



# Week # 10 RESULTS

## Who Can Lose the Largest percentage of weight?



### - Top 5 Women -



Kim Holden  
1.59%



Guadalupe Galvan  
2.49%



April Meadows  
1.25%



Ashlee Cole  
1.21%



Cheryl Wittmier  
1.20%



**Congratulations to our WEEK #10 leaders**

### - Top 5 Men -



Carlos Galvan  
2.42%



Danny Keppol  
1.83%



Timothy Moffett  
1.38%



Michael Cole  
1.26%

Contestant Name Weekly % Lost Total % Lost

#### WOMEN'S RESULTS

Guadalupe Galvan	2.49%	8.68%	Taylor Roberts	0.72%	13.11%
Kim Holden	1.59%	10.31%	Denyse Renner	0.68%	1.75%
April Meadows	1.25%	2.01%	Melissa Samel	0.67%	2.34%
Ashlee Cole	1.21%	6.65%	Kassy Keppol	0.65%	3.73%
Cheryl Wittmier	1.20%	12.11%	Melissa Keel	0.60%	4.34%
Lollie Galvan	1.12%	1.85%	Rhonda Brophy	0.60%	11.07%
Michelle Sodaro	1.08%	16.98%	Margaret Free	0.47%	7.52%
Amanda Franklin	1.05%	5.31%	Leslie Wade	0.41%	10.20%
Deb Vander Bogart	0.92%	4.39%	Katie Prosser	0.38%	7.45%
AnnaMaria Chavez	0.92%	6.30%	Aurea Hine	0.38%	13.32%
Audrey Pearn	0.87%	5.29%	Jo Beaudreaux	0.27%	-1.80%
Linda Crowell	0.82%	11.87%	Debbie Haring	0.23%	5.16%
Linda Kirsch	0.81%	4.77%	Tracy Hufford-Schmoe	0.20%	8.59%
Jamie Wilby	0.79%	5.45%	Odilia Garcia	0.12%	0.30%
Terry Dewey	0.73%	5.53%	Crystal Circle	0.06%	1.24%

#### MEN'S RESULTS

Carlos Galvan	2.42%	11.92%
Danny Keppol	1.83%	3.04%
Billy Emerson	1.66%	4.04%
Timothy Moffett	1.38%	12.40%
Michael Cole	1.26%	6.67%
Rodney Dewey	0.90%	4.86%
David Clark	0.75%	2.94%
Bill Prosser	0.50%	8.58%
Bobby Riggs	0.48%	7.78%
Rick Hardwick	0.47%	7.89%
Al Rojas	0.19%	9.62%
Mack Wade	0.13%	11.31%
Robert Ybarra	0.11%	2.48%
Randy Schmoe	-0.07%	6.00%
Kurt Vander Bogart	-0.08%	1.49%
Jim Hecker	-0.23%	8.97%
Wes Mahling	-0.69%	4.71%
Kristopher Keppol	-2.29%	-0.65%
Delbert R. Hanks	-2.94%	8.19%

More than 100 contestants are competing for **OVER \$1,500 IN PRIZES & GIFTS**



**14-WEEK CONTEST**  
January 24 - May 2, 2018

\*Weigh in each week at Coastal Fitness & Aquatics  
-2285 Hwy. 101, Florence, each Wednesday,  
7:30a.m.-9:00a.m. -or- 4:30p.m.-6:00p.m.

\*Weekly leaders in each category (male & female) will be pictured in the Saturday edition of the Siuslaw News.

\*Look Good - Feel Good!

Contestants understand that participation in the contest may involve inherent risks, dangers and hazards, which many occur without warning, or be due to lack of conditioning, carelessness, and other unforeseen, unidentified, or unexpected perils inherent in physical activities or weight loss programs. Contestants understand that oversight of the contest by the Siuslaw News or any other sponsors does not and cannot, guarantee their safety. Contestants understand that they should not participate in the contest if they have any health conditions affecting their ability to participate. Contestants have signed release forms to certify they are fully aware of, and expressly assume these and all other risks involved in participating in the contest, and to grant to the Siuslaw News and all contest sponsors and their respective assignees, the absolute right and permission to use their name, address, photograph and/or likeness in any and all advertising, trade, or promotion. Contestants have weighed in at the first contest weigh-in on January 24 and will weigh-in every Wednesday through May 2, 2018 at the Florence location at Coastal Fitness and Aquatics, 2285 Hwy. 101, Florence.

## Diet Tip #10

Research shows that it can take up to fourteen times of eating a food before you begin to enjoy and prefer it. The moral of the story is have patience and persistence, because the food you once plugged your nose to eat will soon be what you crave!

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