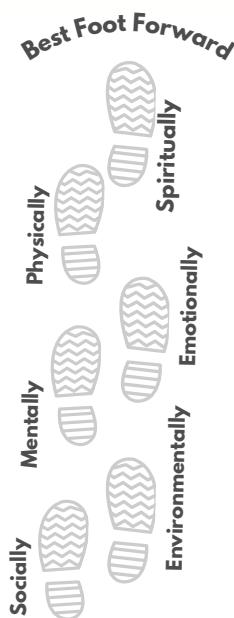


MARCH 27, 2023

# BRAZOS COUNTY WALK ACROSS TEXAS 2023

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

TEXAS A&M  
AGRI LIFE  
EXTENSION



## BEST FOOT FORWARD (BFF)

Thank you all for continuing to put your best foot forward. Our momentum has increased and that's amazing. It could be so easy at this point to slow down or quit. Look at you and your team! You are still going. Keep going.

I asked for nominations for your team's Most Inspirational Person and I received. We are up to five nominations. Nominations close at midnight on March 27.

The data from this newsletter covers February 11-March 26. Together our **217** teams reported 177,743.48 miles. We've walked 34,124.16 more miles than last week. You were a force this week! 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?**

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:

- 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!

# Simply Good: Skillet Chicken with Barbecue Sauce

For this American Heart Association recipe, you don't need a grill to make comfort food with lots of barbeque flavor. This chicken is bathed in slightly sweet, homemade sauce. Savor the summertime tang any time of year.



View video at

<https://youtu.be/B83GCov0d6E>





Thank for joining  
the workout:

Patty Beasley  
Team Godzilla

Audra Lewis  
Team Godzilla

Minnie Russell  
Team Godzilla

Julio  
Team Godzilla

Flora Williams  
Made you look

Andrea Ryan  
LoveMindsWalk

Lise Sieber  
DOR The Young and  
the Breathless

Nickie McDaniel  
Let Me See You  
Walk

Katie McGill  
Made you look

*Thank  
you  
Kathy!*

It was a great workout on  
March 22, 2023!



March 22, 2023

# *Congratulations prize winners!*

Nickie McDaniel-Let Me See You Walk  
Katie McGill-Made you look



**St. Joseph Health™**

Strengthening and Toning session and  
prizes provided by St. Joseph Health



# 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/)

# 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**

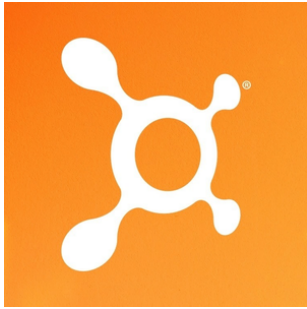
[facebook.com/walk.across.texas.bc/live/](https://facebook.com/walk.across.texas.bc/live/)





## SPONSORS

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





# TEAM SPOTLIGHT

## Meet League

# Bryan ISD Technology Dept.

**Teams:** Ctrl+Alt+Feet, The Texas Travelers, Wherever we may roam (within reason, allowing a sensible bedtime)



**Ashley Trejo works at the Technology Services Department at Bryan ISD and has the pleasure of decorating their bulletin board this year for this event. See her handiwork.**

*"Thank-you for Newsletters and for all that you do for this event. We have so much fun each year." -Ashley*



## TEAM SPOTLIGHT

Meet Team Member Dianna Morganti of

# We're Still Walkin'... yeah, yeah, yeah



She did a half marathon on her birthday this past weekend at the Fort Worth Cowtown. That's her "goofy" brother smiling with her. She crushed her goal and had a blast!

Visit:

<https://www.cowtownmarathon.org/> to learn more about The Cowtown.





# BEST FOOT FORWARD THROUGH MINDFUL LIVING

## EXERCISE

Practicing mindfulness could help eliminate issues or thoughts that often act as barriers to a healthier life. Being mindful for exercise means to use our awareness of our body and thoughts to have enjoyable, safe and beneficial exercise. Regular exercise or 150 minutes moderate to vigorous activity per week, has long been touted as a key factor of healthy living, especially to decrease risk of chronic diseases, like heart disease, high blood pressure, and diabetes.

Try to:

- Take a moment to assess your body for pain and aches, and adjust your workout goals if needed.
- Remember that exercise is self-care.
- Use proper posture during exercise and everyday activities to prevent injury.
- Focus your attention on your movement or your breathing pattern.



## MINDFUL LIVING

### EXERCISE

Being aware of your posture can help prevent pain and injuries. A good reminder is to sit or stand as if someone was gently pulling you up by the ears.

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AGRI LIFE  
EXTENSION

## MINDFUL LIVING

### COPING WITH STRESS

Pay attention to the ways you deal with stress. Before turning to alcohol or high-calorie foods, consider a cup of tea, warm bath, or helping someone in need.

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AGRI LIFE  
EXTENSION



## MINDFUL LIVING

### HEALTHY EATING

Ask Yourself, "Am I eating because I am hungry"? Several things like emotions and environment can cause us to eat...and perhaps overeat.

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EXTENSION



## MINDFUL LIVING

### PARENTING

Listening with full attention ensures that your children are heard and their opinion matters.

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EXTENSION



## MINDFUL LIVING

### DIGITAL AWARENESS

Avoid talking or texting while driving. Always stay focused on the road.

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EXTENSION





# Top 50 Most Creative Team Names

- A Walk to (Not) Remember
- AABS -All About Better Steps
- A-Counting Steps
- All About That Pace
- Better at Running Up a Tab
- Between a Walk and a Hard Place
- Booking It!
- Caught Between a Walk and a Hard Pace
- Chafing the Dream
- Ctrl+Alt+Feet
- DOR Lost in Pace
- DOR No Half-Steppin
- DOR Road Scholars
- DOR The Young and the Breathless
- Fitness Protection
- GET 2 STEPPIN
- Hammerheads with legs
- Insert Name Here
- ISENTropic Athletes
- Jiggly Wiggly
- Left foot, write foot
- Let Me See You Walk!!!
- Mind Over Miles
- Moves like Joggers
- MSC U L8r
- New Kids on the Walk
- NOLA Half Fast Krewe
- Party In Your Plants
- PE class
- Public Policy Feet-search Institute
- Rapid Thigh Movement
- Road Scholars
- Sole Beneficiaries
- Step, Rattle and Roll
- SteppingUp
- Team Ka-Ching
- Tech Trekkers
- Texas Two Steppers
- The aMAYSing Race
- The Lollygagging Lobbyists
- The Mommas and the PoPas
- The Street Walkers
- Turtles to the Win!
- Upbeat Steppers
- W.A.T. the Flock!
- walk it to the top!
- Walk-a-holics
- What is That in Miles?
- WTF! - Walking Texas Foresters
- Young & Ruthless

*HUSTLE*

# Overall Team Placing

1. Team Godzilla 2949.4
2. HORTTREKKERS 2096.35
3. Young & Ruthless 2061.01
4. Road Scholars 2057.27
5. The AgriVators 1984.29
6. Blazing Feets 1983.64
7. Walk This Way! 1950.9
8. OGS Striders 1810.53
9. Hearts and Soles 1667.85
10. Better at Running Up a Tab 1654.91
11. Walker, Texas Runner 1635.62
12. keep on truckin 1602.22
13. NOLA Half Fast Krewe 1573.77
14. Wandering Wildlanders 1524.27
15. All About That Pace 1522.88
16. AgriLife Butterflies 1514.36
17. VMBS Dog Tired 1510.38
18. Cushing Panthers 1466.72
19. A Walk to (Not) Remember 1439.6
20. Dynacisers25 1435.07
21. HereWeGoAgain 1424.1
22. Athletics - F&O Powerhouse 1386.31
23. WTF! - Walking Texas Foresters 1368.04
24. Coreondeck 1352.58
25. Rapid Thigh Movement 1346.34
26. Keep Calm and Query On 1343.33
27. Between a Walk and a Hard Place 1339.51
28. Walker Cross Texas 1300.93
29. VFIC2023 1279.72
30. Holy Walk-a-OD's! 1235.29
31. Da Grove Men 1235.24
32. Walking Warriors 1229.94
33. Best Step Correct 1225.19
34. The Original Holy Walkamolies 1199.31
35. Walkie Talkies 1195.19
36. Left foot, write foot 1193.43
37. Public Policy Feet-search Institute 1189.2
38. ISENTropic Athletes 1182.85
39. Boll Patrol 1181.85
40. Made You Look 1179.93
41. Da Grove Men 2 1178.78
42. The Aggie Rice Runners 1168.04
43. Step, Rattle and Roll 1161.67
44. AIOL 1158.21
45. What is That in Miles? 1158.01
46. The Pharma Pill Posse 1149.93
47. Fitness Protection 1149.39
48. Walks and Recreation 1144.75
49. W.A.T. the Flock! 1142.27
50. Gel Runners 1128
51. Lost in Pace 1115.31
52. Diva Steppers 1102.89
53. VMBS Unleashed 1102.24
54. TAMU Innovation Partners 1098.27
55. Swervin From Dervin 1098.19
56. Party In Your Plants 1088.6
57. Insert Name Here 1086.07
58. Rich Blood 1083.94
59. Red Hot Chili Steppers 1074.69
60. Holy Walkamolies 1073.06
61. MSC U L8r 1071.96
62. The Lollygagging Lobbyists 1070.41
63. Walking Texas Aggies 1064.99
64. Happy Feet 1063.6
65. Heart and Sole 1062.44
66. Booking It! 1058.39
67. Chafing the Dream 1042.38
68. FLAC and CREW 1041.41
69. DOR The Young and the Breathless 1029.29
70. AABS -All About Better Steps 1027.25
71. Walking Spuds 1026.65
72. Sole Beneficiaries 1004.7
73. Bluestem Bluebird Bluegill 996.31
74. Walking on Sunshine 986.61
75. A-Counting Steps 984.61
76. Mall Walkers 982.27
77. Tech Trekkers 979.3
78. Glorious Steppers 2 972.29
79. Turtles to the Win! 969.94
80. Worst Pace Scenario 952.81
81. Foundies 951.27
82. Walk-a-holics 946.11
83. Upbeat Steppers 943.24
84. Moves like Joggers 931.99
85. bling bling steppas 929.75
86. Star Walkers 909.07
87. MSL Marvels 907.2
88. JTG - Just That Good! ;) 906.21
89. Red Hot Chili Steppers 904
90. DOR Believe 903.08
91. We're Still Walkin'... yeah, yeah, yeah 892.3
92. Zach Pack 892.15
93. Hurtado's Hypersonic Hullabalos 885.48
94. MEEN in Motion 882.91
95. Public Health Walkers 872.86
96. DOR No Half-Steppin 866.92
97. DOR Lost in Pace 855.63
98. DOR Holy Walkamolies 850.97
99. The Eosinophil Express 850.16
100. Murphy Mob 835.77
101. DOR Road Scholars 835.12
102. Lost in Pace 833.82
103. Glorious Steppers 831.89
104. The Bolting Basophils 820.53
105. Walking on Sunshine 817.36
106. SteppingUp 816.58
107. Red Hot Chili Steppers 815.91
108. PE class 807.67
109. Walking Legionnaires 807.2
110. walk it to the top! 804.81
111. Emâ€™Dashers 797.08
112. Square Feet 793.92
113. Big Bend or Bust 789.46
114. Let Me See You Walk!!! 788.64
115. The Street Walkers 783.79
116. GET 2 STEPPIN 779.86
117. SWAT SWEATERS 769.7
118. Wings of Eagles 767.01
119. Becky's Toddling Troup 766.09
120. Ctrl+Alt+Feet 764.42
121. The aMAYSing Race 762.69
122. Becky's Toddling Troup 2.0 755.73
123. Mind Over Miles 754.21
124. The Mommas and the PoPas 753.74
125. Team Ka-Ching 747.38

# HUSTLE

# Overall Placing

126. Le Fitness 745.68  
 127. Walking Texas Rangers 741.86  
 128. Holy Walkamolies 734.64  
 129. The ShambleShack 721.08  
 130. Free Range Chickens 719.36  
 131. New Kids on the Walk 717.58  
 132. Worst Pace Scenario 710.63  
 133. Quantitative Optical Imaging Lab 693.85  
 134. My Sole Called Life 690.31  
 135. Hammerheads with legs 679.71  
 136. TAMU Women's Club 673.62  
 137. Sole Sisters 673.04  
 138. Jiggly Wiggly 667.28  
 139. Walker Texas Rangers 663.54  
 140. TBD 656.84  
 141. DOR Wave Walkers 649.32  
 142. Executive Team 646.35  
 143. Walking 9 to 5 637.86  
 144. Step Up 631.7  
 145. Slaydies 630.38  
 146. The Texas Travelers 625.77  
 147. Caught Between a Walk and a Hard Pace 624.8  
 148. Texas Two Steppers 620.77  
 149. The Lisa Frank Crew 602.19  
 150. WalkingWarriors 581.84  
 151. LoveMindsWalk 563.82  
 152. Wherever we may roam (within reason, allowing a sensible bedtime) 562.23  
 153. Myles Miles Team 555.65  
 154. Kristin's Idots 546.29  
 155. The Team With No Name 537.01  
 156. Time to walk the building 536.95  
 157. Goal Getters 534.74  
 158. Nerd Herd 530.52  
 159. D12 Health Hustlers 522.19  
 160. TICC'd 521.38  
 161. Rice Racers 517.48  
 162. Team Body, Mind and Sole 488.65  
 163. SistersofLove 476.62  
 164. Brianna's Team 471.93  
 165. Eric's Team 470.98  
 166. Ian's Team 463.95  
 167. Striving 437.81  
 168. Don't Try... Comply! 429.11  
 169. Walkaholics 428.34

170. KBTXer's 406.43  
 171. Cat Herders 394.62  
 172. Nueces County 2-Steppers 391.8  
 173. The Mathletes 391.05  
 174. KT 375.91  
 175. Hot Girl Walking Across Texas 351.71  
 176. The H-feld's 347.49  
 177. AhhhMazing Advisors 343.04  
 178. We Thought They Said Rum 342.38  
 179. WalkieTalkies 341.61  
 180. OICU812 330.88  
 181. Walking up the front porch steps 328.79  
 182. Cirque De Sore Legs 311.42  
 183. Rockin Walkin SA Pros 292.57  
 184. Y Y Y 290.26  
 185. Making Strides 284.95  
 186. Passionate Professionals Dedicated to Purposeful Perspiration 276.66  
 187. Best of the Midwest and Texas 264.15  
 188. Red Hot Chili Steppers 259.61  
 189. 16 Feet with Sole 247.85  
 190. Sauntering Scientists 243.79  
 191. OPSA/CARC Speed Demons 232.03  
 192. Asphalt Sisters Rock 231.21  
 193. Crazy Ding Bats Always Dancing 200.52  
 194. Rock Stars 198.56  
 195. The Menchaca's 197  
 196. Walkaholics (MLL) 196  
 197. Sierra House 195.56  
 198. Simran's Team 193  
 199. Inclusive Walkers 187.09  
 200. PVFA - Prefer Virtual Fun Activities 179.09  
 201. Agony of DeFeet 164.1  
 202. Lincoln Recreation Center Seniors and Friends 149.5  
 203. Walker? I hardly know her 139.98  
 204. Walkin' on P.Rays of Sunshine 128.25  
 205. Lindsey's team 107.21

206. bagel time 95  
 207. Team Hailey 84.5  
 208. GymBro 80  
 209. Meghan's Team 75.4  
 210. Sydneys Team 53.7  
 211. The Reluctants 49.95  
 212. Kibugis 30.65  
 213. Texas A&M Career Center 28  
 214. finna do it myself 15.24  
 215. Rylee's Team 8.5  
 216. PAK 5.6  
 217. Jocelyn's Team 3  
 218. Heel Toe 1.3



**YOUTH TEAMS  
 Rapid Racers**

**828**

**Awesome Kids 2023  
 117**

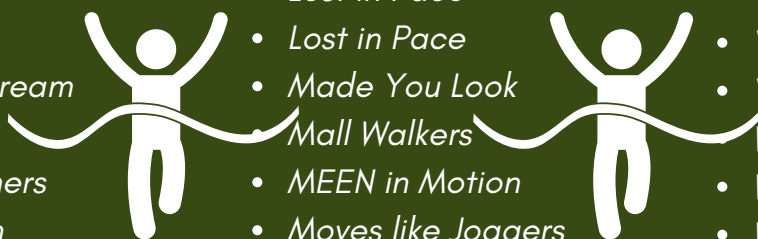


**KEEP  
 GOING!**



# BFF 832 Club

- A Walk to (Not) Remember
- AABS -All About Better Steps
- A-Counting 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
- bling bling steppas
- Bluestem Bluebird Bluegill
- Boll Patrol
- Booking It!
- Chafing the Dream
- Coreondeck
- Cushing Panthers
- Da Grove Men
- Da Grove Men 2
- Diva Steppers
- DOR Believe
- DOR Holy Walkamolies
- DOR Lost in Pace
- DOR No Half-Steppin
- DOR Road Scholars
- DOR The Young and the Breathless
- Dynacisers25
- Fitness Protection
- FLAC and CREW
- Foundies
- Gel Runners
- Glorious Steppers 2
- Happy Feet
- IHeart and Sole
- Hearts and Soles
- HereWeGoAgain
- Holy Walkamolies
- Holy Walk-a-OD's!
- HORTTREKKERS
- Hurtado's Hypersonic Hullabaloos
- Insert Name Here
- ISENTropic Athletes
- JTG - Just That Good! ;)
- Keep Calm and Query On
- keep on truckin
- Left foot, write foot
- Lost in Pace
- Lost in Pace
- Made You Look
- Mall Walkers
- MEEN in Motion
- Moves like Joggers
- MSC U L8r
- MSL Marvels
- Murphy Mob
- NOLA Half Fast Krewe
- OGS Striders
- Party In Your Plants
- Public Health Walkers
- Public Policy Feet-search Institute
- Rapid Thigh Movement
- Red Hot Chili Steppers
- Red Hot Chili Steppers
- Rich Blood
- Road Scholars
- Sole Beneficiaries
- Star Walkers
- NStep, Rattle and Roll
- Swervin From Dervin
- TAMU Innovation Partners
- Team Godzilla
- Tech Trekkers
- The Aggie Rice Runners
- The AgriVators
- The Eosinophil Express
- The Lollygagging Lobbyists
- The Original Holy Walkamolies
- The Pharma Pill Posse
- Turtles to the Win!
- Upbeat Steppers
- VFIC2023
- VMBS Dog Tired
- VMBS Unleashed W.A.T. the Flock!
- Walk This Way!
- Walk-a-holics
- Walker Cross Texas
- Walker, Texas Runner
- Walkie Talkies
- Walking on Sunshine
- Walking Spuds
- Walking Texas Aggies
- Walking Warriors
- Walks and Recreation
- Wandering Wildlanders
- We're Still Walkin'... yeah, yeah, yeah
- What is That in Miles?
- Worst Pace Scenario
- WTF! - Walking Texas Foresters
- Young & Ruthless
- Zach Pack



**102 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 five nominees 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

57%

1. Team Godzilla 2949.4
2. HORTTREKKERS 2096.35
3. Road Scholars 2057.27
4. The AgriVators 1984.29
5. Better at Running Up a Tab 1654.91
6. Walker, Texas Runner 1635.62
7. Wandering Wildlanders 1524.27
8. AgriLife Butterflies 1514.36
9. HereWeGoAgain 1424.1
10. WTF! – Walking Texas Foresters 1368.04
11. The Original Holy Walkamolies 1199.31
12. Boll Patrol 1181.85
13. Made You Look 1179.93
14. The Aggie Rice Runners 1168.04
15. Walks and Recreation 1144.75
16. W.A.T. the Flock! 1142.27
17. Gel Runners 1128
18. Party In Your Plants 1088.6
19. Holy Walkamolies 1073.06
20. Happy Feet 1063.6
21. Walking Spuds 1026.65
22. Bluestem Bluebird Bluegill 996.31
23. Worst Pace Scenario 952.81
24. The Eosinophil Express 850.16
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26. Emâ€™Dashers 797.08
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29. Le Fitness 745.68
30. The ShambleShack 721.08
31. Step Up 631.7
32. The Lisa Frank Crew 602.19
33. LoveMindsWalk 563.82
34. Myles Miles Team 555.65
35. D12 Health Hustlers 522.19
36. Rice Racers 517.48
37. Don't Try... Comply! 429.11
38. Cat Herders 394.62
39. Nueces County 2-Steppers 391.8
40. We Thought They Said Rum 342.38
41. Making Strides 284.95
42. Best of the Midwest and Texas 264.15

## Bryan ISD Technology Dept.

1. Ctrl+Alt+Feet 764.42
2. The Texas Travelers 625.77
3. Wherever we may roam (within reason, allowing a sensible bedtime) 562.23

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

1. Diva Steppers 1102.89
2. JTG – Just That Good! ;) 906.21
3. Let Me See You Walk!!! 788.64

67%

## College Edition

1. keep on truckin 1602.22
2. bling bling steppas 929.75
3. Murphy Mob 835.77
4. TBD 656.84
5. Slaydies 630.38
6. Kristin's Idots 546.29
7. Nerd Herd 530.52
8. Brianna's Team 471.93
9. Eric's Team 470.98
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13. The H-feld's 347.49
14. WalkieTalkies 341.61
15. Y Y Y 290.26
16. Red Hot Chili Steppers 259.61
17. The Menchaca's 197
18. Walkaholics (MLL) 196
19. Sierra House 195.56
20. Simran's Team 193
21. Walker? I hardly know her 139.98
22. Lindsey's team 107.21
23. bagel time 95
24. Team Hailey 84.5
25. GymBro 80
26. Meghan's Team 75.4
27. Sydneys Team 53.7
28. Kibugis 30.65
29. finna do it myself 15.24
30. Rylee's Team 8.5
31. PAK 5.6
32. Jocelyn's Team 3

9%



# TEAM PLACING WITHIN LEAGUE

## Brazos County - BLT - Adult - 2023

- 1.Upbeat Steppers 943.24
  - 2.Striving 437.81
  - 3.Lincoln Recreation Center Seniors and Friends 149.5
- 33%

## Brazos County Employees

- 1.Heart and Sole 1062.44
  - 2.FLAC and CREW 1041.41
  - 3.WalkingWarriors 581.84
  - 4.OICU812 330.88
  - 5.Agony of DeFeet 164.1
- 40%

## Division of Research

- 1.DOR The Young and the Breathless 1029.29
  - 2.DOR Believe 903.08
  - 3.DOR No Half-Steppin 866.92
  - 4.DOR Lost in Pace 855.63
  - 5.DOR Holy Walkamolies 850.97
  - 6.DOR Road Scholars 835.12
  - 7.DOR Wave Walkers 649.32
- 86%

## Division of Student Affairs

- 1.Blazing Feets 1983.64
  - 2.Walking Warriors 1229.94
  - 3.Step, Rattle and Roll 1161.67
  - 4.Lost in Pace 1115.31
  - 5.MSC U L8r 1071.96
  - 6.Chafing the Dream 1042.38
  - 7.Mall Walkers 982.27
  - 8.Star Walkers 909.07
  - 9.Red Hot Chili Steppers 904
  - 10.Walking on Sunshine 817.36
  - 11.SteppingUp 816.58
  - 12.Worst Pace Scenario 710.63
  - 13.Walking 9 to 5 637.86
  - 14.Walking up the front porch steps 328.79
  - 15.Rockin Walkin SA Pros 292.57
  - 16.OPSA/CARC Speed Demons 232.03
  - 17.Texas A&M Career Center 28
- 53%

## Engineer Your Wellness

- 1.Hearts and Soles 1667.85
  - 2.Left foot, write foot 1193.43
  - 3.ISENtropic Athletes 1182.85
  - 4.Insert Name Here 1086.07
  - 5.Walk-a-holics 946.11
  - 6.Moves like Joggers 931.99
  - 7.Lost in Pace 833.82
  - 8.walk it to the top! 804.81
  - 9.The Mommas and the PoPas 753.74
  - 10.Quantitative Optical Imaging Lab 693.85
  - 11.My Sole Called Life 690.31
  - 12.Asphalt Sisters Rock 231.21
- 58%

## Living Well at Texas A&M

- 1.Walk This Way! 1950.9
  - 2.VMBS Dog Tired 1510.38
  - 3.Athletics - F&O Powerhouse 1386.31
  - 4.Between a Walk and a Hard Place 1339.51
  - 5.Holy Walk-a-OD's! 1235.29
  - 6.Public Policy Feet-search Institute 1189.2
  - 7.AIOL 1158.21
  - 8.The Pharma Pill Posse 1149.93
  - 9.VMBS Unleashed 1102.24
  - 10.TAMU Innovation Partners 1098.27
  - 11.Swervin From Dervin 1098.19
  - 12.Red Hot Chili Steppers 1074.69
  - 13.Walking Texas Aggies 1064.99
  - 14.AABS -All About Better Steps 1027.25
  - 15.Walking on Sunshine 986.61
  - 16.Turtles to the Win! 969.94
  - 17.MEEN in Motion 882.91
  - 18.Square Feet 793.92
  - 19.GET 2 STEPPIN 779.86
  - 20.Becky's Toddling Troup 766.09
  - 21.Becky's Toddling Troup 2.0 755.73
  - 22.Team Ka-Ching 747.38
  - 23.Free Range Chickens 719.36
  - 24.New Kids on the Walk 717.58
  - 25.The Team With No Name 537.01
  - 26.Time to walk the building 536.95
  - 27.AhhhMazing Advisors 343.04
  - 28.Sauntering Scientists 243.79
  - 29.PVFA - Prefer Virtual Fun Activities 179.09
- 58%

# TEAM PLACING WITHIN LEAGUE

## MYCON General Contractors, Inc.

1. Best Step Correct 1225.19
2. Walkie Talkies 1195.19
3. What is That in Miles? 1158.01
4. PE class 807.67
5. Holy Walkamolies 734.64

60%

## regiStrides

1. Rapid Thigh Movement 1346.34
2. Fitness Protection 1149.39
3. Jiggly Wiggly 667.28
4. Caught Between a Walk and a Hard Pace 624.8
5. Cirque De Sore Legs 311.42

40%

## Teams Without A League

1. NOLA Half Fast Krewe 1573.77
2. Dynacisers25 1435.07
3. Coreondeck 1352.58
4. VFIC2023 1279.72
5. Da Grove Men 1235.24
6. Da Grove Men 2 1178.78
7. Rich Blood 1083.94
8. Tech Trekkers 979.3
9. Glorious Steppers 2 972.29
10. Public Health Walkers 872.86
11. Glorious Steppers 831.89
12. Red Hot Chili Steppers 815.91
13. Walking Legionnaires 807.2
14. The Street Walkers 783.79
15. Wings of Eagles 767.01
16. Hammerheads with legs 679.71
17. TAMU Women's Club 673.62
18. Texas Two Steppers 620.77
19. TICC'd 521.38
20. SistersofLove 476.62
21. Walkaholics 428.34
22. KBTXer's 406.43
23. The Mathletes 391.05
24. 16 Feet with Sole 247.85
25. Crazy Ding Bats Always Dancing 200.52
26. Inclusive Walkers 187.09
27. The Reluctants 49.95
28. Heel Toe 1.3

36%

## Texas A&M Foundation

1. Walker Cross Texas 1300.93
2. A-Counting Steps 984.61
3. Foundies 951.27
4. Zach Pack 892.15
5. Hurtado's Hypersonic Hullabaloo 885.48
6. Big Bend or Bust 789.46
7. The aMAYSing Race 762.69
8. Walking Texas Rangers 741.86
9. Sole Sisters 673.04
10. Walker Texas Rangers 663.54
11. Executive Team 646.35
12. Goal Getters 534.74
13. Passionate Professionals Dedicated to Purposeful Perspiration 276.66
14. Rock Stars 198.56

36%

## Texas A&M University Libraries

1. Cushing Panthers 1466.72
2. A Walk to (Not) Remember 1439.6
3. Booking It! 1058.39
4. MSL Marvels 907.2
5. We're Still Walkin'... yeah, yeah, yeah 892.3

60%

## Texas A&M University System Offices

1. All About That Pace 1522.88
2. Keep Calm and Query On 1343.33
3. The Lollygagging Lobbyists 1070.41
4. Sole Beneficiaries 1004.7
5. Walkin' on P.Rays of Sunshine 128.25

80%

## Waller County WAT!

1. Young & Ruthless 2061.01
2. OGS Striders 1810.53
3. Team Body, Mind and Sole 488.65

67%



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4153 County Park Court  
Bryan, Texas 77802  
979-823-0129  
Contact: Flora Williams at  
fewilliams@ag.tamu.edu



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## 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:**  
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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**  
**Family & Community Health**  
**Walk Across Texas**

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