

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

The U.S. Masters Swimming (USMS) Fitness Committee proudly presents to you - GTD 2009! This event is already boasting 780+ participants and we have high hopes that it will continue to grow as the word spreads to your swimming pals! I would like to extend a hearty welcome to all of you and wish you lots of fun “going the distance” in 2009!

In January, as a group we swam a total of 19,125 miles with an average of 24.52 miles. The maximum distance swum in January was by Darcy LaFountain who swam 179.58 miles (yes you read that right... all in the first month!).

Our participants range in age from 19 to 92! Once again, the 45-49 age group has the most participants (69 men, 82 women) and the Colonies zone had nearly twice as many swimmers as any other zone.

The Colonies Zone swam further than the other zones as well. And it looks like there might be some friendly competition between the 45-49 and 50-54 age groups as to who can swim the farthest this year! Please review the complete results for more details.

Congratulations to all of you who achieved one or more GTD Distance Milestones in January! There were 56 folks that swam more than “50 miles”, 5 cruised past the “100 miles” threshold and our leader has already passed the “150 miles” goal!

The new GTD 2009 Distance Milestones Awards Form has been posted at <http://www.usms.org/fitness/content/gothedistance> Please note a change for this year – orders should be directed to your GTD pal Linda Shoenberger (details on order form).

We would also like to introduce a new feature to GTD – a “Virtual Distance GTD Milestone” – which is a more scenic way to “go the distance”. For GTD 2009, the virtual swim “Swim the Florida Keys” was chosen as our new milestone (200 miles). Participants can virtually swim this route solo or on relays of up to 4 people.

The January, 2009 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 in January as well as a complete list of all distance milestone achievements for 2009.

Our “Meet the GTD Swimmer” feature, compiled and written by your GTD pal Greta van Meeteren, continues this year. This month she will introduce you to Dennis Green, Cindy Clutter, Joel Schmaltz, Bill Shea and Woods Wannamaker.

Let’s go swimming!

*Your GTD pal,
Mary Sweat
U.S. Masters Swimming Fitness Committee*