



"Go the Distance" Workout Groups Final
GTD 2008

BC *Boston College* 61.12

Goal:

Meaghan Murphy 25-29 61.12

BYMS *Briggs Y Masters Swim Team* 150.19

Goal:

Carolyn Pratt 25-29 150.19

CHSM *Chicago Smelts Masters* 1920.79

Goal:

Peter Hepburn 35-39 366.70
Heidi Kafka 45-49 418.25
Dana Litoff 18-24 255.51
Max Lombardi 40-44 280.41
Conrad Paulson 50-54 87.88
Scot Phinney 50-54 310.34
David Sebastian 45-49 201.70

CRAW *Crawfish Masters* 762.63

Goal: 1,000,000 yards (approx. 568.19 miles)

Doug Kopp 55-59 762.63

DAMA *Durham Area Masters Aquatics* 1294.94

Goal: 1200 Miles!

Dawn Franklin 35-39 358.56
Sean George 35-39 61.28
Karen Moorman 55-59 238.28
Mark Roberson 40-44 169.57
Mark Savoldi 40-44 217.05
Kirstie Scheib 35-39 250.20

DM *Dutch Masters* 413.28

Goal:

Jennifer Parks 65-69 413.28

EPM *EP Masters Swim RI* 170.11

Goal:

Matthew Schulde 30-34 170.11

FWM *Federal Way Masters* 446.53

Goal:

Deirdre Fitzpatrick 35-39 214.54
Judy Williams 60-64 231.99

GHY *Gig Harbor YMCA* 95.93

Doug Pfeffer 35-39 95.93

GLAD 156.03

Michael Garceau	40-44	100.08
Rose Garceau	45-49	55.95

KMAN *Team Kman* 3447.00

Ellen Beraud	45-49	202.00
Lori Bickel	45-49	176.00
Michael Bickel	45-49	171.00
Deb Bond	50-54	547.00
Kelly Dakin	40-44	277.00
Tim Eckles	50-54	191.00
Jennifer Glenesk	50-54	253.00
Mark Glenesk	50-54	272.00
Nancy Prier	45-49	216.00
Keith Schmidt	45-49	350.00
Karen Waska	45-49	232.00
Jeff Weit	45-49	200.00
Mike Zappas	55-59	181.00
Peggy Zappas	55-59	179.00

MICC 270.23

Goal:

Evin Cramer	60-64	270.23
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MITM *MIT Masters* 683.90

Goal: 540 Miles (maintain or swim more than last year!)

Maureen Dwyer	45-49	240.88
Bob Sege	50-54	170.50
Woods Wannamaker	45-49	272.52

MM *Milan Masters* 1171.46

Goal:

Cherie Adkins	40-44	171.59
Aaron Frame	35-39	254.83
Kerry Frame	40-44	618.15
Clara Thiry	40-44	126.89

MMM *Minuteman Masters* 431.05

Goal:

Mike Broglio	35-39	431.05
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MWM *Milky Way Masters* 5161.16

Goal: 6819 Miles (1,000,000 every month!)

Tom Belin	45-49	494.30
Greg Bodeker	40-44	3.18
Barry Breffle	35-39	159.40
Orlin Buhr	55-59	52.33
Shaun Cassells	25-29	31.95
John Chihak	60-64	266.94
John Dankert	40-44	44.41
Jack Fritts	55-59	211.84
Leah Fuller	30-34	40.26

Nicholas Gearhart	55-59	102.33
Dennis Green	45-49	202.05
Steve Gronemeyer	60-64	591.35
Logan Hoxie	40-44	58.46
Judy Kacena	45-49	62.42
Sara Kilgore	30-34	187.61
Mark Liabo	55-59	122.04
Chris Loeffelholz	45-49	294.55
Jenny Lorenz	45-49	151.73
Frank Morosky	45-49	113.27
Silas Oney	40-44	9.09
Ron Ottaway	70-74	311.77
Nick Quanrud	30-34	131.88
Katie Raymon	18-24	64.25
Joey Richey	25-29	106.94
Jennifer Rinden	40-44	11.08
Mike Sheehy	60-64	94.24
Daniel Smith	40-44	36.92
Mark Snider	55-59	172.44
Dave Thatcher	30-34	154.82
Chris Tyler	35-39	146.26
Janet Ungs	50-54	383.38
Ann Vestle	50-54	0.94
Todd Walter	40-44	36.14
Becky Zange	40-44	310.59

NAM *New Albany Masters* 71.37

Goal:

Karen Koenig	40-44	71.37
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NWSTU *Northwestern U* 399.99

Goal:

Lynne Lasser	45-49	399.99
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ORCA 319.21

Goal:

Ross Linderman	30-34	319.21
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RAMS 600.23

Goal:

William Heinemann	50-54	194.68
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Barry Symonds	50-54	405.55
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REBELS *Redmond Early Bird Enthusiastic
Lovable Swimmer* 2696.94

Goal: 4,000,000 yards (2273 miles)!

Diane Cardwell	55-59	335.89
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Denise De Leone	18-24	46.24
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Susan Gorman	40-44	307.33
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Jeanette Groesz	55-59	253.15
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Teri Hendryx	55-59	357.96
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Cynthia Larkin	45-49	306.23
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Amy McElroy	35-39	202.11
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Mary Sweat	50-54	757.77
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George Weber	75-79	130.26
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RPMM Riverton Pool Maine Masters 198.10

Goal:

Amy Klodzinski 30-34 198.10

S*T*A*R* 777.79

Goal:

Nancy Cronin 55-59 162.43

Anne Kaminski 55-59 169.88

Ed March 60-64 445.48

SBAAS South Belt Area All Stars 2169.09

Goal: 2548.13 miles Pasadena, TX to SCY an LCM Nationals!

Lisa Hernandez 25-29 65.66

Landon Howard 18-24 145.48

Hilga Jones 40-44 24.17

Darla Kelly 50-54 114.40

Kristine Kelly 18-24 333.21

Robert Kelly 50-54 51.18

Christopher Derrick Mauk 30-34 710.09

Chuck Medema 25-29 583.52

Rick Price 30-34 36.94

Jessica Taylor 18-24 104.44

SCAST Sussex County Adult Swim Team 1657.47

Goal: Top 5 Year End Ranking

Rich Carlson 55-59 195.77

Heidi Chadwick 45-49 150.92

Charles Freund 45-49 202.60

William Haas 70-74 129.50

John Higgins 55-59 27.86

Bob Hopkins 65-69 170.04

Larry Lengle 75-79 228.99

Theresa Markham 40-44 13.21

Ron Medhurst 60-64 154.57

Doug Miller 35-39 205.61

Rick Schluter 50-54 126.50

Robert Scott 40-44 51.90

SDM Sun Devil Masters 196.27

Trish Manes 35-39 196.27

SDRD SDRD Bountiful Masters 581.28

Goal:

Kris Edwards 30-34 197.08

Jill Johnson 40-44 169.38

Kevin Mortensen 45-49 214.82

SHARKS SHARKS 343.09

Teri Powers 40-44 109.68

Neil Salkind 60-64 233.41

SLM Swim Louisville Masters 1892.19

Goal: Swim 1000 miles

Mark Gill 40-44 114.47
Robert Holmes 45-49 456.24
Jim Keller 55-59 319.45
Joan Lloyd 45-49 120.40
David Redinger 35-39 421.00
C.J. Rushman 35-39 277.12
Jon Shastid 60-64 135.43
Adam Whiteside 30-34 48.08

TLM The Lavendar Menace 1070.05

Goal: Swim as many open water miles as they can!

Merrill Hilf 45-49 271.68
Carolyn Placke 40-44 251.58
Kathleen Romano 60-64 546.79

TMM The Mighty Mermaids 3198.76

Goal: Swim the Mississippi by July

Lisa Bennett 50-54 391.15
Christie Ciraulo 55-59 618.05
Jenny Cook 50-54 516.86
Karen Einsidler 50-54 522.05
Tracy Grilli 50-54 336.18
Nancy Steadman-Martin 50-54 814.47

TRYM Twin Rivers YMCA Masters 1511.74

Goal:

Bob Brown 65-69 186.33
Mark Doyle 45-49 389.07
John Jackson 65-69 159.42
Camille Klotz 60-64 91.39
Greta van Meeteren 60-64 375.90
Hans van Meeteren 60-64 309.63

WMSTL2 WMST Lane 2 630.83

Goal: Each swimmer to swim 222 miles this year!

Margaret Allen 45-49 275.35
Len Gerlowski 50-54 200.66
Janet Taylor 55-59 154.82

YNOT YNOT Swim Livonia 2097.10

Goal:

Michael Bell 40-44 317.61
Brian Davis 45-49 305.14
Steve Erickson 50-54 323.24
Joseph Gohl 60-64 353.13
Bruce Morey 50-54 514.08
Michael Muma 55-59 283.90