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# Wellness Program - Take a Hike

Join the Employee Wellness Team as we "hike" the Continental Divide as part of our Win at Wellness, Spring 2012 Employee Walking Challenge. Each team will record its steps to see how far it travels along the Continental Divide, a 3,100 mile trail from Canada to Mexico. Accumulate steps by walking, running, swimming, dancing, or whatever exercise you prefer. This 14-week challenge will begin on January 30 and continue to May 7, 2012.

Register your team by emailing [human.resources@millersville.edu](mailto:human.resources@millersville.edu) with your Team Name, Captain's Email Address, and a list of Team Members (maximum of 12 members). If you need a team, we will find you one.

Healthy U participants will earn 25 points.

## Fitness Tips:

- 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.

## Team Mileage Pages

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## Previous Years

- [Spring 2011](#)

## Mileage Conversion

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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 Accounting

**Team Captain:** Anne Stehman

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

Team Members	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14
Anne Stehman	35.6	37.3	30.9	30.25	28.14	23.0	31.73	23.17	27.96	31.89	21.9	32.0	25.4	31.2
Carina Orso	10.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.00
Teh Krajan	16.5	12.0	12.0	12.0	13.0	5.0	9.0	10.0	10	10.0	13	12.0	13.0	15.0
Johanne Shutter	5.0	8.0	12.0	8.0	10.0	15.0	10.0	10.0	12.0	26.5	0.0	0.0	0.00	0.00
Theresa DiPaula	9.75	10.75	13.5	16.5	10.75	18.75	17.75	15.25	18.25	20.25	15.25	16.25	16.25	17.25
Joan Eby	6.0	5.0	6.0	6.0	6.0	6.5	7.0	7.5	7.0	7.5	7.5	8.0	8.5	7.5
Lucy Santana	10.2	14.0	10.5	11.25	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.00
Tammy	0.0	0.0	15.0	10.0	10.0	10.0	12.0	12.25	13.0	10.0	12.5	14.0	13.75	22.37

[Mileage Conversion](#)

## Team Brent

**Team Captain:** Ken Brent

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

Team Members	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14
Ken Brent	30.49	26.43	24.00	16.62	19.13	21.66	19.86	27.99	29.34	26.88	25.80	30.52	21.87	24.55
Vivi Brent	41.00	44.47	43.85	42.40	44.93	44.71	22.00	44.09	30.82	26.90	40.85	40.10	38.00	40.50

Susan Catherson	45.98	44.79	41.31	47.05	34.18	42.24	29.70	55.48	65.27	57.34	65.70	63.84	52.13	67.45
John Johnson	35.23	40.66	37.34	49.10	44.97	44.12	40.83	44.06	52.14	40.50	44.40	44.31	43.26	43.26
Gerry Shehan	25.65	29.93	26.48	27.40	29.05	29.64	4.90	4.75	3.77	24.93	31.61	27.39	31.06	23.53
Jackie Wilson	24.08	28.26	27.62	30.02	35.04	37.38	39.04	40.20	39.30	40.16	38.97	4.17	41.47	41.97

Mileage Conversion

## Team Communications & Theatre

**Team Captain:** Bill Dorman

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

Team Members	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14
Bill Dorman	10	12	12	8	10	8	15	14	6	4	6	4	6	4
Thomas Boyle	8	9	4	7	5	7	5	3	5	7	3	12	3	7
Victor Capece	14	17	24	24	24	29	28	21	20	27	20	21	22	22
Angela Cuthbert	11.5	10	15	12	10	13	14	8	9	13	12	12	12	12
Tony Elliot	22.8	26	26	24	23	36	35	26	26	20	22	24	22	24
Stacey Irwin	15	12	15	12	12	11	32	6	6	6	12	6	12	6
Greg Paul	14	10	8	10	12	10	14	10	12	10	12	10	12	10
Theresa Russell-Loretz	5.5	1.5	5.5	4	6	4	6	4	6	4	6	4	6	4
Margo Sassaman	10	10	5	10	12	10	10	12	12	20	10	12	12	12
Marlene Arnold	14	17	13	14	13	16	22	19	16	13	18	14	9	14
Changfu Chang	16	16	14	16	14	16	14	16	14	16	14	16	14	16
Lisa Schreiber	36	31	27	28	28	28	34	28	20	33	24	32.5	28	28

Mileage Conversion

## Team Development

**Team Captain:** Alice McMurry

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

Team Members	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14
Alice McMurry	11	10.2	10.5	16.5	24	21.5	18	17.6	16	18.5	16.3	13.2	12	11
Denise Weidman	14	14	14.5	14	17	18	5	18	18	18	18	18	17	2
Kathy Wiley	15.79	12.77	23.19	16.71	16.55	16.57	21.16	19.61	12.0	21.56	13.67	12.0	13.65	12.0
Jerry Eckert	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Martha MacAdam	12	13	11	15.5	18	17	18	18.5	8.5	12	15	14	16	16
Lucie Baldwin	8	8	8	8	8	8	8	8	8	8	8	8	8	8
Francis Schodowski	10	12	14	14	22	30	25	30	32	35	28	15	22	19

Nora Patterson	15	15	17	18.9	0	0	0	0	0	0	0	0	0	0
Derek Hoffman	18.5	17	21	22	21.5	25	32.5	23	31	40	38.5	42	45	15
Linda Roush	30.4	28.5	27.5	25.6	22.5	27.6	32	31.5	28	24	18.5	22.5	26.4	13

Mileage Conversion

## Team Dining

**Team Captain:** Bernie Harnish

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

Team Members	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14
Judy Graham	6	8	0	0	0	0	0	0	0	0	22	22	22	22
Aaron Rohrer	17	19	14	17	22	18	25	27	45	45	43	43	48	43
Karen Swope	18	24	18	20	20	21	10	20	16	25	18	18	20	25
Bernie Harnish	21	15	25	28	25	0	10	15	13	15	20	22	18	24
Steph Greineder	42	35	42	32	22	28	28	28	28	28	28	28	28	28
Jody Croft	25	25	25	25	25		25	25	25	25	25	25	25	25
Heather Keck	1.25	1	1	1	1	2	2	2	2	2	1	1	1	1
Lauren Montgomery	25	25	25	30	30	30	25	25	30	25	25	25	25	25
Marion Brenner	34	24.5	32	39	35.5	30	28	26	26	28	26	25	26.5	26
Louella G.	13.4	19	20	22	19.3	20	18.5	22.5	22	21.5	22	22	21.5	20

Mileage Conversion

## Team Divide and Conquer

**Team Captain:** Eric Blazer

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

Team Members	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14
Andy Young	31	23	10	21	16	18	23	29	26	6	18			
Donna Bazow	23.2	36.2	34.5	35.9	33.4	35	31	34	34	29	27	27	28	28
Eric Blazer	53	64	57	60	47	43	43	36	38	50	40	46	50	40
Richard Glenn	70	64	74	67	70	68	74	65	64	61	61	60	60	62
Brittany Hartman	45	47.5	49	67	53	91	43	71	65	73	53	66	59	59
Akil Stokes	36	29.5												
Mary Fleig		19												
Michele Bote	39	9	33	28	29	26	29	54	50	58	49			
Scott Weiser	10	9			5	5	5	7	10	10	10	20	10	

Julia Powers	31.25	35	41	43	43	42	42	46	47	45	48	50	44	40
Kathleen (KC) Cummings	35	33	37											
Adam Lawrence	36	38	36	37	35	29	36	30	24	36	36	18	24	36

Mileage Conversion

## Team Duncan

**Team Captain:** Michele Spotts

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

Team Members	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14
Michele Spotts	13	16	17	10	5	25	23	33	17	28	10	20	15	32
Amy Dmitzak	19	10	18	18.5	14	18	21	21	18	18	18	15	18	18
Deb Miller	10	10	10	10	15	12	10	12	15	10	12	10	20	18
Mary Brandt	31.68	30.41	34.82	34.48	27.41	30.9	30.26	30.05	30.11	28.8	31.07	29.5	26.68	30.16
Diane Black	25	28	18	16	15	20	22	22				25		28
Kelly Herr	11	13	10.5	13	12	12	12	11	12	10	13	12	11	11
Char Domin	6	11	12	9	8	14	12	12	11	12	16	9	6	12
Pat Coulson	5	5	4	9	10	7	7	22	7	10	7	12	8	6
Ethan Hulsey	6	12	12	12	12	14	9	10	10	12	13	8	5	10
Janet Kacskos	28	45	29	35	41	37	32	37	42	35	35	42	36	26
Carol Reichler	1.5	2	2.5	1	1	2	4	2	2	2	1	2	2	4
Alex Wachman	18	15	25	20	25	25	25	25	10	20	20	23	26	

Mileage Conversion

## Team Educational Foundations

**Team Captain:** Carolyn Rittenhouse

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

Team Members	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14
Carolyn Rittenhouse	13	17	17	19	20	15	22	17	12	18				
Tim Mahoney	18	22	20	23	31	16	20	21	32					
Nanette Dietrich	39	49	52	59	34	35	35	36	44	15				
Miriam Witmer	15	10	8	10	7	5	7	12	10	8				
John Ward	23	20	15	28	31	27	27	10	10	10				
Elliott Seda	9	13	11	11	11	10	15	12	12	11				
Linda McDowell	12	12	14	10	12	12	12	12	12	12				
Tiffany Wright	26	38.5	43	43	37	38	37	40	40	48				
Scott Richardson	15	7	0	20	20	30	15	20	12	18				
Cheryl Desmond	7	5	7	5	5	5	10	7	7	6.5				

William Himmele	19.5	26.5	22.5	19.5	19	19	17.5	20.5	18	16.5	18.5			
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Mileage Conversion

## Team Goss

**Team Captain:** Regina Goss

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

Team Members	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14
Regina Goss	10	11	15	17	15	18	14	13	15	16	15	20	21	25
Donna Geib	8	12	7	17.08										
Kathy Cody	12.8	12	12	12.8	8.5	13.5	15.5	7	7					
Trish McEvoy														
Doyin Coker-Kolo														360
Lillie West	16.4	15.6	19.44	20	28	17.4	14.14	20.29	18.31	18.97	16.94	15.5	10.52	10.29
Barb Havercamp	9.4	10.5	10.5	10.5	16.5	13	14	12	12	8	8	8	11	10.5
Darlene Keemer				42.4										20
Kerry Krammer														
Rachel Rohland														

Mileage Conversion

## Team HARP One

**Team Captain:** Marilyn Cogansparger

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

Team Members	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14
Marilyn Cogansparger	38.64	40.74	38.09	29.18	35.67	33.47	31.39	32.65	34.63	36.71	47.12	50.48	51.01	43.36
Lori Austin	3.86	7.37	8.35	9	10	14	16.16	19.1	14.2	10	12.45	22.45	18	21.5
Tom Richardson	18	15	19	22	27	31	28	32	24	21.5	18.5	16	18	24
Sharon Knerr	29.91	29.1	27.1	26.4	22.8	20.46	24.53	11.91	13.43	24.57	13.36	12.5	14	14
Kathy Jones	21.6	19.7	18.1	34	31.3	21.6	21.6	17.4	24.3	13.43	13.36	12.5	21.9	25.8
Emily Seidel	15	21	22	22.59	28.62	10.4	15.46	22.46	24.18	21.7	23.37	27.62	37.46	28.01
Greg Dietz	19.7	11.7	17.43	15.41	21.21	15.1	19.16	16	20.99	17.49	22.47	20.69	12.41	14.81
Rita Miller	12.13	14.27	15.55	16.48	16.82	16.9	17.46	17.5	17.95	17.85	17.6	18.1	18.4	20.1
Imtiaz Alam	22.33	20.49	18.47	17.2	19.11	25	24	18.64	30.32	24.2	26.4	24.69	17.28	25.02

Mileage Conversion

## Team HARP Two

**Team Captain:** Candy Hozza

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

Team Members	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14
Candy Hozza	9.0	12.1	10.5	11.5	10.5	14.3	17.23	7.81	25.8	17	18.6	13.1	15.2	16.8
Vickie Blackston	13	17	24	20	20	11	21	16.8	17	21	17	12	16	17.25
Aly Sehl	53	51.62	42.7	76.2	53	35.9	67.4	93.4	76.3	42.5	68.1	59.7	58.6	22
Lorien Gilbert			21.13	22.15	13.66	29.15	28.82	29.35	29.51	29.62	29.85			10.22
Daeon Blessing	10	20	28	23	30									
Mei Kei Hong	20.10	15.1	18.3	20	23.7	23.1	23	23.4	21.6	22.4	19.2	16.3	27.9	15
Joanna Heisey	8.2	12.5	5.06	5	3.25	5.04	4.73	6.07	4.42	5	3.25	5.03	5.07	6.17
Mike Schoch	47													

[Mileage Conversion](#)

## Team Health Services

**Team Captain:** Gail Treires

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

Team Members	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14
Gail Treires	28	28	22	22	20	24	24	21	21	21	21	18	18	18
Susan Northwall	7	7	7	7	7	7	7	7	7	7	7	7	7	7
Jenny Monn	7	7	7	7	7	7	7	7	7	7	7	7	7	7
Ann Pryzbylkowski	11.5	23.5	16.5	23.5	23.7	28.3	18.4	33.6	21.7	16.5	25	29.7	23.5	27.2
Carol Stigelman	10.2	17	14	14	14	14	14	14	14	14	14	14	14	14
Jean Ressler	7	7	7	7	7	7	7	7	7	7	7	7	7	7
Doris Morrison	28	30	29	38	28	29	26	31	28	31	33	28	31	26
Joanne Ocasio	7	9	11	11	7	7	7	7	7	7	11	15	17	15
Linda Wenzel	20	20	10	10	10	15	15	15	15	15	15	15	15	15
Chris Rooney	19.7	18	20.2	20.68	26	21	15	27	17	27	20	19	18	20
Dawn Smith	7	7	7	7	7	7	7	7	7	7	7	7	7	7
Tanya Echterling	5	7	8	7	7	7	7	7	7	7	7	7	7	7

[Mileage Conversion](#)

## Team Holy Walkamolies

**Team Captain:** Kerri Stark

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

Team Members	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14
Kerri Stark	19.18	16.40	18.36	15.2	8.10	18.25	19.62	17.33	16.61	14.31	11.21	11.65	15.54	18.12





Jessica George	12.00	14.00	6.00	8.00	14.00	14.00	34.00	24.00	24.00	24.00	24.00			
Kimberly Grotewold	16.50	17.50	25.00	25.00	19.25	5.00	8.00	23.00	32.50	33.50	32.00	35.00	35.00	5.00
Melissa Gold	21.90	34.79	40.26	40.25	35.80	29.40	23.90	34.00	26.00	10.00	21.00	20.00	15.00	28.00

Mileage Conversion

## Team Mathematics

**Team Captain:** Delray Schultz

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

Team Members	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14
Delray Schultz	12	13	11	12	14	15	18	20	22	19	20	21.5	19	18
Antonia Cardwell	9	8.6	10.8	9.8	17.9	12.4	12	10.4	8.4	13.2	12.4	18.4	13	15
Ximena Catepillan	9.5	11	11	12	12	10	15	15.5	15	15	15.5	15	15	15
Diana Garber	13	11	9	7	30	7	7.5	7	8	7.5	7	9.5	9	7.5
Noel Heitmann	21	15	16	18	25.5	24	25	24.8	25	25.5	24.5	26	28	25.7
Erin Moss	6	5	6	6	7	11	12.5	17	20	13	18.5	15.7	9	8.5
Christopher Rachor	25	28	18.5	20	21	19.8	40	20.5	18	21	20	18		
Catherine Schultz	7	6	6	6	7	7	8	7	8	9	11	10.5	9.5	9
Elizabeth Sell	22	23	25	24.5	23	25	24	25	25	25.5	23	23.5	24	25
Ron Umble	10	14	12	18	9	13.5	10.5	13.5	13.6	7.3	9.7	8.5	12.2	6.3
Janet White	15.5	19.5	17.5	21	18	20	17	21	18	28	23	20	23	19

Mileage Conversion

## Team Palmer Peeps

**Team Captain:** Mindy Lefever

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

Team Members	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14
Mindy Lefever	32.03	38.06												
Ruth Sheetz	17.50													
Maria Feliciano	30.13	29.08												
Matt Sellers	29.20	29.79												
Steve Strock														
Fred Eddinger	9.66													
Jim Deisley	43.87	44.72												

Mileage Conversion

# Team Psychology

30421

**15,5Team Captain:** Rita Smith-Wade-EI

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

Team Members	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14
Rita Smith-Wade-EI	20	30	30	25	30	40	45	45	45	40	40	40	40	40
Tae Woo	7	5	4.5	1	7	3	12	1.5	33	1.5	1.5	1.5	3	3
Elizabeth Thyrum	27	28	28	28	30	17	29	28	28	28	28	30	32	26
Nadine Garner	10	30	40	40	40	40	30	35	30	30	30	30	30	35
Jason Baker	29	30	38	34	34	35	34	34	34	34	35	35	34	35
Shawn Gallagher	12	12	15	20	15	15	18	18	14	18	15	18	12	18
Fred Foster-Clark	13.5	14.5	15	13.5	15.5	13	9.5	13	11	11	11.5	11	8.5	11
Helena Tuleya-Payne	7	8	9	9	9	8	8	8	7	7	12	7	7	8
Amelia Lopez	12	17	20	20	21.5	21	21	17	13	17	17	23	17	20
Claudia Haferkamp	10	15	20	25	20	22	15	17	18	18	13	18	15	15
David Hill	33	41	24.5	36	34	43	57	33	33	47	63	43	20	45
Debra Vredenberg-Rudy	8	8	8	8	5	3	7	4	0	0	5	3	3	3

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# Team Scimatrek

**Team Captain:** David Hutchens

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

Team Members	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14
David Hutchens	49.21	53.40	53.44	57.95	61.52	67.59	81.32	70.97	78.41	71.88	74.08	74.81	75.47	85.04
Jean Boal	27.00	23.50	18.30	23.40	23.50	29.00	21.00	24.00	20.40	20.00	24.50	22.00	20.00	22.00
Eilena Brittain	10.20	13.50	15.00	13.50	10.00	14.00	11.50	15.00	14.80	10.00	17.90	12.00	15.20	15.00
Beth Katz	48.36	49.74	51.03	56.35	61.66	60.56	54.16	63.33	71.58	71.49	74.66	64.86	65.92	75.58
Timothy Ladd	13.00	13.10	14.00	11.50	7.50	12.20	8.50	15.00	8.40	12.50	8.60	7.50	10.00	9.50
Blaise Liffick	10.00	10.00	9.70	8.20	8.20	8.75	10.90	12.20	9.70	10.90	10.90	10.00	9.00	10.00
Brigitte Murillo	33.98	41.84	48.39	51.79	37.47	42.16	42.58	48.94	45.97	45.90	39.82	44.14	41.51	52.66
Ginny Palmer	19.71	19.50	18.40	13.70	14.30	14.40	15.50	14.50	16.50	22.00	18.00	15.50	17.50	16.00
Joel Piperberg	31.94	46.08	52.53	57.35	68.04	67.96	68.74	73.80	78.75	82.22	87.49	90.50	94.33	99.63
Beth Roberts	21.37	22.77	14.17	21.75	22.02	27.97	19.75	24.87	25.58	17.64	33.92	23.42	22.28	30.72
Susan Thomas	16.32	19.14	20.87	22.03	30.87	25.70	30.10	26.50	28.00	30.00	30.60	25.00	29.00	27.30
Ryan Wagner	27.24	25.39	27.42	20.37	30.13	33.84	36.01	35.32	38.87	35.22	30.28	41.27	44.33	30.11

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## Team Social Equity

**Team Captain:** Nikki Rohrback

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

Team Members	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14
Nikki Rohrback	13.5	8.5	7.2	8.5	13.5	18	16	15	18	21	27	31		
Jan Bechtel	12.4	9.25	6.5	6.5	6.5	8	9	9	10	12	11	15		
Mimi Durenberger	27.1	24	25.	26.5	29.	27	35	28	27	24	24	29		
Charles Greenawalt	12.	10.	10.	10.	5.	8	10							
James Miller	18.24	14.36	18.41	13.08	22.93	15.26	17.35	13.34	17.75	9.87	17.18	12.82		
Ronald Frankum	60.9	67.56	62.37	72.58	79.58	96	99.58	74.6	82.05	75.01	76.08			
Nancy Korycinski	6	7.5	10.	12.	9.5	12.5								

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## Team Tech Trekkers

**Team Captain:** Al Unrath

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

Team Members	wk1	2/6-2/12	wk3	2/20-2/26	wk5	3/5-3/11	wk7	3/19-3/25	wk9	4/2-4/8	wk11	4/16-4/22	wk13	Finish Line 4/30-5/8
Al Unrath	3	4	4	5	7.8	6	8	14	12	13	24.25	9.25	10.5	7
Veronica Longenecker	7.74	13	17	18	13	9.25	17.25	11.25	14.75	13.75	18.25	15.25	16.25	5
Lisa Klingseisen	0	.45	0	0	0	0	0	0	0	0	0	0	0	
Srinivas Gotety	9.5	12	8.5	14	15.5	19		13.5						
Michael Dulay	4	6	6	12	12	11	11	16	53	7				
Barbara Johnson	0	0	0	0										
Tara Keefer	17	35	35	35	15	20	15	15						
Judy Swanger	3.5	7.75	5	4.5	4.5	4	4.5	4.0	8.5	4.5	9	6.0	8.75	
Barry Walton	6.4	7.8	10	7.2	19.410		10.78	13	14	5.5	9.6	9.65	14.1	15.1
Ken Peters	-	25.9	31	25.5	13.5	13.5	13.5					60.25		

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## Team These Boots are Made for Walkin'

**Team Captain:** Kim Mahaffy

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

Team Members	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14
Kim Mahaffy	1.5	6	4	4	4.5	7	9.5	4.5	6	6.5	6.5	2	3	
Barb Dills	7	7	8	8	8	8	9.5	8	8	8	8	8	8	
Vanessa Blanco	15.5	20.5	8	16	15.5	31	31	30	21.5	19	16.5	16		
Mary Glazier	19	26	26	26.5	0	18.5	17.5	42	15	8	11	11		
Carrie Smith	4.5	1.25	3.5	4.5	7.25	0	3.5	5.5	4.5	5.5	3	5.5	4.5	
Frederika Schmitt	37	36	36	31	30	25	34	30	30	30	25	35	25	35

Mileage Conversion

## Team The Sunshine Walkers

**Team Captain:** Dena McEwan

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

Team Members	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14
Dena McEwan	18.0	21.25	25.0	27.25	26.0	29.0	26.32	22.52	29.25	32	34	27	26	21
Joyce McEwan-Whitehead	35.5	32.00	40.25	38.5	40.0	33.5	37.0	44.75	38	43	49	46	49	45
Pauline Trinkle	21.5	22.5	9.5	16.75	15.75	26.25	21.25	21.25	24.25	16.75	23.63	20.05	19.28	17.4
Ruth Virmani	16.0	22.0	25.0	22.0	18.0	21.0	23.0	24.0	25			24	15	18
Eva McNickle	35.82	34.62	32.77	37.74	37.18	39.15	31.51	34.57	37.61	38.41	35.74	30.35	40.15	33.13
Debra Kilheffer	16.0	15.0	14.0	18.0	13	10.0	15.0	15.0	18	10.5	12	7.5	19	15
Kimberlie Bennett	40.28	37.43	39.20	35.14	36.25	43.5	50.50	44.0	37	44	47	48	45.5	49.5
Lianna Souza	2.0	3.5	2.25	5.5	7.0	10.0		7.0		8.5		5	7	
Doris Conlin	52.75	50.25	57	60.75	55.50	63.75	69.25	52	61	65.25	63.50	65	64	67
Forrest Murray	34.0	29.0	36	32.25	31.25	35.0	26.0	28.25	31	30.25	33	28	23	26

Mileage Conversion

## Team WSSD

**Team Captain:** Julie Lombardi

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

Team Members	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14
Julie Lombardi	30	30	30	30	30	30	30	30	30	30	30	30	30	30
Ying Wushanley	21	14	26	20	21	22	23	20	28	25	27	24	28	32
Daniel Keefer	49	48	50	52	50	52	52	50	48	52	50	60	50	50

Chip Schaeffer	19	9	13	23	18	18	31	9	12	16	16	17	16	16
Abdelhadi Halawa	26	21	24	28	29	28	21	29	32	28	30	28	24	29
Mandi Dupain	55	41	51	51	61	61	61	61	61	61	61	61	61	61
Jeff Wimer	6	5	9	5	9	12.5	14	14	6	6	11	12	11	13
Becky Mowrey	25.25	21.4	24.7	25.2	19	42	74	28.3	33	26	42	27.25	68	24.6
Daniel Audette	38	35	38	41	35	40	45	43	40	38	43	44	45	43
Gordon Nesbitt	12	12	12	8	13	16	18	16	18	16	16	16	16	16
Adele Ruzsak	15.5	17	17	14	16	21.5	30	20	19.5	19	17	17	17	13
Esther Montano	8	5	5	5	11	9	7	7	12	11	10	10	10	10

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