

Capital Region Bike to Work Day Challenge 2015

Current Standings

(Last Updated May 15th, 5:00pm)

To register go to www.capitalmoves.org

Registered Riders 403

Total Projected Biking Miles --- 4,161

Projected Gallons of Gas Saved: 166

(based on 25 miles per gallon)

about 3,329 lbs of CO₂ not produced

Projected Calories Burned 178,923

(Based on: "Moderate cycling" about 43 calories per mile if you're 155 pounds,)*

*(** chocolate ice cream cone: about 317 calories)*

(there are about 3,500 calories in a pound of fat)

Rensselaer County:

Arc of Rensselaer: Sue M.

Capital Roots: Andy Gustafson (Team Captain), Elizabeth B., Nick W., Oliver H., Rebecca W.

HANYs: Douglas Southwick (Team Captain), Christopher G.

RPI: Chris Nolin (Team Captain), Barbara N., Chris B., Terry B., Cary D., Larry R., Kristen M., Michael C.

The Sage Colleges: Dianne Roosa (Team Captain)

School of Public Health: Lisa Skill (Team Captain)

Troy Department of Labor: Joshua Farina (Team Captain)

Schenectady County:

City of Schenectady: Steven Strichman (Team Captain), Mayor McCarthy, David M., Chad P., Peter K., Krystina S., Marylou P., Kenny T., Matt S., Alex L., David O., Chuck T., Molly M., Rachael W., Jeffrey B., Guy G., Ryan B., Megan H., Paul L., Jeremy H., Chris W., Michael F., Joe P., Thomas I., Bob H., Mark B., Raymond S., Ryan W., Michael G., Darren D., Yimei H., Brian K., Mark M.

DEC Schenectady, Region 4: Doug Haller (Team Captain), Patricia E., Karen L., Dan G., Gary M., Kevin O., Francis R., Marcia E., Ben P., Donald W., Ricky L., Jill V.

Ellis Medicine: Phillip P., Nathan G.

GE Energy: Michael O'Toole (Team Captain), Valerie H.

Land Art Studio NY: Mary Moore Wallinger (Team Captain)

Union College: Stephen Romero (Team Captain), Kim P., Andy H., Ginny C., Meghan H., Gail G., Michael V., Anita B., Shawn S., Jonathan M., Catherine C., Fadeelah Z., Susan M., Janet S., Rachel R., Nic Z., Laura M., Matt M., Valerie B., Kathleen L., Jeff C., Kathy M.,

John S., David S., John R., Charlie C., Andrew M., Michael K., Jill S., Edward T., Joanne L., Terri C., Steve R., Frank W., Lynnette S., Francis W., Hans M., Susan H., Andrew P.
Von Rollers: Dana Rackliffe (Team Captain), Eileen E., George C.

Albany County:

Albany County Employees: Christina Chiappetta (Team Captain), Laura D., James M., Eliza W.

Albany Medical Center: Kim Hans (Team Captain)

Albany Public Library: Marjorie Reinhart (Team Captain), Robert S., Mary Beth E., Alexandra B., Lisa N., Melissa W., Scott J.

AQE/Citizen Action/PPEF: Joe McLaughlin (Team Captain), Leah G., Stephen G., Jasmine G., Roberto L.

BERP: Robert Dansereau (Team Captain), Michael H., Jerry C., Steve G., Daniel S., Michael S., Trevor T., Elaine R.

BlueShield of Northeastern New York: Matt Zerr (Team Captain), Matthew R.

CDTC Riders: Anne Benware (Team Captain), Chris O., Jen C., Sandra M., Chris B.

City of Albany Employees: Dennis Gaffney (Team Captain), Mayor Sheehan, John L., Carol W., Mike B., Sean M., Bradley G., Eva P., Kate L., Leah G., Joe A., Neil O., Mary M., Molly T., Cathy F., Wilfred V., Chris S., Joseph T., Mike O., Elaine D., Jack F., Eric S., Pasqualino D., Adriana L., Courtney D., Amy W.

Cohoes City Hall: Melissa Cherubino (Team Captain), Ed T., Garry N., Mark P., Ralph P., Crystal B., Tom C., Sallam S., Tom J., Maribeth M., Amanda K.

Commercehub Riders: Richard P. (Team Captain), Marc M., Brian C., Liz F., Marc M., David C.

Cornell Cooperative Extension of Albany: Janna N. (Team Captain)

Excelsior College: Mark Wahl (Team Captain), Peter B., Michael L., Al F., Karen F., Lisa L., Toni D., Karl L., Sandy D., Brian D.

Interstellar: Bill Reynolds (Team Captain)

NYS DEC: Brian G.

NYS Division of Criminal Justice Services: Mike P., Rose H.

NYS Health Department: Dan French (Team Captain), Kathy H., Robert H., Dave S., Amy S., Marilyn B., William W., Amy J., Nathan G., Julia R., Martha G., Edward M., Sylvia B.

NYS ITS: Rob R.

NYS OPWDD: Gary Roosa (Team Captain)

New York State Parks: Bill Preston (Team Captain), Nathaniel K., Andy F., Christopher M., Sally D., Daniel M., Mark M.

Parks and Trails New York: James Meerdink (Team Captain)

Plug Power: Arthur Brown (Team Captain), John R., Thomas G.

SUNY Press: Donna Dixon (Team Captain)

UAlbany: Jason D'Cruz (Team Captain), Cynthia N., Barry T., Erin S.

Saratoga County:

Anchor QEA: Noelle L.

Ballston Spa CSD Teachers/Staff: Shannon Hansen and Renee Damico (Team Captains), Kathleen C., Benjamin E., Gary D., Sarah U., Jeri E., Bonnie L., Colin K., Valerie V., Jesse S. Cynthia W., Ann D., Andrea W., Brian B., John B., Sara A., Daniel V., Meghan L.

Blue Sky Bicycles: Robert P.

Cardinal Direction: Bill Sprengnether (Team Captain)

City of Saratoga Springs: Bradley Birge (Team Captain), Kate M., Barbara M., Lindsey G., Joette D., Anthony I., Tim W., Sarah K.

David Spingarn DO: David Spingarn (Team Captain)

Ellis Medical Center of Clifton Park: Kimberly N.

Foundations of Success Saratoga: Caroline Stem (Team Captain)

GlobalFoundries: Granger L.

Greenberg Childcare Center: A Sprengnether

inVentiv Health Managed Markets: Steve Toman (Team Captain), Brian W. Tim R., Susannah A.

ISTI: Sidney Hellman (Team Captain), Jeffrey L., Josh S., Adam C., Scott H., Dylan T., Alexander S.

Kitware Weasels: David DeMarle (Team Captain), David S., Lisa S., Bill H., Lai-Yee B., David M., Javier O., Jake S., Chris H., Sujin P., Shawn W., William S., Russell B., Naomi H., Michael G., Casey G., Johan A., Dženan Z., Jean-Christophe F.

KT Cycling Club: Anand A.

Lake Avenue Elementary: R. Sprengnether

Quad Graphics: Sarah Currier (Team Captain), John E., Eric J., Joe C., Pamela D., Laura N., Rick C., Jeff A., Clete L., Steve L.

Saratoga Hospital: Maureen Roberts (Team Captain), Harry R., Claudina O., Jill S., Susan S., Frieda M., Susan C., Teresa R.

Saratoga Springs Public Library: Tara Chhabra (Team Captain), Victoria G., Jennifer F., Brendon K., Laura C., Patricia R., Chris A., John M., Sarah D.

Samuels Family: Charlie Samuels (Team Captain)

Skidmore College: Levi Rogers (Team Captain), Auden T., Jacqueline S., Marianne N., Doug C., Holley H., Peter V., Yvette C., Katie C., Anne E., Robin A., Joerg B., Brian W., Silvena C., Clarissa J., Mark D., Chris B., Amy F., Lacey L., Sarah G., Ben N., Bob T., Mary D-R., Evan H., Beatrice K., Lori D., Patricia M., Christopher M., Brien M.

SportsSignup: Anne Schwartzman (Team Captain), Patrick M., Doug A.

SUNY Empire State College: Sadie Ross (Team Captain), Meg B., Steve S., Kate O., Roxana T., Mark C., Kay W., Himanee G., Michele R., Tina H., Veronica S., Edward P., Matt Q., Justin A., Bob W., Anjie E., Todd M., Rick R., John K., Bob P., Adam C., Jeffrey E., Bernard S., Perry V., Lorraine K., Kathy C.

Two Wheeled Teachers: Diane Denny (Maple Team Captain), Glyn C., Eileen G., Johanna G., Shane Z., Duane B., Maureen H., Jessica R., Franco W., Margaret A.

Vahanian - Saratoga: Rachel Harvey (Team Captain)

Waterford - Halfmoon School: Kenneth Williams (Team Captain), Lisa H., JS Z., Ashley A.,
James H.

Witt Construction: Philip Hudson (Team Captain), John W., Marci R.