheidips 1309.67
15. You want me to do WAT!? 1254.78
16. Walkie Talkies 1203.03
17. Between a Walk and a Hard Pace 1164.59
18. The Road Scholars 1160.21
19. The Wandering Vagabonds 1152.26
20. Over Extended Work Family 1090.98
21. Soiled Rotten 1077.72
22. Red Hot Chili Steppers 1068.57
23. Walking Spuds 1015.27
24. Are We There Yet? 894.5
25. TechBuy 837.35
26. Myles Miles Team 806.27
27. Making Strides 757.2
28. Chicken Run 723.2
29. The Ag EC Team 708
30. Waco Walks It Out! 697.47
31. Step Up 660.52
32. Wild Rice 653.57
33. Walking Miss Daisy 637.79
34. Fire walkers 612.92
35. ANSC Heifers 578.28
36. The Yolk Folks 426.1
37. Aggie Rice Racers 372.91
38. Inclusive Walkers 360.1
39. Matagorda Mooovers 313.9
40. Kailey Roberts 13



Team Mileage by Leagues

Brazos County - BLT

1. Flesh Fighting Fit Family of Faith 263.76

Brazos County Employees 57%

1. Tax Walkoffs 1267.36
2. Walking Warriors 1206.17
3. The Zoomies 1177.52
4. Public Health Squad 1032.71
5. *Boujee Shoes* 745
6. Beast Friends 558.81
7. The Future 364.64

Bryan ISD Technology Services 33%

1. Are We There Yet? 1286.74
2. Texas Travelers 613.17
3. Cache us if you can 562.05

CASAP 50%

1. Fine Fit & Fabulous 1321.15
2. TX-CO-LA 584.37

Division of Research (DOR) 60%

1. DOR - 16 Feet with Sole 1219.58
2. DOR Walking Around the Blocker 1117.7
3. DOR Step by Step 867.64
4. DOR Worst Pace Scenario 827.29
5. DOR Red Hot Chili Steppers 764.21

Family League 50%

1. Pedominators 843.62
2. Pumped Pedestrians 662.88

MYCON General Contractors, Inc 60%

1. The Mighty Stampede 1340.31
2. What is That in Miles? 1061.14
3. The Walkie Talkies 913.17
4. JET TRACR 778.08
5. The Walkaholics 622.53

Engineer Your Wellness

52.6%

1. Hearts and Soles 2366
2. ISENTropic Athletes 1581.23
3. Fermier Favorites 1279.12
4. The Informers 1237.76
5. Wellness Warriors 1218.4
6. 403 - Holy Walkamolies 1062.56
7. Walsh Lab 1016.32
8. Academically Deficient 1001.42
9. Charlie's Ankles 985.55
10. walk it to the top! 834.15
11. We MEEN Business 809.76
12. MEEN in Motion 765.46
13. Sentries to a Major 486.5
14. Moves Like Jaggaer 404.28
15. Ocho Amigos 371.3
16. New Sneaker Champions (NSC) 242.68
17. All Alone 208.78
18. Low-Fat Retention 201.81
19. MightyCoolFunny Ramblers 160.66

TAMU Vet School

50%

1. CVM Dog Tired 1349.98
2. Unleashed 1113.33
3. Pace Makers 988.27
4. TAMU Vet School - Large Animal Enthusiasts 659.67
5. The Stepping Stones 476.12
6. Vet Students Stayin' Alive 421.2

Texas A&M Foundation

63.6%

1. Hotty Toddy Aggies 1387.47
2. Tick Tick BOOM 1217.12
3. Four Armadillos 1159.56
4. Sole Sisters 1046.46
5. The aMAYSing Race 1011.27
6. TAMU Engineering [Fitness] Development Across Texas 973.14
7. I'm Gonna Be (832 Miles) 913.8
8. 3s Company 702.69
9. Passionate Professionals Dedicated to Purposeful Perspiration 635.99
10. TAMF Star-Spangled Patriots 571.86
11. Ag Development 569.96

Team Mileage by Leagues

Texas A&M regiSTRIDES

100%

1. We Don't Talk About Cardio 985.14
2. Degree Jog It, Part 1 892.49
3. Degree JOG-It Part 2 853.26
4. Snap, Crackle, Pop 848.22

Texas A&M University Division of Student Affairs

52%

1. United Rec Force Victory Lap Hall of Fame 2021 2273.31
2. *Walk This Way! 2015.03
3. Chafing the Dream 1781.38
4. ODSL Trekkin' for Tacos 1615.56
5. Run for Your ResLife! 1598.3
6. WAT Are We Doing 1262.05
7. Rudder Theatre Complex 1241.87
8. The Rec-ing Business Crew 1104.85
9. Becky's Toddling Troup 1090.39
10. ODSL - Coffee Runs 1072.84
11. I Wanna Step with Somebody 1017.28
12. PACE- People Ambulating Competitively Everyday 903.99
13. Worst Pace Scenario 878.27
14. Steppin' Right, Left, Right 816.99
15. Snacks on the Tracks 759.07
16. SCOMotion 722.17
17. Rec This Way 682.72
18. Un-STEP-able 680.43
19. Legs Miserables 671.23
20. No Ubers In Sight, Call me a Cab 663.32
21. DMS Steppers 642.91
22. We Can DoIT Too 626.25
23. We Can DoIT 599.63
24. Vice President for Student Affairs 593.87
25. Star Spangled Strutters 160.85

University Libraries 2022

25%

1. Bibliotrekks 1337.47
2. Cushing Panthers 785.87
3. MSL Marvels 738.79
4. Booking It! 586.79

Texas A&M University College of Nursing

75%

1. CONTinual Motion 1350.09
2. ROBO-CON 1291.89
3. The Pharm Posse 957.48
4. WALKer Texas Rangers 635.08

Texas A&M University System Offices

67%

1. The Motley Crew 2433.35
2. TEAM FP&C 1877.89
3. All About That Pace 1818.3
4. Sole Beneficiaries 926.58
5. A Walk to Remember 874.4
6. Texas Two-Steppers 860.06
7. The Lollygagging Lobbyists 734.98
8. Techie Trekkers 512.52
9. TTI Arlington WATch Crew 453.57

Texas A&M University College of Nursing

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

Solo Teams-Unleagued

40%

1. Dynacisers 22 1396.93
2. LRC Mile Walkers 1304.04
3. Ringer Library 1188.6
4. ADR_E - THE Walkie Talkies 957.95
5. Walking Legionnaires 798.25
6. Two4WAT 781.45
7. Arthurs Aardvarks 756.53
8. FCH Community Conversations on Health 589.31
9. She made me do it 448.85
10. The Book Trailers 307.65

WAT Church League

1. Brazos Valley Unitarian Universalists 30.25



WELCOME TO

The Kid's Zone Team Mileage

Week Seven

The Awesome Kids (12 kids) 1924 miles
Aggies (14 kids) 114 miles
Howdy (6 kids) 83 miles
Century Tree (12 kids) 71 miles
Hullabaloo (16 kids) 55 miles
Kyle Field (12 kids) 46 miles
Spirit of Agglieland (12 kids) 43 miles
Gig'Em (10 kids) 34 miles
Century Tree (12 kids) 31 miles
Maroon & Whaite (17 kids) 27 miles
WHOOPO!!! (17 kids) 27 miles
Aggie Ring (9 kids) 24 miles
Reveille Classroom (16 kids) 14 miles
WHOOPO!! (17 kids) 0 miles
Aggies (14 kids) 0 miles
12th Man Class (15 kids) 0 miles
Walking the Straight and Arrow (46) 0 miles
TBD 30 miles
Arrow Academy- Save Our Streets (55 kids) 0 miles



Most Inspirational Team Member Nomination

Rachel is an essential part of our Walk Across Texas team and the reason we participate in these events. In a job where we sit all day, she understands that sometimes a walk is the only way to clear our minds and move our bodies. She firmly believes in the importance of physical and mental health, and we have all seen the benefits of her efforts. She has a daughter named Ellie but still makes time to prioritize running/walking. Rachel is why this team exists, and we are all better off for her!

Nominated by Michelle Revels



Rachel Rose



Most Inspirational Team Member Nomination

For The Informers, our team leader Rachel Rose is our biggest inspiration. She is our cheerleader, sending us encouraging messages and leading with a terrific example of enthusiasm.

Nominated by Nancy Luedke



Rachel Rose

Most Inspirational Team Member Nomination

I love my team captain Abbie Vintila and I think she is inspirational! She organized our team the ISENTropic Athletes and came up with a cool name for us. This “competition” has inspired me to walk more and pay attention to how much I am NOT walking!! Abbie is a positive person and fun to work with.

Nominated by Cheryl Kocman



Abbie Vintila

Most Inspirational Team Member Nomination

I would like to nominate Chris Vintila on the ISENTropic Athletes team. He has just about double the miles of the rest of the ones on our team. He is really knocking it out of the park.

Nominated by Shannon Caldwell



Chris Vintila



JOIN US ON
FACEBOOK LIVE FOR A

CHAIR YOGA CLASS

facebook.com/walk.across.texas.bc/live/

APRIL 6, 2022

12:15 PM



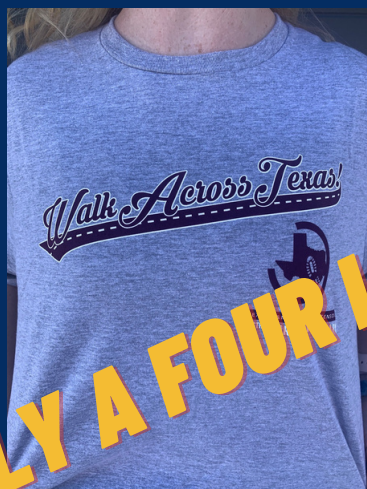
INSTRUCTOR
ANNA TAGGART MINAHAN
DEPARTMENT OF RECREATIONAL SPORTS
TEXAS A&M UNIVERSITY

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.

We have merchandise and it's selling fast.



This is Gabby the intern.



Gabby has merch!

ONLY A FOUR LEFT

Gabby is happy she has merch!



Gabby gives WAT a gig'em in her shirt!



Gabby is glad to be a part of the 2022 WAT challenge in it's 25th year in her shirt.

Be like Gabby and purchase a grey shirt for \$15. We have sizes small through 3XL.

Contact:
Flora Williams at
fewilliams@ag.tamu.edu
979-823-0129

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

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



Previous years' shirts \$3.00 each or 2 for \$5
We need your support. Buy merch at 4153 County Park Court in Bryan Texas!

Shrimp, Pineapple & Veggie Skewers

Servings 10



Skewers

- 1 pound large fresh or raw Shrimp peeled, deveined, tail-on
- 20 ounce can Pineapple Chunks in 100% Pineapple Juice, reserve juice
- 2 Cups cherry tomatoes
- 1 Large zucchini, sliced
- 1 Large yellow squash, sliced
- 1 Cup green bell pepper, sliced
- 20 small Skewers

BBQ Sauce

- 1/2 Cup ketchup
- 1/4 Cup reserved pineapple juice
- 1/4 Cup Vinegar
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon black pepper



Shrimp Skewers

1. Clean and sanitize your workspace. Pull back your hair and wash your hands.
2. Prepare your shrimp by peeling them and ensure they are all deveined, leave the tail on.
3. Next, drain your pineapple and reserve your juice. Additionally, wash and prepare your tomatoes, zucchini, squash, and green peppers to be added to the skewers.
4. Place one shrimp, one pineapple chunk, one cherry tomato, 1 zucchini slice, 1 yellow squash slice, and 1 bell pepper slice on a skewer
5. Place on a plate and prepare your grill and BBQ Sauce.
6. Once the BBQ sauce is made (instructions below) and the grill is ready (Medium Heat), brush each skewer with BBQ Sauce.
7. Place skewers, BBQ sauce side down, on the grill. While the bottom is grilling, brush the top side of each skewer with BBQ Sauce.
8. Grill 1-2 minutes then flip skewers over. Grill additional 3-4 minutes or until shrimp are pink and opaque.
9. When ready, serve and enjoy!

BBQ Sauce

1. Place a pan over medium-low heat.
2. Add all BBQ Sauce ingredients and stir to combine.
3. Bring to a simmer for 6 to 8 minutes.

For delicious and nutritious meal ideas visit dinnertonight.tamu.edu

This recipe: <https://dinnertonight.tamu.edu/recipe/shrimp-pineapple-veggie-skewers/>

2022 Awards and Recognitions

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

Most Inspirational Team Member Recognition



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
or
Katie Zender
E-mail: katie.zender@ag.tamu.edu

