

Houston, We Have a Milestone: Staff 'Trak' 762 Million Steps Logged in Stellar Star-Themed Challenge

"That's one small step for man," you might say. But for more than 3,000 employees, May was one giant leap for individuals and teams who posted stellar stats in [Well-U's](#) **Star Trak** spring wellness challenge.

By the Numbers

A total of **3,091** University employees logged their physical activity for the space exploration-themed challenge that spanned **28** days. Together they took home **400** prizes and logged over **762 million** steps along the way.

Making it Count

Teams and individuals not only earned prizes but found community, posting photos of their daily activities and motivation on the Star Trak app.

From doing 5K runs to simple chores like cleaning or gardening, participating helped people form healthy habits and defy gravity together with their colleagues.

Trakkie Testimonials

"I was highly motivated and I exceeded my goals! I will keep up with my personal journey of increased movement and endurance!" —**Karla Boyce**

"I did not realize how many steps I do just for cleaning my house." —**Yesenia Ortiz**

"This has been great to get more aware and motivated me to start incorporating walking back into my everyday habits...I still have a ways to go towards consistency but slowly, slowly." —**Patricia Rozzo-Leadley**

"Already looking forward to Walktober!" —**Kellie Murphy**

Prize Winners

- Marissa Donnelly
- Margaret Parisi
- Allison Stewart
- Kathryn McMurray
- Rashad Ahmadov
- Alexa LaPierre
- Matthew Signor
- Austin Schunke
- Dylan Durkee
- Robert Nowak

- Jenny Wysocarski
- Diana Hart
- Mary Maier
- Andrew Gialanella
- Leah DeMagistris
- Kelsey Jalbert
- Jamee Marsala
- Ryan Petronis
- Efren Holguin
- Terri Coffey
- Christy Mein
- Brian Mallaber
- Courtney Wlasniewski
- Joseph Mazikas
- Halle Cerio
- Bryan Hotalen
- Autumn Froelich
- Jennifer Castiglione
- Katie Bussy
- Kelly Boldt
- Megan Rupp
- Paige Thompson
- Sarah Vargas
- Tiffiney Taylor
- Amber Rivera
- Eric Vaughn
- Kandice King
- Kelly Nagel
- Tori D'Agostino
- Lauren Ventrella
- Marty DuMont
- Morna Halverson
- Patrenia Owens
- Taylor McLaughlin
- Nancy Nix
- Ajay Rana
- Stephanie Solpietro
- Michele Ronco
- Teresa King
- Alexandra Cummins
- Lexi Fair
- Julie Potts
- Alison Quinlan
- Kimberly Murphy
- Jessica Tambe
- Elizabeth Shafer
- Rebecca Loomis
- Cheryl Flickner
- Katherine Toomey
- Denise Lorenzetti
- Keelin Schultheis
- Melissa Kaid

- Karen Macomber
- Perry Delaney
- Robin Algera
- Amanda Mayback
- Elizabeth Dos Ramos
- April Haberyan
- Christina Fouser
- Courtney Ball
- Valerie Alef
- Larissa Heinkel
- Rhonda Medrek
- Samantha Foos
- Shirley Burditt
- Tammy Currier
- Carrie Brown
- Jill Hopkins
- Marissa Donnelly
- Amanda Cohen
- Noheli Ruiz
- Ashtin Argentieri
- Melanie Redeye
- Melody Parker
- Katelyn Comella
- Wilton Carson
- Ashley Cocquyt
- Janette Dauenhauer
- Lauren Parish
- Nina Elias
- Sydney Burrows
- Alexis Scott
- Bianca Willis
- Christopher Carpenter
- Michaela Pifer
- Nikita Baby
- Salson Joseph
- Laura Hoffmann
- Madelyn Campbell
- Tammy Leader-Lindeman
- Anne Koniski
- Shauna Talbot
- Ian McGar
- Kristina Battle
- Kristy Palotti
- Mildred McGar
- Natalie Kuhn
- Ashley Glanton
- Erin Gwara
- Susan Burns
- Ashley Daggett
- Kevin Berg
- Rachel Williamson-Noga
- Dionne Caldwell

- Morgan Phillips
- Susan Parrino
- Timothy Barry
- Susan Walter
- Renee Fenzl
- Michael Wszalek
- Kimberly Gergelis
- Kelly Schrader
- Allison Shumway
- Stacy Dunham
- Mckenzie Clark
- Laura Clarke
- Katherine Kropf
- Juanina Farnsworth
- Cherri Witscheber
- Caitlin Spitale
- Briana Wainwright
- Nicholas Derr
- McKenzie Smallcomb
- Maggie Crowe
- Kate Castro
- Hannah Salmon
- Elizabeth Congdon
- Sarah Milton
- Naheed Shaikh
- Colby Savage
- Steven Engels
- Austin Baxendell
- Joshua Reindl
- Michael Scipione
- Jacey Simmons
- Ryan Klem
- Renee Bailey
- Joy Snyder
- L Geiser
- Audrey Gallina
- Victoria Earle
- Kyle Richards
- Stacy Fredrick
- Brittnee Schmith
- Beatrice Hardin
- Veronica Marisa
- Kaleigh Reid
- Patrick Frame
- Allyse McKay
- Brittney Sorensen
- Otetia Woodard
- Amy Troutman
- Benjamin Stanley
- Daniel Slakes
- Timothy Filkins
- Daria Krenitsky

- Heidie Huyck
- Min Yee
- Vanessa Sgroi
- Brianna Petricone
- Darlene DeBona
- Edward Derck
- Jill Paladino
- Maeve Barrs
- Meredith Carusone
- Sarah Kelly-Pisciotti
- Rosa Hamlin
- Meaghan Engelbrecht
- Ashley Gudonis
- Mallory Scopano
- Andrew Gudonis
- Amanda Welter
- Kellie Murphy
- Jill Cohen
- Emily Topnick
- Martina Landahl
- Julie Socha
- Kolleen Coyne
- Nicole Koopman
- Elizabeth Wood
- Elizabeth Conforti
- Kimberly Hart
- Steffen Behrens-Spraggins
- Lorie Wolfanger
- Nikita Boone-Kachur
- Jonae Stuckey
- Maia Carpenter
- Michele Spath
- Michelle Chapman
- Sheila Boyzuck
- Cailin Fuller
- Colleen Buckley
- Elizabeth Powers
- Emily Kaijala
- Lindsay Doyle
- Margaret Kipferl
- Sydney Lee
- Victoria Mack
- Caroline Piccarreto
- Hannah Hartman
- Kelsee Seefeldt
- Lisa McLaughlin
- Reilley Kane
- Stephanie D'Amico
- Sydney Buckman
- Lisa Houser
- Na Li
- Lenora Thomas

- Marisa Severino
- Nina White
- Rachael Severino
- Kristy Barber
- Melissa Plath
- Samantha Duboy
- Aleem Griffiths
- Bradley Martin
- Meg Moody
- Vini Romualdo
- Alfredo Cadenas
- Ashley Gudonis
- Mallory Scopano
- Julianna Gatto
- T Natasha O'Connell
- Michele Baug
- Jillian Parshall
- Susan Parrino
- Katie Lembo
- Leah Sampson
- Rose VanTyne
- Janna Hatfield
- Suzie Richmond
- Haley Resch
- Deanna Gohil
- Michelle Chapman
- Tracy Hardes
- Donabel Bona-Hueber
- Colin MacKenzie
- Megan Rupp
- Jennifer West
- Elizabeth Powers
- Cheryl Flickner
- Kelli Gates
- Melina Embury
- Victoria Bianchi
- Rebekah Remington
- Joshua Gardner
- Kathleen Iannone
- Pat Samuelson
- Jennifer Hengelsberg
- Mansi Jain
- Kevin Donovan
- Gordon Hurlburt
- Kelsey Hartigan
- Jennifer Hardy
- Patrick Frame
- Jacqueline Newman
- Debra Dumont
- Carrie Lefler
- Kerry LaDuque
- Angela Pullen

- Jessica Ellis
- Ashley Daggett
- Lila Amireh
- Lara Whitney
- Delisa Derbini
- Nan Robertson
- Jeanette Roberts
- Emma Dudley
- Sandra Lewis
- Heather Owen
- Kathryn Papas
- Daniel Greninger
- Patrick Doyle
- Ashley Knittel
- Joan Scherdin
- Addison Pitcher
- Henry Kim
- Jeremy Wyatt
- Trajen Cracium
- Iliana Lopez
- Ashley Schmitte