
















1. Home	2
1.1 Employee Wellness Competitions	2
1.1.1 Wellness Program - Take a Hike	2
1.1.1.1 Mileage Conversion	4
1.1.1.2 Team Accounting 4 Our Steps	4
1.1.1.3 Team Bit By Bit	5
1.1.1.4 Team Bursarettes	5
1.1.1.5 Team CPR - Couch Potatoes Reunite	5
1.1.1.6 Team Culture Club	5
1.1.1.7 Team Dollars & Sense	6
1.1.1.8 Team Duncan Dynamos	6
1.1.1.9 Team EDFN Stairmasters	6
1.1.1.10 Team Emma's Friends in BEC	6
1.1.1.11 Team Example	7
1.1.1.12 Team Harp Haulers	7
1.1.1.13 Team Healthy Witmer Girls	7
1.1.1.14 Team Human Racers	7
1.1.1.15 Team Library	8
1.1.1.16 Team Lost in Pace	8
1.1.1.17 Team Mathematics	8
1.1.1.18 Team Movers and Shakers	9
1.1.1.19 Team No Pressure	9
1.1.1.20 Team North Side Bistro	9
1.1.1.21 Team OZ & Other	9
1.1.1.22 Team Penn Pedestrians	10
1.1.1.23 Team Psychopaths	10
1.1.1.24 Team Red Hot Chile Stayer Steppers	10
1.1.1.25 Team Scimatrek	10
1.1.1.26 Team SMC Info Desk 1	11
1.1.1.27 Team SMC Info Desk 2	11
1.1.1.28 Team SSI 2	11
1.1.1.29 Team SSI Go-Getters	11
1.1.1.30 Team University Dining T.E.A.M. Walkers	12
1.1.1.31 Team Walk Lobster	12
1.1.1.32 Team WSSD	12

Home

This is the home of the Human Resources space.

To help you on your way, we've inserted some of our favourite macros on this home page. As you start creating pages, blogging and commenting you'll see the macros below fill up with all the activity in your space.

Recently Updated

-  [Team Bit By Bit](#)
May 12, 2015 • updated by [Stacey Conrad](#) • [view change](#)
-  [Team SMC Info Desk 1](#)
May 11, 2015 • updated by [Sylvia Lepore](#) • [view change](#)
-  [Team OZ & Other](#)
May 04, 2015 • updated by [Kenneth DeLucca](#) • [view change](#)
-  [Team Penn Pedestrians](#)
May 01, 2015 • updated by [Sylvia Lepore](#) • [view change](#)
-  [Team CPR - Couch Potatoes Reunite](#)
May 01, 2015 • updated by [Marilyn Cogansparger](#) • [view change](#)
-  [Team No Pressure](#)
May 01, 2015 • updated by [Allison Yarrow](#) • [view change](#)
-  [Team Duncan Dynamoes](#)
May 01, 2015 • updated by [Lorie Mahoney](#) • [view change](#)
-  [Team Psychopaths](#)
Apr 30, 2015 • updated by [Rita Smith Wade-El](#) • [view change](#)
-  [Team EDFN Stairmasters](#)
Apr 30, 2015 • updated by [Carolyn Rittenhouse](#) • [view change](#)
-  [Team Mathematics](#)
Apr 30, 2015 • updated by [Delray Schultz](#) • [view change](#)
-  [Team Emma's Friends in BEC](#)
Apr 29, 2015 • updated by [Anonymous](#) • [view change](#)
-  [Team Accounting 4 Our Steps](#)
Apr 29, 2015 • updated by [Anne Stehman](#) • [view change](#)
-  [Team Harp Haulers](#)
Apr 29, 2015 • updated by [Kay Keen](#) • [view change](#)
-  [Team SSI 2](#)
Apr 29, 2015 • updated by [Sylvia Lepore](#) • [view change](#)
-  [Team Movers and Shakers](#)
Apr 29, 2015 • updated by [Kay Keen](#) • [view change](#)

Navigate space

Employee Wellness Competitions

There are various competitions throughout the year that HR sponsors and coordinates.

In this area there will be a list of different events and activities posted.

Wellness Program - Take a Hike

Join the Employee Wellness Team as we "hike" perimeter of Pennsylvania as part of our Spring 2015 Employee Walking Challenge. Each team will record its steps to see how far it travels along the 1,203 miles. Accumulate steps by walking, running, swimming, dancing, or whatever exercise you prefer. This 10-week challenge will begin on February 16 and continue to April 26, 2015.

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.

Hikers who participate in all ten weeks will become part of a drawing for a prize.

Healthy U participants (Faculty, Coaches, Managers, Nurses, Police Only) will earn 25 points.

Tips for Success:

Goal - 10,000 steps or five miles daily

At the end of each week convert your steps to mileage – 2,000 steps = 1 mile

- Put your pedometer on when you get dressed in the morning and remove it before going to bed.
- Use a datebook, calendar or small tablet to record your daily steps.
- Convert all physical activity to steps. For example, you plan to use an elliptical trainer for 30 minutes
 - remove your pedometer before starting
 - "Run" on the elliptical trainer for 30 minutes
 - when you are finished, put your pedometer on
 - the conversion rate for one minute on an elliptical trainer is 203 steps; therefore, 30 minutes X 203 = 6,090 steps
 - add 6,090 steps to your pedometer count at the end of the day
- 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.

Activity Conversions

In addition to the minutes to mileage conversion below, here are a few activities with steps per minute:

Activity	Steps per minute
Aerobics, high impact	182
Bicycling, leisurely	100
Bicycling, moderately	200
Bicycling, vigorously	250
Handball, recreational	142
Karate	290
Pilates	101
Rowing, light	111
Rowing, moderate	179
Yoga	100
And for our favorite winter activity -	
Shoveling, light	133
Shoveling, moderate	174
Shoveling, heavy	278

Team Mileage Pages

- [Mileage Conversion](#)
- [Team Accounting 4 Our Steps](#)
- [Team Bit By Bit](#)
- [Team Bursarettes](#)
- [Team CPR - Couch Potatoes Reunite](#)
- [Team Culture Club](#)
- [Team Dollars & Sense](#)
- [Team Duncan Dynamoes](#)
- [Team EDFN Stairmasters](#)
- [Team Emma's Friends in BEC](#)
- [Team Example](#)
- [Team Harp Haulers](#)
- [Team Healthy Witmer Girls](#)
- [Team Human Racers](#)
- [Team Library](#)

- Team Lost in Pace
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- Team SMC Info Desk 2
- Team SSI 2
- Team SSI Go-Getters
- Team University Dining T.E.A.M. Walkers
- Team Walk Lobster
- Team WSSD

Previous Years

- Spring 2014
- Spring 2013
- Spring 2012
- Spring 2011

Mileage Conversion

[Edit Document](#)

Activity	Unit	Recreation Mileage
Aerobic Dance	45 minutes	2.5
Basketball	60 minutes	3
Bike/Stationary Bike	15 minutes	1
Boxing, Sparring	25 minutes	3
Cross Country Skiing	60 minutes	3
Curves Workout	30 minutes	2
Dancing, competitive	25 minutes	3
Fitness Class	15 minutes	1
Golf (w/o cart)	9 holes	1
Jog/Run/Walk	1 mile	1
Jump Rope	10 minutes	1
Pilates, Tai Chi, Yoga*	22 minutes	1
Racquetball/Squash	60 minutes	3
Rollerblading	15 minutes	1
Soccer	60 minutes	3
Step Machine	10 minutes	1
Swim	36 laps	1
Tennis	60 minutes	2
Volleyball	60 minutes	1
Weightlifting	60 minutes	1
*Yoga, vigorous	25 minutes	3

Team Accounting 4 Our Steps

Team Captain: Anne Stehman

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

Team Members	2/16-2/22	2/23-3/1	3/2-3/8	3/9-3/15	3/16-3/22	3/23-3/29	3/30-4/5	4/6-4/12	4/13-4/19	4/20-4/26
Aument-Martin, Tammy	22.30	24.60	25.50	23.90	20.90	21.60	28.00	30.10	26.50	21.00
DiPaula, Theresa	8.00	12.50	14.25	7.38	7.38	7.63	7.63	14.50	9.50	11.75
Fulmer, Kathy	23.93	26.54	28.32	29.10	27.64	29.85	29.00	30.12	30.10	28.10
Ordway, Debee	14.80	23.10	13.70	16.30	15.40	19.70	19.40	8.95	18.50	14.90
Santana, Lucy	14.00	11.00	12.00	11.00	9.00	12.00	12.00	15.00	10.00	15.00

Shutter, Johanne	9.00	8.00	9.00	6.00	8.00	3.00	7.00	9.00	5.00	3.00
Stehman, Anne	22.31	27.53	36.81	29.97	33.14	37.00	36.93	21.25	24.51	26.75

Mileage Conversion

Team Bit By Bit

Team Captain: Stacey Conrad

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

Team Members	2/16-2/22	2/23-3/1	3/2-3/8	3/9-3/15	3/16-3/22	3/23-3/29	3/30-4/5	4/6-4/12	4/13-4/19	4/20-4/26
Conrad, Stacey	27.2	35.8	27.0	18.0	35.1	30.5	24.2	23.4	29.3	32.3
Davis, Karen	14.5	17.0	30.0	17.0	14.5	17.5	18.0	20.0	21.0	16.5
Dulay, Michael	6.0	16.0	27.0	21.0	9.0	6.0	13.0	15.0	21.0	16.0
Estrada, Kathleen	7.5	8.0	8.0	11.0	6.5	10.0	12.0	25.0	13.0	6.0
Gotety, Srinivas	4.5	7.5	16.5	9.0	5.5	9.0	11.0	14.0	16.0	7.5
Keefer, Tara	18.0	18.0	15.0	16.0	15.0	17.0	17.0	17.0	17.0	17.0
Medalis, Christopher	7.0	4.2	18.9	3.25	17.4	10.35	4.4	5.6	6.8	8.7
Mull, Kathy	2.5	19.75	22.25	19.5	22.75	15.75	21.5	19.5	19.0	15.5
Peters, Ken	72.0	77.4	34.0	66.5	70.5	60.0	45.3	46.5	63.0	75.0
Salinkas, Ruth	11.25	17.04	3.45	11.53	5.78	5.3	5.21	5.54	5.35	3.2
Swanger, Judy	5.0	8.0	8.5	10.5	8.0	10.0	8.5	10.5	9.0	9.5
Yourgal, Joseph	23.0	28.0	30.0	31.0	22.74	30.26	36.56	32.62	24.76	25.11

Mileage Conversion

Team Bursarettes

Team Captain: Pauline Diaz

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

Team Members	2/16-2/22	2/23-3/1	3/2-3/8	3/9-3/15	3/16-3/22	3/23-3/29	3/30-4/5	4/6-4/12	4/13-4/19	4/20-4/26
Pauline Diaz	27.5	27	42	32	34.75	30	42	43	43	46
Doris Conlin	29.25	25.5	52.5	52	70.25	58	51.5	52	54	58
Katherine Douglas	29.3	34.9	67.26	51.1	59.7	46.5	47.8	51.68	55	57
Kimberlie Bennett	30	30	50	30	35	45	42	30	50	50
Dawn Petersen	28.5	30	31	30.5	38.5	27	35.5	36	42	21
Debra Kilheffer	8	12	16	12	16	13	13	15	18	13

Mileage Conversion

Team CPR - Couch Potatoes Reunite

Team Captain: Marilyn Cogansparger

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

Team Members	2/16-2/22	2/23-3/1	3/2-3/8	3/9-3/15	3/16-3/22	3/23-3/29	3/30-4/5	4/6-4/12	4/13-4/19	4/20-4/26
Austin, Lori	36.25	32.83	39.5	40.3	39.7	29.64	35	41.9	36.9	36
Baker, Andrea	17.63	17	17	17	32	17	17	17	21	27
Bauman, Howie	8	12.8	12.8	10.15	10.15	8.5	4	4	4	2
Bazow, Donna	11.5	25	29.75	29.5	30	30.25	33.5	35.5	31.25	33.5
Cogansparger, Marilyn	46.89	56.5	67.04	36.24	51.8	53.52	60.06	57.17	63.27	53.73
Feliciano, Maria	47.85	19.3	17	14.78	18.87	19.94	16.2	17.89	16.99	15.49
Perez, Michelle										
Richardson, Tom										
Rohrback, Nikki	40	45	40	55	40	40	40	40	50	65
Weber, Ed	12	11	21	21	16	22	12	18	22	18

Mileage Conversion

Team Culture Club

Team Captain: Frederika Schmitt

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

Team Members	2/16-2/22	2/23-3/1	3/2-3/8	3/9-3/15	3/16-3/22	3/23-3/29	3/30-4/5	4/6-4/12	4/13-4/19	4/20-4/26
Arnold, Marlene	10	5	8	3	4	5	7	8	8	68

Glazier, Mary	10.5	6	9.9	10	18	22.2	14	15	16.79	20.70
Mahaffy, Kimberly	9.7	17.1	0	17	14	10	24	8	11	7
Orr, Ryan	10	13	6	10	16	16	14	14	13	10
Schmitt, Frederika	41	43	35	60	36	43.8	34	33	34	44
Smith, Carrie	0	5	6		15	17	17	15	15	15

Mileage Conversion

Team Dollars & Sense

Team Captain: Amanda Flurry

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

Team Members	2/16-2/22	2/23-3/1	3/2-3/8	3/9-3/15	3/16-3/22	3/23-3/29	3/30-4/5	4/6-4/12	4/13-4/19	4/20-4/26
Bonafair, Ryan	14.78	10.56	9.50	12.67	11.00	10.50	12.25	11.00	15.00	18.50
Bruszewski, Roger	5.62	4.94	6.40	4.46	5.94	5.88	4.86	10.69	12.99	6.73
Erickson, David	0.00	2.00	1.33	1.33	0.00	1.33	0.67	1.33	1.33	6.33
Flurry, Amanda	30.30	31.18	33.93	38.80	36.92	34.22	36.18	35.78	46.50	40.75
Laporte-Rodriguez, Gladys	14.45	7.02	11.41	12.56	22.95	15.92	8.04	18.49	31.95	15.60
Lutz, Debbie	18.50	20.09	21.00	21.66	30.23	18.84	22.14	27.11	24.70	23.30
Mariacher, Jennifer	32.50	8.39	9.28	9.10	8.79	14.44	16.39	16.56	13.56	30.77
Massey, Ginny	25.66	29.32	31.61	34.94	22.03	28.39	30.85	30.89	27.64	32.29
Pruskowski, Nancy	21.10	16.65	16.93	21.88	22.41	24.35	25.26	17.73	27.97	34.96
Stauffer, Anna	22.87	21.03	17.19	21.67	20.59	20.19	23.51	30.41	29.53	26.75
Sims, Marilyn	12.50	17.50	22.52	25.72	29.95	21.04	27.12	24.89	22.66	28.63

Mileage Conversion

Team Duncan Dynamoes

Team Captain: Lorie Mahoney

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

Team Members	2/16-2/22	2/23-3/1	3/2-3/8	3/9-3/15	3/16-3/22	3/23-3/29	3/30-4/5	4/6-4/12	4/13-4/19	4/20-4/26
DiGuseppe, Steve	6.4	6.8	5.92	5.49	6.45	6.91	5.99	11.54	8.97	10.36
MacAdam, Martha	8.1	15.39	12.31	10.63	13.6	13.62	14.8	15.4	16.74	20.1
Mahoney, Lorie	16	21	22.5	14	18	20	21	23	23	28
McMurry, Alice										
Morris, Heather	17.9	32.6	24.35	22.59	28.9	37.7	25	25	25	7
Reichler, Carol	3	3	5	8	10	10	4	6	10	10

Mileage Conversion

Team EDFN Stairmasters

Team Captain: Carolyn Rittenhouse

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

Team Members	2/16-2/22	2/23-3/1	3/2-3/8	3/9-3/15	3/16-3/22	3/23-3/29	3/30-4/5	4/6-4/12	4/13-4/19	4/20-4/26
Carolyn Rittenhouse	17	15	11	11	15	14.5	28	29	30	28
Tiffany Wright	27.2	28.5	29.6	27.2	32	27.5	28.3	33	29	29
Nanette Dietrich	39	35	36	37	36.75	36.75	36.75	36.75	36.75	36.75
Bill Himmele	19	16	15	18.5	21	19.5	25	19	19	19
Laurie Hanich	32.5	32.5	32.5	32.5	32.5	32.5	32.5	32.5	32.5	32.5
Persida Himmele	17.5	13.5	11.5	11	13.5	12	14.5	13.3	13.3	13.3
Ojoma Edeh Herr	29	29	29	29	29	29	29	29	29	29
Thomas Neuville	15	15	15	15	15	15	15	15	15	15
Miriam Wittmer	42	41	41	41	41	42	41	41	41	41
Timothy Mahoney	18	18	25	18	18	24	20	26	20	24
Nakeiha Primus	16	16	16	16	16	16	16	16	16	16
Elliott Seda	42	41	41	41	41	42	41	41	41	41

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	2/16-2/22	2/23-3/1	3/2-3/8	3/9-3/15	3/16-3/22	3/23-3/29	3/30-4/5	4/6-4/12	4/13-4/19	4/20-4/26
Anderson, John	19	15	15	21	26	34.7	43.4	36.8	35.9	37.8
Cody, Kathy	12	15	8.0	19	21	17.5	18.5	31.0	28.0	30.
Geib, Donna	20	28.5	23.8	22	20	23.2	25	23.8	25.0	25.
Korycinski, Nancy										
McCollum, Jim	27.5	30.25	37.5	32.0						23.5
Zufelt, Marie	20	18	20	25	16	17	17	26	23	17

Mileage Conversion
Team Example

Team Captain:

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

Team Members	2/16-2/22	2/23-3/1	3/2-3/8	3/9-3/15	3/16-3/22	3/23-3/29	3/30-4/5	4/6-4/12	4/13-4/19	4/20-4/26

Mileage Conversion
Team Harp Haulers

Team Captain: Patty Taggart

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

Team Members	2/16-2/22	2/23-3/1	3/2-3/8	3/9-3/15	3/16-3/22	3/23-3/29	3/30-4/5	4/6-4/12	4/13-4/19	4/20-4/26
Blackson, Vickie										
Cole, Edward										
De La Cruz, Maria										
Escudero, Courtney										
Jones, Kathy	9.99	34.17	39.40	38.53	28.94	27.48	21.25	24.23	33.6	45.82
Richardson, Tom										
Rutkoski, Matt	38.56	44.65	51.46	43.13	56.43	65.11	69.45	71.43	62.84	68.52
Sehl, Aly	36.5	26.4	24.0	56.4	49.2	31.0	61.5	51.3	65.0	67.3
Souder, Lori	9.65	14	12	13	11	21.52	11.82		37.76	38.68
Taggart, Patty	20.72	21.04	22.18	21.49	24.93	27.34	31.03	37.47	45.95	49.36
Hild, Marshall	18.69	26.23	20.73	11.38	20.22	16.96	16.03	21.62		19.8

Mileage Conversion
Team Healthy Witmer Girls

Team Captain: Gail Treires

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

Team Members	2/16-2/22	2/23-3/1	3/2-3/8	3/9-3/15	3/16-3/22	3/23-3/29	3/30-4/5	4/6-4/12	4/13-4/19	4/20-4/26
Kirchner, Tracy	18	28	20	23	16	20	25	28	27	29
McCauslen, Jamie	20	22	20	18	22	22	21	20	23	25
Morrison, Doris	30	32	29	36	31	35	42	42	33	38
Northwall, Susan	22	18	24	26	20	21	21	22	20	18
Ocasio, Joanne	12	12	14	24	26	16	24	20	26	22
Ressler, Jean	14	14	14	7.8	11.64	11.64	28.08	16.76	15.5	19.2
Rooney, Chris	27.5	29.5	21	16	24.5	27	28.8	30	28.75	32.5
Smith, Dawn	27	25	25	25	27	28	28	28	25	18
Treires, Gail	28	28	28	28	28	28	28	28	28	28

Mileage Conversion

Team Human Racers

Team Captain: Sylvia Lepore

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

Team Members	2/16-2/22	2/23-3/1	3/2-3/8	3/9-3/15	3/16-3/22	3/23-3/29	3/30-4/5	4/6-4/12	4/13-4/19	4/20-4/26
Brubaker, Charmayne	17.45	34.57	11.33	36.46	23.95	26.01	32.62	36.73	35.85	26.59
DeSantis, Melanie										
Durenberger, Mimi	15.00	31	24.5	20	31	28	28	26	25	28
Glick, Jill										
Hutto, Lexi	20.20	27.1	14.7	16.4	23	22.65	22.5	30.7	35.5	28.7
Keen, Kay	38.11	35.82	43.62	32.42	27.89	31.85	31.58	36.78	33.15	30.37
Lepore, Sylvia	10.00	10	10	10	10	10	10	10	10	10
Olander, Lisa	2.00	10								
Pflugrad, Jeanie	47.14	49.12	49.42	43.44	51.49	44.27	46.86	45.87	45.26	45.73
Rineer, Jean	21.08	24	22.13	23	21.25	22	20	31	35	28
Rodriguez, Lori	20.00	21	20.5	24	21.5	23.5				

Mileage Conversion

Team Library

Team Captain: Scott Anderson

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

Team Members	2/16-2/22	2/23-3/1	3/2-3/8	3/9-3/15	3/16-3/22	3/23-3/29	3/30-4/5	4/6-4/12	4/13-4/19	4/20-4/26
Anderson, Scott - XXL shirt	37.55	36.90	42.50	37.38	41.25	36.35	33.50	37.50	41.25	42.00
Dotterer, Janet - Medium shirt	24.60	25.05	28.90	29.20	26.00	29.90	30.00	29.40	35.30	29.20
George, Jessica - No shirt	18.00	21.25	20.75	31.25	32.00	33.50	35.75	36.00	34.00	36.50
Gold, Melissa - No shirt	23.41	31.24	27.75	39.50	30.45	38.16	36.00	33.00	33.90	38.80
Higham, Krista - Medium shirt	10.40	10.20	9.25	10.60	12.50	15.00	12.00	11.00	13.00	12.00
Marshall, William - No shirt	52.75	60.57	44.25	52.00	60.00	51.00	56.90	46.70	49.60	49.60
Millar, Ramie - Medium shirt	31.00	10.25	24.50	40.25	35.75	49.50	56.00	62.50	49.00	64.75
Pashkova-Balkenhol, Tatiana - Large shirt	10.25	11.35	12.10	10.50	13.00	15.00	13.25	10	9.25	12.10
Pease, Nathan - Large shirt	18.20	23.35	23.80	29.50	23.00	26.00	25.70	27.90	24.10	25.20

Mileage Conversion

Team Lost in Pace

Team Captain: Lisa Schreiber

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

Team Members	2/16-2/22	2/23-3/1	3/2-3/8	3/9-3/15	3/16-3/22	3/23-3/29	3/30-4/5	4/6-4/12	4/13-4/19	4/20-4/26
Boyle, Thomas	4	12	12	18	18	12	15	8	28	15
Capecce, Victor	5.23	7.2	6.14	5.11	7.68	4.6	21.23	27.81	30.87	27.05
Dorman, Bill										
Elliot, Tony	34	31.1	31.2	21	34.3	30.8	33.7	32.5	37.5	33.5
Gusaco, Kim	15.98	17.16	14.92	23.18	15.61	21.59	15.18	18.57	20.84	20.56
Guo, Eryang	9	9	9	9	9	9	9	9	9	9
Kacskos, Janet	31	21	32	42	42	44	51	51	43	42
Frankum, Ron	75.74	68.27	70.29	76.36	71.88	69.22	82.98	83.38	72.21	82.31
O'Sullivan, Marion	5	5	5	5	5	5	5	5	5	5
Schreiber, Lisa	20.83	20.53	25	22	27.96	32.85	22.48	25.32	24.75	28.1

Mileage Conversion

Team Mathematics

Team Captain: Delray Schultz

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

Team Members	2/16-2/22	2/23-3/1	3/2-3/8	3/9-3/15	3/16-3/22	3/23-3/29	3/30-4/5	4/6-4/12	4/13-4/19	4/20-4/26
Buchanan, Robert	33	30.3	18.5	38.1	20	23.4	28.8	29.9	38.8	34.4
Cardwell, Antonia	14	16	20	14	16	18	17	18	18	16
Catepillan, Ximena	24	24	15	17	15	22	21	24	22	20
Fenwick, Jim	20	24.5	24	54	23	24.5	22	23.5	25.5	26.5
Heltmann, Noel	19	60	60	60	38	51	40	49	42	40
Robinson, Kevin	20	20	25	33	35	25	30	30	35	32
Shao, Zhoude	31	27	39	34	31	31	29	30	45	41
Schultz, Cathy	14	20	15	19	23	21	20	17	19	21
Schultz, Delray	17	25	20	21	20	20	15	20	21	25

Taylor, Cynthia	44	44	46	50	50	48	50	48	38	40
Umbie, Ron	23	22	17	16	9	24	14	14	15	22
Washington, Tyrone	15	15	16	14	17	14	15	21	19	16

Mileage Conversion

Team Movers and Shakers

Team Captain: Joyce McEwan-Whitehead

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

Team Members	2/16-2/22	2/23-3/1	3/2-3/8	3/9-3/15	3/16-3/22	3/23-3/29	3/30-4/5	4/6-4/12	4/13-4/19	4/20-4/26
Maymi, Cristina	4	10	9	10	10	21	25	17	19	20
McEwan, Dena	18	13.25	17	26	25	22	28	35	36	38
McEwan-Whitehead, Joyce	50.95	42.89	29.8	39.78	41.25	43	43.78	43.28	42.34	45.78
Virmani, Ruth	10	15	10	15	12	15	21	18	20	20

Mileage Conversion

Team No Pressure

Team Captain: Allison Yarrow

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

Team Members	2/16-2/22	2/23-3/1	3/2-3/8	3/9-3/15	3/16-3/22	3/23-3/29	3/30-4/5	4/6-4/12	4/13-4/19	4/20-4/26
Bachman, Jerry	15	17.5	25	27	41	53	47.5	54	26	52
Bote, Michele	30	5	14	15	94	20	68	75	51	99
Burcin, Sara	42	48	46	54	49	56	51	50	51	62
Habecker, Sara	24	31	28	26	26	32	27	25	32	29
Hull Burg, Megan										
Johnstone, Michael	43.3	46.2	48.6	31.2	34	35	28.3	39.9	33.2	38.3
Jones, Megan	27	34.5	30.5	37.5	38	39.75	44.5	30	38.75	38
Rasmussen, Anders	47.65	42	33.5	23.75	34.5	19.45	26.5	20.95	22	22
Scholtes, Josh	34.6	43.5	57.9	60.4	56	59.6	65.7	69.4	77.6	87.3
Trogus, Jayme	13	17.5	20.5	7	17.6	16.9	14.5	16	10	10
Wiate, Ron	22	20	22	28	18	19	21	25	20	16
Yarrow, Allison	71	42	45	46	51	68	76	64	67	68

Mileage Conversion

Team North Side Bistro

Team Captain: Aaron Rohrer

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

Team Members	2/16-2/22	2/23-3/1	3/2-3/8	3/9-3/15	3/16-3/22	3/23-3/29	3/30-4/5	4/6-4/12	4/13-4/19	4/20-4/26
Brenner, Marion	28	17	22	15	15	19	24	38	29	40
Brent, Kenneth	24	22	26	25	17	17	17	19	22	18
Brent, Vivianne	41	39	43	35	36	35	34	37	30	28
Brubaker, Kristen	2	15	10							
Hargrove, Erika	19	35	38	30	26	36	32	40	37	43
Owens, Darlene	25	31	29	30	29	28	34	36	34	36
Pelker, Amber	27	38	38	27	43	40	40	40	10	20
Ressel, Tisha	24	28	30	23	26	22	25	27	29	28
Rohrer, Aaron	25	41	41	29	31	41	25	29	32	45
Snyder, Kim	11	11								

Mileage Conversion

Team OZ & Other

Team Captain: Ken DeLucca

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

Team Members	2/16-2/22	2/23-3/1	3/2-3/8	3/9-3/15	3/16-3/22	3/23-3/29	3/30-4/5	4/6-4/12	4/13-4/19	4/20-4/26
Ken DeLucca	15.5	12.7	12.5	12.5	16.5	21.5	18	21	21.7	18
Tom Bell	10	10	10	20	10	10	10	15	20	20
Jim Deisley	2.5	16.6	12.5	27	27	18	29.2	21.5	30	25
Len Litowitz	21	12	15	15	12	15	15	20	15	12
Jack Ogutu	11	9	11	21	11	21	13	15	18	18

Jim Miller	12.2	17.8	18	17.5	18	13.5	22.5	19.5	22.5	20.5

Mileage Conversion
Team Penn Pedestrians

Team Captain: Jen Lefever

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

Team Members	2/16-2/22	2/23-3/1	3/2-3/8	3/9-3/15	3/16-3/22	3/23-3/29	3/30-4/5	4/6-4/12	4/13-4/19	4/20-4/26
Baldorf, Cheryl	27	30.9	9	27.8	24.1	44.1	21.	31.9	28.7	39.8
Cash, Callie	0	0	0	0	0	0	0	0	0	0
DeSantis, Victor	0	0	0	0	0	0	0	0	0	0
Edgell, Lauren	0	0	0	0	0	0	0	0	0	0
Holler, Lynnea	7.2	4.8	6.2	6	4.8	6.2	6.2	6.2	6.2	6.2
Kirsch, Carol	10.8	9.2	14	8	8	12	9	13	11	12
Lefever, Jen	5.4	7	7.3	7.3	6	8	7	8	7	7
Lehr, Lucie	0	0	0	0	0	0	0	0	0	0
Paris, Lucas	3.0	4	4	4	4	4	4	4	4	4

Mileage Conversion
Team Psychopaths

Team Captain: Rita Smith-Wade-EI

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

Team Members	2/16-2/22	2/23-3/1	3/2-3/8	3/9-3/15	3/16-3/22	3/23-3/29	3/30-4/5	4/6-4/12	4/13-4/19	4/20-4/26
Baker, Jason	30	25	29	28	30	30	38	38	38	38
Banna, Kelly	28	30.8	30.6	30.3	35.3	30.1	38.5	32	39	39.4
Foster-Clark, Fred	9	10	12.5	8.5	9	9	8	9.5	16	14
Gallagher, Shawn	18	22	16	23	23	22	23	22	23	22
Gardner, Nadine										
Haferkamp, Claudia	5	5	5	5	10	8	7	7	10	10
Lopez, Amelia	15.5	7.1	14.2	15	17	18.6	10.3	15.5	15	15
Smith-Wade-EI, Rita	5	5	5	5	5	5	5	5	5	5
Thyrum, Elizabeth	26	26	28	26	26	25	28	28	30	26
Woo, Tae	2	2	6	15	15	12	12	12	12	10

Mileage Conversion
Team Red Hot Chile Stayer Steppers

Team Captain: Regina Goss

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

Team Members	2/16-2/22	2/23-3/1	3/2-3/8	3/9-3/15	3/16-3/22	3/23-3/29	3/30-4/5	4/6-4/12	4/13-4/19	4/20-4/26
Costello, Beth	11	22	23	23	23	23	22	22	25	24
Goss, Regina	15	17	20	15	12	18	15	20	25	30
Havercamp, Barb	15	20	24	25	14	19	21	25	15	20
Josephson, Janet	15			7	19	18.6	19	25	18	17
Mehrenberg, Richard	5	7	11	16	14	16	8	4	5	7
Nell, Marcia	10	10	13	10	13	13	7	14	13	16
Shettel, Jen	10	10	15	10	15	15	15	15	15	15
Coker-Kolo, Doyin	16	16	17	23	22	21	18	12	223	24
West, Lillie	28.5	28	27	32	29	33	32	34	34	39
Breitegan, Tammy	40	48	50	56	54	55	56	36	62	46

Mileage Conversion
Team Scimatrek

Team Captain: David Hutchens

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

Team Members	2/16-2/22	2/23-3/1	3/2-3/8	3/9-3/15	3/16-3/22	3/23-3/29	3/30-4/5	4/6-4/12	4/13-4/19	4/20-4/26
Boal, Jean	43.30	28.30	37.30	34.30	22.40	27.60	26.00	21.60	25.60	30.90

Fogle, Rachel	60.24	61.17	67.43	68.33	55.85	63.55	40.84	78.05	114.25	55.27
Hutchens, David	87.82	97.97	97.64	110.16	105.32	100.48	95.00	77.60	90.03	79.63
Hepfer, Carol	55.78	55.83	56.23	63.04	60.09	59.47	61.12	48.97	53.82	46.63
Katz, Beth	46.95	44.76	43.43	36.79	46.99	47.94	54.66	51.87	35.88	40.56
Ladd, Timothy	2.00	11.68	11.09	8.56	12.64	15.00	15.39	16.07	13.95	13.10
Pyles, Tonya	17.33	26.94	20.65	24.31	31.60	23.78	27.39	27.86	29.47	29.62
Piperberg, Joel	99.10	105.9	131.50	100.00	108.99	108.04	110.70	112.7	113.60	117.50
Roberts, Beth	58.24	60.78	56.29	50.91	62.21	63.98	54.61	61.25	59.32	57.31
Thomas, Susan	16.90	30.00	31.10	15.20	27.30	32.70	44.20	31.10	28.20	24.50
Wagner, Ryan	35.50	24.10	34.00	30.70	41.00	39.30	32.30	29.60	56.00	48.20

Mileage Conversion

Team SMC Info Desk 1

Team Captain: Zach Love

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

Team Members	2/16-2/22	2/23-3/1	3/2-3/8	3/9-3/15	3/16-3/22	3/23-3/29	3/30-4/5	4/6-4/12	4/13-4/19	4/20-4/26
Cruz, Shannon	85	82	90	95	86	88	85	85	16	14
Garnett, Josh	15	40	40	32	30	16	23	23	34	48
Hill, Reina	25	42	42	49	45	32	30	30	39	40
Love, Zach	21	19	27	35	32	21	28	28	26	41
Martin, Samantha	76	91.3	70	85	90	92	93	93	80	85
Naughton, Kayla	40	42	30	45	51	45	39	39	41	43.8
O'Neill, Megan	102	104	100	94	102	99	86	86	95	109
Pfeffinger, Greg	26.75	34	27	39	37	44	38	38	51.4	53.1
Prebish, Chris	30	39	40	42.5	41	28	21.5	21.5	21.8	26.8
Seborowski, Joe	24	25	40	39.5	39	25	22	22	32.2	41.6
Stewart, Mary	35	42	35	38	41	37	34	34	49.7	56.3
Stoy, Shane	34	41	21	29	42	47	40	40	51.8	52

Mileage Conversion

Team SMC Info Desk 2

Team Captain: Jason Flood

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

Team Members	2/16-2/22	2/23-3/1	3/2-3/8	3/9-3/15	3/16-3/22	3/23-3/29	3/30-4/5	4/6-4/12	4/13-4/19	4/20-4/26
Barton, Tad	31.5	39.75	38.9	42	36					
Bond, Kathie	8.6	15.5	12.5	14	9					
Broomer, Anyae	40	25	24	20	21					
Chester, Khrystopher	10.15	7.3	9.3	11	13					
Chrismier, Randi	26.8	27.3	28.52	24	22					
Flood, Jason	25	36	24	23	24					
Jaffe, Aaron	9.8	40	24	21	20.5					
Kiefer, Julia	20	27.5	50	51	44					
Randall, James	22	18	10.5	8	12					
Sundo, Nicole	12.5	13.5	8	8	17					
Tarasiewicz, Katelyn	32	55	28	18	21					
Young, Ross	13.2	14	23	17	14					

Mileage Conversion

Team SSI 2

Team Captain: Geoff Beers

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

Team Members	2/16-2/22	2/23-3/1	3/2-3/8	3/9-3/15	3/16-3/22	3/23-3/29	3/30-4/5	4/6-4/12	4/13-4/19	4/20-4/26
Beers, Geoff	24.60	23.93	20.00	26.88	21.08	24.36	27.05	34.06	37.90	34.13
Brian, Tish	28.26	33.83	27.71	32.07	39.30	28.51	32.47	29.69	29.21	24.00
Christ, Brandon	27.77	20.31	15.70	14.56	19.32	24.20	20.52	24.05	23.00	30.00
Handy, Kevin	32.15	30.12	28.50	27.70	24.50	26.70	23.70	21.50	23.20	19.75
Herr, Julie	16.50	25.00	28.75	30.50	34.80	29.50	25.80	29.75	30.50	24.50
Hunsberger, Darlene	33.90	36.67	32.75	16.53	34.89	34.29	29.80	18.76	22.84	35.66
Kennedy, Tanner	33.58	27.16	32.43	32.33	36.27	25.00	46.25	36.25	32.16	34.34
Schreder, Bonnie	22.10	23.59	21.93	38.14	34.64	39.03	28.71	35.82	32.75	33.11
Sears, Kathy	63.78	65.00	84.10	75.00	68.83	55.04	50.13	52.97	49.73	50.67
Sempsey, Bob	22.86	44.80	28.19	36.16	37.86	30.64	29.38	26.47	27.56	35.91
Thompson, Brittany	23.50	34.07	32.00	47.00	39.80	43.80	46.00	42.50	51.00	47.50

Mileage Conversion

Team SSI Go-Getters

Team Captain: Sherri Peters

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

Team Members	2/16-2/22	2/23-3/1	3/2-3/8	3/9-3/15	3/16-3/22	3/23-3/29	3/30-4/5	4/6-4/12	4/13-4/19	4/20-4/26
Cassidy, Amanda	45.36	42.80	49.20	42.10	47.60	45.20	52.10	50.1	56.80	64.20
Eckroat, Jon	32.83	30.45	33.10	37.62	31.89	33.82	30.30	29.88	33.72	35.65
Evans, Meredith	52.64	40.51	43.75	33.91	41.50	45.01	42.54	44.15	40.50	37.42
Fry, Victoria	19.44	21.20	23.40	32.25	31.31	32.00	39.60	49.00	47.56	34.42
Giorgio, Kathie	25.82	39.78	46.59	39.79	44.04	43.18	43.16	42.47	54.29	51.52
Herr, Audrey	35.95	29.39	32.14	31.10	38.66	35.78	31.35	35.38	33.43	32.79
Herr, Kelly	28.60	27.51	22.00	21.00	28.70	25.10	21.00	23.56	25.37	23.91
Hoke, Adam	25.63	31.64	18.85	24.38	43.67	29.84	42.89	37.82	42.18	42.24
Peters, Sherri	21.18	25.25	35.62	19.74	21.46	23.91	23.15	19.87	20.64	21.10
Price, Sharon	43.48	46.25	41.25	40.95	56.94	43.82	47.46	56.28	49.38	48.36
Schorr, Lisa	23.02	27.83	33.13	34.24	34.00	35.65	37.50	35.00	39.00	36.00

Mileage Conversion

Team University Dining T.E.A.M. Walkers

Team Captain: Judy Graham

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

Team Members	2/16-2/22	2/23-3/1	3/2-3/8	3/9-3/15	3/16-3/22	3/23-3/29	3/30-4/5	4/6-4/12	4/13-4/19	4/20-4/26
Benson, Pat	19	16	21	18	21	28	27	27	37	24
Bower-Geist, Gail	5	10	12	8	14	18	10	14	18	14
Graham, Judy	10	10	12	12	18	19	12	19	18	17
Greineder, Stephanie	35	29	30	35	25	30	35	32	35	34
Harnish, Bernie	28	32	35	39	46	54	44.29	45.85	56	56
Johnson, John	16.7	21	24.19	21.57	28.52	26.31	58.19	28.66	29.50	34.25
Johnson, Karen	18.2	20	16.56	21.46	21.58	23.29	21.63	22.57	17.75	35.92
Madonna, Kandra	32	29	26	22	21	20	20	20	20	19
Mull, Sherry	21.2	20.46	20	22	20	20	21	19	26	22
Nase, Ed	27.36	51.70	14.85	34.21	37.61	48.53	26.28	48.39	44.51	44.51
Sheehan, Gerry	5	5	5	6	12	10	10	12	28	35
Swope, Karen	35	37	38	40	38	40	43	43	44	45

Mileage Conversion

Team Walk Lobster

Team Captain: Trish McEvoy

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

Team Members	2/16-2/22	2/23-3/1	3/2-3/8	3/9-3/15	3/16-3/22	3/23-3/29	3/30-4/5	4/6-4/12	4/13-4/19	4/20-4/26
Adamo, Martina										
Bailey, Kat										
Kesselman, Cassandra										
Long, Ellen										
McEvoy, Trish										
Persun, Christine										
Rynier, Teresa										
Wolford, Nikki										

Mileage Conversion

Team WSSD

Team Captain: Julie Lombardi

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

Team Members	2/16-2/22	2/23-3/1	3/2-3/8	3/9-3/15	3/16-3/22	3/23-3/29	3/30-4/5	4/6-4/12	4/13-4/19	4/20-4/26
Audette, Dan	30	33	33	35	41	41	46	33	26	33
Crivaro, Jim	15	9	10	4	9	8	11	8	14	13
Dupain, Mandi	70	70	70	70	70	70	70	70	70	70
Halawa, Hadi	28	24	28	28	28	32	32	32	34	34
Hollister, Terri	14	14	9	11	12	12	12	11	11	11
Keefer, Dan	35	35	30	35	35	35	35	35	35	35
Lombardi, Julie	25	25	25	25	32	25	25	25	25	25
Magni, Brooke	44	41	42	39	38	33	35	35	36	37
Mowrey, Becky	0	14	14	14	14	18	21	22	22	22
Schaeffer, Chip	13	15	10	8	22	18	6	2	4	23
Wimer, Jeff	4	7	8	8.5	14	11	15	15	17	19.5
Wushanley, Ying	20	24	24	24	24	24	36	32	28	28

Mileage Conversion