

Week Two Memo

To: Brazos County Walk Across Texas 2020 Participants
From: Flora Williams, Brazos County Extension Agent, Family & Community Health, Texas A&M AgriLife Extension Service
Date: February 28, 2020

Howdy WAT'ers!

I am sending this e-blast in lieu of the week two wrap up. My schedule was a little more hectic than anticipated. Next Wednesday March 4 you will receive a complete “catch up” version from weeks 2-4.

I am really needing pictures of teams or individuals in action or even just team pictures to add to the newsletter. Thank you to Tammie Burlin for sending pictures of her and BJ participating in a 5K in Dallas. You will read about in the next edition. You will also see which 100 teams are in the running for the most creative team name.

Here are a few things to keep in mind about our WAT challenge.

- ❖ The goal is increased physical activity and we use the honor system. Please convert physical activity to walking miles equivalents.
- ❖ Report your activity least by Saturday at noon of each week. That is when I retrieve the data.
- ❖ Every team that completes the 833 miles across Texas will be entered into a drawing from all of the finishing teams for souvenirs. We will draw 23 teams for the 23 years of WAT in Brazos County.
- ❖ T-shirts are still available for sale.
 - For t-shirt purchases, contact Sara Mendez at SMendez@brazoscountytexas.gov or 979-361-5730.
 - T-shirt sales is our only fundraiser and the means of paying for events besides the goodies that our sponsors donate.

- ❖ Like our Brazos Valley Walk Across Texas Facebook page.
- ❖ I recorded a Facebook live today demonstrating how to make Mexican Pozole Soup and a Caprese Spaghetti Squash Bake.

Thank you to our awesome sponsors!

We (the helpdesk) were able to get some issues worked out with teams that were entered wrong so next week that teams will be included in the news.

PLEASE COME TO OUR MIDWAY AMP IT UP EVENT ON March 5 at TruFit at 6:00 p.m.

Sign up to join us at TruFit for the Walk Across Texas Midway Amp it Up Event

You have options:

- ❖ Kickboxing, Cycling/spin class, bootcamp, or Zumba or Yoga
- ❖ Click here: <https://www.signupgenius.com/go/20F0545A8AA22A2FB6-walk1>

Here is the conversion chart again:

| Exercise Equivalents | | |
|---|-----------------------|----------------|
| Activity | Actual Miles/ Minutes | Recorded Miles |
| Walking, stroll (2 mph) | 30 minutes = | 1 mile |
| Walking, typical pace (3 mph) | 30 minutes = | 1.5 miles |
| Walking, brisk (4 mph) | 30 minutes = | 2 miles |
| Running (5.5 mph) | 1 mile = | 1 mile |
| Cycling/Biking (13 mph) | 7 miles = | 1 mile |
| Spinning | 30 minutes = | 2 miles |
| Aerobics (moderate intensity) | 30 minutes = | 1 mile |
| Stairmaster (moderate intensity) | 15 minutes = | 1 mile |
| Roller Blading | 3 miles = | 1 mile |
| Swimming (30 yards/min) | 1 mile = | 1 mile |
| Gardening, digging | 30 minutes = | 2.5 miles |
| Gardening, push mowing | 30 minutes = | 2.25 miles |
| Gardening, raking | 30 minutes = | 1 mile |
| Gardening, planting | 30 minutes = | 1.5 miles |
| Dancing, moderate to rapid | 20 minutes = | 1 mile |
| Any activity/exercise that makes you breathe hard and sweat. | 20 minutes = | 1 mile |
| Any activity/exercise that makes you breathe very hard and perspire heavily. | 15 minutes = | 1 mile |

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| <p>Converting minutes of physical activity to miles "walked:"</p> <p><u>Exercise Equivalent:</u> Walking, stroll (2 mph) for 30 minutes = 1 mile "walked" You walk at a walking stroll for 45 minutes and want to convert that activity to miles: $\frac{30 \text{ min.}}{1 \text{ mile}} = \frac{45 \text{ min.}}{X \text{ miles}} = \frac{30 X}{1 \times 45} = (X = 45 \div 30) = 1.5 \text{ miles "walked"}$</p> | <p>Converting minutes of physical activity to miles "walked:"</p> <p><u>Exercise Equivalent:</u> Cycling/Biking (13 mph) for 7 miles = 1 mile "walked" You bike for 5 miles and want to convert that activity to miles: $\frac{7 \text{ miles biked}}{1 \text{ mile "walked"}} = \frac{5 \text{ miles biked}}{X \text{ miles "walked"}} = \frac{7X}{5} = (X = 5 \div 7) = .72 \text{ miles "walked"}$</p> |
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Adapted from Rutgers University Extension: Walk New Jersey Point-to-Point; University of MD Extension: Worcester County 4-H
The University of Maryland Extension is an Equal Opportunity Employer with Equal Access Programs.

Here are the placings as of last Saturday:

| <i>Placing</i> | <i>Team name</i> | <i>League</i> | <i>Miles</i> |
|----------------|--|---|--------------|
| 1. | Walk This Way! | Texas A&M Division of Student Affairs | 1017.52 |
| 2. | Train Recs | Texas A&M Division of Student Affairs | 759.58 |
| 3. | Hike Across The Universe | AgriLife Employee Wellness | 633.1 |
| 4. | The Original Holy Walkamolies | AgriLife Employee Wellness | 624.01 |
| 5. | Road Rage Scholars | TAMU- Main Campus | 604.63 |
| 6. | Liar, Liar, Legs of Fire | TAMU- Main Campus | 554.66 |
| 7. | LRC BAD KNEES SENIORS | | 552 |
| 8. | Walking Wonders | CHI St. Joseph Health | 544.24 |
| 9. | Texas Top Steppers | CHI St. Joseph Health | 542.77 |
| 10. | Texas Trail Drivers | CHI St. Joseph Health | 538.89 |
| 11. | Winning Walkers | CHI St. Joseph Health | 532.68 |
| 12. | CATs (COGers Across Texas) | BVCOG | 519.07 |
| 13. | Feet for Miles | | 507.94 |
| 14. | Dynamic Walking WINgineers | TTI | 505.42 |
| 15. | Walking Robins | Texas A&M University System Offices | 499.82 |
| 16. | ODSL Exercise? I Thought You Said Extra Fries! | Texas A&M Division of Student Affairs | 498.06 |
| 17. | CVM Dog Tired | TAMU- Main Campus | 485.12 |
| 18. | Cecum and Destroy | | 483.19 |
| 19. | Avocardio | AgriLife Employee Wellness | 480.72 |
| 20. | People Enjoying Activity...Periodically | TAMU- Main Campus | 456.56 |

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| 21. | Making Strides | AgriLife Employee Wellness | 448.66 |
| 22. | DOR Skywalkers | TAMU- Main Campus | 420.69 |
| 23. | If You Ain't First, You're Last | TTI | 418.13 |
| 24. | RELLIS-School of Walk | Texas A&M University System Offices | 408.87 |
| 25. | Perennial Posse | AgriLife Employee Wellness | 408.7 |
| 26. | Libraries' Cirque Du Sore Legs | TAMU- Main Campus | 406.92 |
| 27. | Agony of De Feet - CLLA | TAMU- Main Campus | 406.22 |
| 28. | Groovy Grape Steppers | AgriLife Employee Wellness | 398.42 |
| 29. | 2 Hot 2 Trot - Tokyo Drift | TAMU- Main Campus | 397.17 |
| 30. | Blazin' 8 | AgriLife Employee Wellness | 394.29 |
| 31. | Buns on the Run! | CHI St. Joseph Health | 391.53 |
| 32. | Nye's Home Fries | TAMU- Main Campus | 388.73 |
| 33. | Buns on the Run | TAMU- Main Campus | 383.06 |
| 34. | Search Dog Walkers | | 380.87 |
| 35. | Sole Survivors | AgriLife Employee Wellness | 376.45 |
| 36. | Scrambled Legs | | 370.94 |
| 37. | LAAHlygaggers | TAMU- Main Campus | 366.22 |
| 38. | ResLife Walker Texas Rangers | Texas A&M Division of Student Affairs | 362.89 |
| 39. | We Thought They Said 'Rum' | TAMU- Main Campus | 362.75 |
| 40. | RRAAREQers | TAMU- Main Campus | 355.16 |
| 41. | Kiss My Assessment | Texas A&M Division of Student Affairs | 349.84 |
| 42. | Between a Walk and Hard Pace | AgriLife Employee Wellness | 346.03 |

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| 43. | Loch'd, Docked and Ready to Walk | AgriLife Employee Wellness | 339.54 |
| 44. | Michael Scott's MYCON College Station Celebrity Rabies Awareness Fun Run Pro Am | MYCON General Contractors, Inc. | 331.93 |
| 45. | ODSL Reber Fever | Texas A&M Division of Student Affairs | 329.96 |
| 46. | Mays Transformational Walkers | TAMU- Main Campus | 327.18 |
| 47. | Blood, Sweat, & Beers | AgriLife Employee Wellness | 323.81 |
| 48. | Multicultural Services | Texas A&M Division of Student Affairs | 323.81 |
| 49. | The Slackers | TTI | 322.56 |
| 50. | Rice Roadrunners | AgriLife Employee Wellness | 318.87 |
| 51. | WAT! it do Ags | URPN 370 - Health System Planners 2020 | 318.1 |
| 52. | Dumbbells and Donuts | | 317.78 |
| 53. | ODSL The Good Pace | Texas A&M Division of Student Affairs | 317.75 |
| 54. | Sole Sisters | | 317.02 |
| 55. | Tater Trots | Brazos County Employee Teams | 316.29 |
| 56. | Geosciences | | 314.06 |
| 57. | RECORD SETTERS | Texas A&M Division of Student Affairs | 313.57 |
| 58. | JETCOBRA | CHI St. Joseph Health | 312.57 |
| 59. | Not So Fast But Furious | AgriLife Employee Wellness | 312.46 |
| 60. | Walk-er Texas Ranger | CHI St. Joseph Health | 312.46 |
| 61. | DOR FAR and beyond | TAMU- Main Campus | 311.77 |
| 62. | MYtoCONDria – The Powerhouse of Texas | MYCON General Contractors, Inc. | 309.15 |
| 63. | CVM Heart and Sole | TAMU- Main Campus | 306.77 |

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| 64. | Dallas Center Turf Team | AgriLife Employee Wellness | 305.98 |
| 65. | Turn Down for WAT! | Brazos County Employee Teams | 305.54 |
| 66. | DoIT Again | TAMU- Main Campus | 304.06 |
| 67. | OSA Pharmily | TAMU Remote | 303.44 |
| 68. | Rice Racers | AgriLife Employee Wellness | 303.32 |
| 69. | BAEN Movers and Groovers | AgriLife Employee Wellness | 302.93 |
| 70. | Vexed Fossils | AgriLife Employee Wellness | 298.26 |
| 71. | Right TAP Shoe | Hotard Hustlers | 297.1 |
| 72. | Agony of De Feet | | 296.16 |
| 73. | TIGER TRACKS | | 290.18 |
| 74. | PPRI Scrambled legs | TAMU- Main Campus | 288.85 |
| 75. | The Young & The Breathless | | 288.45 |
| 76. | Let's Get Fiscal | Texas A&M Foundation | 288.33 |
| 77. | Walker Texas Rangers | MYCON General Contractors, Inc. | 286.43 |
| 78. | Take a Hike | CHI St. Joseph Health | 286.35 |
| 79. | Quads of Fury | TAMU- Main Campus | 281.48 |
| 80. | Walkin' on Sunshine | TTI | 281 |
| 81. | She's Got Legs | | 280.64 |
| 82. | Fit For Duty | TAMU- Main Campus | 279.3 |
| 83. | Tai Chi Wonders 2 | CHI St. Joseph Health | 275.07 |
| 84. | CommqWATs | TAMU- Main Campus | 270.06 |
| 85. | Bright On Track | TAMU- Main Campus | 268.02 |
| 86. | WAT Runners! | URPN 370 - Health System Planners 2020 | 264.11 |
| 87. | RegiSTRIDES Student Services Stompers | TAMU- Main Campus | 263.88 |

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| 88. | RegiSTRIDES The Young and the Breathless | TAMU- Main Campus | 263.63 |
| 89. | Show Time | AgriLife Employee Wellness | 263.2 |
| 90. | Mind over Miles | AgriLife Employee Wellness | 262.31 |
| 91. | Tyrannosaurus Rec | Texas A&M Division of Student Affairs | 257.7 |
| 92. | Not Fast, Just Furious | TAMU- Main Campus | 257.53 |
| 93. | DOR We thought they said Rum | TAMU- Main Campus | 254.28 |
| 94. | RegiSTRIDES With Cherrys on Top | TAMU- Main Campus | 252.2 |
| 95. | Better Living for Texans | AgriLife Employee Wellness | 250.36 |
| 96. | Run Like the Winded | URPN 370 - Health System Planners 2020 | 250.35 |
| 97. | Kickin' Asphalt | TAMU- Main Campus | 248.59 |
| 98. | Legs Miserables | TAMU- Main Campus | 246.75 |
| 99. | If You Wink at Me I'll Wenckebach | CHI St. Joseph Health | 246.03 |
| 100. | Bookin' It! | TAMU- Main Campus | 243.97 |
| 101. | Sole Beneficiaries | Texas A&M University System Offices | 242.66 |
| 102. | We Thought They Said Rum | TAMU- Main Campus | 240.06 |
| 103. | Walking With Auditude | Texas A&M University System Offices | 239.9 |
| 104. | IBT Roadrunners | TAMU Remote | 237.52 |
| 105. | Walking Warriors | | 237.39 |
| 106. | MiSsIng Space CADets | | 237.1 |
| 107. | WIC Bandits 4 Boobies | BVCOG | 236.93 |
| 108. | RegiSTRIDES Run Like the Winded | TAMU- Main Campus | 235.43 |
| 109. | Left TAP Shoe | Hotard Hustlers | 234.52 |
| 110. | WALK IT LIKE IT'S HOT | TTI | 234.26 |
| 111. | Red Hot Chili Steppers | Texas A&M Division of Student Affairs | 230.33 |

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| 112. | aMAYSing Steppers | TAMU- Main Campus | 226.83 |
| 113. | Holy Walkamolies | TAMU- Main Campus | 226.47 |
| 114. | Team Bonus Points | URPN 370 - Health System Planners 2020 | 225.32 |
| 115. | StuAct Walkie Talkies | Texas A&M Division of Student Affairs | 225.03 |
| 116. | WAT! IN TARNATION | URPN 370 - Health System Planners 2020 | 224.89 |
| 117. | Walk it Out | CHI St. Joseph Health | 224.7 |
| 118. | 16 Feet With Sole | TAMU- Main Campus | 223.05 |
| 119. | Brazos Walking Warriors | Brazos County Employee Teams | 220.39 |
| 120. | Walk-A-Mole | CHI St. Joseph Health | 218.56 |
| 121. | EAST Steppers | TAMU- Main Campus | 217.35 |
| 122. | Corner Coasters | | 214.78 |
| 123. | Red Hot Chili Steppers | Texas A&M Foundation | 214.59 |
| 124. | One More Lap | Brazos County Employee Teams | 214.1 |
| 125. | shake and bake | URPN 370 - Health System Planners 2020 | 211.74 |
| 126. | RegiSTRIDES Burning Thighs | TAMU- Main Campus | 210.97 |
| 127. | Rice Rice Baby | AgriLife Employee Wellness | 210.9 |
| 128. | The WATchmen | URPN 370 - Health System Planners 2020 | 210.67 |
| 129. | Cirque Du Sore-Legs | TAMU- Main Campus | 203.63 |
| 130. | These Glutes are made for Walkin' | TTI | 202.47 |
| 131. | Are We There Yet...duh? | AgriLife Employee Wellness | 201.34 |
| 132. | If the Shoe Doesn't Fit, We Must Quit | Texas A&M University System Offices | 201.15 |

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| 133. | All EAHR's 2020 | TAMU- Main Campus | 198.24 |
| 134. | Blister Sisters & Misters | Texas A&M Foundation | 197.74 |
| 135. | WIC Wellness Revolutionaires | BVCOG | 196.12 |
| 136. | Administeppers | TAMU- Main Campus | 196.05 |
| 137. | Walkin' till the Cows Come Home | AgriLife Employee Wellness | 195.31 |
| 138. | RegiSTRIDES The Proclaimers | TAMU- Main Campus | 194.13 |
| 139. | AggiesWalkingAcrossTexas | URPN 370 - Health System Planners 2020 | 193.63 |
| 140. | DOR we there yet? | TAMU- Main Campus | 192.65 |
| 141. | Ben E. Fits Off His Rockers | AgriLife Employee Wellness | 192.22 |
| 142. | DORitos Locos | TAMU- Main Campus | 191.36 |
| 143. | DOR Dashing Divas | TAMU- Main Campus | 191.26 |
| 144. | The Young and the Rest of Us | BVCOG | 191.19 |
| 145. | WTF (Where's the Finish) | | 188.68 |
| 146. | X | BVCOG | 188.66 |
| 147. | Twinkle Toes | AgriLife Employee Wellness | 188.43 |
| 148. | Walking Wonders | TAMU- Main Campus | 188.35 |
| 149. | PPRI-Chafing the Dream | TAMU- Main Campus | 186.17 |
| 150. | RHACOMMadores | TAMU- Main Campus | 185.75 |
| 151. | Vampires on the Run | Texas A&M Division of Student Affairs | 183.42 |
| 152. | Money Walks | Texas A&M Foundation | 182.17 |
| 153. | Between A Walk and A Hard Place | CHI St. Joseph Health | 181.1 |
| 154. | The Untouchables | Bryan ISD Technology | 180.19 |
| 155. | Not Fast, Just Furious | Texas A&M Division of Student Affairs | 178.04 |
| 156. | Hearts & Soles | TAMU- Main Campus | 177.98 |

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| 157. | Holy Walkamolies | BVCOG | 177.93 |
| 158. | Naptime at the Finish Line | TAMU- Main Campus | 177.19 |
| 159. | RegiSTRIDES Degree Jog-it | TAMU- Main Campus | 173.01 |
| 160. | Are we there yet? | TAMU- Main Campus | 170.13 |
| 161. | The Motley Crew | Texas A&M University System Offices | 166.95 |
| 162. | CONTinual Motion | | 165.39 |
| 163. | Walkie Talkies | Brazos County Employee Teams | 165.3 |
| 164. | 3rd floor annexers | TAMU- Main Campus | 163.1 |
| 165. | Maroon03 | TAMU- Main Campus | 162.65 |
| 166. | Witness the Fitness | AgriLife Employee Wellness | 162.36 |
| 167. | Spevtaculars | TAMU- Main Campus | 159.49 |
| 168. | Poultry Science | AgriLife Employee Wellness | 158 |
| 169. | WATs UP | URPN 370 - Health System Planners 2020 | 157.02 |
| 170. | Double the Fun Strollers | | 156.27 |
| 171. | Tai Chi Wonders 1 | CHI St. Joseph Health | 154.7 |
| 172. | Oak Wilt Annihilators | AgriLife Employee Wellness | 154.04 |
| 173. | 7 Groovy Chicks & An Old Dude | BVCOG | 152.76 |
| 174. | SowBloomGrow | AgriLife Employee Wellness | 151.41 |
| 175. | Miracle | AgriLife Employee Wellness | 149.85 |
| 176. | Neville's Lo ngbottoms | TAMU- Main Campus | 147.19 |
| 177. | Wii Not Fit | URPN 370 - Health System Planners 2020 | 145.71 |
| 178. | See ya later, aggregator | Texas A&M University System Offices | 145.02 |

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| 179. | Francis Hall Highsteppers | TAMU- Main Campus | 141.5 |
| 180. | DOR R.eally E.nthused B.ut S.hort of breath | TAMU- Main Campus | 139.77 |
| 181. | Gone With the Win | Brazos County Employee Teams | 138.9 |
| 182. | Rapid Thigh Movement (RTM) | 138.37 | |
| 183. | NoneOfUsAreTexansExceptForCrashAndAllison | TAMU- Main Campus | 137.68 |
| 184. | Between a Walk and a Hard Place! | Texas A&M Division of Student Affairs | 137.68 |
| 185. | Gel Runners | AgriLife Employee Wellness | 135.78 |
| 186. | Walk Across KBTexas | | 135.76 |
| 187. | We've got Sole | Texas A&M Division of Student Affairs | 133.71 |
| 188. | The Walking Bad | TAMU- Main Campus | 130.62 |
| 189. | GIFT WATaTeam | AgriLife Employee Wellness | 130.52 |
| 190. | Recreational Hazards | | 129.31 |
| 191. | DOR Student Athletes | TAMU- Main Campus | 128.4 |
| 192. | The Young and the Breathless | Texas A&M Division of Student Affairs | 127.71 |
| 193. | TPDDL Plant Detectives | AgriLife Employee Wellness | 125.29 |
| 194. | WAT Pacers | URPN 370 - Health System Planners 2020 | 123.71 |
| 195. | TAMU-GRADS | | 123.34 |
| 196. | Thought you said 'Extra fries not exercise' | TAMU- Main Campus | 122.73 |
| 197. | Inspired, but Tired | Texas A&M Foundation | 119.75 |
| 198. | TNT Blast | Bryan ISD Technology | 119.51 |
| 199. | Old Town Road Walkers | TAMU- Main Campus | 119.24 |
| 200. | Reading Ramblers | Bryan ISD Technology | 118.51 |
| 201. | Walkers without Borders | | 117.25 |

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| 202. | DOR - Chasing Pavements | TAMU- Main Campus | 117.22 |
| 203. | Texas RoadRunners | Bryan ISD Technology | 114.02 |
| 204. | TAMU MUP 2020 | | 109.77 |
| 205. | Rise of the LIBR Skywalkers | TAMU- Main Campus | 109.02 |
| 206. | ORECKing Crew | TAMU- Main Campus | 108.35 |
| 207. | Yeehawlin' Buns | AgriLife Employee Wellness | 106.2 |
| 208. | Holy Walkamolies | TAMU- Main Campus | 106.17 |
| 209. | Sea Legs for Days | TAMU- Main Campus | 102.53 |
| 210. | IBT - Not Fast, Just Furious | TAMU Remote | 97.7 |
| 211. | Lazy Lobsters | TAMU- Main Campus | 91.43 |
| 212. | Freud Would've Ubered | TAMU- Main Campus | 84.07 |
| 213. | Chicks with Kicks | BVCOG | 82 |
| 214. | Numb Locks (DoIT) | TAMU- Main Campus | 81.83 |
| 215. | Red Hot Chili Steppers | TAMU- Main Campus | 79.95 |
| 216. | Steppin' Out | BVCOG | 76.88 |
| 217. | Running Hot! | TTI | 71.64 |
| 218. | GOGAPS | TAMU- Main Campus | 65.12 |
| 219. | The HROE Stompers | TAMU- Main Campus | 61.9 |
| 220. | CCU Nightwalkers | CHI St. Joseph Health | 61.45 |
| 221. | Research that Moves | TAMU- Main Campus | 59.43 |
| 222. | DOR Step Happy | TAMU- Main Campus | 52.4 |
| 223. | Awesome Screening Squad | TAMU Remote | 50.9 |
| 224. | Texas Two Steppers | TAMU- Main Campus | 50 |
| 225. | All Alone | TTI | 44.95 |
| 226. | Running from Chemistry | | 43.73 |
| 227. | TVMDL Client Servies | AgriLife Employee Wellness | 42.9 |
| 228. | Madisonville | BVCOG | 41.07 |

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| 229. | The Number Juan's | Alyssa's Learning Community | 38.91 |
| 230. | DOR RAcers | TAMU- Main Campus | 33.46 |
| 231. | Gotta Love Benefits | TAMU- Main Campus | 33.27 |
| 232. | Honey Bees | BVCOG | 29.75 |
| 233. | 5 Sisters and a Mister | AgriLife Employee Wellness | 28.82 |
| 234. | Techno Speed Walkers | Bryan ISD Technology | 24.52 |
| 235. | Twinkle Toes | Alyssa's Learning Community | 17 |
| 236. | Walking on Air | CHI St. Joseph Health | 16 |
| 237. | CSTR Team 1 | | 13.5 |
| 238. | TEAM BIMS | TAMU- Main Campus | 11.89 |
| 239. | The Good Ags | TAMU- Main Campus | 7.05 |
| 240. | Fantastic8 | BVCOG | 7 |
| 241. | Twinkle Toes | Alyssa's Learning Community | 5 |
| 242. | TheLunchClub | Alyssa's Learning Community | 3 |
| | | | 57331.95 |

Happy trails!

<https://www.facebook.com/walk.across.texas.bv/>

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