

1. Take a Hike	2
1.1 Mileage Conversion	4
1.2 Team AASD	5
1.3 Team Accounting	6
1.4 Team Dining	7
1.5 Team Duncan Dash	8
1.6 Team Example	9
1.7 Team Human Resources	10
1.8 Team International Programs & Services	11
1.9 Team Let's Get Fiscal	12
1.10 Team Library	13
1.11 Team Mathematics	14
1.12 Team Osburn Hall	15
1.13 Team Palmer	16
1.14 Team SAEM Directors	17
1.15 Team Scimatrek	18
1.16 Team Stayer Steppers	19
1.17 Team Strolling Stethoscopes	20
1.18 Team Trek-nology	21
1.19 Team Walk-A-Boot, Eh?	22
1.20 Team Will Walk for Donuts	23
1.21 Team WSSD	24
1.22 This Team Rocks	25

Take a Hike

Join the Employee Wellness Team as we "hike" Canada's Great Trail from Regina, Saskatchewan to Vancouver which is 2,225 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 10-week challenge will begin on February 17 and continue to April 26, 2020.

Register your team (12 member maximum) by emailing employeehealthevents@millersville.edu with your Team Name, Captain's Email Address, and a page will be created so that teammates can be added by the captain. If you need a team, we will find you one.

Hikers who participate in the entire hike will become part of a drawing for a prize.

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 tracker 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 AASD](#)
- [Team Accounting](#)
- [Team Dining](#)
- [Team Duncan Dash](#)
- [Team Example](#)
- [Team Human Resources](#)
- [Team International Programs & Services](#)

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- This Team Rocks

Previous Years

- Spring 2018
- Spring 2017
- Spring 2016
- Spring 2015
- Spring 2014
- Spring 2013
- Spring 2012
- Spring 2011

Mileage Conversion

 Unknown macro: 'viewfile'

Team AASD

Team Captain: Nicole Hastings & Sherry Mull

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

Team Members	2/11-2/17	2/18-2/24	2/25-3/3	3/4-3/10	3/11-3/17	3/18-3/24	3/25-3/31	4/1-4/7	4/8-4/14	4/15-4/21	4/22-4/28	4/29-5/5
Andrea Baker	9.44	7.42	9.58	9.48	9.48	9.58	9.58	9.48	9.58	9.48	9.58	9.48
Cora Dzubak	45.50	50.00	37.7	38.4	48.4	41.4	43.3	41.9	42.10	40.3	44.10	37.4
Ryon Freeman	14.077	1.63	1.68	2.23	2.3	2.07	2.08	2.23	2.07	2.23	0	0
Dan Hastings	35.3	37.2	41.9	52.4	37.1	42.3	45.1	41.2	50.75	52.1	45.9	51.2
Nicole Hastings	16.1	27.4	35.1	20.1	20.5	35.1	31.5	36.4	30.8	44.2	14.5	39.10
David Henriques	21.5	18	17	25.5	19.5	17.5	20	45	20	26	26	0
Margaret Mbindyo	0	13	28	32	5	30	30	16	0	0	0	0
Sherry Mull	14.57	18.78	20.81	18.76	13.98	19.18	16.67	14.47	17.97	14.17	15.82	17.2
Joann Noel	42.9	25.11	13.93	30.18	30.18	32.12	30.13	30.12	39.21	0	0	0
Ron Frankum	23.71	39.59	40.11	40.81	27.74	36.4	46.2	46.2	40.11	44.15	43.32	45.78
Joe Sciarretta	15.12	13.52	26.22	19.23	17.22	15.02	19.77	15.72	20.74	16.73	14.38	0
Shane Waltz	4.8	10.8	32.7	9.59	8.1	11.3	10.1	7.5	10.5	9.4	0	0

[Mileage Conversion](#)

Team Accounting

Team Captain: Anne Stehman

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

Team Members	2/11-2/17	2/18-2/24	2/25-3/3	3/4-3/10	3/11-3/17	3/18-3/24	3/25-3/31	4/1-4/7	4/8-4/14	4/15-4/21	4/22-4/28	4/29-5/5
Neelima Ayilavarapu	20.00	28.73	27.43	34.22	32.68	31.71	35.28	29.70	32.45	31.22	29.45	31.10
Heather Rossell	32.32	27.88	25.65	35.20	35.04	33.26	30.89	35.27	37.00	31.78	34.10	34.75
Anne Stehman	32.00	30.91	28.93	30.1	32.51	30.97	34.67	25.82	30.26	31.21	31.98	28.36
Matthew Smith	11.21	13.54	18.12	18.24	7.82	12.29	13.09	21.22	11.58	9.24	0.0	0.0

[Mileage Conversion](#)

Team Dining

Team Captain: Judy Graham

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

Team Members	2/11-2/17	2/18-2/24	2/25-3/3	3/4-3/10	3/11-3/17	3/18-3/24	3/25-3/31	4/1-4/7	4/8-4/14	4/15-4/21	4/22-4/28	4/29-5/5
Ed Nase	20	18	20	22	21	24	27	22	21	29	20	8
Gerry Sheehan	21	25.5	26	28.25	26	26	28	29	24	28	28	34.85
John Johnson	48	39.4	44	43.55	39.63	39.56	49.87	42.70	28.49	38.57	42.80	50.50
Karen Johnson	55	62.8	58	53.60	59.72	59.63	62.65	63.13	50.07	61.94	66.35	69.94
Selicia Russo	24	24	10.83	15.47	17.36	15.89	18.21	16.43	18.64	29.46	32.6	44.5
Jody Croft	12	20	18	22	18	20	22	26	25	24	25	22
Ron Frisbee	39.1	43.3	39.6	42.9	42.6	51	47.7	46.8	51.8	57.9	51.4	52.8
Karen Rockey	27	25	20	15	22	25	35	32	24	28	26	26
Deb Bagnoli	21	24	23	26	25	26	24	27	22	30	31	28
Judy Graham	22	23	18	21	24	22	26	33	22	26	23	29
Heather Keck	24	26.69	26.44	26.19	25.85	26.85	27.13	27.20	27.31	27.22	26.23	26.53

[Mileage Conversion](#)

Team Duncan Dash

Team Captain: Janet Kacskos

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

Team Members	2/11-2/17	2/18-2/24	2/25-3/3	3/4-3/10	3/11-3/17	3/18-3/24	3/25-3/31	4/1-4/7	4/8-4/14	4/15-4/21	4/22-4/28	4/29-5/5
Alice McMurry	7.25	12	8	22	18	24	28	0	28	48	28	18
Ben Rupp	31.5	29	34	29	33	33	34	36	37	40	39	44
Bob Bentley	27.5	36	39	36	33	37	42	36	29	40	35	36
Amy Spellman	47	35	37	48	45	41	54	32	39	37	40	43
Katelynn Wright	38	27.5	36	29.5	35	33	28	35	24	39	31	32.5
Kate Hartman	22	36	30	32	31	28	28	33.5	28	28	33	20
Janet Kacskos	35	35	37	30	37	35	32	32	30	30	37	35
Heather Morris	28.5	26	21	0	11.2	25.5	18.3	25.6	20.3	26.9	9	15.3
Nathan Claycomb	28	38.6	36.5	-	-	-	-	-	-	-	-	-
Mary Brandt	41.37	41	41.4	39	50.5	50	49.5	40.5	49	50	49.5	48.5
Lindsay Zeglen	46	30	38	49	44.5	53	46.5	47	39	46	46	34

[Mileage Conversion](#)

Team Human Resources

Team Captain: Sylvia Lepore

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

Team Members	2/11-2/17	2/18-2/24	2/25-3/3	3/4-3/10	3/11-3/17	3/18-3/24	3/25-3/31	4/1-4/7	4/8-4/14	4/15-4/21	4/22-4/28	4/29-5/5
Sylvia Lepore	33.914	35.303	34.559	38.1465	35.256	37.6515	42.0055	42.594	43.2865	40.121	42.0965	40.233
Lori Rodriguez	23	21	21	27	28.5	26.5	22.5	27.5	24	20.50		
Nereida Velez-Forgrave	7.6	14	14	8.5	11	9.05	12	6.5	30.5			
Charmayne Brubaker	21	27.25	19.55	28.25	34.4725	36.774	33.9105	28.031	31.667	26.5	37.253	24.907
Jessie Garrison		63										

[Mileage Conversion](#)

Team International Programs & Services

Team Captain: Kristin Thomson

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

Team Members	2/11-2/17	2/18-2/24	2/25-3/3	3/4-3/10	3/11-3/17	3/18-3/24	3/25-3/31	4/1-4/7	4/8-4/14	4/15-4/21	4/22-4/28	4/29-5/5
Jolene Bechtel	45.05	36.02	28.71	34	32.16	31.48	34.84	22.97	23.33	34.68	43.54	
Patricee Campbell	15.5	23	23	26	23.52	23.93	21.84					
Daniel McClary	13.3	11.97	6.44	7.17	7	14.55	13.12	17.1	11.74	19.70	15.59	10
Jason Petula	11.7	15.6	23	14.5	15.5	28.5	19.5	19.3	16.2	20.2	24	15
Smita Prabhu	0	0	0	0	0	0	0	0	0	0	0	0
Kristin Thomson	45.7	30.2	42.7	31.4	42.21	41.22	48.75	42.08	28.92	38.19	39.37	37.55
Yang Zhang	10.3	12.07	11.76	12.2	18.4	14.4	13	15.78	14.03	10.44	21.52	11.53

Mileage Conversion

Team Let's Get Fiscal

Team Captain: Pauline Diaz

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

Team Members	2/11-2/17	2/18-2/24	2/25-3/3	3/4-3/10	3/11-3/17	3/18-3/24	3/25-3/31	4/1-4/7	4/8-4/14	4/15-4/21	4/22-4/28	4/29-5/5
Pauline Diaz	11	10	9.41	8.49	11.34	12.55	9.89	10.98	11.26	10.85	12.86	14.91
Amanda Flurry	48.4	64	64.5	61.3	57.3	63.6	65.36	60	57.4	64.4	67.3	58.2
Jasmine Campbell	20	22	24	24	21	23	29	29	32	32	28	30
Kimberlie Bennett	39	45	46	43	44	60	51	61	58	56	54	48
Dawn Petersen	3.5	12	13	23	13	14	15	13	18	22	14	17
Debra Kilheffer	15	18	14	14	20	19	22	18	16	14	12	17

[Mileage Conversion](#)

Team Library

Team Captain: Scott Anderson

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

Team Members	2/11-2 /17	2/18-2 /24	2/25-3 /3	3/4-3 /10	3/11-3 /17	3/18-3 /24	3/25-3 /31	4/1-4 /7	4/8-4 /14	4/15-4 /21	4/22-4 /28	4/29-5 /5
Scott Anderson - xxl	33.10	32.64	32.85	27.84	28.40	26.57	27.67	24.60	38.07	33.38	33.69	35.73
Krista Higham - large	11.30	12.40	16.10	17.10	28.90	21.20	12.70	13.80	12.20	13.90	13.50	12.80
Stephanie Pennucci - no shirt	16.00	15.87	15.37	15.64	16.88	14.46	15.95	15.58	12.88	16.02	13.60	12.63
Kim Auger - no shirt												
Tatiana Pashkova-Balkenhol - no shirt	11.67	9.00	10.20	9.00	10.05	20.40	8.00	9.00	10.00	11.20	10.10	20.40
D'Ann Ressler - no shirt	20.00	17.59	19.41	17.23	19.00	23.08	16.80	20.03	22.39	31.37	19.42	25.76
Janet Dotterer - medium	15.00	18.00	23.10	15.00	35.00	18.50	18.80	19.90	19.40	18.00	18.00	19.25
Barbara Johnson - no shirt	33.00	31.00	30.00	29.00	30.00	28.00	29.00	28.00	29.00	32.00	28.00	30.00
Marilyn Parrish - no shirt	14.00	15.00	21.00	22.00	16.50	17.65	26.00	18.00	19.00	22.00	15.00	20.90
James Delle - large	14.04	11.75	17.78	20.12	10.27	21.60	19.75	17.75				
Michele Santamaria - no shirt	10.00	10.00	10.00	10.00	10.00	10.00	10.00	10.00	10.00	10.00	10.00	10.00
1xXXL, 2xL, 1xM												

[Mileage Conversion](#)

Team Mathematics

Team Captain: Delray Schultz

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

Team Members	2/11-2/17	2/18-2/24	2/25-3/3	3/4-3/10	3/11-3/17	3/18-3/24	3/25-3/31	4/1-4/7	4/8-4/14	4/15-4/21	4/22-4/28	4/29-5/5
Ximena Catepillan	22	20	21	19	24	22	20	19	22	23	25	21
Bob Buchanan	39.3	39.2	35.1	40.75	55.1	36.9	43.4	39.9	40.5	32.8	36.1	47.3
Noel Heitmann	29.5	36.8	33.2	39.4	37.3	43.4	57	41.7	55.3	86	53.3	48.7
Kevin Robinson	25	22	27	22	29	25	23	24	22	20	25	24
Delray Schultz	15	18	19	23	14	18	17	20	19	24	23	27
Cathy Schultz	16	12	18	19	15	21	19	17	20	19	21	18
Zhoude Shao	26	31	29	30	52	33	30	29	27	32	29	31
Ron Umble	28	38	35	38	53	38	39	54	48	25	56	35

[Mileage Conversion](#)

Team Osburn Hall

Team Captain: Ken DeLucca

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

Team Members	2/11-2/17	2/18-2/24	2/25-3/3	3/4-3/10	3/11-3/17	3/18-3/24	3/25-3/31	4/1-4/7	4/8-4/14	4/15-4/21	4/22-4/28	4/29-5/5
Barry David	33.1	21	22	26	35	25.6	30.8	36.7	33	30.6	37	25.9
Jim Deisley	58.5	53.1	27.1	55.6	63.6	53.8	43.1	47.7	55.7	47.5	55.6	72.2
Ken De Lucca	21.6	13.3	18.1	17.2	12.9	24.1	22.1	25.4	24.6	13.4	19.4	17.6
Cindy English	26.1	31.9	27.1	25.2	25	27.5	25.6	28	46.2	29.2	28.7	28.5
Alex Johnson	21	21	15	26	23	31	11	26	27	29	36	33
Ebrahim Karan	13	12	12	14	6.5	16	16	16	20	18	18	17.5
Mehdi Khalighi	12.9	10.8	11.1	11.6	14.5	12.5	10.5	12.3	14.5	14.1	30.5	29.5
Betty-Jo Legutko	11.5	18.3	24	37	30.4	23.3	23.2	32.6	26.4	28.1	29.6	28.7
Len Litowitz	15	15	15	15	30	20	16	21	15	20	20	24
John Wright	30.4	13.5	18.1	17.8	19.9	9.1	18	15.2	18.2	18.8	37.9	18.8

[Mileage Conversion](#)

Team Palmer

Team Captain: Ken Brent

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

Team Members	2/11-2/17	2/18-2/24	2/25-3/3	3/4-3/10	3/11-3/17	3/18-3/24	3/25-3/31	4/1-4/7	4/8-4/14	4/15-4/21	4/22-4/28	4/29-5/5
Ken Brent	18.88	22.76	19.17	24.54	22.53	14.45	14.65	20.50	19.90	16.87	12.64	19.77
Vivi Brent	31.69	37.70	34.90	38.70	25.30	39.60	35.40	43.00	32.50	34.00	31.30	30.40
Tom Waltz	23.60	23.30	21.80	22.00	22.10	20.80	26.20	23.70	27.70	27.60	22.20	
Greg Black	36.07	21.88	30.50	32.41	33.73	45.17	41.18	43.90	36.52	39.85	34.95	41.69
Matthew Rutkoski	76.53	86.32	83.13	79.81	106.00	92.36	87.81	95.12	91.19	83.76	91.03	85.41

[Mileage Conversion](#)

Team SAEM Directors

Team Captain: Elizabeth Swantek

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

Team Members	2/11-2/17	2/18-2/24	2/25-3/3	3/4-3/10	3/11-3/17	3/18-3/24	3/25-3/31	4/1-4/7	4/8-4/14	4/15-4/21	4/22-28	4/29-5/5
Alison	19.53	15.1	21.2	16.83	16.15	14.46	15.64	17.12	15.01			
Aly	44	38	32	23.5	37	32.34	29.22	38	35.14			
Brian												
Elizabeth	33	42	29	38	45	49	38	43	65	22	59	
Jes	22	27	26	25								
Katy	24	18	22	24	24							
Renardo												
Sara	47	51										
Vivak	29	23.1	21.5	24	28	26	35	48	50			
Lori	20	22.67	17.8	19.25	20.72	18.24	19.32	16.45	17.6			
Jayme	18	22	10									
Tom	19	20	8									

[Mileage Conversion](#)

Team Scimatrek

Team Captain: David Hutchens

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

Team Members	2/11-2/17	2/18-2/24	2/25-3/3	3/4-3/10	3/11-3/17	3/18-3/24	3/25-3/31	4/1-4/7	4/8-4/14	4/15-4/21	4/22-4/28	4/29-5/5
Judy Cebra-Thomas	24	28	28	28	29	29	27	27	28	29	27	31
Emily Drennen	34	43	37	37	35	35	33	30	25	35	30	28
Marianne Frantz	33	31	40	34	40	42	40	39	43	34	37	36
Carol Hepfer	39	12	24	30	35	35	30	32	35	37	34	36
David Hutchens	51	62	70	81	99	85	78	74	64	74	87	83
Beth Katz	36	45	42	46	35	40	31	32	43	44	53	38
Will Killian	35	42	46	49	51	52	55	69	59	63	67	48
Donna Peters	35	27	36	42	42	39	46	46	43	43	41	38
Joel Piperberg	61	74	67	85	62	76	78	78	70	77	72	77
Tonya Pyles	27	36	31	31	35	33	34	32	44	30	34	38
Beth Roberts	40	30	50	38	42	47	49	47	55	47	71	59
Ryan Wagner	31	37	43	46	38	43	43	42	44	48	37	44

[Mileage Conversion](#)

Team Stayer Steppers

Team Captain: Regina Goss

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

Team Members	2/11-2/17	2/18-2/24	2/25-3/3	3/4-3/10	3/11-3/17	3/18-3/24	3/25-3/31	4/1-4/7	4/8-4/14	4/15-4/21	4/22-4/28	4/29-5/5
Lillie West	27.2	42.6	43.3	37.0	43.3	37.6	35.7	37.1	36.6	47.4	43.2	34.4
Deb Holt	26.5	30	27.5	30.5	33.5	32.1	32.6	35.5	42.7	39.4	32.2	37.5
Regina Goss	22.7	19.8	17.9	24.6	28.7	29.1	29.2	28.2	33.7	33	31.5	26.6

[Mileage Conversion](#)

Team Strolling Stethoscopes

Team Captain: Randi Gordner

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

Team Members	2/11-2/17	2/18-2/24	2/25-3/3	3/4-3/10	3/11-3/17	3/18-3/24	3/25-3/31	4/1-4/7	4/8-4/14	4/15-4/21	4/22-4/28	4/29-5/5
Lauren Blevins	24	27	28	26	29	27	24	22	23	24	28	26
Andrea Castillo	18	21	22	20	19	22	20	21	19	22	21	19
Justine Gaylor	15	12	15	13	20	28	35	28	35	28	31	29
Randi Gordner	21	25	19	17	20	23	21	15	12	18	18	14
Ana Hess	24	28	29	28	30	24	27	26	28	30	27	29
Christine Janouschek	35	32	38	35	38	35	36	38	36	35	30	34
Tracy Kirchner	24	24	25	24	27	23	24	25	25	24	22	24
Carol Meraner	19	25	28	25	27	28	26	28	26	24	27	28
Joanne Ocasio	25	21	28	22	21	25	27	28	25	27	28	27
Catherine Skehan	46	46	50	46	47	54	50	49	49	51	50	54
Dawn Smith	29	34	36	27	30	35	32	35	32	31	30	28
Timothy Weaver, MD	21	21	26	21	21	21	21	27	27	25	22	26

[Mileage Conversion](#)

Team Trek-nology

Team Captain: Kimberlyn Broskie

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

Team Members	2/11-2/17	2/18-2/24	2/25-3/3	3/4-3/10	3/11-3/17	3/18-3/24	3/25-3/31	4/1-4/7	4/8-4/14	4/15-4/21	4/22-4/28	4/29-5/5
Kimberlyn Broskie	31.64	27.55	74.70	26.05	21.92	22.46	20.72	32.9	49.12	31	38.86	28.07
Michael Dulay	42	31	32	29	28	26	31	34	37	43	28	
William Gausmann	28.8	34.4	26.3	30.3	25.5	24.9	24.6	27.2	30.1	31.1	27.7	25.4
Tara Keefer	50	56	52	60	65	65	57	69	56	65	45	64
Karen Davis	25.5	19.5	25	48	31.5	28	28.5	28	26	24	25	26.5
Srinivas Gotety	9	12.5	-	6.5	18	16.5	14.5	47	16	23		
Benjamin Kling	23.23	26.55	34.66	22.3	27.35	31.37	5.58	11.36	14.96	23.46	27.66	26.69
Miriam Santos	26.1055	28.092	24.1565	27.0875	32.717	29.0785	27.614	33.817	28.286	30.954	29.9895	
Kathleen Estrada	16	18	15	16	25	22	17	19	20	16	25	
Josh Hartranft	20.24	48.08	44.51	38.85	44.18	33.20	35.15	35.15	20.92	30.25	36	34.27
Stacey Conrad	33.6	36	23.8	18.1	23.2	25.4	28.9	22.7	22.5	22.9	24.6	19.1
Ruth Salinkas	25	29.1	26.1	23.56	27.4	28.7	27.1	25.6	25.1	23.5	32.2	27.5

[Mileage Conversion](#)

Team Walk-A-Boot, Eh?

Team Captain: Mike Johnstone

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

Team Members	2/11-2/17	2/18-2/24	2/25-3/3	3/4-3/10	3/11-3/17	3/18-3/24	3/25-3/31	4/1-4/7	4/8-4/14	4/15-4/21	4/22-4/28	4/29-5/5
Mike Johnstone	35.5	31	33	30.3	24.7	31.1	56.3	43.2	81.2	63.4	75	36.2
Izzy Mailen	29.25	32.58	28.36	20.66	37.86	32.85	31.15	30.85	34.56	31.23	33.56	34.92
Sara Burcin	29.13	42.22	41	45.60								
Kathie Giorgio	26.73	28.32	31.65	23.47	27.34	24.32	37.56	27.54	29.72	31.10	26.79	28.31
Amber Guinther	33	32.28	20.43	31.52	32.72	37.62	36.20	35.73	41.35	33.57	40.60	35.69
Mike Nitroy	24.50	26.57	24.77	22.80	25.45	28.50	24.10					
Sharon Price	36.60	37.83	35.71	37.42	30.48	33.85	35.20	35.40	32.60	33.46	34.20	35.36
Audrey Herr	48.93	42.41	48.48	46.70	42.48	52	48.04	44.39				
Julie Herr	31.10	27.70	26.00	27.81	28.59	25.90	30.04	32.16	31.92			
Khrys Chester												
Kayla Gibbons	5.38	17.97	24.81	10.67	17.01	20.86	22.83	20.66	16.85	21.99	15.32	22.64
Lydia Yeager	12.3	10.8	16.7	18.9	31.5	8.4	15.6	11.4	15.2	15.0	13.5	11.7

[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	2/11-2/17	2/18-2/24	2/25-3/3	3/4-3/10	3/11-3/17	3/18-3/24	3/25-3/31	4/1-4/7	4/8-4/14	4/15-4/21	4/22-4/28	4/29-5/5
Tara Etsell	1.3	19	18	20	25	19	23	25	32	18	16	
Nathan Olweiler	17.09	9.7	14.1	11.5	18.4	19	17.6	19.1	20.4	20.2	12.7	
Megan Jones	16.74	16.03	21.33	17.13	22.01	21.79	24.16	49.04	19.6	17.63	17.8	
Wendy Scheel	14.2	15.4	14.6	16.8	14.9	14.5	13.1	15	18	13	19.9	

[Mileage Conversion](#)

Team WSSD

Team Captain: Julie Lombardi

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

Team Members	2/11-2/17	2/18-2/24	2/25-3/3	3/4-3/10	3/11-3/17	3/18-3/24	3/25-3/31	4/1-4/7	4/8-4/14	4/15-4/21	4/22-4/28	4/29-5/5
Julie Lombardi	30	30	30	30	30	30	30	30	30	30	30	30
Daniel Keefer	51	51	60.52	51	63	51	52	51	55	51	51	51
Kelly Erb	31.33	31.6	26.5	28	17.59	16.82	18	18	10.5	19	17.5	17
Chip Schaeffer	17	19	18	23	22	21	23	23	14	25	14	15
Ying Wushanley	22	25	20	32	35	24	24	28	28	32	42	38
Mandi Dupain	70	70	70	50	70	70	70	70	70	70	70	70
Becky Mowrey	17	18	21	30	27	22	21	20	21	24	18	21
Hadi Halawa	28	24	24	32	36	38	42	38	42	42	38	42
Dan Audette	28	25	31	61	55	24	37	35	41	44	38	51
Patty Taggart	0	0	0	0	0	0	0	0	0	0	0	0
Melissa Wardwell	5	6	6	7	10	10	12	11	0	12	10	12
Jim Crivaro	10	12	11	19	24	25	32	26	32	18	29	38

[Mileage Conversion](#)

This Team Rocks

Team Captain: Jenny Hernandez

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

Team Members	2/11-2/17	2/18-2/24	2/25-3/3	3/4-3/10	3/11-3/17	3/18-3/24	3/25-3/31	4/1-4/7	4/8-4/14	4/15-4/21	4/22-4/28	4/29-5/5
Jenny Hernandez	15	39.14	62.10	55.06	43.84	37.64	54.60	50	50.61	59.8	50.08	55.88
Joyce McEwan-Whitehead	36	38	42	39	42	42	47	42.2	42	42	44	42.78
Ruth Virmani	25	26	22	24	30	38	35	35	39	40	42	50
Amanda Guzman	17	22	21	22.3	21	21	21	21	21	21	21	21
Dena McEwan	23.5	19.25	24	22.74	28.18	29	32	27	32	28	26	28
Lianna Souza	11.5	8.60	15	15	15	15	15	15	15	15	4.6	5.03
Mayra Alvarado	12	21	18.5	20.5	16.5	24	24	27	26	31	26	30
Nina Soto -Ramirez	40.78	41.01	40.78	18	14.34	30.56	26.74	26.26	21.31	26.4	22.56	22.56
Marina Rondon	15	35	38	40	45	45	45	45	45	45	45	45
Miluska Rondon	25	35	38	40	48	48	48	48	48	48	48	48
Tika Timsina	11.5	18.5	21.3	35	36.5	36	34.1	34.2	33.3	32.4	33.3	35.5
Maria Del Carpio	28	28	20	28	28	28	28	28	28	28	28	28

[Mileage Conversion](#)