

5 for 5 Wellness Challenge: Team Rankings

AS OF Mon, 01/20/25 MIDNIGHT

Rank	Team	Total Points	# Participants	For complete ranking list visit:
1	CARDIO CRUSADERS	1,978	34	www.sewickleymca.org/55cardio
2	WELLNESS WARRIORS	1,921	29	www.sewickleymca.org/55wellness
3	AQUA ACHIEVERS	724	23	www.sewickleymca.org/55aqua
4	LIFT LEGENDS	711	14	www.sewickleymca.org/55lift
5	MINDFUL MOVERS	606	18	www.sewickleymca.org/55mindful
6	GAME CHANGERS	9	1	www.sewickleymca.org/55game

POINTS COLLECTED ACROSS ALL TEAMS: **5,949**

5 for 5 Wellness Challenge: Individual Rankings

	AS OF	1/20/2025	MIDNIGHT
Rank	Name	Points	Team
1	Howard Miller	265	Wellness Warriors
2	Charlotte Lafer	200	Wellness Warriors
3	Amy Besterman	195	Wellness Warriors
4	Cristen Stephansky	194	Mindful Movers
5	Phyllis Lechmanik	188	Lift Legends
6	Amy Besterman	184	Cardio Crusaders
7	Charlotte Lafer	166	Aqua Achievers
8	Jeanne Downey	161	Cardio Crusaders
9	Zaira Cruz	152	Lift Legends
10	Lindsay Friel	151	Wellness Warriors
11	Elena Chiappa	147	Cardio Crusaders
12	Nicole Steele	137	Cardio Crusaders
13	Alan Milliner	136	Wellness Warriors
14	Rosemary McNelis	135	Cardio Crusaders
15	Roni Lynn Vilseck	134	Wellness Warriors
16	Amy Besterman	133	Lift Legends
17	Jessica Reichard	116	Cardio Crusaders
18	Shawn Russell	114	Cardio Crusaders
19	George Morgan	109	Cardio Crusaders
20	Kathleen Bleakley	101	Aqua Achievers
21	Seattle Buhite	100	Wellness Warriors
22	Nancy Dudek	99	Aqua Achievers
23	Karen Jackson	99	Mindful Movers
24	Elizabeth Harbist	97	Cardio Crusaders
25	Pam Blizzard	95	Cardio Crusaders
26	Mary Margaret Beyer	93	Cardio Crusaders
27	Kathy Simmons	93	Wellness Warriors
28	Andrea Schreiber	92	Mindful Movers
29	Cathy Davidson	80	Wellness Warriors
30	Meagan Loewy	76	Wellness Warriors
31	Bill Parasida	74	Lift Legends
32	Maureen Possage	71	Cardio Crusaders
33	Cindy Raso	68	Aqua Achievers
34	Jean Schmalzried	68	Wellness Warriors
35	Laura Taschner	64	Cardio Crusaders
36	Amy Barron	62	Aqua Achievers
37	Don Beyer	62	Cardio Crusaders
38	Cori LaChapelle	62	Wellness Warriors
39	Sarah Mier	60	Cardio Crusaders
40	Brandon Scholl	56	Cardio Crusaders
41	Dennis Burda	55	Lift Legends
42	Gwen Clements	55	Mindful Movers
43	Amy Barron	55	Wellness Warriors
44	Liz Walker	53	Wellness Warriors
45	Amy Richardson	48	Wellness Warriors
46	Kate Webb	47	Cardio Crusaders
47	Molly Torbic	47	Mindful Movers
48	James Smith	46	Wellness Warriors
49	Heather Charlton	44	Aqua Achievers
50	Christian Peck	43	Cardio Crusaders
51	Keith Couser	41	Cardio Crusaders
52	Alice Adams	40	Aqua Achievers
53	Paula Kwalick	40	Aqua Achievers
54	Roni Lynn Vilseck	38	Mindful Movers
55	Megan Mouas	37	Cardio Crusaders

56	Mary Ann Rondinelli	30	Wellness Warriors
57	Joelle Bartkins	29	Lift Legends
58	Mary Ann Rondinelli	29	Mindful Movers
59	Andrea Roset	28	Wellness Warriors
60	Trish Hooper	28	Wellness Warriors
61	Karen Criscella	27	Lift Legends
62	Karen Criscella	26	Aqua Achievers
63	Jennifer Snee	23	Wellness Warriors
64	Alexis Kwalick	22	Cardio Crusaders
65	Anthony Monahan	22	Cardio Crusaders
66	Marnie Morrin	20	Mindful Movers
67	Cathie Lutz	18	Aqua Achievers
68	Jessica Latchaw	16	Lift Legends
69	Molly Torbic	16	Lift Legends
70	Michael Faddoul	15	Lift Legends
71	Karen McAllister	15	Wellness Warriors
72	Trish Hooper	14	Cardio Crusaders
73	Cindy Raso	13	Cardio Crusaders
74	Jillian Gittins	13	Wellness Warriors
75	Felicia Alexander	12	Cardio Crusaders
76	Leslie Hare	12	Wellness Warriors
77	Janet Chada	11	Aqua Achievers
78	Phyllis Lechmanik	10	Wellness Warriors
79	Kathleen Croyle	9	Aqua Achievers
80	Jeffrey Taschner	9	Cardio Crusaders
81	Karen Criscella	9	Cardio Crusaders
82	Josiah Talladay	9	Game Changers
83	Trish Hooper	9	Mindful Movers
84	Abby Fischer	8	Aqua Achievers
85	Jessi Latchaw	8	Aqua Achievers
86	Carl Gasper	8	Cardio Crusaders
87	Karen Criscella	8	Mindful Movers
88	Diana Patterson	7	Aqua Achievers
89	Jennifer Cumpston	6	Aqua Achievers
90	Mary Gallagher	6	Aqua Achievers
91	Janine Courtemanche	6	Lift Legends
92	Olivia Townsend	5	Aqua Achievers
93	Chrissy Molchen	5	Mindful Movers
94	Kristina Kocur	5	Mindful Movers
95	Lucie Phillips	5	Mindful Movers

AQUA ACHIEVERS

RANK	NAME	POINTS
1	Charlotte Lafer	166
2	Kathleen Bleakley	101
3	Nancy Dudek	99
4	Cindy Raso	68
5	Amy Barron	62
6	Heather Charlton	44
7	Alice Adams	40
8	Paula Kwalick	40
9	Karen Criscella	26
10	Cathie Lutz	18
11	Janet Chada	11
12	Kathleen Croyle	9
13	Abby Fischer	8
14	Jessi Latchaw	8
15	Diana Patterson	7
16	Jennifer Cumpston	6
17	Mary Gallagher	6
18	Olivia Townsend	5
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Total Participants 23

Team Total Points 724

Log points daily!
visit www.sewickleymca.org/55aqua

**Wellness Challenge runs though Feb 5.
There's still time to register!**

AS OF

Mon, 01/20/25

MIDNIGHT

CARDIO CRUSADERS

RANK	NAME	POINTS
1	Amy Besterman	184
2	Jeanne Downey	161
3	Elena Chiappa	147
4	Nicole Steele	137
5	Rosemary McNelis	135
6	Jessica Reichard	116
7	Shawn Russell	114
8	George Morgan	109
9	Elizabeth Harbist	97
10	Pam Blizzard	95
11	Mary Margaret Beyer	93
12	Maureen Possage	71
13	Laura Taschner	64
14	Don Beyer	62
15	Sarah Mier	60
16	Brandon Scholl	56
17	Kate Webb	47
18	Christian Peck	43
19	Keith Couser	41
20	Megan Mouas	37
21	Alexis Kwalick	22
22	Anthony Monahan	22
23	Trish Hooper	14
24	Cindy Raso	13
25	Felicia Alexander	12
26	Jeffrey Taschner	9
27	Karen Criscella	9
28	Carl Gasper	8
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Total Participants 34

Team Total Points 1,978

Log points daily!
visit www.sewickleymca.org/55cardio

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AS OF

Mon, 01/20/25

MIDNIGHT

GAME CHANGERS

RANK	NAME	POINTS
1	Josiah Talladay	9
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Total Participants 1

Team Total Points 9

Log points daily!
visit www.sewickleymca.org/55game

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AS OF

Mon, 01/20/25

MIDNIGHT

LIFT LEGENDS

RANK	NAME	POINTS
1	Phyllis Lechmanik	188
2	Zaira Cruz	152
3	Amy Besterman	133
4	Bill Parasida	74
5	Dennis Burda	55
6	Joelle Bartkins	29
7	Karen Criscella	27
8	Jessica Latchaw	16
9	Molly Torbic	16
10	Michael Faddoul	15
11	Janine Courtemanche	6
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Total Participants 14

Team Total Points 711

Log points daily!
visit www.sewickleymca.org/55lift

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AS OF

Mon, 01/20/25

MIDNIGHT

MINDFUL MOVERS

RANK	NAME	POINTS
1	Cristen Stephansky	194
2	Karen Jackson	99
3	Andrea Schreiber	92
4	Gwen Clements	55
5	Molly Torbic	47
6	Roni Lynn Vilseck	38
7	Mary Ann Rondinelli	29
8	Marnie Morrin	20
9	Trish Hooper	9
10	Karen Criscella	8
11	Chrissy Molchen	5
12	Kristina Kocur	5
13	Lucie Phillips	5
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Total Participants 18

Team Total Points 606

Log points daily!
visit www.sewickleymca.org/55mindful

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AS OF

Mon, 01/20/25

MIDNIGHT

WELLNESS WARRIORS

RANK	NAME	POINTS
1	Howard Miller	265
2	Charlotte Lafer	200
3	Amy Besterman	195
4	Lindsay Friel	151
5	Alan Milliner	136
6	Roni Lynn Vilseck	134
7	Seattle Buhite	100
8	Kathy Simmons	93
9	Cathy Davidson	80
10	Meagan Loewy	76
11	Jean Schmalzried	68
12	Cori LaChapelle	62
13	Amy Barron	55
14	Liz Walker	53
15	Amy Richardson	48
16	James Smith	46
17	Mary Ann Rondinelli	30
18	Andrea Roset	28
19	Trish Hooper	28
20	Jennifer Snee	23
21	Karen McAllister	15
22	Jillian Gittins	13
23	Leslie Hare	12
24	Phyllis Lechmanik	10
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Total Participants 29

Team Total Points 1,921

Log points daily!
visit www.sewickleymca.org/55wellness

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