

Spring Training Fitness Challenge Winners



by Mr. Shawn Nickle, Agency Wellness/Fitness Coordinator, DCMA Headquarters

There were 541 participants in the Spring Training Fitness Challenge, which ran from Feb. 7 to April 29, 2005, and was sponsored by Virtual Fitness @ DCMA, a component of the Work/Life program. Participants earned award points by completing a variety of health and fitness activities and logging the activities in their Web-based Motivation® accounts¹. Two award categories were created to recognize top achievers.

Staff Ace Award

This award was presented to those participants who earned the most incentive points at their respective contract management offices (CMOs).



The prize included a Staff Ace Certificate of Excellence and an elite gold pin.

Fitness MVP Award

The Fitness MVP [most valuable player] award was presented to the three participants who earned the most incentive points overall. Each received a certificate of excellence and a copy of *Fitness & Health, 5th edition*, a comprehensive text that provides valuable information on exercise, nutrition and weight control.

Virtual Fitness @ DCMA would like to thank all participants for making the Spring Fitness Challenge such a success!

For more information about the Fitness Challenge and other Fitness programs, contact your organization's fitness point of contact (a listing of each CMO's Fitness contact is posted on the Virtual Fitness Web page: <http://home.dcma.mil/dcma-HR/fitness.htm>) or Agency Wellness/Fitness Coordinator Mr. Shawn Nickle at (703) 428-0455 or Shawn.Nickle.ctr@dcma.mil.

Staff Ace Award Winners

NAME	CMO	POINTS
Mr. Joe Hawkins	ATK Thiokol	1,794
Mr. Edward Bridges	Atlanta	1,674
Mr. Marlon Elbelau	Boeing Long Beach	1,927
Ms. Rachel Levinson	Boeing Philadelphia	3,863
Mr. Richard Newhall	Boston	1,731
Mr. Mitch Rohrbach	Central PA	2,234
Mr. Kevin Kresl	Chicago	2,602
Ms. Sharon Ealey	Dallas	2,596
Mr. William Shaneyfelt	Dayton	2,002
Ms. Debbie McAlexander	Denver	2,755
Mr. Leonard Richard	Detroit	2,826
Mr. Michael Morrissey	East Headquarters	1,875
Ms. Bonnie Pantanella	Hamilton-Sundstrand	1,880
Mr. Vinni Marchese	Hartford	3,786
Mr. Derek Hale	Headquarters	2,017
Mr. Johnny Pritchard	Huntsville	2,666
Mr. Jeff Tallmadge	Lockheed Martin Denver	1,956
Ms. Dorothy Allen	Lockheed Martin Marrietta	248
Ms. Erin Nielsen	Lockheed Martin Sunnyvale	1,694
Mr. James Mroccka	Lockheed Martin Systems Integration Owego, NY	1,650
Mr. Walter Olszewski	Long Island	1,029
Mr. Jim Morris	Lynchburg, VA	930
Ms. Marcy Weibe	Maryland	1,775
Ms. Anna Rodriguez	Orlando	2,525
Mr. Gary Wellman	Pacific	1,215
Mr. Richard Seiwert	Phoenix	8,407
Mr. Luke Garvin	Pratt & Whitney	1,802
Mr. Robert Watson	Raytheon MA	1,112
Mr. James Magnan	Raytheon Tucson	4,392
Ms. Paula Brose	Saint Louis	1,239
Mr. Gary Madson	Salt Lake City	2,073
Mr. Laurence Tyler	San Antonio	2,047
Ms. Alice Watson	San Diego	1,375
Ms. MaryAnn Brock	Santa Ana	1,423
Mr. Phil Visokey	Sealy	776
Mr. Charles Warren	SEAO	1,052
Mr. Daniel Baron	Seattle	2,867

Fitness MVP Award Winners

NAME	CMO	POINTS
Mr. Richard Seiwert	Phoenix	8,407
Mr. James Magnan	Raytheon Tucson	4,392
Ms. Lois Kennemer	Raytheon Tucson	3,965

¹ Motivation is a registered trademark of BSDI®.