

"Go the Distance" Workout Groups November, GTD 2009

AAA Anne Arundel Amphibians 946.19

Goal: 780 Miles!

Carolynn Foley	65-69	342.98
Nancy Futch	60-64	255.46
John Wetzel	55-59	347.75

CHSM Chicago Smelts Masters 38.26

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

CRAW Crawfish Masters 872.60

Richard Everett	45-49	101.44
Douglas Kopp	60-64	771.16

DAMA Durham Area Masters Aquatics 2711.12

Goal: 3000 miles

Matthew Davis	35-39	75.46
Dawn Franklin	40-44	285.90
Sean George	35-39	134.87
Mary Anna Hovey	65-69	213.04
Amie Krasnozon	25-29	185.83
Christopher Miller	25-29	31.25
Karen Moorman	55-59	206.03
Kim Sarah Rice	25-29	801.70
Mark Roberson	45-49	97.67
Mark Savoldi	40-44	158.72
Kirstie Scheib	40-44	63.59
Andrea Stephens	35-39	22.00
Karyn Traphagen	50-54	119.23
Heidi Williams	40-44	315.83

KMAN Team KMAN 3511.56

Michael Aiello	60-64	291.85
Ellen Beraud	45-49	234.55
Lori Bickel	45-49	113.40
Mike Bickel	45-49	182.33
Debbie Bond	50-54	488.10
Mary Kelly Dakin	40-44	242.30
Jennifer Glenesk	50-54	233.83
Mark Glenesk	50-54	269.00
Nancy Prier	45-49	198.20
Ellen Rockholm	60-64	305.00
Keith Schmidt	45-49	310.80
Janeil Tillmann	45-49	247.10
Karen Waska	50-54	231.40
Peggy Zappas	55-59	163.70

MIR *Mercer Island Redwoods* 6711.03*Goal: 11584 KM*

Sharon Arroyo	40-44	86.83
Carol Brown	55-59	217.57
Adair Dingle	50-54	629.47
Bill Fenner	50-54	302.26
Thomas Grandine	50-54	695.58
Jennifer Gutierrez	30-34	7.53
Anne Healey	50-54	158.30
Howard Jess	55-59	663.93
Michael Jones	45-49	266.13
Brad Kickert	35-39	27.31
Don MacLane	45-49	211.10
Stephanie Miller	25-29	326.86
Laura Petrini	50-54	540.39
Kay Rawlings	40-44	298.83
Tom Robertson	65-69	306.02
Elizabeth Rosane	55-59	251.34
Michael Schaeffer	50-54	398.77
Paul Skoglund	40-44	156.12
Jim Smersh	45-49	180.35
Rebecca Steiner	45-49	110.96
Kelly Sterling	50-54	277.89
Steve Underbrink	40-44	284.14
John Vranesh	55-59	313.34

MMDS *Mad MAC Distance Swimmers* 315.81

Toni Brown	50-54	105.61
Karyn Gorman	60-64	18.35
Maura Schwartz	50-54	76.06
Thomas Shuman	55-59	78.58
Leslie Weigand	55-59	37.20

MWM *Milky Way Masters* 5272.68

Bill Bradley	55-59	43.98
Barry Breffle	35-39	186.98
Beau Brink	25-29	44.69
Jeff Brown	50-54	98.46
Orlin Buhr	60-64	39.31
Julie Cain	35-39	4.86
Shaun Cassells	30-34	42.15
John Dankert	40-44	4.89
Alan Davis	45-49	56.23
Jack Fritts	55-59	247.17
Leah Fuller	30-34	28.67
Nick Gearhart	55-59	93.24
David Gehring	40-44	183.93
Jerry Gillon	55-59	22.98
Dennis Green	45-49	196.07
Tom Green	50-54	640.07
Steven Gronemeyer	60-64	368.47
Tom Henson	50-54	26.34
Brad Hernandez	40-44	177.47
John Hill	45-49	55.96

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	87.50
Chris Loeffelholz	45-49	218.82
Jennifer Lorenz	45-49	145.80
Mollie Lorenz	40-44	50.78
Camille Meyer	30-34	24.46
Carrie Meyer	30-34	6.99
Frank Morosky	50-54	72.95
Silas Oney	45-49	22.27
Ron Ottaway	70-74	143.78
Laura Platner	25-29	3.35
Nick Quanrud	30-34	61.05
Jody Rausch	40-44	73.30
Katie Raymon	25-29	47.22
Rachel Raymon	18-24	49.06
Joseph Richey	25-29	116.68
Nick Scott	55-59	79.02
Michael Sheehy	60-64	91.48
Mark Snider	55-59	101.01
Terry Stockert	40-44	81.62
Beatrice Szalas	40-44	39.60
David Thatcher	35-39	75.50
Christopher Tyler	35-39	146.17
Janet Ungs	50-54	300.45
Todd Walter	40-44	139.04
Matthew Wildman	30-34	62.05
Rebecca Zange	40-44	168.65

REBELS	<i>Redmond Early Bird Enthusiastic Lovable Swimmer</i>	2936.51
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Goal: 4500 Miles

Susan Bale	40-44	173.51
Diane Cardwell	55-59	300.63
Walter Carter	50-54	431.75
Susan Gorman	40-44	296.34
Jeanette Groesz	60-64	233.79
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	209.27
Staci Sprauer	35-39	45.73
Mary Sweat	50-54	639.18
George Weber	75-79	129.11

SBAAS	<i>South Belt Area All Stars</i>	1331.14
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Landon Howard	18-24	48.58
Darla Kelly	50-54	176.56
Kristine Kelly	18-24	255.88
Robert Kelly	55-59	126.42
Christopher Mauk	30-34	321.59
Jenna Taylor	18-24	202.84
Brian Vestal	18-24	50.71
Skylar Walker	18-24	148.58

SCAST *Sussex County Adult Swim Team* 3639.37

Richard Carlson	55-59	198.19
June Carson	60-64	212.04
Heidi Chadwick	45-49	16.90
James Curd	40-44	44.43
Joseph Flanagan	45-49	169.53
Chip Freund	45-49	115.23
William Haas	70-74	104.32
Bridgette Hobart	45-49	344.70
Bob Hopkins	65-69	157.37
Ursula Kohama	50-54	111.21
Larry Lengle	75-79	162.72
Kevin Lynott	55-59	24.40
Erika Maresca	35-39	234.77
Carol Martyniuk	55-59	215.93
Bob McDonnell	40-44	53.93
Ronald Medhurst	65-69	130.91
Douglas Miller	35-39	233.05
Edward O'Hara	60-64	93.86
Cynthia Orinski	50-54	51.51
Joanne Ploch	40-44	50.45
Paula Pyrcz	60-64	82.05
Ron Sabo	60-64	103.45
Richard Schluter	50-54	125.63
Robert Scott	40-44	124.96
Julie Sheaffer	45-49	131.87
Kristen Sonntag	40-44	51.85
Ed Tirpack	50-54	153.04
Ilse Wolfe	45-49	141.09

TJIG *The Juniper Investment Group* 2831.51

Michael Carew	60-64	966.20
Dallas Figley	55-59	332.83
Larry Gillham	60-64	199.01
Jennifer Hodges	35-39	190.28
Lee Husk	55-59	84.03
Richard Jenkins	60-64	150.61
Debbie Pappa	45-49	204.44
Connie Peterson	50-54	96.79
James Proffitt	40-44	494.41
Peggy Whiter	65-69	112.92

TMM *The Mighty Mermaids* 2999.32

Lisa Bennett	50-54	354.86
Christie Ciraulo	55-59	628.01
Jenny Cook	50-54	480.52
Karen Einsidler	50-54	528.94
Tracy Grilli	50-54	309.02
Nancy Steadman-Martin	55-59	697.97

TRYM *Twin Rivers YMCA Masters* 3425.18

Goal: 3000 miles

Craig Anderson	60-64	604.88
Bob Brown	65-69	179.20
Julia Craze	40-44	31.70
G. Mark Doyle	50-54	344.21
Christopher Garville	55-59	142.17
Katie Gates	30-34	82.51
Steven Hopkinson	40-44	95.51
Bob Husson	60-64	249.98
John Jackson	65-69	104.39
Camille Klotz	60-64	158.27
Frank McGrath	70-74	67.56
Kristie Miles	35-39	10.96
Andrea Packard	35-39	221.26
Karen Raschke	25-29	159.25
Jutta Schoefer	40-44	51.58
Greta van Meeteren	60-64	474.24
Hans van Meeteren	65-69	430.84
Juanita Willard	85-89	16.68

WMSTSS	<i>WMST Sunrise Swimmers</i>	533.84
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Margaret Allen	50-54	276.06
Leonard Gerlowski	50-54	200.60
Janet Taylor	55-59	57.18

YNOT	<i>YNOT Swim Livonia</i>	2025.79
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Michael Bell	40-44	304.98
Brian Davis	45-49	309.79
Steven Erickson	50-54	236.34
Joe Gohl	60-64	164.57
Robert Isbister	65-69	214.26
Bruce Morey	50-54	455.85
Michael Muma	55-59	340.01