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Wellness Program - Take a Hike

Join the Employee Wellness Team as we “hike” the Appalachian Trail as part of our Win at Wellness, Spring 2011 Employee Walking Challenge. Each team will record their steps to see how far they travel along the Appalachian Trail, which runs from Georgia to Maine. Accumulate steps by walking, running, swimming, dancing, or whatever exercise you prefer. This 14-week challenge, cheered by Dr. McNairy and Cabinet, will begin on January 24 and continue to May 2, 2011.

Register your team by emailing human.resources@millersville.edu or by completing and returning the lower portion to Human Resources no later than January 19, 2011. If you need a team, we will find you one. Healthy U participants will earn 25 points.

Find out more information about the Appalachian Trail by using our [Interactive Trail Map](#)

Appalachian Trail Exercise Guidelines

Exercise Goals (Mileage to be added to your daily/weekly routine outside of your daily activities)

	Per Day	Per Week
Trail Newbie's (Beginner)	1 - 1.5 Miles	7 - 10 Miles
Trail Dashers (Intermediate)	1.6 - 2.2 Miles	11 – 15 Miles
Trail Blazers (Advanced)	2.3 Plus Miles	15 Plus Miles

In order to complete the entire Appalachian Trail your team must cover an average of 22 miles per day for the next 99 days, Jan 24th- May 2nd.

Are you up to the challenge?

Below are the fastest recorded times for both Men and Women.

Male

Andrew Thompson (2005)
47 days, 13 hours, 31 minutes
-Approximately 45.87 miles a day

Female

Jennifer Pharr Davis (2008)
57 days, 8 hours, 35 minutes
-Approximately 38 miles a day

Fitness Tips for your Expedition:

- 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.

Fun Facts:

- It takes approximately 5 million footsteps to cover the entire trail.
- The trail touches 14 states and crosses 6 national parks.
- The highest elevation is 6,625 feet and the lowest is 124 feet.

Team Mileage Pages

- [Interactive Trail Map](#)
- [Mileage Conversion](#)
- [Team Accounting](#)
- [Team ChemTech](#)
- [Team Communication & Theatre](#)
- [Team Development Office](#)
- [Team Duncan](#)
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- Team HAM
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- Team The Ville-Achians
- Team University Dining Walkers
- Team We WELL Rock U

Interactive Trail Map

Click the pushpins on the map to find out more information about that location

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

Team Captain: Johanne Shutter

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

Team Members	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14
Johanne Shutter	6.5	6.8	10.0	2.0	5.0	6.0								
Teh Krajan	9.0	8.5	8.6	12.2	13.9	10.1								
Joan Eby	3.0	2.0	3.0	0	5.0	5.0								
Theresa DiPaula	8.8	10.5	11.0	10.8	10.5	8.5								
Janine Bailey	5.1	13.4	7.4	6.2										
Anne Stehman	8.4	14.0	11.0	24.8	20.4	49.8								
Lucy Santana	1.6	0	3.5	2.5	6.5	12.7								
Carina Orso	14.9	9.5	9.3	10.4	16.0	7.4								

Mileage Conversion

Team ChemTech

Team Captain: Laura Anna

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

Team Members	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14
Laura Anna	26	19	26.5	16.2	14.2	26.2	22.4	22	16	21	14	15		
Aimee Miller	15	24	20	20	23	19	28.5	19	20	16	20	20		
Maria Schiza	3	1	3	3	3	3	3	3	3	3	3	3		
Dan Anna	17		33.2	20.95	26.32	29.85	28	21.9						
Tom Bell	30	26.5	23.5	23.8	26.5	22.2	32.7	27	31	21	29.5	28.4		
Sharon Brusic	8	11	24.5	17	21	18.5	16	18	15	16	16	16		
Bob LaJuett	10	25	25	22	22	22	20	25	22	22	22	22		
Len Litowitz	9	6	9	9	9	9	9	9	9	9	9	9		
Pat Hill														
Lyman Rickard	5							8	9	8	9	9		
Bob Wismer	13	11	16	15	11	16	21.5	14	12	19	15	20		
Jill Bell	18	18	19	20	18	19	27.3	20	20	19	23.2	21.4		

Mileage Conversion

Team Communication & Theatre

Team Captain: Bill Dorman

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

Team Members	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14
Bill Dorman	10.25	9	8	10	12	6	18	16						
Theresa Russell-Loretz	4.6	4.7	8	10.5	8.4	10.2	10.4	4.2						
Stacey Irwin	2	4	5.5	5.5	5.5	5.5	7	20						
Lisa Schreiber	26.75	30	31	27.84	30	31	35	29						
Tony Elliot	24.3	25.1	25.5	28.4	23.5	21.5	10.5	28.1						
Greg Paul	4	5	5	10	10	10	14	5						
Marlene Arnold	6	7	8	10	12	6	18	16						
Thomas Boyle	27	2	18	2	25		72	0						
Tina Stout	3	0	16.72	14.5	11.94	25.02	18.41	19.6						
Margo Sassaman	15.5	17.5	17.5	29.75	21.75	16	20.5	15						

Mileage Conversion

Team Development Office

Team Captain: Alice McMurry

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

Team Members	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14
Denise Weidman	28.5	25.5	14	33.5	36	34.5	24	33.75	31	34	34.5	28	34.5	20
Lucie Baldwin	17.5	20	20	20	0	0	0	25	20	20	20	20	20	21
Rene Munoz	74	55	8	67	42	0	32	32	57	52	73	12	52	77
Linda Roush	21.5	21.5	25.6	26	20	22	24	23	23	24	24.5	25	26.5	24.5
Derek Hoffman	31	28	25	27	29	28	32	25	28	26	32	35	35	40
Francis Schodowski	10	18	21	18	15	22	16	20	28	18	21	19	18	20
Alice McMurry	12.25	16.5	14.2	13	12.5	12.7	13	19.3	14	14	11.3	12	10.6	12.4
Martha MacAdam	17	14.5	14.7	20	14.5	17.7	17.4	17.7	15	13.4	12.5	13.3	14.5	16.2
Jan Edwards	6.5	12	3	0	0	0	0	0	0	0	0	0	0	0
Amy Schodowski	28	21	16.5	0	21	30	19	34	33	36	36	35	7	7
Nora Patterson	0	0	20	23	30	27	36	0	0	0	0	0	0	0
Jessica Mains	15	20	17.6	22	14.5	16	14	16	17.7	20.1	15.6	21	17.5	23.5

Mileage Conversion

Team Duncan

Team Captain: Janet Kacskos

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

Team Members	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14
Janet Kacskos	36.5	28	29	35	26	41.5	44.6	46.4	45.3	37.5	34.7	44.5	43.14	50.1
Diane Black	13	9	15	23	10	21	18	18	18	22	13	23	18	21

Char Domin	11	9	11	15	11	15	13	15	14	17	16	18	26	8
Lorie Mahoney	24.5	25	18	16	21	25	28	26.5	24	25	28	28	26.25	37.5
Kelly Davis	6	10	12	18	22	21	36	26	24	34	27	24	35	34
Pat Coulson	6	7	5.5	4	6	6	7.5	6.5	4	4	4	4	5	6
Deb Miller	16	2	12	9	21	60	15	18	20	25	10	16	22	25
Alexandra Wachman	4	0	0	15	20	12	25	25	23	20	22	24	20	20
Amy Dmitzak	5	8	5	7.5	10	15	15	10	17	15	17	15	20	18
Jerry Eckert	7	11	11	0	7	12	14	10	12	8	7	8	8	12
Mary Brandt	28.7	25.65	31	37.75	31.4	31.5	34.19	32.25	29.28	31.16	34.81	30.19	29.21	38.5

Mileage Conversion

Team Education

Team Captain: Doyin Coker-Kolo

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

Team Members	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14
Doyin Coker-Kolo	13.5	16.78	15	15	17	10.5	15	17	17	13.5	13.5	15.5	17	13
Trish Salvadia	33	26.5	16.5	18	22	26.5	28	33	16	22	26.5	16.5	9.5	8
Jane Bray	16	13	13	9	11	14	14	16	8	11	13	15	14	11
Barb Hatfield	16.5	21.5	22	19.5	21.5	20.5	22	25	19.5	18.5	16.5	19	19.5	16.5
Cameron Kane	4	8	8	8	8	6	8	8	8	8	8	8	8	8
Regina Goss	21	25	32	30	35	30	30	25	32	35	35	25	21	21
Carolyn Cook-Rittenhouse	11	13	13	13	13	13	13	13	13	13	13	13	13	13
Amanda Weinhbrecht	20	22	26	24	35	27	30	32	25	20	18	25	16	28
Niki Roberts	25	26	26	27.5	35	33	30	26	26	31	27	28	33	30
Rachel Rohland	19	20	20	19	20	14	19	19	20	20	19	25	19	20
Kerry Krammer	17	13	13	14	18	16	15	13	13	15	14	14	16	15
Pam Via														

Mileage Conversion

Team Experiential Learning & Career Management

Team Captain: Holly Kalbach

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

Team Members	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14
Holly Kalbach	10	15	7	10	9	14	20	16	10	12	10	14	10	12
Diane Fleishman	10	5	7	10	5	6	12	10	11	10.5		5		
Enyang Guo	10	10	12	12	12	12	14	12	12	12	12	12	12	12

Lianna Sousa	15	5	7.5	11	12	12	4	0	0	2				
Michael Dillon	6	11	9	12	10	13	11	12	10	12	9	12	10	
Sue Hess	3	5	7	5	8	10	9	10	10	13	12	13		
Christine Gaudry-Hudson	14	2	10	5	15	7	15	5	11	15	12	2	14	

Mileage Conversion

Team HAM

Team Captain: Andy Young

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

Team Members	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14
Andy Young		10		17		20		22		15		14		17
Brittany Hartman	50	54.75	58	57.11	40.25	41.75	40.75	63.45	33.7	58.85	45.05	35	24.65	37.75
Akil Stokes	14.5	18	23	26	8	6	4	7	3	4	5.5	7	14	16
Scott Weiser	5.3	7	8	1	1	1	1	6	5	1	1	0	3	6
Katrina Brumfield	16	13	21	20				18	18	15	10	15	17	21
Barbara Waltman	32	35	32	32	40	32	35	30	30	30	30	25	25	30
Anthony Grant														
Richard Glenn	62	65	71	72	71	70	71	74	71	66	65.6	63	64	66
Mary Fleig	5.8	14	12.5	4	15		13	10	8.5	14	10.5	8.5	10.5	13

Mileage Conversion

Team HAM too

Team Captain: Andy Young

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

Team Members	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14
Andy Young	18		23.5		12		17		18		17		17	
Steve Roach	6.5	9.5	4.5	1	9		8	8.5	8	9	3	6	6	5
Donna Eshelman	41.8	44.8	28.1	42	38.75	46.1	41.9	52.3	45.3	42.3	65.6	43.9	47.5	43.2
Donna Bazow	22.2	19.45	33.35	35.54	29.14	22.1	17.85	19.65	28.15	10	10	15	21.5	23
Peg Kauffman	6	10	15			6	12	9	4					
Kathy Cummings	38	58	37	35	36	35	35	35	37	39	25	34	33	40
Brian Smith	15.5	18	15	32	16	21	27	18	21	18	14	20	15	17
Todd Roberts	22.2	9.25		11.75										
Ron Rankin	9	7.5	12	12	13	10	10	13	20	20	17	20	15	15

Darlene Neuman	11.5		7											
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Mileage Conversion

Team Happy Feat

Team Captain: Robert Houck

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

Team Members	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14
Robert Houck	24.99	17.65	17.65	17.04	16.84	16.97	18.85	16.09	22.25	18.18	23.43	23.98	22.50	24.42
Ann Bryson	21.00	14.23	12.71	13.82	17.03	16.65	13.89	16.90	14.98	18.91	13.79	15.26	15.76	14.58
Ken Brent	28.21	27.58	29.91	28.90	31.82	31.62	27.40	33.50	29.50	28.70	34.70	31.30	29.80	23.50
Vivianne Brent	35.70	36.30	38.30	36.10	38.10	32.9	27.20	36.60	37.10	36.50	40.20	37.80	37.30	39.20
Phil Mallinson	22.47	24.15	28.20	23.74	36.89	22.08	27.98	25.35	30.87	17.23	17.32	20.42	22.76	21.51
Debbie Houck	16.17	17.82	5.93	13.52	15.40	18.24	13.60	20.09	14.40	15.65	13.97	15.86	16.90	17.93
Ron Frisbee	20.30	23.73	23.39	22.10	23.62	24.20	24.20	26.20	23.60	26.20	24.50	22.80	26.20	25.10
John Johnson	20.75	25.77	33.00	19.64	28.00	25.50	34.20	28.00	26.30	34.00	29.00	33.00	33.30	32.00
Joe Yourgal	27.2	36.94	42.48	42.70	40.69	41.28	28.32	41.34	27.50	35.62	34.69	39.02	33.39	42.24
Jim Miller	8.78	13.93	25.15	26.16	21.88	27.42	25.35	26.89	22.49	33.94	30.44	22.10	18.67	35.32

Mileage Conversion

Team Harpoons

Team Captain: Marilyn Cogansparger

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

Team Members	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14
Marilyn Cogansparger	44.33	38.18	48.65	44.83	44.92	38.93	40.49	29.41	27.03	32.79	28.95	27.05	28.35	24.27
Allison (Aly) Sehl	59.2	37.69	47.1	48.3	28.1		27.6		17.3	13.6		9.7	19.4	12.9
Lori Austin	1.83	.84	14.52	19.73	23.77	31.44	26.63	27.14	34.74	24.1	32.16	22.1	25.99	27.0
Tom Richardson	23.0	21	39.0	24.0	37.0	10	18.5	14	16	22	14			
Kathy Dalton	15.0	25.5	31.0	24.5	20.0	28.0	7	18	10	24	21	19	18	19
Candice Hozza	11.97	10.44					7.69	7.74	1.12	1.20	1.5	1.3	1.42	1.33
Sharon Knerr	40.9	23	21.7	24.4	12.74	14.17	23.2	26.3	14.52	18.4	44.06	28.92	13.0	13.76
Kathy Jones	25.5	19.1	21.5	26.5	25.62	20.84	19.4	27.8	16.77	25.0	15.6	18.5	23.2	19.7

Imtiaz "Taz" Alam	24.55	20	20.26	10.6	13.4	11.5	9.2	13.8	7.4	15.7	11.4	11	11	17
Daeon Blessing														
Katy Ferrier	18.0	8.0	12.0	6.0	12.0	6	6	12	12	6	12	12	6	12

Mileage Conversion

Team Health Services

Team Captain: Gail Treires111

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

Team Members	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14
Gail Treires	17	17	21.5	22	26	23	26.5	22	24	24	25	23	25	21
Susan Bodde	1.02	1.02	12	6	18	20	4.5	12		7	3.5	8	9	7.5
Anne Pryzbylkowski	7	13	18.5	16	16.5	12	8	22		16.5	13	19	16	17
Carol Stigelman	5.75	5.52	5.6	5.3	7.1	8.7	2	.6	5.6	4.2	2.5	5.5	4.8	4.02
Dawn Smith	10	6.75	2	13		1.5	2.5	4	4	2	2	2	3	5
Chris Rooney	10	12.8	9	8	11	5	4	8	5	9	3	6	7	9
Joanne Ocasio	4	6.5	5.5	6	10	3.5	7	17	7	2	4	5	3	6
Jenny Monn	7	5	7	8.5		6	9	6.5	6	7.5	6.5	7	7.5	8
Doris Morrison	9	9	5	7	7		1		1	5	7	7	3	4
Linda Wenzel	7	1	6	9	13	9	4	5	4	5	5	4	2	5
Sue Northwall	10.5	6.8	5.5	4.5		1	1	1	1	1	1	2	2	5
Tanya Echterling	17	9	5	20	20	13	19	2	18	18	17	17	17	17

Mileage Conversion

Team History

Team Captain: Ron Frankum

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

Team Members	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14
Ron Frankum	58.71	63.95	57.60	61.27	59.84	53.29	31.95	28.06	30.43	32.84	47.11	54.20	53.27	58.79
Tracey Weis	6.00													
Erin Shelor	9.27	9.54	8.87	12.25	8.88	7.74	4.80	7.34	8.26	8.24	9.27	9.20	8.94	9.16
Monica Spiese	7	6	7	6	7	6	7	6	7	6	7	6	7	
Sherri Brouillette	11.75	15.12	19.97	16.09	17.40	16.97	14.51	19.41	19.20	19.26	15.00			

Mileage Conversion

Team Holy Walkamolies

Team Captain:

Dawn Reese

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

Team Members	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14
Dawn Reese	10.80	10.01	9.48	14.4	10.90	15.11	4.20	23.29	13.82	17.19	17.81	17.2	10.85	16.4
Gladys Laporte	.175	0.55	0	0	0	0	0	0	0	5.72	7.63	5.81	7.0	7.62
Jennifer Mariacher	15.00	9.5	7.0	6.0	10.0	10	19	15	19	15	24	16	19	17
Kerri Stark	13.77	8.3	11.1	20.3	11.6	12	18.8	16	26.2	30.3	26	21.8	22.8	23.63
Ken Dearstyne	15.60	4.8	16.5	23.3	13.5		31.8	30.6	18.8	33.0	18.5	19.3	28	26.2
Sue Arnold	15.00	6.5	14.5	18.0	17.0	14.0	11.0	16	12	20	18.5	20.5	20	18
Darlene Cassidy	3.0	0	7.0	8.0	7.0	5.0	9.0	15	7	9	8	9	9	8
Anna Stauffer	1.50	4.5	4.5	11.0	6.0	8.5	10	9.5	9	10.5	8.5	12	9.5	10.5
Ginny Massey	0	17.275	35.48	21.7	37.67	36.55	32.46	40.24	38.13	39.8	34.74	33.3	44.48	35.75
Liz Karevicius	0	0	0	5.0	5.0	5.0	5.0	19.5	0	5	10	17.5	17.5	30

[Mileage Conversion](#)

Team Human Racers

Team Captain: Lisa Ulrich

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

Team Members	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14
Lisa Ulrich	9			6	15	6	12	15	15	10	7	15		
Lou DeSol	10.5	13.5		5	13.5	15	13		10	13	16	18		
Charmayne Brubaker	9	24	25	27	41	26	13	22	21	18	21	21		
Sylvia Lepore	13.28	9.95	12	12	12	15	16	17	17	18	18	10		
Melanie DeSantis	8	8	8	8	8	8	8	8	8	8	8			
Deborah Pizzola	14.5	16.8	18.5	17.45	13.25									
Jill Glick	15	28	26	28	17									
Mimi Durenberger	36	36	34	26.5	31	27		27	28	30	26			
Lori Rodriguez	23	21	23	25	22	19.5	26							
Lyn Troyer	7	7	7	7	7	7	10		12	12	15	7		
Pat Weidinger	4													
Shannon Duff						25	25	25	25	32	25			

[Mileage Conversion](#)

Team Library

Team Captain: Scott Anderson

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

Team Members	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14
Erin Dorney	3	10	7	3	10	6	10	10	6	9	10	10	12	15
Greg Szczyrbak	3	0	0	10	8	10	12	15	12	8	15	8	8	10
Jessica George	15	10	10	12	10	12	12	12	9	10	10	15	10	10
Kimberly Grotewold	10	11	12	10	13	11	8	12	13	3	7	8	11	12
Marilyn Parrish	6	6	11	8	9	8	15	7	7	6	7	5	11	18
Marjorie Warmkessel	4	2	8	10	9	12	9	11	10	10	9	12	12	12
Melissa Gold	8	14	4	10	9	10	10	18	15	10	13	17	16	25
Scott Anderson	19	11	17	15	16	11	16	21	15	30	26	37	37	32

Mileage Conversion

Team Palmer

Team Captain: Mindy Lefever

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

Team Members	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14
Mindy Lefever	30.66	26.22	29.08	30.93	29.44	33.04								
Sherry Mull	26.43	28.13	22.5											
Kate Kinney	35.75	36.70												
Jill Coleman	15.70	20.68	25.82											
Ruth Sheetz	24.10	30.52												
Fred Eddinger														
Matt Sellers	7.22	31.39												

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	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14
Rita Smith-Wade-EI	30	40	60	45	50	50	55	55	55	55	55	55	55	50
David Hill	30	22	26	32	32	33	20	22	51.5	42	44	41	43	47

Claudia Haferkamp	10	15	15	17	17	18	12	10	11	12	12	15	12	16
Karena Rush	16	15	20											
Fred Foster-Clark	6.5	9.5	10	9.5	10.5	4.0	13	7.5	10	13.5	7	10.5	11	6 6
Shawn Gallagher	8.75	11	8	11	14	12	18	12	12	15	15	14	8	10
Jennifer-Jeffrey-Pearsal	10	7 7	8	10	10	8	1	1	10	10	10	10	10	
Nadine Garner	20	9.5	17	16	14	17	20	22	25	25	25	20	22	22
Elizabeth Thyrum	11	16	12	28	24	22	16	22	26	28	32	32	28	24
Sandor (Alex) Szollos	17	4	4	6	6	6	3	4	5	7	10	12	8	4
Jason Baker	13	20	22	19	25	24	25	25	20	18	24	18	24	24
Tae Woo	12	4.5	3.5	2.75	2.5	2	6	2.5	3	2.5	4	3	2	3

[Mileage Conversion](#)

Team Registrar

Team Captain: Candace Deen

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

Team Members	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14
Candace Deen	3	8	0	1	5	7	2	5	12	9	0	12	1	5
John Sicotte	9	1	1	0	9	9	9	9	9	9	9	9	6	9
Aileen Brown	0	0	0	0	0	0	0	3	0	0	3.5	0		3
Michele Bote	12.5	2	27	131	53	144	172	132.5	102	136	101	100	90	182

[Mileage Conversion](#)

Team Scimatreks

Team Captain: David Hutchens

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

Team Members	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14
David Hutchens	36.84	41.67	41.68	44.04	41.42	43.66	46.92	51.46	56.26	48.80	46.93	50.74	48.80	60.07
Jean Boal	17.75	25.00	18.70	23.00	27.00	21.00	21.00	27.00	19.00	28.00	33.00	26.00	31.50	25.10
Eilena Brittain	6.50	17.40	14.00	16.50	10.60	13.20	11.70	9.50	9.75	9.20	9.50	15.00	11.00	15.00
Beth Katz	37.04	38.09	39.23	41.59	45.03	39.20	38.21	49.05	54.03	50.10	52.32	44.41	48.50	70.86
Kelly Kuhns	26.50	17.80	18.40	15.30	12.70	15.70	14.80	13.70	14.80	16.90	15.30	33.60	14.50	12.50
Timothy Ladd	18.30	17.50	17.20	19.00	12.20	16.70	9.70	15.70	11.80	9.20	8.20	14.20	13.60	12.30
Blaise Liffick	19.45	34.50	22.30	15.00	16.80	16.40	16.10	17.20	10.20	9.00	12.30	11.00	11.00	13.00
Brigitte Murillo	34.50	42.86	43.75	42.54	40.64	35.50	38.63	46.93	42.19	36.74	40.82	44.33	40.98	45.35
Ginny Palmer	16.46	17.40	13.17	14.76	21.40	15.77	13.67	18.31	12.50	15.40	15.50	15.20	13.80	14.20
Susan Thomas	9.50	13.60	16.74	25.77	0.00	7.00	23.28	26.00	23.00	23.00	24.00	20.00	10.00	17.00
Ryan Wagner	37.16	27.20	27.90	25.40	25.60	29.30	38.10	31.80	22.30	29.70	20.40	25.30	21.00	24.80

Mileage Conversion

Team Stayer Steppers

Team Captain: Christine Anthony

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

Team Members	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14
Christine Anthony	10	12	13	12	15	16	12	12	13	15	11	13	14	12
Darlene Keemer	18	15	15	19	14	15	19	17	14	17	18	12	12	
Mary Ann Gray-Schlegel														
Ellen Long	15	19	15.5	19	18	17	20	21	19	16	14	11	20	
Jen Shettel	15	16	17	17	17	18	17	16	15	18	18	20	23	23
Lil West	13	13	22	21	22.5	22.5	26	27	15	8	13	10	13	
Linda McDowell	16	16	16	16	16	16	16	16	16	16	16	16	16	16
Marcia Nell	14	14	15	14	15	15	15	16	16	16	15	15	16	15
Angela Hoover	12	5.5	20.5	23	13	18	18	20	18	18	22	21	20	22

Mileage Conversion

Team Tech Trek

Team Captain: Veronica Longenecker

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

Team Members	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14
Veronica Longenecker	7	13	13	15	16	20	20	18	12	17	12	11	13	19
Srini Gotety	13.8	11.3	8.5	14.3	14.8	8.5	6.5	9.5	14.5	19.5	26.5	10.5	10.5	16.5
Michael Dulay	7	6	15	7	8	9	13	8	35	7	8	8	8	7
Barry Walton	0	0	1	4.2	10	0	1	5	3	2	4	3	2	4
Al Unrath	4	1	0	12	6.5	0	6.5	4	3	5	4	3	5	7
Judy Swanger	13.5	12.5	13	14	14.5	15	15.5	15	9	15.5	14.5	16	14.25	15
Diane Duell	7	8	13	14	24	20	20.5	22	17.5	15.5	16	9	10	9.5
Mark Mullen	3	4.7	4.9	8.2	8.7	7.4	8.1	2	2	4	6	14	4	6
Tara Keefer	28.25	35	28	25	24	25	23.5	28	25	16.5	24	10.5	30	26
Ryan Griffith	6	8.5	2.5	14	8.5	4.5	12	18.5	4.5	7	17	10	12	13.4

Mileage Conversion

Team The Hitch Hikers

Team Captain: Matt Kirchoff

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

Team Members	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14
Matt Kirchoff														
	12	22	18	20										
Pat Benson	42	40	32											
Bernie Harnish	14	25	28	32										
Bryan Cummins	2	1	2											

Mileage Conversion

Team The Random Walkers

Team Captain: Janet White

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

Team Members	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14
Janet White	13	6	2	4	7	2	0	2	2	5	8	9	5	5
Delray Schultz	6.5	1	5.5	6	5	15	5	6	20	3	7	5	5	10
Ron Umble	5	3	4	8	4.5	7	6	14	11	5	6	27.5	7	28.5
Diane Garber	23	29	19	12	15	6	33	14	21	0	0	9	15	6
Kevin Robinson	5	5	3	3	4	5	7	5	7	3	5	5	5	8
Ximena Catepillan	10	10	10	10	10	10	20	10	10	10	10	10	10	10
Chris Rachor	4	10	9	9	5	12	13	13	14	47	10	12	12	18
Erin Moss	9.5	7.5	11.75	12.5	16.25	10.5	18	8	3	4	9.4	5	2	5
Zhoude Shao	5	9.5	10	11.5	7.5	11.5	16.5	15	9.5	9	12.5	10	20	18
Noel Heitmann	14	28	31	36	36	32	31	24	33	32	31	34	31	31
Roger Wolbert	17	12	22	22	22	7	17	6	6	6	8	6	8	6
Cathy Schultz	0	0	1	0	0	0	2	2	2	2	2	2	2	2

Mileage Conversion

Team The Ville-Achians

Team Captain: Stephanie McNelis

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

Team Members	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14
Stephanie McNelis	27.6	30.8	27.6	30.1	27.5	31.4	32.1	18.8	25.8	30.6	21.7	23.6	24.6	25.0
Andrea Baker	12.7	14.9	15.0	13.3	14.0	13.0	11.5	12.0	11.5	11.5	13.0	12.0	11.0	12.1
Tammy Bittner	11.8	10.9	11.0	11.9	11.2	11.9	10.6	20.5	18.1	17.6	7.5	9.0	10.5	10.5
Tonya Hsiung	9.5	0	0	0	9.0	16.0	10.0	11.5	15.0	5.0	5.0	8.0	7.0	9.0

Kim Habecker	19.7	42.2	40.5	38.9	35.3	42.0	42.0	40.5	39.0	37.0	36.2	42.0	35.0	35.0
Dwight Horsey	5.6	12.4	13.3	19.2	10.2	14.0	32.7	10.8	9.7	12.0	12.4	17.6	19.4	10.4
Kyki Bobotas	14.5	25.0	26.0	27.0	35.0	23.0	35.0	35.0	31.5	23.0	0	21.0	26.0	46.0
Nakia Mack	4.0	2.0	2.5	3.3	1.8	0	0	3.3	4.5	2.0	2.2	1.5	2.5	2.5
Christina Pantoja	8.3	16.0	18.0	4.0	4.0	4.0	10.0	0	15.0	30.0	25.0	25.0	0	20.0
Angela Simmons	22.0	30.0	31.0	30.0	26.0	18.0	20.0	16.0	18.0	24.0	18.0	16.0	24.0	16.0
Emi Andino	7.9	9.1	6.8	7.3	8.8	8.6	10.3	6.5	4.4	6.3	5.4	5.5	7.1	9.2

Mileage Conversion

Team University Dining Walkers

Team Captain: Judy Graham

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

Team Members	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14
Judy Graham	10	20	23	29.4	28.5	27	29	26	23	23	30	27	30	26
Connie Charles	10	30	30	30	30	30	30	30	30	30	30	30	30	30
Stephanie Greineder	16	20	24	24.5	18	25	24	22	24	18	22	24	25	25
Karen Swope	16	19	21	24.5	30	28	32	30	30	32	31	28	28	30
Jody Croft	23	36	18	18	18	25	20	15	15	10	20	20	20	20
Lori Aument	47	60	50	50	35	48	40	45	38	35	45	40	40	35
Louella Grgic	16	28	28	26	28	27.3	24	26.3	28.6	24.6	24	24	30.05	30
Kim Snyder	--	21	21	16	20	12	20	20	20	20	20	20	20	20
Louis Logan	--	--	--	--	--	--	--	--	--	--	--	--	--	--
Melissa Walter	20		44	54	55	52	47	49	41	52	51	52	50	51
Gerry Shehan	--	7	8	8	--	--	--	--	--	--	--	--	--	--
Marian Brenner	--	--	16	16.5	19	20	20	20	20	20	20	20	20	20

Mileage Conversion

Team We WELL Rock U

Team Captain: Julie Lombardi

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

Team Members	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14
Julie Lombardi	25	25	25	25	25	25	25	25	25	25	25	25	25	25
Ying Wushanley	14	12	17	18			20			25	22	20	25	26
Daniel Keefer	54.75	49.5	46.5	46.5	55	48.5	43.5	54.5	45	40	50.2	47.5	46.5	23
Chip Schaeffer	9			9	6		26							12

Abdelhadi Halawa	28	24												
Mandi Dupain	70	70	70	70	70	70	70	70	70	70	70	70	70	70
Jeff Wimer	6						11				7		6	4
Becky Mowrey	23.07	23	23	23	23	23	23	23	23	23	23	23	23	23
Daniel Audette	33	49	43	42	42	45	41	45	44	42	45	46	44	46
Adele Ruzsak	13	18.5	13	15	14.5	18.5	10	16.5	16	30	13.5	19.5	12	13
Gordon Nesbitt	7.5	6.5	9	9	9	8.5	6	10	10	10	10	10	10	10
Esther Montano					3									

Mileage Conversion