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Wellness Program - Take a Hike

Join the Employee Wellness Team as we "hike" perimeter of Pennsylvania as part of our Spring 2016 Employee Walking Challenge. Each team will record its steps to see how far it travels along the National Memorial Trail. Accumulate steps by walking, running, swimming, dancing, or whatever exercise you prefer. This 10-week challenge will begin on February 22 and continue to May 1, 2016..

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 for Our Steps](#)

- Team Bit by Bit
- Team Culture Club
- Team Dining
- Team Dollars & Sense
- Team EDFN
- Team Example
- Team Fireball
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- Team Witmer
- Team WSSD
- The Money Team

Previous Years

- Spring 2015
- Spring 2014
- Spring 2013
- Spring 2012
- Spring 2011

Team Accounting for Our Steps

Team Captain: Anne Stehman

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

Team Members	2/22-2/28	2/29-3/6	3/7-3/13	3/14-3/20	3/21-3/27	3/28-4/3	4/4-4/10	4/11-4/17	4/18-4/24	4/25-5/1
Anne Stehman	26.40	29.12	37.29	30.00	28.26	26.14	24.10	31.02	31.75	20.69
Debee Ordway	16.49	17.25	20.84	19.38	18.94	17.54	14.00	15.91	11.60	14.92
Johanne Shutter	9.70	20.50	10.50	20.00	20.00	20.00	20.00	22.00	22.00	10.00
Theresa DiPaula	15.00	10.85	11.00	15.00	15.00	20.00	20.00	20.00	18.00	20.00
Lindsay Scarlet	17.50	18.00	19.00	18.00	20.00	21.00	21.00	24.00	22.00	25.00
Lucy Santana										
Kathy Fulmer	22.15	24.25	20.84	29.00	22.52	30.10	21.50	23.44	35.21	26.45
Tammy Aument-Martin	25.86	25.45	27.19	31.64	34.27	31.27	30.02	27.44	31.65	31.83
Jennifer Mariacher	12.00	22.00	19.75	28.00	32.50	22.75	22.00	37.50	35.25	29.30
Alexis Chin	38.61	33.74	34.41	31.67	27.09	32.27	32.46	35.22	28.31	28.56
Ginny Massey	18.35	20.92	18.06	19.08	27.94	25.85	20.16	20.26	25.77	28.75

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	2/22-2/28	2/29-3/6	3/7-3/13	3/14-3/20	3/21-3/27	3/28-4/3	4/4-4/10	4/11-4/17	4/18-4/24	4/25-5/1
Stacey Conrad	27.5	27.6	32.4	24.1	27.5	16.8	17.3	20.4	27.3	21.9
Ken Peters	37.2	15.6	12.5	26	17	10.5	19.5	20	20	19.5
Kathleen Estrada	35	10	25	15	15	18	25	12	20	15
Michael Dulay	16	11	17	4	21	18	23	25	34	22
Kimberlyn Broskie	19	20	48.5	20	26	27.1	29.4	42.5	31	27.5
Christopher Medalis	5.5	1.25	5	1.25	1.25	2	5.5	1.25	5	9.1
Kathy Mull	13	16	21	21	13	15	15	16	15	10
Srinivas Gotety	14	7.5	23	22	26.5	22	15	19.5	35	30
Karen Davis	17.5	17	32	21.5	15	16	13.5	21.5	25	22
Tara Keefer	46	49	56	55	55	55	55	67	72	65
Judy Swanger	18	19	22	24.8	24.5	18.5	19.5	16	25.5	17
Josh Hartranft	21.5	21	25	25	24	32	33	34		

Mileage Conversion

Team Culture Club

Team Captain: Frederika Schmitt

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

Team Members	2/22-2/28	2/29-3/6	3/7-3/13	3/14-3/20	3/21-3/27	3/28-4/3	4/4-4/10	4/11-4/17	4/18-4/24	4/25-5/1
Frederika Schmitt	40	53.6	42.3	40	34.5	35	41	40	40	42
Mary Glazier	15.6	15.2	53	12.33	6.2	11.3	3.3	15	24.4	8
Jane Case Lily	4	6	15.5	4.5	3.5	5	5.5	4	4	4
Ryan Orr	11	11	12	11	11	12	12	15	12	14
Kim Mahaffy	18.7	10	0	9	13	13	13	19	18	15

Mileage Conversion

Team Dining

Team Captain: Judy Graham

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

Team Members	2/22-2/28	2/29-3/6	3/7-3/13	3/14-3/20	3/21-3/27	3/28-4/3	4/4-4/10	4/11-4/17	4/18-4/24	4/25-5/1
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Judy Graham	26	30	22	18	20	19	16	18	21	18
Ed Nase	12.4	28	29	20.64	20	25	17.25	18	22.82	23
Pat Benson	19	23	16	24	22	37	21	24	29	28
Gerry Shehan	45.5	35	21	14	20	15	18	28		29
Linda Rebuck	7	11	8	9	9	10	9	9	7	9
Sherry Mull	19.25	26.6	19	14	10	26	24	23	26.2	26
Steff Greineder	35	35	35	30	35	30	35	35	35	35
Karen Swope	45	47	40	40	40	41	40	39	45	45
Desa Frey	25	30	26	28	26	26	22	28	20	20
John Johnson	35	39.3	35	43.23	34.49	43.87	42.81	38.18	48.9	39.9
Karen Johnson	39	41.78	39	45.1	46.02	41.38	36.25	41.37	31.5	44.9
Ron Frisbie	Knee	surgery	-recovery	time	Best	Wishes	Ron!			

Mileage Conversion

Team Dollars & Sense

Team Captain: Marilyn Sims

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

Team Members	2/22-2/28	2/29-3/6	3/7-3/13	3/14-3/20	3/21-3/27	3/28-4/3	4/4-4/10	4/11-4/17	4/18-4/24	4/25-5/1
Marilyn Retamar	23	27	30	25	13	22	19	21	23	20
Doris Conlin	32	30	44	35	38	33	41	44	48	39
Katie Douglas	40	46	44	35	35	43	38	36	32	43
Kim Bennett	30	25	40	30	40	30	15	37	45	32
Amanda Flurry	31	30	25	22	37	24	24	28	33	35
Deb Kilheffer	17	20	21	12.5	14.5	20	15	22	23	14
David Errickson	1	1	18	16	32	1	1	18	20	11
Deb Lutz	15	21	12	13.5	12	18	12	16	17	8
Jean Ressler	17	18	20.5	20	14	15	12	9.4	8.21	21.5
Nancy Pruskowski	26	26	25	25	24.5	23	21	24	24	23
Roger Bruszewski	23	15	27	20	12	22	12	27	28	21
Pauline Diaz	19.5	28	29.5	22	20.5	22.5	21.5	20.5	24	23

Mileage Conversion

Team EDFN

Team Captain: Carolyn Rittenhouse

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

Team Members	2/22-2/28	2/29-3/6	3/7-3/13	3/14-3/20	3/21-3/27	3/28-4/3	4/4-4/10	4/11-4/17	4/18-4/24	4/25-5/1
Carolyn Rittenhouse	9.5	10	12.5	8	9.5	10	9	9.79	9.79	9.79
Bill Himmele	14.75	14.5	15	19.5	21.5	20.5	27.5	21	20	19.36
Persida Himmele	12.25	11	13.5	17.5	16.5	14.5	24.	22.5	18.3	17.5
Nanette Dietrich	14	14	14	14	14	14	14	14	14	14
Jason Kietrich	45.01	41.27	45.37	39.88	53.5	47.25	46.	45.46	45.46	45.46

Ojoma Edeh Herr	17.5	17.5	17.5	17.5	17.5	17.5	17.5	7.5	17.5	17.5
Sandra Deemer	14	14	14	14	14	14	14	14	14	14
Laurie Hanich	14	14	14	14	14	7.5	14	14	14	14
Tiffany Wright	28	27	28	30	28.25	28.25	28.25	28.25	28.25	28.25
Timothy Mahoney	15	25	15	15	20	28	28	17	20.38	20.38

Mileage Conversion

Team Fireball

Team Captain: Lynn Marquez

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

Team Members	2/22-2/28	2/29-3/6	3/7-3/13	3/14-3/20	3/21-3/27	3/28-4/3	4/4-4/10	4/11-4/17	4/18-4/24	4/25-5/1
Lynn Marquez	8	10	20	10	12	10	14			
Melissa Ostrowski	6	7	8	4	7	6	8			
Dan Ostrowski	5	7	8	4	7	6	8			
Angela Cuthbert	6	7	22	10	12	10	14			
Nazli Hardy	5	7	8	5	8	7	8			
Chris Hardy	5	7	8	5	8	7	8			
Todd Sikora	15	20	22	22	21	26	27			
Todd Poole	5	7	8	4	5	4	4			
Ron Baker	58.1	38.3	62.1	34.2	29	34	17			
John Wallace	25	25	25	24	25	26	25			

Mileage Conversion

Team Human Racers

Team Captain: Sylvia Lepore

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

Team Members	2/22-2/28	2/29-3/6	3/7-3/13	3/14-3/20	3/21-3/27	3/28-4/3	4/4-4/10	4/11-4/17	4/18-4/24	4/25-5/1
Sylvia Lepore	20.00	21.00	25.85	17.5	22.516	25.125	25	25	25	
Kay Keen	36.39	26.47	34.74	28.3	37.33			32.35	36.51	
Jill Glick	34	36	37	37.12	37.73	35.05				
Melanie DeSantis										
Charmayne Brubaker	26.7	29.5	38.1	29.2	29.8	35	37			
Lisa Olander	23	23	20							
Lori Rodriguez	23.18	15.44	20.14					23	37	24
Lorie Mahoney	46.13	43.50	37.96	30.46	38.65	37.23	37.43	40.25	38.67	
Rachel Ashmore	27.9	20	14	17	15			28	26	
Timothy Ladd	27.5	16.6	19	24.75	30.5	31.5		28.8145	32.5505	29.366

Mileage Conversion

Team Mathematics

Team Captain: Delray Schultz

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

Team Members	2/22-2/28	2/29-3/6	3/7-3/13	3/14-3/20	3/21-3/27	3/28-4/3	4/4-4/10	4/11-4/17	4/18-4/24	4/25-5/1
Delray Schultz	22	24	17	20	25	24	27	25	28	21
Bob Buchanan	43.3	45	39.5	44.6	54.47	46.92	63.71	52.67	50.37	45.54
Ximena Catepillan	9	11	10	15	17	14	15	17	17	15
James Fenwick	23	21	27	23	35	28	23	23	25	27
Diana Garber	19	20.9	24.5	17.4	17.5	11.7	12.2	15.5	25.7	23.5
Noel Heitman	18	22	28	15	25	30	19	26	25	23
Baoling Ma	11	10	11	9	15	13	12	22	18	21
Kevin Robinson	17	19	21	19	17	20	20	23	20	25
Zhoude Shao	29	31	28	32.5	38	32	29	31	32	32
Cathy Schultz	8	14	19	17	18	22	20	23	25	21
Ron Umble	15	16	23	13	13	15	18	29	24	19
Janet White	11	13	18	13	11	14	11	19	14	14

Mileage Conversion

Team Mise en Place

Team Captain: Toby Myers

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

Team Members	2/22-2/28	2/29-3/6	3/7-3/13	3/14-3/20	3/21-3/27	3/28-4/3	4/4-4/10	4/11-4/17	4/18-4/24	4/25-5/1
Toby Myers	20.15	23.4	20.25	19.6	28.5	24.6	31.5	27.6	32.4	31.6
Julie Appel	16.4	16.5	15.4	15.4	16.2	13.8	15.1	15	14.1	14.8
Louella Grgic	16	15	18	17	16	15	17.1	15	18	16
Jody Croft	27.12	20.17	38.04	27.77	28.22	35.2	34.8	36.9	38.3	37.6

Mileage Conversion

Team No Pressure

Team Captain: Allison "Speedy" Yarrow

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

Team Members	2/22-2/28	2/29-3/6	3/7-3/13	3/14-3/20	3/21-3/27	3/28-4/3	4/4-4/10	4/11-4/17	4/18-4/24	4/25-5/1
Speedy Yarrow	35	40	33	48	52	41	57	54	46	51
Sara Burcin	52	30	62.9	59.5	52.8	49.3	49.5	61	47.5	50.5
Nikki Rohrback	22	23	31	22	28	32	25	27	30	32
Josh Scholtes	35.6									
Isabelle Mailen	45.5	42	41	48	50	40	42	52	42	50
Jerry Bachman	13	26	24	34.5	33	22	24	33	35	38
Michele Bote	72	154	169	40	119					
Sara Habecker										
Mike Johnston	42.2	40.24	34.3	41.2	36	40.4	41.7	47	39.1	35
Megan Jones	8.5	6.5	6	7	9.5	10	7.5	10	9.5	5
Lauren Hannaford	13.5	16	28	30	28	20	22	21	35	32
Nicole Blantz										

Mileage Conversion

Team Palmer

Team Captain: Ken Brent

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

Team Members	2/22-2/28	2/29-3/6	3/7-3/13	3/14-3/20	3/21-3/27	3/28-4/3	4/4-4/10	4/11-4/17	4/18-4/24	4/25-5/1
Ken Brent	18.5	21.8	22.5	20.7	17.2	22.5	19.3	12.0	20.8	22.0
Vivi Brent	31.4	37.4	31.0	31.5	22.0	30.0	32.0	24.0	29.0	19.0
Tom Waltz	14.2	15.9	20.1	17.7	15.3	18.1	18.3	23.5	27.5	23.8
Greg Black	21.7	29.7	32.9	31.4	28.1	24.8	30.1	26.3	32.1	28.5
Bill Good	30.4	21.7	19.7	19.7	17.6	20.8	19.5	12.9	16.0	20.3
Aaron Rohrer	26.0	22.0	18.0	21.0	27.0	28.0	14.0	9.0	9.0	24.0

Mileage Conversion

Team Psychos

Team Captain: Rita Smith-Wade-EI

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

Team Members	2/22-2/28	2/29-3/6	3/7-3/13	3/14-3/20	3/21-3/27	3/28-4/3	4/4-4/10	4/11-4/17	4/18-4/24	4/25-5/1
Rita Smith-Wade-EI	15	15	15	15	15	15	15	15	15	15
Elizabeth Thyrum	25	25	21	25	20	25	25	26	25	25
Fred Foster-Clark	29.2	12	20	12	14	10.5	12	20.5	18.5	16.5

Nadine Garner	25	25	25	25	25	25	25	25	25	25
Shawn Gallagher	15	18	21	22	15	25	25	22	24	25
Jason Baker	38	40	85	42	35	42	35	42	35	42
Claudia Haferkamp	8	8	17	8	12	12	6	6	14	10
Tae Woo	2	4	10	8	5	5	6	5	5	5
Kelly Banna	51.62	39.44	39.65	32.2	38.6	39.7	39.17	46.61	45.52	31
Amelia Lopez	13.9	15	15.5	15	15	15	21	15	15.1	14.5

Mileage Conversion

Team Scimatrek

Team Captain: David Hutchens

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

Team Members	2/22-2/28	2/29-3/6	3/7-3/13	3/14-3/20	3/21-3/27	3/28-4/3	4/4-4/10	4/11-4/17	4/18-4/24	4/25-5/1
David Hutchens	87.2	92.4	107.6	99.2	91.8	69.3	94.6	80.3	104.2	107.9
Rachel Fogle	59.0	47.6	128.2	59.5	46.9	63.3	63.4	80.3	63.0	48.3
Marianne Frantz	55.1	54.7	43.2	41.8	46.6	44.6	47.6	42.5	39.7	45.8
Melissa Gehret	55.4	68.6	73.0	83.2	68.4	83.0	85.0	75.5	82.5	85
Carol Hepfer	44.9	46.4	47.9	49.4	43.5	48.7	31.3	44.8	52.7	53.5
Beth Katz	41.9	39.9	49.2	36.6	54.7	35.6	29.6	35.4	40.4	44.3
Donna Peters	34.0	36.1	35.6	37.4	36.1	37.2	34.5	38.8	35.3	36.9
Joel Piperberg	76.3	81.9	72.5	96.7	93.7	94.4	99.8	105.4	102.6	114.2
Tonya Pyles	29.8	28.7	34.9	33.7	34.7	37.8	33.8	37.7	36.7	42.3
Beth Roberts	58.6	56.6	68.6	62.8	43.9	60.2	56.9	46.2	47.4	41.7
Ryan Wagner	29.5	33.2	45.1	37.3	39.8	40.0	39.6	68.3	49.0	47.0
LaVern Whisenton-Davidson	23.1	25.1	16.7	20.9	18.8	20.3	18.1	22.0	19.2	20.7

Mileage Conversion

Team Stayer Steppers

Team Captain: Regina Goss

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

Team Members	2/22-2/28	2/29-3/6	3/7-3/13	3/14-3/20	3/21-3/27	3/28-4/3	4/4-4/10	4/11-4/17	4/18-4/24	4/25-5/1
Regina Goss	17	27.16	30.47	32.71	33	30.8	31.2	38.34	34.63	32.47
Tammy Breitegan	47.59	44.57	46.22	43.05	46.63	43.93	46.22	43.54	39.31	41.34
Barb Havercamp	19	15	12	13.5	16	14	19	20.5	18	13
Janet Josephson	17.1	19.06	11.16	22.34	17.15	19.10	23.8	19.51	17.07	20.17
Richard Mehrenberg	13	16	13	16	15	14	18	15	17	15
Marcia Nell	20.9	21.57	24.91	26.3	21.92	20.41	20.07	32.71	37.7	29.10

Mileage Conversion

Team WSSD

Team Captain: Julie Lombardi

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

Team Members	2/22-2/28	2/29-3/6	3/7-3/13	3/14-3/20	3/21-3/27	3/28-4/3	4/4-4/10	4/11-4/17	4/18-4/24	4/25-5/1
Julie Lombardi	25	25	20	22	22	22	22	22	22	22
Dan Keefer	55	60	65	59	65	65	45	73	80	73
Mandi Dupain	70	70	70	70	70	70	70	70	70	40
Jeff Wimer	16	11	14	13.5	13	13	14	14	14	14
Becky Mowery	20	22	26	21	23	22	20	21	24	19
Ying Wushanley	28	25	35	30	25	25	25	32	24	24
Chip Schaeffer	21	18	24	18	26	22	20	21	14	22
Hadi Halawa	28	32	34	28	32	36	34	38	36	38
Terri Hollister	11	12	12	15	13	13	13	13	11	13
Jim Crivaro	34	29	26	37	42	47	34	49	45	39
Brooke Magni	44	44	44	44	44	44	44	44	44	44

Mileage Conversion

The Money Team

Team Captain: Dwight Horsey; Abigail Gallelo

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

Team Members	2/22-2/28	2/29-3/6	3/7-3/13	3/14-3/20	3/21-3/27	3/28-4/3	4/4-4/10	4/11-4/17	4/18-4/24	4/25-5/1
Dwight Horsey	15.22	25.23	25.69	25.09	22.98	22.96	23.18	22.96	26.51	
Julia Howey	20.63	22.22	24.56	24.82	21.57	23.33	22.06			
Giselle Fernandez	8.40	10.25	24.47	29.75	33.53	26.55	28.52	22.97		
Abigail Gallelo	19.88	27.99	27.61	36.53	28.53	25.92	22.29	26.02	22.84	22.62

Mileage Conversion