



Week # 11 RESULTS

Who Can Lose the Largest percentage of weight?



- Top 5 Women -



Deb Vander Bogart
2.37%



Ann Carpenter
3.27%

WEEKLY LEADER

This Week's Leaders

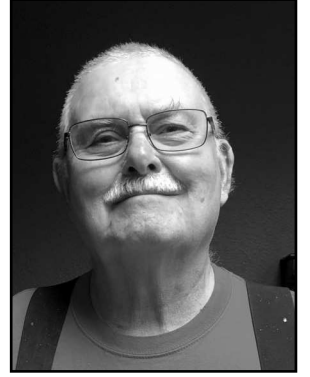
WEEKLY LEADER

Congratulations to our WEEK #11 leaders

- Top 5 Men -



Billy Emerson
4.74%



Mack Wade
3.47%



Michelle Sodaro
2.16%



Cheryl Wittmier
2.01%



Leslie Wade
1.61%



Timothy Moffett
2.68%



Jim Hecker
2.36%



Bobby Riggs
1.87%

Contestant Name Weekly % Lost Total % Lost

WOMEN'S RESULTS

Ann Carpenter	3.27%	0.58%	AnnaMaria Chavez	0.81%	7.12%
Deb Vander Bogart	2.37%	6.76%	Kim Holden	0.77%	11.08%
Michelle Sodaro	2.16%	19.14%	Debbie Haring	0.76%	5.93%
Cheryl Wittmier	2.01%	14.12%	Linda Crowell	0.71%	12.59%
Leslie Wade	1.61%	11.82%	Aurea Hine	0.65%	13.97%
Vida Hanks	1.49%	6.67%	Amanda Franklin	0.60%	5.91%
Terah Cleveland	1.44%	2.68%	Jamie Wilby	0.58%	6.03%
Odilia Garcia	1.28%	1.58%	Melissa Samel	0.52%	2.85%
Terry Dewey	1.26%	6.79%	Patricia Jamison	0.47%	
Crystal Circle	1.09%	2.33%	Ashlee Cole	0.00%	6.65%
Guadalupe Galvan	1.03%	9.71%	Tamara Cole	0.00%	9.44%
Donna Youngblood	1.01%	5.12%	Margaret Free	0.00%	7.52%
Linda Kirsch	0.95%	5.72%	Tracy Hufford-Schmoe	0.00%	8.59%
Scholastica Turner	0.94%	14.49%	Melissa Keel	0.00%	4.34%
Taylor Roberts	0.90%	14.01%	Gina Lovato	0.00%	4.60%

MEN'S RESULTS

Billy Emerson	4.74%	8.78%
Mack Wade	3.47%	14.78%
Timothy Moffett	2.68%	15.08%
Jim Hecker	2.36%	11.33%
Bobby Riggs	1.87%	9.64%
Delbert R. Hanks	1.62%	9.81%
Carlos Galvan	1.41%	13.33%
Al Rojas	0.80%	10.41%
Michael Cole	0.69%	7.36%
Kurt Vander Bogart	0.64%	2.14%
David Clark	0.43%	3.37%
Rick Hardwick	0.00%	7.89%
Kristopher Keppol	0.00%	-0.65%
Wes Mahling	0.00%	4.71%
Bill Prosser	0.00%	8.58%
Randy Schmoe	0.00%	6.00%
Rodney Dewey	-0.45%	4.41%
Robert Ybarra	-0.79%	1.69%
Danny Keppol	-0.88%	2.16%

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 #11

Eat meals every 4 to 6 hours with a snack in between. Eating on schedule is the single most important thing you can do to control your cravings and appetite. Research shows people who have a regular eating schedule eat 80 calories less per day than those who skip meals and eat at irregular times.

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Siuslaw News

148 Maple St., Florence
541-997-3441



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2285 Hwy. 101, Florence
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