











1. Home .....	2
1.1 Employee Wellness Competitions .....	2
1.1.1 Wellness Program - Take a Hike .....	2
1.1.1.1 Team Accounting for Our Steps .....	4
1.1.1.2 Team Bit by Bit .....	4
1.1.1.3 Team Bit by Bit 010 .....	5
1.1.1.4 Team Brent .....	5
1.1.1.5 Team Burn Babies Burn .....	6
1.1.1.6 Team Dollars & Sense .....	6
1.1.1.7 Team Earth, Wind and Fire .....	7
1.1.1.8 Team EDFN Stairmasters .....	7
1.1.1.9 Team Heard About 3rd .....	8
1.1.1.10 Team Henriques .....	9
1.1.1.11 Team HR .....	9
1.1.1.12 Team Library .....	10
1.1.1.13 Team Lost in Pace .....	10
1.1.1.14 Team Mathematics .....	11
1.1.1.15 Team No Pressure .....	11
1.1.1.16 Team Not So Hidden Figures .....	12
1.1.1.17 Team NumberWon .....	12
1.1.1.18 Team Psychopaths I .....	13
1.1.1.19 Team Psychopaths II .....	14
1.1.1.20 Team Scimatrek .....	14
1.1.1.21 Team SSI #1 .....	15
1.1.1.22 Team SSI #2 .....	15
1.1.1.23 Team Stayer Steppers .....	16
1.1.1.24 Team University Dining Walkers .....	16
1.1.1.25 Team Witmer Pacemakers .....	17
1.1.1.26 Team WSSD .....	17
1.1.1.27 Team Earth Wind and Fire .....	18

# 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

-  [New Employee Orientation II](#)  
Jan 29, 2018 • updated by [Wendy Bowersox](#) • [view change](#)
-  [New Employee Orientation \(NEO\) I and II Schedule](#)  
Jan 24, 2018 • updated by [Wendy Bowersox](#) • [view change](#)
-  [New Employee Orientation I](#)  
Jan 09, 2018 • updated by [Wendy Bowersox](#) • [view change](#)
-  [SSI Overview 01 2018.pdf](#)  
Jan 09, 2018 • attached by [Wendy Bowersox](#)
-  [Skillsoft](#)  
Dec 05, 2017 • updated by [Wendy Bowersox](#) • [view change](#)
-  [Skillsoft\\_Learning\\_App\\_QSG.pdf](#)  
Nov 30, 2017 • attached by [Wendy Bowersox](#)
-  [Purchasing Training.pdf](#)  
Nov 27, 2017 • attached by [Wendy Bowersox](#)
-  [11-2017 NEO II.Wellness.pdf](#)  
Nov 14, 2017 • attached by [Wendy Bowersox](#)
-  [Mandatory On-Line Training](#)  
Nov 14, 2017 • updated by [Wendy Bowersox](#) • [view change](#)
-  [AFSCME Member Training Opportunities](#)  
Nov 14, 2017 • updated by [Wendy Bowersox](#) • [view change](#)
-  [PASSHE Academy](#)  
Nov 14, 2017 • updated by [Wendy Bowersox](#) • [view change](#)
-  [On-Line Development Opportunities](#)  
Nov 14, 2017 • updated by [Wendy Bowersox](#) • [view change](#)
-  [SSI Overview.pdf](#)  
Nov 06, 2017 • attached by [Wendy Bowersox](#)
-  [WB Opening Comments.pdf](#)  
Sep 18, 2017 • attached by [Wendy Bowersox](#)
-  [WB Opening Comments.pptx](#)  
Sep 18, 2017 • attached by [Wendy Bowersox](#)

### 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 2017 Employee Walking Challenge. Each team will record its steps to see how far it travels along The Great Loop, a 6,000 mile boating trail that encircles the eastern US - <http://www.greatloop.org/>. Accumulate steps by walking, running, swimming, dancing, or whatever exercise you prefer. This 10-week challenge will begin on February 20 and continue to May 7, 2017..

Register your team by emailing [employeeewellnessevents@millersville.edu](mailto:employeeewellnessevents@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 Bit by Bit 010](#)
- [Team Brent](#)
- [Team Burn Babies Burn](#)
- [Team Dollars & Sense](#)
- [Team Earth, Wind and Fire](#)
- [Team EDFN Stairmasters](#)

- Team Example
  - Team Earth Wind and Fire
- Team Heard About 3rd
- Team Henriques
- Team HR
- Team Library
- Team Lost in Pace
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- Team SSI #1
- Team SSI #2
- Team Stayer Steppers
- Team University Dining Walkers
- Team Witmer Pacemakers
- Team WSSD

**Previous Years**

- Spring 2016
- 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	2/20-2/26	2/27-3/5	3/6-3/12	3/13-3/19	3/20-3/26	3/27-4/2	4/3-4/9	4/10-4/16	4/17-4/23	4/24-4/30	5/1-5/7
Anne Stehman	25.	21.5	24.7	22.6	25.92	26.75	25.58	27.8	22.4	25.15	26.52
Neelima Ayilavarapu	27.65	25.06	27.03	24.12	30.33	20.6	17.55	24.75	29.31	24.	24.6
Alexis Chin	38.82	45.17	62.9	48.53	43.28	52.68	38.8	70.82	39.92	50.94	35.43
Andrea Connell	16.1	27.4	22.74	24.56	25.61	28.00	24.9	23.24	29.1	22.68	23.56
Debee Ordway	19.86	22.62	17.64	23.63	18.12	19.62	16.43	21.79	18.31	15.56	19.4
Lucy Santana	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Johanne Shutter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Renea Wike-Rivera	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Mileage Conversion

**Team Bit by Bit**

**Team Captain: Karen Davis**

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

Team Members	2/20-2/26	2/27-3/5	3/6-3/12	3/13-3/19	3/20-3/26	3/27-4/2	4/3-4/9	4/10-4/16	4/17-4/23	4/24-4/30	5/1-5/7
Karen Davis											
Eric Oberdorf	15	21									
Nancy Pruskowski	26.6	21.1	19.8	37	46.2	19.6	46.1	26.4	26.2	23.5	24.3
Stephanie Ayers	34.5	36	37.5	42	32	27	33	43	35.5	29.5	42.5
Kim Broskie	21.65	16.1	19.7	42.9	24.1	31.99	37.58	42.14	26.59	32.71	36.42
Kathy Estrada	17	16	13	28	29	12	16	18	13	20	15
Tara Keefer	54	57	62	77	80	58	52	45	51	50	45
Srini Gotety	28	24	28	34	56	27	12	23	39	25	26

Mileage Conversion

**Team Bit by Bit 010**

**Team Captain: Karen Davis**

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

Team Members	2/20-2/26	2/27-3/5	3/6-3/12	3/13-3/19	3/20-3/26	3/27-4/2	4/3-4/9	4/10-4/16	4/17-4/23	4/24-4/30	5/1-5/7
Karen Davis	20	18	12	30	19	31	33	37	37	28	33
Stacey Conrad	14.4	23.6	34.7	23	19.8	21.3	30.3	22	22.8	15.7	22.4
Judy Swanger	19.25	17.5	18	21	33.5	17.5	18	17	17.5	18	18.25
Josh Hartranft	50.26	31.97	46.76	24.48	46.37	37.86	62.66	49.32			
Ruth Salinkas	23.8	27.65	27.05	27.8	17.8	19.25	30.55	30.54	22.4	31.6	24.9
Mike Dulay	18	29	20	51	16	26	23	23	25	18	22
Ken Peters	0	13	25	25	39	29.4	33.5	27.5	22	32	29

Mileage Conversion

**Team Brent**

**Team Captain: Ken Brent**

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

Team Members	2/20-2/26	2/27-3/5	3/6-3/12	3/13-3/19	3/20-3/26	3/27-4/2	4/3-4/9	4/10-4/16	4/17-4/23	4/24-4/30	5/1-5/7
Ken Brent	17.4	19.6	21.3	23.3	25.7	26.8	28.3	20.4	21.6	24.5	27.4
Vivianne Brent	29.3	31.8	22.3	18.6	31.0	34.6	35.6	35.2	35.0	35.5	30.1
Tom Waltz	26.3	20.0	26.3	20.0	19.0	27.0	18.7	27.5	20.6	25.7	19.2
Greg Black	37.8	39.5	31.6	24.1	28.0	32.2	32.9	30.3	42.0	37.2	30.1
Bill Good	16.8	31.1	16.0	14.4	17.0	23.6	25.8	23.1	16.7	17.7	19.8
Mindy Lefever	15.4	18.6	17.9	35.7	32.8	18.1	19.8	20.2	16.4	18.8	32.8

Mileage Conversion

**Team Burn Babies Burn**

**Team Captain: Joyce McEwan-Whitehead**

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

Team Members	2/20-2/26	2/27-3/5	3/6-3/12	3/13-3/19	3/20-3/26	3/27-4/2	4/3-4/9	4/10-4/16	4/17-4/23	4/24-4/30	5/1-5/7
Joyce McEwan-Whitehead	45.28	42.83	43.88	38.67	42.83	43.89	47.83	46.89	48.27	48.94	47385
Dena McEwan	26	36	24	16	26	28	25	27	28.25	27.82	27.82
Ruth Virmani	35	38	35	35	41	31	40	45	45	50	40
Gladys LaPorte-Rodriguez	15.16	16.98	21.97	13.88	16.18	19.08	16.76	24.18	22.78	10.68	16.36
Cristina Maymi	26	27	25	15.5	30	25	30	36	35	45	30

Mileage Conversion

**Team Dollars & Sense**

**Team Captain: Marilyn Retamar**

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

Team Members	2/20-2/26	2/27-3/5	3/6-3/12	3/13-3/19	3/20-3/26	3/27-4/2	4/3-4/9	4/10-4/16	4/17-4/23	4/24-4/30	5/1-5/7
Chris Steuer	32.5	19.3	26	29.5	24.1	28.7	25.1	17.5	16.1	17.7	
Ginny Massey	22.59	11.95	18.88	15.67	16.4	15.98	16.56	15.21	15.36		
Jean Ressler	5	15.6	27.4	17.2	17.5	24.6	24.54	24.6	22.68	24.3	
Kathy Fulmer	29.1	27.05	28.65	29.89	24.75	30.12	33.16	34.59	30.26	29.56	28.20
Lauren Weitzel	32.57	29.2	18.5	18.67	37.3	21	17	20.36	35.46	22.85	25.5
Marilyn Retamar	34.44	28.3	26.84	25.28	22.73	21.77	31.04	35.22	26.71	34.47	27.65
Roger Bruszewski	27.21	17.6	20.73	24.41	25.94	27.84	24.61	18.8	35.14	29.75	27.8
Ryan Bonafair	12.07	15.4	13.27	10.14	17	12.49				24.64	
Tammy Aument-Martin	29.7	27.87	27.31	28.53	29.89	29.59	30.98	31.74	29.50	27.59	29.52

**Mileage Conversion****Team Earth, Wind and Fire****Team Captain: Duane Hagelgans**

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

Team Members	2/20-2/26	2/27-3/5	3/6-3/12	3/13-3/19	3/20-3/26	3/27-4/2	4/3-4/9	4/10-4/16	4/17-4/23	4/24-4/30	5/1-5/7
Duane Hagelgans	18	21.75	34.975	36.03	35.08	27.1	26.2	25.1	24.9	24.8	
Alex DeCaria	34.8	36.5	30.15	32.14	32.53	35.8	36.52	33.7	34.7	30.6	
Talor Walsh	25	25.6	25	25	25	25	25	25	30	25	
Todd Sikora	40	30	35	40	40	40	45	40	35	40	
Lynn Marquez	25	60	60	60	35	35	35	35	35	47	
Laura Kratz	41.74	33.96	30.01	35.3	40.27	19.2	36	32.43	37.66	57.2	
Chris Soelle	20	21.75	32.5	33.5	46	35.4	35	35.4	35.7	36.1	
	204.54	229.56	247.64	225.97	253.88	217.5	238.72	226.63	232.96	260.7	0

**Mileage Conversion****Team EDFN Stairmasters**

**Team Captain: Carolyn Rittenhouse**

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

Team Members	2/20-2/26	2/27-3/5	3/6-3/12	3/13-3/19	3/20-3/26	3/27-4/2	4/3-4/9	4/10-4/16	4/17-4/23	4/24-4/30	5/1-5/7
Carolyn Rittenhouse	10	12	16	12	12	6	8	7	6	5	5
William Himmele	21	16	15	14	12	13	17	19	27	22	
Perside Himmele	19	14	13	19	21	18	24	18	22	21	
Tiffany Wright	28	28	28	28	28	28	28	28	28	28	28
Laurie Hanich	10	13	10	36	17.25	17.25	17.25	17.25	17.25	17.25	17.25
Ojoma Edeh Herr	27	27	27	27	27	15	18	45	26.6	26.6	26.6
Sandra Deemer	5	5	5	5	5	5	5	5	5	5	5
Timothy Mahoney	25	20	25	20	25	30	30	25	25	25	25
Ann Gaudino	20	13	20	70	13	13	24	20	17		
Ann Marie Licata	29	31	33	26	23						
Gabriela Hagi	25	20	19	20	20	20.8	20.8	20.8	20.8	20.8	20.8
Nakeiha Primas	3	3	3	3	3	5	5	5	5	5	5

**Mileage Conversion**

**Team Heard About 3rd**

**Team Captain: Janet Kacskos**

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

Team Members	2/20-2/26	2/27-3/5	3/6-3/12	3/13-3/19	3/20-3/26	3/27-4/2	4/3-4/9	4/10-4/16	4/17-4/23	4/24-4/30	5/1-5/7
Janet Kacskos	61	35	43	47	46	56	57	52	45	40	41
Brian Hazlett	26.7	17	11	0	14	23.8	14	21.9	26	12.5	4.57
Jessica Transue	14.59	28	27	24	25	32	33	46	14	5	25
Kelly Herr	24.3	20	20	23	24	18.5	23	24	21	23	24
Cheryl Lockley	49.8	40.38	54.73	27	52.15	42.1	50	44.1	53.87	57	59
Sara Habecker	42	47	45	52	40	50	43	57	44	44	49
Catie Burkholder	9.14	18.27	22.84	22.84	22.84	22.84	22.84	22	22	22	22
Katelynn Hartman	17.67	17.39	10.6	11.2	22.95	9.87	41.5	10.35	13.14	12.24	14.25
Adam Owenz	39.8	39.2	40.29	47	43	38	45	48	55	20	32





Mary Glazier	8.5	14	9	23	20	13	14	10			
Debbie Lutz					17.43	25.88	21.34	19.85	22.23	21.38	19.94

Mileage Conversion

**Team Library**

**Team Captain: Scott Anderson**

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

Team Members	2/20-2/26	2/27-3/5	3/6-3/12	3/13-3/19	3/20-3/26	3/27-4/2	4/3-4/9	4/10-4/16	4/17-4/23	4/24-4/30	5/1-5/7
Scott Anderson (no tote)	19.70	21.00	20.00	17.60	26.60	23.80	29.70	27.40	30.00	33.60	26.50
Tatiana Pashkova-Balkenhol (tote)	14.30	9.20	12.00	10.00	20.00	14.00	12.00	15.00	12.40	13.10	12.10
Melissa Gold (no tote)	27.00	28.50	21.25	23.10	23.00	21.00	18.50	21.25	21.25	20.00	21.50
Katie Barrett (tote)	55.00	58.00	59.00	60.00	53.00	50.00	45.00	45.00	49.00	33.00	30.00
Krista Higham (tote)	9.20	13.50	14.50	20.10	27.70	14.10	12.60	21.00	15.30	15.00	12.10
Elizabeth Nelson											
Marilyn Parrish (tote)	12.00	12.00	14.00	10.00	9.00	17.00	19.60	24.00	18.70	20.00	21.00
Nathan Pease (no tote)	34.00	42.00	39.00	46.00	32.00	46.00	47.00	40.00	30.00	33.00	34.00
Steph Pennucci (tote)	11.40	6.80	9.10	11.20	19.54	14.30	12.70	12.90	14.60	4.80	6.70
D'Ann Ressler	3.50	5.00	4.50	4.00	3.00	3.50	4.80	5.00	3.60	3.80	4.80
Michele Santamarie	18.60										
Greg Szczyrbak (no tote)	21.60	23.50	18.70	13.70	25.50	16.50	14.40	30.20	37.80	39.10	22.50

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	2/20-2/26	2/27-3/5	3/6-3/12	3/13-3/19	3/20-3/26	3/27-4/2	4/3-4/9	4/10-4/16	4/17-4/23	4/24-4/30	5/1-5/7
Lisa Schreiber	12.94	9	3	3	5	7	9	12	12	12	12
Ronald Frankum	67.08	68.64	70.79	79.78	69.08	65.54	51.97	76.46	66.52	73.32	75.04
Thomas Boyle	26.5	32.21	30.5	39.2	24.5	22.3	18.1	21.7	17	20.1	23.1
Victor Capece	26.4	22.5	23.26	14.3	42.27	20.77	26.75	24.75	22.82	5	5
Robyn Davis	37.47	26.94	34.55	23.52	34.61	29.56	35.49	29.56	33.32	29.86	25.99
Kim Guasco	25.4	19.5	17.67	7.58	16.57	18.12	16.7	17.7	17.5	18.25	16.9
Enyang Guo	10	10	10	10	10	10	10	10	10	10	10
Erin Shelor	5.15	3.98	4.64	3	5.37	6.66	5.13	5.93	6.83	4.63	5.6
Lowery Woodall	9.4	6.4	5	5	6.5	6.4	6.2	9.4	5	5	5
Ping Yang	8	9.08	8	12.02	8.51	5.2	6.5	8.87	6	6	5

Mileage Conversion

**Team Mathematics**

**Team Captain: Delray Schultz**

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

Team Members	2/20-2/26	2/27-3/5	3/6-3/12	3/13-3/19	3/20-3/26	3/27-4/2	4/3-4/9	4/10-4/16	4/17-4/23	4/24-4/30	5/1-5/7
Delray Schultz	26	19	21	23	25	23	22	26	27	21	19
Cathy Schultz	19	17	17	20	18	15	16	17	19	19	21
Kevin Robinson	20	17	21	23	19	22	17	21	20	25	25
Ron Umble	79	57.5	41.5	14	39	32	30	47.5	17.5	36.5	39
Noel Heitmann	40	23	38	28	27	31	28	30	48	35	51
Robert Buchanan	57.9	42.5	56.7	54	41	54	44	48	36.5	20	51
Ximena Catepillan	24	22	21	24	22	20	20	23	21	20	19
Jim Fenwick	23	20	23	28	23	25	21	16	22	23	23
Zhoude Shao	23	18	19	17	21	19	17	22	30	29	27
Diana Garber	21	21	14	25	15	15	7	10	10	19	22
Cynthia Taylor	50	43	50	50	50	50	54	50	50	46	50
Baoling Ma	11.5	11	14	16	15	17	19	19	18	17	19

Mileage Conversion

**Team No Pressure**

**Team Captain: Allison Yarrow**

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

Team Members	2/20-2/26	2/27-3/5	3/6-3/12	3/13-3/19	3/20-3/26	3/27-4/2	4/3-4/9	4/10-4/16	4/17-4/23	4/24-4/30	5/1-5/7
Allison Yarrow	28	26.5	28	28	27	24	28	30	24	33	23
Jerry Bachman	29	22	18	21.5	21	21	26	29.5	25	26	25
Michele Bote	50	64	66	78	124	36	281	128	80	109	59
Megan Jones	16	17	14	10	14	16	16	21	22	20	21
Nikki Rohrbach	17	14	12	11	16	18	22	20	18	17	23
Kyle Miller	23	15	13.5	25	14	19	20	21	28	25	18
Nathan Olweiler	2.8	3.2	2.42	2.52	2.03	2.48	3.23	1.83	2.8	1.29	3

Mileage Conversion

**Team Not So Hidden Figures**

**Team Captain: Pauline Diaz**

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

Team Members	2/20-2/26	2/27-3/5	3/6-3/12	3/13-3/19	3/20-3/26	3/27-4/2	4/3-4/9	4/10-4/16	4/17-4/23	4/24-4/30	5/1-5/7
Pauline Diaz	9.5	11	13	18.5	14	11	12	14.5	14	15	21
Katherine Douglas	46.24	45.58	33.5	42.2	42	50.2	28.3	47.9	33.5	37.1	37.9
Kimberlie Bennett	28	41	34	36.5	53	39	33	41.4	47.5	37.5	51
Amanda Flurry	46.93	39	38.04	38.43	35.81	34.24	37.72	40.53	30.16	33.04	32.13
Debra Kilheffer	10	15	15	12	14	14	18	16	17	18	18
Abigail Gallelo	15.73	24.04	18.75	24.47	19.10	18.9	20.38	19.65	21.71	24.38	23.35
Julia Howey	32.89	43.03	44.54	45.57	41.93	50.84	58.5	35.07	14.18	12.64	57.76
Giselle Fernandez	16.68	22.97	26.72	24.47	22.69	23.84	24.98	25.04	24.30	26.31	28.63
Dwight Horsey	23.69	23.40	19.94	22.19	14.24	17.3	21.24	17.7	19.88	26.05	22.55

Mileage Conversion

**Team NumberWon**



Mileage Conversion

**Team Psychopaths II**

I

**Team Captain: Rita Smith-Wade-EI**

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

Team Members	2/20-2/26	2/27-3/5	3/6-3/12	3/13-3/19	3/20-3/26	3/27-4/2	4/3-4/9	4/10-4/16	4/17-4/23	4/24-4/30	5/1-5/7
Rita Smith-Wade-EI	7	9	8	7	10	9	10	7	8	7	9
Claudia Haferkamp	12	7	7	5	10	12	15	15	14	15	12
Nadine Garner	20	21	20	18	20	21	19	20	21	22	18
Keisha Patterson	14.5	26.2	27	31	47	26	35	36	36	31	36.5
Amelia Lopez	15	20	23.5	20	20	21	15	21	15	15	20
Debra Vredenberg	15	12	13	6	12	13	15	14	12	14	15
Helena Tuleya-Payne	8.75	7.3	7.5	7.2	7.4	7.4	7.5	9.5	9	7	9

Mileage Conversion

**Team Scimatrek**

**Team Captain: David Hutchens**

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

Team Members	2/20-2/26	2/27-3/5	3/6-3/12	3/13-3/19	3/20-3/26	3/27-4/2	4/3-4/9	4/10-4/16	4/17-4/23	4/24-4/30	5/1-5/7
David Hutchens	92.9	95.8	90.8	106.6	92.2	81.7	85.6	76.8	95.0	79.1	88.5
Judy Cebra-Thomas	25.8	26.3	24.3	25.5	26.4	27.4	25.3	23.8	20.4	23.1	23.4
Marianne Frantz	34.0	42.3	39.2	31.6	31.3	40.2	32.6	43.8	33.5	28.6	31.1
Carol Hepfer	52.8	53.6	25.6	57.5	55.5	51.8	38.7	46.7	46.0	36.1	34.7
Beth Katz	50.3	42.6	43.4	54.8	49.2	40.3	31.7	33.6	30.9	30.7	37.6
Tim Ladd	28.5	30.0	27.7	13.6	29.2	25.9	21.0	24.4	21.0	20.9	28.6
Donna Peters	42.4	43.0	42.1	42.9	40.6	39.6	45.5	44.3	41.7	44.0	38.4
Joel Piperberg	60.7	69.1	70.1	101.7	75.0	76.8	81.7	79.9	80.5	92.8	89.5
Tonya Pyles	39.7	47.9	51.6	29.9	34.9	26.1	29.1	38.0	31.2	24.5	42.0

Beth Roberts	48.7	56.8	43.0	34.9	29.7	48.5	45.5	48.4	51.6	46.1	46.7
Ryan Wagner	32.9	32.2	31.7	39.1	38.5	40.0	36.8	40.0	42.0	41.0	37.0
LaVern Whisenton	21.1	21.9	25.9	19.0	22.0	22.0	22.3	22.5	22.1	22.7	23.0

Mileage Conversion

**Team SSI #1**

**Team Captain: Izzy Mailen**

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

Team Members	2/20-2/26	2/27-3/5	3/6-3/12	3/13-3/19	3/20-3/26	3/27-4/2	4/3-4/9	4/10-4/16	4/17-4/23	4/24-4/30	5/1-5/7
Izzy Mailen	38.18	34.25	28.64	29.75	30.48	25.98	24.68	28.65	30.15	25.93	31.45
Kevin Handy	28.35	26.52	29.45	27.42	25.48	28.52	24.58	37.35	28.52	42.58	26.84
Adam Hoke	41.59	35.37	33.24	29.54	46.93	20.95	31.96	39.47	43.39	44.92	27.8
Sherri Peters	36	25	29.38	31.02	27.7	28.15	27.3	27.93	28	29.32	28.95
Kathy Sears	40.27	44.09	40.10	40	41.02	38.15	41.19	40.13	38.97	40.97	52.1
Audrey Herr	42.16	38	48.50	46.85	42.37	40.02	47.77	53.53	46.47	44.78	53.96
Geoff Beers	24.25	30.15	26.58	30.64	32.19	27.71	25.53	26.15			
Khystopher Chester	24.22	29.63	30.50	30.68	31	29.86	26.89	30.68	24.58	25.68	28.74

Mileage Conversion

**Team SSI #2**

**Team Captain: Sara Burcin**

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

Team Members	2/20-2/26	2/27-3/5	3/6-3/12	3/13-3/19	3/20-3/26	3/27-4/2	4/3-4/9	4/10-4/16	4/17-4/23	4/24-4/30	5/1-5/7
Sara Burcin	42.68	43.15	42.5	42.7	55.6	46.6					
Kathie Giorgio	35.42	29	21.33	27.53	34.53	35.17					
Bob Sempsey	46.16	43.38	32.15	33.85	32.54						
Darlene Hunsberger	18.4	18.10	17.5	12.9	13.1	23.2					
Tish Brian	9.85	30.8	24.03	20.6	28.4						
Julie Herr	18.2	31.6	43	38	58.39	54.03					
Sharon Price	36.77	38.22	20.18	25.2	31.56	34.6					

Mike Nitroy	13.8	16.69	17.13	23.29	23.29	20.57					
Mike Johnstone	21.85	24.73	29.70	32.10							

Mileage Conversion

**Team Stayer Steppers**

**Team Captain: Regina Goss**

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

Team Members	2/20-2/26	2/27-3/5	3/6-3/12	3/13-3/19	3/20-3/26	3/27-4/2	4/3-4/9	4/10-4/16	4/17-4/23	4/24-4/30	5/1-5/7
Regina Goss	31.58	24.39	16	18.2	20	27	30	35	31	30	28
Janet Josephson	17.5	21.23	22.84	25	23.5	27.5	24	29.4	26.5	32.92	33
Marcia Nell	11	16	17.5	21.5	28.22	23	19	21	16	19	22
Richard Mehrenberg	9	11	16	14	15	12	18	9	17	14	15
Lillie West	37.39	39	39	28.63	26.66	30.65	44	38.6	41	27.24	29.4
Beth Powers											
Tammy Breitegan	17.5	29.95	26.51	16.12	25	30	22	27	32	35	29

Mileage Conversion

**Team University Dining Walkers**

**Team Captain: Judy Graham**

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

GO TEAM GO!!! LET'S KEEP THOSE STEPS COMING!!!

Team Members	2/20-2/26	2/27-3/5	3/6-3/12	3/13-3/19	3/20-3/26	3/27-4/2	4/3-4/9	4/10-4/16	4/17-4/23	4/24-4/30	5/1-5/7
Judy Graham	22	26	31	23	28	31	38	40	32	39	40.5
Ed Nase	14.74	15.75	18.25	25.26	20.64	21.24	24.06	27.87	28.89	34.35	28.83
Pat Benson	23	25	20	22	24	26	23	33	30	37	36
Megan Senecal	12	19	22	24	20	23	27	21	28	30	32
Pam Greener	18	27.25	27	28	27.5	30.5	18.5	30	30.5	31	31.5



John Johnson	29.12	26	27	39	45	40.5	39.22	38.73	37.69	30.16	
Karen Johnson	21.56	24	23	26	28.5	27	29	24.18	25.24	42.46	
Ron Frisbie	30	34	37	35	31	25	26	37	31	33	34
Gerry Shehan	21	18	24.25	25	20	17	25	17.50	26.25	41	
Desa Frey	18	18	18	20	24	20	16	21	20	24	24
Sherry Mull	26	10	16	12.5	17	20.8	19	19.5	15	19	25
Karen Shoff	42.5	40	40	40.5	39	35	35.5	40	40	40	41

Mileage Conversion

**Team Witmer Pacemakers**

**Team Captain: Gail Treires**

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

Team Members	2/20-2/26	2/27-3/5	3/6-3/12	3/13-3/19	3/20-3/26	3/27-4/2	4/3-4/9	4/10-4/16	4/17-4/23	4/24-4/30	5/1-5/7
Gail Treires	35	35	35	35	35	35	32	35	32	35	32
Joanne Ocasio	10	10	10	10	10	10	10	10	10	10	10
Timothy Weaver	21	21	21	21	21	29	21	21	21	21	21
Deborah Hagey	10	10	10	10	10	10	10	10	10	10	10
Dawn Smith	34.3	10	10	10	10	10	10	10	10	10	10
Ana Hess											
Carol Meraner	21	20	22	24	25	30					
Randi Gordner	23	21.2	18.12	7.73							
Rebecca Denny	21	22.5	22.5	22	22.5	21					
	0	0	0	0	0	0	0	0	0	0	0

Mileage Conversion

**Team WSSD**

**Team Captain: Julie Lombardi**

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

Team Members	2/20-2/26	2/27-3/5	3/6-3/12	3/13-3/19	3/20-3/26	3/27-4/2	4/3-4/9	4/10-4/16	4/17-4/23	4/24-4/30	5/1-5/7
Julie Lombardi	24	28	26	26	25	25	25	25	25	25	25
Mandi Dupain	60	60	60	60	60	60	60	60	50	60	50
Terri Hollister	13	13	13	12	14	15	16	15	13	15	16

Daniel Keefer	64.5	70.4	70.21	68.7	75.05	73.73	69.1	63.64	67.1	67.07	68.99
Ying Wushanley	27	25	25	12	28	28	25	30	30	24	24
Jeff Wimer	19	18	22	21	22	18	24	20	20	23	23.5
Abdelhadi Halawa	38	34	36	32	36	38	38	32	28	34	36
Becky Mowrey	19	12	16	14	22	21	23	24	26	19	22
Dan Audette	40	43	46	35	35	44	49	57	55	51	55
Chip Schaeffer	14	26	17	15	20	21	18	18	9	12	9
Jim Crivaro	14	13	12	10	11	15	15	16	12	12.5	9

Mileage Conversion

**Team Earth Wind and Fire**

**Team Captain:**

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

Team Members	2/20-2/26	2/27-3/5	3/6-3/12	3/13-3/19	3/20-3/26	3/27-4/2	4/3-4/9	4/10-4/16	4/17-4/23	4/24-4/30	5/1-5/7
	0	0	0	0	0	0	0	0	0	0	0

Mileage Conversion