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# Wellness Program - Take a Hike

Join the Employee Wellness Team as we “hike” across the United States as part of our Win at Wellness, Spring 2013 Employee Walking Challenge. Each team will record its steps to see how far it travels along the 5,028 mile trail from Delaware to California. Accumulate steps by walking, running, swimming, dancing, or whatever exercise you prefer. This 10-week challenge will begin on February 18 and continue to April 29, 2013.

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 2012](#)
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## Mileage Conversion

[Edit Document](#)

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 Academic Affairs

### Team Captain:

Donna Geib

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

Team Members	2/18-2/24	2/25-3/3	3/4-3/10	3/11-3/17	3/18-3/24	3/25-3/31	4/1-4/7	4/8-4/14	4/15-4/21	4/22-4/29
Donna Geib	12.25	20.0	21.0	5.0	5.0	3.5	3.5	12.0	15.0	15.0
Linda Bolin	7.0	8.0	3.0	3.0	2.0	4.0	3.0	3.0	10.	9.0
Jennifer Hart	5.0	7.0	7.0		5.0				5.0	
Nancy Korycinski	8.0	11.0	7.0							
Jim McCollum	14.0	19.0	7.0	14.0	23.0	17.0	16.0	6.0	15.0	24.0
Marie Zufelt		5.5	8.0	8.0	9.5			9.0	11.0	10.5
Gloria Dao	6.0		9.0	12.0						

[Mileage Conversion](#)

## Team Accounting

### Team Captain:

Anne Stehman

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

Team Members	2/18-2/24	2/25-3/3	3/4-3/10	3/11-3/17	3/18-3/24	3/25-3/31	4/1-4/7	4/8-4/14	4/15-4/21	4/22-4/29
Anne Stehman	26.25	28.6	22.77	29.2	25.07	22.7	38.67	37.65	31.0	24.55
Debee Ordway	26.4	23.7	22.8	25.5	20.5	15.0	25.2	19.4	16.7	15.3
Johanne Shutter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Theresa DiPaula	18.0	15.75	13.25	15.5	14.5	15.0	15.0	15.0	13.25	12.75
Tammy Aument Martin	18.9	17.35	18.31	18.72	19.46	18.78	20.42	20.94	18.6	17.9
Joan Eby	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Lucy Santana	17.0	17.65	19.62	15.37	16.84	14.0	14.62	15.0	11.22	11.62

Mileage Conversion

## Team Advancement 1

Team Captain: Linda Roush

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

Team Members	2/18-2/24	2/25-3/3	3/4-3/10	3/11-3/17	3/18-3/24	3/25-3/31	4/1-4/7	4/8-4/14	4/15-4/21	4/22-4/29
Linda Roush	29	31	30	31	33	27	23	38	31	32
Lorie Mahoney	18	16	17	15	17	17	15	12	18	18
Martha MacAdam	21	18.5	18	28	12	15	18	25	19	26
Nora Patterson	6	20	22	24	26	22	30	22	26	26
Lucie Baldwin	0	8	8	8	8	8	8	8	8	8
Alice McMurry	15	17	20	15	17	17	16	23	23	8
Francis Schodowski	17	26	36	22.5	24	21	32	35	41	33
Derek Hoffman	21.5	19.5	28.5	28.5	24	30.5	39	62	43	48
Denise Weidman	20	12	25	25	12	10	25	15	15	20
Rene Munoz	72.3	96	60	100	48	15.5	61.5	78	69	101

Mileage Conversion

## Team Advancement 2

Team Captain: Janet Kacsos

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

Team Members	2/18-2/24	2/25-3/3	3/4-3/10	3/11-3/17	3/18-3/24	3/25-3/31	4/1-4/7	4/8-4/14	4/15-4/21	4/22-4/29
Janet Kacskos	28	35	42	41	32	40	39	36	35	35
Greg Freedland	9	4	10	15	10	10	15	15	15	20
Kelly Herr	8	8	15	10	15	8	9	12	10	13
Deb Miller	10	10	15	12	12	10	10	12	16	18
Diane Black	25	25	27	28	25	27	22	20	19	29
Mary Brandt	25	25	25	25	25	25	25	25	25	25

Mileage Conversion

## Team Bursarettes

Team Captain: Pauline Trinkle

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

Team Members	2/18-2/24	2/25-3/3	3/4-3/10	3/11-3/17	3/18-3/24	3/25-3/31	4/1-4/7	4/8-4/14	4/15-4/21	4/22-4/29
Pauline Trinkle	11	13.75	17	13	12	11.5	12	20	10	12
Doris Conlin	19.5	41.5	39	39	36	25	30	39	48	51
Kimberlie Bennett	40	24	36	33	34.5	41	40	51	37	44
Debra Kilheffer	10.5	10.5	17.5	10	17	14.5	21	14	19.5	12

Mileage Conversion

## Team Dining 1

Team Captain: Pat Benson

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











Sharon Knerr	0	10.15	7	9	6.7					
Jason Richardson	24.49	28.98	31.82	22.65	32.75	19.23	32.6	32.9	38.6	41.5
Marilyn Cogansparger	44	37.87	38.35	42.24	38	39	41.6	48	44.8	53.6
Chipp Beasley	8.5	13	5	6.5	6.5	7	13	8	12	5.5

Mileage Conversion

## Team Health Services Pace Makers

Team Captain: Gail Treires

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

Team Members	2/18-2/24	2/25-3/3	3/4-3/10	3/11-3/17	3/18-3/24	3/25-3/31	4/1-4/7	4/8-4/14	4/15-4/21	4/22-4/29
Gail Treires	14	14	17	14	16	15	16	16	15	12
Susan Northwall	7	7	7	7	7	7	7	7	7	7
Jenny Monn										
Ann Pryzbylkowski	24	23	19.5	22.5	21	17	18.5	20.5	23	29.5
Carol Stigelman	14	15	17	18.5	16	14	14	26	23	13
Jean Ressler	7	5	5	5	2	6	7.5	12	5	5
Joanne Ocasio	10	9	11	12	12	13	12	12	12	13
Linda Wenzel	17	17	17	17	14	17	17	10	17	17
Chris Rooney	23.5	19.5	21.5	14.5	19.5	22	18	24.5	29	24.6
Dawn Smith	9	15.5	10	7	7	7	7	24	23.5	18
Donna Thourot			10.25			17				
Tracy Kirchner	30	31	35	30	20	15.5	24	14	21	22

Mileage Conversion

## Team Holy Walkamoles

Team Captain: Allison Yarrow

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

Team Members	2/18-2/24	2/25-3/3	3/4-3/10	3/11-3/17	3/18-3/24	3/25-3/31	4/1-4/7	4/8-4/14	4/15-4/21	4/22-4/29
Allison Yarrow	125	134.5	131.5	122	123	116	137	126	132	144
Amanda Howard	52	52	60	71	98	49	69	63	71	85
Michelle Perez	22.5	22.5	22.5	22.5	22.5	22.5	22.5	22.5	22.5	25
Michele Bote	104.5	95	80.5	92.5	7.5	81.5	39	109	125	94

Ron Wiafe	11	15	15	16	16	20	16	16	16	22
Jayme Trogus	15	14	15	14	15	10	10	8	11	16
Megan Jones	155.5	82.25	106.9	87.75	49.2	102.25	133	82.45	94.14	73.05
Angela Tekely	30	16	21	43	24	22	23	24	22	14
Laura Missanelli	18	31.5	24.5	19.5	15	17	8	8	10	12
Mallary Kamen	17.5	15	11	14	12	16	16	15	15	18
Sarah Habecker	21.5	27	22.5	22	26	17.5	30	24.5	21.5	20
Nereida Velez-Forgrave	16	3	12	17.5	11.5	11	10	20	10	12

Mileage Conversion

## Team Human Racers

Team Captain: Sylvia Lepore

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

Team Members	2/18-2/24	2/25-3/3	3/4-3/10	3/11-3/17	3/18-3/24	3/25-3/31	4/1-4/7	4/8-4/14	4/15-4/21	4/22-4/29
Lyn Troyer										
Jill Glick	14.74	26	18	22	16	21	15	33	26	23
Mimi Durenberger	36	35	36.5	43.5	31	35	37.5	30	31	30
Lou DeSol	15	18	17	18	15	15	14	15	20	17
Sylvia Lepore	19.5	15	15	16.83	16.11	15.79	16	17	18	10
Melanie DeSantis					3	5				
Deb Pizzola	21	17	20	17.5	20	26	22	23	25	22
Charmayne Brubaker	21.56	36.6	34.7	37.3	39.3	23	30	30	25	35
Lori Rodriguez	17	14	22.5	28	10	15.5	17.5	22	18	19.5
Lisa Olander										
Jon Driscoll										
Debbie Lutz	1									

Mileage Conversion

## Team IT

Team Members Event starts Feb 18	wk 1 Feb 25	wk 2 Mar 4	wk 3 Mar 11	wk 4 Mar 18	wk 5 Mar 25	wk 6 Apr 1	wk 7 Apr 8	wk 8 Apr 15	wk 9 Apr 22	wk 10 Apr 29	wk 11 May 5
Davis, Karen	20	29	37	29	27	42	42	18.5	10	31	
Duell, Diane	16	8	10	10	4	23	25	6	14	17	
Dulay, Mike	8	12	5	9	6	15	24	13	11	14	
Estrada, Kathy	7.5	8	6	5	7	5.5	22	9	7	6	
Gotety, Srinivas	11	14	6	12.5	7.5	2	13	9.5	18	14.5	
Longenecker, Veronica	27.6	20	17	21.5	23.75	15	26	29	19	15	






Mileage Conversion

## Team Road Warriors

**Team Captain:** Christina Pantoja-Williams

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

Team Members	2/18-2/24	2/25-3/3	3/4-3/10	3/11-3/17	3/18-3/24	3/25-3/31	4/1-4/7	4/8-4/14	4/15-4/21	4/22-4/29
Christina Pantoja	12	20	22	20	20	25	15	24	25	10
Raymond Bynes	8	10	6	6	5	2	4	2	1	2
Kyki Bobotas	26	16	17.5	23	22	24	18	17	17	18
Elizabeth Anger	9	9	9	9	10	8	9	9	9	9
Imani Powell	6	7	6.5	7	6	5	6	6.5	7	7
Cindy Gunzenhauser	7	26	24	24	22	26	24	25	22	22
Brian Hazlett	6	5	7	7	2	3	1	2	6	6
Daniel Mercado	12	12	7	7	9	5	7	12	7	10
Katy Ferrier	14	12	12	12	13	12	10	12	14	14
Nakia Mack	1	2	2	2.34	2.34	3	2	2.5	2.5	2
Doug Zander	23	18	33	23	19	24	18	25	17	23

Mileage Conversion

## 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	74.66	88.68	90.26	83.92	125.80	89.95	89.00	96.44	105.29	100.54				
Jean Boal	25.60	21.10	21.00	23.50	23.40	26.00	27.00	25.50	29.50	32.90				
Eilena Brittain	7.00	7.00	10.00	20.00	10.00	10.00	9.00	10.00	10.00	10.00				
Carol Hepfer	64.21	66.99	72.38	71.79	72.37	72.32	74.73	75.39	73.55	74.59				
Beth Katz	42.36	51.06	49.56	48.99	47.04	48.35	50.86	45.59	45.63	44.27				
Timothy Ladd	5.00	7.00	33.00	33.30	20.00	32.50	28.00	30.00	32.00	26.50				
Brigitte Murillo	31.19	37.38	43.73	40.32	47.56	38.07	43.38	41.60	41.23	50.63				
Joel Piperberg	78.20	85.40	91.80	89.60	97.20	99.90	92.50	100.23	99.66	114.93				
Beth Roberts	59.10	54.07	59.89	58.64	58.59	52.40	37.82	62.80	64.52	67.17				
Susan Thomas	19.20	25.90	27.40	28.40	35.80	33.20	39.10	23.50	20.00	27.00				
Ryan Wagner	36.30	47.20	39.10	43.20	43.80	30.30	43.10	54.20	56.40	58.20				

Mileage Conversion

## Team Soc4ever

Team Captain: Kim Mahaffy

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

Team Members	wk 1	wk 2	wk 3	wk 4	wk 5	wk 6	wk 7	wk 8	wk 9	wk 10
Mary Glazier	3	7	4	3	3	3	7	6	10	7
Barbara Dills	0	0	0	0	0	0	0	0	7	7
Kimberly Mahaffy	8	10	15	0	6	10	10	16	15	5
Frederika Schmitt	28	28	31	21	35	25	21	25	30	30
Carrie Smith	11	13	12	11	12.5	11	12.5	10	11.75	11

Mileage Conversion

## Team SSI-SLI

Team Captain: Sara Burcin

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

Team Members	2/18-2/24	2/25-3/3	3/4-3/10	3/11-3/17	3/18-3/24	3/25-3/31	4/1-4/7	4/8-4/14	4/15-4/21	4/22-4/29
Sara Burcin	79.2	76	111.2	56	85.5	91	84	98.5	105.5	117
Jon Lubin	16.5	61	47	37	30	35	37	37.5	39.4	40
Kathy Sears	18.25	22.75	31.75	30	22.7		11	33	27.5	22.7
Josh Scholtes	60	50	55	20	30	40	70	80	90	80
Kay Keen	35.61	36.31	35.3	32.52	28.41	14	32.16	40.34	32.78	29.973
Kathie Giorgio	32.7	31.7	34.6	28.8	38.7	28.3	47.7	42.6	37.6	36.7
Mike Johnstone	28.34	36.75	23	23	28	18	18	23.5	22	16
Brian Talmadge	44	41.25	37	40.5						
Kristyne Schonhaut	18.7	17.8	24.5	19.2	21.2	18.3	22	24.7		
Sharon Price	52.51	36	42.7	46.42	49.7	46.8	45.7	44.3	44.8	45.2
Bob Sempsey	15.13	32.73	38.29	28.67	36.56	26.54	47.7	63.25	41.2	43.65
Audrey Herr	49.5	31	39.46	45.72	36.9	48.5	44	46.75	47.25	44.75

Mileage Conversion

# Team The Slush Fund Movers

**Team Captain:**

Kerri Butler

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

Team Members	wk 1	wk 2	wk 3	wk 4	wk 5	wk 6	wk 7	wk 8	wk 9	wk 10
Roger Bruszewski	15.1	14.91	14	15.7	15.1	19.5	26.5	22.87	20.7	28.4
Ginny Massey	24.2	19.9	25.3	33.3	41.0	31.0	39.3	18.4	17.6	15.7
Ken Dearstyne	22	6	17	17	20	18	14	16	16	18
Marilyn Retamar	17	16	12.5	12	11.5	10	8	12	9	10
Jenn Mariacher	31.6	10	17.5	16.5	13.5	16.3	16	16	16	19.5
Kerri Butler	15.7	11.5	25.5	16.2	12.2	14.1	31.5	15.6	10.7	16.8
Anna Stauffer	9	6	3	13	10	12	17	13	15	11
Darlene Cassidy	8	10	9	8	10	7	10	14	12	14
David Errickson	1.1	1.1	1.1	0	0	0	0	1.5	1.1	1.1
John Cox		3.75	4.8	6.7	7.3	7.5	8	0	12.4	11.6

[Mileage Conversion](#)

# Team Walkie Talkies

**Team Captain: Regina Goss**

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

Team Members	wk 1	wk 2	wk 3	wk 4	wk 5	wk 6	wk 7	wk 8	wk 9	wk 10
Dr. Lillie West	14.6	23.23	24.82	22.51	32.17	22.03	21.85	10.13	20.97	17.82
Trish McEvoy	25.5	27.5	30	22	17.5	22.5	19	24.5	24.5	5
Pam Via	11.5									
Nicole Faraone	15	15	5	20	10	20	10	20	20	20
Dr. Jane Bray										
Dr. Doyin Coker-Kolo	14.5	17.5	19	19	17.5	25.5	21	22.5	22.5	21
Barb Haverkamp	16	9	8	10.5	8.5	10.5	12	13	12	12
Mindy Lefever	16	21	22.75	21.5	23	20.5	21.75	22.5	19.75	21
Angela Griffith	20.5	27.5	31.5	38.25	36	20.5	32	29	30	25
Regina Goss	12	15	20	19	22	21	29	33	35	30

[Mileage Conversion](#)



# Team WSSD

Team Captain: Julie Lombardi

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

Team Members	2/18-2/24	2/25-3/3	3/4-3/10	3/11-3/17	3/18-3/24	3/25-3/31	4/1-4/7	4/8-4/14	4/15-4/21	4/22-4/29
Julie Lombardi	30	30	30	30	30	30	30	30	30	30
Ying Wushanley	16	20	18	16	15	12	14	22	22	25
Daniel Keefer	18	25	25	28	33	33	33	35	35	35
Chip Schaeffer	9	22	22	14	26	17	21	17	23	21
Hadi Halawa	32	34	32	36	38	34	32	36	38	39
Mandi Dupain	70	70	70	70	70	70	70	70	70	70
Jeff Wimer	4	5.5	6	6	10	8	6	7	8	10
Becky Mowrey	84	83	81	84	101	100	58	48	37	48
Daniel Audette	35	44	43	44	45	44	42	47	46	40
Gordon Nesbitt	10	15	34	30	27	30	30	30	30	30

Mileage Conversion