Print

2014 WHOI Fitness Challenge: Weekly Winning Results

Week #10 Results

Total hours exercised

- 646.23

Average per participant

- 9.23

Weekly team prize winner

Week 10: Most Minutes Walked- Fizzically Fit

Individual winners for 2, 4, 6 hours of exercise

- 2 hours – Adrianne Wallace
- 4 hours – Peter Landry
- 6 hours – Kim Sargent

Top individual points for week 10:

Melissa Patrician A Copepod's Pace348.50 points
Elaine BolognaseCookin the Books 305.00 points
Cyndy Chandler Bahama Mamas 280.25 points

Teams with at least 4 members of the 5 with at least 2 hours of activity are flagged with a *

Team	Total minutes	Total points	Top team member(s)
Cookin the Books*	6195.00	882.25	Elaine Bolognese [305.00]
A Copepod's Pace*	6735.00	812.00	Melissa Patrician [348.50]
Bahama Mamas*	3885.00	655.25	Cyndy Chandler [280.25]
OOI (Obesity Or Insanity)*	3630.00	617.00	Kim Sargent [162.00]
Upregulating our metabolomics*	3470.00	486.25	Gretchen Swarr [207.75]
Charitable Reductions*	1618.00	403.70	Adrianne Wallace [116.00]
Fitness Protection Program*	1870.00	402.75	Mary Zawoysky [146.25]
Weapons of Mass Reduction	2785.00	390.75	Erin Koenig [173.50]
Fizzically Fit*	1830.00	338.00	Cathy Offinger [118.00]
SB Bowlers*	2485.00	327.50	Shirley Barkley [93.25]
Game of Crones*	1501.00	316.25	Helen Gordon [100.00]
APO Go!*	1295.00	265.75	Lea Fraser [74.00]
The Persistents	790.00	175.00	Elisabeth Falk [107.50]
Wii Not Fit	685.00	119.50	Susan Darmofalski [119.50]
MOPS at the Tops	0.00	0.00	

Week #9 Results

Week #9 Results

Total hours exercised

- 612.8

Average per participant

- 7.75

Weekly team prize winner

Week 9 Random Drawing- OOI Obesity Or Insanity

Individual winners for 2, 4, 6 hours of exercise

- 2 hours – Liz Caporelli
- 4 hours – Shirley Barkley
- 6 hours – Laurie Murphy

Top individual points for week 9:

Cyndy Chandler	Bahama Mamas	250.75 points
Elaine Bolognese	Cookin the Books	248.00 points
Julie van der Hoop	A Copepod's Pace	244.25 points

Teams with at least 4 members of the 5 with at least 2 hours of activity are flagged with a *

Team	Total minutes	Total points	Top team member(s)
A Copepod's Pace *	5665.00	722.50	Julie van der Hoop [244.25]
Bahama Mamas *	4488.00	657.30	Cyndy Chandler [250.75]
Cookin the Books *	4387.00	627.55	Elaine Bolognese [248.00]
Fitness Protection Program *	2720.00	551.25	Peter Landry [185.50]
Upregulating our metabolomics *	3545.00	543.50	Gretchen Swarr [215.25]
OOI (Obesity Or Insanity) *	3140.00	508.75	Dina Pandya [154.75]
SB Bowlers *	3175.00	440.00	Sheila Hurst [118.00]
Charitable Reductions	1517.00	334.80	Adrianne Wallace [138.00]
The Persistents	1425.00	282.25	Elisabeth Falk [201.75]
Weapons of Mass Reduction	1830.00	268.25	Erika Fitzpatrick [106.75]
Fizzically Fit *	1411.00	258.65	Shannon Rauch [96.20]
APO Go!	1205.00	246.75	Lea Fraser [95.50]
Wii Not Fit	1245.00	238.50	Susan Darmofalski [127.50]
Game of Crones	1015.00	217.25	Helen Gordon [111.75]
MOPS at the Tops	0.00	0.00	

Week #8 Results

Total hours exercised

- 595.8

Average per participant

- 7.94

Individual winners for 2, 4, 6 hours of exercise

- 2 hours – Chuck Marshall
- 4 hours – Sheri White
- 6 hours – Alec Bogdanoff

Top individual points for week 8:

Elaine Bolognese	Cookin the Books	255.50 points
Cyndy Chandler	Bahama Mamas	241.75 points
Melissa Patrician	A Copepod's Pace	229.00 points

Teams with at least 4 members of the 5 with at least 2 hours of activity are flagged with a *

Team	Total minutes	Total points	Top team member(s)
Cookin the Books*	4268.00	637.90	Elaine Bolognese [255.50]
A Copepod's Pace*	4260.00	616.75	Melissa Patrician [229.00]
Bahama Mamas*	3895.00	531.50	Cyndy Chandler [241.75]
OOI (Obesity Or Insanity)*	3420.00	517.00	Kim Sargent [194.00]
SB Bowlers*	4028.00	510.05	Sheila Hurst [118.85]
Upregulating our metabolomics*	3380.00	469.50	Gretchen Swarr [186.00]
Fitness Protection Program*	1890.00	398.25	Peter Landry [150.00]
Charitable Reductions*	1527.00	358.80	Adrianne Wallace [123.25]
Fizzically Fit*	2049.00	338.35	Cathy Offinger [101.75]
Weapons of Mass Reduction*	1980.00	324.25	Erika Fitzpatrick [101.75]
Game of Crones*	1605.00	280.25	Debbie Shafer [103.50]
APO Go!*	1220.00	234.50	Lea Fraser [85.00]
Wii Not Fit	1270.00	215.00	Susan Darmofalski [94.00]
The Persistents	955.00	173.00	Elisabeth Falk [90.50]
MOPS at the Tops	0.00	0.00	

Week #7 Results

Total hours exercised

- 583.5

Average per participant

- 7.78

Weekly team prize winner

Week 7: Bahama Mamas

Individual winners for 2, 4, 6 hours of exercise

- 2 hours – Ann Stone
- 4 hours – Elise Olson
- 6 hours – Gretchen Swarr

Top individual points for week 7:

Melissa Patrician A Copepod's Pace 263.00 points

Elaine Bolognese Cookin the Books 249.50 points

Mary Zawoysky Fitness Protection Program 172.25 points

Teams with at least 4 members of the 5 with at least 2 hours of activity are flagged with a *

Team	Total minutes	Total points	Top team member(s)
A Copepod's Pace *	4125.00	634.00	Melissa Patrician [263.00]
APO Go! *	1785.00	290.75	Janet Fields [136.50]
Bahama Mamas *	3077.00	475.45	Cyndy Chandler [166.75]
Charitable Reductions *	2905.00	435.50	Adrianne Wallace [151.75]
Cookin the Books *	4130.00	636.00	Elaine Bolognese [249.50]
Fitness Protection Program *	2270.00	437.25	Mary Zawoysky [172.25]
Fizzically Fit *	1760.00	308.25	Shannon Rauch [107.25]
Game of Crones *	1508.00	312.35	Helen Gordon [106.00]
MOPS at the Tops	455.00	76.50	Theo Moniz [66.50]
OOI (Obesity Or Insanity) *	2290.00	350.00	Joanne Davis [146.00]
SB Bowlers *	3110.00	441.75	Sue Grieve [117.50]
The Persistents	940.00	207.50	Elisabeth Falk [143.50]
Upregulating our metabolomics *	2675.00	396.75	Gretchen Swarr [133.25]
Weapons of Mass Reduction	2785.00	406.75	Katherine Joyce [151.75]
Wii Not Fit	1195.00	234.00	Susan Darmofalski [102.50]

Week #6 Results

Total hours exercised

- 702.3

Average per participant

- 9.36

Weekly team prize winner

Week 6: Cookin the Books

Individual winners for 2, 4, 6 hours of exercise

- 2 hours – Christine Charette
- 4 hours – Taylor Crockford
- 6 hours – Nancy Copley

Top individual points for week 6:

Melissa Patrician A Copepod's Pace 355.50 points

Julie van der Hoop A Copepod's Pace 251.25 points

Elaine Bolognese Cookin the Books 232.50 points

Teams with at least 4 members of the 5 with at least 2 hours of activity are flagged with a *

Team	Total minutes	Total points	Top team member(s)
A Copepod's Pace *	6205.00	831.50	Melissa Patrician [355.50]
Cookin the Books *	4870.00	726.75	Elaine Bolognese [232.50]

Bahama Mamas *	3260.00	620.75	Heather Furey [163.75]
Upregulating our metabolomics *	3930.00	586.50	Gretchen Swarr [206.25]
Weapons of Mass Reduction *	3815.00	536.00	Linda Skiba [160.50]
Fitness Protection Program *	2730.00	511.25	Mary Zawoysky [188.75]
OOI (Obesity Or Insanity) *	3150.00	496.00	Joanne Davis [135.50]
Charitable Reductions *	2310.00	479.50	Adrianne Wallace [153.00]
SB Bowlers *	3117.00	445.20	Sue Grieve [152.70]
Game of Crones *	1610.00	328.75	Helen Gordon [135.50]
APO Go! *	1565.00	307.50	Lea Fraser [105.00]
Wii Not Fit	1755.00	302.50	Susan Darmofalski [135.00]
The Persistents *	1480.00	302.00	Elisabeth Falk [114.50]
Fizzically Fit *	1480.00	268.25	Shannon Rauch [110.25]
MOPS at the Tops	845.00	129.25	Theo Moniz [98.25]

Week #5 Results

Total hours exercised

- 631.8

Average per participant

- 8.42

Weekly team prize winner

Week 5: SB Bowlers

Individual winners for 2, 4, 6 hours of exercise

- 2 hours – Kate Eident
- 4 hours – David Sherman
- 6 hours – Janet Moore

Top individual points for week 5:

Linda Church Cookin the Books 312.00 points

Elisabeth Falk The Persistents 230.25 points

Gretchen Swarr Upregulating our metabolomics 220.55 points

Teams with at least 4 members of the 5 with at least 2 hours of activity are flagged with a *

Team	Total minutes	Total points	Top team member(s)
Cookin the Books *	5050.00	814.50	Linda Church [312.00]
OOI (Obesity Or Insanity) *	3730.00	591.00	Dina Pandya [171.25]
Fitness Protection Program *	2755.00	550.25	Mary Zawoysky [185.25]
Upregulating our metabolomics *	3697.00	518.80	Gretchen Swarr [220.55]
SB Bowlers *	3125.00	513.25	Shirley Barkley [128.25]
Weapons of Mass Reduction *	3300.00	471.25	Linda Skiba [129.00]
A Copepod's Pace	2600.00	449.50	Melissa Patrician [162.25]

Charitable Reductions *	1522.00	396.05	Adrianne Wallace [125.75]
Bahama Mamas *	2240.00	384.75	Cyndy Chandler [125.00]
The Persistents	2055.00	377.75	Elisabeth Falk [230.25]
Fizzically Fit *	1700.00	327.50	Shannon Rauch [100.00]
Game of Crones *	1649.00	302.25	Helen Gordon [107.75]
APO Go! *	1365.00	253.50	Lea Fraser [105.75]
Wii Not Fit	1220.00	247.25	Susan Darmofalski [107.50]
MOPS at the Tops	1900.00	197.75	Theo Moniz [128.00]

Week #4 Results

Total hours exercised

- 658.51

Average per participant

- 8.78

Weekly team prize winner

Week 4- Best Team Name- Game of Crones

Individual winners for 2, 4, 6 hours of exercise

- 2 hours – Sheila Clifford
- 4 hours – Ron Timm
- 6 hours – Gretchen McManamin

Top individual points for week 4:

Melissa Patrician A Copepod's Pace211.25 points
Elaine Bolognese Cookin the Books 183.25 points
Julie van der HoopA Copepod's Pace181.05 points
Teams with at least 4 members of the 5 with at least 2 hours of activity are flagged with a *

Team	Total minutes	Total points	Top team member(s)
Bahama Mamas *	3530.00	565.25	Julie Allen [133.75]
Cookin the Books *	3900.00	564.50	Elaine Bolognese [183.25]
OOI (Obesity Or Insanity) *	3300.00	553.00	Joanne Davis [146.25]
A Copepod's Pace *	3412.00	539.55	Melissa Patrician [211.25]
Weapons of Mass Reduction *	3915.00	518.00	Linda Skiba [140.75]
Upregulating our metabolomics *	3405.00	496.50	Gretchen Swarr [180.75]
SB Bowlers *	2816.00	480.85	Sue Grieve [123.00]
Fitness Protection Program *	2213.00	427.70	Peter Landry [148.25]
Charitable Reductions *	1805.00	383.00	Adrianne Wallace [164.75]
APO Go! *	1710.00	329.75	Lea Fraser [123.75]
Fizzically Fit *	2243.00	326.25	Tim Schorer [115.00]
MOPS at the Tops *	1912.00	293.70	Theo Moniz [145.50]
Wii Not Fit *	1690.00	287.75	Susan Darmofalski [102.00]
Game of Crones *	1615.00	286.25	Helen Gordon [110.50]

The Persistents	2045.00	230.75	Janet Moore [96.00]

Week #3 Results

Total hours exercised

- 677.21

Average per participant

- 9.02

Weekly team prize winner

Week 3- Random Drawing- Upregulating our metabolomics

Individual winners for 2, 4, 6 hours of exercise

- 2 hours – Ann Sweck
- 4 hours – Wendy Henley
- 6 hours – Elisabeth Falk

Top individual points for week 3:

Julie van der Hoop	A Copepod's Pace	222.55 points
Gretchen Swarr	Upregulating our metabolomics	203.50 points
Melissa Patrician	A Copepod's Pace	199.00 points

Teams with at least 4 members of the 5 with at least 2 hours of activity are flagged with a *

Team	Total minutes	Total points	Top team member(s)
A Copepod's Pace*	4730.00	630.55	Julie van der Hoop [222.55]
Cookin the Books*	4315.00	614.25	Elaine Bolognese [191.00]
Upregulating our metabolomics*	3830.00	554.75	Gretchen Swarr [203.50]
Weapons of Mass Reduction*	3805.00	539.00	Linda Skiba [133.75]
OOI (Obesity Or Insanity)*	3376.00	510.30	Dina Pandya [126.30]
Bahama Mamas*	3070.00	502.75	Cyndy Chandler [115.75]
SB Bowlers*	2865.00	429.50	Sheila Hurst [102.50]
Charitable Reductions*	1965.00	416.25	Adrianne Wallace [137.50]
Fitness Protection Program*	2185.00	397.00	Peter Landry [126.50]
APO Go!*	2360.00	369.50	Lea Fraser [144.50]
The Persistents*	2256.00	328.40	Elisabeth Falk [178.40]
Wii Not Fit*	1595.00	320.50	Susan Darmofalski [99.25]
Game of Crones*	1376.00	267.65	Helen Gordon [110.50]
MOPS at the Tops	1385.00	241.50	Theo Moniz [90.00]
Fizzically Fit*	1520.00	230.35	Shannon Rauch [98.00]

Week #2 Results

Total hours exercised

- 570.92

Average per participant

- 7.61

Weekly team prize winner

Week 2- Most Healthy Behavior Rewards- Fitness Protection Program

Individual winners for 2, 4, 6 hours of exercise

- 2 hours – Jim Partan
- 4 hours – Janet Fields
- 6 hours – Elaine Bolognese

Top individual points for week 2:

Gretchen Swarr	Upregulating our metabolomics	203.00 points
Melissa Patrician	A Copepod's Pace	202.75 points
Elaine Bolognese	Cookin the Books	187.50 points

Teams with at least 4 members of the 5 with at least 2 hours of activity are flagged with a *

Team	Total minutes	Total points	Top team member(s)
A Copepod's Pace *	3880.00	616.50	Melissa Patrician [202.75]
Bahama Mamas *	2975.00	524.00	Cyndy Chandler [145.25]
Fitness Protection Program *	2495.00	522.75	Mary Zawoysky [178.00]
OOI (Obesity Or Insanity) *	3196.00	522.05	Liz Caporelli [128.00]
Upregulating our metabolomics *	3400.00	479.25	Gretchen Swarr [203.00]
SB Bowlers *	2425.00	464.25	Sue Grieve [121.00]
Cookin the Books	2620.00	402.50	Elaine Bolognese [187.50]
Weapons of Mass Reduction *	2425.00	384.25	Linda Skiba [144.00]
The Persistents *	2005.00	307.25	Elisabeth Falk [181.75]
MOPS at the Tops *	1990.00	304.50	Theo Moniz [148.50]
Charitable Reductions	1725.00	299.50	Adrianne Wallace [138.50]
Game of Crones *	1665.00	283.75	Helen Gordon [132.00]
Wii Not Fit *	1340.00	277.75	Susan Darmofalski [88.50]
Fizzically Fit *	1294.00	215.45	Shannon Rauch [89.50]
APO Go!	820.00	195.75	Janet Fields [64.75]

Week #1 Results

May 20, 2014

Total hours exercised

- 608.26

Average per participant

- 8.11

Weekly team prize winner

Week 1 Most Hours Exercised- A Copepod's Pace

Individual winners for 2, 4, 6 hours of exercise

- 2 hours – Tim Schorer
- 4 hours – Meagan Gonneea
- 6 hours – Cyndy Chandler

Top individual points for week 1:

Melissa Patrician	A Copepod's Pace	238.00 points
Gretchen Swarr	Upregulating our metabolomics	235.25 points
Julie van der Hoop	A Copepod's Pace	213.75 points

Teams with at least 4 members of the 5 with at least 2 hours of activity are flagged with a *

Team	Total minutes	Total points	Top team member(s)
A Copepod's Pace *	3785.00	749.75	Melissa Patrician [238.00]
Bahama Mamas *	3340.00	599.50	Cyndy Chandler [179.75]
Fitness Protection Program *	2795.00	595.50	Mary Zawoysky [187.50]
OOI (Obesity Or Insanity) *	2452.00	568.05	Dina Pandya [145.25]
Upregulating our metabolomics *	2300.00	546.50	Gretchen Swarr [235.25]
Weapons of Mass Reduction *	3460.00	460.75	Erika Fitzpatrick [144.00]
SB Bowlers *	2540.00	456.50	Sheila Hurst [118.25]
Cookin the Books *	2835.00	426.25	Elaine Bolognese [159.00]
Charitable Reductions *	2218.00	421.30	Adrianne Wallace [159.25]
Game of Crones *	2670.00	401.00	Helen Gordon [154.25]
The Persistents	1719.00	344.00	Elisabeth Falk [196.50]
Wii Not Fit *	1790.00	311.75	Linda Snow [97.00]
APO Go! *	1472.00	310.10	Lea Fraser [113.00]
Fizzically Fit *	1785.00	302.90	Shannon Rauch [111.75]
MOPS at the Tops *	1785.00	296.25	Theo Moniz [122.00]

Last updated: July 22, 2014

Copyright ©2007 Woods Hole Oceanographic Institution, All Rights Reserved.
Mail: Woods Hole Oceanographic Institution, 266 Woods Hole Road, Woods Hole, MA 02543, USA.
E-Contact: info@whoi.edu; press relations: media@whoi.edu, tel. (508) 457-2000
Problems or questions about the site, please contact webdev@whoi.edu