

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 Bit by Bit	7
1.5 Team Duncan Dash	8
1.6 Team EDFN Stairmasters	9
1.7 Team Human Racers	10
1.8 Team International Programs & Services	11
1.9 Team Library	12
1.10 Team Lose the COVID 19	13
1.11 Team Mathematics	14
1.12 Team Scimatrek	15
1.13 Team Strolling Stethoscopes	16
1.14 Team Trek-nology	17
1.15 Team Will Walk for donuts	18
1.16 Team WSSD	19

Take a Hike

Join the Employee Wellness Team as we "hike" The Pacific Coast Trail (PCT) which spans 2,650 miles from Mexico to Canada through California, Oregon, and Washington. It is a National Scenic Trail <https://www.fs.usda.gov/pct> Each team will record its mileage to see how far it travels along the trail. Accumulate steps by walking, running, swimming, dancing, shoveling snow or whatever exercise you prefer. This challenge will begin on February 15 and continue to April 25, 2021.

Register your team (12 member maximum) by emailing employeewellnessevents@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 tracker 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 Bit by Bit](#)
- [Team Duncan Dash](#)
- [Team EDFN Stairmasters](#)
- [Team Example](#)

- [Team Human Racers](#)
- [Team International Programs & Services](#)
- [Team Library](#)
- [Team Lose the COVID 19](#)
- [Team Mathematics](#)
- [Team Scimatrek](#)
- [Team Strolling Stethoscopes](#)
- [Team Trek-nology](#)
- [Team Will Walk for donuts](#)
- [Team WSSD](#)

Previous Years

- [Spring 2020](#)
- [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	2/15-2/21	2/22-2/28	3/1-3/7	3/8-3/14	3/15-3/21	3/22-3/28	3/29-4/4	4/5-4/11	4/12-4/18	4/19-4/25
Cora Dzubak	47.98	46.25	45	44.21	45.01	46.63	47.84	46.73	43.52	51.46
David Henriques	2.5	2	17.50	14	19.54	30	20	30	25	35
Emily Klick	20.75	13.01	14	14.44	14.31	16.37	19.32	17.75	19.76	15.04
Jeremiah Mbindyo	31.68	21.12	26.40	31.68	31.68	26.4	31.68	31.68	31.68	31.68
Margaret Mbindyo	2.5	4	2.70	6.76	7.5	6.12	7.5	10.56	3.25	6.35
Sherry Mull	30.87	29.77	25.91	28.14	25.41	27.23	32.86	26.38	28.58	39.44

[Mileage Conversion](#)

Team Accounting & Budget

Team Captain: Heather Rossell

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

Team Members	2/15-2/21	2/22-2/28	3/1-3/7	3/8-3/14	3/15-3/21	3/22-3/28	3/29-4/4	4/5-4/11	4/12-4/18	4/19-4/25
Andrea Connell	28.40	31.10	30.50	33.30	30.60	29.50	31.10	28.20	33.60	32.30
Heather Rossell	33.81	31.03	36.01	39.13	36.92	35.08	36.42	30.85	29.33	28.55
Jean Ressler	16.12	10.87	16.45	16.52	18.08	18.72	18.05	18.65	17.10	
Kerry Bartens	27.11	33.36	48.02	47.17	35.06	34.33	35.18	26.90	33.57	31.27
Neelima Ayilavarpu	26.12	22.20	25.09	26.01	25.17	27.05	21.22	22.45	20.59	18.59
Renea Wike-Rivera										
Tammira Hickok	22.60	21.70	26.80	29.50	31.60	32.20	30.10	28.20	22.30	
Tammy Aument-Martin	36.40	38.10	35.70	45.30	34.00	39.60	32.60	19.20	33.10	29.70

[Mileage Conversion](#)

Team Bit by Bit

Team Captain: Kimberlyn Broskie

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

Team Members	2/15-2/21	2/22-2/28	3/1-3/7	3/8-3/14	3/15-3/21	3/22-3/28	3/29-4/4	4/5-4/11	4/12-4/18	4/19-4/25
Stacey Conrad	17	12.8	17.5	17	12.2	17.7	21.3	19.5	20.3	17.5
Miriam Santos	27.926	27.8205	30.8515	30.6635	27.1245	25.5815	29.97	26.376	26.36	29.573
Kathleen Estrada	10	12	9	10	13	12	13	11	25	27
Dominic Pirocchi										
Benjamin Kling	21.5	19.5	24.2	20.7	38.1	35.6	27.2	30.4	28.9	34.7
Srinivas Gotety	19.5	22	0	7.5	13.5	16	11	14	8.5	

[Mileage Conversion](#)

Team Duncan Dash

Team Captain: Janet Kacskos

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

Team Members	2/15-2/21	2/22-2/28	3/1-3/7	3/8-3/14	3/15-3/21	3/22-3/28	3/29-4/4	4/5-4/11	4/12-4/18	4/19-4/25
Victor Ramos	40.54	37.6	28.8	34.9	32.1	36.45	36.8	37.3	33.7	37.1
Janet Kacskos	43	41	35	33	41	45	43	40	42.25	47.50
Alice McMurry	17.2	15.29	12.79	16.87	21	14.2	14.88	15.96	16.23	0
Heather Morris	18	33	22.3	24	32	29	35.5	33	47	28
Staci Strauss	18	18	20	18	22	20	22	25	25	28
Mary Brandt	33	35	32	37	37	36	37	38	40	40
Joyce McEwan-Whitehead	34.4	39.72	34.87	36.78	42.28	42.74	39.28	42.17	42.57	43.89
Lianna Souza	21.3	4.2	10.2	24.5	10	18	18.82	22	28	27.29
Ruth Campbell	20	21	20	21	18	21	19	25	26	28
Lindsay Sanborn	62.1	54.5	62.7	36.5	32.6	0	0	29	34	48
Dena McEwan	28	32	30	29	30	32	28	31	32	34.25
Chelsey Wirth	41.8	52.4	41.6	44.4	39.6	61	43.2	42.2	48.9	55.6

[Mileage Conversion](#)

Team Human Racers

Team Captain: Sylvia Lepore

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

Team Members	2/15-2/21	2/22-2/28	3/1-3/7	3/8-3/14	3/15-3/21	3/22-3/28	3/29-4/4	4/5-4/11	4/12-4/18	4/19-4/25	
Wendy Bowersox	34.994	45.57	51.0165	34.7395	40.422	30.28	32.25	28.43	30.70	29.59	
Debbie Lutz	23.58	17.65	25.9	28.06	22.71	28.17	27.79	25.70	29.26	32.53	
Sylvia Lepore	30.455	38.733	36.1885	36.8125	34.1075	22.061	38.438	37.418	37.434	26.783	
Lori Rodriguez											
Jacquelyn Troyer											
Jenny Hernandez	21.7	55.05	52.96	48.32	43.77	35.63	39.76	37.901	44.84	40	

[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	2/15-2/21	2/22-2/28	3/1-3/7	3/8-3/14	3/15-3/21	3/22-3/28	3/29-4/4	4/5-4/11	4/12-4/18	4/19-4/25
Daniel McClary	8	10	10	14	14	9	11	10	8	7
Christina Kinney	3.2	4.3	5.6	3.6	2.5	5.7	5.6	6.4	8.6	14.76
Kristin Thomson	18.28	18.65	23.64	18.43	12.53	33.56	21.2	18	16.6	15.57
Jason Petula	5	5	9	7	8	12	12	12	12	9

[Mileage Conversion](#)

Team Library

Team Captain: Scott Anderson

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

Team Members	2/15-2/21	2/22-2/28	3/1-3/7	3/8-3/14	3/15-3/21	3/22-3/28	3/29-4/4	4/5-4/11	4/12-4/18	4/19-4/25
Anderson, Scott (L to K)	30.40	20.45	21.30	24.80	24.50	20.15	29.16	33.70	37.85	
Auger, Kim (L)	8.69	14.62	18.36	17.77	16.33	15.66	18.67	17.68	18.77	
Barboza, Calida (L to K)	30.00	31.00	25.89	27.09	18.50	23.04	28.24	32.09	27.68	
Higham, Krista (L)	9.51	7.50	7.80	8.10	8.00	13.20	8.50	8.20	10.10	
Johnson, Barbara (L to K)	35.20	5.25	5.50	6.0	3.50	7.50	5.63	5.13	31.05	
Millar, Ramie	17.30	22.20	22.30	35.10	26.20	26.50	21.70			
Parrish, Marilyn (L to K)	14.17	13.50	12.00	11.00	14.00	11.50	12.50	14.00	13.00	
Pennucci, Steph	17.41	18.58	14.31	16.91	19.24	16.89	20.89	14.74		
Ressler, D'Ann (L to K)	15.20	13.31	16.00	14.37	15.71	17.22	16.66	13.68	15.70	

[Mileage Conversion](#)

Team Lose the COVID 19

Team Captain: Thomas Waltz

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

Team Members	2/15-2/21	2/22-2/28	3/1-3/7	3/8-3/14	3/15-3/21	3/22-3/28	3/29-4/4	4/5-4/11	4/12-4/18	4/19-4/25
Tom Waltz	20.23	15.7	21.8	22.3	19.5	17	28.73	15.2	19.2	18.7
Greg Black	39.54	33.9	32.22	40.59	39.28	39.31	40.94	34.26	40.83	36.4
Mindy Lefever	7	9.24	12.32	15.56	29.8	27.81	25.2	14.3	30.32	30
Kayla Rankin	29.4	25.4	27.7	32.2	34.2	34.3	31.4	28.7	36.6	30
Ron Frisbie	42.25	28.7	32.9	40.2	41.7	30.4	36.7	30.2	39.7	44.7
Pat Wilson	32.59	29.12	21.7	25.5	5.25	24.41	30.5	28.5	28.2	32.5
Gail Fellows	39.54	45.6	47.7	48.9	48.4	46.1	43.1	51.3	51.1	52
Crystal Meadows	0	8.8	33.5	28.4	27.5	39.7	27.13	34.4	35.2	25.8
Corinne Dyer	25.91	28.49	31.62	39.86	32.13	32.65	30.99	29.19	45.3	32.84

[Mileage Conversion](#)

Team Mathematics

Team Captain: Delray Schultz

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

Team Members	2/15-2/21	2/22-2/28	3/1-3/7	3/8-3/14	3/15-3/21	3/22-3/28	3/29-4/4	4/5-4/11	4/12-4/18	4/19-4/25
Bob Buchanan	30.6	30.3	39.3	35.2	39.9	33.8	36.6	41	40.4	44.9
Jim Fenwick	19	22	25	22	22	22	19	19	21	19
Diana Garber	14	16	12	15	13	15	12	16	15	20
Noel Heitmann	29.4	33.7	25.6	38	32.6	35.7	35.4	41.3	21	24
Baoling Ma	11	14	12	11	17	11	10	10	12	7
Zhoude Shao	28	32	36	44	39	38	39	44	51	38
Janet White	7	8.5	7	8	8.5	7	9	13	10	10
Cathy Schultz	14	11	13	17	19	12	14	15	17	16
Delray Schultz	16	14	15	13	17	20	20	18	19	21

[Mileage Conversion](#)

Team Scimatrek

Team Captain: Will Killian

If there are any issues with tracking your mileage please contact your captain. (total miles = 3775.31)

Team Members	2/15-2/21	2/22-2/28	3/01-3/07	3/08-3/14	3/15-3/21	3/22-3/28	3/29-4/04	4/05-4/11	4/12-4/18	4/19-4/25
Judy Cebra-Thomas	23.00	32.20	33.60	29.40	22.10	30.10	25.80	30.80	33.80	28.70
Will Killian	41.22	44.78	37.12	55.10	49.57	53.28	46.56	57.44	48.20	52.91
Heather Lehman	28.83	42.16	31.05	46.94	51.17	36.82	56.17	54.51	48.39	52.68
Isaac Ligocki	55.09	24.79	30.00	33.46	31.46	43.16	44.13	35.64	33.73	50.78
Donna Peters	36.90	35.50	44.75	29.50	30.83	32.86	32.21	31.49	34.20	33.27
Tonya Pyles	30.60	31.14	38.43	39.20	28.71	32.98	6.13	11.69	22.70	37.60
Beth Roberts	49.10	49.66	42.19	50.88	34.80	40.80	37.90	40.20	36.20	41.30
Stephanie Schwartz	18.00	30.16	37.48	47.17	30.00	29.00	30.60	38.75	30.91	29.06
Elizabeth Thyrum	28.00	24.00	26.00	29.00	28.00	28.00	34.00	24.00	28.00	27.00
Ryan Wagner	25.84	38.10	28.80	35.60	39.10	31.00	44.00	29.40	38.50	33.00
Carolyn Weaver	0.00	16.36	25.08	21.29	22.73	17.61	19.91	27.99	13.81	19.70

[Mileage Conversion](#)

Team Strolling Stethoscopes

Team Captain: Randi Gordner

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

Team Members	2/15-2/21	2/22-2/28	3/1-3/7	3/8-3/14	3/15-3/21	3/22-3/28	3/29-4/4	4/5-4/11	4/12-4/18	4/19-4/25
Olivia Bernardini	24	22	20	23	21	22	23	21	24	24
Lauren Blevins	27	32	30	35	29	26	28	32	30	35
Randi Gordner	23	18	22	23	19	22	17	20	19	17
Ana Hess	26	30	27	31	29	29	27	31	30	28
Sue Mellott	21	26	22	19	25	26	27	26	24	26
Carol Meraner	25	24	25	27	24	26	25	28	26	28
Joanne Ocasio	24	22	21	25	23	25	24	26	24	27
Dawn Smith	22	20	23	25	24	26	24	25	24	22
Susan Smith-Troy	10	5	5	0	0	0	0	0	0	0
Olivia Szczepanski	14	11	15	14	17	11	13	12	13	14
Timothy Weaver	32	34	29	31	32	31	34	37	36	38

[Mileage Conversion](#)

Team Trek-nology

Team Captain: Kimberlyn Broskie

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

Team Members	2/15-2/21	2/22-2/28	3/1-3/7	3/8-3/14	3/15-3/21	3/22-3/28	3/29-4/4	4/5-4/11	4/12-4/18	4/19-4/25
Kimberlyn Broskie	22.7	17.6	13.5	18.8	19.6	24.2	13.3	14.8	14.9	20.7
Tammy Mattern	26.29	19.58	21.69	16.32	18.35	18.08	22.87	20.08	18.08	19.36
Karen Davis	38	31	10	61	34	27	32	38	32	32
William Gausmann	32.9	26.6	25.8	32.7	28.2	28.9	28.9	31.9	26.5	27.2
Tara Borgna	30	30	30	30	30	30	30	30	30	35
Josh Hartranft										
Michael Dulay	30	10	14	23	14	21	15	14	17	22

[Mileage Conversion](#)

Team Will Walk for donuts

Team Captain: Nathan Olweiler & Samantha Olewine

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

Team Members	2/15-2/21	2/22-2/28	3/1-3/7	3/8-3/14	3/15-3/21	3/22-3/28	3/29-4/4	4/5-4/11	4/12-4/18	4/19-4/25
Nathan Olweiler, Co-Captain	14.5	16	15	6	20.80	14	17.50	19.50	23	27
Samantha Olewine, Co-Captain	24.07	25	33	46	31	34.64	21	35	16	35
Barbara Erdman	10.57	8.21	9.23	9.79	9	10.10	10	9	9	9
Tara Etsell	15.1	12.7	13.10	18.7	13	14.1	12	13	11	15
Alison Hutchinson	9.79	11	13	12	11	10.15	11	11	11	13
Becky Jachimowicz	20.76	19	15	17	13	16.59	14.45	13	14	18
Megan Jones	27.28	24	21	23	21	18.28	19	16	24	20
Wendy Scheel	13.4	8	8	8	11	6	11	6	6	7
John Sicotte	12	11	11	11	11	10.5	11	11	11	8

[Mileage Conversion](#)

Team WSSD

Team Captain: Julie Lombardi

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

Team Members	2/15-2/21	2/22-2/28	3/1-3/7	3/8-3/14	3/15-3/21	3/22-3/28	3/29-4/4	4/5-4/11	4/12-4/18	4/19-4/25
Julie Lombardi	28	30	30	30	30	30	30	30	30	30
Dan Keefer	40	40	40	40	40	40	40	40	40	40
Mandi Dupain	122	116	122	118	113	113	113	110	108	113
Kelly Erb/Charlie	18	21	25	26.25	24	24	24	24	24	24
Hadi Halawa	18	28	28	32	36	32	32	36	32	38
Ying Wushanley	22	22	18	16	18	20	22	16	20	20
Chip Schaeffer	23	14	12	24	24	22	22	25	21	18
Nate Erb	25	42	42	43	42	45	42	52	60	68

[Mileage Conversion](#)