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Wellness Program - Take a Hike

Join the Employee Wellness Team as we "hike" Canada's Great Trail from Niagara Falls to Regina, Saskatchewan - 3,240 miles. Each team will record its mileage to see how far it travels along the trail. Accumulate steps by walking, running, swimming, dancing, or whatever exercise you prefer. This 11-week challenge will begin on February 11 and continue to May 3, 2019.

Register your team by emailing employeewellnessevents@millersville.edu with your Team Name, and Captain's Email Address. If you need a team, we will find you one.

Hikers who participate in each week will become part of a drawing for a prize.

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

- 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

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- Team Lost in Pace
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- Team Zero Energy

Previous Years

- Spring 2017
- Spring 2016
- Spring 2015
- Spring 2014
- Spring 2013
- Spring 2012
- Spring 2011

Team Accounting

Team Captain: Anne Stehman

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

Team Members	2/12-2/18	2/19-2/25	2/26-3/4	3/5-3/11	3/12-3/18	3/19-3/25	3/26-4/1	4/2-4/8	4/9-4/15	4/16-4/22	4/23-4/29
Anne Stehman	20.26	28.04	28.59	26.5	27.05	26.21	22.27	24.27	27.34	24.05	26.22
Alexis Chin	23.82	25.28	31.09	29.83	25.81	27.17	26.45	24.25	26.71	27.85	26.83
Andea Connell	27.67	30.0	25.76	27.32	26.00	25.64	24.91	26.15	23.2	28.67	30.04
Debee Ordway	17.89	16.51	18.72	16.20	21.38	17.20	14.97	17.52	15.6	15.84	14.37
Heather Rossell	35.02	29.71	34.36	37.82	36.35	32.62	28.48	30.59	36.36	35.36	31.67
Lucy Santana	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Neelima Ayilavarapu	29.02	26.9	24.15	25.10	33.57	31.63	31.03	29.10	31.12	32.6	29.95

Mileage Conversion

Team Bit by Bit

Team Captain: Kim Broskie

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

Team Members	2/12-2/18	2/19-2/25	2/26-3/4	3/5-3/11	3/12-3/18	3/19-3/25	3/26-4/1	4/2-4/8	4/9-4/15	4/16-4/22	4/23-4/29
Kim Broskie	20.8	41.7	30.5	23.7	22.7	44.6	20.1	19.4	28.4	25.8	23.8
Judy Swanger	11	12.5	15	12.5	16	12	14	12.5	19	14.5	15
Michael Dulay	23	31	29	26	17	33	37	51	84	29	35
Stephanie Ayers	31.5	33.5	42	38.25	28.75	33.5	36	32.75	37.25	25.75	30.75
Kathy Estrada	16	20	12	11	14	11.5	16	19	16	17	15
Stacey Conrad	13.7	14.3	16.3	12.6	12.9	18	13.5	15.7	21.5	16.7	13.8
Josh Hartranft	47.9	46.7	62.5	44.7	54.1	61.5	52.8	56.4	50.8	43.3	26.3
Miriam Santos	18.832	24.405	16.4005	22.505	25.1895	23.014	18.172	23.0515	24.7455	23.059	22.3615
Ben Kling		20.48	29.1	27.8	18.5	22.4	22.3	22.1	20.7	18.1	

Mileage Conversion

Team Brent

Team Captain: Ken Brent

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

Team Members	2/12-2/18	2/19-2/25	2/26-3/4	3/5-3/11	3/12-3/18	3/19-3/25	3/26-4/1	4/2-4/8	4/9-4/15	4/16-4/22	4/23-4/29
Ken Brent	16.00	17.25	27.70	25.66	17.10	18.25	18.60	16.60	21.67	19.80	19.00
Vivi Brent	51.00	42.60	47.00	44.00	34.00	35.00	34.00	34.00	37.00	33.00	29.00
Tom Waltz	19.90	26.50	18.00	19.40	22.10	19.80	18.60	20.30	16.60	19.20	21.00
Greg Black	28.19	29.10	25.58	22.00	32.19	28.25	25.65	24.49	28.67	31.95	30.80

Mileage Conversion

Team Dining

Nakeiha Primus	15	10	12.5	12.5	12.5	12.5	12.5	12.5	12.5	12.5	
Miriam Witmer	12	15	15	15	15	32.2	22	21	25	19.1	
Tiffany Wright	29.5	39	53.7	68.6	52	62.4	60.1	58.9	53.7	59.2	

Mileage Conversion

Team Human Racers

Team Captain: Sylvia Lepore

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

Team Members	2/12-2/18	2/19-2/25	2/26-3/4	3/5-3/11	3/12-3/18	3/19-3/25	3/26-4/1	4/2-4/8	4/9-4/15	4/16-4/22	4-23-29
Sylvia Lepore	22.764	40.435	46.612	51.0405	42.23	44.357	44.6205	45.323	50.653	51.4435	45.169
Kay Keen	20.01	22.62	30.83	25.54	33.25	23.98	22.27	27.24	30.12	24.95	
Jeremy Houck	14.1	14.1	16	16.4	18.6	14.8	15.5	13.7	16.2	14.6	
Charmayne Brubaker	9.5	20	10	19	21	25	19	7	8	22	18
Cheryl Hodges	4.7355	12.4615	11.9615	11.043	11.1955		9.48	11.52	10.5345	13.0475	
Jaynelle Troxell	43.75	39	38.5	41.25	40.5	36.25	26	37.25	28.75	39.25	40.75
Melanie DeSantis	4	5	5	5	8	5	3	5	5	5	5
Lori Rodriguez	21.3	19.84	20.56	21.75	22.23	21.55	22.77	27.63	13.77	22.23	24.65

Mileage Conversion

Team Library

Team Captain: Scott Anderson

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

Team Members	2/12-2/18	2/19-2/25	2/26-3/4	3/5-3/11	3/12-3/18	3/19-3/25	3/26-4/1	4/2-4/8	4/9-4/15	4/16-4/22	4/23-4/29
Scott Anderson	23.00	29.55	26.57	23.23	26.68	29.10	29.96	26.28	33.31	30.72	34.85

Tatiana Poshkova-Balkenhol	10.05	11.13	9.00	11.00	10.02	9.71	13.00	9.25	9.72	15.41	12.40
Stephanie Pennucci	13.73	19.17	19.81	16.62	10.69	19.10	18.40	14.56	17.45	18.65	18.73
Krista Higham	16.00	11.27	13.27	14.63	16.81	11.34	13.10	13.59	15.32	15.10	12.20
D'Ann Ressler	8.00	15.00	18.81	20.31	16.93	17.41	21.69	17.30	17.62	20.33	23.30
Kim Auger	24.37	22.71	20.06	17.41	12.78	31.28					
Michele Santamaria	11.95	9.83	9.75	9.90	10.05	9.80	10.10	9.75			
Ramie Millar	13.64	22.58	11.03	15.10	16.21	11.98	26.37	22.00	20.23	20.21	17.94
Marilyn Parrish	17.00	16.00	21.30	14.00	16.00	15.50	15.00	17.50	16.60	19.30	21.80
Janet Dotterer	20.00	21.00	21.00	20.00	20.00	23.00	18.00	18.00	16.00	21.00	22.00

Mileage Conversion

Team Lost in Pace

Team Captain: Kim Guasco

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

Team Members	2/12-2/18	2/19-2/25	2/26-3/4	3/5-3/11	3/12-3/18	3/19-3/25	3/26-4/1	4/2-4/8	4/9-4/15	4/16-4/22	4/23-4/29
Kim Guasco	16.58	18.21	16.1	19.92	14.92	17.52	17.87	15.82	20.12	17.5	18.2
James Machado	4.5	9.618	7.15	6.68	3.5	6.63	7.8	13.5	14.5	9.97	10.8
Victor Capece	24.343	24.858	29.01	23.4	23.5	20.33	22.96	25.44	20.20	28.05	20.48
Thomas Boyle	22.4	22.98	28.36	26.5	22.5	28.5	28.34	26.72	26.7	21.1	31.3

Mileage Conversion

Team Mathematics

Team Captain: Delray Schultz

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

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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	2/12-2/18	2/19-2/25	2/26-3/4	3/5-3/11	3/12-3/18	3/19-3/25	3/26-4/1	4/2-4/8	4/9-4/15	4/16-4/22	4/23-4/9
Ritz Smith-Wade-EI	5	5	5	5	5	5	5	5	5	5	5
Claudia Haferkamp	18	18	15	10	18	10	15	15	0	12	12
Shawn Gallagher	14	18	20	21	13	25	28	25	28	24	25
Elizabeth Towner-Thyrum	25	26	25	26	24	26	23	27	27	27	22
Debra Vrendenberg	12	12	10	12	21	12	12	12	12	12	26
Fred Foster Clark	26	19	28	17	25.5	16	24.5	25	26	24	25
Kelley Banna	37	34	38	34	38	35	35	41	43	43	43
Amelia Lopez	15	20	35	30	35	25	25	30	35	35	35

Mileage Conversion

Team RUNcan Duncan

Team Captain: Lindsay Zeglen

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

Team Members	2/12-2/18	2/19-2/25	2/26-3/4	3/5-3/11	3/12-3/18	3/19-3/25	3/26-4/1	4/2-4/8	4/9-4/15	4/16-4/22	4/23-4/29
Lindsay Zeglen	44.2	57.5	48.6	41	36	15	20	35	42	30	45
Nathan Claycomb	23.03	24.08	20.11	21.86	19.11	21.04	24.74	28.89	35.27	33.5	28.8
Alice McMurry	17.7	21.4	21	21	21	17	17.25	15	12.3	19.3	19.2
Carol Reichler	5	5	8	7	8	9	8	5	6	8	9
Donna Viera	11.5	15.5	28.5	17	14.5	18.5	34	23.5	19.5	19.5	18.5

Lisa Miller	35.6	33.4	34	32.2	32.5	27.7	32.6	32.3	31.1	28	29.6
Heather Morris	19.6	16	33.5	33.5	20.5	33.2	38	27			
Rachel Wagner	29.2	37.5	30.5	18.3	17	29.5	16.45	19.75	25.25	27.25	28
Meghan Dinges	24	24	19.8	32.1	24.3	27.4	32.3	29.5	35.1	33	

Mileage Conversion

Team Scimatrek

Team Captain: David Hutchens

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

Team Members	2/12-2/18	2/19-2/25	2/26-3/4	3/5-3/11	3/12-3/18	3/19-3/25	3/26-4/1	4/2-4/8	4/9-4/15	4/16-4/22	4/23-4/29
David Hutchens	57	64	76	86	84	76	71	59	66	69	70
Judy Cebra-Thomas	24	25	26	31	25	23	30	22	23	24	19
Marianne Frantz	27	18	33	35	35	33	43	33	42	38	24
Carol Hepfer	41	39	43	46	43	43	36	29	41	44	43
Beth Katz	44	42	43	40	36	55	37	36	33	34	39
Donna Peters	37	28	36	42	37	35	31	35	38	35	34
Joel Piperberg	74	73	90	82	72	104	82	63	58	61	59
Tonya Pyles	44	34	41	35	40	37	40	39	40	37	33
Beth Roberts	60	59	58	61	56	51	50	49	49	51	46
Ryan Wagner	39	43	44	36	42	48	33	44	45	51	44
LaVern Whisenton	24	22	22	22	19	20	23	22	23	22	24

Mileage Conversion

Team Show Me the Money

Team Captain: Pauline Diaz

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

Team Members	2/12-2/18	2/19-2/25	2/26-3/4	3/5-3/11	3/12-3/18	3/19-3/25	3/26-4/1	4/2-4/8	4/9-4/15	4/16-4/22	4/23-4/29
Pauline Diaz	8	10	10.5	13	23	25	24	23	26	22	24
Amanda Flurry	48.2	45	53.4	49.2	51.9	45.1	58.6	39.9	57.2	36.6	49.2
Kimberlie Bennett	43	51	37	44	43	50	49	44	43	60	54
Michele Mahony	5.9	19.36	20.92	22.42	23.23	18.99	13.07	24.79	22.3	22.48	23.55
Dawn Petersen	17	15	18	6	10	10	14	13	8	16	6
Debra Kilheffer	11	14	17.5	15	14.5	29	18	18	14	17	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	2/12-2/18	2/19-2/25	2/26-3/4	3/5-3/11	3/12-3/18	3/19-3/25	3/26-4/1	4/2-4/8	4/9-4/15	4/16-4/22	4/23-4/29
Regina Goss	21.86	25.14	28.00	22.56	31.86	32.36	35.44	30.54	43.28	31.32	30
Nina Brown	22.17	16.44	17.25	28.62	35.34	12.23	31.89	29.98	28.74	29.27	
Marcia Nell	33.27	19.16	33.05	17.81							
Jason Petula	14.96	15.74	27.08	17.34	34.33	39.67	36.63	37.66	40.08	44.62	
Deb Holt	45.69	39.02	41.7	39.55	39.55	40.14	45.25	42.9	43.59	44.13	43.25
Beth Powers	26.67										
Tammy Breitegan	13.53	25.12	28.32	23.44	26.53	23.33	28.90	24.35	27.8	24.2	26.6
Lillie West	40.05	35.58	23.75	28.72	38.57	45.74	39.07	36.71	31.32	35	

Mileage Conversion

Team Strolling Stethoscopes

Team Captain: Randi Gordner

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

Team Members	2/12-2/18	2/19-2/25	2/26-3/4	3/5-3/11	3/12-3/18	3/19-3/25	3/26-4/1	4/2-4/8	4/9-4/15	4/16-4/29	
Randi Gordner	18	18	15	14	18	16	15	17	18	16	
Joanne Ocasio	15	30	15	15	15	10	10	20	25	30	
Lauren Blevins	12	21	24	22	21	24	21	22	22	21	
Timothy Weaver	17	21	24	22	21	22	24	21	22	21	
Christine Janouschek	35	38	37	32	35	31	32	32	32	34	
Dawn Smith	29	21	33	27	25	30	32	30	27	24	
Ana Hess	15	20	30	25	21	29	23	22	21	21	
Tracy Kirchner	30	32	31	35	33	30	32	35	31	32	
Carol Meraner	12	15	20	26	28	26	30	28	31	28	
Becka Denny	25	27	27	25	28	27	21	18	28	27	
Justine Gaylor	20	16	23	18	21	19	18	25	22	25	
Lacey Ehernfeuchter	15	17	16	20	16	17	18	25	18	20	

Mileage Conversion

Team Tour De Treadmill

Team Captain: Marilyn Cogansparger

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

Team Members	2/12-2/18	2/19-2/25	2/26-3/4	3/5-3/11	3/12-3/18	3/19-3/25	3/26-4/1	4/2-4/8	4/9-4/15	4/16-4/29	
Marilyn Cogansparger	54.4	38.2	51.5	43.2	46.5	41.1	54.6	53.6	67.86	107.9	
Lori Austin	13.8	11.7	21.4	31.3	28.7	30.6	25.2	28.4	13.4	45.4	
Alison Sehl	81.3	47.5	54.3	33.4	53.9	74.8	49.8	69.5	58.5	104	
Yvonne DeBlois	19.56	7	5	38.8	38.5	44.5	41.0	45.6	38.5	87.5	
Elizabeth Swantek	42.2	38.5	34.6	36.2	32.1	34.5	35.2	41.3	28.2	45	
Tom Richardson	15	17	18	17	21	21	17	15	32	40	
Kyle Miller	22	25.9	22.8	18.7	19	25.5	19.1	18.3	28.5	42.4	
Renardo Hall	15.5	11.5	13.8	13.1	10.6	14.0	13.2	13.0	13.1	37.5	
Rebbekah Ebersole	27.1	32.2	26.7	37.5	31.0	28.9	23	26.5	23.5	54	
Nikki Rohrbach	20	20	30	35	40	35	30	35	40	100	

Matt Rutkoski	58.37	91.67	78.82	75.34	67.19	81.39	68.24	70.30	61.23	145	
Allison Yarrow	28	40	42	47	52	42	58	47	74	65	

Mileage Conversion

Team Trek-nology

Team Captain: Karen Davis

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

Team Members	2/12-2/18	2/19-2/25	2/26-3/4	3/5-3/11	3/12-3/18	3/19-3/25	3/26-4/1	4/2-4/8	4/9-4/15	4/16-4/22	4/23-4/29
Karen Davis	15	14	18	17.5	18	33	27	19	18	22	16
Nancy Prukowski	29.71	29	26.9	38.9	16.5	20.6	27.36	40.7	52.28	23.6	25.44
Srini Gotety											
William Magargle	13.5	29.68	25.9	29.2	18.3	29.7	22.5	15	18.75	20.52	16.7
Tara Keefer	40	42	44	43	50	49	49	45	50	50	51
Will Gausmann	26.6	26.5	27.9	23.1	22.1	30.6	26.2	23.9	28.9	25.5	23.2
Stephen Gadsby	21.41	16.63	22.84								
Ruth Salinkas	33	35	30.24	26.8	36	40.25	34	33.5	29.5	35.25	29

Mileage Conversion

Team Will Walk for Donuts

Team Captain: Tara Etsell

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

Team Members	2/12-2/18	2/19-2/25	2/26-3/4	3/5-3/11	3/12-3/18	3/19-3/25	3/26-4/1	4/2-4/8	4/9-4/15	4/16-4/22	4/23-4/29
Tara Etsell	28.5	18.6	19.6	18.6	15.8	20.9	14.7	21.8	26.7	17.3	24.8
Megan Jones	25	22.75	18.2	29.25	29.37	30.67	28.25	21.32	34.58	37.02	36.62
Wendy Scheel	25.5	24.68	21.5	21.48	17.69	19.67	20.42	23.3	25.82	18.36	20.5
Alison Hutchinson	18.11	21.86	21.03	22.22	17.68	18.13	19.46	14.54	17.05	13.82	16.6

Nathan Olweiler	20.91	20.9	18.23	20.74	12.94	17.17	15.72	16.63	18.46	21.25	25.52
Julianne Browne	25.6	19.2	25.2	22.5	33.9	22.3	26.5	25.5	25.3	30.7	21.6
Aileen Sanchez		17	16.4								

Mileage Conversion

Team WSSD

Team Captain:

Julie Lombardi

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

Team Members	2/12-2/18	2/19-2/25	2/26-3/4	3/5-3/11	3/12-3/18	3/19-3/25	3/26-4/1	4/2-4/8	4/9-4/15	4/16-4/22	4/23-4/29
Julie Lombardi	25	25	28	28	30	40	35	35	35	35	35
Ying Wushanley	20	25	25	12	12	20	22	25	25	22	28
Dan Keefer	60	56	56	56	56	56	56	56	56	60	60
Becky Mowrey	21	24	21	20	18	18	21	19	21	17	21
Mandi Dupain	70	70	70	70	70	70	70	70	70	70	70
Hadi Halawa	28	32	28	32	28	32	36	36	38	38	36
Dan Audette	22	25	25	24	28	26	28	24	25	29	27
Terri Hollister	13	17	17	19	21	21	17	17	21	19	20
Kristin Thomson	23.22	19	24.23	32.14	24.75	33.11	38.61	27.13	19.81	39.6	28.82
Chip Schaeffer	19	23	21	4	12	24	17	23	11	11	11

Mileage Conversion

Team Zero Energy

Team Captain: Janet Kacskos

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

Team Members	2/12-2/18	2/19-2/25	2/26-3/4	3/5-3/11	3/12-3/18	3/19-3/25	3/26-4/1	4/2-4/8	4/9-4/15	4/16-4/22	4/23-4/29
Janet Kacskos	37.6	40.5	39.5	41	43	39	41	44.3	46.6	44	42
Kate Hartman	11.44	12.5	13.5	15.2	17	15.5	19	18.5	18	18.5	14.6
Jessica Transue	30	24	26	27	27	31	27	27	37	34	38
Sara Habecker	48	47	52	58	60	53	55	45	54	47	55
Kelly Herr	33	33	39.5	40.5	35	32	31	31	34	29	20
Gale Martin		5	5	6	8	7	7	6	1	6	2
Mary Brandt	44.05	41.7	42	42	41	42	41	41.3	42	42	42
Ruth Campbell	36	40	41	42	46	45	45	40	43	46	35
Miles Gallagher	30	10	10	12	15	33	22	25	31	25	35
Brian Smith	39.6	63	52	54	55	58	51	58.3	43.8	43.5	49.2
Matthew Helsel	24	19	17	21	31	22	19	26	22	26	31

Mileage Conversion