

"Go the Distance" Workout Groups December, GTD 2009

**AAA** Anne Arundel Amphibians 1016.26

Goal: 780 Miles!

Carolynn Foley	65-69	368.11
Nancy Futch	60-64	275.46
John Wetzel	55-59	372.69

**CHSM** Chicago Smelts Masters 38.26

Peter Hepburn	35-39	23.35
Conrad Paulson	50-54	14.91

**CRAW** Crawfish Masters 944.14

Richard Everett	45-49	109.68
Douglas Kopp	60-64	834.46

**DAMA** Durham Area Masters Aquatics 2862.23

Goal: 3000 miles

Matthew Davis	35-39	75.46
Dawn Franklin	40-44	295.28
Sean George	35-39	138.51
Mary Anna Hovey	65-69	231.05
Amie Krasnozon	25-29	185.83
Christopher Miller	25-29	31.25
Karen Moorman	55-59	207.97
Kim Sarah Rice	25-29	857.38
Mark Roberson	45-49	118.24
Mark Savoldi	40-44	175.20
Kirstie Scheib	40-44	63.59
Andrea Stephens	35-39	22.00
Karyn Traphagen	50-54	119.23
Heidi Williams	40-44	341.23

**KMAN** Team KMAN 3816.46

Michael Aiello	60-64	327.85
Ellen Beraud	45-49	254.35
Lori Bickel	45-49	120.50
Mike Bickel	45-49	196.33
Debbie Bond	50-54	529.10
Mary Kelly Dakin	40-44	257.40
Jennifer Glenesk	50-54	250.03
Mark Glenesk	50-54	282.30
Nancy Prier	45-49	218.30
Ellen Rockholm	60-64	347.10
Keith Schmidt	45-49	341.80
Janeil Tillmann	45-49	265.60
Karen Waska	50-54	247.90
Peggy Zappas	55-59	177.90

**MIR** *Mercer Island Redwoods* 7266.91*Goal: 11584 KM*

Sharon Arroyo	40-44	91.86
Carol Brown	55-59	230.41
Adair Dingle	50-54	653.86
Bill Fenner	50-54	338.30
Thomas Grandine	50-54	760.43
Jennifer Gutierrez	30-34	7.53
Anne Healey	50-54	176.94
Howard Jess	55-59	700.53
Michael Jones	45-49	307.54
Brad Kickert	35-39	33.01
Don MacLane	45-49	261.00
Stephanie Miller	25-29	345.47
Laura Petrini	50-54	566.37
Kay Rawlings	40-44	323.65
Tom Robertson	65-69	319.32
Elizabeth Rosane	55-59	268.61
Michael Schaeffer	50-54	426.61
Paul Skoglund	40-44	156.12
Jim Smersh	45-49	187.62
Rebecca Steiner	45-49	149.37
Kelly Sterling	50-54	308.68
Steve Underbrink	40-44	323.13
John Vranesh	55-59	330.55

**MMDS** *Mad MAC Distance Swimmers* 328.99

Toni Brown	50-54	105.61
Karyn Gorman	60-64	18.35
Maura Schwartz	50-54	89.24
Thomas Shuman	55-59	78.58
Leslie Weigand	55-59	37.20

**MWM** *Milky Way Masters* 5664.99

Bill Bradley	55-59	43.98
Barry Breffle	35-39	215.45
Beau Brink	25-29	51.68
Jeff Brown	50-54	116.81
Orlin Buhr	60-64	41.13
Julie Cain	35-39	6.17
Shaun Cassells	30-34	42.15
John Dankert	40-44	4.89
Alan Davis	45-49	56.23
Jack Fritts	55-59	270.81
Leah Fuller	30-34	28.67
Nick Gearhart	55-59	93.24
David Gehring	40-44	200.61
Jerry Gillon	55-59	22.98
Dennis Green	45-49	196.07
Tom Green	50-54	694.70
Steven Gronemeyer	60-64	399.32
Tom Henson	50-54	26.34
Brad Hernandez	40-44	194.54
John Hill	45-49	67.21

Julie Kann	40-44	126.55
Mark Keele	45-49	54.12
Jerald Kilgore	35-39	11.25
Sara Kilgore	30-34	110.27
Mark Liabo	55-59	96.90
Chris Loeffelholz	45-49	240.52
Jennifer Lorenz	45-49	157.11
Mollie Lorenz	40-44	53.39
Camille Meyer	30-34	24.46
Carrie Meyer	30-34	6.99
Frank Morosky	50-54	84.60
Silas Oney	45-49	22.27
Ron Ottaway	70-74	143.78
Laura Platner	25-29	3.35
Nick Quanrud	30-34	69.15
Jody Rausch	40-44	77.73
Katie Raymon	25-29	57.02
Rachel Raymon	18-24	56.82
Joseph Richey	25-29	116.68
Nick Scott	55-59	79.02
Michael Sheehy	60-64	100.80
Mark Snider	55-59	104.28
Terry Stockert	40-44	81.62
Beatrice Szalas	40-44	39.60
David Thatcher	35-39	75.50
Christopher Tyler	35-39	176.11
Janet Ungs	50-54	330.96
Todd Walter	40-44	139.04
Matthew Wildman	30-34	69.78
Rebecca Zange	40-44	182.37

<b>REBELS</b>	<i>Redmond Early Bird Enthusiastic Lovable Swimmer</i>	<b>3110.62</b>
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Goal: 4500 Miles

Susan Bale	40-44	173.51
Diane Cardwell	55-59	326.88
Walter Carter	50-54	431.75
Susan Gorman	40-44	323.54
Jeanette Groesz	60-64	256.56
Jeremy Groesz	30-34	13.24
Tara Gross	35-39	103.99
Teri Hendryx	55-59	167.97
Cynthia Larkin	50-54	192.00
Amy McElroy	35-39	227.97
Staci Sprauer	35-39	45.73
Mary Sweat	50-54	707.37
George Weber	75-79	140.11

<b>SBAAS</b>	<i>South Belt Area All Stars</i>	<b>1393.22</b>
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Landon Howard	18-24	48.58
Darla Kelly	50-54	188.78
Kristine Kelly	18-24	281.59
Robert Kelly	55-59	132.95
Christopher Mauk	30-34	339.20
Jenna Taylor	18-24	202.84
Brian Vestal	18-24	50.71
Skylar Walker	18-24	148.58

**SCAST**      *Sussex County Adult Swim Team*      4030.66

Richard Carlson	55-59	217.65
June Carson	60-64	236.37
Heidi Chadwick	45-49	16.90
James Curd	40-44	55.99
Joseph Flanagan	45-49	203.01
Chip Freund	45-49	124.12
William Haas	70-74	112.07
Bridgette Hobart	45-49	372.83
Bob Hopkins	65-69	169.02
Ursula Kohama	50-54	124.59
Larry Lengle	75-79	178.43
Kevin Lynott	55-59	28.52
Erika Maresca	35-39	260.05
Carol Martyniuk	55-59	232.58
Bob McDonnell	40-44	53.93
Ronald Medhurst	65-69	140.00
Douglas Miller	35-39	254.81
Edward O'Hara	60-64	105.02
Cynthia Orinski	50-54	67.76
Joanne Ploch	40-44	60.17
Paula Pyrcz	60-64	100.11
Ron Sabo	60-64	113.45
Richard Schluter	50-54	135.86
Robert Scott	40-44	145.47
Julie Sheaffer	45-49	142.84
Kristen Sonntag	40-44	56.53
Ed Tirpack	50-54	169.57
Ilse Wolfe	45-49	153.02

**TJIG**      *The Juniper Investment Group*      3097.40

Michael Carew	60-64	1057.22
Dallas Figley	55-59	363.09
Larry Gillham	60-64	219.91
Jennifer Hodges	35-39	211.02
Lee Husk	55-59	84.03
Richard Jenkins	60-64	173.23
Debbie Pappa	45-49	222.93
Connie Peterson	50-54	98.44
James Proffitt	40-44	554.37
Peggy Whiter	65-69	113.16

**TMM**      *The Mighty Mermaids*      3241.49

Lisa Bennett	50-54	381.56
Christie Ciraulo	55-59	677.11
Jenny Cook	50-54	517.06
Karen Einsidler	50-54	579.06
Tracy Grilli	50-54	333.28
Nancy Steadman-Martin	55-59	753.42

**TRYM**      *Twin Rivers YMCA Masters*      3811.77

Goal: 3000 miles

Craig Anderson	60-64	705.56
Bob Brown	65-69	198.86
Julia Craze	40-44	31.70
G. Mark Doyle	50-54	387.28
Christopher Garville	55-59	151.26
Katie Gates	30-34	82.51
Steven Hopkinson	40-44	95.51
James Howard	40-44	56.70
Bob Husson	60-64	263.08
John Jackson	65-69	114.71
Camille Klotz	60-64	167.19
Frank McGrath	70-74	67.56
Kristie Miles	35-39	10.96
Andrea Packard	35-39	259.04
Karen Raschke	25-29	159.25
Jutta Schoefer	40-44	51.58
Greta van Meeteren	60-64	519.67
Hans van Meeteren	65-69	471.38
Juanita Willard	85-89	17.98

<b>WMSTSS</b>	<i>WMST Sunrise Swimmers</i>	<b>564.59</b>
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Margaret Allen	50-54	293.01
Leonard Gerlowski	50-54	214.40
Janet Taylor	55-59	57.18

<b>YNOT</b>	<i>YNOT Swim Livonia</i>	<b>2147.97</b>
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Michael Bell	40-44	308.96
Brian Davis	45-49	330.33
Steven Erickson	50-54	250.40
Joe Gohl	60-64	164.57
Robert Isbister	65-69	238.86
Bruce Morey	50-54	481.99
Michael Muma	55-59	372.87