

Texas A&M AgriLife Extension

Celebrating 21 Years of WAT Brazos County

Brazos County Walk Across Texas 2018



Welcome to Week 8 Walk Across Texas 2018

April 11, 2018

Week 8 is O-V-E-R over! Preliminary numbers are showing over 300,000 miles and over 520 pounds shed.

TEXAS A&M
AGRILIFE
EXTENSION

Important Dates—at-a-Glance

WAT dates—February 10- April 6, 2018

~~Week 1: February 10-16, 2018~~

~~Week 2: February 17-February 23, 2018~~

~~Week 3: February 24-March 2, 2018~~

~~Week 4: March 3-9, 2018~~

~~Recharge Event, March 8, 2018, Wolf Pen Creek~~

~~Week 5: March 10-16, 2018~~

~~Week 6: March 17-23, 2018~~

~~Week 7: March 24-30, 2018~~

~~Week 8: March 31-April 6, 2018~~

**LAST DAY TO ENTER MILES/WRAP UP
FORMS APRIL 13!**

*That's a
Wrap!*

Team Spotlight—Heart and Sole

Picture of Heart and Sole members while out walking: Galina, Kim, Sue, Pat, and Johanna. Way to go ladies!



The 833 Miles n More Club

Preliminary numbers show 151 teams made the trek across Texas!

"There's no BS, U, in these shoes!"

1 STEP FORWARD 2 STEPS BACK

3 Dean Soup

7 Deadly Shins

8 2 Much Bunch

979 Walkie Talkies

A Team

A Walk to Remember

AABS Above And Beyond Strides

ALL EAHRs 2018

APCC Theme Team

ARCH Marchers

ARCHI 8

Are We There Yet

Beast Mode Recsters

Beckys Toddling Troop

Benchlikins

Beutel Beauties

Blue Team

Bluebonnet Bunch

Brazos County Walking Warriors

Bryan ISD TSC Team A

Bryan ISD TSC Team B

Bryan ISD TSC Team C

Bush School Office of Energetic Exercisers

Bushwalkers

BUSI Walk Implementers

Business As Usual

CATs

CEDP Movers and Shakers

CEOS

Chemistry Staffers

Chicks with Kicks

Chocolate Walkers

Christopher We Be Walken!

Cirque de Sore Legs

CONquerors

CONTinual Motion

Crazy 8

CS Squares Team One

CS Squares Team Two

CVM Busy Bees

DARS

Detour de Arlington

Devastating Divas

Diamonds in the rough

Division of ReSOREch

Duces Tecum

Dynacisers 2018

Easier Said Than Run

Elliott Big Hat

EOTC Clan

Ewok in the Park

Family Fitness Feud

Flab U Less 8

Fleet feet

Heart And Sole

Holy Walkamole

Holy Walkamolies

Holy Walkamolies #1

HROE Professional Development

IBT Roadrunners

IGY6

In A Walka Da Vida

In It to Thin It

JustDOIT

Justin and the Pussycats

Keep Austin Walking Weird

Kendalls army

Kickin Asphalt!!!

Kiss My Asphalt

LAW AND ORDER SPECIAL FITNESS

UNIT

Left TAP Shoe

Lets Get Fiscal

Look whos Walking

Marthas Minions

Mile Makers

Nervous Recs

Not Fast Just Furious

Not Fast Just Furious

ODSL Bluebonnets

ODSL Lonestars

Off Like a Kilt

On your Left

Ponderous

Powerhouse Team

PPRI School of Walk

PPRI Walkers

Public Partnership and Outreach Team A

Public Partnership and Outreach Team B

Rad Runners

Red Team

RELLIS Racers

RELLIS RAMBLERS

Residence Life Team 1

Right TAP Shoe

Risky Resources

Rock the Pavement

SBS Kiss My ALS

Seven Groovy Chicks and an Old Dude

Shes Got Legs

Shut Up And Walk With Me

Sim Sinners

Small Animal Dream Team

SOBacisers

Sole Patrol

Sole Sisters

Sole Train

Stack Stompers

Stat Steppers

Step Potential

Step Up 2

Steppers in the Name of Love

Straight out of BVCOG

Stress Walkers

StuAct Steppers

Swifties

Tail Draggers

Take a Walk on the Mild Side

Talent Ed

TCALL Trailblazers

TCALL Walkers 1

Team Grit

Team StuAct

Team Walk This Way

the abc team

The Dogs Are Barking

The Hugbanks Hikers

The Left Overs

The Pharmacy Sole Train

The Poor Unfortunate Soles

The Walking Ped

The Wanderers

The Wayfarers

These Dogs Are Made For Walking

TTI ViPs

U Studs

Unfortunate Soles

Vixen Voyagers

VSCS Happy Feet

W.A.I.T. 8

Walk Force 1

Walk It Out

WALK THIS WAY

Walking our Asphalt

Walking So We Can Eat

Walking Warriors

WAT a Bunch of Losers!

Women Warriors

WW Warriors

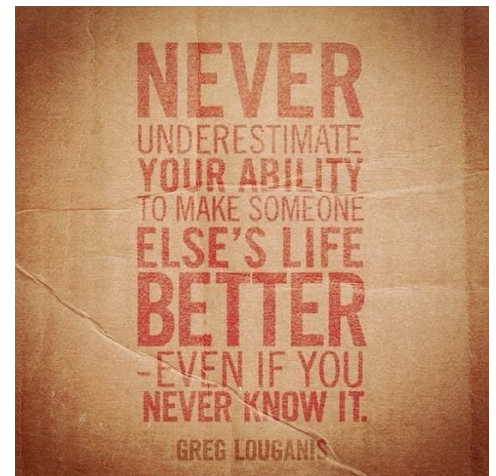
Your Pace or Mine

Way too Awesome!

Walk Across Texas Taskforce Appreciation

Alice Kirk-Texas A&M AgriLife Extension Service
Ashley Hernandez-Texas A&M University Intern
Barb Herrman-Texas A&M AgriLife Master Wellness Volunteer
Christina Bookout-Texas A&M University Intern
Connie Arden-Texas A&M AgriLife Master Wellness Volunteer
Flora Williams-Texas A&M AgriLife Extension Service
JJ Macias-Texas A&M University System
Katie Cook-Texas A&M AgriLife Extension Service
Kelley Melcher-Blue Cross Blue Shield
Kendall Kulhanek-Texas A&M AgriLife Extension Intern
Kirstin Brekken Shea-Texas A&M University
Kourtney Martin-Texas A&M University
Kylie Schaper-Brazos County Health Department Intern
Lesley Ward- City of Bryan
Mary Parrish- Brazos County Health Department
Michael Lopez-Texas A&M AgriLife Extension Service
Pat Pierson-Texas A&M AgriLife Master Wellness Volunteer
Sara Mendez-Brazos County Health Department
Sheri Meyer-Texas A&M University System
Sue Boyette-Texas A&M AgriLife Extension Master Wellness Volunteer

**MAY
THE
FORCE
BE WITH
YOU**



Thank you!

We are winding down:

⇒ Individual Wrap Up Forms are found at

<http://walkacrosstexas.tamu.edu/wat-2016/wp-content/uploads/2017/02/WAT-Individual-Wrap-up-Form.pdf>

⇒ Team captains will need to retrieve this information from team members after WAT is over and enter it by April 13. Solo Walkers should enter information as well.

Movers and Shakers Awards

Random Draw of Finishers

Top Weight Loss Team

Top Solo Walkers

MVP Finalist

Most Creative Team Name

Team Placings by Organizations



Top 3 Teams
And More!



Tune in to KBTX BVTM-Brazos Valley This Morning Show, April 18 during the 6:00 a.m. hour AND the read wrap up newsletter for final announcements. To be eligible for sponsored prizes all miles, weight loss, and wrap up forms must be entered on or before April 13.

MVP Nominee

Dorothy Coleman of W.A.I.T.8



She consistently had the most miles of her team. Dorothy's total miles landed at 400.89! She was an out of state member walking in Bremerton, WA. Many days she had inclement weather but continually was active and added many miles. One of Dorothy's hobbies is bird watching. Best wishes Dorothy!

MVP Nominee

Dr. Sonya G. Gordon of the Small Animal Dream Team



Dr. Gordon is the Team Captain for the Small Animal Dream Team for Walk Across Texas 2018. Dr. Gordon volunteered to help get the faculty team members on board with this challenge and had them ready to go right away!

Dr. Gordon exercises daily: running, rowing, yoga and peloton cycling. Dr. Gordon is an Associate Professor in the department of Small Animal Clinical Sciences at Texas A&M University, and has been in the department since 1998. Dr. Gordon is a Veterinary Cardiologist: teaching students, clinical rotations, conducting research and travels as an invited speaker but makes time for daily exercise. She was her team's motivation to keep moving and always has a smile & kind word for everyone! A true joy to work with and call friend!

MVP Nominee

Ibeth Parra, Brittany Badillo, Celia Alvarado



Three of the Fleet Feet team members were nominated as they have inspired each other to lose 37 lbs. and walk 1185 miles in these 7 weeks. These beautiful ladies, in addition to walking, have attended nightly workout sessions at Piranha Fitness; they have joined a College Station kickball team, and changed to a healthy diet. They have encouraged each other to keep going, even exercising on the weekends to meet their goals. They have inspired all of their team!! Thank you and best wishes!

MVP Nominee

Carley Smith of Christopher We Be Walken!



Student worker, Carley Smith, is nominated for the Most Valuable Player Award. She has been an inspiration to all of her team in getting better results each week. She was a week ahead of them in results so basically she could take off this last week and would still have the most total miles walked out of her team!

She has mentioned she doesn't know what to do with herself after the competition ends so I know she will be on board with us starting weekly fitbit challenges again. She has pushed all of us to get better results each week, in fact this last week was our best week as a team because of this. She is a new team member so it is always refreshing when someone comes in and puts in a total effort like she has because it refreshes the team as well.



Edamame corn salad



DINNER
TONIGHT
HEALTHY COOKING SCHOOL

Click link to see video:

<https://www.youtube.com/watch?v=lkyR1gsADZk&feature=youtu.be>

Here's a yummy Edamame Corn
Salad side dish:

Ingredients

3 Cups Corn

2 Cups edamame

1/2 Cup red onion

1 avocado

1 Tomato

1/4 Cup chopped fresh cilantro

2 Tbsp olive oil

1 Tbsp lime juice

2 oz feta cheese

1. Mix together corn, edamame, red onion, avocado, and tomato.

2. Whisk together olive oil, and lime juice. Pour over corn mixture.

3. Top with cilantro and feta cheese.

Yields 4 servings

HEALTH CONNECTION

NUTRITION FACTS LABEL

Serving Size:

1 Medium Ear of Corn

Amount per serving

Calories

90

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 15mg **1%**

Total Carbohydrate 19g **7%**

Dietary Fiber 2g **7%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

Protein 3g

Vitamin D 0mcg **0%**

Calcium 2mg **0%**

Iron 1mg **6%**

Potassium 275mg **6%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



- Corn doesn't have to be cooked
- Kernels can be cut off the cob and eaten raw
- Corn is low in fat
- Corn is low in sodium
- Corn is cholesterol free
- Corn is a good source of Vitamin C

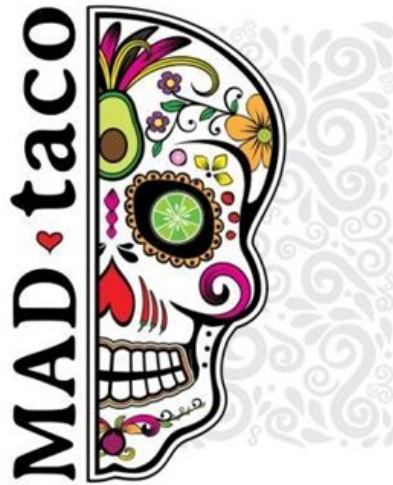
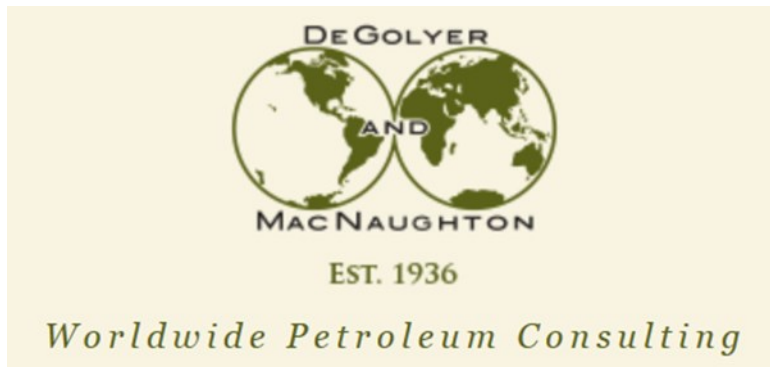


PATH
TO THE PLATE

TEXAS A&M
AGRI LIFE
EXTENSION



A Very Special Thank You To Our Sponsors...



Brazos Ballroom Dance Studio



Brandy Taylor

of French Door Spa and Salon



Walk Across Texas Shirts Still Available

Purchase at the Brazos
County Health Department.
Short-sleeve only
S - XL \$10.00
2X - \$12.00
3X - \$13.00
For t-shirt purchases,
contact:



Sara Mendez at
SMendez@brazoscountytexas.gov or
979-361-5730.

SUGGESTIONS AND NEW TASKFORCE MEMBERS WELCOMED

If you have suggestions on improving the sponsored Walk Across Texas Brazos County Event, please email Flora Williams at fewilliams@ag.tamu.edu.

If you would LOVE to serve on the Walk Across Texas Taskforce for the 2019 event, we would love to have you. Your role will be to help plan, locate sponsors, assist at events, and to attend taskforce meetings. We meet 5-6 times early October to May.

Walk Across Texas Taskforce Members

Chair/BLT Nutrition Education Extension Assistant:
Katie Cook-Texas A&M AgriLife Extension Service

Treasurer:
Sheri Meyer-Texas A&M University System

FCH County Extension Agent/Advisor:
Flora Williams-Texas A&M AgriLife Extension

Members:
Alice Kirk-Texas A&M AgriLife Extension
Ashley Hernandez-Texas A&M University Intern
Barb Herrman-Texas A&M AgriLife Master Wellness Volunteer
Christina Bookout-Texas A&M University Intern
Connie Arden-Texas A&M AgriLife Master Wellness Volunteer

JJ Macias-Texas A&M University System
Kelley Melcher-Blue Cross Blue Shield
Kendall Kulhanek-Texas A&M AgriLife Extension Intern
Kirstin Brekken Shea-Texas A&M University
Kourtney Martin-Texas A&M University
Kylie Schaper-Brazos County Health Department Intern
Lesley Ward- City of Bryan
Mary Parrish- Brazos County Health Department
Michael Lopez-Texas A&M AgriLife Extension
Pat Pierson-Texas A&M AgriLife Master Wellness Volunteer
Sara Mendez-Brazos County Health Department
Sue Boyette-Texas A&M AgriLife Extension Master Wellness Volunteer

Thank you Taskforce members!

**For more information contact: Flora Williams at fewilliams@ag.tamu.edu or Katie Cook at Katie.Cook@ag.tamu.edu
Brazos County Office of Texas A&M AgriLife Extension Service or at 979-823-0129 HAPPY TRAILS!**

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin. The Texas A&M University System, U.S. Department of Agriculture and the County Commissioners Courts of Texas Cooperating.