

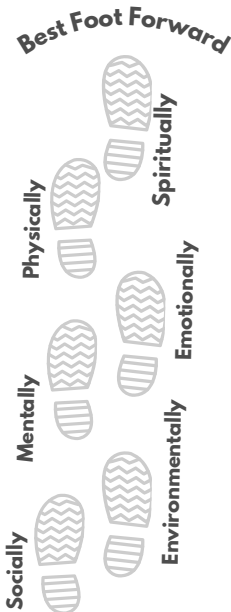
APRIL 12, 2023

BRAZOS COUNTY WALK ACROSS TEXAS 2023

Celebrating 26 years of putting our best foot forward!

BEST FOOT FORWARD (BFF)

TEXAS A&M
AGRI LIFE
EXTENSION



Extend your dominant hand, reach across to your shoulder on the opposite side of the body, and pat yourself on the back. Congratulations and a virtual high five on taking part in this eight week challenge! Maybe you reached your goal or maybe you did not, maybe your team reached their goal or maybe they did not, maybe your league reached their goal or maybe they did not; one thing for certain, two things for sure, you can keep going. Keep being active! Your heart health will thank you for it.

April 17 is the last day to enter your miles according to the WAT system. **Note:** for the sponsored challenge miles were to be updated weekly. PLEASE take time to complete the wrap up form.

On April 24 at noon for the announcement of champions, special awards (Most Inspirational, Most Creative Team Name), and the random drawing of 26 finishing teams will take place on Facebook Live. Teams will be notified in advance.

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 ✓



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*

- Last day to report team mileage: April 17, 2023
- The announcement of champions/Prize Patrol: April 24, 2023
- Weekly workouts ✓



Everyone is invited!

April 24, 2023

Best Foot Forward (BFF)

Brazos County Walk Across Texas Taskforce Hosted

Virtual Awards Ceremony and Celebration via Facebook Live

12:00-12:20 PM

Overall Winning team announcements:

1st place/Hall of Fame team

2nd place team

3rd place team

Most Creative Team Name

Most Inspirational Person

Random Drawing of 26 finishing teams

** Winners will be notified ahead of time, **after April 17**, and sent a Zoom link to attend the awards ceremony inside the Facebook live.

** Some leagues have additional celebrations.



About the weekly e-news blast:

E-blasts are coming to a close...You will receive the final one on April 24 with the announcement of champs, special awards, and 26 random drawing of finishing teams after the awards ceremony.

Tune in to our Facebook Live at noon



Tune in to our Walk Across Texas Brazos County Facebook page live at noon for the official awards ceremony. A KBTX Media announcement will take place on First at Four broadcast on April 24. Results will be announced there too!

Spicy Lentil and Quinoa Bowl

This Spicy Lentil and Quinoa Bowl is packed full of hearty plant-based proteins. Written recipe found at

<https://dinnertonight.tamu.edu/recipe/spicy-lentil-and-quinoa-bowl/>

Check
out
this
recipe!



View video at

<https://www.youtube.com/watch?v=8aHphhZnYms>

*Thank
You*

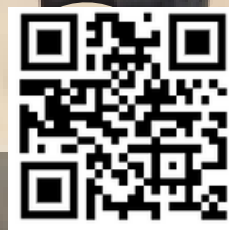
*Thank
You*

*Thank
You*

*Thank
You*



Rec Sports



TEXAS A&M REC SPORTS VIRTUAL KICKBOXING

on April 5, 2023

with

Anna Taggart-Minahan

was awesome!

inch. Aiming for the chin. Drop

View the workout at <https://fb.watch/jKFqx41lfn/>

Thank You

Thank You

Thank You

SPONSORS*

Thank You



April 5, 2023

Congratulations
prize winners!

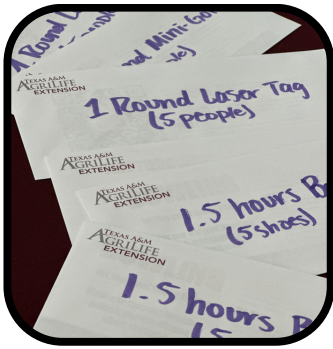
Julio Torres
Patty Beasley



Rec Sports

Kickboxing session taught by Anna Taggart-Minahan
of Texas A&M Rec Sports
Prizes provided by Walk Across Texas Taskforce

SPONSOR CONTRIBUTIONS



Time and staff

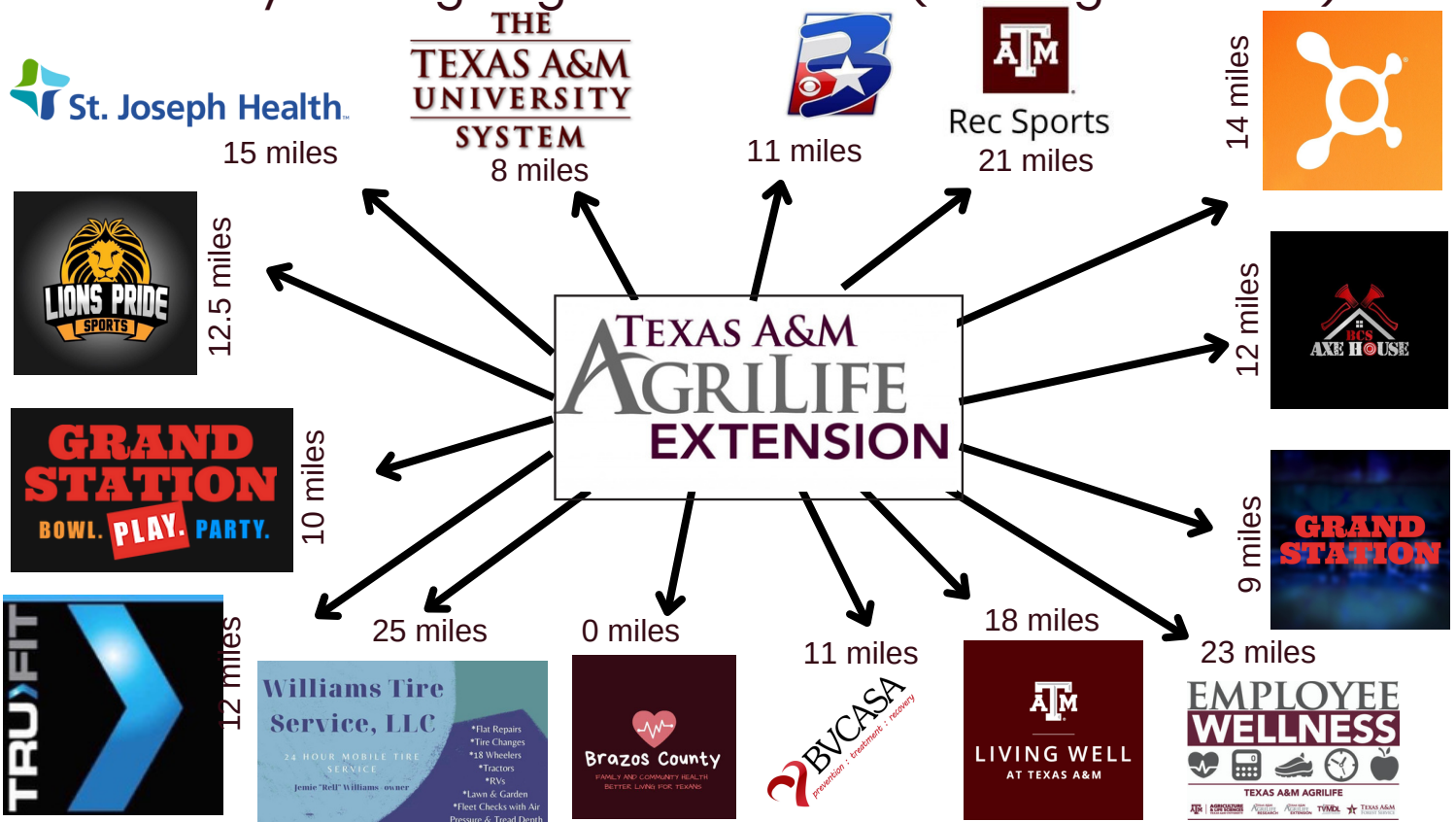


Door Prizes

Virtual workouts

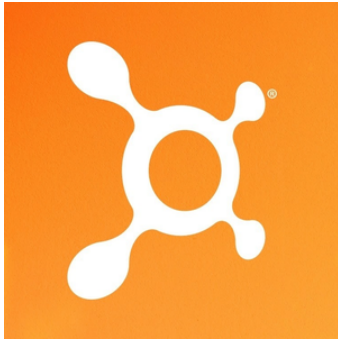
Please support our SPONSORS

Thank you for going the distance! (walking distance)



SPONSORS

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



TEAM SPOTLIGHT

Gel Runners



Victoria Mora after a 5K

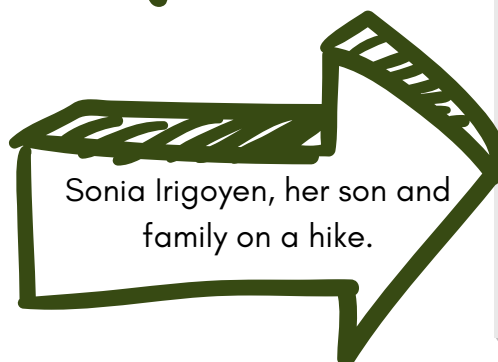


Carmen Padilla and Denise Rossi after a 5K

The Gel Runners have been staying active during the last few weeks of the WAT challenge AND they have had fun with this one! After the start of the pandemic, it was tough for some to get back out there just for fun.



Denise Rossi and her son walking his new puppy.



Sonia Irigoyen, her son and family on a hike.



TEAM SPOTLIGHT

Dynacisers25

A moment of history

Has your team participated in 25 years of WAT? The Dynacisers25 have participated for 25 years the program in Brazos County. Lynn Reed, Jin Soon Sagong, and Kristin Harper were original team members and have not missed a beat! Each year they have added the number of years to the name.

Team member, Jin Soon Sagong, speaking at one of the 2002 WAT events about the miles she walked as part of her cancer treatment and recovery.



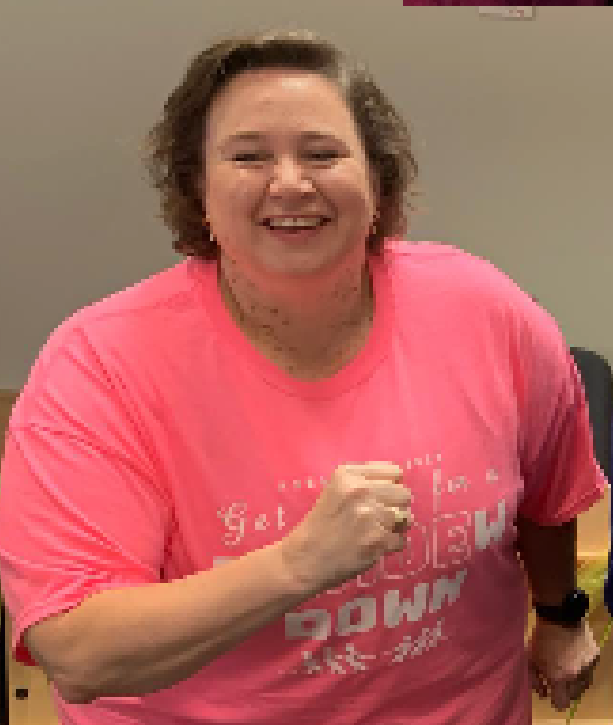
From the 2000 event (the baby is graduating from college this year)



Look at the 2002 WAT shirt

TEAM SPOTLIGHT

Holy-Walk-a-ODs



**OD stands for their department,
Organizational Development
They have enjoyed the 2023 WAT Challenge!**

TEAM SPOTLIGHT

Team Godzilla

Team Godzilla was able to get one more run/walk in.
Well done Julio, Angelina, Patty, Minnie and Audra!





BEST FOOT FORWARD

Walking: Select the Right Shoes

NDSU

EXTENSION

- Allow adequate time to try on several pairs of shoes.
- Put on both shoes and walk around the area for several minutes to assess comfort.
- Wear the same type of socks that you wear when you are walking.
- Shop later in the day, as feet tend to get slightly larger as the day progresses.
- Bring orthotics (specially designed inserts for your shoes) if you wear them.
- Check for at least $\frac{1}{4}$ to $\frac{1}{2}$ inch of space between your longest toe and the end of the shoe.
- The forefoot area should be snug (not too tight that foot feels squeezed or loose that your foot slides forward).
- Ask a salesperson if you need a shoe in other widths. Shoes come in widths from A to 4E.
- Your heel should not slip up and down or rub excessively in the heel cup or back of the shoe.
- Shoes should feel comfortable right away and should not need to be “broken in.”

Source:

https://www.ndsu.edu/agriculture/sites/default/files/2022-09/fn603_0.pdf

Top 11 Most Creative Team Names

All About That Pace

Better at Running Up a Tab

Booking It!

Caught Between a Walk and a Hard Pace

Chafing the Dream

Ctrl+Alt+Feet

Fitness Protection

Jiggly Wiggly

Moves like Joggers

Party In Your Plants

Turtles to the Win!

And then there were 11! Eleven are left because the judges this week could not break the tie to get it down to 10. Find out on April 24 which team receives the most votes for Most Creative Team Name for 2023.

→ believe →

FINAL PLACINGS

*Coming
Soon*

Overall Team Placing

*The 1st place team goes into the Walk Across
Texas Hall of Fame (one time honor)*

BFF 832 Club

Team placing within league

(individual leagues may have their own policies)

Round Trip Teams



YOUTH TEAMS
Awesome Kids 2023
Rapid Racers

MOST INSPIRATIONAL PERSON NOMINEE

CLINT HARNDEN

Clint is always encouraging people to add their numbers in the dashboard and reminding us to add steps!

In addition, he encourages the team to join wellness events that will increase our step count.

-Cheryl Kocman



Team: ISENtropic Athletes
League: Engineer Your Wellness

MOST INSPIRATIONAL PERSON NOMINEE

JULIO TORRES

Julio Torres has been our Team Captain since we started doing Walk Across Texas. He motivates us every day to walk with emoji reminders. He's the best Team Captain for us.

-Minnie Russell



Team: Team Godzilla

League: AgriLife Employee Wellness

JULIO TORRES

The amount of energy, support, motivation, and encouragement we get from Julio daily is the fuel that keeps us going and striving to better ourselves in steps, health and exercise. Julio's

s attitude and love of a challenge rallies us to always do no less than our best. We may not always be able to keep up with him, but we couldn't get where we are without him. Julio is the poster child for all the best qualities of a leader. He's taken 8 of us from disparate health, age and energy levels and put us together into a team that works together, constantly communicates with each other and challenges us to stay the course and dig deep to put out that one little extra minute, step, mile of effort. He guided 8 more to form a second team from our Center colleagues, friends, and family. One would be hard pressed to find a more kind, gentle and supportive person to be a friend and leader. I'm glad I'm on his Team because he is always on ours!

-Patty Beasley



Team: Team Godzilla

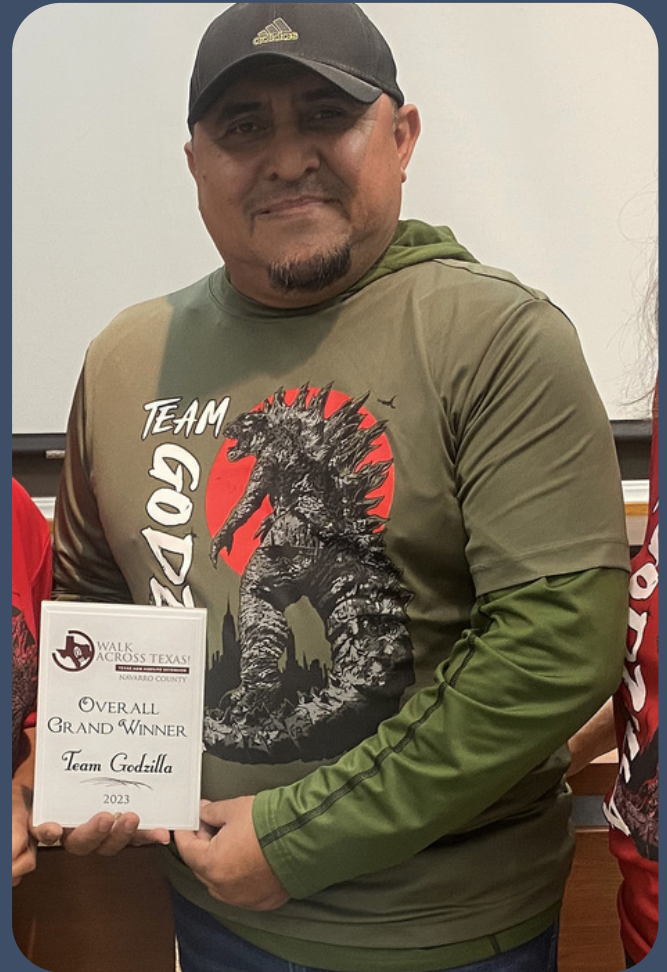
League: AgriLife Employee Wellness

MOST INSPIRATIONAL PERSON NOMINEE

JULIO TORRES

He has highly motivated us through all of our Walk Across Texas programs. Julio is always encouraging the team. Julio always has a smile on his face and never complains.

-Stephanie Klock



Team: Team Godzilla

League: AgriLife Employee Wellness

MOST INSPIRATIONAL PERSON NOMINEE

PATTY BEASLEY

Patty is one of my top walkers and a real good friend. I consider her my co- captain. She's been there with me since we started our first walk. I know she's been in other walks, but we both started together as team members until she encouraged me to be the team captain of a team. I decided to get the team and since I been team captain it's been awesome. She's always there for me when I need her. She's a very awesome team member. I give her all the credit for me having this awesome team. We all stick together. I know I have four team members that I should dominate but too bad I can only do one. I thank Patty for everything she's done for me and participating in every events and walks together. Patty, thank you so much for being a great team member and great co-captain of my team !

-Julian Torres

Team: Team Godzilla

League: AgriLife Employee Wellness



MOST INSPIRATIONAL PERSON NOMINEE

LONDON ANDERSON

London is so devoted to the team. He goes over and beyond in getting his steps. He works out twice a day some times more. He gave us great hope and encouragement when the team was lagging in miles. Being the only man on the team he accepted without complaint that the team was named DIVA Steppers. He realized our team is not the name but the people.... Go London!!!!!!!!!!

-Shavonda Anderson



Team: Diva Steppers

League: CASAP...Let's Get These Miles

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



**We would♥to sell out
of all shirts!**

**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:
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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



contact

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or

Katie Zender McGill

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

TEXAS A&M
AGRILIFE
EXTENSION