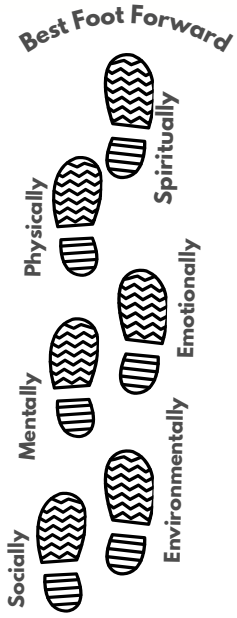
MARCH 14, 2023

# BRAZOS COUNTY WALK ACROSS TEXAS 2023

***Celebrating 26 years of putting our best foot forward!***

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*

## BEST FOOT FORWARD (BFF)

It is **rodeo** time in Texas! As a nod to Rodeo Houston, I hope you have **broken the barrier** or come close to your Walk Across Texas goal that you set for yourself. If not, there is certainly still time. Now is not the time to **bail out**. I believe you can do it. Do you? **Boot the bull** or **tippy toe** just keep going.

Take the **reins** to your physical activity and do something more each day. As part of this Best Foot Forward challenge, our hope is that you will be a **champion** when it comes to your health-socially, mentally, physically, environmentally, emotionally, and spiritually.

The data from this newsletter covers February 11-March 13. Together our **217** teams reported 117,882.8 miles (teams with zero miles removed). We've walked 32,469.46 more miles than last week. That's about 68,575,499.52 more steps. **Yee-haw!** Full speed ahead in week SIX!

### IMPORTANT DATES-AT-A-GLANCE

- **Proclamation**-January 31, 2023 ☑
- **Event Dates:** February 11, 2023-April 7, 2023
- **Kick Off Event:** February 11, 2023 ☑
- Week 1: February 11 - February 17 ☑
- **Online Registration Deadline:** February 17, 2023 ☑
- Week 2: February 18 - February 24 ☑
- Week 3: February 25 - March 3 ☑
- Week 4: March 4 - March 10 ☑
- Week 5: March 11 - March 17 ← 👣
- Week 6: March 18 - March 24
- Week 7: March 25 - March 31
- Week 8: April 1 - April 7
- Last day to report team mileage: April 17, 2023
- The announcement of champions/Prize Patrol: April 24, 2023
- Weekly workouts: Feb 11, Mar 1, Mar 8, Mar 15, Mar 22, TBD, Apr 5

**Can you believe we are here already!**

## About the weekly e-news blast:

- Weekly e-news blast will arrive on or before Thursday of each week. Yee-haw! This one made it on a Tuesday again!
- Make sure your teams have entered all of their mileage by Saturday of each week. I have stopped including teams who have not entered miles for this sponsored challenge (☹).
- SEND pictures of your team in action, as well as any upcoming team or community fitness events, or stories for the newsletter.
- Email them to Flora Williams at fewilliams@ag.tamu.edu.

# Quick "Corned" Beef & Cabbage

Traditional corned beef & cabbage sure is tasty, but it's typically loaded with preservatives and sodium. In this healthy recipe makeover, Eating Well's Test Kitchen slashes more than 2,300 mg of sodium with their quicker twist on the St. Patrick's Day classic. To get great flavor without the additives found in store-bought corned beef, they rub ground pickling spice onto steak instead. View this quick video.

**https://www.eatingwell.com/recipe/251350/quick-corned-beef-cabbage/**

Visit https://www.eatingwell.com/recipes/19920/holidays-occasions/more-holidays/st-patricks-day/ for St. Patrick's Day recipes and others like it.

# WEEKLY WORKOUT SCHEDULE

# EVENTS

## Walk Across Texas 2023 Brazos County

WALK ACROSS TEXAS!
TEXAS A&M AGRILIFE EXTENSION

TEXAS A&M AGRILIFE EXTENSION

### Fun | Free | Fitness

**FEB 11** | **KICK OFF EVENT (ORANGE THEORY) 10:00 AM**
Virtual or In-person Brazos Extension Office
4153 County Park Court Bryan, Texas

**MAR 01** | **LIONS PRIDE SPORTS BOOT CAMP 6:00 PM**
1910 Greenfield Plaza, Bryan, Texas

**MAR 08** | **LIVING WELL AT TAMU-VIRTUAL PILATES 11:45 AM**
https://tamu.zoom.us/j/93936492136?pwd=V05DMlNBcG4zcVJWVG9wWDZENmEyUT09

**MAR 15** | **TRUFIT: GROUP SESSIONS 5:30 AND 6:00 PM**
**ZUMBA, YOGA, AND COMBO 6 CIRCUIT BOXING**
2412 Texas Ave S, College Station, TX 77840
https://www.signupgenius.com/go/20F0545A8AA22A2FB6-walk2

**MAR 22** | **ST. JOSEPH HEALTH –VIRTUAL 10:00 AM**
**STRENGTHENING**
facebook.com/walk.across.texas.bc/live/

**TBD** | **BEST FOOT FORWARD WEBINAR 11:35 AM**
facebook.com/walk.across.texas.bc/live/

**APR 05** | **TEXAS A&M REC SPORTS 12:00 PM**
**VIRTUAL KICKBOXING**
facebook.com/walk.across.texas.bc/live/

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# ZUMBA, YOGA, AND COMBO 6 (30 MINUTE BOXING CIRCUIT)

**15 March**

## TruFit in COLLEGE STATION

**Let's come and feel the energy!**

Free group workouts start at 5:30 and 6:00 pm

TRUFIT ATHLETIC CLUBS

2412 Texas Ave S, College Station, TX 77840

https://www.signupgenius.com/go/20F0545A8AA22A2FB6-walk2

# ST. JOSEPH HEALTH

St. Joseph Health

# VIRTUAL STRENGTHENING AND TONING

## MARCH 22, 2023
## 10:00 AM

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

Thank you to our outstanding instructor Kourtney Bassett and everyone who attended this week's workout.

Andrea Ryan
Audra Lewis
Cindy Balog-Alvarez
Clara Cofield
Courtney Charanza
D Mills
Dorithie Thomas
Dorothy
Flora Williams
Jene't Beck
Julio Torres
Katie McGill
Kayla Bayless
Kim Payne
Ki'Tanna
Lisa Gibson
Mary J
Melany Borsack
Minnie Russell
Patty Beasley
Rhonda Fuhrmann
Riley K
Sara Mendez
Sarah
Stephanie Klock
Trinity Woods

LIVING WELL AT TEXAS A&M

Pilates Session
March 8, 2023
Living Well at TAMU

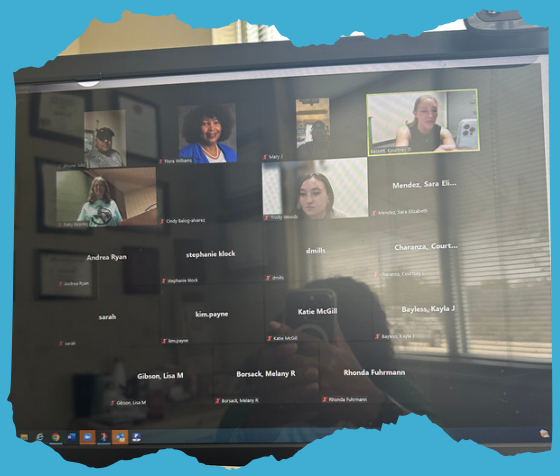
March 8, 2023

Congratulations prize winners!

Melany Borsack
Minnie Russell

LIVING WELL AT TEXAS A&M

Pilates session and prizes provided by Living Well at TAMU



https://www.facebook.com/LivingWellTAMU

livingwell@tamu.edu

livingwell.tamu.edu

# SPONSORS

Click on each logo to learn more about sponsors if viewing digitally.

St. Joseph Health

TEXAS A&M AGRILIFE EXTENSION

Rec Sports

THE TEXAS A&M UNIVERSITY SYSTEM

## TEAM SPOTLIGHT

# Meet the Gel Runners

**Top left: Carmen Padilla, Nora Gracia, Denise Rossi, Kinnie Laughlin, Sonia Irigoyen**
**Bottom Left: Michelle Dominguez, Mariah Garcia, Victoria Mora**

They are still getting out there and getting their miles... Gel Runners got t-shirts for their team to keep them motivated! Go Gel Runners!

## of the Agrilife Research Center in Weslaco, TX

Learn about AgriLife Research Centers by viewing a quick video
https://youtu.be/zVNZ5Bw3H-U

# TEAM SPOTLIGHT

## Meet Team Member

# Vidya Patil of VFIC2023

**Since her team walks after dark, and it is hard to get a picture of them. Checkout the screenshot of her watch. They are enjoying our walk every day.**

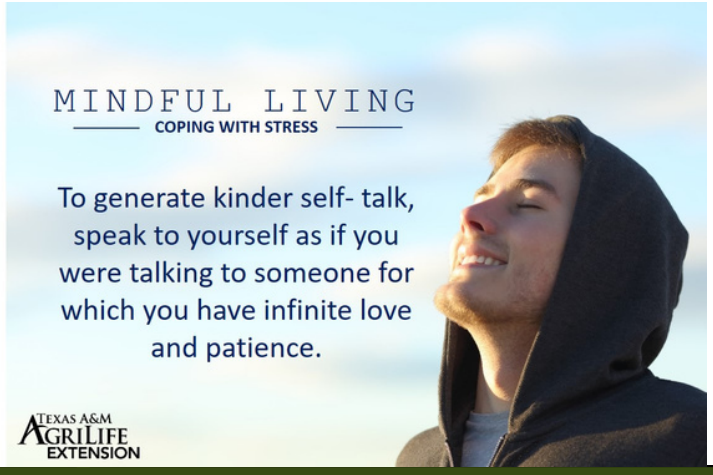
# BEST FOOT FORWARD THROUGH MINDFUL LIVING

Mindful Eating can be described as making intentional choices of what and how much we are eating; and being aware of what is motivating us to eat.

We know that even a modest reduction in body weight has been shown to reduce risk of chronic diseases like heart disease, high blood pressure, and diabetes; so becoming more aware of our food intake as well as what motivates us to eat can help us achieve better health.

Try to:

- Determine motivation behind eating...sometimes environment and emotions suggest we eat when we aren't hungry.
- Before tasting, observe your food with all your senses
- Eat slowly and without distraction.



# Overall Team Placing

*1.. Team Godzilla  2102.3*
*2. Blazing Feets 1410.43*
*3. Road Scholars 1407.89*
*4. HORTTREKKERS 1376.36*
*5. The AgriVators 1354.55*
*6. Walk This Way! 1287.59*
*7. Young & Ruthless 1255.99*
*8. Better at Running Up a Tab 1198.39*
*9. Hearts and Soles 1174.18*
*10. NOLA Half Fast Krewe 1078.09*
*11. OGS Striders 1069.49*
*12. Walker, Texas Runner  1065.56*
*13. Wandering Wildlanders 1045.14*
*14. AgriLife Butterflies  1039.6*
*15. Athletics -  F&O Powerhouse 1027.29*
*16. keep on truckin 1024.43*
*17. A Walk to (Not) Remember 979.47*
*18. Dynacisers25 971.65*
*19. All About That Pace 967*
*20. Coreondeck 958.18*
*21. Da Grove Men 957.41*
*22. Cushing Panthers 946.55*
*23. Walker Cross Texas 943.89*
*24. Between a Walk and a Hard Place 932.56*
*25. Rapid Thigh Movement 923.98*
*26. VMBS Dog Tired 919.82*
*27. Walking Warriors 916.69*
*28. Keep Calm and Query On 908.27*
*29. WTF! - Walking Texas Foresters 879.46*
*30. Public Policy Feet-search Institute 873.73*
*31. Holy Walk-a-OD's! 865.31*
*32. Best Step Correct 848.56*
*33. The Original Holy Walkamolies  836.52*
*34. What is That in Miles? 830.87*
*35. Boll Patrol 819.06*
*36. Walkie Talkies 801.43*
*37. Step, Rattle and Roll 795.13*
*38. Da Grove Men 2 790.68*
*39. AIOL 786.24*
*40. Walks and Recreation 782.81*
*41. VFIC2023 775.85*
*42. Left foot, write foot 775.05*
*43. Made You Look 764.82*

HUSTLE

44. HereWeGoAgain 762.5
45. Party In Your Plants 752.04
46. Rich Blood 749.99
47. Red Hot Chili Steppers 746.81
48. Happy Feet 737.52
49. The Pharma Pill Posse 736.7
50. Swervin From Dervin 735.48
51. ISENtropic Athletes  731.17
52. Lost in Pace 729.78
53. Walking Texas Aggies 729
54. VMBS Unleashed 726.32
55. A-Counting Steps 724.83
56. TAMU Innovation Partners 723.67
57. DOR No Half-Steppin 723.43
58. Diva Steppers 716.72
59. Worst Pace Scenario 712.08
60. MSC U L8r 706.03
61. Mall Walkers 705.93
62. The Aggie Rice Runners 697.65
63. AABS -All About Better Steps 691.78
64. Booking It! 679.5
65. Glorious Steppers 2 673.63
66. Chafing the Dream 665.8
67. DOR The Young and the Breathless 664.4
68. Insert Name Here 663.11
69. Murphy Mob 659.59
70. Heart and Sole 657.94
71. DOR Lost in Pace 657.9
72. Walking Spuds 650.59
73. The Lollygagging Lobbyists 650.44
74. Fitness Protection 649.83
75. Turtles to the Win! 639.68
76. MSL Marvels 639.15
77. Public Health Walkers 637.12
78. Tech Trekkers 631.94
79. Gel Runners 631.8
80. Bluestem Bluebird Bluegill 631.29
81. FLAC and CREW 630.91
82. bling bling steppas 630.4
83. The aMAYSing Race  626.4
84. Walking on Sunshine 625.88
85. Foundies 621.49
86. Hurtado's Hypersonic Hullabaloos 611.45
87. DOR Believe 610.8
88. Zach Pack 610.47
89. Glorious Steppers 607.91
90. PE class 603.8
91. DOR Holy Walkamolies 603.28
92. JTG - Just That Good! ;) 601
93. Holy Walkamolies 579.95
94. Upbeat Steppers 578.24
95. The Bolting Basophils 574.77
96. Walking Texas Rangers 568.6
97. SteppingUp 562.88
98. Walking on Sunshine 555.94
99. W.A.T. the Flock! 555.66
100. The Eosinophil Express 554.01
101. Emâ€"Dashers 553.73
102. Red Hot Chili Steppers 550.93
103. The Street Walkers 546.09
104. MEEN in Motion 543.35
105. Let Me See You Walk!!! 541.92
106. Square Feet 538.44
107. GET 2 STEPPIN 537.22
108. Walking Legionnaires 530.52
109. Walker Texas Rangers 528.44
110. Big Bend or Bust 528.06
111. My Sole Called Life 520.19
112. Holy Walkamolies 510.12
113. Walk-a-holics 509.94
114. Star Walkers 504.63
115. Le Fitness 492.4
116. SWAT SWEATERS 490.64
117. DOR Wave Walkers 490.23
118. Wings of Eagles  486.58
119. New Kids on the Walk 486.13
120. LoveMindsWalk  484.02
121. We're Still Walkin'... yeah, yeah, yeah 482.23
122. Becky's Toddling Troup 480.24
123. Mind Over Miles 480.21
124. Hammerheads with legs  479.07
125. Worst Pace Scenario 470.43

# Overall Placing

*126. Caught Between a Walk and a Hard Pace 469.89*
*127. Team Ka-Ching 468.39*
*128. Step Up 467.02*
*129. Ctrl+Alt+Feet 462.61*
*130. Slaydies 462.13*
*131. Executive Team 461.35*
*132. TAMU Women's Club 453.3*
*133. Free Range Chickens 451.85*
*134. Moves like Joggers 451.43*
*135. Lost in Pace 445.96*
*136. Red Hot Chili Steppers 437.68*
*137. The ShambleShack 435.73*
*138. Walking 9 to 5 434.08*
*139. Becky's Toddling Troup 2.0 432.87*
*140. TBD 431.79*
*141. Jiggly Wiggly 428.58*
*142. walk it to the top! 424.83*
*143. Quantitative Optical Imaging Lab 423.83*
*144. Sole Beneficiaries 419.24*
*145. The Lisa Frank Crew 415.39*
*146. Time to walk the building 405.18*
*147. The Texas Travelers 398.49*
*148. Don't Try... Comply! 396.58*
*149. Brianna's Team 394.25*
*150. The Mommas and the PoPas 389.25*
*151. DOR Road Scholars 379.86*
*152. Goal Getters 378.47*
*153. The Team With No Name 377.21*
*154. Myles Miles Team 371.55*
*155. Rice Racers 371.34*
*156. SistersofLove 368.62*
*157. TICC'd 360.17*
*158. D12 Health Hustlers 357.77*
*159. WalkingWarriors 345.58*
*160. Cat Herders 344.82*
*161. Walkaholics 340.95*
*162. Sole Sisters 340.41*
*163. KT 327.7*
*164. Ian's Team 311.68*
*165. Striving 309.52*
166. Kristin's Idots 308.68
167. Team Body, Mind and Sole 304.27
168. Nueces County 2-Steppers 300.33
169. AhhhMazing Advisors 286.99
170. KBTXer's 273.71
171. Texas Two Steppers 267.81
172. Rockin Walkin SA Pros 267.78
173. Cirque De Sore Legs 254.26
174. Hot Girl Walking Across Texas 253.4
175. Nerd Herd 251.45
176. The Mathletes 243.2
177. We Thought They Said Rum 240.79
178. Passionate Professionals Dedicated to Purposeful Perspiration 236.31
179. Y Y Y 233.58
180. OPSA/CARC Speed Demons 232.03
181. OICU812 227.4
182. Walking up the front porch steps 226.48
183. Making Strides 221.95
184. Wherever we may roam (within reason, allowing a sensible bedtime) 214.4
185. Eric's Team 205.37
186. Crazy Ding Bats Always Dancing 200.52
187. Sauntering Scientists 198.75
188. WalkieTalkies 195.81
189. Inclusive Walkers 176.25
190. The H-feld's 157.55
191. Red Hot Chili Steppers 144.4
192. Sierra House 140.77
193. Simran's Team 137
194. Asphalt Sisters Rock 133.71
195. Best of the Midwest and Texas 129.35
196. Rock Stars 113.97
197. PVFA - Prefer Virtual Fun Activities 110.38
198. Lincoln Recreation Center Seniors and Friends 109.5
199. The Menchaca's 107
200. Agony of DeFeet 105.1
201. Walkaholics (MLL) 103
202. bagel time 95
203. GymBro 80
204. Meghan's Team 75.4
205. Walkin' on P.Rays of Sunshine 75.17
206. Walker? I hardly know her 64.88
207. 16 Feet with Sole 56.8
208. Sydneys Team 53.7
209. The Reluctants 49.95
210. Kibugis 30.65
211. Texas A&M Career Center 28
212. finna do it myself 15.24
213. Rylee's Team 8.5
214. Lindsey's team 8
215. PAK 5.6
216. Jocelyn's Team 3
217. Heel Toe 1.3

**YOUTH TEAMS**
**Rapid Racers**
**125.79**
**Awesome Kids 2023**
**117**

KEEP GOING!

# BFF 832 Club

*A Walk to (Not) Remember*
*AgriLife Butterflies*
*All About That Pace*
*Athletics - F&O Powerhouse*
*Best Step Correct*
*Better at Running Up a Tab*
*Between a Walk and a Hard Place*
*Blazing Feets*
*Coreondeck*
*Cushing Panthers*
*Da Grove Men*
*Dynacisers25*
*Hearts and Soles*
*Holy Walk-a-OD's!*
*HORTTREKKERS*
*Keep Calm and Query On*
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*VMBS Dog Tired*
*Walk This Way!*
*Walker Cross Texas*
*Walker, Texas Runner*
*Walking Warriors*
*Wandering Wildlanders*
*WTF! - Walking Texas Foresters*
*Young & Ruthless!*

**Thirty-three teams have made it across Texas and beyond. Will your team be added to the list? No matter what, keep going.**

# 2023 Team Captains

- *Aaron Tucker*
- *Abbie Vintila*
- *Abi Naughton*
- *Aida Carrillo*
- *Alexis Schultz*
- *Alicia Meza*
- *Alli Dickey*
- *Allison Eskins*
- *Allison McCulloch*
- *Amanda Reynolds*
- *Amanda Reynolds*
- *Amy Epps Martin*
- *Andrea Ryan*
- *Andrea Sesock*
- *Andrew Hluza*
- *Anelle Baltazar*
- *Angela Wells*
- *Angelica Rios*
- *Anna Theodossiou*
- *Anna Mathai*
- *Anna Norville*
- *Anna Stepanova*
- *Anthony Battles*
- *Ashanti Shepard*
- *Ashley Saucedo*
- *Autumn McManis*
- *Beth Deuermeyer*
- *Beth Kilmarx*
- *Bhimu Patil*
- *Bonnie Baker*
- *Brendan Mormile*
- *Brianna Beasley*
- *Brittney Williams*
- *Brooke Errington*
- *Charles Shields*
- *Charlotte Salas*
- *Chieh Peng*
- *Christine Burns*
- *Claire Pavliska*
- *Clara Walker*
- *Claudia Covington*
- *Cody Culp*
- *Craig Valka*
- *Dana McMahon*
- *Danielle Broxon*
- *Davanna Minter*
- *David Sierra*
- *davidrmccarroll McCarroll*
- *Debbie Reed*
- *Debra Bradford*
- *Debra Lee*
- *DeEtte Mills*
- *DeLynn Michalsky*
- *Devang Mehta*
- *Diana North*
- *Dina Nutall*
- *Donna Garcia*
- *Donneshia Maxey*
- *Douglas Scheuring*
- *Ed Udell*
- *Elyssa Garza*
- *Emily Murphy*
- *Emily Toro*
- *Emma Hernandez*
- *Eric Lu*
- *Erin Davis*
- *Ezra Menchaca*
- *Flora Williams*
- *GeNae Guye*
- *Gerald Burgner*
- *Hannah Chavarria*
- *Hannah Malcomb*
- *Ian Wiechers*
- *Ida Claudette Davenport*
- *Ivy Mestrovic*
- *Jana Stubbs*
- *Janet Pollard*
- *Jasmine Johnson*
- *Jaycee Arai*
- *Jene't Beck*
- *Jessica Lee*
- *Jocelyn Sierra*
- *Joe Thompson*
- *John Nguyen*
- *John Rokenbrod*
- *Jon Hill*
- *Joshua Clemens*
- *Joshua Gonzalez*
- *Joy Mack*
- *Judy Kurtz*
- *Julio Torres*
- *Justin Jeffery*
- *Karen Giles*
- *Kat Wilkerson*
- *Kate Thompson*
- *Kati Stoddard*
- *Katie Mendoza*
- *Kayla Titus*
- *Kelly Cox*
- *kelly reeves*
- *Ken Dupre*
- *Kerry Kinirons*
- *Kerstin Landrock*
- *Kimberley Jones*
- *kimberly maxey*
- *Kimberly McGinty*
- *Kimberly Jackson*
- *Kirstin Brekken Shea*
- *Krista Van De Flier*
- *Kristen Loewe*
- *Kristi Wolff*
- *Kristin Ingersoll*
- *Kristin Moeller*
- *Lainey Calder*
- *LaKortney Hyson*
- *Lauren Huenefeld*
- *LeAnne Pollock*
- *Lindsey Breunig*
- *Lindsey Garza*
- *Lindsey Gutierrez*
- *Liz Schulze*
- *Lonna Holland*
- *Loretta Mendez*
- *Lori Gabriel*
- *Lorian Dusek*
- *Lyman MAXEY*
- *Lyuba Chechik*
- *Maggie Berger*
- *Malini Natarajarathinam*
- *Mandy Stark*
- *Maria Benavides*
- *Marisa Dimas*
- *Mark Matusek*
- *Mark Toler*
- *Martha Dobrovolsky*
- *Mary Cearley*
- *Matthew Galindo*
- *Matthew Johnson*
- *Megan Enard*
- *Megan Simison*
- *Meghan Boehm*
- *Melanie Reyna*
- *Melanie Rogers*
- *Mia Conrad*
- *Michael Catarineau*
- *Michelle Rawls*
- *Mike Lopez*
- *Mindi Spears*
- *Mindy Borst*
- *Miranda Price*
- *Mona Somers*
- *Monteigne Long*
- *Morgan Bradley*
- *Nancy Christian*
- *Natalie Charlson*
- *Nickie McDaniel*
- *Olivia Whiteside*
- *Olivia Elliot*
- *Pamela Jones*
- *Pat Hsieh*
- *Patty Mora*

# 2023 Team Captains

- *Pauline Walker*
- *Petronella Ahenda*
- *Philip Brown*
- *Prisilla Berndt*
- *Rebecca Eaton*
- *Rebecca Pearson*
- *Rebecca Spangler*
- *Robin Miller*
- *Rudy Ruedas*
- *Rylee King*
- *Sabrina Allan*
- *Sachi Carr-Chargualaf*
- *Sara Mendez*
- *Sarah Coppedge*
- *Sarah Hamilton*
- *Sarah Harjo*
- *Sarah Hooker*
- *sarah mayes*
- *Savannah Sanders*
- *Sean Bridges*
- *Shavonda Anderson*
- *Shelia Robinson*
- *Shelley Drgac*
- *Sheri Meyer*
- *Sherry Yennello*
- *Simran Kumar*
- *Sisters of Love*
- *Snow Havlik*
- *Stacie Grange*
- *Stacy Schneider*
- *Stephanie Matlock*
- *Stephen Lopez*
- *Stephen Searcy*
- *Steve Kuhlmann*
- *Summer Dubec*
- *Summer Wilson*
- *Susan Culp*
- *Sydney Harjo*
- *Sydney Sulak*
- *Taylor LeTourneau*
- *Taylor Sweeney*
- *Therese Corte*
- *Theresia Heimer*
- *Tiffany Inbody*
- *Tiffany White*
- *TJ Robie*
- *Torie Noellsch*
- *Tracey Capehart*
- *Trinity Woods*
- *Tyrone Brashear*
- *Valerie Hadley*
- *Valerie Wilson*
- *Victoria Anderson*
- *Victoria Mora*
- *Zachariah Brattin*
- *Zackary Medlin*

# 2023 Awards and Recognition

Workout Weekly Drawings (must be present to win)
Most Inspirational Person
Most Creative Team Name
Top 3 Teams/Hall of Fame
Random Drawing of Finishing Teams

**Nominate most inspirational person by March 27**
Nomination should be a detailed nomination on why this person should be named Most Inspirational

https://docs.google.com/forms/d/e/1FAIpQLSfQGDDiGD-mVD6hJUrAy-oilG9nnLZSEuW-TcfWwyImKrozyA/viewform?usp=sf_link

# TEAM PLACING WITHIN LEAGUE

## AgriLife Employee Wellness

1. Team Godzilla 2102.3
2. Road Scholars 1407.89
3. HORTTREKKERS 1376.36
4. The AgriVators 1354.55
5. Better at Running Up a Tab 1198.39
6. Walker, Texas Runner 1065.56
7. Wandering Wildlanders 1045.14
8. AgriLife Butterflies 1039.6
9. WTF! - Walking Texas Foresters 879.46
10. The Original Holy Walkamolies 836.52
11. Boll Patrol 819.06
12. Walks and Recreation 782.81
13. Made You Look 764.82
14. HereWeGoAgain 762.5
15. Party In Your Plants 752.04
16. Happy Feet 737.52
17. Worst Pace Scenario 712.08
18. The Aggie Rice Runners 697.65
19. Walking Spuds 650.59
20. Gel Runners 631.8
21. Bluestem Bluebird Bluegill 631.29
22. Holy Walkamolies 579.95
23. The Bolting Basophils 574.77
24. W.A.T. the Flock! 555.66
25. The Eosinophil Express 554.01
26. Emâ€"Dashers 553.73
27. Le Fitness 492.4
28. SWAT SWEATERS 490.64
29. LoveMindsWalk 484.02
30. Mind Over Miles 480.21
31. Step Up 467.02
32. The ShambleShack 435.73
33. The Lisa Frank Crew 415.39
34. Don't Try... Comply! 396.58
35. Myles Miles Team 371.55
36. Rice Racers 371.34
37. D12 Health Hustlers 357.77
38. Cat Herders 344.82
39. Nueces County 2-Steppers 300.33
40. We Thought They Said Rum 240.79
41. Making Strides 221.95
42. Best of the Midwest and Texas 129.35

## Bryan ISD Technology Dept.

1. Ctrl+Alt+Feet 462.61
2. The Texas Travelers 398.49
3. Wherever we may roam (within reason, allowing a sensible bedtime) 214.4

## CASAP....Let's Get These Miles

1. Diva Steppers 716.72
2. JTG - Just That Good! ;) 601
3. Let Me See You Walk!!! 541.92

## College Edition

1. keep on truckin 1024.43
2. Murphy Mob 659.59
3. bling bling steppas 630.4
4. Slaydies 462.13
5. TBD 431.79
6. Brianna's Team 394.25
7. KT 327.7
8. Ian's Team 311.68
9. Kristin's Idots 308.68
10. Hot Girl Walking Across Texas 253.4
11. Nerd Herd 251.45
12. Y Y Y 233.58
13. Eric's Team 205.37
14. WalkieTalkies 195.81
15. The H-feld's 157.55
16. Red Hot Chili Steppers 144.4
17. Sierra House 140.77
18. Simran's Team 137
19. The Menchaca's 107
20. Walkaholics (MLL) 103
21. bagel time 95
22. GymBro 80
23. Meghan's Team 75.4
24. Walker? I hardly know her 64.88
25. Sydneys Team 53.7
26. Kibugis 30.65
27. finna do it myself 15.24
28. Rylee's Team 8.5
29. Lindsey's team 8
30. PAK 5.6
31. Jocelyn's Team 3

# TEAM PLACING WITHIN LEAGUE

## Brazos County - BLT - Adult - 2023

1. Upbeat Steppers 578.24
2. Striving 309.52
3. Lincoln Recreation Center Seniors and Friends 109.5

## Brazos County Employees

1. Heart and Sole 657.94
2. FLAC and CREW 630.91
3. Walking Warriors 345.58
4. OICU812 227.4
5. Agony of DeFeet 105.1

## Division of Research

1. DOR No Half-Steppin 723.43
2. DOR The Young and the Breathless 664.4
3. DOR Lost in Pace 657.9
4. DOR Believe 610.8
5. DOR Holy Walkamolies 603.28
6. DOR Wave Walkers 490.23
7. DOR Road Scholars 379.86

## Division of Student Affairs

1. Blazing Feets 1410.43
2. Walking Warriors 916.69
3. Step, Rattle and Roll 795.13
4. Lost in Pace 729.78
5. MSC U L8r 706.03
6. Mall Walkers 705.93
7. Chafing the Dream 665.8
8. SteppingUp 562.88
9. Walking on Sunshine 555.94
10. Red Hot Chili Steppers 550.93
11. Star Walkers 504.63
12. Worst Pace Scenario 470.43
13. Walking 9 to 5 434.08
14. Rockin Walkin SA Pros 267.78
15. OPSA/CARC Speed Demons 232.03
16. Walking up the front porch steps 226.48
17. Texas A&M Career Center 28

## Engineer Your Wellness

1. Hearts and Soles 1174.18
2. Left foot, write foot 775.05
3. ISENtropic Athletes 731.17
4. Insert Name Here 663.11
5. My Sole Called Life 520.19
6. Walk-a-holics 509.94
7. Moves like Joggers 451.43
8. Lost in Pace 445.96
9. walk it to the top! 424.83
10. Quantitative Optical Imaging Lab 423.83
11. The Mommas and the PoPas 389.25
12. Asphalt Sisters Rock 133.71

## Living Well at Texas A&M

1. AIOL 786.24
2. Red Hot Chili Steppers 746.81
3. The Pharma Pill Posse 736.7
4. Swervin From Dervin 735.48
5. Walking Texas Aggies 729
6. VMBS Unleashed 726.32
7. TAMU Innovation Partners 723.67
8. AABS -All About Better Steps 691.78
9. Turtles to the Win! 639.68
10. Walking on Sunshine 625.88
11. MEEN in Motion 543.35
12. Square Feet 538.44
13. GET 2 STEPPIN 537.22
14. New Kids on the Walk 486.13
15. Becky's Toddling Troup 480.24
16. Team Ka-Ching 468.39
17. Free Range Chickens 451.85
18. Becky's Toddling Troup 2.0 432.87
19. Time to walk the building 405.18
20. The Team With No Name 377.21
21. AhhhMazing Advisors 286.99
22. Sauntering Scientists 198.75
23. PVFA - Prefer Virtual Fun Activities 110.38

# TEAM PLACING WITHIN LEAGUE

## MYCON General Contractors, Inc.

1. Best Step Correct 848.56
2. What is That in Miles? 830.87
3. Walkie Talkies 801.43
4. PE class 603.8
5. Holy Walkamolies 510.12

## regiStrides

1. Rapid Thigh Movement 923.98
2. Fitness Protection 649.83
3. Caught Between a Walk and a Hard Pace 469.89
4. Jiggly Wiggly 428.58
5. Cirque De Sore Legs 254.26

## Teams Without A League

1. NOLA Half Fast Krewe 1078.09
2. Dynacisers25 971.65
3. Coreondeck 958.18
4. Da Grove Men 957.41
5. Da Grove Men 2 790.68
6. VFIC2023 775.85
7. Rich Blood 749.99
8. Glorious Steppers 2 673.63
9. Public Health Walkers 637.12
10. Tech Trekkers 631.94
11. Glorious Steppers 607.91
12. The Street Walkers 546.09
13. Walking Legionnaires 530.52
14. Wings of Eagles 486.58
15. Hammerheads with legs 479.07
16. TAMU Women's Club 453.3
17. Red Hot Chili Steppers 437.68
18. SistersofLove 368.62
19. TICC'd 360.17
20. Walkaholics 340.95
21. KBTXer's 273.71
22. Texas Two Steppers 267.81
23. The Mathletes 243.2
24. Crazy Ding Bats Always Dancing 200.52
25. Inclusive Walkers 176.25
26. 16 Feet with Sole 56.8
27. The Reluctants 49.95
28. Heel Toe 1.3

## Texas A&M Foundation

1. Walker Cross Texas 943.89
2. A-Counting Steps 724.83
3. The aMAYSing Race 626.4
4. Foundies 621.49
5. Hurtado's Hypersonic Hullabaloos 611.45
6. Zach Pack 610.47
7. Walking Texas Rangers 568.6
8. Walker Texas Rangers 528.44
9. Big Bend or Bust 528.06
10. Executive Team 461.35
11. Goal Getters 378.47
12. Sole Sisters 340.41
13. Passionate Professionals Dedicated to Purposeful Perspiration 236.31
14. Rock Stars 113.97

## Texas A&M University Libraries

1. A Walk to (Not) Remember 979.47
2. Cushing Panthers 946.55
3. Booking It! 679.5
4. MSL Marvels 639.15
5. We're Still Walkin'... yeah, yeah, yeah 482.23

## Texas A&M University System Offices

1. All About That Pace 967
2. Keep Calm and Query On 908.27
3. The Lollygagging Lobbyists 650.44
4. Sole Beneficiaries 419.24
5. Walkin' on P.Rays of Sunshine 75.17

## Waller County WAT!

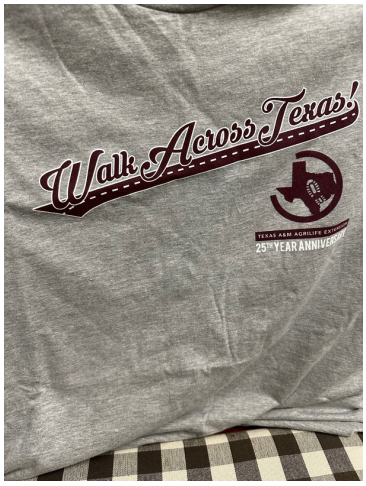
1. Young & Ruthless 1255.99
2. OGS Striders 1069.49
3. Team Body, Mind and Sole 304.27

# Support WAT! Buy Merchandise!

**(Sizes available Small through 2X-Large) $16 per shirt**

Brazos County Extension Office
4153 County Park Court
Bryan, Texas 77802
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



**Previous year's shirts $5 each**

Only XL and 2XL still available

## Thank you Taskforce!

**Chair**
**Nickie McDaniel-CASAP - Community Alcohol & Substance Awareness Partnership**

**Treasurer:**
**Lindsey Armstrong-St. Joseph Health**

**Secretary/Extension Agent/Advisor:**
**Katie Zender-Texas A&M AgriLife**

**FCH County Extension Agent/Advisor:**
**Flora Williams-Texas A&M AgriLife Extension**

**Specialists/Advisors:**
**Alice Kirk-Texas A&M AgriLife Extension**
**Michael Lopez-Texas A&M AgriLife Extension**

**Members:**
**Dorithie Thomas-Texas A&M AgriLife**
**Judy Kurtz-Texas A&M AgriLife**
**Mary Parrish-At large**
**Sheri Meyer-Texas A&M University System**
**Julie Prouse-Master Wellness Volunteer**
**Christina Bookout-Living Well at TAMU**
**Kirsten Brekken Shea-Texas A&M University**

**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**

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**E-mail: katie.zender@ag.tamu.edu**

TEXAS A&M AGRILIFE EXTENSION