

NEWSLETTER 4

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

Welcome to Week 5 of Walk Across Texas 2024! Keep going! If you have lost your mojo, it is time to reset and continue. We have 44 teams who have made it across Texas!

Walk Across Texas Taskforce encourages everyone to move to your own beat. Dancing is an excellent way to move sooo... turn the music on and dance like nobody is watching. This week's Beatles lyrics for inspiration: "There is really nothing else I'd rather do 'cause I'm happy just to dance with you"

The data from this newsletter covers February 10-March 12:


- Leagues - 24
- Teams registered - 326; Teams reporting - 308
- Individuals - 1,977
- Total mile reported- 165947.37

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*

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 12**, Mar 20, Mar 27,

Apr 3

About the not-so-weekly enews blast:



- E-news blast will arrive on or shortly after 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.

Southern Roasted Vegetable Pasta

Try this twist on a classic pasta salad! Packed with healthy veggies and filling whole wheat pasta, have this pasta for your meal or a side dish.



<https://dinnertonight.tamu.edu/recipe/southern-roasted-vegetable-pasta/>

UPCOMING EVENTS

Walk Across Texas 2024 Brazos County

REVISED

TEXAS A&M
AGRI LIFE
EXTENSION

Fun | Free | Fitness

FEB 10

KICK OFF EVENT (HOTWORX) 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/

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

TEXAS A&M UNIVERSITY

12:00 PM

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

MAR 12

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 03

TEXAS A&M REC SPORTS - BODYWEIGHT WORKOUT

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

12:00 PM

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.

Join us for a virtual workout via Zoom
YOGALATES

Hosted by
LIVING WELL AT TAMU
MARCH 20, 2024

11:45 AM-12:30 PM

**HOW TO JOIN
WORKOUT:**

TAMU employees, sign up via the Living Well app
in the App Store or Google Play or
<https://livingwell.tamu.edu/classes-events/>

Non-TAMU employees, please share the Zoom link:
<https://tamu.zoom.us/j/91971783711>



VIRTUAL

STRENGTHENING

WORKOUT

Thank you

Dr. Kristen Brekken-Shea
Courtlandt Arrants

March 6, 2024

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

Learn more at

<https://knsn.tamu.edu/>

View workout at

<https://fb.watch/qLbbQ-34S1/>



Congratulations door prize winners!

Laura Romdale

Summer Dubec



TEXAS A&M UNIVERSITY

Education &

Human Development



Virtual Workout Attendance List

Riley Fisher

Patty Waite Beasley

Audra Lewis

Julian Torres

Minnie Russell

Laura Romdale

Summer Dubec

Cynthia Williams

Phalando Calhoun

Tracy Fields Carroll

Stephanie Klock

SPONSORS & PARTNERS

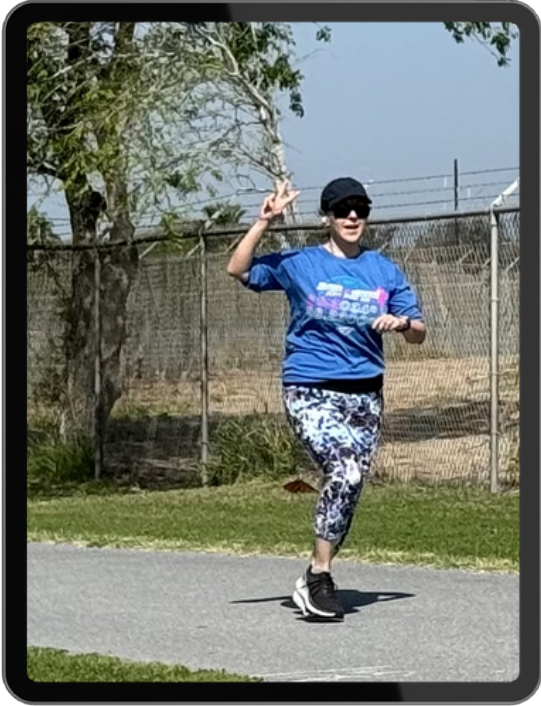


We are still in need of sponsors for the celebration!

TEAM SPOTLIGHT

Gel Runners

Gel Runners are getting outdoorsy, even on the weekends.



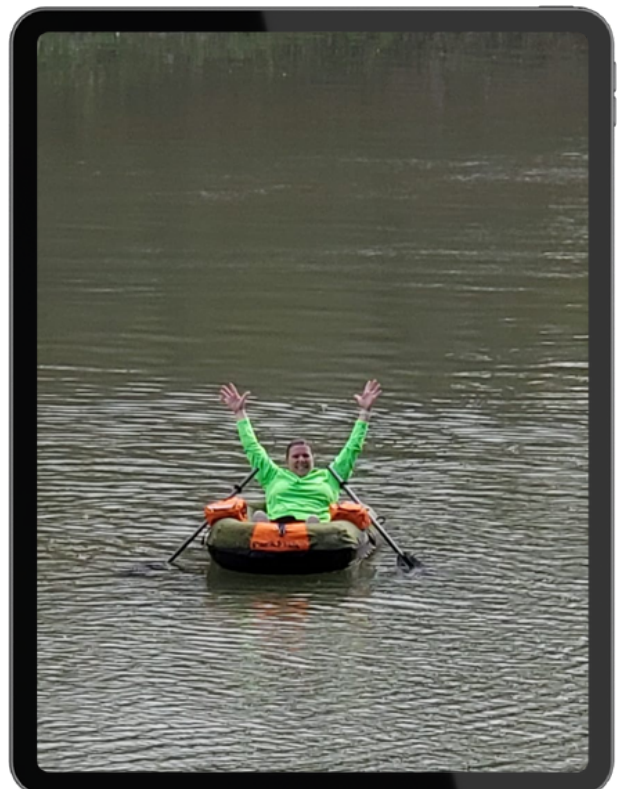
Victoria Mora jogging with family
(not shown)



Sonia Irigoyen catching some fish.



Kinnie Laughlin walking with her family

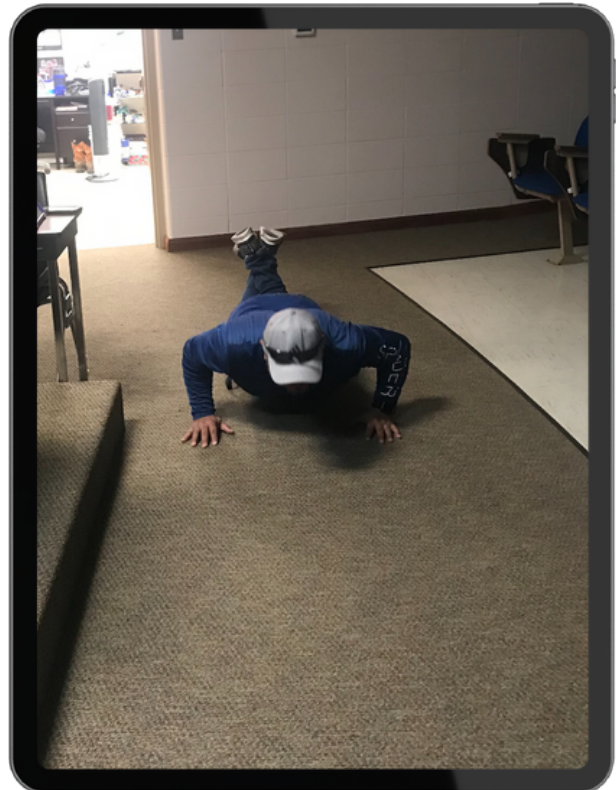
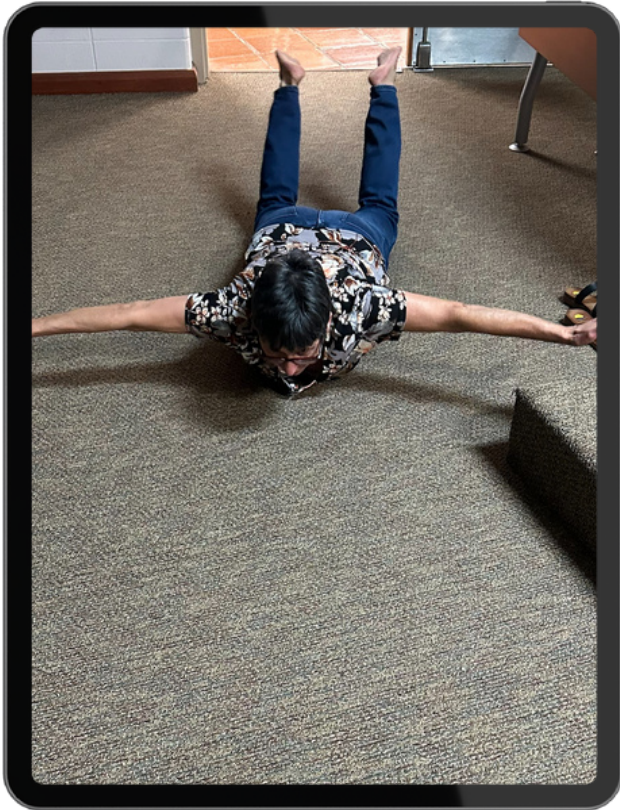


Denise Rossi rowing with hubby (not shown)

TEAM SPOTLIGHT

Team Godzilla

Team Godzilla members Minnie Russell, Stephanie Klock, Julio Torres are taking advantage of virtual workouts.



TEAM SPOTLIGHT

I walk miles with a little help from my friends



Meet team members of I walk miles with a little help from my friends

Matt Lockwood, Pat Hsieh, Brigette Penry, Scott Ireland
Angie Medina, Betty and Oscar Gonzales' Tami Overby

TEAM SPOTLIGHT

Keep on Truckin!



Meet team members of Keep on Truckin!

Courtlandt Arrants

Lorinda C Gomez

Jenna Yentes

Sonja de Lange

Hailey Thornton

Lauren Hanik

Amanda Nash

Kirstin Brekken Shea

TEAM SPOTLIGHT

The Predominators



**Meet the Pedominators minus a few
members! Go Pedominators!**

TEAM SPOTLIGHT

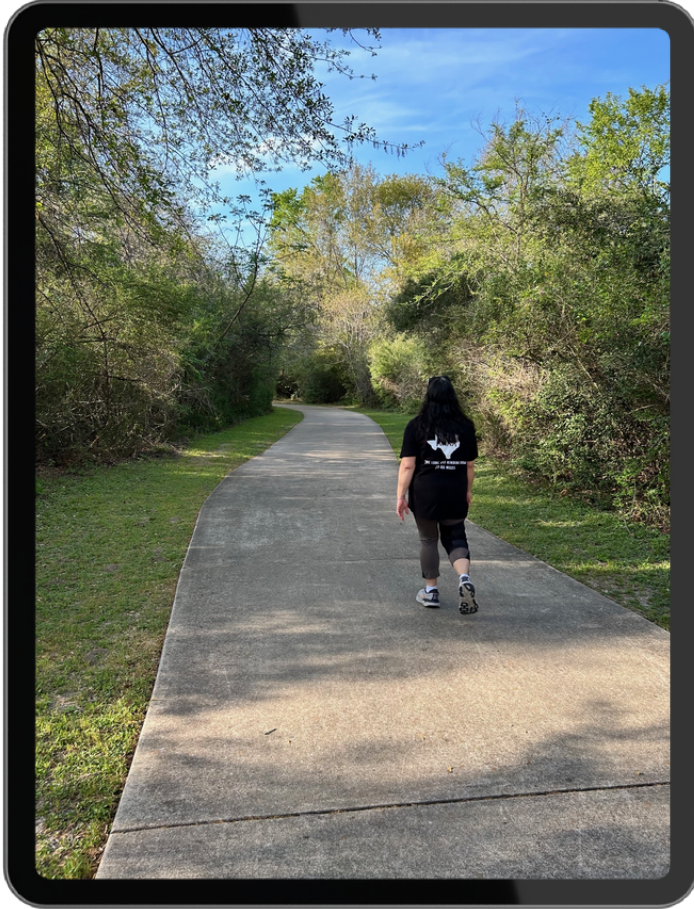
SPEEDY Turtles



Meet two of the SPEEDY Turtles team members – Londa Zavodny and Shelbi Weaver of Texas A&M Engineering Extension Service Institute for Law Enforcement and Protective Services Excellence. Way to go Speedy Turtles!

TEAM SPOTLIGHT

Twist and Shout



Meet the mother-son duo Julie and Landon Prouse. Julie is with Twist and Shout and Landon is a solo walker in the youth league.



Julie is taking a stroll down the long and winding “road”

*Enjoy
Every
Moment*

Julie and Landon had a blast at Texas A&M's Outdoor Adventure/Living Well activity. They logged just over 4 miles each.

All Together Now Across Texas

All you need is miles

CC Walkie Talkies

Chips and Walkamoli

DOR Helideck Hamsters

Gel Runners

Help! (the rest of you are gonna need it)

Here Comes the Run (Research Team)

HORTTREKKERS

I Want to Hold Your Hand Pipette

Innovation Moving Ground

Keep Calm and Query On: The SQL

keep on truckin

Kiss My Heels

Laces on the Fly with Blisters

MEEN in Motion

Ninja Squirrel Squad

No Mercy

Oogie Tater Trots

Pigg Walkers

Running From the Law

Scrambled Legs

WE DID IT!

**44 teams have
walked across
Texas!**



Sgt. Peppers Lonely Walking Club

TAMU Women's Club

Team Godzilla

Texas Trekking Goddesses

The AgriVators

The Fast and the Curious

The Hippy Hippy Shake

The Lemon Pepper Steppers

The Original Holy Walkamolies

VMBS Dog Tired

VMBS Unleashed

Walker's Team (Again)

Walking Away from Work

Walking Between Blocker and Nagle

Walking Here, There and Everywhere

Wandering Wildlanders

WAT Was I Thinking

We Step Better Than You

What A Team 2024

What is That in Miles?

WinOrBooze!

Witness the Fitness

Worst Pace Scenario

Created by Texas A&M AgriLife Extension Intern Riley Fisher

“Help!”

**Peace, Love, and Mindful Movements: Don't let
mental wellness affect your vibe**

**Nurturing mental wellness is like finding your own rhythm in a groovy tune- it's the key to
keeping the mind in sync with the body. Prioritizing mental wellness allows us to glide through
life's ups and downs while embracing the journey of inner peach and harmony.**

How can physical activity aid mental health

- Endorphin elevation
- increased energy levels
- stress release
- Healthy coping mechanism
- self-esteem boost

Resources if you or a loved one needs to ask for “Help!”

Call 988 for Suicide and Crisis Lifeline

- FindSupport.gov
- American Psychiatric Association
- The SAM Foundation
- Veteran's Crisis Hotline
- Trevor Life Line
- Disaster Distress Hotline
- National Domestic Violence Hotline

<https://www.cdc.gov/mentalhealth/tools-resources/index.htm>
<https://health.gov/news/202112/physical-activity-good-mind-and-body>

12th Man Troopers

1. TVMDL ZOO 675.09
2. 12th Man Troopers 626.76
3. Trufitters 578.78

2024 TAMU College Edition

1. Laces on the Fly with Blisters 1215.5
2. The Get Along Gang 665.82
3. We Mean Business 656.24
4. Blister Buds 541.1
5. EA Student Workers 521.52
6. Team Tyler 516.62
7. Tater Trotters 464.06
8. The Abraham Family Warriors 281.45
9. Sole Mates 279
10. rod wave fan club 267.63
11. Walkaholics 258.13
12. Walkie-Talkie 250.88
13. Snow Balls 242.21
14. The Dominators 231.8
15. Brooke Laden's Team 181.93
16. Maroon Milers 169.46
17. team bims 135.8
18. Sophiaâ€™s Team 110.35
19. the roomies 108.44
20. Gigem 106.64
21. roomies 103.75
22. LANDSCAPE ARCHITECTURE DUBS 103.59
23. Power Striders 96.47
24. Rodzilla 82.52
25. Sophie's team 80.84
26. URPN 80.8
27. The Bus Drivers 77.74
28. Mousies 76.49
29. yipeeeee 76
30. USAR gals 74.88
31. Navroz's Team 72.62
32. Fearsome Threesome 72.24
33. natalie's team 70.79
34. Happy Feet 63.33
35. Champions1234 62
36. Scrambled Legs 54.94
37. Olivia L. Gouveia 39.9
38. Garza 36.78
39. walkacrosstx1 28.62
40. walk URPN 28.47
41. Lawyer St 25.39
42. superduper team 25.15
43. RichardBailey 25
44. Team Natalia 24.6
45. TDEM Region 8 24.02
46. D1 21.94
47. DALV 17.94
48. Werner's Walkers 11.4

2024 TEAM MILEAGE BY LEAGUES

AgriLife Employee Wellness

- Team Godzilla 1489.8
1. The AgriVators 1182.26
 2. What A Team 2024 1106.48
 3. HORTTREKKERS 1059.12
 4. Chips and Walkamoli 1003.59
 5. Gel Runners 946.57
 6. Oogie Tater Trots 945.19
 7. Witness the Fitness 917.01
 8. Wandering Wildlanders 901.48
 9. I Want to Hold Your Hand Pipette 894.07
 10. Walking Here, There and Everywhere 890.45
 11. Sgt. Peppers Lonely Walking Club 887.1
 12. WinOrBooze! 847.85
 13. Reforming Couch Potatoes 828.4
 14. Walking 9 to 5 817.52
 15. Roots and Glutes 801.75
 16. Dirty Crop Walkers 796.92
 17. Twist and Shout! 789.99
 18. While My Feet Gently Weep 774.66
 19. Walker, Texas Runner 766.3
 20. Can't buy me Miles 764.8
 21. Here Comes TVMDL! 748.25
 22. Ctrl+Walk+Del 690.81
 23. The Aggie Rice Runners 661.85
 24. The peritrichous (we all move together) 654.33
 25. South Campus Steppers 642.38
 26. EFNEP Walkamolies 639.28
 27. Making Strides 632.58
 28. We Can Walk It Out 624.68
 29. Here Comes the Run 616.5
 30. Healthy Living Test Group 616.47
 31. Walk the Line 616.41
 32. LAN Rovers 609.24
 33. Here Comes the Rain 553.2
 34. Microbe Milers 541.37
 35. Myles Miles Team 536.68
 36. Hey Jude, Let's Stride 533.92
 37. Healthy Living Control Group 499.19
 38. The Young and the Breathless 480.96
 39. Yellow SWAT-marine 472.26
 40. We Are the Walkrus 467.36
 41. Help! (I need some water) 455.86

AgriLife Employee Wellness

42. Step Up 451.35
43. We All Live in a Yellow LABmarine 448.74
44. I've Got (No) Feeling Left in my Legs 414.25
45. Your Pace or Mine? 395.81
46. Rubber Soles on Techbuy Road 386.62
47. Sgt. Pepper's Striders 370.66
48. Blackbirds walking in the dead of night 288.86
49. Avocado Amblers 255.9
50. Udder Chaos 227.01
51. Focaccia and Empanadas 118.27
52. We Have a Spreadsheet for That 100.18
53. The Advising Avengers 50.41
54. Techs 41.29

Bethel Grove MBC

1. The Lemon Pepper Steppers 1103.74
2. Squad Maxey 649.25
3. Road Scholars 580.65
4. The I Don't Knows 335.79

Brazos County Employees

1. Running From the Law 996.03
2. No Mercy 911.07
3. Kiss My Heels 891.74
4. The Hippy Hippy Shake 847.32
5. Walking Warriors 643.55
6. The Hilly's Have Eyes 139.02

Brooke's Besties

1. We've Got The Runs 829.86
2. Fast Walkers 557.83
3. M&M's 553.37



2024 TEAM MILEAGE BY LEAGUES

Bryan ISD Technology Dept.

1. Tator Trots 725.24
2. Chips and Walkamoli 637.07
3. Slow and Furious 510.55

City of College Station

1. Walk-a-holics 715.45
2. Walking 9-5 681.02
3. Personnel Pacers 506.14
4. Solemates 499.63
5. Red Hot Chili Steppers 472.9
6. FitBits 362.39

Division of Student Affairs

1. All Together Now Across Texas 1436.65
2. WAT Was I Thinking 961.73
3. CC Walkie Talkies 919.08
4. Scrambled Legs 856.48
5. Walking Away from Work 836.11
6. Code Walkers 802.4
7. Strawberry Field Strollers 794.03
8. Baby Got Track 758.49
9. Sole-less 726.67
10. A Step in the Right Direction 719.09
11. T-Recs 712.86
12. The 12th Walkman 711.32
13. What Team? WildStuActs! 687.11
14. MSC programs (we're gonna win) 661.52
15. A Walk In The Park 659.21
16. Walkway Wizards 639.87
17. Student Activities 619.22
18. SOFC 549.13
19. Queso & Walkamolies 469.74
20. Sole Sisters 421.34
21. Hot Pepper Steppers 371.94
22. Tech Trek Titans 365.56
23. PokÃ©mon Rangers 320.55
24. Conduct & Cardio 306.49
25. DMS Walks 92.58

Engineer Your Wellness

1. MEEN in Motion 1148.08
2. The Fast and the Curious 980
3. All you need is miles 977.75
4. the Intentional Walkers 775.51
5. Lost in Pace 732.14
6. Chafing the Dream 724.97
7. Sgt. Pepper's Lonely Walkers Club Band 661.4
8. Not Fast Just Furious 606.53
9. Stroll Trolls 603.5
10. The Pedominators 574.69
11. NCTM Kinesins 574.12
12. CHENuts 537.48
13. Let's Get Fiscal 462.82
14. walk it to the top! 398.89
15. MTDE Misfits 395.47
16. Walsh Lab 2 294.8
17. Risky Business 138.13

MYCON General Contractors, Inc.

1. We Step Better Than You 908.93
2. Walking to Our Own Beat 603.28
3. Tater Trots 160.05

regiStrides

1. Ticket to Stride 805.83
2. Degree Jog-It 658.59
3. The Walk Ness Monsters 631.41
4. While My Calves Gently Weep 506.74
5. All You Need is Miles 464.92
6. Will Walk For Snacks 398.86

Scotty's House

1. Red Hot Chili Steppers 493.38
2. Tater Trots 432.69

Living Well at Texas A&M

1. Walking Between Blocker and Nagle 1069.38
2. Texas Trekking Goddesses 954.73
3. VMBS Dog Tired 954.49
4. VMBS Unleashed 862.79
5. Eraser Swift: The Errors Tour 764.2
6. I walk miles with a little help from my friends 763.6
7. PVFA Creative Walkers 694.98
8. All You Need is Living Well 692.99
9. Pharma Pill Posse 682.82
10. UHS PrevPop 671.49
11. Walking Through Bluebonnet Fields Forever 664.3
12. WATs Our Name Again? 629.42
13. Walk 'n Rollers 627.16
14. Day Trippers 625.93
15. Here Comes the Run... (nah, nah, nah, nah) 617.14
16. TCALL Trailblazers 589.73
17. 16 Feet with Sole 521.42
18. Sole Sisters 520.56
19. We Can Walk It Out 477.93
20. (Walking) Across the Universe 474.02
21. Happy Feet 406.95
22. Helpful Upbeat Babes (HR-HUB-6) 385.65
23. TLI Trekkers 365.67
24. TLI Mall Walkers 311.61
25. AABS- Always Achieving Better Steps 253.39

St Joseph Health Therapy

1. St Joseph Health - Inpatient Therapy 733.37
2. St Joseph Health Acute Care Therapy 520.92
- 3.

**"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 1170.19
2. keep on truckin 912.17
3. Becky's Toddling Troup 817.59
4. TLAC Walkers 752.21
5. The Cherringtons 712.02
6. iGROWers 701.93
7. School of Walk 699.08
8. SEHD Stroll Stars 660.2
9. All About That Pace 648.52
10. Howdy_SPED 602.54
11. TLAC 4Eva 481.04
12. Becky's Toddling Troup 2.0
467.64
13. Charlotte's Toddling Troup
404.36
14. EPSY Walkers 399.08
15. Rio Grande Valley Aggies 79.98

TAMU Health Science Center

1. Strawberry PHields 780.63
2. Public Health Walkers 641.63
3. Hello, Goodbye 260.58
4. Singh's Scampering Scholars
103.35

Texas A&M - School of Nursing

1. New Kids On The Walk
635.48
2. Sole Investigations 502.68
3. Walkie Talkie 498.47
4. Texas A&M - Nursing Team
Maroon 315.93
5. Baby got track! 299.31
6. The Walking Wonders 178.55

University Libraries

1. Walking on Sunshine 820.85
2. Cushing Crushers 777.33
3. MSL Marvels 728.66
4. The Dojo 660.54
5. Spinebinders 545.34
6. Annex Amblers 423.13

Texas A&M Division of Research

1. DOR Helideck Hamsters 846.48
2. DOR Walking Around the Blocker
707.12
3. DOR The Abbey Roadsters 694.52
4. DOR - Maestro Mystery Tour 688.47
5. DORa The Explorers 636.95
6. DOR All About That Pace 541.5
7. DOR Don't Let Me Down 536.7
8. DOR Heart and Sole 311.25
9. DOR_TAMIDS 121.74

Texas A&M Foundation

1. Help! (the rest of you are gonna
Help! (the rest of you are gonna
need it) 1014.39
2. Walker's Team (Again) 950.87
3. Here Comes the Run (Research
Team) 872.37
4. Walking with a little help from my
Friends! 778.51
5. Abbey Roadrunners 747.77
6. Scholarships Team 736.27
7. Zach 's Long and Winding Road
698.42
8. New Kids on the Walk 675.41
9. The aMAYSing Race 662.76
10. VetMed Paw Patrol 660.14
11. Goal Getters 620.88
12. Walking "Eight Days a Week" 610.47
13. Sgt. Pepper's Lone Star Walking
Club 593.46
14. Stroll Sisters and a Sole Man 517.78
15. Across the Universe and Texas
502.88
16. Awesome & Spectacular 449.06
17. Walker's Team (Not) 385.68
18. Texas A&M Fort Worth 239.18

Texas A&M University System Offices

1. Keep Calm and Query On:
The SQL 909.98
2. Innovation Moving Ground
862.24
3. The Lollygagging Lobbyists
724.02
4. RELLIS Stroll Patrol 662.33
5. RIC RATS 637.21
6. The Walk Ness Monsters
591.22
7. Christopher Walkin' 587.81
8. TI Coffee Runs 577.48
9. License to Walk 502.69
10. Walking Benefits 376.25
11. Advanced Persistent Trek
334.29

UNIVERSITY OF ALABAMA

1. Worst Pace Scenario 1036.96
2. Sgt Pepper's Lonely Fish
Club 530.13
3. Yesterday...all those miles
seemed so far away 423.71
4. Sir Walksalot 171.82



2024 TEAMS BY LEAGUE

UNLEAGUED TEAMS

1. TAMU Women's Club 982.14
2. Pigg Walkers 941.08
3. The Original Holy Walkamolies 882.21
4. Dynacisers24 814.29
5. Speedy Turtles 745.83
6. Running Hustlers 707.29
7. Outdoor Adventurers 693.3
8. Walking Legionnaires 560.64
9. Oldies but goodies 557.79
10. Jaywalkers 535.41
11. All About The Payce 534.67
12. Team Name 461.3
13. Are We There Yet? 437.78
14. Walk Across KBTexas 434.13
15. Legs Miserables 410.16
16. Walker Texas Counselor 405.41
17. PhotoTexas CS 363.49
18. Double the Fun Strollers 294.54
19. Chubby Chicas 284.14
20. Team Walking Dead 184.49
21. Shake it Shake it 180.58
22. Risk Management Dept 80.37
23. bling bling steppas 80.31
24. Team OYE Vey 73.55
25. Lady Mocking Birds 8.37
26. Macie's Pals 6

2024 WAT YOUTH TEAMS

Team name #walkers/miles

1. Hullabaloo 17/1082
2. Aggies 17/1022
3. Maroon & White 17/742
4. Whoop 17/705
5. ReveilleWalkers 17/698
6. Spirit of Aggieland 12/535
7. Gigem 10/439
8. 12th Man Classroom 18/354
9. GIG'EM (Room 113) 10/255
10. Whoop 19/173
11. Rapid Racers 3/151
12. Cirque De Sore Legs (120) 12/150
13. Kyle Field 12/128
14. Howdy 6/123
15. Howdy 6/123
16. Solo Superstar 1/114
17. Aggie Ring 12/85
18. Century Tree 12/83
19. Sophies Sprinters (103) 10/82
20. Finish Liners (115) 10/80
21. Lil Roadrunners - Rm 107 8/78
22. Room 102 13/56
23. Kindergarten (119) 10/47

**TOTAL
MILES
7305**



OVERALL TEAM PLACING

Team Godzilla 1489.8

1. All Together Now Across Texas
1436.65

2. Laces on the Fly with Blisters 1215.541

3. The AgriVators 1182.26

4. Ninja Squirrel Squad 1170.19

5. MEEN in Motion 1148.08

6. What A Team 2024 1106.48

7. The Lemon Pepper Steppers 1103.7446

8. Walking Between Blocker and Nagle
1069.38

9. HORTTREKKERS 1059.12

10. Worst Pace Scenario 1036.96

11. Help! (the rest of you are gonna
need it) 1014.39

12. Chips and Walkamoli 1003.59

13. Running From the Law 996.03

14. TAMU Women's Club 982.14

15. The Fast and the Curious 980

16. All you need is miles 977.75

17. WAT Was I Thinking 961.73

18. Texas Trekking Goddesses 954.73

19. VMBS Dog Tired 954.49

20. Walker's Team (Again) 950.87

21. Gel Runners 946.57

22. Oogie Tater Trots 945.19

23. What is That in Miles? 943.88

24. Pigg Walkers 941.08

25. CC Walkie Talkies 919.08

26. Witness the Fitness 917.01

27. keep on truckin 912.17

28. No Mercy 911.07

29. Keep Calm and Query On: The
SQL 909.98

30. We Step Better Than You 908.93

31. Wandering Wildlanders 901.48

32. I Want to Hold Your Hand Pipette
894.07

33. Kiss My Heels 891.74

34. Walking Here, There and
Everywhere 890.45

35. Sgt. Peppers Lonely Walking Club
887.1

36. The Original Holy Walkamolies
882.21

37. Here Comes the Run (Research
Team) 872.37

38. VMBS Unleashed 862.79

39. Innovation Moving Ground 862.24

40. Scrambled Legs 856.48

41. WinOrBooze! 847.85

42. The Hippy Hippy Shake 847.32

43. DOR Helideck Hamsters 846.48

44. Walking Away from Work 836.11

45. We've Got The Runs 829.86

46. Reforming Couch Potatoes 828.4

47. Walking on Sunshine 820.85

48. Becky's Toddling Troup 817.59

49. Walking 9 to 5 817.52

50. Dynacisers24 814.29

51. Ticket to Stride 805.83

52. Code Walkers 802.4

53. Roots and Glutes 801.75

54. Dirty Crop Walkers 796.92

55. Strawberry Field Strollers 794.03

56. Twist and Shout! 789.99

57. Strawberry PHields 780.63

58. Walking with a little help from my
Friends! 778.51

59. Cushing Crushers 777.33

60. the Intentional Walkers 775.51

61. While My Feet Gently Weep 774.66

62. Walker, Texas Runner 766.3

63. Can't buy me Miles 764.8

64. Eraser Swift: The Errors Tour 764.2

65. I walk miles with a little help from my
friends 763.6

66. Baby Got Track 758.49

67. TLAC Walkers 752.21

68. Here Comes TVMDL! 748.25

69. Abbey Roadrunners 747.77

70. Speedy Turtles 745.83

71. Scholarships Team 736.27

72. St Joseph Health - Inpatient Therapy
733.37

73. Lost in Pace 732.14

74. MSL Marvels 728.66

75. Sole-less 726.67

76. Tator Trots 725.24

77. Chafing the Dream 724.97

78. The Lollygagging Lobbyists 724.02

79. A Step in the Right Direction 719.09

80. Walk-a-holics 715.45

81. T-Recs 712.86

82. The Cherringtons 712.02

83. The 12th Walkman 711.32

84. Running Hustlers 707.29

85. DOR Walking Around the Blocker
707.12

86. iGROWers 701.93

87. School of Walk 699.08

88. Zach 's Long and Winding Road
698.42

89. PVFA Creative Walkers 694.98

90. DOR The Abbey Roadsters 694.52

91. Outdoor Adventurers 693.3

92. All You Need is Living Well 692.99

93. Ctrl+Walk+Del 690.81

94. DOR - Maestro Mystery Tour
688.47

95. What Team? WildStuActs! 687.11

96. Pharma Pill Posse 682.82

97. Walking 9-5 681.02

98. New Kids on the Walk 675.41

99. TVMDL ZOO 675.09

100. UHS PrevPop 671.49

101. The Get Along Gang 665.82

102. Walking Through Bluebonnet Fields
Forever 664.3

103. The aMAYSing Race 662.76

104. RELLIS Stroll Patrol 662.33

105. The Aggie Rice Runners 661.85

106. MSC programs (we're gonna win)
661.52

107. Sgt. Pepper's Lonely Walkers Club
Band 661.4

108. The Dojo 660.54

109. SEHD Stroll Stars 660.2

110. VetMed Paw Patrol 660.14

111. A Walk In The Park 659.21

112. Degree Jog-It 658.59

113. We Mean Business 656.24

114. The peritrichous (we all move
together) 654.33

115. Squad Maxey 649.25

116. All About That Pace 648.52

117. Walking Warriors 643.55

118. South Campus Steppers 642.38



OVERALL TEAM PLACING

1119. Public Health Walkers 641.63	160. Spinebinders 545.34	199. Team Name 461.3
120. Walkway Wizards 639.87	161. DOR All About That Pace 541.5	200. Help! (I need some water) 455.86
121. EFNEP Walkamolies 639.28	162. Microbe Milers 541.37	201. Step Up 451.35
122. RIC RATS 637.21	163. Blister Buds 541.1	202. Awesome & Spectacular 449.06
123. Chips and Walkamoli 637.07	164. CHENuts 537.48	203. We All Live in a Yellow LABmarine 448.74
124. DORa The Explorers 636.95	165. DOR Don't Let Me Down 536.7	204. Are We There Yet? 437.78
125. New Kids On The Walk 635.48	166. Myles Miles Team 536.68	205. Walk Across KBTexas 434.13
126. Making Strides 632.58	167. Jaywalkers 535.41	206. Tater Trots 432.69
127. The Walk Ness Monsters 631.41	168. All About The Payce 534.67	207. Yesterday...all those miles seemed so far away 423.71
128. WATs Our Name Again? 629.42	169. Hey Jude, Let's Stride 533.92	208. Annex Amblers 423.13
129. Walk 'n Rollers 627.16	170. Sgt Pepper's Lonely Fish Club 530.13	209. Sole Sisters 421.34
130. 12th Man Troopers 626.76	171. EA Student Workers 521.52	210. I've Got (No) Feeling Left in my Legs 414.25
131. Day Trippers 625.93	172. 16 Feet with Sole 521.42	211. Legs Miserables 410.16
132. We Can Walk It Out 624.68	173. St Joseph Health Acute Care Therapy 520.92	212. Happy Feet 406.95
133. Goal Getters 620.88	174. Sole Sisters 520.56	213. Walker Texas Counselor 405.41
134. Student Activities 619.22	175. Stroll Sisters and a Sole Man 517.78	214. Charlotte's Toddling Troup 404.36
135. Here Comes the Run... (nah, nah, nah, nah) 617.14	176. Team Tyler 516.62	215. EPSY Walkers 399.08
136. Here Comes the Run 616.5	177. Slow and Furious 510.55	216. walk it to the top! 398.89
137. Healthy Living Test Group 616.47	178. While My Calves Gently Weep 506.74	217. Will Walk For Snacks 398.86
138. Walk the Line 616.41	179. Personnel Pacers 506.14	218. Your Pace or Mine? 395.81
139. Walking "Eight Days a Week" 610.47	180. Across the Universe and Texas 502.88	219. MTDE Misfits 395.47
140. LAN Rovers 609.24	181. License to Walk 502.69	220. Rubber Soles on Techbuy Road 386.62
141. Not Fast Just Furious 606.53	182. Sole Investigations 502.68	221. Walker's Team (Not) 385.68
142. Stroll Trolls 603.5	183. Solemates 499.63	222. Helpful Upbeat Babes (HR-HUB-6) 385.65
143. Walking to Our Own Beat 603.28	184. Healthy Living Control Group 499.19	223. Walking Benefits 376.25
144. Howdy_SPED 602.54	185. Walkie Talkie 498.47	224. Hot Pepper Steppers 371.94
145. Sgt. Pepper's Lone Star Walking Club 593.46	186. Red Hot Chili Steppers 493.38	225. Sgt. Pepper's Striders 370.66
146. The Walk Ness Monsters 591.22	187. TLAC 4Eva 481.04	226. TLI Trekkers 365.67
147. TCALL Trailblazers 589.73	188. The Young and the Breathless 480.96	227. Tech Trek Titans 365.56
148. Christopher Walkin' 587.81	189. We Can Walk It Out 477.93	228. PhotoTexas CS 363.49
149. Road Scholars 580.65	190. (Walking) Across the Universe 474.02	229. FitBits 362.39
150. Trufitters 578.78	191. Red Hot Chili Steppers 472.9	230. The I Don't Knows 335.79
151. TI Coffee Runs 577.48	192. Yellow SWAT-marine 472.26	231. Advanced Persistent Trek 334.29
152. The Pedominators 574.69	193. Queso & Walkamolies 469.74	232. Pokémon Rangers 320.55
153. NCTM Kinesins 574.12	194. Becky's Toddling Troup 2.0 467.64	233. Texas A&M - Nursing Team Maroon 315.93
154. Walking Legionnaires 560.64	195. We Are the Walkrus 467.36	234. TLI Mall Walkers 311.61
155. Fast Walkers 557.83	196. All You Need is Miles 464.92	235. DOR Heart and Sole 311.25
156. Oldies but goodies 557.79	197. Tater Trotters 464.06	
157. M&M's 553.37	198. Let's Get Fiscal 462.82	
158. Here Comes the Rain 553.2		
159. SOFC 549.13		



OVERALL TEAM PLACING

236. Conduct & Cardio 306.49
237. Baby got track! 299.31
238. Walsh Lab 2 294.8
239. Double the Fun Strollers 294.54
240. Blackbirds walking in the dead of night 288.86
241. Chubby Chicas 284.14
242. The Abraham Family Warriors 281.45
243. Sole Mates 279
244. rod wave fan club 267.63
245. Hello, Goodbye 260.58
246. Walkaholics 258.13
247. Avocado Amblers 255.9
248. AABS- Always Achieving Better Steps 253.39
249. Walkie-Talkie 250.88
250. Snow Balls 242.21
251. Texas A&M Fort Worth 239.18
252. The Dominators 231.8
253. Udder Chaos 227.01
254. Team Walking Dead 184.49
255. Brooke Laden's Team 181.93
256. Shake it Shake it 180.58
257. The Walking Wonders 178.55
258. Sir Walksalot 171.82
259. Maroon Milers 169.46
260. Tater Trots 160.05
261. The Hilly's Have Eyes 139.02
262. Risky Business 138.13
263. team bims 135.8
264. DOR_TAMIDS 121.74
265. Focaccia and Empanadas 118.27
266. Sophia's Team 110.35
267. the roomies 108.44
268. Gigem 106.64
269. roomies 103.75
270. LANDSCAPE ARCHITECTURE DUBS 103.59
271. Singh's Scampering Scholars 103.35
272. We Have a Spreadsheet for That 100.18
273. Power Striders 96.47
274. DMS Walks 92.58
275. Rodzilla 82.52

276. Sophie's team 80.84
277. URPN 80.8
278. Risk Management Dept 80.37
279. bling bling steppas 80.31
280. Rio Grande Valley Aggies 79.98
281. The Bus Drivers 77.74
282. Mousies 76.49
283. yipeeeee 76
284. USAR gals 74.88
285. Team OYE Vey 73.55
286. Navroz's Team 72.62
287. Fearsome Threesome 72.24
288. natalie's team 70.79
289. Happy Feet 63.33
290. Champions1234 62
291. Scrambled Legs 54.94
292. The Advising Avengers 50.41
293. Techs 41.29
294. Olivia L. Gouveia 39.9
295. Garza 36.78
296. walkacrosstx1 28.62
297. walk URPN 28.47
298. Lawyer St 25.39
299. superduper team 25.15
300. RichardBailey 25
301. Team Natalia 24.6
302. TDEM Region 8 24.02
303. D1 21.94
304. DALV 17.94
305. Werner's Walkers 11.4
306. Lady Mocking Birds 8.37
307. Macie's Pals 6



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

"It's getting better all the time."



Texas Community
Futures Forum

Save the Date

**BRAZOS
COUNTY**

APRIL 18, 2024

****Brazos County Residents****

- Come voice your opinions at Texas A&M AgriLife Extension Service's community forum.
- Provide input on local issues facing the public in the areas of Agriculture, Families and Health, Youth and Community Development.
- Come ensure that relevant educational programs being offered now and in the future.
- Join us for a light lunch and group conversations.

Register by April 12 by calling 979-823-0129

Brazos County Extension Office

4153 County Park Court

Bryan, Texas

11:00 am - 1:00 pm

RESOURCES FOR TEXANS

Regularly updated relief information for Texans impacted by the wildfires in the Texas Panhandle can be found at

TX.AG/WILDFIRERELIEF

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AGRILIFE
EXTENSION

Resources for Texans.

Regularly updated relief information for Texans impacted by the wildfires in the Texas Panhandle can be found at tx.ag/WildfireRelief



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

Category	Activity	Time to Equal 1 Mile
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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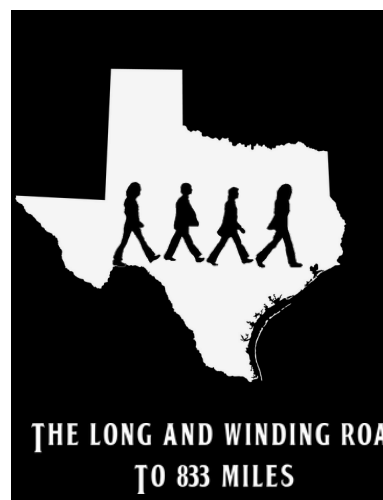
Bryan, Texas 77802

979-823-0129

Contact: Flora Williams at

fewilliams@ag.tamu.edu

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Back view

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Previous year's shirts
from 2023
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3 for \$25
or 8 for \$50
Small-2XLarge

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Nickie McDaniel-Division of Student Affairs

Texas A&M University -

Treasurer:

Lindsey Armstrong-St. Joseph Health

BLT County Extension Agent/Advisor:

Lora Jorgensen-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

Thank you Taskforce!

Members:

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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:
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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

Flora Williams

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or

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