

## 5 for 5 Wellness Challenge: Team Rankings

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AS OF Sun, 01/19/25 MIDNIGHT

Rank	Team	Total Points	# Participants	For complete ranking list visit:
1	CARDIO CRUSADERS	1,888	34	<a href="http://www.sewickleymca.org/55cardio">www.sewickleymca.org/55cardio</a>
2	WELLNESS WARRIORS	1,875	29	<a href="http://www.sewickleymca.org/55wellness">www.sewickleymca.org/55wellness</a>
3	LIFT LEGENDS	697	14	<a href="http://www.sewickleymca.org/55lift">www.sewickleymca.org/55lift</a>
4	AQUA ACHIEVERS	690	23	<a href="http://www.sewickleymca.org/55aqua">www.sewickleymca.org/55aqua</a>
5	MINDFUL MOVERS	589	18	<a href="http://www.sewickleymca.org/55mindful">www.sewickleymca.org/55mindful</a>
6	GAME CHANGERS	9	1	<a href="http://www.sewickleymca.org/55game">www.sewickleymca.org/55game</a>

POINTS COLLECTED ACROSS ALL TEAMS: **5,748**

## 5 for 5 Wellness Challenge: Individual Rankings

	AS OF	1/19/2025	MIDNIGHT
Rank	Name	Points	Team
1	Howard Miller	248	Wellness Warriors
2	Charlotte Lafer	200	Wellness Warriors
3	Amy Besterman	195	Wellness Warriors
4	Amy Besterman	184	Cardio Crusaders
5	Cristen Stephansky	177	Mindful Movers
6	Phyllis Lechmanik	174	Lift Legends
7	Charlotte Lafer	166	Aqua Achievers
8	Jeanne Downey	152	Cardio Crusaders
9	Zaira Cruz	152	Lift Legends
10	Lindsay Friel	151	Wellness Warriors
11	Nicole Steele	137	Cardio Crusaders
12	Elena Chiappa	135	Cardio Crusaders
13	Roni Lynn Vilseck	134	Wellness Warriors
14	Amy Besterman	133	Lift Legends
15	Rosemary McNelis	124	Cardio Crusaders
16	Alan Milliner	118	Wellness Warriors
17	George Morgan	109	Cardio Crusaders
18	Jessica Reichard	107	Cardio Crusaders
19	Seattle Buhite	100	Wellness Warriors
20	Shawn Russell	99	Cardio Crusaders
21	Karen Jackson	99	Mindful Movers
22	Pam Blizzard	95	Cardio Crusaders
23	Mary Margaret Beyer	93	Cardio Crusaders
24	Kathy Simmons	93	Wellness Warriors
25	Andrea Schreiber	92	Mindful Movers
26	Nancy Dudek	90	Aqua Achievers
27	Elizabeth Harbist	89	Cardio Crusaders
28	Kathleen Bleakley	83	Aqua Achievers
29	Cathy Davidson	80	Wellness Warriors
30	Bill Parasida	74	Lift Legends
31	Maureen Possage	71	Cardio Crusaders
32	Jean Schmalzried	68	Wellness Warriors
33	Meagan Loewy	65	Wellness Warriors
34	Amy Barron	62	Aqua Achievers
35	Don Beyer	62	Cardio Crusaders
36	Cori LaChapelle	62	Wellness Warriors
37	Cindy Raso	61	Aqua Achievers
38	Brandon Scholl	56	Cardio Crusaders
39	Laura Taschner	55	Cardio Crusaders
40	Dennis Burda	55	Lift Legends
41	Gwen Clements	55	Mindful Movers
42	Amy Barron	55	Wellness Warriors
43	Liz Walker	53	Wellness Warriors
44	Sarah Mier	49	Cardio Crusaders
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	Alice Adams	40	Aqua Achievers
52	Paula Kwalick	40	Aqua Achievers
53	Roni Lynn Vilseck	38	Mindful Movers
54	Megan Mouas	37	Cardio Crusaders
55	Keith Couser	35	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	Nancy Dudek	90
3	Kathleen Bleakley	83
4	Amy Barron	62
5	Cindy Raso	61
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 690

Log points daily!  
visit [www.sewickleymca.org/55aqua](http://www.sewickleymca.org/55aqua)

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

AS OF

Sun, 01/19/25

MIDNIGHT

# CARDIO CRUSADERS

RANK	NAME	POINTS
1	Amy Besterman	184
2	Jeanne Downey	152
3	Nicole Steele	137
4	Elena Chiappa	135
5	Rosemary McNelis	124
6	George Morgan	109
7	Jessica Reichard	107
8	Shawn Russell	99
9	Pam Blizzard	95
10	Mary Margaret Beyer	93
11	Elizabeth Harbist	89
12	Maureen Passage	71
13	Don Beyer	62
14	Brandon Scholl	56
15	Laura Taschner	55
16	Sarah Mier	49
17	Kate Webb	47
18	Christian Peck	43
19	Megan Mouas	37
20	Keith Couser	35
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 1,888

Log points daily!  
visit [www.sewickleymca.org/55cardio](http://www.sewickleymca.org/55cardio)

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AS OF

Sun, 01/19/25

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](http://www.sewickleymca.org/55game)

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AS OF

Sun, 01/19/25

MIDNIGHT

# LIFT LEGENDS

RANK	NAME	POINTS
1	Phyllis Lechmanik	174
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 697

Log points daily!  
visit [www.sewickleymca.org/55lift](http://www.sewickleymca.org/55lift)

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

AS OF

Sun, 01/19/25

MIDNIGHT

# MINDFUL MOVERS

RANK	NAME	POINTS
1	Cristen Stephansky	177
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 589

Log points daily!  
visit [www.sewickleymca.org/55mindful](http://www.sewickleymca.org/55mindful)

**Wellness Challenge runs though Feb 5.  
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AS OF

Sun, 01/19/25

MIDNIGHT

# WELLNESS WARRIORS

RANK	NAME	POINTS
1	Howard Miller	248
2	Charlotte Lafer	200
3	Amy Besterman	195
4	Lindsay Friel	151
5	Roni Lynn Vilseck	134
6	Alan Milliner	118
7	Seattle Buhite	100
8	Kathy Simmons	93
9	Cathy Davidson	80
10	Jean Schmalzried	68
11	Meagan Loewy	65
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 1,875

Log points daily!  
visit [www.sewickleymca.org/55wellness](http://www.sewickleymca.org/55wellness)

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