



"Go the Distance" Workout Groups
May GTD 2009

AAA Anne Arundel Amphibians 448.13

Goal: 780 Miles!

Carolynn Foley	65-69	157.23
Nancy Futch	60-64	125.07
John Wetzel	55-59	165.83

CHSM Chicago Smelts Masters 38.26

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

CRAW Crawfish Masters 410.04

Richard Everett	45-49	44.54
Douglas Kopp	60-64	365.50

DAMA Durham Area Masters Aquatics 1425.54

Goal: 3000 miles

Matthew Davis	35-39	75.46
Dawn Franklin	40-44	154.08
Sean George	35-39	57.74
Mary Anna Hovey	65-69	103.91
Amie Krasnozon	25-29	147.32
Christopher Miller	25-29	31.25
Karen Moorman	55-59	124.91
Kim Sarah Rice	25-29	368.35
Mark Roberson	45-49	12.81
Mark Savoldi	40-44	99.29
Kirstie Scheib	40-44	31.91
Andrea Stephens	35-39	22.00
Karyn Traphagen	50-54	58.41
Heidi Williams	40-44	138.09

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* 3195.56*Goal: 11584 KM*

Sharon Arroyo	40-44	46.73
Carol Brown	55-59	116.41
Adair Dingle	50-54	297.30
Bill Fenner	50-54	120.36
Thomas Grandine	50-54	319.27
Jennifer Gutierrez	30-34	7.53
Anne Healey	50-54	89.94
Howard Jess	55-59	318.92
Michael Jones	45-49	132.98
Don MacLane	45-49	177.47
Stephanie Miller	25-29	117.64
Laura Petrini	50-54	258.30
Kay Rawlings	40-44	141.08
Tom Robertson	65-69	130.67
Elizabeth Rosane	55-59	101.26
Michael Schaeffer	50-54	176.29
Paul Skoglund	40-44	156.12
Jim Smersh	45-49	80.78
Rebecca Steiner	45-49	73.63
Kelly Sterling	50-54	65.96
Steve Underbrink	40-44	118.71
John Vranesh	55-59	148.20

MMDS *Mad MAC Distance Swimmers* 239.70

Toni Brown	50-54	65.06
Karyn Gorman	60-64	18.35
Maura Schwartz	50-54	40.50
Thomas Shuman	55-59	78.58
Leslie Weigand	55-59	37.20

MWM *Milky Way Masters* 3188.23

Bill Bradley	55-59	43.98
Barry Breffle	35-39	105.46
Beau Brink	25-29	25.88
Jeff Brown	50-54	56.88
Orlin Buhr	60-64	9.89
Julie Cain	35-39	2.87
Shaun Cassells	30-34	21.79
John Dankert	40-44	4.89
Alan Davis	45-49	31.65
Jack Fritts	55-59	124.49
Leah Fuller	30-34	27.93
Nick Gearhart	55-59	93.24
David Gehring	40-44	88.19
Jerry Gillon	55-59	22.98
Dennis Green	45-49	107.62
Tom Green	50-54	294.11
Steven Gronemeyer	60-64	187.88
Tom Henson	50-54	26.34
Brad Hernandez	40-44	90.39
John Hill	45-49	30.85
Julie Kann	40-44	104.03

Mark Keele	45-49	54.12
Jerald Kilgore	35-39	11.25
Sara Kilgore	30-34	64.14
Mark Liabo	55-59	56.25
Chris Loeffelholz	45-49	99.31
Jennifer Lorenz	45-49	69.48
Mollie Lorenz	40-44	19.46
Camille Meyer	30-34	24.46
Carrie Meyer	30-34	6.99
Frank Morosky	50-54	53.58
Silas Oney	45-49	21.42
Ron Ottaway	70-74	126.05
Laura Platner	25-29	3.35
Nick Quanrud	30-34	42.53
Jody Rausch	40-44	46.13
Katie Raymon	25-29	41.59
Rachel Raymon	18-24	32.61
Joseph Richey	25-29	76.15
Nick Scott	55-59	71.35
Michael Sheehy	60-64	20.97
Mark Snider	55-59	79.47
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	136.51
Todd Walter	40-44	139.04
Matthew Wildman	30-34	20.31
Rebecca Zange	40-44	68.98

REBELS *Redmond Early Bird Enthusiastic* **1624.82**
Lovable Swimmer

Goal: 4500 Miles

Susan Bale	40-44	98.03
Diane Cardwell	55-59	140.46
Walter Carter	50-54	178.25
Susan Gorman	40-44	146.82
Jeanette Groesz	60-64	127.51
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	321.26
George Weber	75-79	47.42

SBAAS *South Belt Area All Stars* **669.66**

Darla Kelly	50-54	125.28
Kristine Kelly	18-24	184.72
Robert Kelly	55-59	98.01
Christopher Mauk	30-34	261.65

SCAST *Sussex County Adult Swim Team* **1555.76**

Richard Carlson	55-59	94.55
June Carson	60-64	89.01

Heidi Chadwick	45-49	6.94
James Curd	40-44	22.87
Joseph Flanagan	45-49	80.75
Chip Freund	45-49	49.89
William Haas	70-74	46.00
Bridgette Hobart	45-49	116.16
Bob Hopkins	65-69	73.44
Ursula Kohama	50-54	40.98
Larry Lengle	75-79	88.27
Kevin Lynott	55-59	24.40
Erika Maresca	35-39	95.28
Carol Martyniuk	55-59	97.44
Bob McDonnell	40-44	53.93
Ronald Medhurst	65-69	59.97
Douglas Miller	35-39	105.59
Edward O'Hara	60-64	44.18
Cynthia Orinski	50-54	14.18
Joanne Ploch	40-44	26.96
Paula Pyrcz	60-64	26.59
Ron Sabo	60-64	52.00
Richard Schluter	50-54	58.50
Robert Scott	40-44	54.40
Julie Sheaffer	45-49	67.36
Ilse Wolfe	45-49	66.14

TJIG *The Juniper Investment Group* 1276.95

Michael Carew	60-64	451.26
Dallas Figley	55-59	165.00
Larry Gillham	60-64	100.76
Jennifer Hodges	35-39	81.04
Lee Husk	55-59	42.04
Richard Jenkins	60-64	52.79
Debbie Pappa	45-49	89.30
Connie Peterson	50-54	18.83
James Proffitt	40-44	208.60
Peggy Whiter	65-69	67.34

TMM *The Mighty Mermaids* 1361.94

Lisa Bennett	50-54	172.60
Christie Ciraulo	55-59	285.44
Jenny Cook	50-54	216.88
Karen Einsidler	50-54	235.29
Tracy Grilli	50-54	142.12
Nancy Steadman-Martin	55-59	309.61

TRYM *Twin Rivers YMCA Masters* 1662.58

Goal: 3000 miles

Craig Anderson	60-64	261.96
Bob Brown	65-69	83.66
Julia Craze	40-44	17.30
G. Mark Doyle	50-54	171.31
Christopher Garville	55-59	41.66
Katie Gates	30-34	58.89
Steven Hopkinson	40-44	95.51
Bob Husson	60-64	129.80

John Jackson	65-69	38.88
Camille Klotz	60-64	82.10
Frank McGrath	70-74	62.39
Kristie Miles	35-39	10.96
Andrea Packard	35-39	92.84
Karen Raschke	25-29	58.14
Jutta Schoefer	40-44	45.28
Greta van Meeteren	60-64	235.28
Hans van Meeteren	65-69	166.64
Juanita Willard	85-89	9.97

WMSTSS	<i>WMST Sunrise Swimmers</i>	263.49
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Margaret Allen	50-54	117.01
Leonard Gerlowski	50-54	89.30
Janet Taylor	55-59	57.18

YNOT	<i>YNOT Swim Livonia</i>	765.94
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Michael Bell	40-44	100.01
Brian Davis	45-49	152.81
Steven Erickson	50-54	132.28
Joe Gohl	60-64	129.25
Robert Isbister	65-69	103.50
Michael Muma	55-59	148.10