



"Go the Distance" Workout Groups June
GTD 2009

AAA Anne Arundel Amphibians 536.67

Goal: 780 Miles!

Carolynn Foley	65-69	192.99
Nancy Futch	60-64	143.65
John Wetzel	55-59	200.03

CHSM Chicago Smelts Masters 38.26

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

CRAW Crawfish Masters 497.89

Richard Everett	45-49	59.88
Douglas Kopp	60-64	438.01

DAMA Durham Area Masters Aquatics 1640.50

Goal: 3000 miles

Matthew Davis	35-39	75.46
Dawn Franklin	40-44	181.98
Sean George	35-39	69.12
Mary Anna Hovey	65-69	125.90
Amie Krasnozon	25-29	156.52
Christopher Miller	25-29	31.25
Karen Moorman	55-59	157.76
Kim Sarah Rice	25-29	430.05
Mark Roberson	45-49	12.81
Mark Savoldi	40-44	99.29
Kirstie Scheib	40-44	43.96
Andrea Stephens	35-39	22.00
Karyn Traphagen	50-54	68.58
Heidi Williams	40-44	165.82

KMAN Team KMAN 1598.54

Michael Aiello	60-64	131.75
Ellen Beraud	45-49	109.45
Lori Bickel	45-49	45.20
Mike Bickel	45-49	91.55
Debbie Bond	50-54	203.60
Mary Kelly Dakin	40-44	87.30
Jennifer Glenesk	50-54	123.50
Mark Glenesk	50-54	133.80
Nancy Prier	45-49	39.20
Ellen Rockholm	60-64	147.70
Keith Schmidt	45-49	163.60
Janeil Tillmann	45-49	137.20
Karen Waska	50-54	109.70
Peggy Zappas	55-59	75.00

MIR *Mercer Island Redwoods* 3852.38*Goal: 11584 KM*

Sharon Arroyo	40-44	58.59
Carol Brown	55-59	144.50
Adair Dingle	50-54	345.52
Bill Fenner	50-54	160.87
Thomas Grandine	50-54	389.75
Jennifer Gutierrez	30-34	7.53
Anne Healey	50-54	97.93
Howard Jess	55-59	384.84
Michael Jones	45-49	156.39
Don MacLane	45-49	190.60
Stephanie Miller	25-29	160.55
Laura Petrini	50-54	309.00
Kay Rawlings	40-44	172.72
Tom Robertson	65-69	166.31
Elizabeth Rosane	55-59	124.27
Michael Schaeffer	50-54	221.86
Paul Skoglund	40-44	156.12
Jim Smersh	45-49	90.50
Rebecca Steiner	45-49	73.63
Kelly Sterling	50-54	107.58
Steve Underbrink	40-44	156.09
John Vranesh	55-59	177.22

MMDS *Mad MAC Distance Swimmers* 252.08

Toni Brown	50-54	65.06
Karyn Gorman	60-64	18.35
Maura Schwartz	50-54	52.88
Thomas Shuman	55-59	78.58
Leslie Weigand	55-59	37.20

MWM *Milky Way Masters* 3535.98

Bill Bradley	55-59	43.98
Barry Breffle	35-39	105.46
Beau Brink	25-29	31.59
Jeff Brown	50-54	59.42
Orlin Buhr	60-64	19.40
Julie Cain	35-39	2.87
Shaun Cassells	30-34	21.79
John Dankert	40-44	4.89
Alan Davis	45-49	46.41
Jack Fritts	55-59	149.81
Leah Fuller	30-34	28.50
Nick Gearhart	55-59	93.24
David Gehring	40-44	98.45
Jerry Gillon	55-59	22.98
Dennis Green	45-49	126.27
Tom Green	50-54	346.89
Steven Gronemeyer	60-64	220.94
Tom Henson	50-54	26.34
Brad Hernandez	40-44	101.83
John Hill	45-49	30.85
Julie Kann	40-44	106.83

Mark Keele	45-49	54.12
Jerald Kilgore	35-39	11.25
Sara Kilgore	30-34	82.20
Mark Liabo	55-59	56.25
Chris Loeffelholz	45-49	117.27
Jennifer Lorenz	45-49	81.93
Mollie Lorenz	40-44	29.58
Camille Meyer	30-34	24.46
Carrie Meyer	30-34	6.99
Frank Morosky	50-54	54.77
Silas Oney	45-49	21.42
Ron Ottaway	70-74	143.78
Laura Platner	25-29	3.35
Nick Quanrud	30-34	46.76
Jody Rausch	40-44	48.82
Katie Raymon	25-29	41.59
Rachel Raymon	18-24	32.61
Joseph Richey	25-29	76.15
Nick Scott	55-59	79.02
Michael Sheehy	60-64	38.06
Mark Snider	55-59	83.56
Terry Stockert	40-44	81.62
Beatrice Szalas	40-44	39.60
David Thatcher	35-39	75.50
Christopher Tyler	35-39	104.70
Janet Ungs	50-54	164.38
Todd Walter	40-44	139.04
Matthew Wildman	30-34	24.47
Rebecca Zange	40-44	84.00

REBELS	<i>Redmond Early Bird Enthusiastic Lovable Swimmer</i>	1784.04
---------------	--	----------------

Goal: 4500 Miles

Susan Bale	40-44	120.43
Diane Cardwell	55-59	169.11
Walter Carter	50-54	214.45
Susan Gorman	40-44	165.24
Jeanette Groesz	60-64	137.39
Jeremy Groesz	30-34	13.24
Tara Gross	35-39	103.99
Teri Hendryx	55-59	167.97
Cynthia Larkin	50-54	141.00
Amy McElroy	35-39	93.14
Staci Sprauer	35-39	45.73
Mary Sweat	50-54	351.32
George Weber	75-79	61.03

SBAAS	<i>South Belt Area All Stars</i>	1177.33
--------------	----------------------------------	----------------

Landon Howard	18-24	40.34
Darla Kelly	50-54	143.18
Kristine Kelly	18-24	214.69
Robert Kelly	55-59	110.80
Christopher Mauk	30-34	298.86
Jenna Taylor	18-24	181.82
Brian Vestal	18-24	42.76
Skylar Walker	18-24	144.89

SCAST *Sussex County Adult Swim Team* 1864.56

Richard Carlson	55-59	107.16
June Carson	60-64	109.31
Heidi Chadwick	45-49	16.90
James Curd	40-44	22.87
Joseph Flanagan	45-49	91.38
Chip Freund	45-49	71.97
William Haas	70-74	53.00
Bridgette Hobart	45-49	148.06
Bob Hopkins	65-69	88.50
Ursula Kohama	50-54	53.34
Larry Lengle	75-79	107.61
Kevin Lynott	55-59	24.40
Erika Maresca	35-39	128.79
Carol Martyniuk	55-59	115.34
Bob McDonnell	40-44	53.93
Ronald Medhurst	65-69	70.14
Douglas Miller	35-39	129.34
Edward O'Hara	60-64	54.35
Cynthia Orinski	50-54	17.50
Joanne Ploch	40-44	35.65
Paula Pyrcz	60-64	26.59
Ron Sabo	60-64	63.25
Richard Schluter	50-54	58.50
Robert Scott	40-44	57.24
Julie Sheaffer	45-49	79.72
Ilse Wolfe	45-49	79.72

TJIG *The Juniper Investment Group* 1524.91

Michael Carew	60-64	537.86
Dallas Figley	55-59	165.00
Larry Gillham	60-64	124.43
Jennifer Hodges	35-39	102.66
Lee Husk	55-59	42.04
Richard Jenkins	60-64	73.82
Debbie Pappa	45-49	109.56
Connie Peterson	50-54	32.62
James Proffitt	40-44	251.10
Peggy Whiter	65-69	85.82

TMM *The Mighty Mermaids* 1641.93

Lisa Bennett	50-54	202.30
Christie Ciraulo	55-59	342.05
Jenny Cook	50-54	270.19
Karen Einsidler	50-54	277.01
Tracy Grilli	50-54	174.93
Nancy Steadman-Martin	55-59	375.45

TRYM *Twin Rivers YMCA Masters* 2000.42

Goal: 3000 miles

Craig Anderson	60-64	329.01
Bob Brown	65-69	101.46

Julia Craze	40-44	31.70
G. Mark Doyle	50-54	171.31
Christopher Garville	55-59	56.43
Katie Gates	30-34	67.47
Steven Hopkinson	40-44	95.51
Bob Husson	60-64	160.20
John Jackson	65-69	42.09
Camille Klotz	60-64	96.19
Frank McGrath	70-74	62.39
Kristie Miles	35-39	10.96
Andrea Packard	35-39	111.93
Karen Raschke	25-29	64.98
Jutta Schoefer	40-44	49.48
Greta van Meeteren	60-64	283.89
Hans van Meeteren	65-69	255.45
Juanita Willard	85-89	9.97

WMSTSS	<i>WMST Sunrise Swimmers</i>	313.56
---------------	------------------------------	---------------

Margaret Allen	50-54	148.28
Leonard Gerlowski	50-54	108.10
Janet Taylor	55-59	57.18

YNOT	<i>YNOT Swim Livonia</i>	1220.35
-------------	--------------------------	----------------

Michael Bell	40-44	143.57
Brian Davis	45-49	180.15
Steven Erickson	50-54	158.76
Joe Gohl	60-64	163.02
Robert Isbister	65-69	120.30
Bruce Morey	50-54	276.32
Michael Muma	55-59	178.24