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Wellness Program - Take a Hike

Join the Employee Wellness Team as we "hike" The Great Wall of China as part of our Spring 2014 Employee Walking Challenge. Each team will record its steps to see how far it travels along the 5,500 miles. Accumulate steps by walking, running, swimming, dancing, or whatever exercise you prefer. This 10-week challenge will begin on February 17 and continue to April 27, 2013.

Register your team by emailing human.resources@millersville.edu with your Team Name, Captain's Email Address, and a list of Team Members (maximum of 12 members). If you need a team, we will find you one.

Healthy U participants will earn 25 points.

Fitness Tips:

- Listening to music while exercising will help you maintain a faster tempo.
- Hydrating before, during, and after your workout is key to the recovery process. The better your hydration level is the more stamina you will have during your workout and the better you will feel tomorrow.
- When warming up, it is better to do dynamic stretches at the beginning of your workout (jumping jacks, lunges, shoulder circles, jogging in place, etc.) and follow with static stretches (holding a stretch for a long period of time) at the end of your workout.

Team Mileage Pages

- [Example Team](#)
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Previous Years

- [Spring 2013](#)
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Team Bursarettes

Team Captain: Pauline Diaz

If there are any issues with tracking your mileage please contact your captain.

Team Members	2/18-2/24	2/25-3/3	3/4-3/10	3/11-3/17	3/18-3/24	3/25-3/31	4/1-4/7	4/8-4/14	4/15-4/21	4/22-4/29
Kim Bennett	30	28.5	35	58.5	41.5	41.5	38	48	50.5	44.5
Doris Conlin	31.75	30	35	37.75	36.25	36.5	32.5	29.75	30	29.25

Richard Glenn	61	62	69	64	62	60	61	70	65	63
Adam Lawrence	24	30	29	23	28	33	30	31	34	34
Lynn Marquez	15	17	15	17	15	17	15	15	17	15
David Owen	22	26	22	22	30	31	30	31	31	32
Joe Revelt	48	39	38	38	38	38	38	28	38	41
Todd Sikora	24	33	40	40	40	43	43	43	30	40
John Wallace	127	45	42	41	40	43	41	42	43	40
Andy Young	129	23	32	31	134	18	26	35	33	33
Eric Blazer, Captain	150	64	60	63	177	58	66	59	69	58

Mileage Conversion

Team Dining

Team Captain: Pat Benson

If there are any issues with tracking your mileage please contact your captain.

Team Members	2/18-2/24	2/25-3/3	3/4-3/10	3/11-3/17	3/18-3/24	3/25-3/31	4/1-4/7	4/8-4/14	4/15-4/21	4/22-4/29
Aaron Rohrer	30	30	32	30	30	38	44	32	31	38
Cheryl Callahan	25	25	30	25	20	12	15	10	15	18
Kathy Duffey	10	10	10	10	10	10	10	10	10	10
Judy Graham	12	15	14	12	10	14	16	15	12	17
Stephanie Greineder	22	33	39	35	30	25	35	25	30	25
Bernell Harnish	20	25	25	23	25	20	20	25	28	30
Gerry Shehan	10	10	10	10	10	10	10	10	10	10
Karen Swope	24	30	32	30	35	30	32	35	30	28
Pat Benson, Captain	22	19	27	28	23	28	27	22	27	29

Mileage Conversion

Team Duncan

Team Captain: Janet Kacskos

If there are any issues with tracking your mileage please contact your captain.

Team Members	2/18-2/24	2/25-3/3	3/4-3/10	3/11-3/17	3/18-3/24	3/25-3/31	4/1-4/7	4/8-4/14	4/15-4/21	4/22-4/29
Ruth Blake	30	38	42	42	48	45	46	48	48	46
Mary Brandt	30	28	35	35	34	30	35	25	34	34

Steve DiGuseppe	5	6	6	6	6	6	6	6	7	7
Derek Hoffman	28	26	28	29	30	30	35	45	42	48
Lucie Lehr	22.5	22.5	28.5	22.5	22.5	22.5	19	19.5	16.5	25.5
Martha MacAdam	10	17	15	20.5	26.1	20.7	8	4	4	1
Lorie Mahoney	21	12	15	15	17	19	18	14	15	17
Alice McMurry	12.3	9.8	14.6	18.4	17.4	15.3	22.3	28.6	19.2	28
Carol Reichler	7	8	7	6	5	6	7	5	6	15
Francis Schodowski	22	32	23	21	24	23	30	32	34	31
Denise Weidman	11	7	7	9	4	5	7	7	7	7
Janet Kacsos, Captain	28	34	34	34	36	25	26	35	35	30

Mileage Conversion

Team Emma's Friends in BEC

Team Captain: Donna Geib

If there are any issues with tracking your mileage please contact your captain.

Team Members	2/18-2/24	2/25-3/3	3/4-3/10	3/11-3/17	3/18-3/24	3/25-3/31	4/1-4/7	4/8-4/14	4/15-4/21	4/22-4/29
John Anderson			26.5	24.5	22.5					
Vivien Anderson										
Gloria Dao			11.5	13.5	12.0	12.0	12.25	15.5	15.25	12.5
Nancy Korycinski		7.0	10.0	13.0						
Jim McCollum	24.0	14.0	17.0	16.0	16.0	20.0	21.0	18.	17.	
Marie Zufelt			9.0	20.0						
Donna Geib, Captain		12.0	10.0	10.0	10.0	10.0	25.0	10.	12.25	12.0

Mileage Conversion

Team Finance & Administration

Team Captain: Anne Stehman

If there are any issues with tracking your mileage please contact your captain.

Team Members	2/18-2/24	2/25-3/3	3/4-3/10	3/11-3/17	3/18-3/24	3/25-3/31	4/1-4/7	4/8-4/14	4/15-4/21	4/22-4/29
Tammy Aument-Martin	14.92	14.81	14.87	15.81	16.42	15.32	17.18	16.77	16.15	34.30
Roger Bruszewski	5.5	26.20	4.94	3.95	3.43	4.94	4.94	4.44	5.07	4.67
Theresa DiPaula	6.5	6.5	6.5	8.5	6.0	8.0	10.00	10.00	10.50	16.50
Joan Eby	8.0	8.5	8.5	9.0	9.0	9.5	8.0	8.0	8.0	7.0
Amanda Flurry	17.4	22.3	21.7	27.84	27.7	27.9	28.60	23.10	28.60	37.10
Jennifer Mariacher	4.0	20.0	33.93	21.5	25.5	30.43	30.43	25.86	31.86	35.42
Ginny Massey	18.79	23.68	26.35	27.0	28.62	17.89	26.22	30.4	25.43	58.87
Debee Ordway	13.7	14.7	14.0	14.4	12.6	11.0	14.10	15.40	11.50	14.30
Lucy Santana	4.17	6.51	6.97	7.25	6.5	9.5	9.5	8.33	7.25	8.62
Johanne Shutter	0.0	0.0	4.33	8.67	0.0	0.0	0.0	0.0	0.0	0.0
Anne Stehman, Captain	25.67	28.0	24.5	29.0	24.1	24.1	28.78	19.35	22.54	31.86

[Mileage Conversion](#)

Team HARP Pandamonium

Team Captain: Marilyn Cogansparger

If there are any issues with tracking your mileage please contact your captain.

Team Members	2/18-2/24	2/25-3/3	3/4-3/10	3/11-3/17	3/18-3/24	3/25-3/31	4/1-4/7	4/8-4/14	4/15-4/21	4/22-4/29
Lori Austin	23.4	21.6	19.8	17.6	25.72	26.15	22.5	22.13	27.54	51.31
Chipp Beasley	22	17	25	27	30	43	29	37	31	49
Vickie Blackston	20.5	15	15	17.5	18.5	21.4	21	21	19.35	42.86
Jordan Drolet	19	15	23.5	14	16	14	20	30	25	52
Kathy Jones	20	19	39.7	22.2						
Sharon Knerr	14.45	12.43	17.37	4	5	3.9	5	6	5	
TyAnne Martz	31.0	37.21	14.72	19.2	17.4	26.3	27.13	24.7	30.82	51.96
Jason Richardson	52.54	73	63.7	34.5	65.76	13.4	43.4	41.35	34.1	77.79
Tom Richardson	19	22	20	18	25	24	27.5	31	28.5	53
Matt Rutkoski	36.75	40.24	42.65	45.27	56.58	44.21	50.34	58.49	67.02	97.11
Aly Sehl	41.27	28.32	24.72	39.24	62.04	55.02	61.55	48.86	64.09	82.23
Marilyn Cogansparger, Captain	33	59.89	43.4	50.3	54.6	50.46	45.15	48	54	84.15

[Mileage Conversion](#)

Team Health Services

Team Captain: Gail Treires

If there are any issues with tracking your mileage please contact your captain.

Team Members	2/18-2/24	2/25-3/3	3/4-3/10	3/11-3/17	3/18-3/24	3/25-3/31	4/1-4/7	4/8-4/14	4/15-4/21	4/22-4/29
Doris Morrison	18	18	20	20	20	20	20	20	20	20
Susan Northwall	7	7	7	7	7	7	7	7	7	7
Joanne Ocasio	14	15	20	15	20	12	15	15	15	15
Chris Rooney	18.5	17.5	24	15.75	18.5	19.5	18.5	18.90	21.5	21.75
Dawn Smith	13.5	7	20	19	26.75	27	13.5	5	14	7
Linda Wenzel	14	7	13	14	14	14	7	7	14	7
Gail Treires, Captain	7	18	14	14	17	14	21	21	21	21
Tracy Kirchner	20	21	19	20	27	9.5	16	27	21	21

Mileage Conversion

Team Human Racers

Team Captain: Sylvia Lepore

If there are any issues with tracking your mileage please contact your captain.

Team Members	2/18-2/24	2/25-3/3	3/4-3/10	3/11-3/17	3/18-3/24	3/25-3/31	4/1-4/7	4/8-4/14	4/15-4/21	4/22-4/29
Charmayne Brubaker	18.45	19.45	19.37	25.32	24.5	16.03	24.4	25.2	28	27.5
Ken DeLucca	10.5	9.5	9	7	15		8.5	6.5	7.5	7.5
Melanie DeSantis										
Mimi Durenberger	28	26	24.5	27.5	24		29	26	28	21
Jill Glick	19	25	23	30	23	27	20	23	19	37
John Johnson	20.749	19.64	25.77	28.04	33	25.5	34.2	28	26.3	34.1
Lisa Olander	25	17	24	25	23	20	12	10	10	6
Jeanie Pflugrad	45.03	45.01	46	45.10	45.26	45.60	45.34	40.42	40.83	41.93
Lori Rodriguez	21	17	23	22	24.5	18.5	20	23	19.5	37
Nikki Rohrback	25	47	45	50	55		50	45	45	55
Lyn Troyer	18	18	21	21	25	26	27	30	21	21
Sylvia Lepore, Captain	10	15	20	10	10	10	10	10	10	10

Mileage Conversion

Team In It to Win It

Team Captain: Gladys LaPorte Rodriguez

If there are any issues with tracking your mileage please contact your captain.

Team Members	2/18-2/24	2/25-3/3	3/4-3/10	3/11-3/17	3/18-3/24	3/25-3/31	4/1-4/7	4/8-4/14	4/15-4/21	4/22-4/29
Debbie Lutz	35.45	25.08	29.27	25.32	26.09	13.74	18.41	29.42	28.05	14.74
Cristina Maymi	49.00	20.00	13.00	20.00	34.00	42.00	52.00	28.00	32.00	41.00
Dena McEwan	21.50	25.00	18.00	23.00	48.50	33.00	28.00	23.25	26.00	33.00
Joyce McEwan-Whitehead	42.33	43.88	40.20	38.86	38.17	37.60	40.20	46.40	40.24	62.00
Jean Rineer	31.82	38.67	27.00	29.50	30.00	20.00	16.94	32.38	24.43	13.47
Miriam Santos		14.45	23.96	21.77	18.91	22.50	23.89	25.03	26.30	34.51
Marilyn Sims	32.30	23.25	25.50	31.50	28.20	28.20	40.50	27.70	37.60	37.80
Anna Stauffer	51.00	39.00	33.75	35.50	35.10	35.00	31.70	40.75	38.20	51.6
Ruth Virmani	23.00	23.00	22.00	22.00	25.00	25.00	25.00	33.00	35.00	35.00
Gladys LaPorte Rodriguez	45.98	38.00	30.94	31.78	14.69	30.79	45.52	43.18	40.01	62.90

Mileage Conversion

Team IT Trekker

Team Captain: Veronica Longenecker

If there are any issues with tracking your mileage please contact your captain.

Team Members	2/18-2/24	2/25-3/3	3/4-3/10	3/11-3/17	3/18-3/24	3/25-3/31	4/1-4/7	4/8-4/14	4/15-4/21	4/22-4/29
Stacey Conrad		1	17.1	16.5	20.6	14.2	21	26.1	20.1	12
Karen Davis	11.5	10	15.5	20	10	7.5	7	3.5	8.5	7
Mike Dulay	3	5	18	15	5	15	52	14	15	9
Mark Mullen	4.5	6.5	4.25			2.5		7.5	3	21
Ken Peters	25	27.5	67	76.25	80	66.85	74.25	67.25	78.5	85
Judy Swanger	3	5	6	3	4	6	8	8	8	8
Barry Walton	2	5	5.5	7	3	4	5	13	19.5	13
Veronica Longenecker, Captain	12	10.5	11	9.25	13	8.75	15	15	16	12

Mileage Conversion

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Mileage Conversion

Team Mathematics

4

Team Captain: Delray Schultz

If there are any issues with tracking your mileage please contact your captain.

Team Members	Week 1 2/17-2/23	Week 2 2/24-3/2	Week 3 3/3-3/9	Week 4 3/10-3/16	Week 5 3/17-3/23	Week 6 3/24-3/30	Week 7 3/31-4/6	Week 8 4/7-4/13	Week 9 4/14-4/20	Week 10 4/21-4/27
Bob Buchanan	10	21.1	32.6	36.5	36.1	30.7	34.3	39.6	38.6	37.5
Antonia Cardwell	8	9	16	10	10	11	10	11	12	15
Ximena Catepillan	7	8	4	8	7	8	15	12	14	13
Noel Heitmann	25	31	48	46	27	47	38	64	55	64
Erin Moss	12.5	7	8	8	8	8	13	15	12	11
Kevin Robinson	10	10	15	18	21	15	20	20	22	25
Cathy Schultz	14	12	16	20	19	21	18	21	20	21
Zhoude Shao	38	42	32	35	38	29	31	30	31	35
Cynthia Taylor	44	43	38	46	46	40	51	40	45	47
Ron Umble	35	35	18	15	15	14	18	15	15	14
Tyrone Washington	11.5	11.5	13	15	15	15	10	20	25	19
Delray Schultz, Captain	24	22	19	29	27	25	28	29	24	21

Mileage Conversion

Team No Pressure

Team Captain: Allison Yarrow

If there are any issues with tracking your mileage please contact your captain.

Team Members	2/18-2/24	2/25-3/3	3/4-3/10	3/11-3/17	3/18-3/24	3/25-3/31	4/1-4/7	4/8-4/14	4/15-4/21	4/22-4/29
Michele Bote	36	9	6	16	4	17.5	79	25	158	45
Sara Burcin	165.4	74	86.5	113	59	70	71	94	79	74
Meg Hull Burg	111	111	111	111	111	91	96	77	83	83
Sara Habecker	21	24	30	26	24	28	28	27	20	21
Amanda Howard	72	63	66	82	69	89	82	93	68	82
Megan Jones	54.35	56	51.3	74	34.2	51.7	34	104	21.75	54.5
Lina Ospina	8.25	5.75	8	4.5	3.5	0	4	3.5	0	4

Beth Peirson	23	22	25	24	23	19	18	20	24	27
Jayne Trogus	10	12	16	11	18	14	13	12	14	16
Nereida Velez-Forgrave										
Ron Wiafe	8	13.5	17	17	16	15	18	19	20	20
Allison Yarrow, Captain	36	78	79	84	104	139	82	141	140	81

Mileage Conversion

Team Palmer Peeps

Team Captain: Mindy Lefever

If there are any issues with tracking your mileage please contact your captain.

Team Members	2/18-2/24	2/25-3/3	3/4-3/10	3/11-3/17	3/18-3/24	3/25-3/31	4/1-4/7	4/8-4/14	4/15-4/21	4/22-4/29
Ken Brent	18.54	19.55	25.47	18.07	25.75	18.94	26.02	26.91	22.01	19.28
Vivian Brent	35.59	36.86	34.44	36.60	31.18	40.54	34.26	36.98	36.34	33.73
Jim Deisley	20.55									
Bill Good										
Steve Strock										
Tom Waltz										
Mindy Lefever, Captain										

Mileage Conversion

Team Psychopaths

300

Team Captain: Rita Smith-Wade-EI

If there are any issues with tracking your mileage please contact your captain.

Team Members	2/18-2/24	2/25-3/3	3/4-3/10	3/11-3/17	3/18-3/24	3/25-3/31	4/1-4/7	4/8-4/14	4/15-4/21	4/22-4/29
Kelly Banna	34.9	42.9	41.7	41.9	37.7	25.9	33.6	35.9	39.6	39.2
Fred Foster-Clark	12	12	14	11	17	14	11	18	15	15.5
Shawn Gallagher	15	15	15	16	16	16	15	18	14	16
Nadine Garner	15	15	15	15	15	15	15	15	15	15
Claudia Haferkamp	3	25	12	7	7	10	14	14	13	14

Amelia Lopez	20	25	25	25	20	25	20	20	25	26
Elizabeth Thyrum	22	23	25	24	21	24	24	24	25	27
Debra Vredenburg	18.5	15	18	12	10	10	18	16	10	12
Tae Woo	2	0	0	3	10	3	7	7	11	12
Rita Smith-Wade-EI, Captain	30	30	30	30	30	30	30	30	30	30

Mileage Conversion

Team Scimatrek

Team Captain: David Hutchens

If there are any issues with tracking your mileage please contact your captain.

Team Members	2/17-2/23	2/24-3/2	3/3-3/9	3/10-3/16	3/17-3/23	3/24-3/30	3/31-4/6	4/7-4/13	4/14-4/20	4/21-4/27	4/28-5/1
Jean Boal	30.87	32.00	51.10	28.20	18.20	23.40	32.50	24.80	31.70	30.80	14.20
Eilena Brittain	5.00	9.00	12.25	11.50	7.50	8.75	7.75	11.09	8.50	8.50	3.50
Carol Hepfer	60.40	59.26	63.14	69.90	62.76	67.91	59.32	64.61	53.52	66.11	38.72
Beth Katz	41.54	34.74	47.52	43.97	52.45	42.22	44.96	44.03	42.12	53.59	19.37
Timothy Ladd	14.98	16.50	11.00	24.55	12.50	29.55	25.26	25.79	26.70	27.50	20.00
Brigitte Murillo	44.33	45.04	35.49	40.40	33.36	32.55	39.12	38.40	42.59	37.98	25.44
Joel Piperberg	67.40	88.50	94.20	97.90	101.10	105.94	106.81	104.83	106.31	113.35	73.11
Beth Roberts	59.04	58.82	63.10	49.50	54.80	39.50	55.10	47.62	36.88	55.23	25.00
Susan Thomas	19.00	22.00	24.40	27.60	23.05	25.30	32.70	32.90	23.80	40.60	16.00
Ryan Wagner	31.20	36.30	33.50	40.40	48.00	40.10	42.70	37.00	48.40	45.30	27.50
David Hutchens, Captain	76.33	83.87	96.24	84.42	111.82	87.07	81.67	91.45	82.30	100.61	58.28

Mileage Conversion

Team These Boots are Made for Walking

Team Captain: Kim Mahaffy

If there are any issues with tracking your mileage please contact your captain.

Team Members	2/18-2/24	2/25-3/3	3/4-3/10	3/11-3/17	3/18-3/24	3/25-3/31	4/1-4/7	4/8-4/14	4/15-4/21	4/22-4/29
Barb Dills	8	8	8	8	8	0	0	0	0	0
Mary Glazier	25.6	27.5	26.2	24.3	19.8	25	26.3	29.7	39.1	11.1
Frederika Schmitt	36	39	27	30	31					41
Carrie Smith	16	18	16							
Kim Mahaffy, Captain	12.5	14.3	24.6	8	6	13	19	14	16.5	19

Lily Leon-Vicks	32	28.6	33.6	23.6	22.9	15	12	0	106	45

Mileage Conversion

Team Walkie Talkies

Team Captain: Regina Goss

If there are any issues with tracking your mileage please contact your captain.

Team Members	2/18-2/24	2/25-3/3	3/4-3/10	3/11-3/17	3/18-3/24	3/25-3/31	4/1-4/7	4/8-4/14	4/15-4/21	4/22-4/29
Doyin Coker-Kolo	10	13	15	18	23.5	14	20.5	24.5	25.5	26
Barb Havercamp	10	12	12	16	16.5	18	18	16	17	24
Marcia Nell	12	15	10	10	11	11	8	13	10	14
Richard Mehrenberg	9	4	9	16	18	14	20	18	22	24
Trish McEvoy	9	10	12	11	13	10	9	10	11	13
Lillie West	10	18	12	15	12	5	14	17.22	26.3	15
Regina Goss, Captain	10	12	13	17	14	15	19	22	23	25

Mileage Conversion

Team We Got the Runs

Team Captain: Kathy Giorgio

If there are any issues with tracking your mileage please contact your captain.

Team Members	2/18-2/24	2/25-3/3	3/4-3/10	3/11-3/17	3/18-3/24	3/25-3/31	4/1-4/7	4/8-4/14	4/15-4/21	4/22-4/29
Tish Brian	35.0	36.14	26	47.30	38.20	37.24	34.50	36	40.75	40.25
Victoria Fry	7.35	30.69	41.27	44.25	42.72	35.47	50.21	40.11	51.14	46.53
Audrey Herr	24.92	30.25	29	30.43	32.55	31.50	31.25	30.87	32.50	32.75
Adam Hoke	17.66	16.33	16.37	13.78	13.46	17.75	24.03	26.55	26.22	27.08
Kay Keen	26.75	22.60	19.20	20.00	24.40	20.80	15.70	17.40	18.80	22.20
Parth Patel	37.76	35.23	33.54	34.36	39.37	32.22	34.26	36.05	51.87	56.17

Sharon Price	56.51	52.23	53.04	56.03	54.26	49.52	45.10	51.60	49.20	44.30
Kristyne Schonhaut	29.6	36.20	39.70	28.30	19.20	18.60	19.90	21.40	22.60	26.50
Bob Sempsey	21.78	20.68	22.56	19.26	13.70	22.26	17.50	18.25	21.20	28.90
Kathie Giorgio, Captain	36.17	54.45	54.05	55.10	40.09	41.70	42.03	47.84	31.60	37.80

Mileage Conversion

Team WSSD

Team Captain: Julie Lombardi

If there are any issues with tracking your mileage please contact your captain.

Team Members	2/18-2/24	2/25-3/3	3/4-3/10	3/11-3/17	3/18-3/24	3/25-3/31	4/1-4/7	4/8-4/14	4/15-4/21	4/22-4/29
Lou Cesarone	16	10	12	14	12	12	13	11	14	12
Jim Crivaro	10	8	18	10	0	5	25	24	24	54
Mandi Dupain	60	60	60	60	60	60	60	60	60	60
Hadi Halawa	26	28	29	29	34	28	35	32	32	34
Terri Hollister	8	10	10	10	11	9	10	11	11	11
Dan Keefer	25	24	27	27	35	30	31	37	40	65
Becky Mowrey	24	23	23	21	26	21	19	22	24	19
Gordon Nesbitt	24	24	27	24	24	24	26	24	24	16
Chip Schaeffer	12	13	17	16	24	8	10	21	21	27
Jeff Wimer	14.75	15.75	20.25	16.5	8	19.75	26	20.5	27	29.25
Ying Wushanley	18	20	28	20	20	24	24	24	32	44
Julie Lombardi	25	25	25	25	25	25	25	25	25	45

Mileage Conversion