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Take a Hike

Join the Employee Wellness Committee in the 13th Annual Take A Hike. This is our team challenge with self-tracking mileage. This year each team will choose various Great Lakes to hike around. Each Team should choose the hike mileage that is achievable yet challenging. We will begin our hike on Monday, February 20, and conclude on Sunday, April 30th, 2023.

Hike Choices:

1. Lake Erie and Lake Ontario = 1583 miles
2. Lake Michigan and Lake Erie = 2509 miles
3. Lake Superior = 2726 miles
4. Lake Huron = 3827 miles
5. Lake Superior, Michigan, Huron, Erie, Ontario = 10, 645 miles

Please go to <https://forms.office.com/r/BqjgZ31iJP> 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

- [Advising Adventures](#)
- [Arts at MU + Friends](#)
- [Athletics](#)
- [Button's Friends](#)
- [CHAMPIONS](#)

- CORE
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Previous Years

- Spring 2022
- Spring 2021
- Spring 2020
- Spring 2019
- Spring 2018
- Spring 2017
- Spring 2016
- Spring 2015
- Spring 2014
- Spring 2013
- Spring 2012
- Spring 2011

Advising Adventures

Team Captain: Kristen Lawson

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

Team Members	2/20-2/26	2/27-3/5	3/6-3/12	3/13-3/19	3/20-3/26	3/27-4/2	4/3-4/9	4/10-4/16	4/17-4/23	4/24-4/30/23
Kristen Lawson	35.53	26.73	21.84	27.98	27.39	22.86	27.81	27.5	32.19	31.56
David Henriques	20	20		30	26	28		26.05	31.14	23.93
Margaret Mbindyo	20					10.5	9	10		
Joe Sciarretta	17.17	21.63	18.38	15.14	13.81	12.03	18.04	19.51	24.05	23.27
Molly Hamlin	25.76	10.39	12.24	12.88	21.45	63.1	23.42	20.74	18.7	18.95
Jacquelyn Kniery	23	39	38	36	42	32	38	44	31	29
Bentley Bartell	17.91	22.62	22.43	20.83	27.32	32.80	34	23	28.34	24.79

[Mileage Conversion](#)

Arts at MU + Friends

Team Captain: Abby Imm

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

Team Members	2/20-2/26	2/27-3/5	3/6-3/12	3/13-3/19	3/20-3/26	3/27-4/2	4/3-4/9	4/10-4/16	4/17-4/23	4/24-4/30/23
Abby Imm	24.93	20.8	25.76	18.8	35	25.6	21	35	34	16.7
Barry Kornhauser	21.67	16.82	18.43	20.95	24.9	20.1	26.54	33.09	32	25.2
Marci Nelligan			16.3		24.5			18.75		
Michele Littrell	39.8	45.9	41	43.1	41.7	41.5	45.2	41.2	42.3	40.4
Ben Kling	26	26.01	16.9	17.85	24.88	22.26	20.21	26.17	23.57	23.07
Kyle Schumaker	32.1	34.3	39.9	30.2	32.2	41	37.3	49.2	39.4	36.6
Brandon Martinez	2.3									
Lori Longenecker	36.61	26.7	29.73	25.85	33.25	34	34.8	34.5	34.5	28.3
Josh Redd	30	12	16	25	27	38	26	32	32	30.5
Julie Pyle Childs	9.8	4.36	2.6	5.5	4.8	5.4	5.7	6.35	7	7.5
Amy Banks	25	7	23	24	19	24	19.5	37	33	26
Nathan Cottrell	22.5	31.6	17.25	15.4	21.6	18.7	20.3	25	15.6	14.6

[Mileage Conversion](#)

Athletics

Team Captain: Chelsey Wirth

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

Team Members	2/20-2/26	2/27-3/5	3/6-3/12	3/13-3/19	3/20-3/26	3/27-4/2	4/3-4/9	4/10-4/16	4/17-4/23	4/24-4/30/23
Andy Young	52.75	59	54	57.5	56	57.5	57	55	37	57
Brittany Hartman	54.8	54.6	58.6	69.1	73.2	70.1	68.9	62.8	55.6	70.8
Akil Stokes	20.5	52	17.75	13	21.25					
Ryan McGovern	36	32	34	30	34	34	38	43	40	
Heather Wolfe	31	32.6	33.4	32.6	38.1	40.9	38.8	43.9	36.9	30.2
Wendy Wheeler	45.02	46.14	29.3	42.42	34.88	37.55	47.68			
Chelsey Wirth	45.9	28.2	34.5	36	43.8	40.74	34.53	48.2	33.5	39.8

[Mileage Conversion](#)

Button's Friends

Team Captain: Allison Yarrow

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

Team Members	2/20-2/26	2/27-3/5	3/6-3/12	3/13-3/19	3/20-3/26	3/27-4/2	4/3-4/9	4/10-4/16	4/17-4/23	4/24-4/30/23
Allison Yarrow										
Samantha Wary										
Kyle Black										
Tom Richardson										
Margo Thorwart										
Darlene Newman										
Christina Williams										
Lori Austin										
Mary Beth Williams										
Aly Sehl										
Matt Rutkoski										
Jes Transue										

[Mileage Conversion](#)

CHAMPIONS

Team Captain: Jenny Hernandez

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

Team Members	2/20-2/26	2/27-3/5	3/6-3/12	3/13-3/19	3/20-3/26	3/27-4/2	4/3-4/9	4/10-4/16	4/17-4/23	4/24-4/30/23
Jenny Hernandez	20.9	63.9	45.29	62.19	52.25	63.80	58.60	50	50	45.6
Marina Rondon	45	45	45	45	45	45	45	45	45	45
Kelsey Fryberger	10.6	8.59	10.9	10.9	11.1	11.9	11	12.3	13.2	11.4
Thinh Hoang	6.86	8.6	7.5	9.3	10.3	9.89	11.7	11.3	11.3	12.00
David Baird	40	40	40	40	40	40	40	40	40	40
Stephanie Squire	14.18	14.6	18.45	10	9.95	9.71	12.5	12.1	12.8	9.5
Apsara Uprety	21.8	15.28	10	20.3	16.3	16	11.22	12.0	15.0	17.3
Amanda Amspacher	12.37	12.39	10	11.5	9.50	11.5	10.75	11.25	11.7	12.76

[Mileage Conversion](#)

CORE

Team Captain: Kay Keen

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

Team Members	2/20-2/26	2/27-3/5	3/6-3/12	3/13-3/19	3/20-3/26	3/27-4/2	4/3-4/9	4/10-4/16	4/17-4/23	4/24-4/30/23
Kay Keen	40.18	24.3	19.83	26.2	27.69	23.08	34.23	28.74	33.92	18.55
Jennifer Aponte	7	7								
Kim Bennett	51	45	40.5	46	54.5	51.5	49.5	75	62	54.5
Julianne Browne	37.9	37.8	31.8	38	41.7	37.4	42.6	42.2	36.4	34.4
Jasmine Campbell	23.4	19.7	20.5	24.4	21.6	27.5	22.7	29.9	30.1	16.1
Pauline Diaz	16.8	18	13.6	14.75	17.6	17.5	18.55	19.8	18.25	15
Jill Glick	22.78	25.78	24.8	18	18	21	27	25	28	16
Ana Lehneis	21	23	13	17	19	25	14	12	28	22
Christina Kinney	9.1	6.75	5.4	7.5	7.4	7.85	8.96	7.83	9.33	13.06
Rachel Opala	16.81	40.24	55.33	48.83	48.99	25.19	42.6	32.61	12.98	49.46
Melissa Tineo	16	14	28	32.5	31	38	38.7	35	27	25
Dawn Wharram	6	4.5	4	7	6	7	8	7	7	9

[Mileage Conversion](#)

CORE TOO!

Team Captain: Susan Troop

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

Team Members	2/20-2/26	2/27-3/5	3/6-3/12	3/13-3/19	3/20-3/26	3/27-4/2	4/3-4/9	4/10-4/16	4/17-4/23	4/24-4/30/23
Susana Troop	6.23	8.24	14.12	20.57	21.32	21.66	20.21	13	20.62	14.74
Shelly Cauthen	17.96	17.25	17.66	12.65	20.2	25.68	18.94	14.56	14.37	21.32
Jessica Horn	7.59	4.47	6.64	6.33	7.39	8.6	8	11.17	12.95	13.27
Rachel Martin	19.95	23.59	18.67	22.35	17.98	21.04	30.05	22.13	19.86	18.14
Kathy Nazareus	26.2415	10.531	14.274	16.492	13.8175	11.529	10.993	9.5725	21.3315	16.435
Gwen Phillips	17.93	21.92	23.77	19.14	18.99	22.51	21.72	24.59	25.31	18.55
Madison Rebman	17.62	14.99	14.59	18.84	17.67	20.52	18.25	24.08	19.13	17.94
Holly Stockwell	15.85	15.6	13.422	13.2305	16.72	15.7455	10.2655	11.208	12.786	12.729

[Mileage Conversion](#)

EDFN Stairmaster

Team Captain: Carolyn Rittenhouse

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

Team Members	2/20-2/26	2/27-3/5	3/6-3/12	3/13-3/19	3/20-3/26	3/27-4/2	4/3-4/9	4/10-4/16	4/17-4/23	4/24-4/30/23
Carolyn Rittenhouse	25	25	17	17	18	17	18	17	17	16
Ann Gaudino	18	18	21	21	21	25	30	22	22	22
Gabriela Haigu	25	32	22	26	26	26	26	26	26	26
Laurie Hanich	18	14	25	22	20	25	21	21	21	21
Miriam Witmer	18	20	18	22	18	10	12	17	17	17
Tiffany Wright	61	60	63	71	61	63	70	86	67	67
Sandy Booth	65	70	70	75	73	65	70	70	70	70
Nate Mealing	35	35	35	50	60	61	58	60	65	60
Bernie Harnish	80	85	83	84	86	80	84	83	83	83
Corina Pou	60	62	58	62	64	62	61	69	62	62
Annmarie Licata	0	0	0	0	0	0	0	0	0	0
Desa Fry	60	64	66	70	68	63	60	50	63	63

[Mileage Conversion](#)

EOD - Eat Our Dust

Team Captain: Janet Kacskos

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

Team Members	2/20-2/26	2/27-3/5	3/6-3/12	3/13-3/19	3/20-3/26	3/27-4/2	4/3-4/9	4/10-4/16	4/17-4/23	4/24-4/30/23
Janet Kacskos	43	44	50.3	48.5	48.8	49.8	44.8	49.6	50.7	49
Victor Ramos	33.5	32.6	37.1	37.2	36.5	38.2	37	34.6	42.1	38.4
Greg Freedland	56	56	56	56	56	56	56	56	56	56
John Wallace	52	52	40.6	40	45.6	41.8	40.1	41.3	41	34.4
Richard Glenn	100	94	100	100	100	100	100	104	102	100
Kristin Schab	38	37	38	39	40	41	40	40	41	42
Mary Brandt	27.5	29	27.5	30.5	28.5	29.5	29	29	31	33
Brian Smith	39.2	41.3	43	39	44	67	52	61	49	51
Todd Sikora	48	52	41	44	35	45	49.5	46	50	50
Duane Hagelgans	43.5	40	62	32	35	35	40	45	42	51
Victoria Pappas	25	21.3	24	28.5	20	31.9	24	32.4	26	25
Alice McMurry	28	21	34	22	26	34	42	38	34	28

[Mileage Conversion](#)

Example

Team Captain:

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

Team Members	2/20-2/26	2/27-3/5	3/6-3/12	3/13-3/19	3/20-3/26	3/27-4/2	4/3-4/9	4/10-4/16	4/17-4/23	4/24-4/30/23

[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

Over-Achievers

Team Captain: Ed Nase

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

Team Members	2/20-2/26	2/27-3/5	3/6-3/12	3/13-3/19	3/20-3/26	3/27-4/2	4/3-4/9	4/10-4/16	4/17-4/23	4/24-4/30/23
Edward Nase	28.23	33.11	23.27	32.90	36.25	40.36	36.58	33.48	40.72	35.56
Michelle Karlson	32.06	34.46	34.13	32.37	36.09	34.22	33.11	33.21	34.00	34.71
Lydia Ricks	48.03	50.42	52.21	56.06	52.86	52.63	50.31	53.50	56.61	56.14
Gabrielle Guilbert	31.12	31.74	34.19	47.07	34.69	38.36	31.62	28.13	34.16	40.21
Krista Nickolas	67.18	72.43	71.14	73.59	81.13	76.29	84.68	82.35	82.31	85.07
Timothy Beatty	51.44	52.96	58.89	48.24	52.88	49.96	34.57	48.08	62.15	52.09
Shannon Fox	44.46	32.73	38.35	32.75	33.20	37.03	34.06	42.43	43.02	29.13
Aaron Rohrer	36.00	34.00	45.00	30.00	43.00	34.00	39.00	36.00	82.00	62.00
Corryn Kuchta	43.45	40.06	37.83	40.11	44.00	50.02	45.11	38.74	39.64	40.78
Julie Smith	20.42	19.29	28.74	17.85	35.65	27.63	20.14	30.78	24.19	23.29
Jody Croft	31.50	32.15	42.06	17.50	28.00	31.96	24.20	30.99	32.03	22.24
Christopher Nunez	21.00	21.56	19.31	20.28	20.54	18.67	18.39	18.79	20.82	19.83

[Mileage Conversion](#)

Palmer Pavement Pounders

Team Captain: Thomas Waltz

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

Team Members	2/20-2/26	2/27-3/5	3/6-3/12	3/13-3/19	3/20-3/26	3/27-4/2	4/3-4/9	4/10-4/16	4/17-4/23	4/24-4/30/23
Greg Black	39.95	28.84	36.23	29.77	25.94	34.04	46.15	36.83	40.26	35.32
Vince Diaz	37	50.54	54	40.8	42.6	48.6	55	54.6	53.4	58.3
Corinne Dyer	26.3	73.1	43.7	71.2	58.5	33.05	42.9	44.42	48.7	52.23
Paul Hill	19.8	17.7	16.28	21	27.89	17.45	15	26.6	23.5	19.26
Anthony Hoopes	31.8	31	28.8	35	42	55	34	41	41	45
Mindy Lefever	26.6	24.18	22.48	29.73	23.6	26.67	21.5	29.55	30.88	31.83
Crystal Meadows	82.95	54.2	48.8	59.8	59.1	67.3	68.5	77.7	68.7	68
Mike Miller	59	60	52	63	66	61	75	76	71	62
Tyler Moses	51	48	51	50	41	55	54	53	53	52
Kayla Rankin	21.6	27.7	28.11	29.7	30.6	30.6	31.5	35.1	34.4	33
Thomas Waltz	15	22	21	15	20	28	29	32	34	31
Patrick Wilson	30.8	30.8	31.8	29.25	30.79	29.8	30.88	31.38	29.85	30.8

[Mileage Conversion](#)

Scimatrek

Team Captain: Tonya Pyles

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

Team Members	2/20-2/26	2/27-3/5	3/6-3/12	3/13-3/19	3/20-3/26	3/27-4/2	4/3-4/9	4/10-4/16	4/17-4/23	4/24-4/30/23
Tonya Pyles	59.9	55.80	41.49	48.97	50.81	45.82	57.45	49.12	40.33	41.63
Beth Roberts	52.9	50	51.1	48.6	48.3	53.4	58.5	61.3	57.2	58.00
Isaac Ligocki	46.25	39.39	30.82	43.10	37.58	48.65	41.42	46.18	39.63	31.92
Chris Stieha	37.24	31.57	48.44	29.87	36.82	44	40.84	38.68	40.67	35.23
Heather Lehman	43.19	53.3	39.8	34.7	39.4	23.6	46.9	54.9	50.3	47.4
Judy Cebra-Thomas	29.9	28.4	28.3	26.1	28.5	27.9	27.6	33.7	30.9	31.1
Ryan Wagner	23.9	30.8	25.1	17.6	38.2	33.1	25.8	27.4	30.8	29.2
Heather Fogell	23.8	26.4	24.45	22.2	21.35	25.9	29.65	34.55	35.25	35.05
Donna Peters	21.5	27.89	24.45	23.42	27.82	25.13	25.67	32.34	27.54	33.54
Carolyn Weaver	17.45	15.06	9.88	18.83	22.32	18.34	14.81	17.81	16.46	22
Stephanie Schwartz	34	41.7	22	38.4	32.1	21.7	38.8	28.2	27.8	26.4
Jessica Fellmeth	4	3	5	3		5			3	

[Mileage Conversion](#)

Strolling Stethoscopes

Team Captain: Randi Gordner

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

Team Members	2/20-2/26	2/27-3/5	3/6-3/12	3/13-3/19	3/20-3/26	3/27-4/2	4/3-4/9	4/10-4/16	4/17-4/23	4/24-4/30/23
Timothy Weaver	36	38	37	40	39	42	38	35	42	43
Christine Janouschek	34	35	36	38	35	40	34	38	35	37
Lauren Blevins	31	33	38	39	37	38	39	37	40	32
Ana Hess	28	30	35	40	38	37	35	30	29	30
Ashley Zook	33	35	38	38	39	36	33	38	35	35
Kelsi Rodriguez	26	28	25	28	15	20	26	39	42	38
Lori Austin	20	27	32	36	42	35	28	36	32	28
Corina Pou	42	46	38	42	41	39	40	44	46	42
Sue Mellott	29	30	32	34	33	36	35	32	29	30
Randi Gordner	25	28	30	35	37	40	32	35	34	30

[Mileage Conversion](#)

Team Accounting & Budgeting

Team Captain: Heather Rossell

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

Team Members	2/20-2/26	2/27-3/5	3/6-3/12	3/13-3/19	3/20-3/26	3/27-4/2	4/3-4/9	4/10-4/16	4/17-4/23	4/24-4/30/23
Andrea Connell	27.65	30.55	28.45	34.36	34.94	35.75	34.91	36.13	35.13	31.66
Heather Rossell	33.53	31.51	32.96	38.39	36.23	36.76	38.35	35.25	39.97	29.87
Josiah Orr										
Kerry Bartens	39.70	36.80	32.43	36.56	35.27	40.32	35.21	39.62	37.13	30.51
Martha Torres Gonzalez	22.45	20.25	20.45	25.33	27.54	25.17	26.18	25.37	26.35	24.76
Tammira Hickok	26.25	27.25	24.50	28.68	29.77	26.60	24.80	27.75	29.25	31.75
Tammy Aument-Martin	25.18	25.64	25.60	27.19	25.55	27.87	27.19	31.36	41.43	31.06
Zach Keller	42.33	47.71	42.17	46.95	46.94	46.82	44.07	48.52	52.31	39.10

[Mileage Conversion](#)

Team Emeritus/Team 401k

Team Captain: Julie Lombardi

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

Team Members	2/20-2/26	2/27-3/5	3/6-3/12	3/13-3/19	3/20-3/26	3/27-4/2	4/3-4/9	4/10-4/16	4/17-4/23	4/24-4/30/23
Kitty Glass	9	16	18	16	12	14	14	15	16	16
Tom Bell	25.5	31	30	16	14	15	24	18	29	15
Becky Mowrey	29	31	32	28	28	31	27	36	28	17
Mary Glazier	16	14.82	10.5	14	16	20.32	17	19	11.5	20
Joel Piperberg	50.3	49.4	48.7	51.7	55.3	56.7	58.3	51.1	53.6	52.7
Sylvia Lepore	14	18.5	17	17	15	17	18	17	18	17
Charmayne Brubaker	21.9	14.4	12.7	23	17	16	18.5	17	19	13
Adele Ruzsak	5	25	13.5	10.5	12	16.5	16	15	15	17.5
Barb Waltman	45	46	52	50	47	50	63	55	50	55
Kristyne Schonhaut										

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Team Library

Team Captain: Scott Anderson

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

Team Members	2/20-2/26	2/27-3/5	3/6-3/12	3/13-3/19	3/20-3/26	3/27-4/2	4/3-4/9	4/10-4/16	4/17-4/23	4/24-4/30/23
Scott Anderson, XXL, d	27.25	28.48	30.09	21.60	25.60	29.74	34.70	39.73	39.25	33.36
Krista Higham, M, d	11.20	11.50	18.10	13.40	12.20	11.40	14.30	20.10	14.60	12.80
Lianna Souza, XXL, d	18.13	11.60	21.90	11.39	13.00	28.50	24.30	25.00	9.50	18.50
Ramie Millar, L, d	23.40	13.20	28.10	25.80	30.20	22.80	31.30	42.10	37.80	40.70
Molly McDyer, S, d	22.50	19.25	20.12	23.85	24.50	23.15	26.00	25.25	24.50	26.85
Ashley Sherman, M, d	17.26	29.99	9.61	27.51	28.50	33.42	18.22	25.94	29.18	15.56
Kim Auger, L, d			5.92	13.08	15.26	14.78	14.64	18.36	15.35	16.33
Stephanie Thompson, L, d	15.72	13.37	19.59	24.14	17.95	18.93	20.46	22.54	19.59	20.61
T Shirt Form that Scott will complete										

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Team Math

Team Captain: Delray Schultz

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

Team Members	2/20-2/26	2/27-3/5	3/6-3/12	3/13-3/19	3/20-3/26	3/27-4/2	4/3-4/9	4/10-4/16	4/17-4/23	4/24-4/30/23
Bob Buchanan	44.27	44.19	49.81	50.15	52.98	41.7	32.14	49.93	49.57	46.9
Jim Fenwick	23	19	26	20	20	18	18	16	16	16
Zhigang Han	16	16	24	16	16	16	12	12	22	20
Noel Heitmann	32.2	28.6	28.3	28.7	34.7	26.7	35.5	36.7	35.8	28.1
Baoling Ma	16	14	15	19	16	10	11	9	12	10
Delray Schultz	18	16	22	16	21	20	24	22	20	26
Patrick Stewart	20	22	20	23	27	24	24	19	14	9
Cynthia Taylor	44	44	54	45	50	44	44	44	44	44
Janet White	18	19	22	9	15	16	20	19	20	20
Kevin Robinson	28	28	34	29	27	29	32	31	29	29

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Team WSSD

Team Captain: Julie Lombardi

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

Team Members	2/20-2/26	2/27-3/5	3/6-3/12	3/13-3/19	3/20-3/26	3/27-4/2	4/3-4/9	4/10-4/16	4/17-4/23	4/24-4/30/23
Julie Lombardi	25	25	25	25	25	25	25	25	25	25
Mandi Dupain	70	70	70	70	70	70	70	70	70	70
Daniel Keefer	90	90	75	35	50	65	52	55	48	65
Branden Lippy	32	28	31	28	29	33	35	37	29	36
Kelly Erb	26	24	36	22	23	21	20	21	15	15
Gordon Nesbitt	34.5	36	32	41	39	37	37	35	42	37
Jocelyn Hockley	10	12	15	10	10	10	10	10		
Ron Kennedy	5	5	11	5	12	5	5	7.4		
Ron Frankum	63.52	55.54	58.51	35.16	53.89	56.77	64.67	69.80	68.43	69.29
Laura Weise Cross	19	20	20	18	18	21	21	20	24	14

[Mileage Conversion](#)

The Blue Line

Team Captain: Shawn Sweda

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

Team Members	2/20-2/26	2/27-3/5	3/6-3/12	3/13-3/19	3/20-3/26	3/27-4/2	4/3-4/9	4/10-4/16	4/17-4/23	4/24-4/30/23
Shawn Sweda	44.45	58.23	32.38	41.71	48.72	41.61	54.48	45.61	46.12	33.24
Jason Flood	45.96	39.89	44.5	47	30	39	35	35	48	30
Traci Starry	39.6	41.1	52.3	39.7	33.8	42.7	38.8	34	41.9	48.4
Julie Brennan	37.37	34.59	35.03	37.5	37.66	40.85	28.9	38.8	40.25	39.7
Jose Sorrentini	42.7	41.9	42.5	32.3	30	40.8	35.7	34.6	42.6	38.7
Brian Lefever	20.28	19.33	22.95	19.89	24.05	23.95	26.44	26.64	20.22	20.94
Ivan Gonzalez	32.2	38.2	39.5	41.2	41.78	44.1	48.8	28.8	32	31.4
Pete Anders	36	41	35	30	27	23	27	34	32	33
Howie Bauman	32.9	29	30.2	34.8	33.6	38.1	39.9	45.3	40.2	25.1
Hannah Sweda	46.7	42.1	44.1	55.7	58.1	59.4	62.1	62.7	65.3	61.2
Bryan Cummins										
Debra Sweda	72.26	65.56	63.67	60.94	84.91	66.34	49.03	62.57	71.57	51.72

[Mileage Conversion](#)

Treknology

Team Captain: Kimberlyn Broskie

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

Team Members	2/20-2/26	2/27-3/5	3/6-3/12	3/13-3/19	3/20-3/26	3/27-4/2	4/3-4/9	4/10-4/16	4/17-4/23	4/24-4/30/23
Kimberlyn Broskie	17.23	10.44	12.36	13.41	14.66	17.91	31.53	22.67	34.98	34.84
Michael Dulay	16	20	29	33	34	41	47	58	47	33
William Gausmann	33.3	32.9	29.5	27.4	28.7	31.8	37.7	41.1	31.5	31.5
Srinivas Gotety	10.5	9	12.3	16	0	13.7	9.5	9.5	11.5	15.5
Tara Borgna	42	54	33	44	43	44	38	42	43	38
Jacob Whitt	27.919	26.9425	26.6385	24.168	28.537	23.246	29.6795	36.8505	34.5655	33.365
Toni Dumas	45.407	59.055	49.2785	45.218	60.146	52.329	51.74	60.7865	55.6005	50.6715
Kathleen Estrada	21	23	19	23	19	18	26	21	25	19
Tammy Mattern	26.364	47.9115	28.031	13.5565	42.5925	29.039	27.74	3.4905	11.929	11.5605
Liz Thompson	36.256	38.012	38.0845	32.6515	43.6225	44.0715	40.723	45.941	43.6335	40.1375
Miranda Sweetman	23.871	26.622	16.927	23.404	19.8435	25.311	20.656	19.2065	25.365	52.2435
Chuck Lund	37.12	40.41	38.99	38.27	41.32	38.22	38.42	48.52	39.16	35.82

[Mileage Conversion](#)

Wehrheim Walkers

Team Captain: Susan Moyer

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

Team Members	2/20-2/26	2/27-3/5	3/6-3/12	3/13-3/19	3/20-3/26	3/27-4/2	4/3-4/9	4/10-4/16	4/17-4/23	4/24-4/30/23
Sue Moyer (Team Captain)	28	30	31.5	28	27.5	31	31	47.5	38	33
Kelly Kuhns	9	14	12	14.2	13.6	13.2	12	--	11.6	16.2
Dawn Lambert	10.5	7	9	10	12	14	12	14	10	9
Cayleigh Minter	28.28	26.21	28.67	30.17	26.03	27.25	26.99	30.38	26.53	33.59
Teresa Hartmann	12.8	11	12	14.6	12.1	14.2	12.2	14	12	13
Jenny Monn	12	10.5	12	12	10	12	15	--	--	--
Kelly Rotondo	9	13	21	11	14	16	13	17	12	9
Michele Chronister	35	38	37	38	24	35	28	42	35	--
Linda Lee	21.5	31.2	38.2	36.4	35.6	38.8	28	34	32	8
Melissa Kober	--	10	12	--	--	14	--	--	--	--
Lisa Senft	6	13.5	12	15	12	6	8	6	12	--
Jill Buchle	40	45	42	45	40	41	38	43	44	37

[Mileage Conversion](#)

Will Walk for Donuts

Team Captain: Nathan Olweiler

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

Team Members	2/20-2/26	2/27-3/5	3/6-3/12	3/13-3/19	3/20-3/26	3/27-4/2	4/3-4/9	4/10-4/16	4/17-4/23	4/24-4/30/23
ASTRUP, RACHEL	35.2	36.6	34.9	38.2	31.5	36.5	49.4	35.5	43	42.6
DOYLE, WANDA	37.10	34.10	24.7	36.2	38.3	22.23	27.3	25.9	37.4	36.3
ETSELL, TARA	23.27	29.32	26.61	14.65	21.74	14.01	21.31	22.82	18.24	14.63
GANDOLPH, BELLA	16.6	17.21	15.04	15.23	21.26	17.2	28.67	28.18	17.73	18.20
HUTCHINSON, ALISON	12.95	13.72	16.21	13.16	9.97	12.64	14.76	15.1	13.30	14.5
JACHIMOWICZ, BECKY	29.96	31.04	25.84	27.07	28.9	28.89	29.61	28.3	28.68	27.86
JONES, MEGAN	23.24	23.24	22.47	26.9	34.59	28.74	35.28	32.86	31.33	38.25
OLWEILER, NATHAN	21.07	12.25	10.85	12.35	12.77	16.57	33.89	22.38	24.12	17.04
ROHRBACK, NIKKI	11	19.5	20.5	20.5	22.5	22	22	23	24	23
SCHEEL, WENDY	10.5	6	6	11	8	8	6.5	10.75	9.75	7
SICOTTE, JOHN	19.5	17	17.5	18	15	18.5	16.5	12	18.5	19

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