

MARCH 22, 2023

# BRAZOS COUNTY WALK ACROSS TEXAS 2023

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

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*

## BEST FOOT FORWARD (BFF)

Cambridge Dictionary (2023) defines momentum as the force that keeps an object moving. You are the force that keeps your body and team moving. Keep the momentum going. As I did calculations from miles reported from week to week. Our momentum has slowed. Keep going.

The data from this newsletter covers February 11-March 19. Together our **217** teams reported 143619.32 miles (teams with zero miles removed). We've walked 25,737 more miles than last week. That's down from 32,469.46 more miles last week. Be a force in week seven. Accumulate and report.

## 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, Mar 29, 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.
- 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](mailto:fewilliams@ag.tamu.edu).

Do not  
forget

Check  
out  
this  
recipe!

### 50TH ANNIVERSARY!

#### National Nutrition Month®

National Nutrition Month® is an annual campaign created 50 years ago in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.



This year's theme is "Fuel for the Future." Eating with sustainability in mind is a tasty way to nourish ourselves during every phase of life and protect the environment.

## Foiled Fish on the Grill Recipe



Visit

<https://www.eatright.org/recipes/entrees/foiled-fish-on-the-grill-recipe-video>





# WEEKLY WORKOUT SCHEDULE

## EVENTS

Walk Across Texas 2023 Brazos County



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=V05DMINBcG4zcVJWVG9wWDZENmEyUT09>



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**

Via Zoom MEETING ID: 912 3227 6855 PASSCODE: 074722  
(see flyer below)

MAR 29

**BEST FOOT FORWARD WEBINAR**

**11:35 AM**

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







March  
15

## TruFit in COLLEGE STATION



We came, saw and felt the energy!



Thank you AgriLife Employee  
Wellness for coordinating!







**45 MINUTES**

**STRENGTH &  
TONING CLASS**

**WEDNESDAY, MARCH  
22 @ 10:00 AM**



**JOIN US  
FOR LIVE  
ZOOM  
CLASS**

---

MEETING ID:  
912 3227 6855

PASSCODE:  
074722

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IF YOU HAVE  
QUESTIONS:  
PLEASE CALL  
(979)731-6131



# WEBINAR

**BEST FOOT FORWARD:  
SELF-CARE AND METHODS TO IDENTIFY AND  
ADDRESS MENTAL HEALTH STRESSORS**



**VIA FACEBOOK LIVE**

**WED  
MAR 29**



**TIME  
11:35 AM**



**SPEAKER**  
**STERLING LABOO, MPH**  
Counseling & Psychological Services  
University Health Services |

**JOIN US**

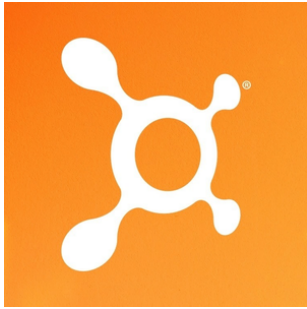


[facebook.com/walk.across.texas.bc/live/](https://facebook.com/walk.across.texas.bc/live/)



## SPONSORS

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





# TEAM SPOTLIGHT

Meet Team Member

## Kimberly Topp of the Agrivators!



**Kimberly is logging miles while coaching and riding with the College Station mountain bike team! Kimberly is also the race director for the Texas league and getting ALL kinds of kids outside and being active!**

Learn more about Texas Interscholastic Mountain Bike League at [texasmtb.org](http://texasmtb.org)

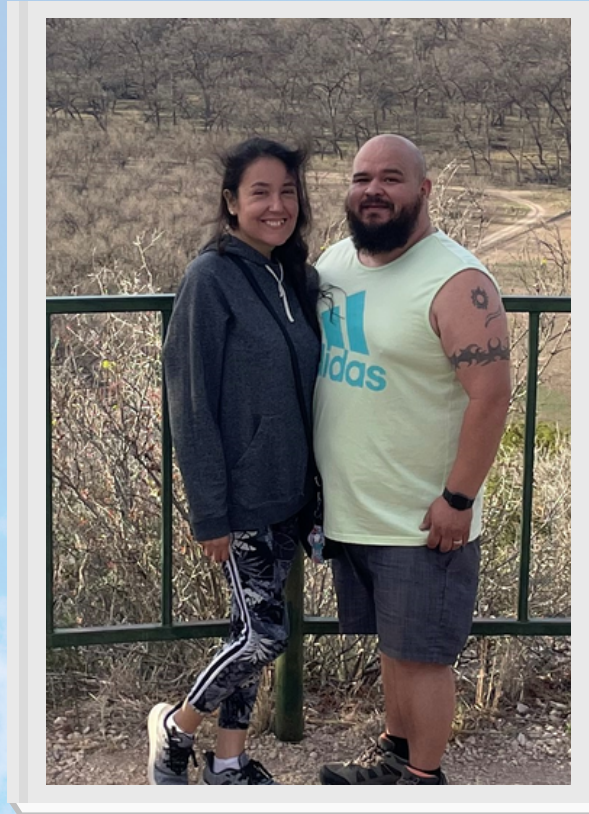




# TEAM SPOTLIGHT

Meet Team Member

## Evaristo Mejia and Family



of

## Moves like Joggers



Evaristo and family putting in some work.

Quote: "This is so fun!"



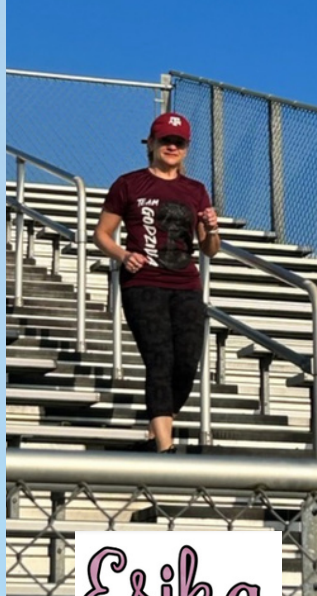
# TEAM SPOTLIGHT

Meet

## Team Godzilla



Angelina



Erika



Audra



Minnie



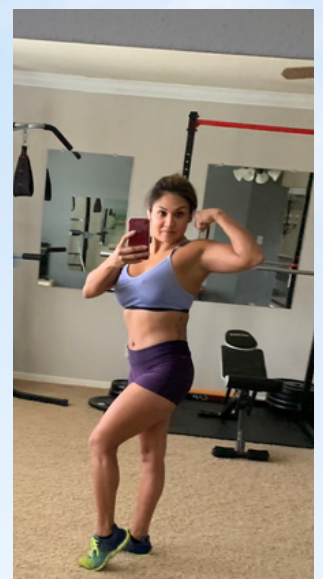
Team Captain  
Julio



Stephanie



Patty



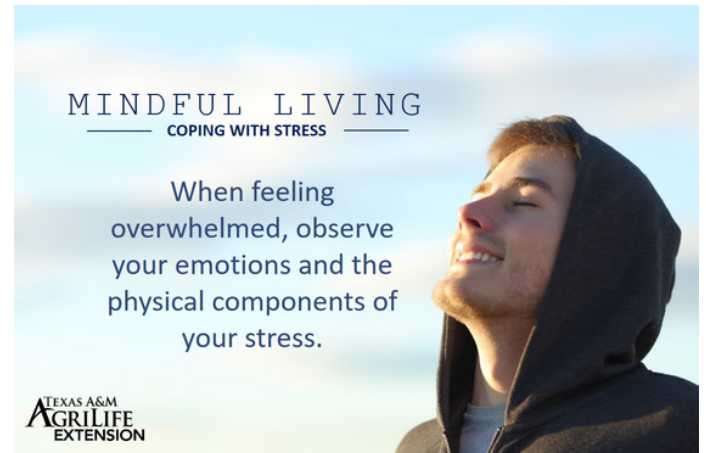
Monica



# BEST FOOT FORWARD THROUGH MINDFUL LIVING

## COPING WITH STRESS

Stress can affect our bodies and minds in powerful ways; from raising our blood pressure, to causing muscle pain. Becoming mindful and being able to identify how stress is affecting our thoughts and body is the first step in learning how to cope with stress healthfully.



- Mindfulness starts with breathing. Try to only focus on your breathing for a few minutes. Acknowledge sounds or thoughts without judgement and then return your focus to your breathing.
- Try a Body Scan. Focus on one part of the body at a time for several moments. Focus on your toes then gradually moving your attention to the soles of your feet, then up your legs and body.
- Speak to yourself kindly. Think of someone for whom you have unconditional love. Then address yourself as if you were talking to that person.



# Overall Team Placing

1. Team Godzilla 2568.85
2. Young & Ruthless 1705.25
3. Blazing Feets 1699.94
4. HORTTREKKERS 1698.15
5. Road Scholars 1676.27
6. The AgriVators 1616.57
7. Better at Running Up a Tab 1467.96
8. OGS Striders 1390.33
9. Walk This Way! 1362.57
10. Athletics - F&O Powerhouse 1318.51
11. NOLA Half Fast Krewe 1299.72
12. AgriLife Butterflies 1286.23
13. keep on truckin 1261.62
14. Hearts and Soles 1255.68
15. All About That Pace 1207.89
16. VMBS Dog Tired 1205.35
17. Walker, Texas Runner 1204.41
18. Walker Cross Texas 1193.44
19. A Walk to (Not) Remember 1184.92
20. Dynacisers25 1166.1
21. WTF! - Walking Texas Foresters 1158.15
22. Cushing Panthers 1155.34
23. Rapid Thigh Movement 1138.67
24. Coreondeck 1136.73
25. Between a Walk and a Hard Place 1123.38
26. Da Grove Men 1089.82
27. Wandering Wildlanders 1089.39
28. Walkie Talkies 1085.58
29. Made You Look 1051.67
30. Keep Calm and Query On 1042.53
31. Holy Walkamolies 1032.95
32. Public Policy Feet-search Institute 1021.47
33. VFIC2023 1019.18
34. What is That in Miles? 1019.11
35. ISENTropic Athletes 1017.71
36. Step, Rattle and Roll 1011.99
37. Da Grove Men 2 1006.64
38. Holy Walk-a-OD's! 992.85
39. AIOL 985.07
40. Walks and Recreation 976.66
41. Best Step Correct 974.15
42. The Aggie Rice Runners 970.45
43. Walking Warriors 968.4
44. Boll Patrol 932.88
45. The Original Holy Walkamolies 929.8
46. Left foot, write foot 919.08
47. HereWeGoAgain 918.88
48. VMBS Unleashed 907.8
49. Diva Steppers 903.89
50. Rich Blood 896.91
51. TAMU Innovation Partners 891.85
52. Walking Spuds 883.98
53. Swervin From Dervin 881.51
54. Red Hot Chili Steppers 876
55. W.A.T. the Flock! 874.08
56. Party In Your Plants 867.74
57. DOR The Young and the Breathless 867.36
58. Mall Walkers 866.65
59. Worst Pace Scenario 865.64
60. Lost in Pace 859.58
61. Happy Feet 855.28
62. The Pharma Pill Posse 853.75
63. Sole Beneficiaries 838.03
64. MSC U L8r 834.5
65. DOR No Half-Steppin 833.75
66. AABS -All About Better Steps 832.64
67. Tech Trekkers 829.99
68. Booking It! 826.42
69. Bluestem Bluebird Bluegill 823.55
70. Walking Texas Aggies 822.22
71. Heart and Sole 819.57
72. A-Counting Steps 804.73
73. Glorious Steppers 2 802.98
74. Murphy Mob 802.47
75. FLAC and CREW 782.22
76. PE class 778.11
77. Gel Runners 774.81
78. The Lollygagging Lobbyists 766.95
79. Walking on Sunshine 764.96
80. DOR Believe 764.84
81. Public Health Walkers 751.87
82. Chafing the Dream 745.25
83. Glorious Steppers 739.79
84. DOR Lost in Pace 738.04
85. Zach Pack 736.49
86. Hurtado's Hypersonic Hullabaloo 735.6
87. Fitness Protection 732.14
88. bling bling steppas 729.31
89. DOR Holy Walkamolies 723.23
90. The Bolting Basophils 720.89
91. Turtles to the Win! 720.39
92. MSL Marvels 717.63
93. New Kids on the Walk 709.24
94. MEEN in Motion 708.78
95. Insert Name Here 702.69
96. Square Feet 701.3
97. Holy Walkamolies 697.3
98. JTG - Just That Good! ;) 690.16
99. Foundies 682.02
100. Moves like Joggers 679.28
101. The Eosinophil Express 675.95
102. The aMAYSing Race 673.99
103. Walk-a-holics 671.86
104. Le Fitness 663.71
105. Upbeat Steppers 656.24
106. Red Hot Chili Steppers 652.01
107. SteppingUp 649.33
108. Let Me See You Walk!!! 647.62
109. Emâ€™Dashers 643.19
110. Walking Legionnaires 641.69
111. The Street Walkers 639.95
112. Big Bend or Bust 638.7
113. Mind Over Miles 632.6
114. Red Hot Chili Steppers 632.35
115. Free Range Chickens 630.14
116. Hammerheads with legs 628.59
117. Walker Texas Rangers 622.52
118. The ShambleShack 621.14
119. SWAT SWEATERS 613.68
120. Walking Texas Rangers 605.6
121. Becky's Toddling Troup 600.38
122. My Sole Called Life 595.76
123. GET 2 STEPPIN 594.52
124. DOR Road Scholars 591.56
125. Team Ka-Ching 591.24

# HUSTLE



# Overall Placing

126. Wings of Eagles 590.79  
 127. WalkingWarriors 581.84  
 128. Slaydies 580.08  
 129. Walking on Sunshine 572.74  
 130. Texas Two Steppers 572.37  
 131. TAMU Women's Club 569.32  
 132. DOR Wave Walkers 567.32  
 133. Star Walkers 552.71  
 134. Becky's Toddling Troup 2.0 550.87  
 135. TBD 548.91  
 136. The Mommas and the PoPas 542.75  
 137. Quantitative Optical Imaging Lab 532.05  
 138. Walking 9 to 5 527.96  
 139. LoveMindsWalk 524.83  
 140. walk it to the top! 523.86  
 141. Step Up 514.83  
 142. We're Still Walkin'... yeah, yeah, yeah 510.8  
 143. Worst Pace Scenario 510.53  
 144. Jiggly Wiggly 490.32  
 145. Caught Between a Walk and a Hard Pace 485.28  
 146. Time to walk the building 483.04  
 147. Lost in Pace 480.96  
 148. The Lisa Frank Crew 477.59  
 149. TICC'd 471.53  
 150. Ctrl+Alt+Feet 462.61  
 151. Executive Team 461.35  
 152. Sole Sisters 457.36  
 153. Eric's Team 457.03  
 154. The Team With No Name 452.91  
 155. D12 Health Hustlers 448.98  
 156. The Texas Travelers 444.77  
 157. Walkaholics 428.34  
 158. Team Body, Mind and Sole 423.85  
 159. Rice Racers 422.95  
 160. Brianna's Team 415.13  
 161. Myles Miles Team 409.2  
 162. Goal Getters 406.63  
 163. Don't Try... Comply! 401.58  
 164. Striving 384.01  
 165. Cat Herders 379.22  
 166. SistersofLove 378.62  
 167. Ian's Team 373.51  
 168. KT 363.46  
 169. Nerd Herd 354.52

170. Nueces County 2-Steppers 345.38  
 171. The Mathletes 332.98  
 172. The H-feld's 319.15  
 173. Kristin's Idots 318.49  
 174. AhhhMazing Advisors 318.04  
 175. OICU812 304.29  
 176. KBTXer's 289.38  
 177. Hot Girl Walking Across Texas 283.83  
 178. Rockin Walkin SA Pros 281.68  
 179. Cirque De Sore Legs 277.76  
 180. Passionate Professionals Dedicated to Purposeful Perspiration 252.84  
 181. We Thought They Said Rum 251.03  
 182. Walking up the front porch steps 249.23  
 183. Best of the Midwest and Texas 244.04  
 184. Sauntering Scientists 243.79  
 185. Making Strides 241.95  
 186. Y Y Y 233.58  
 187. OPSA/CARC Speed Demons 232.03  
 188. Asphalt Sisters Rock 231.21  
 189. WalkieTalkies 224.71  
 190. Red Hot Chili Steppers 223.6  
 191. Wherever we may roam (within reason, allowing a sensible bedtime) 214.4  
 192. Crazy Ding Bats Always Dancing 200.52  
 193. Inclusive Walkers 187.09  
 194. Simran's Team 184  
 195. Sierra House 159.33  
 196. Lincoln Recreation Center Seniors and Friends 149.5  
 197. Rock Stars 145.15  
 198. Walker? I hardly know her 139.98  
 199. Agony of DeFeet 135.85  
 200. PVFA - Prefer Virtual Fun Activities 119.38  
 201. The Menchaca's 107  
 202. Walkaholics (MLL) 103  
 203. bagel time 95  
 204. 16 Feet with Sole 87.54  
 205. GymBro 80

206. Meghan's Team 75.4  
 207. Walkin' on P.Rays of Sunshine 75.17  
 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



# KEEP GOING!

# BFF 832 Club

*A Walk to (Not) Remember*  
*AABS -All About Better Steps*  
*AgriLife Butterflies*  
*AIOL*  
*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*  
*Boll Patrol*  
*Coreondeck*  
*Cushing Panthers*  
*Da Grove Men*  
*Da Grove Men 2*  
*Diva Steppers*  
*DOR No Half-Steppin*  
*DOR The Young and the Breathless*  
*Dynacisers25*  
*Happy Feet*  
*Hearts and Soles*  
*HereWeGoAgain*  
*Holy Walkamolies*  
*Holy Walk-a-OD's!*  
*HORTTREKKERS*  
*ISENtropic Athletes*  
*Keep Calm and Query On*  
*keep on truckin*  
*Left foot, write foot*  
*Lost in Pace*  
*Made You Look*  
*Mall Walkers*  
*MSC U L8r*



*NOLA Half Fast Krewe*  
*OGS Striders*  
*Party In Your Plants*  
*Public Policy Feet-search Institute*  
*Rapid Thigh Movement*  
*Red Hot Chili Steppers*  
*Rich Blood*  
*Road Scholars*  
*Sole Beneficiaries*  
*Step, Rattle and Roll*  
*Swervin From Dervin*  
*TAMU Innovation Partners*  
*Team Godzilla*  
*The Aggie Rice Runners*  
*The AgriVators*  
*The Original Holy Walkamolies*  
*The Pharma Pill Posse*  
*VFIC2023*  
*VMBS Dog Tired*  
*VMBS Unleashed*  
*W.A.T. the Flock!*  
*Walk This Way!*  
*Walker Cross Texas*  
*Walker, Texas Runner*  
*Walkie Talkies*  
*Walking Spuds*  
*Walking Warriors*  
*Walks and Recreation*  
*Wandering Wildlanders*  
*What is That in Miles?*  
*Worst Pace Scenario*  
*WTF! - Walking Texas Foresters*  
*Young & Ruthless*

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



# 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

**Only one nominee so far.**



[https://docs.google.com/forms/d/e/1FAIpQLSfQGDDiGD-mVD6hJUraY-oilG9nnLZSEuW-TcfWwylmKrozyA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSfQGDDiGD-mVD6hJUraY-oilG9nnLZSEuW-TcfWwylmKrozyA/viewform?usp=sf_link)

# TEAM PLACING WITHIN LEAGUE

## AgriLife Employee Wellness

- 1.Team Godzilla 2568.85
- 2.HORTTREKKERS 1698.15
- 3.Road Scholars 1676.27
- 4.The AgriVators 1616.57
- 5.Better at Running Up a Tab 1467.96
- 6.AgriLife Butterflies 1286.23
- 7.Walker, Texas Runner 1204.41
- 8.WTF! - Walking Texas Foresters 1158.15
- 9.Wandering Wildlanders 1089.39
- 10.Made You Look 1051.67
- 11.Holy Walkamolies 1032.95
- 12.Walks and Recreation 976.66
- 13.The Aggie Rice Runners 970.45
- 14.Boll Patrol 932.88
- 15.The Original Holy Walkamolies 929.8
- 16.HereWeGoAgain 918.88
- 17.Walking Spuds 883.98
- 18.W.A.T. the Flock! 874.08
- 19.Party In Your Plants 867.74
- 20.Worst Pace Scenario 865.64
- 21.Happy Feet 855.28
- 22.Bluestem Bluebird Bluegill 823.55
- 23.Gel Runners 774.81
- 24.The Bolting Basophils 720.89
- 25.The Eosinophil Express 675.95
- 26.Le Fitness 663.71
- 27.Emâ€™Dashers 643.19
- 28.Mind Over Miles 632.6
- 29.The ShambleShack 621.14
- 30.SWAT SWEATERS 613.68
- 31.LoveMindsWalk 524.83
- 32.Step Up 514.83
- 33.The Lisa Frank Crew 477.59
- 34.D12 Health Hustlers 448.98
- 35.Rice Racers 422.95
- 36.Myles Miles Team 409.2
- 37.Don't Try... Comply! 401.58
- 38.Cat Herders 379.22
- 39.Nueces County 2-Steppers 345.38
- 40.We Thought They Said Rum 251.03
- 41.Best of the Midwest and Texas 244.04
- 42.Making Strides 241.95

## Bryan ISD Technology Dept.

- 1.Ctrl+Alt+Feet 462.61
- 2.The Texas Travelers 444.77
- 3.Wherever we may roam (within reason, allowing a sensible bedtime) 214.4

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

- 1.Diva Steppers 903.89
- 2.JTG - Just That Good! ;) 690.16
- 3.Let Me See You Walk!!! 647.62

## College Edition

- 1.keep on truckin 1261.62
- 2.Murphy Mob 802.47
- 3.bling bling steppas 729.31
- 4.Slaydies 580.08
- 5.TBD 548.91
- 6.Eric's Team 457.03
- 7.Brianna's Team 415.13
- 8.Ian's Team 373.51
- 9.KT 363.46
- 10.Nerd Herd 354.52
- 11.The H-feld's 319.15
- 12.Kristin's Idots 318.49
- 13.Hot Girl Walking Across Texas 283.83
- 14.Y Y Y 233.58
- 15.WalkieTalkies 224.71
- 16.Red Hot Chili Steppers 223.6
- 17.Simran's Team 184
- 18.Sierra House 159.33
- 19.Walker? I hardly know her 139.98
- 20.The Menchaca's 107
- 21.Walkaholics (MLL) 103
- 22.bagel time 95
- 23.GymBro 80
- 24.Meghan's Team 75.4
- 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 656.24
- 2.Striving 384.01
- 3.Lincoln Recreation Center Seniors and Friends 149.5

## Brazos County Employees

- 1.Heart and Sole 819.57
- 2.FLAC and CREW 782.22
- 3.WalkingWarriors 581.84
- 4.OICU812 304.29
- 5.Agony of DeFeet 135.85

## Division of Research

- 1.DOR The Young and the Breathless 867.36
- 2.DOR No Half-Steppin 833.75
- 3.DOR Believe 764.84
- 4.DOR Lost in Pace 738.04
- 5.DOR Holy Walkamolies 723.23
- 6.DOR Road Scholars 591.56
- 7.DOR Wave Walkers 567.32

## Division of Student Affairs

- 1.Blazing Feets 1699.94
- 2.Step, Rattle and Roll 1011.99
- 3.Walking Warriors 968.4
- 4.Mall Walkers 866.65
- 5.Lost in Pace 859.58
- 6.MSC U L8r 834.5
- 7.Chafing the Dream 745.25
- 8.Red Hot Chili Steppers 652.01
- 9.SteppingUp 649.33
- 10.Walking on Sunshine 572.74
- 11.Star Walkers 552.71
- 12.Walking 9 to 5 527.96
- 13.Worst Pace Scenario 510.53
- 14.Rockin Walkin SA Pros 281.68
- 15.Walking up the front porch steps 249.23
- 16.OPSA/CARC Speed Demons 232.03
- 17.Texas A&M Career Center 28

## Engineer Your Wellness

- 1.Hearts and Soles 1255.68
- 2.ISENtropic Athletes 1017.71
- 3.Left foot, write foot 919.08
- 4.Insert Name Here 702.69
- 5.Moves like Joggers 679.28
- 6.Walk-a-holics 671.86
- 7.My Sole Called Life 595.76
- 8.The Mommas and the PoPas 542.75
- 9.Quantitative Optical Imaging Lab 532.05
- 10.walk it to the top! 523.86
- 11.Lost in Pace 480.96
- 12.Asphalt Sisters Rock 231.21

## Living Well at Texas A&M

- 1.Walk This Way! 1362.57
- 2.Athletics - F&O Powerhouse 1318.51
- 3.VMBS Dog Tired 1205.35
- 4.Between a Walk and a Hard Place 1123.38
- 5.Public Policy Feet-search Institute 1021.47
- 6.Holy Walk-a-OD's! 992.85
- 7.AIOL 985.07
- 8.VMBS Unleashed 907.8
- 9.TAMU Innovation Partners 891.85
- 10.Swervin From Dervin 881.51
- 11.Red Hot Chili Steppers 876
- 12.The Pharma Pill Posse 853.75
- 13.AABS -All About Better Steps 832.64
- 14.Walking Texas Aggies 822.22
- 15.Walking on Sunshine 764.96
- 16.Turtles to the Win! 720.39
- 17.New Kids on the Walk 709.24
- 18.MEEN in Motion 708.78
- 19.Square Feet 701.3
- 20.Free Range Chickens 630.14
- 21.Becky's Toddling Troup 600.38
- 22.GET 2 STEPPIN 594.52
- 23.Team Ka-Ching 591.24
- 24.Becky's Toddling Troup 2.0 550.87
- 25.Time to walk the building 483.04
- 26.The Team With No Name 452.91
- 27.AhhhMazing Advisors 318.04
- 28.Sauntering Scientists 243.79
- 29.PVFA - Prefer Virtual Fun Activities 119.38

# TEAM PLACING WITHIN LEAGUE

## MYCON General Contractors, Inc.

1. Walkie Talkies 1085.58
2. What is That in Miles? 1019.11
3. Best Step Correct 974.15
4. PE class 778.11
5. Holy Walkamolies 697.3

## regiStrides

1. Rapid Thigh Movement 1138.67
2. Fitness Protection 732.14
3. Jiggly Wiggly 490.32
4. Caught Between a Walk and a Hard Pace 485.28
5. Cirque De Sore Legs 277.76

## Teams Without A League

1. NOLA Half Fast Krewe 1299.72
2. Dynacisers25 1166.1
3. Coreondeck 1136.73
4. Da Grove Men 1089.82
5. VFIC2023 1019.18
6. Da Grove Men 2 1006.64
7. Rich Blood 896.91
8. Tech Trekkers 829.99
9. Glorious Steppers 2 802.98
10. Public Health Walkers 751.87
11. Glorious Steppers 739.79
12. Walking Legionnaires 641.69
13. The Street Walkers 639.95
14. Red Hot Chili Steppers 632.35
15. Hammerheads with legs 628.59
16. Wings of Eagles 590.79
17. Texas Two Steppers 572.37
18. TAMU Women's Club 569.32
19. TICC'd 471.53
20. Walkaholics 428.34
21. SistersofLove 378.62
22. The Mathletes 332.98
23. KBTXer's 289.38
24. Crazy Ding Bats Always Dancing 200.52
25. Inclusive Walkers 187.09
26. 16 Feet with Sole 87.54
27. The Reluctants 49.95
28. Heel Toe 1.3

## Texas A&M Foundation

1. Walker Cross Texas 1193.44
2. A-Counting Steps 804.73
3. Zach Pack 736.49
4. Hurtado's Hypersonic Hullabaloo 735.6
5. Foundies 682.02
6. The aMAYSing Race 673.99
7. Big Bend or Bust 638.7
8. Walker Texas Rangers 622.52
9. Walking Texas Rangers 605.6
10. Executive Team 461.35
11. Sole Sisters 457.36
12. Goal Getters 406.63
13. Passionate Professionals Dedicated to Purposeful Perspiration 252.84
14. Rock Stars 145.15

## Texas A&M University Libraries

1. A Walk to (Not) Remember 1184.92
2. Cushing Panthers 1155.34
3. Booking It! 826.42
4. MSL Marvels 717.63
5. We're Still Walkin'... yeah, yeah, yeah 510.8

## Texas A&M University System Offices

1. All About That Pace 1207.89
2. Keep Calm and Query On 1042.53
3. Sole Beneficiaries 838.03
4. The Lollygagging Lobbyists 766.95
5. Walkin' on P.Rays of Sunshine 75.17

## Waller County WAT!

1. Young & Ruthless 1705.25
2. OGS Striders 1390.33
3. Team Body, Mind and Sole 423.85





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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:**  
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**Texas A&M AgriLife Extension Service**

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

**Phone: 979-823-0129**

**For more information about**  
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**Walk Across Texas**

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