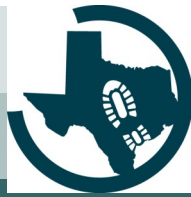


February 16, 2016



**WALK
ACROSS TEXAS!**

TEXAS A&M AGRILIFE EXTENSION

Brazos County Walk Across Texas 2016

WELCOME TO WEEK 1 HIGHLIGHTS AND TIDBITS

Blazing the Trails...

Week one of Brazos County Walk Across Texas! is in the WAT history books. Put your hands together for logging 24,541.40 total miles. Psst! If you have not logged your team's miles in, please do so. Meet this year's teams:

1. Law and Order Special Fitness Unit
2. The Holy Walkamolies
3. Witness the Fitness
4. Derelicts
5. Aqua Strutters
6. Hotsteppers
7. 8 Shades of Awesome
8. Qatar Land Cruisers
9. House of Carbs
10. Fit Squad
11. Workforce Stars The Force Awalkin
12. CATs
13. T Swizzle
14. Horsin Around
15. DOR MadLIBS
16. Women Warriors
17. The Grateful 8
18. Beast of TEEEX
19. Cyberfitbits
20. The Walking Dread
21. ITSI Magnificent 8
22. SAPITO Super Active Provost IT Office
23. Dream Team
24. Fire Walkers
25. Running Samples
26. Bring IT
27. Too Inspired to be Tired
28. Brazos County Walking Warriors
29. DOR Fit Fiends
30. GOYA Now
31. Texas Two Steppers
32. Catch Us If You Can
33. The Darth SFAIDers
34. Shes Got Legs
35. PRECINCT 3 STREET WALKERS
36. Whatawalkers
37. Faith Movers
38. EF5
39. Team SFAID
40. The Maybes
41. ERROR 404 Name Not Found
42. Las Tortugas
43. The Walking Tread
44. Walking Babes
45. BCHD Team 1
46. The Constructive Soles
47. Earth Wind and Water
48. Data Divas
49. Team Cirque de Sore Legs
50. The Happy Voyagers
51. BCHD Team 2
52. Red Hot Techie Peppers
53. Walkers Texas Technicians
54. ResLifers II
55. Walk It Out
56. Mays Steps UP
57. The Pacemakers
58. UCENs Flab U Less 8
59. SWAT
60. Pace Setters
61. ResLifers
62. Losing It
63. Business as Usual
64. Be Audit You Can Be
65. Walking on Sunshine
66. We Might Be Crazy
67. ARCH Marchers
68. A Trophy and seven girls
69. Triple Diamond Runners
70. DARS
71. Bryan Rebooters
72. Worths Walkers
73. SmartFit Walkers 2016
74. BC Expo
75. Tejas Steppers
76. PRECINCT 3 FAT LOSERS
77. Between a Walk and a Hard Place
78. EIS2
79. Sapatos
80. The SWABs She Walks A Bunch
81. The Sassy Striders
82. #BTHOlittledebbie
83. DOR - We thought they said RUM!
84. PERFIT
85. Golden Girl Sprinters
86. DOR Walk This Weigh
87. Stampedin Nerd Herd
88. Liberal Arts Ladies
89. Take it Personnelly
90. The Walking Dead
91. Bryan Water and Code
92. Dashing Divas & Co.
93. DOR - Huff-n-Puffers
94. BCHD Team 3
95. Raising a little health
96. Danger Seventy Niners
97. Believe in Success
98. Helios Hikers
99. DOR Pace Makers
100. Lets Give em Something to Walk About
101. HR Team 2
102. Westropolitan Walkers
103. COMPELLING MOTION
104. DOR Walkie Talkies
105. IODP Girl Power
106. Right TAP Shoe
107. CSMS Fit Wits
108. HR Team 1
109. WWW
110. Keep on Truckin
111. This Group is Made for Walking
112. Texas Sea Grant Strollers
113. dYNACISERS 2016
114. DOR Running With The Pack
115. DOR Compliance Team 1
116. ResLifers III
117. DOR - Super Awesome
118. Thinspirational Runners
119. The A Team
120. Hazard Reduction and Recovery Center
121. Because I was INVERTED
122. Walkamoley
123. Globe Trotters
124. Team Reuter
125. Infinite Team Safety Idols
126. Sole Mates
127. ALL EAHRs 2016
128. Ton Of Fun
129. Walkers and Trash Talkers



Blazing the Trails...Meet the teams (Continued)

- 130. Walker Texas Rangers
- 131. VMTH Tortoise
- 132. DOR Dumbledore's Army
- 133. Book Brawlerz
- 134. DOR SWAT SRS Walks Across Texas
- 135. Kickin Asphalt
- 136. Happy Voyagers
- 137. College of Architecture Walker Rangers
- 138. Walkie Talkies
- 139. TAMU Career Center
- 140. Floor Walkers
- 141. Happy Hikers
- 142. HQ Hikers
- 143. The IT Team
- 144. Walk it like its Hot
- 145. Team STEPPS
- 146. Wild Walton Walkers
- 147. The Young and the Rest of Us
- 148. Walkers Talkers
- 149. The Y Notes
- 150. Brazos Bottom Dynasty
- 151. CS Squares
- 152. Rowdy Runners
- 153. ODSL Ducks Fly
- 154. BCSCA Oldies But Goodies II
- 155. TAMU Career Center2
- 156. camino reales II
- 157. The VMTH Hares
- 158. Moving Forward for You
- 159. Caps Walk is On
- 160. Book Brawlers
- 161. Track N Lose
- 162. Fit for Duty
- 163. PPO Rudder Tower
- 164. Making Strides
- 165. Truffle Shuffle
- 166. BCSCA Oldies But Goodies I
- 167. Slim Gems
- 168. Got Legs
- 169. Nevilles Longbottoms
- 170. Sole Sisters
- 171. Geography Walks
- 172. Pirates of the Angulhas
- 173. Book Brawlers
- 174. Dancing Thru the Miles
- 175. Weight Watchers Walkers
- 176. TEEX Safety Troopers
- 177. Physical Physicists
- 178. Brazos Striders
- 179. ODSL Ducks Together
- 180. Hazardous Waist Removers
- 181. Tiger Trekers
- 182. GG

Keep a movin'!

REMINDERS

Report your miles weekly:

Aim to have miles no later than Tuesday of each week for newsletter purposes

First 20 club:

The first 20 teams across Texas will receive a commemorative gift.

Like us on facebook:



Walk Across Texas - Brazos Valley
Feeling the love with 172 likes.
Keep that number climbing.

Visit our local website:

brazoswat.com

Health Hullabaloo:

A Family Health Fair; fun, fun, fun!
February 20, 2016; 10 am - 3 pm at
Texas A&M Health Science Center.
Stop by the WAT booth or better yet
run or walk in the 5K. The 5K is \$15
and starts at 8:30 am. See details
and register for 5K at

<http://www.healthhullabaloo.com/>

Think 20 Challenge

In honor of the 20 years of dusting the Texas trails, we want to see how creative teams can get with tying the number 20 into your workouts. Send us pictures and ideas. Ready...set...go!

FITNESS OPPORTUNITY

Fit4Mom Bryan/College Station



Stroller Strides

Website:

Collegestation.fit4mom.com

-Stroller fitness group for moms of young children-

6 days per week

-Moms' night out and playgroup for Kids (FREE)

-encouraging healthy & active families!

For more information contact Jennifer Mullins (254) 702-5693 (owner) Joclyn Duncan

2016 Kickoff Attendees

A blast from the past...



Adrianna Ruiz
Alexandra Moreno
Alice Kirk
Allie Kennedy
Alma Fonseca
Amy Foster
Ana-Lisa Liotta
Annie Williams
Ara Begum
Bailey Whitehead
Barb Herrman
Barbara Crane
Bianca Cardenas
Bille Mutz
Candy Adams-Olguin
Carlos Garcia
Cee Ellis
Chiara Silvostrì Dobrovolny
Chiquita Stueart
Cindy Wise
Connie Harrison
Connie Moss
Connie Paul
D Krusekopf
Daniel Perez
David Kirk
David McClellan
Deyse Alonso
Dianne Dusold
Dianne Kanipe
Donna Sanders
Dorothy Rainwater
Dorothy Ross
Edhel Hernandez

Flora Williams
Gabriela Tilton
Gary Tobola
Gayle Patranella
Ginger McClellan
Ginger Smith
Glen Wise
Gustavo Roman
Heidi Boas
Jacob Ramirez
Jacqueline Abundis
James Corbett
Janet Gooden
Janice Crockett
Jennifer Childress
Jennifer Nguyen
Jessica Armstead-Allen
Jessica Paul
Jesus Perez
Jim Eggebrecht
Joann Wimbish
Joe Olguin
Joe Paul
Joel Edwards
Johanna Roman
John Simmons
John Tilton
Juanita Burton
Julie Prouse
Kandi Smith
Karen Giles
Karen Okudak
Kayla Hutchins
Kimberley Jones

Kolby Smith
Krissy Johnson
Kristin Harper
Kyisha Butcher
Kylie Meljer
Lance Tobola
Lauri Buchanan
Lesley Ward
Lilia Ruiz
Linda Heathcott
Liz Wytko
Lydia Eby
Mabel Eggebrecht
Maira Molinero
Maribel Molasco
Mary Childs
Melanie Rogers
Melinda Thompson
Melodie Kline
Michael Kirk
Michael Rendon
Michele Silvan
Mireya Meta
Molly Painter
Nancy Whitlock
Nicole Vargas
Norma Barber
Pablo Rodriguez
Pam Edgerley
Pat Pierson
Perla Navarro
Petra Rodriguez
Priscilla Hammond
Rhonda Brinkman

Rob Meyer
Ruth T. Williams
Sabyasachi Chakraborty
Sara Mendez
Sarah Brooke
Sarah Dobrooly
Sarah Tobola
Sema Pulak
Sharon Polak
Shawna Rendon
Sheri Meyer
Sonya Davis
Stephanie Ontiveros
Susan Richardson
Suzanne Breaux
Suzi Lucas
Tamera Eggebrecht
Tammisha Farmer
Terry Rodriguez
Thelma Isenhardt
Valeria Baez
Vanessa Carrizales
Veronica Davenport
Vi Nguyen
Vickie Scifres
Vickie Winston
Viviana Flores
Wendy Kreider
William Kirk
Woody Isenhardt

**Thank you for
Attending!**

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.

**Are you looking for a simple recipe?
Visit <http://dinnertonight.tamu.edu/tag/slow-cooker/>**

Slow Cooker Chicken and Dumplings



Ingredients:

- 2 Pounds of boneless/skinless chicken breasts**
- 2 Tablespoons of unsalted margarine**
- 2 cups of reduced sodium cream of chicken soup**
- 1 onion, diced**
- 2 carrots, sliced**
- 2 medium celery stalks, chopped**
- 10 ounces of refrigerated reduced-fat biscuit dough, torn into pieces**
- 1 cup of frozen peas**

Directions:

- 1. Place chicken, margarine, cream of chicken soup, and onion in slow cooker. Cover and cook on high for 6 hours. Stir in carrots and celery after 5 hours of cooking.**
- 2. Place torn biscuit dough in slow cooker 30 minutes before serving. Cook until dough is no longer raw in the center about 25 minutes. Peas will be added at the last 10 minutes of cooking. Serve warm.**

Solo Walkers' Alert

28 of the 63 solo walkers have reported miles. Wow! Some are really dusting the trails.

- 1 Hernry 141.10
- 2 Angie 86.53
- 3 Dianna 77.19
- 4 Catherine 68.80
- 5 Amber 64.75
- 6 Pat 51.00
- 7 Johanna 40.10
- 8 Alexandra 39.00
- 9 Gustavo 37.00
- 10 Julie 35.00
- 11 Alyssa 30.00
- 12 James 29.80
- 13 Lynn 29.10
- 14 Maria 26.50
- 15 Lisa 23.00
- 16 Krista 21.52
- 17 gaby 21.20
- 18 Julie 18.00
- 19 Gabriela 17.62
- 20 Fabiola 14.00
- 21 Jack 12.00
- 22 Adam 11.00
- 23 Cynthia 9.97
- 24 David 9.47
- 25 Roberta 6.00
- 26 Ludim 6.00
- 27 Ashlyee 2.63
- 28 Dawn .56



2016 Walk Across Texas Taskforce Members

Co-Chairs:

Lesley Ward– City of Bryan

Sara Mendez- Brazos County Health Department

Treasurer:

Howard Hart-City of Bryan

FCS County Extension Agent:

Flora Williams-Texas A&M AgriLife Extension

BLT Nutrition Education Extension Assistant

Priscilla Hammond-Texas A&M AgriLife Extension

Members:

Sheri Meyer-TAMU System

Sarah Tobola-TAMU

Alice Kirk-Texas A&M AgriLife Extension Service

(WAT Program Director)

Michael Lopez-Texas A&M AgriLife Extension Service

JJ Macias-TAMU

Pat Pierson—Texas A&M AgriLife Master Wellness Volunteer

Kelley Melcher—Blue Cross Blue Shield

Happy Trails!

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