To assess motility, we performed a growth assay in low agar BHIS (250mL dH2O, 9.25g BHI Media, 1.25g Agar, 2.5mL cysteine solution (1g cysteine in 10mL dH2O), 50µl 2,3,5-triphenyltetrazolium chloride (TTC) dye solution (1g TTC in 20ml PBS)). 8ml of BHIS was aliquoted into 14ml conical and allowed to cool to room temperature and solidify. Conicals were cycled into anaerobic chamber (Coy) 18 hours prior to the experiment. Caps on tubes were left loose to allow for equilibration to the anaerobic environment and to release excess oxygen that may impact strain growth. Glycerol stocks of *E. rectale* strains were cycled into the anerobic chamber; media was inoculated with strains in duplicate by inserting a 1µl inoculation loop down the center of the media and placed in a 37° incubator in the anaerobic chamber. Motility is measured as the diameter of growth away from the centerline after 24 hours incubation.