



"Go the Distance" Workout Groups
October, 2008

BC	<i>Boston College</i>	61.12
<i>Goal:</i>		
Meaghan Murphy	25-29	61.12
BYMS	<i>Briggs Y Masters Swim Team</i>	129.85
<i>Goal:</i>		
Carolyn Pratt	25-29	129.85
CHSM	<i>Chicago Smelts Masters</i>	1624.18
<i>Goal:</i>		
Peter Hepburn	35-39	301.12
Heidi Kafka	45-49	354.25
Dana Litoff	18-24	219.51
Max Lombardi	40-44	231.26
Conrad Paulson	50-54	67.00
Scot Phinney	50-54	258.89
David Sebastian	45-49	192.15
CRAW	<i>Crawfish Masters</i>	635.66
<i>Goal: 1,000,000 yards (approx. 568.19 miles)</i>		
Doug Kopp	55-59	635.66
DAMA	<i>Durham Area Masters Aquatics</i>	1056.30
<i>Goal: 1200 Miles!</i>		
Dawn Franklin	35-39	311.23
Karen Moorman	55-59	200.56
Mark Roberson	40-44	140.59
Mark Savoldi	40-44	182.96
Kirstie Scheib	35-39	220.96
DM	<i>Dutch Masters</i>	332.25
<i>Goal:</i>		
Jennifer Parks	65-69	332.25
EPM	<i>EP Masters Swim RI</i>	155.16
<i>Goal:</i>		
Matthew Schulde	30-34	155.16
FWM	<i>Federal Way Masters</i>	381.89
<i>Goal:</i>		
Deirdre Fitzpatrick	35-39	188.97
Judy Williams	60-64	192.92
GHY	<i>Gig Harbor YMCA</i>	95.93
<i>Goal:</i>		
Doug Pfeffer	35-39	95.93

GLAD 103.64

Michael Garceau	40-44	54.51
Rose Garceau	45-49	49.13

MICC 237.00

Goal:

Evin Cramer	60-64	237.00
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MITM *MIT Masters* 595.45

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

Maureen Dwyer	45-49	210.28
Bob Sege	50-54	143.10
Woods Wannamaker	45-49	242.07

MM *Milan Masters* 972.04

Goal:

Cherie Adkins	40-44	134.59
Aaron Frame	35-39	219.29
Kerry Frame	40-44	519.37
Clara Thiry	40-44	98.79

MMM *Minuteman Masters* 373.43

Goal:

Mike Broglio	35-39	373.43
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MWM *Milky Way Masters* 4291.45

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

Tom Belin	45-49	410.92
Greg Bodeker	40-44	3.18
Barry Breffle	35-39	114.70
Orlin Buhr	55-59	47.87
Shaun Cassells	25-29	31.95
John Chihak	60-64	266.94
John Dankert	40-44	38.05
Jack Fritts	55-59	181.96
Leah Fuller	30-34	32.53
Nicholas Gearhart	55-59	44.49
Dennis Green	45-49	163.81
Steve Gronemeyer	60-64	465.27
Logan Hoxie	40-44	58.46
Judy Kacena	45-49	62.42
Sara Kilgore	30-34	172.04
Mark Liabo	55-59	96.07
Chris Loeffelholz	45-49	244.13
Jenny Lorenz	45-49	120.62
Frank Morosky	45-49	90.03
Silas Oney	40-44	9.09
Ron Ottaway	70-74	271.45
Nick Quanrud	30-34	121.28
Katie Raymon	18-24	36.26
Joey Richey	25-29	89.33
Jennifer Rinden	40-44	11.08
Mike Sheehy	60-64	76.57

Daniel Smith	40-44	35.84
Mark Snider	55-59	123.18
Dave Thatcher	30-34	126.78
Chris Tyler	35-39	110.77
Janet Ungs	50-54	325.14
Ann Vestle	50-54	0.94
Todd Walter	40-44	36.14
Becky Zange	40-44	272.16

NAM *New Albany Masters* 58.10

Goal:

Karen Koenig	40-44	58.10
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NWSTU *Northwestern U* 339.63

Goal:

Lynne Lasser	45-49	339.63
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ORCA 288.08

Goal:

Ross Linderman	30-34	288.08
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RAMS 552.84

Goal:

William Heinemann	50-54	194.68
Barry Symonds	50-54	358.16

REBELS *Redmond Early Bird Enthusiastic
Lovable Swimmer* 2289.21

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

Diane Cardwell	55-59	280.17
Denise De Leone	18-24	44.43
Susan Gorman	40-44	259.94
Jeanette Groesz	55-59	206.32
Teri Hendryx	55-59	335.66
Cynthia Larkin	45-49	252.23
Amy McElroy	35-39	172.48
Mary Sweat	50-54	629.78
George Weber	75-79	108.20

RPMM *Riverton Pool Maine Masters* 162.09

Goal:

Amy Klodzinski	30-34	162.09
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SBAAS *South Belt Area All Stars* 1960.28

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

Lisa Hernandez	25-29	65.09
Landon Howard	18-24	142.35
Hilga Jones	40-44	23.60
Darla Kelly	50-54	103.89
Kristine Kelly	18-24	333.21
Robert Kelly	50-54	46.92
Christopher Derrick Mauk	30-34	602.14
Chuck Medema	25-29	501.70
Rick Price	30-34	36.94

Jessica Taylor 18-24 104.44

SCAST *Sussex County Adult Swim Team* 1400.32

Goal: Top 5 Year End Ranking

Rich Carlson 55-59 159.69
Heidi Chadwick 45-49 128.47
Charles Freund 45-49 157.92
William Haas 70-74 109.50
John Higgins 55-59 27.86
Bob Hopkins 65-69 151.14
Larry Lengle 75-79 200.41
Theresa Markham 40-44 13.21
Ron Medhurst 60-64 134.97
Doug Miller 35-39 159.75
Rick Schluter 50-54 105.50
Robert Scott 40-44 51.90

SDM *Sun Devil Masters* 141.30

Trish Manes 35-39 141.30

SDRD *SDRD Bountiful Masters* 469.77

Goal:

Kris Edwards 30-34 155.97
Jill Johnson 40-44 136.88
Kevin Mortensen 45-49 176.92

SHARKS *SHARKS* 282.95

Teri Powers 40-44 106.10
Neil Salkind 60-64 176.85

SLM *Swim Louisville Masters* 1558.99

Goal: Swim 1000 miles

Mark Gill 40-44 105.58
Robert Holmes 45-49 374.46
Jim Keller 55-59 258.88
Joan Lloyd 45-49 120.40
David Redinger 35-39 301.00
C.J. Rushman 35-39 215.16
Jon Shastid 60-64 135.43
Adam Whiteside 30-34 48.08

S*T*A*R* 627.24

Goal:

Nancy Cronin 55-59 128.47
Anne Kaminski 55-59 125.97
Ed March 60-64 372.80

TLM *The Lavendar Menace* 899.02

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

Merrill Hilf 45-49 224.62
Carolyn Placke 40-44 209.92
Kathleen Romano 60-64 464.48

TMM *The Mighty Mermaids* 2727.78

Goal: Swim the Mississippi by July

Lisa Bennett	50-54	331.25
Christie Ciraulo	55-59	499.68
Jenny Cook	50-54	464.86
Karen Einsidler	50-54	449.99
Tracy Grilli	50-54	294.75
Nancy Steadman-Martin	50-54	687.25

TRYM *Twin Rivers YMCA Masters* 1233.37

Goal:

Bob Brown	65-69	152.80
Mark Doyle	45-49	317.28
John Jackson	65-69	129.90
Camille Klotz	60-64	72.64
Greta van Meeteren	60-64	311.57
Hans van Meeteren	60-64	249.18

WMSTL2 *WMST Lane 2* 515.91

Goal: Each swimmer to swim 222 miles this year!

Margaret Allen	45-49	223.53
Len Gerlowski	50-54	164.96
Janet Taylor	55-59	127.42

YNOT *YNOT Swim Livonia* 1486.63

Goal:

Michael Bell	40-44	257.55
Steve Erickson	50-54	274.40
Joseph Gohl	60-64	296.64
Bruce Morey	50-54	435.28
Michael Muma	55-59	222.76