

1. Take a Hike	2
1.1 Mileage Conversion	4
1.2 Team AA&SD	5
1.3 Team Accounting & Budget	6
1.4 Team CSIL That Walk	7
1.5 Team Duncan Dash	8
1.6 Team EPPIIC Dining	9
1.7 Team Example	10
1.8 Team Human Resources	11
1.9 Team International Programs & Services	12
1.10 Team Library	13
1.11 Team Mathematics	14
1.12 Team Palmer	15
1.13 Team SAEM	16
1.14 Team Scimatrek	17
1.15 Team Strolling Stethoscopes	18
1.16 Team Trek-nology	19
1.17 Team Will Walk for Donuts	20
1.18 Team WSSD	21

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 AA&SD](#)
- [Team Accounting & Budget](#)
- [Team CSIL That Walk](#)
- [Team Duncan Dash](#)
- [Team EPPIC Dining](#)
- [Team Example](#)
- [Team Human Resources](#)

- [Team International Programs & Services](#)
- [Team Library](#)
- [Team Mathematics](#)
- [Team Palmer](#)
- [Team SAEM](#)
- [Team Scimatrek](#)
- [Team Strolling Stethoscopes](#)
- [Team Trek-nology](#)
- [Team Will Walk for Donuts](#)
- [Team WSSD](#)

Previous Years

- [Spring 2019](#)
- [Spring 2018](#)
- [Spring 2017](#)
- [Spring 2016](#)
- [Spring 2015](#)
- [Spring 2014](#)
- [Spring 2013](#)
- [Spring 2012](#)
- [Spring 2011](#)

Mileage Conversion

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 AA&SD

Team Captain: Sherry Mull

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

Team Members	2/17-2/23	2/24-3/1	3/2-3/8	3/9-3/15	3/16-3/22	3/23-3/29	3/30-4/5	4/6-4/12	4/13-4/19	4/20-4/26
Sherry Mull	23.35	10.38								
David Henriques										
Joe Sciarretta										
Margaret Mbindyo										
Cora Dzubak	43.7	39.1	40.6	52.2	43.7	39.90	44.9	45.3	50.7	44.6
Liz Blake	1	2.5	3							
Ryon Freeman										
Danielle Martin	37.06									
Emily Klick	20	19.5	26							

[Mileage Conversion](#)

Team Accounting & Budget

Team Captain: Anne Stehman

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

Team Members	2/17-2/23	2/23-3/1	3/2-3/8	3/9-3/15	3/16-3/22	3/23-3/29	3/30-4/5	4/6-4/12	4/13-4/19	4/20-4/26
Neelima Ayilavarapu	30.08	29.00	28.80	28.20	26.50	27.40	39.25	26.04	27.02	28.78
Heather Rossell	32.09	30.88	30.50	33.98	30.84	30.61	30.47	29.58	34.07	32.98
Anne Stehman	29.30	30.60	25.85	30.05	33.60	26.50	27.31	23.49	28.13	21.82
Andrea Connell	27.40	29.60	28.40	31.25						
Lucy Santana	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Renea Wike-Rivera	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Jean Ressler	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Tammy Aument-Martin	38.44	42.65	46.33							
Jenny Hernandez	45.28	35.26	35.41	54.42	42.29	50.50	31.32	34.89	42.97	54.50

[Mileage Conversion](#)

Team CSIL That Walk

Team Captain: Jackie Aliotta

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

Team Members	2/17-2/23	2/24-3/1	3/2-3/8	3/9-3/15	3/16-3/22	3/23-3/29	3/30-4/5	4/6-4/12	4/13-4/19	4/20-4/26
Jackie Aliotta	18.5105	16.6635	22.918	18.6025	11.001	15.7155	14.0805	19.876	13.1095	15.012
Melissa Tineo	11.68	10.13	12.23	10	8.27	6	6	10.5	7.5	10
John Hearn	32.928	28.73	35	30						
Kirsten Scheck	23.751	10.79	24.46	15.28	10.25	11.38	15.24	13.47	15.45	14.25
Nate Stevens	31.65	38.66	35.7	27.9	16	12.8	15.5	20.7	21.6	21.3
Cait Parks	32.6	32.4								
Mamie Covell	22.93	27								

[Mileage Conversion](#)

Team Duncan Dash

Team Captain: Janet Kacskos

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

Team Members	2/17-2/23	2/24-3/1	3/2-3/8	3/9-3/15	3/16-3/22	3/23-3/29	3/30-4/5	4/6-4/12	4/13-4/19	4/20-4/26
Ethan Hulsey	40.5	25.1	30.5	34.9	42	32	37	37	39	36
Heather Morris	15.3	34	16.14	28.6	21.8	13.3	12.82	17.52	11.3	14.35
Bob Bentley	30	27.4	30.5	37.2	30.7	29.4	29.6	31	32	30.3
Victor Ramos	34	30.4	32.8	39.6	43.9	34.4	49.6	47.7	32.2	41.6
Gabrielle Buzgo	20	12	21	15	12	5	5	0	0	6
Dena McEwan	35	37	36	28	29	32	23	31.25	32	28
Janet Kacskos	31	35	35.40	41.41	34	33	39	40	42.3	43.5
Lianna M. Souza	24.4	20.2	24.3	22.2	6.5	4	10.9	8.5	3.3	8.5
Joyce McEwan-Whitehead	40.25	36	41.24	42.45	40.28	35	34.77	37.28	35	36.97
Mary Brandt	46.5	43.5	47.5	45.5	35	35	33	45	34	42.5
Ruth Campbell	15	19	23	24	18	15	17	16	21	25
Alice McMurry	28	31	16.25	24.1	26.4	12.4	24	28.5	24.5	17.4

[Mileage Conversion](#)

Team EPPIIC Dining

Team Captain: Toby Myers

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

Team Members	2/17-2/23	2/24-3/1	3/2-3/8	3/9-3/15	3/16-3/22	3/23-3/29	3/30-4/5	4/6-4/12	4/13-4/19	4/20-4/26
Donald Patterson	21	26.5	25.3							
Linda Rebuck	40	42	44.5							
Lauren Smith	25	25.5								
Lori Aument	23	19	18							
Gail Bower-Geist	23.5	21	24.6							
Jody Croft	14	16.5	30							
Barb Murray	48.5	44.4								
Sundee poole	30	33.2								
Josh Redd	0	0	0							
Sandra Harper	51	70.6	77.5							
Toby Myers	34	37	33.5							
Joanne Ingle	45	43.5								

[Mileage Conversion](#)

Team Example

Team Captain:

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

Team Members	2/17-2/23	2/24-3/1	3/2-3/8	3/9-3/15	3/16-3/22	3/23-3/29	3/30-4/5	4/6-4/12	4/13-4/19	4/20-4/26

[Mileage Conversion](#)

Team Human Resources

Team Captain: Sylvia Lepore

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

Team Members	2/17-2/23	2/24-3/1	3/2-3/8	3/9-3/15	3/16-3/22	3/23-3/29	3/30-4/5	4/6-4/12	4/13-4/19	4/20-4/26
Sylvia Lepore	27.1625	32.46	34.17	33.976	34	25	22	25	25	25
Lori Rodriguez	20.08	19.4	20.3							
Nereida Velez-Forgrave	29.97	29.97	29.97	29.97	29.97	29.97	29.97	29.97	29.97	29.97
Andrea Hauri	19.99	4	4	4	4	4	4	4	4	4
Diane Copenhaver	19.98		19.88							
Debbie Lutz	22.62	19.13	24.64	22.56	23	15.44	19.89	17.59	21.68	23.30

[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	2/17-2/23	2/24-3/1	3/2-3/8	3/9-3/15	3/16-3/22	3/23-3/29	3/30-4/5	4/6-4/12	4/13-4/19	4/20-4/26		
Cynthia Charles	12.8	18	36	18	11	14	23	22	25	22		
Christina Kinney	5.9	6.5	6.3	5.86	1.5	1.55	2.64	2.3	2.9	2.9		
Jason Petula	13	10	13.5	16	16.5	16.5	15	27	21	18		
Kristin Thomson	27	29.9	28.9	21.9	18.8	29.7	39.1	31.5	24.2	18.4		
Katelyn Phillips	17.7	24.4	25.7	20	17.2	17.9	22.9	18.5	16.8	17.9		
Lilith Fichtmueller	34.5	30.6	37.8	24.1	16.8	8.1	7.3	7.7	10.9	11.9		

[Mileage Conversion](#)

Team Library

Team Captain: Scott Anderson

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

Team Members	2/17-2/23	2/24-3/1	3/2-3/8	3/9-3/15	3/16-3/22	3/23-3/29	3/30-4/5	4/6-4/12	4/13-4/19	4/20-4/26
Scott Anderson - L	29.60	26.20	29.50	28.10	32.90	22.40	30.70	32.60	26.40	33.40
Krista Higham - L	10.50	10.80	14.40	13.80	10.10	8.00	8.50	8.50	9.10	8.70
Stephanie Pennucci - NO	17.70	18.20	16.60	14.20	18.50	12.30	12.30	12.30	12.60	13.80
Kim Auger - NO	20.40	16.30	23.40	27.00	20.90	11.00	20.70	23.10	21.90	17.00
Melissa Gold - NO	15.40	19.50	16.40	10.90	11.00	24.00	14.70	15.90	12.50	14.20
Michele Santamaria - NO	14.00	17.00	14.00	14.00	10.00	10.00	10.00	10.00	10.00	10.00
Barbara Johnson - XL	30.80	33.60	4.20	4.90	5.20	38.20	36.20	34.00	35.60	35.00
D'Ann Ressler - NO	20.10	18.00	17.60	19.50	13.90	16.20	13.70	19.60	18.60	15.10
Calida Barboza - NO	35.20	35.40	36.50	36.00	41.70	35.40	35.30	35.00	35.80	35.20
Ramie Millar - L	34.40	33.40	35.10	31.00	30.80	28.90	33.60	31.80	22.90	18.60
Helen Ge - S	9.00	18.30	20.40	18.70	17.60	17.20	12.50	12.30	12.60	15.10
Marilyn Parrish - NO	10.00	14.00	18.00	21.00	18.00	17.50	19.70	18.30	21.30	19.10

[Mileage Conversion](#)

Team Mathematics

Team Captain: Delray Schultz

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

Team Members	2/17-2/23	2/24-3/1	3/2-3/8	3/9-3/15	3/16-3/22	3/23-3/29	3/30-4/5	4/6-4/12	4/13-4/19	4/20-4/26
Ximena Catepillan	26	23	22	24	21	20	22	21	20	
Bob Buchanan	43.4	52.2	33.7	32.7	50.3	46.6	52	49.5	61.5	
Noel Heitmann	23.3	25.7	20.1	24	55	59	49	53	50.5	
Tyrone Washington	26	25	26	24	26	25	21	26	24	
Delray Schultz	16	19	15	17	14	11	18	12	10	
Cathy Schultz	18	14	20	15	12	14	13	17	13	
Jim Fenwick	20	23	26	25	23	27	24	24	24	
Ron Umble	21	19	24	29	14	14	17	16	18	
Zhoude Shao	32	30	34	36	28	31	33	29	30	
Cynthia Taylor	46	46	45	48	44	46	45	48	47	

[Mileage Conversion](#)

Team Palmer

Team Captain: Ken Brent

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

Team Members	2/17-2/23	2/24-3/1	3/2-3/8	3/9-3/15	3/16-3/22	3/23-3/29	3/30-4/5	4/6-4/12	4/13-4/19	4/20-4/26
Ken Brent	22.7	21.5	25.7	20.2	21.0	17.9	20.90	26.64	28.00	22.11
Vivi Brent	38.9	36.4	38.7	39.4	25.2	25.0	29.00	32.00	31.5	29.00
Tom Waltz	21.53	26.76	30.92	19.40	25.52	26.49	27.87	23.35	21.17	22.87
Greg Black	33.7	35.6	36.7	37.6	35.0	30.6	32.22	30.14	29.33	30.40
Mindy Lefever	5.90	5.10	7.40	5.90	5.10	7.40	5.90	5.10	7.40	5.90
Kayla Rankin	28.6	29.7	27.9	22.71	6.89	7.57	9.60	11.40	10.38	5.79
Ron Frisbie	42.50	37.80	43.60	40.50	42.30	47.70	46.80	50.10	47.80	40.70
Gail Fellows	54.50	37.80	43.60	40.50	47.60	45.20	45.60	47.90	47.60	46.90

[Mileage Conversion](#)

Team SAEM

Team Captain: Yvonne DeBlois

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

Team Members	2/17/2/23	2/24-3/1	3/2-3/8	3/9-3/15	3/16-3/22	3/23-3/29	3/30-4/5	4/6-4/12	4/13-4/19	4/20-4/26

[Mileage Conversion](#)

Team Scimatrek

Team Captain: Will Killian

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

Team Members	2/17-2/23	2/24-3/1	3/2-3/8	3/9-3/15	3/16-3/22	3/23-3/29	3/30-4/5	4/6-4/12	4/13-4/19	4/20-4/26	Total
Judy Cebra-Thomas	31.5	29.3	27.8	24.5	22.1	29.3	38.1	33.5	34.2	32.5	302.8
Carol Hepfer	33.0	37.0	34.0	36.0	36.2	28.0	32.0	24.0	29.0	32.0	321.2
Will Killian	38.6	43.1	51.8	47.2	55.4	52.2	62.6	49.5	46.6	52.8	452.6
Heather Lehman	46.2	23.2	34.4	38.3	26.7	41.1	37.2	21.6	32.1	48.4	349.2
Isaac Ligocki	34.4	39.2	56.5	40.2	35.7	32.9	32.7	34.9	36.3	40.5	383.3
Donna Peters	38.2	30.5	37.1	41.1	42.2	25.3	15.3	26.5	31.2	33.9	287.4
Joel Piperberg	33.6	40.7	46.3	46.6	50.1	49.7	47.9	41.2	52.4	49.1	457.6
Tonya Pyles	24.6	28.7	36.0	28.5	22.3	15.5	16.6	15.1	16.5	14.9	218.7
Beth Roberts	39.0	35.4	35.8	31.0	38.0	31.0	42.0	39.0	41.0	48.1	380.3
Matt Smith	15.5	19.6	17.6	17.2	16.2	17.3	16.6	15.5	16.8	20.1	174.1
Elizabeth Thyrum	24.5	23.5	26.5	22.0	18.0	18.0	18.0	21.0	23.0	21.5	216.0
Ryan Wagner	33.2	38.1	38.7	30.0	27.0	21.0	20.0	15.0	21.0	29.0	273.0

[Mileage Conversion](#)

Team Strolling Stethoscopes

Team Captain: Randi Gordner

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

Team Members	2/17-2/23	2/24-3/1	3/2-3/8	3/9-3/15	3/16-3/22	3/23-3/29	3/30-4/5	4/6-4/12	4/13-4/19	4/20-4/26
Lauren Blevins										
Catherine Edmonds										
Randi Gordner										
Ana Hess										
Christine Janouschek										
Sue Mellott										
Carol Meraner										
Joanne Ocasio										
Catherine Skehan										
Dawn Smith										
Susan Smith-Troy										
Timothy Weaver										

[Mileage Conversion](#)

Team Trek-nology

Team Captain: Kimberlyn Broskie

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

Team Members	2/17-2/23	2/24-3/1	3/2-3/8	3/9-3/15	3/16-3/22	3/23-3/29	3/30-4/5	4/6-4/12	4/13-4/19	4/19-4/26
Kimberlyn Broskie	28.8	25.3	22	23.9	20.7	35.4	30.3	22.4	15.4	22.3
Michael Dulay	34	37	29	33	28	22	19	21	26	17
William Gausmann	28.5	26.4	26.4	22	22.3	25.9	28.5	28.1	24.8	29.1
Tara Keefer	47	55.8	53	32	32	33	40	45		
Karen Davis	33	24	24	39	46	54.85	51.5	52		
Srinivas Gotety	23	29								
Benjamin Kling	24.3	30.5	28.2	25.6	18	20.2	16.2	20.8	23.4	25.4
Miriam Santos	31.332	29.5865	31.4045	30.159	24.6655	21.8965	21.6615	20.2145	22.8365	21.846
Kathleen Estrada	23	17	22	20	25	12	10	13	15	21
Josh Hartranft	45	57	31	21	28	12	26			
Stacey Conrad	18	27	18.6	19.8	22.5	22.7	17	15.3	17.3	19
Dominic Pirocchi	25	35.5	22	26	22					

[Mileage Conversion](#)

Team Will Walk for Donuts

Team Captain: Nathan Olweiler

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

Team Members	2/17-2/23	2/24-3/1	3/2-3/8	3/9-3/15	3/16-3/22	3/23-3/29	3/30-4/5	4/6-4/12	4/13-4/19	4/20-4/26
Nathan Olweiler	18	14	15	15	13	15	22	19	17	16
Alison Hutchinson	16.75	10								
Megan Jones	27.28	23.75	21.48	22.77	21.28	18.28	19.15	16.14	24.49	20
Wendy Scheel	19.6	12	14	16	14	12	14	16	12	12
Kim Habecker	30.75	31	29	25	26	23	22	17	15	16

[Mileage Conversion](#)

Team WSSD

Team Captain: Julie Lombardi

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

Team Members	2/17-2/23	2/24-3/1	3/2-3/8	3/9-3/15	3/16-3/22	3/23-3/29	3/30-4/5	4/6-4/12	4/13-4/19	4/20-4/26
Julie Lombardi	30	30	30	30	35	35	35	35	35	35
Daniel Keefer	54	48	49	49	49	49	48	49	49	49
Kelly Erb	31	28	30	30	21	23	26	27	22	28
Chip Schaeffer	21	24	23	19	22	21	22	18	24	25
Ying Wushanley	22	25	25	18	15	14	24	32	42	32
Mandi Dupain	70	70	70	50	50	50	50	50	50	50
Becky Mowrey	26	22	21	13	26	28	25	27	28	18
Hadi Halawa	36	38	36	42	32	28	24	36	28	28
Lou Cesarone	34.174	36.17	32.4	28.69	38.15	27.9	36.15	28.5	28.5	36.5
Jim Crivaro	18.5	13	0	18	24	32	22	22	32	22

[Mileage Conversion](#)