

Results for “Go the Distance” (GTD) August, 2009

Greetings to our newest participants – we hope you have lots of fun “Going the Distance” this year!

I’m tickled to announce that 34 of our participants achieved the GTD milestone of “50 miles” in August. Congratulations – you really did it! Please enjoy the good feelings that come with this accomplishment!

We now have 35 more participants who have swum over “100 miles”, 64 more to cruise past “150 miles”, 52 additional zooming past “200 miles” and 49 crossing the “250 miles” threshold.

The “300 miles” distance milestone was surpassed by 27 of you with another 19 who can now claim to be in the “average mile a day (MAD)” club and 12 more have now sum over 400 miles.

We also have 11 more swimmers who have swum more than “500 miles”, 3 more passing the “750 miles” mark and our GTD 2009 leader has now posted over “1000 miles” this year with a whopping 1081 miles – way to go Ray Cottom (men 60-64)!

Now that’s a lot of swimming everyone! In fact, our 2009 GTD participants have now swum a grand total of 162,717.82 miles with a group average of 154.97 miles. Yep – you read that right – as a group we have now crossed the “150 miles” GTD distance milestone together!

The August results are posted at <http://www.usms.org/fitness/content/gothedistance09> for your review. There is also a complete list of participants that have achieved a GTD Distance Milestone this month as well as a complete list of all distance milestone achievements for 2009.

Thanks to our GTD pal Greta van Meeteren, this month we meet a security/IT manager, an elementary school librarian and a defense instructor in our “Meet the GTD Swimmer” feature. How’s that for a variety! I would like to introduce you to Sean George, Kathy (Kat) Boyer and Carrie Kostopulos-Doebler. Can you match each swimmer with their profession?

I have great news to report about Elaine Kornbau Howley’s pursuit of the “Triple Crown” of open water swimming – she did it!!! She completed the Catalina Channel swim, the Around Manhattan Island swim and most recently the English Channel swim becoming only the 33rd person to ever do this – congratulations Elaine! What a great way to “Go the Distance”!

I hope you all have fun and swim lots of miles in September!

Your GTD Pal,
Mary Sweat