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Take a Hike

Join the Employee Wellness Committee in the 12th Annual Take A Hike. This is our team challenge with self tracking mileage. This year's theme is focusing on the 2022 Winter Olympics in Beijing, China. We will hike from Beijing to Harbin to check out the Annual International Ice Festival. As the spring approaches we will continue our hike down to Shanghai to stop at a number of tourist spots and the beautiful gardens that the city is known for. We will begin our hike on Monday, February 21st and conclude on Sunday, May 1st.

Please go to the to [12th Annual Take A Hike - Registration for Team Captains and Free Agents form](#) to register as a "Free Agent" or to register a team.

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

- [Accounting and Budget](#)
- [Can Doers](#)
- [CORE](#)
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- [Will Walk for Donuts](#)

Previous Years

- [Spring 2021](#)
- [Spring 2020](#)
- [Spring 2019](#)
- [Spring 2018](#)
- [Spring 2017](#)
- [Spring 2016](#)
- [Spring 2015](#)
- [Spring 2014](#)
- [Spring 2013](#)
- [Spring 2012](#)
- [Spring 2011](#)

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:

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Previous Years

- [Spring 2020](#)
- [Spring 2019](#)
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- [Spring 2017](#)
- [Spring 2016](#)
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- [Spring 2014](#)
- [Spring 2013](#)
- [Spring 2012](#)
- [Spring 2011](#)

Accounting and Budget

Team Captain: Heather Rossell

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

Team Members	2/21-2/27	2/28-3/6	3/7-3/13	3/14-3/20	3/21-3/27	3/28-4/3	4/4-4/10	4/11-4/17	4/18-4/24	4/25-5/1
Andrea Connell	23.80	30.50	31.20	29.70	30.80	28.40	27.50	30.20	33.50	31.70
Erin Moss	23.30	25.00	27.50	31.00	21.00	24.50	23.50	32.00	28.50	30.50
Heather Rossell	43.65	42.26	38.72	47.29	40.78	42.72	37.52	43.78	38.34	38.00
Josiah Orr										
Kerry Bartens	37.75	35.51	36.21	26.84	30.78	33.30	32.07	37.31	35.65	
Neelima Ayilavarapu	27.78	31.45	26.23	27.80	19.94	18.72	27.28	31.55	27.03	24.20
Tammira Hickok	21.85	22.55	26.20	26.15	24.80	23.80	22.10	20.75	18.50	
Tammy Aument-Martin	29.70	31.80	28.50	27.10	28.30	27.90	29.20	30.30	29.90	28.10

[Mileage Conversion](#)

Can Doers

Team Captain: Thomas Waltz

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

Team Members	2/21-2/27	2/28-3/6	3/7-3/13	3/14-3/20	3/21-3/27	3/28-4/3	4/4-4/10	4/11-4/17	4/18-4/24	4/25-5/1
Greg Black	22.81	28.56	23.5	27.1	29.29	27.18	30.17	29.44	26.9	26.67
Corinne Dyer	18.73	24.45	32.58	24.17	26.54	21.96	26.3	36.61	39.2	40.78
Gail Fellows	58.1	62	53.4	60.6	57.2	58.8	58.2	60.6	56.9	
Ron Frisbie	23.8	38.2	40.2	38.4	32.6	31.5	38.4	28.7	30.6	30.4
Mindy Lefever-Gockley	9.61	21.27	21	22.9	26.9	21.87	21.5	26.3	20.44	24.73
Crystal Meadows	43.1	67	51.61	73.2	67.9	66.9	72.7	64.4	87.4	89.5
Kayla Rankin	15.9	24.4	26.5	31.8	23.9	26.9	25.6	27.82	32.2	30.7
Thomas Waltz	22.69	17.91	30.39	28.08	23.25	28.01	22.84	23.92	25.69	29.14
Patrick Wilson	18.5	22.5	26.7	22.3	24.4	26.5	24.5	24.2	24.46	20.25

[Mileage Conversion](#)

CORE

Team Captain: Kathy Nazareus

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

Team Members	2/21-2/27	2/28-3/6	3/7-3/13	3/14-3/20	3/21-3/27	3/28-4/3	4/4-4/10	4/11-4/17	4/18-4/24	4/25-5/1
Abby Gabner	8.47	33.54	30.6	17.55	24.18					
Ana Lehneis	20.7	18.8	21.2	21.4	22.9	22.5	25.1	19.7	19.3	22.2
Dena McEwan	46	43	48.25	47	51	46	38	41	47.25	52
Donna Bazow	22.09	25.84	21.83	35.98	26.7	30.5	34.6	31.1	34.02	31.6
Julianne Brown	40.1	42.4	40.00	43.3	38.6	36.3	37.1	38.3	40.3	42.5
Kathy Nazareus	29.1715	15.993	17.6905	16.45	18.329	18.092	26.8085	20.6165	19.8685	17.0245
Kay Keen	31.862	30.219	32.021	34.834	25.291	27.538	23.684	30.329	29.524	24.929
Kelly Davis	33	46.5	33.5	35.5	27	24.5	29	26.5	23.5	34.5
Linda Mellinger	12.5	12.75	15	19.25	17	16	15.75	18	15	19
Lori Leaman	14	15	15.5	20	21	19.90	23	17.14	21	19
Maddie Rebman	31.069	26.0465	24.7375	31.6995	29.1245	21.8245	27.057	24.312	25.8395	29.2985
Susan Troop	15.76	21.79	20.17	21.80	26.26	19.33	10.98	16.14	12.86	13.8

[Mileage Conversion](#)

CORE Too

Team Captain: Patty Taggart

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

Team Members	2/21-2/27	2/28-3/6	3/7-3/13	3/14-3/20	3/21-3/27	3/28-4/3	4/4-4/10	4/11-4/17	4/18-4/24	4/25-5/1
Patty Taggart	24	10	34	20	28	22	20	24	28	
Audrey Bare	18.75	24	28	35	22	42	38	36.5		
Chaning Wimer	27.5	33.62	33.18	41.83	27.88	31.15	38.5			
Kimberlie Bennett	41	46	40	52	43	48	47	44	46	
Melissa Tineo	12.5	19	12.5	15.5	10	12.61				
Nicole Parise	17	14.5	23	24.3	36.9					
Hailey Butler		36	36	29	38	42	32	42	33	
Ryan Kubicki				80.67	86.41	93.25	59.47			

[Mileage Conversion](#)

Duncan Dream Team

Team Captain: Janet Kacskos

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

Team Members	2/21-2/27	2/28-3/6	3/7-3/13	3/14-3/20	3/21-3/27	3/28-4/3	4/4-4/10	4/11-4/17	4/18-4/24	4/25-5/1
Janet Kacskos	36.8	40.8	39.2	43	41.7	45.4	44.6	55.56	45	50.5
Victor Ramos	31.5	32	28.4	38	38.1	35.9	38.9	41.3	39.6	40.5
Richard Glenn	84	84	84	84	84	84	84	84	84	84
John Wallace	43.3	48.1	41	50.4	51.3	50.4	51.5	53.1	56	56
Alice McMurry	28.4	21.8	14.8	22.8	18.8	35.8	18	14.6	16.2	24.8
Brian Smith	34	37.5	44	52	52.5	56	46	51	47	41.5
Greg Freedland	35	35	35	35	35	35	35	35	35	35
Chelsey Wirth	54.68	42	34.4	50.2	49.2	57.9	39.2	53.7	56.3	55.6
Mary Brandt	31.5	41.5	38	39.5	34	30	30	31	33	35
Kristin Schab	28	29	30	31	31	31	33	33	33	37
Kelsey Madas	45.6	45.7	19	37	30.5	29.4	28	24.5	25.1	36.7
Victoria Pappas	38.22	59.5	45.1	46.2	45.3	21	41.3	54.3	63.1	34.1

[Mileage Conversion](#)

EDFN Stair Masters

Team Captain: Carolyn Rittenhouse

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

Team Members	2/21-2/27	2/28-3/6	3/7-3/13	3/14-3/20	3/21-3/27	3/28-4/3	4/4-4/10	4/11-4/17	4/18-4/24	4/25-5/1
Carolyn Rittenhouse	30	25	35	25	20	27	27	27	27	27
Miriam Witmer	25	20	35	25	20	25	25	25	25	25
Ann Gaudino	25	20	40	20	27	27	27	27	27	27
Laurie Hanich	16	24	26	19	23	18	22	28	22	22
Tiffany Wright	45	53	27	45	44	50	48	47	47	47
Gabriela Hagiu	30	25	25	20	25	25	25	25	25	25
Bernie Harnish	50	55	65	70	60	60	60	60	60	60
Desa Fry	45	55	65	70	60	60	60	60	60	60
Nick Celia	45	45	55	65	70	59	*	*	*	*
Corina Pou	45	55	65	70	60	60	60	60	60	60
Sandy Booth	45	45	55	65	70	60	60	60	60	60
Duane Barndt	50	60	65	70	60	65	60	60	65	60

** May God rest his soul, we lost team hiker, Nick Celia on 4/8/2022.

[Mileage Conversion](#)

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
Vigorous Gardening	20 minutes	1
**Estimated		
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
Chair Yoga, **Estimated	40 minutes	0.5

Mind Over Miles

Team Captain: Lisa House

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

Team Members	2/21-2/27	2/28-3/6	3/7-3/13	3/14-3/20	3/21-3/27	3/28-4/3	4/4-4/10	4/11-4/17	4/18-4/24	4/25-5/1
Lisa House	52	50	56	48	52	48	50	50	53	57
Kelsey Backels	24	36	35	33	25	36	28	29	32	34
Andrea Baker	21	25	24	25	21	22	24	25	22	30
Maria Detweiler	26	20	20	25	22	24	24	25	25	29
Sloane Ferenchak	24	23	23	26	25	22	24	25	26	28
Joseph Lynch	20	24	28	23	27	24	25	26	24	30
Dan O'Neill	40	33	32	32	34	34	37	46	44	42
Abby Peters	33	36	41	37	34	37	36	38	41	41
Kendra Saunders	30	28	41	30	34	35	36	36	34	38
Hannah Boes	24	45	32	35	32	35	35	32	33	36
Tyler Loy	26	28	28	31	33	37	27	25	32	26

Scimatrek

Team Captain: Tonya Pyles

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Team Members	2/21-2/27	2/28-3/6	3/7-3/13	3/14-3/20	3/21-3/27	3/28-4/3	4/4-4/10	4/11-4/17	4/18-4/24	4/25-5/1
Tonya Pyles	60.62	66	46.90	55.626	56.259	47.21	59.025	57.198	59.049	55.436
Judy Cebra-Thomas	30.7	28.5	24.7	27.6	26.9	25.4	23.7	27.5	29.3	28.5
Jessica Fellmeth	3.4	4	10	4	7	4	5	6	3	6
Heather Fogell	36.53	35.34	36.65	37.73	36.08	33.35	25.23	26.25	33.64	25.34
Heather Lehman	54.76	54.28	51.613	48.8455	43.22	43.6455	50.796	33.514	50.5585	49.2235
Isaac Ligocki	23.07	21	25.54	39.6	32.2	33.3	40.1	37.3	40.2	34.1
Donna Peters	22.71	24.73	19.617	25.2915	27.7805	30.3695	20.4895	27.6125	17.87	22.66
Beth Roberts	52.6	51.2	53	43.9	51	53	42.4	38	31	38.3
Stephanie Schwartz	29.7	24.9	31.4	27.24	30.3	27.4	41.9	35.2	36.3	27.8
Chris Stieha	33.08	41.68	24.06	33.02	32.46	27.09	30.04	40.67	41.45	41.81
Ryan Wagner	41.4	38.8	41.5	27	32.5	28.6	32	49.98	38.8	29.8
Carolyn Weaver	12.2	13.9	13.0	18.3	12.8	14.6	17.0	15.3	12.8	20.7

[Mileage Conversion](#)

Strolling Stethoscope

Team Captain: Randi Gordner

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

Team Members	2/21-2/27	2/28-3/6	3/7-3/13	3/14-3/20	3/21-3/27	3/28-4/3	4/4-4/10	4/11-4/17	4/18-4/24	4/25-5/1
Randi Gordner	25	28	30	27	31	25	28	25	26	22
Lauren Blevins	30	35	37	33	38	35	34	37	39	35
Ana Hess	20	22	26	22	21	23	21	22	25	23
Dawn Smith	30	32	29	30	22	28	27	30	25	29
Carol Meraner	30	32	34	30	36	35	32	31	32	31
Tish Brown	25	27	28	25	28	26	28	29	27	28
Ashley Zook	25	26	28	25	26	28	27	28	27	29
Olivia Varner	34	36	33	36	34	35	32	37	38	36
Timothy Weaver	37	36	36	35	32	35	34	37	35	32
Christine Janouscheck	35	38	32	34	37	35	36	38	37	39
Corina Pou (with another team)										
Linda Asomaning	35	37	35	34	34	32	36	32	27	30

[Mileage Conversion](#)

TBA

Team Captain: Allison Yarrow

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

Team Members	2/21-2/27	2/28-3/6	3/7-3/13	3/14-3/20	3/21-3/27	3/28-4/3	4/4-4/10	4/11-4/17	4/18-4/24	4/25-5/1
Allison Yarrow										
Lori Austin										
Yvonne DeBlois										
Tom Richardson										
Matt Rutkoski										
Kristyne Schonhaut										
Cody Seachrist										
Aly Sehl										
Lori Souder										
Elizabeth Swantek										
Jessica Transue										

[Mileage Conversion](#)

Team AA&SD

Team Captain: Molly Caldwell Hamlin

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

Team Members	2/21-2/27	2/28-3/6	3/7-3/13	3/14-3/20	3/21-3/27	3/28-4/3	4/4-4/10	4/11-4/17	4/18-4/24	4/25-5/1
Molly Caldwell Hamlin	26.31	24.24	18.72	6.45	13.14	23.03	24.24	25.34		
David Henriques	13.3	20	30	35	30	30	23.5	25		
Kristen Lawson	31.67	26.1	8.81	25.1	25.3	15.3	9.89	26.4		
Margaret Mbindyo	5		20							
Rita Miller	7	7	5	7	7	7	7			
Joe Sciarretta	13.34	21.69	26.04	19.78	18.29	32.33	28.4			
Jacquelyn Kniery	42.1	40.2	44.2	31.2	34.8	34.5	38.9	38.5		
Abby Imm	19	18.5	22.4	20.5	19.5	17				

[Mileage Conversion](#)

Team Library

Team Captain: Scott Anderson

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

Team Members	2/21-2/27	2/28-3/6	3/7-3/13	3/14-3/20	3/21-3/27	3/28-4/3	4/4-4/10	4/11-4/17	4/18-4/24	4/25-5/1
Scott Anderson (NO)	22.70	27.43	28.88	24.03	27.02	19.79	22.87	27.30	33.10	26.98
Barbara Johnson (L)	18.50	22.90	19.50	20.75	19.50	22.50	22.52	21.50	25.41	23.10
Kim Auger (L)	12.70	17.80	11.20	14.10	17.57	16.08	18.52	19.42	23.58	21.80
Ramie Millar	19.82	21.23	6.10	17.54	19.30	18.67	21.83	22.63	20.77	22.16
Stephanie Pennucci (L)	15.44	18.49	19.39	16.71	18.03	21.71	15.41	22.03	22.77	22.78
D'Ann Ressler (NO)	16.00	17.55	15.28	16.67	14.47	20.00	20.05	22.34	20.10	16.33
Krista Higham (M)	12.80	10.20	10.10	10.10	12.00	11.40	10.30	16.50	12.20	11.60
Molly McDyer (M)	17.89	18.01	15.17	20.50	19.62	16.23	17.52	19.50	18.10	20.10
Ashley Sherman (M)	21.37	57.01	21.65	28.00	13.80	21.76	19.21	31.41	20.80	16.80
Helen Ge (S)	19.20	25.70	22.30	18.64	13.49	22.97	20.16	17.54	18.95	25.47
Lianna Souza (XL)	14.50	22.60	22.20	21.00	18.56	10.80	41.00	25.2	22.90	29.40

[Mileage Conversion](#)

Team Mathematics

Team Captain: Delray Schultz

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

Team Members	2/21-2/27	2/28-3/6	3/7-3/13	3/14-3/20	3/21-3/27	3/28-4/3	4/4-4/10	4/11-4/17	4/18-4/24	4/25-5/1
Bob Buchanan	45.68	35.5	37.4	32.9	35.1	35.6	41.1	42.3	41.9	54.3
Jim Fenwick	21	20	26	21	17	17	18	18	19	19
Kathy Cody	22.1	27.1	32.2	32.3	31.2	28	23.5	32.9	28	20.6
Zhoude Shao	43	30	43.7	34	40	35	35	42	38	39
Noel Heitmann	18	19.5	35.3	29.3	30.6	30.1	31.1	22	18	17
Cynthia Taylor	42	42	47	44	44	44	44	44	44	46
Joan Valentin	24.5	23.5	18	18.5	13.25	16.25	16	16.5	22.5	17
Ed Rand	35.5	30.17	21.5	24.67	27.43	23	35.26	35.2	33.28	35.7
Beverly Rand	47.01	40.26	35	46.84	47.2	43	48.68	47	43	35
Cathy Schultz	19	17	17	23.5	15	18	20	16	19	18
Delray Schultz	20	23.5	18	17	19	21	23	25.5	25	22

[Mileage Conversion](#)

Team WSSD

Team Captain: Julie Lombardi

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

Team Members	2/21-2/27	2/28-3/6	3/7-3/13	3/14-3/20	3/21-3/27	3/28-4/3	4/4-4/10	4/11-4/17	4/18-4/24	4/25-5/1
Julie Lombardi	22	12	25	25	25	25	25	25	25	25
Dan Keefer	41	40	35	41	39	39	40	41	41	40
Kelly Erb & Charlie	25	28	48	40	45	25	35	25	30	42
Mandi Dupain	70	70	70	70	70	70	70	70	70	70
Jocelyn Hockley	10.5	27	15	24	29	22	26	31	31	31
Ying Wushanley	25	24	20	24	24	20	24	26	22	29
Hadi Halawa	38	42	38	38	38	42	34	42	42	42
Barbara Wolf	20.69	24.22	19.22	45.24	33.36	36	38.7	43.72	40.63	38.07
Chip Schaeffer	8	13	13	12	12	13	11	32	21	21
Becky Mowrey	21	21	26	23	23	24	21	21	24	23
Jenny Hernandez	45	38	35	45	48	45	45	45	48	48
Addie Ritenour	5.5	5	5	2	4	3.5	4	5	5	8

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Trek-nology

Team Captain: Kimberlyn Broskie

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

Team Members	2/21-2/27	2/28-3/6	3/7-3/13	3/14-3/20	3/21-3/27	3/28-4/3	4/4-4/10	4/11-4/17	4/18-4/24	4/25-5/1
Kimberlyn Broskie	22.9	18.6	18.8	17.9	24.8	27.9	14.9	14.8	24.1	12.5
Michael Dulay	19	24	18	24	20	14	20	21	62	31
Tara Borgna	20	20	20	20	50	50	50	50	50	50
William Gausmann	32.4	31.6	32.1	31.9	29.3	30.7	30.3	34.7	32	31.4
Srinivas Gotety	11	8.5	11.5	8	10.5	9.5	13	24.5	8.5	12.5
Tammy Mattern	13.334	16.868	10.417	16.006	15.087	21.2875	14.7325	34.85	20.6195	47.3655
Chuck Lund	37.453	41.916	40.91	40.68	36.21	46.3	44.4	39.6	37.04	41.7
Kathleen Estrada	12	18	26	19	19	27	25	20	18	16
Stacey Conrad	13.6	19.7	14.5	15.7	13.7	18.3	14.2	24	23	15.7
Dominic Pirocchi	38	30	27	27	27	26	20	26	30	29
Liz Thompson	35.752	34.8675	37.3265	37.0445	35.7275	32.7465	35.196	37.3115	32.158	33.5585
Miriam Santos	21.909	22.4395	22.318	21.2385	23.4585	24.3515	26.734	21.721	21.604	5.6595

[Mileage Conversion](#)

Wehrheim Walkers

Team Captain: Susan Moyer

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

Team Members	2/21-2/27	2/28-3/6	3/7-3/13	3/14-3/20	3/21-3/27	3/28-4/3	4/4-4/10	4/11-4/17	4/18-4/24	4/25-5/1
Sue Moyer	32.4	34	42	38	40.1	34	30	33.7	39	45
Kelly Kuhns	25.6	27.4	23.8	22.8		24.2		18.4	23.4	24.8
Jenny Monn	12	16	15.5	17.5	16	17	15	20	16	20
Teresa Hartmann	16	12	12	13.2	18	9	14	17	14	15
Cayleigh Minter	33.6	30.3	26.7	37.6	33.7	29.3	25.7	28.6	22.8	27.3
Dawn Lambert	1	8	10	11	10	8	10	15	5	10
Kelly Rotondo	33	28	24	29	24	21	22	18	33	27
Michele Chronister	35	35	45	35	35	33	40	35	45	35
Linda Lee	34.4	35	38	38.6	28	25	38.2	38	39	42
Lisa Senft	12	21	16	30	38	32	30	52	22	24
Jill Buchle	41.8	49	43.5	55.3	54	45.5	45.3	51.4	49.4	47
Tiffany Boyd	30.8	28.1	24	23.5	25	25	29	15	25	22.25

[Mileage Conversion](#)

Will Walk for Donuts

Team Captain: Nathan Olweiler/Sam Olewine

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

Team Members	2/21-2/27	2/28-3/6	3/7-3/13	3/14-3/20	3/21-3/27	3/28-4/3	4/4-4/10	4/11-4/17	4/18-4/24	4/25-5/1
Erdman, Barb	9	8	8	8.75	8.5	9	9.25	9.5	7.5	8.25
Etsell, Tara	15.1	13.3	12.1	25	19.4	12.2	15.4	17.5	15.9	14.30
Hutchinson, Alison	11.43	11.79	15.53	13.72	14	13.73	14	15.46	13.73	12.04
Jachimowicz, Becky	18.76	20.47	19.57	26.18	18.84	17.95	22.94	27.49	23.23	22.57
Jones, Megan	30.14	27.13	27.14	22.76	22.34	24.78	26.43	22.6	26.68	26.59
LaBar, Rowan	9.32	14.7	11.56	16.37	16.14	10.74	10.15	27.4	12.79	11.9
Olewine, Samantha	19.76	33.14	19.56	28.84	30.86	26.99	28.1	25.37	25.67	29.47
Olweiler, Nathan	17.35	20.30	9.94	16.5	14.44	10.74	20.32	22.34	21.09	18.79
Rohrback, Nikki	11	12	14	14	15	8	11	13	15	14
Scheel, Wendy	13.5	10	9	9.5	6.5	8.5	11	10	10	20
Sicotte, John	14	14.5	15.5	15.5	15	14.5	15	14.5	14.5	15.5

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