

5 for 5 Wellness Challenge: Team Rankings

AS OF Tue, 02/04/25 MIDNIGHT

Rank	Team	Total Points	# Participants	For complete ranking list visit:
1	CARDIO CRUSADERS	3,967	34	www.sewickleymca.org/55cardio
2	WELLNESS WARRIORS	3,644	30	www.sewickleymca.org/55wellness
3	LIFT LEGENDS	1,498	14	www.sewickleymca.org/55lift
4	AQUA ACHIEVERS	1,435	23	www.sewickleymca.org/55aqua
5	MINDFUL MOVERS	1,238	18	www.sewickleymca.org/55mindful
6	GAME CHANGERS	9	1	www.sewickleymca.org/55game

POINTS COLLECTED ACROSS ALL TEAMS: **11,791**

5 for 5 Wellness Challenge: Individual Rankings

	AS OF	2/4/2025	MIDNIGHT
Rank	Name	Points	Team
1	Howard Miller	550	Wellness Warriors
2	Amy Besterman	509	Wellness Warriors
3	Cristen Stephansky	426	Mindful Movers
4	Charlotte Lafer	419	Wellness Warriors
5	Amy Besterman	390	Cardio Crusaders
6	Charlotte Lafer	374	Aqua Achievers
7	Phyllis Lechmanik	347	Lift Legends
8	Zaira Cruz	346	Lift Legends
9	Rosemary McNelis	333	Cardio Crusaders
10	Roni Lynn Vilseck	324	Wellness Warriors
11	Alan Milliner	322	Wellness Warriors
12	Amy Besterman	316	Lift Legends
13	Nicole Steele	302	Cardio Crusaders
14	Jeanne Downey	298	Cardio Crusaders
15	Shawn Russell	294	Cardio Crusaders
16	Elena Chiappa	281	Cardio Crusaders
17	Lindsay Friel	274	Wellness Warriors
18	Dennis Burda	258	Lift Legends
19	Jessica Reichard	254	Cardio Crusaders
20	Kathleen Bleakley	250	Aqua Achievers
21	George Morgan	238	Cardio Crusaders
22	Andrea Schreiber	210	Mindful Movers
23	Pam Blizzard	207	Cardio Crusaders
24	Kathy Simmons	204	Wellness Warriors
25	Nancy Dudek	198	Aqua Achievers
26	Elizabeth Harbist	195	Cardio Crusaders
27	Karen Jackson	193	Mindful Movers
28	Mary Margaret Beyer	187	Cardio Crusaders
29	Cindy Raso	152	Aqua Achievers
30	Gwen Clements	149	Mindful Movers
31	Amy Barron	149	Wellness Warriors
32	Molly Torbic	141	Mindful Movers
33	Cathy Davidson	136	Wellness Warriors
34	Brandon Scholl	130	Cardio Crusaders
35	Don Beyer	128	Cardio Crusaders
36	Meagan Loewy	119	Wellness Warriors
37	Christian Peck	118	Cardio Crusaders
38	Amy Barron	113	Aqua Achievers
39	Keith Couser	108	Cardio Crusaders
40	Alice Adams	102	Aqua Achievers
41	Seattle Buhite	100	Wellness Warriors
42	Sarah Mier	94	Cardio Crusaders
43	Laura Taschner	89	Cardio Crusaders
44	Kate Webb	87	Cardio Crusaders
45	Heather Charlton	86	Aqua Achievers
46	Liz Walker	84	Wellness Warriors
47	Cori LaChapelle	83	Wellness Warriors
48	Jean Schmalzried	79	Wellness Warriors
49	Bill Parasida	74	Lift Legends
50	Maureen Possage	71	Cardio Crusaders
51	Amy Richardson	48	Wellness Warriors
52	Molly Torbic	46	Lift Legends
53	James Smith	46	Wellness Warriors
54	Paula Kwalick	40	Aqua Achievers

55	Andrea Roset	40	Wellness Warriors
56	Alexis Kwalick	39	Cardio Crusaders
57	Roni Lynn Vilseck	38	Mindful Movers
58	Megan Mouas	37	Cardio Crusaders
59	Cathie Lutz	34	Aqua Achievers
60	Mary Ann Rondinelli	30	Wellness Warriors
61	Joelle Bartkins	29	Lift Legends
62	Mary Ann Rondinelli	29	Mindful Movers
63	Trish Hooper	28	Wellness Warriors
64	Karen Criscella	27	Lift Legends
65	Karen Criscella	26	Aqua Achievers
66	Janine Courtemanche	24	Lift Legends
67	Jennifer Snee	23	Wellness Warriors
68	Anthony Monahan	22	Cardio Crusaders
69	Marnie Morrin	20	Mindful Movers
70	Jessica Latchaw	16	Lift Legends
71	Michael Faddoul	15	Lift Legends
72	Gwen Clements	15	Wellness Warriors
73	Karen McAllister	15	Wellness Warriors
74	Trish Hooper	14	Cardio Crusaders
75	Cindy Raso	13	Cardio Crusaders
76	Jillian Gittins	13	Wellness Warriors
77	Felicia Alexander	12	Cardio Crusaders
78	Erin Toth	12	Wellness Warriors
79	Leslie Hare	12	Wellness Warriors
80	Janet Chada	11	Aqua Achievers
81	Phyllis Lechmanik	10	Wellness Warriors
82	Kathleen Croyle	9	Aqua Achievers
83	Jeffrey Taschner	9	Cardio Crusaders
84	Karen Criscella	9	Cardio Crusaders
85	Josiah Talladay	9	Game Changers
86	Trish Hooper	9	Mindful Movers
87	Abby Fischer	8	Aqua Achievers
88	Jessi Latchaw	8	Aqua Achievers
89	Carl Gasper	8	Cardio Crusaders
90	Karen Criscella	8	Mindful Movers
91	Diana Patterson	7	Aqua Achievers
92	Jennifer Cumpston	6	Aqua Achievers
93	Mary Gallagher	6	Aqua Achievers
94	Olivia Townsend	5	Aqua Achievers
95	Chrissy Molchen	5	Mindful Movers
96	Kristina Kocur	5	Mindful Movers
97	Lucie Phillips	5	Mindful Movers

AQUA ACHIEVERS

RANK	NAME	POINTS
1	Charlotte Lafer	374
2	Kathleen Bleakley	250
3	Nancy Dudek	198
4	Cindy Raso	152
5	Amy Barron	113
6	Alice Adams	102
7	Heather Charlton	86
8	Paula Kwalick	40
9	Cathie Lutz	34
10	Karen Criscella	26
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 1,435

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

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

AS OF

Tue, 02/04/25

MIDNIGHT

CARDIO CRUSADERS

RANK	NAME	POINTS
1	Amy Besterman	390
2	Rosemary McNelis	333
3	Nicole Steele	302
4	Jeanne Downey	298
5	Shawn Russell	294
6	Elena Chiappa	281
7	Jessica Reichard	254
8	George Morgan	238
9	Pam Blizzard	207
10	Elizabeth Harbist	195
11	Mary Margaret Beyer	187
12	Brandon Scholl	130
13	Don Beyer	128
14	Christian Peck	118
15	Keith Couser	108
16	Sarah Mier	94
17	Laura Taschner	89
18	Kate Webb	87
19	Maureen Possage	71
20	Alexis Kwalick	39
21	Megan Mouas	37
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 3,967

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

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AS OF

Tue, 02/04/25

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

Tue, 02/04/25

MIDNIGHT

LIFT LEGENDS

RANK	NAME	POINTS
1	Phyllis Lechmanik	347
2	Zaira Cruz	346
3	Amy Besterman	316
4	Dennis Burda	258
5	Bill Parasida	74
6	Molly Torbic	46
7	Joelle Bartkins	29
8	Karen Criscella	27
9	Janine Courtemanche	24
10	Jessica Latchaw	16
11	Michael Faddoul	15
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Total Participants 14

Team Total Points **1,498**

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

**Wellness Challenge runs though Feb 5.
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AS OF

Tue, 02/04/25

MIDNIGHT

MINDFUL MOVERS

RANK	NAME	POINTS
1	Cristen Stephansky	426
2	Andrea Schreiber	210
3	Karen Jackson	193
4	Gwen Clements	149
5	Molly Torbic	141
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 1,238

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

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AS OF

Tue, 02/04/25

MIDNIGHT

WELLNESS WARRIORS

RANK	NAME	POINTS
1	Howard Miller	550
2	Amy Besterman	509
3	Charlotte Lafer	419
4	Roni Lynn Vilseck	324
5	Alan Milliner	322
6	Lindsay Friel	274
7	Kathy Simmons	204
8	Amy Barron	149
9	Cathy Davidson	136
10	Meagan Loewy	119
11	Seattle Buhite	100
12	Liz Walker	84
13	Cori LaChapelle	83
14	Jean Schmalzried	79
15	Amy Richardson	48
16	James Smith	46
17	Andrea Roset	40
18	Mary Ann Rondinelli	30
19	Trish Hooper	28
20	Jennifer Snee	23
21	Gwen Clements	15
22	Karen McAllister	15
23	Jillian Gittins	13
24	Erin Toth	12
25	Leslie Hare	12
26	Phyllis Lechmanik	10
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Total Participants 30

Team Total Points 3,644

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

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