

## Results for “Go the Distance” July, 2009

“Go the Distance” (fondly known as GTD) continues to grow and thrive with now over 1000 participants! A hearty welcome to our new participants!

In July we had 28 swimmers who achieved the first distance milestone of “50 miles”! Congratulations to all of you on your achievement. I hope you will enjoy the good feeling that comes with an accomplishment like this for a very long time!

We also had 58 participants swim past the “100 miles” distance milestone, 58 more have now swum over “150 miles” and 69 GTDer’s cruised past the “200 miles” threshold! There were also 39 more who have now stroked over “250 miles”, 35 more to smash the “300 miles” distance and 11 folks have now achieved the “365.25 Miles (Average Mile a Day)” milestone – way to go everyone!

Whew – everyone is swimming a whole lot of miles these days ... and there’s more! Congratulations are also in order to the 19 of you that have now swum over “400 miles”, the 6 more that have achieved the “500 miles” distance milestone and the 2 more participants have now gone past “750 miles”!

As a group we have now swum an absolutely incredible 142,361.64 miles so far this year!!! Our average is 138.48 miles and the most anyone in GTD has swum so far in 2009 is 980.05 miles!

The July results are posted at <http://www.usms.org/fitness/content/gothedistance09> for your review. There is also a 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.

Finally, three of our participants have been kind enough to share their “real life stories” with our GTD pal Greta van Meeteren who writes our “Meet the GTD Swimmer” feature.. I hope you take the time to meet Elaine Howley, Matt Bronson and Sonja McLaughlin.

For those of you at the LCM Nationals, I wish you all speedy swims and hope your GTD base will serve you well! Also, tis the season for some Open Water swimming – have fun, look where you’re going and have some great swims in some stunning swimming venues.

It’s August - let’s go swimming!

Your GTD Pal,  
Mary Sweat