

WELCOME EDITION

# BRAZOS COUNTY WALK ACROSS TEXAS 2024

*Celebrating 27 years of moving to our own beat!*



WALK ACROSS TEXAS



THE LONG AND WINDING ROAD  
TO 833 MILES

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*

## THE LONG AND WINDING ROAD TO 833


Welcome to the end of Week Two of Walk Across Texas 2024! The Walk Across Texas Taskforce encourages everyone to move to your own beat. A quick quote to pay homage to some Beatles lyrics and a little inspiration "There's nothing you can do that can't be done." A BIG "Thank you!" to everyone who attended the virtual workout on February 22. Keep reading for more details including the door prize winners.

The data from this newsletter covers February 10-20:

- Leagues - 24
- Teams registered - 311; Teams reporting - 283
- Individuals - 1,883

Amazing! All leagues, team members, and teams should be in place. If you were on a team that was not part of a league, your team was moved to the 2024 TAMU - College Edition league. If you prefer not to be in the league, the team captain can remove the team from the league.

### IMPORTANT DATES-AT-A-GLANCE

- **Proclamation**-January 30, 2024 ✓
- **Event Dates:** February 10, 2024-April 5, 2024
- **Kick Off Event:** February 10, 2024 ✓
- Week 1: February 10 - February 16 ✓
- **Online Registration Deadline:** February 20, 2024
- Week 2: February 17 - February 23 ← 
- Week 3: February 24 - March 1
- Week 4: March 2 - March 8
- Week 5: March 9 - March 15
- Week 6: March 16 - March 22
- Week 7: March 23 - March 29
- Week 8: March 30 - April 5
- Last day to report team mileage: April 15, 2024
- The announcement of champions/Prize Patrol: April 19, 2024
- Weekly workouts: Feb 21, Feb 28, Mar 6, Mar 13, Mar 20, Mar 27, Apr 3

## About the not-so-weekly enews blast:

- E-news blast will arrive on or shortly after 2/21, 3/4, 3/12, 3/22, 4/2, 4/12, 4/19. Newsletter dates are based on the new WAT system update of the 10 days to report rule.
- Make sure your teams have entered all of their mileage by every 10th date from the start date.
- 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!**

# Shrimp Tacos with Southwest Watermelon Salsa

Tacos are a favorite food staple in Texas, and this Shrimp Taco recipe is a great and easy twist for a quick dinner. The cooked shrimp is a great way to include seafood in your diet, while the Southwestern Watermelon Salsa provides a flavorful, refreshing, and low sodium alternative to traditional salsa. You can use whole wheat tortillas to include more whole grains to your meal.



<https://dinnertonight.tamu.edu/recipe/shrimp-tacos-southwest-watermelon-salsa/>

## SPONSORS & PARTNERS



**We are still in need of sponsors for the celebration!**

# 2024 WAT LEAGUES

12th Man Troopers

2024 TAMU - College Edition

AgriLife Employee Wellness

Bethel Grove MBC

Brazos County Employees

Brooke's Besties

Bryan ISD Technology Dept.

City of Bryan

City of College Station

Division of Student Affairs

Engineer Your Wellness

Living Well at Texas A&M

MYCON General Contractors, Inc.

regiStrides

Scotty's House

St Joseph Health Therapy

TAMU Education and Human Development

TAMU Health Science Center

Texas A&M - School of Nursing

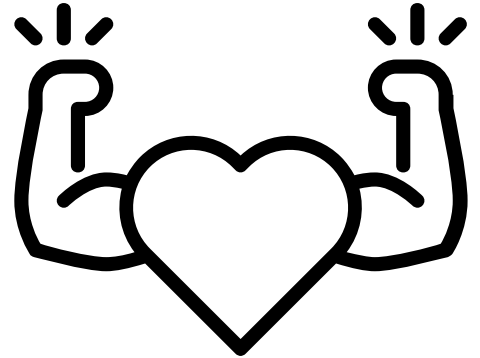
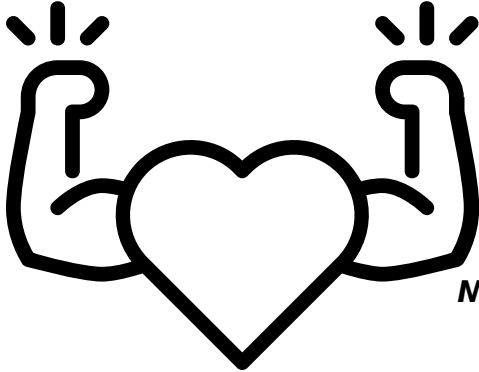
Texas A&M Division of Research

Texas A&M Foundation

Texas A&M University System Offices

University Libraries

UNIVERSITY OF ALABAMA



Created by Texas A&M AgriLife Extension Intern Riley Fisher

## “Come Together”

**Move and Groove Together: Power in Numbers! Let the spirit of togetherness elevate your fitness journey.**

**Your family and friends are your companions on your health journeys. With their support, every stretch, every jog, and every step can be a collaborative goal to improve your life through physical exercise. So rally your crew, share the good vibes, and let the collective energy propel you towards a healthier and happier you!**

### How does social support aid physical activity goals?

- Support from friends and family boosts motivation
- Physical activity is more fun with a workout buddy
- Could create friendly competition
- You have someone to share your journey with

### Who can you reach out to?

- Current and past friends
- Grandparents
- Cousins
- Parents
- Siblings
- Co-workers
- Local religious leaders

<https://www.cdc.gov/physicalactivity/community-strategies/social-supports.html#:~:text=Social%20supports%20are%20a%20strategy,maintain%2C%20or%20increase%20physical%20activity.>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8443045/>



**Thank you  
Dr. Kirstin Brekken-Shea**

# **VIRTUAL STRENGTHENING WORKOUT**

**FEB 21, 2024**



**TEXAS A&M UNIVERSITY - KINESIOLOGY AND SPORTS MANAGEMENT**



TEXAS A&M UNIVERSITY

Education &

Human Development

**Learn more at <https://knsn.tamu.edu/>**

**View workout at  
[https://fb.watch/qnklx-\\_ja/](https://fb.watch/qnklx-_ja/)**



## **Facebook Live Attendance List**

Kellie Montoya  
Emily Besser  
Amanda Reynolds  
Kate Faris  
Radhika Krisnaraj  
Riley Fisher  
Nickie McDaniel  
Jessica Sorengen  
Patty Beasley  
Audria Lewis  
Julian Torres  
Hermina Russell  
Summer Dubec  
Katelynn Kellogg  
Stephanie Klock  
Sarah Quiroz  
Phalondo Calhoun  
Stacie Grange  
Lisa Borski  
Wendy Kreider  
Cee Ellis  
Jyothi Naidu

## **Door Prize Winners**

Hermina Russell  
Cee Ellis



# WEEKLY EVENTS

Walk Across Texas 2024 Brazos County

TEXAS A&M  
AGRI LIFE  
EXTENSION

Fun | Free | Fitness

FEB 10

**KICK OFF EVENT (HOTWORX - BRYAN) 10:00 AM**

Virtual or In-person Brazos Extension Office  
4153 County Park Court Bryan, Texas

FEB 21

**TEXAS A&M UNIVERSITY - STRENGTHENING 12:00 PM**

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

FEB 28

**ST. JOSEPH HEALTH - STRENGTH AND TONING 10:00 AM**

Live 45 minute Zoom Class with the WellFIT Program  
with St. Joseph Health! 10 am

Meeting ID: 912 3227 6855 Passcode: 074722

MAR 6

**VIRTUAL WORKOUT**

**12:00 NOON**

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

MAR 13

**TRUFIT- YOGA 4:30PM ZUMBA 5:45**

**BODY PUMP 7:00 PM**

TruFit Villa Maria, 1900 W Villa Maria Rd Bryan, TX 77807

MAR 20

**LIVING WELL AT TAMU- VIRTUAL YOGALATES**

**11:45 AM- 12:30 PM** TAMU employees sign up via mobile app  
Non TAMU employees should request the Zoom Link

MAR 27

**BRAZOS FCH/BLT COMMITTEE - VIRTUAL DANCE PARTY**

Via TEAMS

**12:30-1:00 PM**

APR 05

**TEXAS A&M REC SPORTS - BODYWEIGHT WORKOUT**

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

**12:00 PM**



# Strength & Toning Workout

Join us for Live 45 minute Zoom Class with the  
WellFIT Program with St. Joseph Health!

**Wednesday, February 28th**  
**@ 10:00am**

Meeting ID: 912 3227 6855

Passcode: 074722

## Contact Info:

**Lindsey Armstrong, MSRLS, SE-ASNMT**

Supervisor - Wellness Services

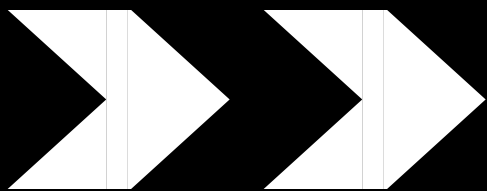
St. Joseph Health Cardiac Rehab/Wellness

O: (979) 704-6501

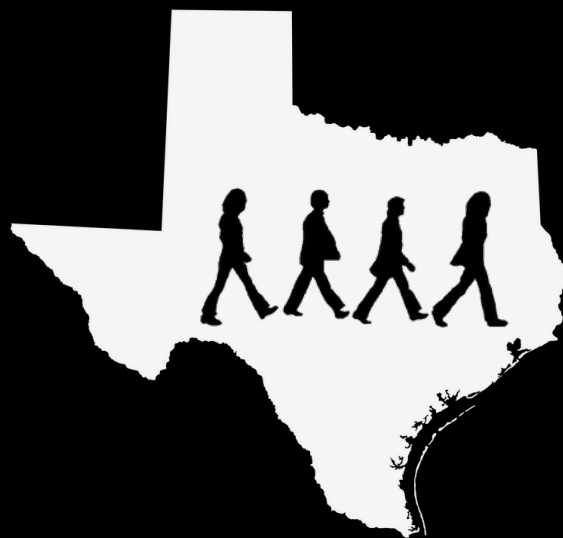
E: [lindsey.armstrong@commonspirit.org](mailto:lindsey.armstrong@commonspirit.org)







**Let's Amp it Up!**  
Sign up link coming soon!



# WALK ACROSS TEXAS 2024 MIDWAY EVENT

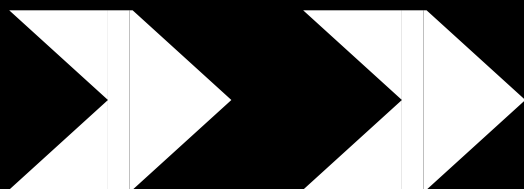
*Grab your team and come do group workouts at TruFit with professional trainers. Earn some extra miles and a chance to win door prizes.*

**March 13, 2024**

**TRUFIT VILLA MARIA, 1900  
W VILLA MARIA RD BRYAN,  
TX 77807**

*Register by March 8*

**TRU** **FIT**



*Yoga 4:30pm  
Zumba 5:45  
Body pump 7:00 pm*



For more information contact  
Flora Williams at  
979-823-0129 or  
[fewilliams@ag.tamu.edu](mailto:fewilliams@ag.tamu.edu)



# TEAM SPOTLIGHT

## Hats off to the Gel Runners



Meet the Gel Runners! This year, they had hats made with our team's name for both motivation and sun protection during their daily stroll. During our breaks at work, whenever possible, they like to take 15 min walks or to do some indoor movement exercises to keep adding to their daily mileage goal. 📸😊

Starting from the left: Kinnie Laughlin, Denise Rossi, Michelle Dominguez, Victoria Garza, Carmen Padilla, Victoria Mora, Sonia Irigoyen, and Nora Gracia



# 2024 TEAM MILEAGE BY LEAGUES

## 12th Man Troopers

1. TVMDL ZOO 282.49
2. 12th Man Troopers 259.62
3. Trufitters 227.98

## 2024 TAMU College Edition

1. Laces on the Fly with Blisters 443.16
2. The Get Along Gang 269.74
3. Blister Buds 264.1
4. EA Student Workers 263.53
5. Team Tyler 234.44
6. We Mean Business 180.87
7. Tater Trotters 142.27
8. Walkie-Talkie 128.14
9. Snow Balls 126.25
10. rod wave fan club 89.83
11. Gigem 79.18
12. Maroon Milers 77.1
13. Walkaholics 71.54
14. LANDSCAPE ARCHITECTURE DUBS 56.88
15. Rodzilla 51.99
16. team bims 50.45
17. The Bus Drivers 48.92
18. Happy Feet 48.16
19. Sole Mates 46.03
20. Sophie's team 30.96
21. yipeeeee 26.29
22. RichardBailey 24.92
23. walkacrosstx1 20.11
24. Brooke Laden's Team 20
25. the roomies 16.94
26. Garza 14.37
27. Mousies 13.42
28. roomies 9.78
29. Lawyer St 7.83
30. Scrambled Legs 3.16
31. Team Natalia 2.7

## AgriLife Employee Wellness

1. The AgriVators 555.68
2. Wandering Wildlanders 551.91
3. Oogie Tater Trots 425.85
4. Gel Runners 397.5
5. What A Team 2024 376.03
6. Walk the Line 359.75
7. Chips and Walkamoli 358.48
8. Healthy Living Test Group 352.68
9. I Want to Hold Your Hand Pipette 352.25
10. Can't buy me Miles 342.16
11. Sgt. Pepper's™s Lonely Walking Club 340.22
12. Walker, Texas Runner 339.91
13. South Campus Steppers 339.77
14. WinOrBooze! 337.15
15. The peritrichous (we all move together) 330.37
16. Roots and Glutes 324.69
17. Ctrl+Walk+Del 317.75
18. Reforming Couch Potatoes 314.35
19. Walking 9 to 5 313.41
20. Twist and Shout! 305.19
21. Walking Here, There and Everywhere 301.37
22. Witness the Fitness 295.07
23. While My Feet Gently Weep 284.15
24. Making Strides 274.9
25. Microbe Milers 269.29
26. Healthy Living Control Group 262.8
27. Here Comes the Run 253.87
28. Here Comes the Rain 252.61
29. LAN Rovers 247.73
30. EFNEP Walkamolies 229.74
31. Help! (I need some water) 218.27
32. Yellow SWAT-marine 210.88
33. We All Live in a Yellow LABmarine 208.74
34. The Aggie Rice Runners 199.64
35. We Are the Walkrus 190.39
36. Hey Jude, Let's Stride 178.97

## AgriLife Employee Wellness

37. The Young and the Breathless 176.79
38. I've Got (No) Feeling Left in my Legs 171.35
39. Myles Miles Team 154.99
40. Rubber Soles on Techbuy Road 148.43
40. Your Pace or Mine? 131.11
41. Avocado Amblers 122.48
42. Blackbirds walking in the dead of night 110.83
43. Step Up 99.55
44. Sgt. Pepper's Striders 90.48
45. Udder Chaos 87.9
46. We Have a Spreadsheet for That 61.83
47. Focaccia and Empanadas 39.81
48. Techs 21.98
49. The Advising Avengers 1.5

## Bethel Grove MBC

1. The Lemon Pepper Steppers 325.8
2. Squad Maxey 233.29
3. Road Scholars 173.66
4. The I Don't Knows 76.83

## Brazos County Employees

1. Running From the Law 534.48
2. No Mercy 365.96
3. Kiss My Heels 352.12
4. The Hippy Hippy Shake 350.56
5. Dirty Crop Walkers 289.81
6. Walking Warriors 245.89
7. The Hilly's Have Eyes 57.77

## Brooke's Besties

1. We've Got The Runs 282.61
2. M&M's 244.24
3. Fast Walkers 224.07
4. Macie's Pals 6

**Team Godzilla** of AgriLife

Employee Wellness was  
inducted into the Walk Across  
Texas Fame in 2023!

We are glad to see them back  
with 587.59 miles this week.



# 2024 TEAM MILEAGE BY LEAGUES

## Bryan ISD Technology Dept.

1. Slow and Furious 221.35
2. Chips and Walkamoli 198.73
3. Tator Trots 185

## City of College Station

1. Walk-a-holics 292.45
2. Walking 9-5 267.15
3. Red Hot Chili Steppers 223.22
4. Personnel Pacers 172.31

## Division of Student Affairs

1. All Together Now Across Texas 628.33
2. Strawberry Field Strollers 345.9
3. T-Recs 338.13
4. Walking Away from Work 329.91
5. SOFC 324.68
6. Code Walkers 316.48
7. Sole-less 306.13
8. The 12th Walkman 301.33
9. Walkway Wizards 296.09
10. WAT Was I Thinking 286.9
11. A Step in the Right Direction 284.94
12. What Team? WildStuActs! 276.01
13. A Walk In The Park 272.78
14. Scrambled Legs 266.6
15. Baby Got Track 264.19
16. Student Activities 236.09
17. Sole Sisters 218.04
18. Queso & Walkamolies 212.41
19. Tech Trek Titans 180.91
20. Conduct & Cardio 159.12
21. Hot Pepper Steppers 152.44
22. PokÃ©mon Rangers 97.82
23. DMS Walks 35.12

## Engineer Your Wellness

1. MEEN in Motion 479.8
2. The Fast and the Curious 458.18
3. All you need is miles 394.91
4. Chafing the Dream 342.21
5. CHENuts 309.87
6. the Intentional Walkers 271.23
7. The Pedominators 239.02
8. NCTM Kinesins 231.51
9. Sgt. Pepper's Lonely Walkers Club Band 225.92
10. Lost in Pace 225.61
11. Stroll Trolls 221.48
12. walk it to the top! 161.84
13. MTDE Misfits 150.01
14. Not Fast Just Furious 135.1
15. Let's Get Fiscal 101.24
16. Risky Business 65.81

## MYCON General Contractors, Inc.

1. What is That in Miles? 288.58
2. We Step Better Than You 256.75
3. Walking to Our Own Beat 201.79
4. Tater Trots 34.35

## regiStrides

1. Ticket to Stride 303.5
2. Degree Jog-It 275.49
3. The Walk Ness Monsters 225.52
4. All You Need is Miles 150.19
5. While My Calves Gently Weep 146.62
6. Will Walk For Snacks 111.18

## Scotty's House

1. Red Hot Chili Steppers 215.71
2. Tater Trots 179.07

## Living Well at Texas A&M

1. Texas Trekking Goddesses 399.18
2. VMBS Dog Tired 385.21
3. Walking Between Blocker and Nagle 360.28
4. TCALL Trailblazers 328.99
5. I walk miles with a little help from my friends 324.69
6. Here Comes the Run... (nah, nah, nah, nah) 291.3
7. VMBS Unleashed 281.13
8. Pharma Pill Posse 268.78
9. Eraser Swift: The Errors Tour 257.76
10. WATs Our Name Again? 254.64
11. All You Need is Living Well 248.06
12. Walk 'n Rollers 228.6
13. UHS PrevPop 227.9
14. Day Trippers 205.69
15. Walking Through Bluebonnet Fields Forever 201.98
16. Sole Sisters 181.82
17. (Walking) Across the Universe 170.42
18. TLI Trekkers 164.35
19. We Can Walk It Out 153.4
20. 16 Feet with Sole 142.64
21. TLI Mall Walkers 139.76
22. AABS- Always Achieving Better Steps 121.45
23. Happy Feet 117.77
24. Helpful Upbeat Babes(HR-HUB-6) 111.54

## St Joseph Health Therapy

1. St Joseph Health - Inpatient Therapy 233.93
2. St Joseph Health Acute Care Therapy 108.02

"All you need is  
love."



"Yesterday, all my  
troubles seemed so  
far away."

# 2024 TEAM MILEAGE BY LEAGUES

## TAMU Education and Human Development

1. Ninja Squirrel Squad 512.22
2. keep on truckin 457.03
3. TLAC Walkers 372.7
4. iGROWers 321.1
5. SEHD Stroll Stars 278.85
6. Howdy\_SPED 273.29
7. Becky's Toddling Troup 269.52
8. School of Walk 254.27
9. The Cherringtons 247.7
10. All About That Pace 215.66
11. Becky's Toddling Troup 2.0 215.65
12. TLAC 4Eva 198.65
13. EPSY Walkers 170.11
14. Charlotte's Toddling Troup 138.4

## TAMU Health Science Center

1. Strawberry PHields 348.62
2. Public Health Walkers 215.8
3. Hello, Goodbye 115.75

## Texas A&M - School of Nursing

1. Sole Investigations 240.8
2. New Kids On The Walk 201.84
3. Walkie Talkie 175.38
4. Baby got track! 57.84

## University Libraries

1. The Dojo 479.42
2. Walking on Sunshine 437.13
3. Cushing Crushers 266.3
4. MSL Marvels 263.18
5. Spinebinders 208.78
6. Annex Amblers 176.61

## Texas A&M Division of Research

1. DOR Helideck Hamsters 360.47
2. DORa The Explorers 354.87
3. DOR Walking Around the Blocker 298.89
4. DOR Don't Let Me Down 261.82
5. DOR - Maestro Mystery Tour 261.12
6. DOR All About That Pace 190.43
7. DOR The Abbey Roadsters 159.88
8. DOR Heart and Sole 94.83
9. DOR\_TAMIDS 82.11

## Texas A&M Foundation

1. Walker's Team (Again) 426.01
2. Help! (the rest of you are gonna need it) 416.29
3. Scholarships Team 351.01
4. Abbey Roadrunners 311.97
5. Walking with a little help from my Friends! 311.34
6. New Kids on the Walk 308.13
7. Here Comes the Run (Research Team) 306.76
8. Goal Getters 269.47
9. VetMed Paw Patrol 264.79
10. The aMAYSing Race 254.84
11. Sgt. Pepper's Lone Star Walking Club 240.62
12. Zach 's Long and Winding Road 239.66
13. Across the Universe and Texas 225.73
14. Stroll Sisters and a Sole Man 221.24
15. Walking "Eight Days a Week" 213.21
16. Awesome & Spectacular 141.29
17. Walker's Team (Not) 83.36
18. Texas A&M Fort Worth 66.29

## Texas A&M University System Offices

1. Innovation Moving Ground 455.6
2. Keep Calm and Query On: The SQL 435.21
3. Christopher Walkin' 333.89
4. RIC RATS 297.69
5. RELLIS Stroll Patrol 287.7
6. The Walk Ness Monsters 217.15
7. The Lollygagging Lobbyists 213.26
8. License to Walk 200.65
9. TI Coffee Runs 189.78
10. Advanced Persistent Trek 177.13
11. Walking Benefits 122.99

## UNIVERSITY OF ALABAMA

1. Worst Pace Scenario 398.54
2. Yesterday...all those miles seemed so far away 297.1
3. Sgt Pepper's Lonely Fish Club 283.5
4. Sir Walksalot 73.3





# 2024 TEAMS BY LEAGUE

## UNLEAGUED TEAMS

1. HORTTREKKERS 533.07
2. Pigg Walkers 460.32
3. Dynacisers24 381.53
4. CC Walkie Talkies 363.38
5. Speedy Turtles 355.63
6. TAMU Women's Club 346.29
7. MSC programs (we're gonna win) 335.46
8. We Can Walk It Out 286.49
9. Running Hustlers 284.17
10. The Original Holy Walkamolies 283.84
11. PVFA Creative Walkers 265.97
12. Walk Across KBTexas 262.89
13. Oldies but goodies 237.43
14. Team Name 231.66
15. All About The Payce 214.37
16. Outdoor Adventurers 205.22
17. Walking Legionnaires 203.49
18. Jaywalkers 200.05
19. Walker Texas Counselor 176.64
20. Are We There Yet? 176.11
21. PhotoTexas CS 161.55
22. Legs Miserables 126.07
23. Double the Fun Strollers 111.01
24. The Walking Wonders 102.22
25. Team Walking Dead 75.02
26. Team OYE Vey 54.46
27. Shake it Shake it 47.28
28. Chubby Chicas 34.93
29. Risk Management Dept 30.84
30. bling bling steppas 22.84
31. Werner's Walkers 11.4
32. Lady Mocking Birds 4.93

# 2024 WAT YOUTH TEAMS

12th Man Classroom  
Aggie Ring  
Aggies  
Aggies (wrong)  
Century Tree  
Cirque De Sore Legs (120)  
Class 108  
GIG'EM (Room 113)  
Gig'em 10  
Gigem  
Howdy  
Howdy  
Hullabaloo  
Kindergarten (119)  
Kyle Field  
Lil Roadrunners - Rm 107  
Maroon & White  
PreK 120  
Rapid Racers  
ReveilleWalkers  
Rm118  
Room 102  
Runners (117)  
Solo Superstar  
Sophies Sprinters (103)  
Spirit of Aggieland  
The Bees Knees (111)  
Whoop  
Whoop



# OVERALL TEAM PLACING

|  |  |  |
|--|--|--|
| 1. All Together Now Across Texas 628.33              | 41. Strawberry PHields 348.62                              | 81. Here Comes the Run... (nah, nah, nah, nah) 291.3 |
| 2. Team Godzilla 587.59                              | 42. TAMU Women's Club 346.29                               | 82. Dirty Crop Walkers 289.81                        |
| 3. The AgriVators 555.68                             | 43. Strawberry Field Strollers 345.9                       | 83. What is That in Miles? 288.58                    |
| 4. Wandering Wildlanders 551.91                      | 44. Chafing the Dream 342.21                               | 84. RELLIS Stroll Patrol 287.7                       |
| 5. Running From the Law 534.48                       | 45. Can't buy me Miles 342.16                              | 85. WAT Was I Thinking 286.9                         |
| 6. HORTTREKKERS 533.07                               | 46. Sgt. Pepper's Lonely Walking Club 340.22               | 86. We Can Walk It Out 286.49                        |
| 7. Ninja Squirrel Squad 512.22                       | 47. Walker, Texas Runner 339.91                            | 87. A Step in the Right Direction 284.94             |
| 8. MEEN in Motion 479.8                              | 48. South Campus Steppers 339.77                           | 88. Running Hustlers 284.17                          |
| 9. The Dojo 479.42                                   | 49. T-Recs 338.13  | 89. While My Feet Gently Weep 284.15                 |
| 10. Pigg Walkers 460.32                              | 50. WinOrBooze! 337.15                                     | 90. 283.84   |
| 11. The Fast and the Curious 458.18                  | 51. 335.46   | 91. Sgt Pepper's Lonely Fish Club 283.5              |
| 12. keep on truckin 457.03                           | 52. Christopher Walkin' 333.89                             | 92. We've Got The Runs 282.61                        |
| 13. Innovation Moving Ground 455.6                   | 53. The peritrichous (we all move together) 330.37         | 93. TVMDL ZOO 282.49                                 |
| 14. Laces on the Fly with Blisters 443.16            | 54. Walking Away from Work 329.91                          | 94. VMBS Unleashed 281.13                            |
| 15. Walking on Sunshine 437.13                       | 55. TCALL Trailblazers 328.99                              | 95. SEHD Stroll Stars 278.85                         |
| 16. Keep Calm and Query On: The SQL 435.21           | 56. The Lemon Pepper Steppers 325.8                        | 96. What Team? WildStuActs! 276.01                   |
| 17. Walker's Team (Again) 426.01                     | 57. Roots and Glutes 324.69                                | 97. Degree Jog-It 275.49                             |
| 18. Oogie Tater Trots 425.85                         | 58. I walk miles with a little help from my friends 324.69 | 98. Making Strides 274.9                             |
| 19. Help! (the rest of you are gonna need it) 416.29 | 59. SOFC 324.68  | 99. Howdy_SPED 273.29                                |
| 20. Texas Trekking Goddesses 399.18                  | 60. iGROWers 321.1   | 100. A Walk In The Park 272.78                       |
| 21. Worst Pace Scenario 398.54                       | 61. Ctrl+Walk+Del 317.75                                   | 101. the Intentional Walkers 271.23                  |
| 22. Gel Runners 397.5                                | 62. Code Walkers 316.48                                    | 102. The Get Along Gang 269.74                       |
| 23. All you need is miles 394.91                     | 63. Reforming Couch Potatoes 314.35                        | 103. Becky's Toddling Troup 269.52                   |
| 24. VMBS Dog Tired 385.21                            | 64. Walking 9 to 5 313.41                                  | 104. Goal Getters 269.47                             |
| 25. Dynacisers24 381.53                              | 65. Abbey Roadrunners 311.97                               | 105. Microbe Milers 269.29                           |
| 26. What A Team 2024 376.03                          | 66. Walking with a little help from my Friends! 311.34     | 106. Pharma Pill Posse 268.78                        |
| 27. TLAC Walkers 372.7                               | 67. CHENuts 309.87   | 107. Walking 9-5 267.15                              |
| 28. No Mercy 365.96                                  | 68. New Kids on the Walk 308.13                            | 108. Scrambled Legs 266.6                            |
| 29. CC Walkie Talkies 363.38                         | 69. Here Comes the Run (Research Team) 306.76              | 109. Cushing Crushers 266.3                          |
| 30. DOR Helideck Hamsters 360.47                     | 70. Sole-less 306.13                                       | 110. PVFA Creative Walkers 265.97                    |
| 31. Walking Between Blocker and Nagle 360.28         | 71. Twist and Shout! 305.19                                | 111. VetMed Paw Patrol 264.79                        |
| 32. Walk the Line 359.75                             | 72. Ticket to Stride 303.5                                 | 112. Baby Got Track 264.19                           |
| 33. Chips and Walkamoli 358.48                       | 73. Walking Here, There and Everywhere 301.37              | 113. Blister Buds 264.1                              |
| 34. Speedy Turtles 355.63                            | 74. The 12th Walkman 301.33                                | 114. EA Student Workers 263.53                       |
| 35. DORa The Explorers 354.87                        | 75. DOR Walking Around the Blocker 298.89                  | 115. MSL Marvels 263.18                              |
| 36. Healthy Living Test Group 352.68                 | 76. RIC RATS 297.69  | 116. Walk Across KBTexas 262.89                      |
| 37. I Want to Hold Your Hand Pipette 352.25          | 77. Yesterday...all those miles seemed so far away 297.1   | 117. Healthy Living Control Group 262.8              |
| 38. Kiss My Heels 352.12                             | 78. Walkway Wizards 296.09                                 | 118. DOR Don't Let Me Down 261.82                    |
| 39. Scholarships Team 351.01                         | 79. Witness the Fitness 295.07                             | 119. DOR - Maestro Mystery Tour 261.12               |
| 40. The Hippy Hippy Shake 350.56                     | 80. Walk-a-holics 292.45                                   | 120. 12th Man Troopers 259.62                        |



# OVERALL TEAM PLACING

|  |   |   |
|--|---|---|
| 121. Eraser Swift: The Errors Tour 257.76          | 161. Red Hot Chili Steppers 215.71                    | 201. EPSY Walkers 170.11                            |
| 122. We Step Better Than You 256.75                | 162. All About That Pace 215.66                       | 202. TLI Trekkers 164.35                            |
| 123. The aMAYSing Race 254.84                      | 163. Becky's Toddling Troup 2.0 215.65                | 203. walk it to the top! 161.84                     |
| 124. WATs Our Name Again? 254.64                   | 164. All About The Payce 214.37                       | 204. PhotoTexas CS 161.55                           |
| 125. School of Walk 254.27                         | 165. The Lollygagging Lobbyists 213.26                | 205. DOR The Abbey Roadsters 159.88                 |
| 126. Here Comes the Run 253.87                     | 166. Walking "Eight Days a Week" 213.21               | 206. Conduct & Cardio 159.12                        |
| 127. Here Comes the Rain 252.61                    | 167. Queso & Walkamolies 212.41                       | 207. Myles Miles Team 154.99                        |
| 128. All You Need is Living Well 248.06            | 168. Yellow SWAT-marine 210.88                        | 208. We Can Walk It Out 153.4                       |
| 129. LAN Rovers 247.73                             | 169. Spinebinders 208.78                              | 209. Hot Pepper Steppers 152.44                     |
| 130. The Cherringtons 247.7                        | 170. We All Live in a Yellow LABmarine 208.74         | 210. All You Need is Miles 150.19                   |
| 131. Walking Warriors 245.89                       | 171. Day Trippers 205.69                              | 211. MTDE Misfits 150.01                            |
| 132. M&M's 244.24                                  | 172. Outdoor Adventurers 205.22                       | 212. Rubber Soles on Techbuy Road 148.43            |
| 133. Sole Investigations 240.8                     | 173. Walking Legionnaires 203.49                      | 213. While My Calves Gently Weep 146.62             |
| 134. Sgt. Pepper's Lone Star Walking Club 240.62   | 174. Walking Through Bluebonnet Fields Forever 201.98 | 214. 16 Feet with Sole 142.64                       |
| 135. Zach 's Long and Winding Road 239.66          | 175. New Kids On The Walk 201.84                      | 215. Tater Trotters 142.27                          |
| 136. The Pedominators 239.02                       | 176. Walking to Our Own Beat 201.79                   | 216. Awesome & Spectacular 141.29                   |
| 137. Oldies but goodies 237.43                     | 177. License to Walk 200.65                           | 217. TLI Mall Walkers 139.76                        |
| 138. Student Activities 236.09                     | 178. Jaywalkers 200.05                                | 218. Charlotte's Toddling Troup 138.4               |
| 139. Team Tyler 234.44                             | 179. The Aggie Rice Runners 199.64                    | 219. Not Fast Just Furious 135.1                    |
| 140. St Joseph Health – Inpatient Therapy 233.93   | 180. Chips and Walkamoli 198.73                       | 220. Your Pace or Mine? 131.11                      |
| 141. Squad Maxey 233.29                            | 181. TLAC 4Eva 198.65                                 | 221. Walkie-Talkie 128.14                           |
| 142. Team Name 231.66                              | 182. DOR All About That Pace 190.43                   | 222. Snow Balls 126.25                              |
| 143. NCTM Kinesins 231.51                          | 183. We Are the Walkrus 190.39                        | 223. Legs Miserables 126.07                         |
| 144. EFNEP Walkamolies 229.74                      | 184. TI Coffee Runs 189.78                            | 224. Walking Benefits 122.99                        |
| 145. Walk 'n Rollers 228.6                         | 185. Tator Trots 185                                  | 225. Avocado Amblers 122.48                         |
| 146. Trufitters 227.98                             | 186. Sole Sisters 181.82                              | 226. AABS– Always Achieving Better Steps 121.45     |
| 147. UHS PrevPop 227.9                             | 187. Tech Trek Titans 180.91                          | 227. Happy Feet 117.77                              |
| 148. Sgt. Pepper's Lonely Walkers Club Band 225.92 | 188. We Mean Business 180.87                          | 228. Hello, Goodbye 115.75                          |
| 149. Across the Universe and Texas 225.73          | 189. Tater Trots 179.07                               | 229. Helpful Upbeat Babes (HR-HUB-6) 111.54         |
| 150. Lost in Pace 225.61                           | 190. Hey Jude, Let's Stride 178.97                    | 230. Will Walk For Snacks 111.18                    |
| 151. The Walk Ness Monsters 225.52                 | 191. Advanced Persistent Trek 177.13                  | 231. Double the Fun Strollers 111.01                |
| 152. Fast Walkers 224.07                           | 192. The Young and the Breathless 176.79              | 232. Blackbirds walking in the dead of night 110.83 |
| 153. Red Hot Chili Steppers 223.22                 | 193. Walker Texas Counselor 176.64                    | 233. St Joseph Health Acute Care Therapy 108.02     |
| 154. Stroll Trolls 221.48                          | 194. Annex Amblers 176.61                             | 234. The Walking Wonders 102.22                     |
| 155. Slow and Furious 221.35                       | 195. Are We There Yet? 176.11                         | 235. Let's Get Fiscal 101.24                        |
| 156. Stroll Sisters and a Sole Man 221.24          | 196. Walkie Talkie 175.38                             | 236. Step Up 99.55                                  |
| 157. Help! (I need some water) 218.27              | 197. Road Scholars 173.66                             | 237. Pok@mon Rangers 97.82                          |
| 158. Sole Sisters 218.04                           | 198. Personnel Pacers 172.31                          | 238. DOR Heart and Sole 94.83                       |
| 159. The Walk Ness Monsters 217.15                 | 199. I've Got (No) Feeling Left in my Legs 171.35     | 239. Sgt. Pepper's Striders 90.48                   |
| 160. Public Health Walkers 215.8                   | 200. (Walking) Across the Universe 170.42             | 240. rod wave fan club 89.83                        |



# OVERALL TEAM PLACING

241. Udder Chaos 87.9  
242. Walker's Team (Not) 83.36  
243. DOR\_TAMIDS 82.11  
244. Gigem 79.18  
245. Maroon Milers 77.1  
246. The I Donâ€™t Knows 76.83  
247. Team Walking Dead 75.02  
248. Sir Walksalot 73.3  
249. Walkaholics 71.54  
250. Texas A&M Fort Worth 66.29  
251. Risky Business 65.81  
252. We Have a Spreadsheet for That 61.83  
253. Baby got track! 57.84  
254. The Hilly's Have Eyes 57.77  
255. LANDSCAPE ARCHITECTURE DUBS 56.88  
256. Team OYE Vey 54.46  
257. Rodzilla 51.99  
258. team bims 50.45  
259. The Bus Drivers 48.92  
260. Happy Feet 48.16  
261. Shake it Shake it 47.28  
262. Sole Mates 46.03  
263. Focaccia and Empanadas 39.81  
264. DMS Walks 35.12  
265. Chubby Chicas 34.93  
266. Tater Trots 34.35  
267. Sophie's team 30.96  
268. Risk Management Dept 30.84  
269. yipeeeee 26.29  
270. RichardBailey 24.92  
271. bling bling steppas 22.84  
272. Techs 21.98  
273. walkacrosstx1 20.11  
274. Brooke Laden's Team 20

275. the roomies 16.94  
276. Garza 14.37  
277. Mousies 13.42  
278. Werner's Walkers 11.4  
279. roomies 9.78  
280. Lawyer St 7.83  
281. Macie's Pals 6  
282. Lady Mocking Birds 4.93  
283. Scrambled Legs 3.16  
284. Team Natalia 2.7  
285. The Advising Avengers 1.5  
286. #JKG 0  
287. Boone Little's Team 0  
288. Bris 0  
289. Champions1234 0  
290. D1 0  
291. DALV 0  
292. Fearsome Threesome 0  
293. KM5 0  
294. Lindsey's League 0  
295. Olivia L. Gouveia 0  
296. Power Striders 0  
297. Sophiaâ€™s Team 0  
298. STEM 0  
299. TeamAPMs 0  
300. ujwals team 0  
301. USAR gals 0  
302. Twisted Sister's 0  
303. Twist & Shout 0  
304. GIG'EM 0  
305. Singh's Scampering Scholars 0  
306. DOR-Help! Here, there and  
Everywhere 0  
307. GiG'EM or KiK'EM 0  
308. Guy Bailey 0  
309. SoloHighker 0  
310. The Murphy Mob 0  
311. Zookie 0



**"It's getting better all  
the time."**

## 2024 Awards and Recognition



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





# HOWDY HEALTH UPDATES



## 2024 Walk Across Texas Program Updates

We're thrilled to announce that we have rolled out some fantastic enhancements to the program that we think you'll absolutely love 🚀

Participant feedback has been invaluable in shaping these enhancements. We've listened, learned, and implemented these changes to better meet your needs.

We can't wait for you to explore these updates and discover how they can elevate your experience with the Walk Across Texas program.

### 🌟 Improved User Experience

We have revamped the program dashboards to make the website more intuitive and user-friendly.

Navigating through the program has never been smoother!

### 🏃 Enhanced Mileage Entry Process 🏃

Participants now have the ability to add in daily miles walked (distance) or steps.

Also, participants can add up to 3 bonus activities daily from a selection of nearly 50 different moderate to vigorous physical activities in a new dedicated Bonus Miles section.

### 📉 Daily Team Member Mileage Limit - 20 Miles

Implemented a daily limit on the number of miles that can contribute to the overall team mileage total.

The limit is 10 miles for each of the daily mileage and bonus miles sections, for a maximum of 20 miles per day.

However, rest assured that all individual mileage will be accurately recorded in your team member account.

This way you can still track your individual mileage totals, yet we can maintain a level playing field that acknowledges and appreciates everyone's contributions.

# HOWDY HEALTH UPDATES



## 2024 Walk Across Texas Program Updates



### Introducing Program Deadlines

We have added clear deadlines for registration and mileage entry:

- **Registration Deadline:** all participants must be registered within 10 days of the start date.
- **Retroactive Mileage Entry:** all participants must enter daily mileage within 10 days of the selected date walked.

These deadlines will help you stay on track, maintain focus, and achieve your goals faster than ever before!



### New Account Features

There are new account features that will empower you to do more with the program:

- We've enhanced the past program history section.
- Participants will now have access to verified completion certificates at the end of each Walk Across Texas program.



### Virtual Progress Map

This allows you to see your team's virtual progress as you Walk Across Texas in real time.

Stay motivated, collaborate, and celebrate your achievements together!



**Your success is our top priority, and these enhancements are designed to achieve just that.** 🏆

Answers to all of your questions and support requests are just a click away!

Review the Frequently Asked Questions for more information:

<https://howdyhealth.org/programs/helpdesk>

While these exciting changes are being implemented throughout the Walk Across Texas program on a statewide level, we encourage you to connect with your local leadership for any specific features tailored to the unique aspects of your program.

# HOWDY HEALTH UPDATES



## Mileage Equivalents for Bonus Miles

| Category              | Activity                     | Time to Equal 1 Mile |
|-----------------------|------------------------------|----------------------|
| Bicycling             | Bicycling                    | 13 minutes           |
| Conditioning Exercise | Active Video Game (moderate) | 19 minutes           |
| Conditioning Exercise | Active Video Game (vigorous) | 13 minutes           |
| Conditioning Exercise | Circuit Training (moderate)  | 17 minutes           |
| Conditioning Exercise | Circuit Training (vigorous)  | 12 minutes           |
| Conditioning Exercise | Elliptical                   | 15 minutes           |
| Conditioning Exercise | Health Club Exercise         | 15 minutes           |
| Conditioning Exercise | Pilates                      | 24 minutes           |
| Conditioning Exercise | Resistance/Weight Training   | 20 minutes           |
| Conditioning Exercise | Rowing (moderate)            | 16 minutes           |
| Conditioning Exercise | Rowing (vigorous)            | 14 minutes           |
| Dancing               | Dancing                      | 12 minutes           |
| Lawn and Garden       | Gardening                    | 19 minutes           |
| Lawn and Garden       | Yard Work (moderate)         | 18 minutes           |
| Lawn and Garden       | Yard Work (vigorous)         | 14 minutes           |
| Running               | Jogging                      | 13 minutes           |
| Running               | Running                      | 12 minutes           |
| Sports                | Badminton                    | 15 minutes           |
| Sports                | Baseball/Softball            | 15 minutes           |
| Sports                | Basketball                   | 13 minutes           |
| Sports                | Bowling                      | 24 minutes           |

|                  |                          |            |
|------------------|--------------------------|------------|
| Sports           | Cricket                  | 16 minutes |
| Sports           | Fencing                  | 14 minutes |
| Sports           | Football                 | 12 minutes |
| Sports           | Golf                     | 16 minutes |
| Sports           | Hockey                   | 12 minutes |
| Sports           | Horse Racing (galloping) | 13 minutes |
| Sports           | Horse Racing (trotting)  | 14 minutes |
| Sports           | Horse Racing (walking)   | 19 minutes |
| Sports           | Kickball                 | 13 minutes |
| Sports           | Martial Arts             | 12 minutes |
| Sports           | Paddleball               | 14 minutes |
| Sports           | Playing Children's Games | 14 minutes |
| Sports           | Racquetball              | 13 minutes |
| Sports           | Rock Climbing            | 12 minutes |
| Sports           | Roller/Ice Skating       | 13 minutes |
| Sports           | Rope Jumping             | 12 minutes |
| Sports           | Skiing                   | 13 minutes |
| Sports           | Soccer                   | 13 minutes |
| Sports           | Tai Chi                  | 24 minutes |
| Sports           | Tennis                   | 13 minutes |
| Sports           | Volleyball               | 18 minutes |
| Water Activities | Kayaking                 | 15 minutes |
| Water Activities | Swimming (moderate)      | 20 minutes |
| Water Activities | Swimming (vigorous)      | 12 minutes |
| Water Activities | Water Aerobics           | 15 minutes |

Version 1 - January 2024

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, gender identity, or any other classification protected by federal, state, or local law and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

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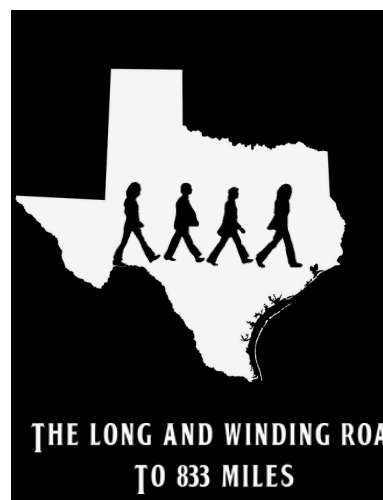
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979-823-0129

Contact: Flora Williams at

[fewilliams@ag.tamu.edu](mailto:fewilliams@ag.tamu.edu)

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Flora Williams-Texas A&M AgriLife Extension

## Specialists/Advisors:

Alice Kirk-Texas A&M AgriLife Extension

Michael Lopez-Texas A&M AgriLife Extension

## Thank you Taskforce!

## Members:

Dorithie Thomas-Texas A&M AgriLife

Judy Kurtz-Texas A&M AgriLife

Mary Parrish-Texas A&M AgriLife

Sheri Meyer-Texas A&M University System

Julie Prouse-Master Wellness Volunteer

David Garcia-City of Bryan

Living Well at TAMU

Kirsten Brekken Shea-Texas A&M University

Riley Fisher-AgriLife Intern

Andrea Ryan-County Extension Agent (Grimes County)/Mentee



**Contact:**  
**Brazos County Extension Office**  
**Texas A&M AgriLife Extension Service**

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

**Phone: 979-823-0129**

**For more information about**  
**Family & Community Health**  
**Walk Across Texas**



**contact**

**Flora Williams**

**E-mail: [fewilliams@ag.tamu.edu](mailto:fewilliams@ag.tamu.edu)**

**or**

**Lora Jorgensen**

**E-mail: [lora.jorgensen-tjorn@ag.tamu.edu](mailto:lora.jorgensen-tjorn@ag.tamu.edu)**



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