



"Go the Distance" Workout Groups  
August, 2008

<b>BC</b>	<i>Boston College</i>	61.12
<i>Goal:</i>		
Meaghan Murphy	25-29	61.12
<b>BYMS</b>	<i>Briggs Y Masters Swim Team</i>	96.76
<i>Goal:</i>		
Carolyn Pratt	25-29	96.76
<b>CHSM</b>	<i>Chicago Smelts Masters</i>	1318.30
<i>Goal:</i>		
Peter Hepburn	35-39	247.53
Heidi Kafka	45-49	286.99
Dana Litoff	18-24	183.47
Max Lombardi	40-44	190.91
Conrad Paulson	50-54	53.36
Scot Phinney	50-54	205.37
David Sebastian	45-49	150.67
<b>CRAW</b>	<i>Crawfish Masters</i>	492.29
<i>Goal: 1,000,000 yards (approx. 568.19 miles)</i>		
Doug Kopp	55-59	492.29
<b>DAMA</b>	<i>Durham Area Masters Aquatics</i>	814.85
<i>Goal: 1200 Miles!</i>		
Dawn Franklin	35-39	241.34
Karen Moorman	55-59	148.82
Mark Roberson	40-44	109.32
Mark Savoldi	40-44	137.76
Kirstie Scheib	35-39	177.61
<b>DM</b>	<i>Dutch Masters</i>	266.58
<i>Goal:</i>		
Jennifer Parks	65-69	266.58
<b>EPM</b>	<i>EP Masters Swim RI</i>	135.73
<i>Goal:</i>		
Matthew Schulde	30-34	135.73
<b>FWM</b>	<i>Federal Way Masters</i>	317.59
<i>Goal:</i>		
Deirdre Fitzpatrick	35-39	164.65
Judy Williams	60-64	152.94
<b>GHY</b>	<i>Gig Harbor YMCA</i>	95.93
Doug Pfeffer	35-39	95.93

**GLAD** 60.99

Michael Garceau	40-44	29.65
Rose Garceau	45-49	31.34

**MICC** 202.63

Goal:

Evin Cramer	60-64	202.63
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**MITM** *MIT Masters* 458.50

Goal: 540 Miles (maintain or swim more than last year!)

Maureen Dwyer	45-49	162.00
Bob Sege	50-54	114.30
Woods Wannamaker	45-49	182.20

**MM** *Milan Masters* 791.80

Goal:

Cherie Adkins	40-44	110.99
Aaron Frame	35-39	204.52
Kerry Frame	40-44	433.89
Clara Thiry	40-44	42.40

**MMM** *Minuteman Masters* 290.19

Goal:

Mike Broglio	35-39	290.19
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**MWM** *Milky Way Masters* 3587.44

Goal: 6819 Miles (1,000,000 every month)!

Tom Belin	45-49	331.21
Greg Bodeker	40-44	3.18
Barry Breffle	35-39	110.55
Orlin Buhr	55-59	43.61
Shaun Cassells	25-29	31.95
John Chihak	60-64	266.94
John Dankert	40-44	29.50
Jack Fritts	55-59	151.51
Leah Fuller	30-34	27.56
Nicholas Gearhart	55-59	44.49
Dennis Green	45-49	130.20
Steve Gronemeyer	60-64	350.07
Logan Hoxie	40-44	58.46
Judy Kacena	45-49	62.42
Sara Kilgore	30-34	143.40
Mark Liabo	55-59	79.77
Chris Loeffelholz	45-49	189.33
Jenny Lorenz	45-49	106.78
Frank Morosky	45-49	70.42
Silas Oney	40-44	9.09
Ron Ottaway	70-74	225.58
Nick Quanrud	30-34	95.99
Katie Raymon	18-24	22.71
Joey Richey	25-29	88.42
Jennifer Rinden	40-44	11.08
Mike Sheehy	60-64	62.28

Daniel Smith	40-44	35.84
Mark Snider	55-59	80.95
Dave Thatcher	30-34	126.78
Chris Tyler	35-39	90.00
Janet Ungs	50-54	256.99
Ann Vestle	50-54	0.94
Todd Walter	40-44	36.14
Becky Zange	40-44	213.30

**NAM** *New Albany Masters* 47.87

Goal:

Karen Koenig	40-44	47.87
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**NWSTU** *Northwestern U* 283.66

Goal:

Lynne Lasser	45-49	283.66
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**ORCA** 238.93

Goal:

Ross Linderman	30-34	238.93
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**RAMS** 458.52

Goal:

William Heinemann	50-54	194.68
Barry Symonds	50-54	263.84

**REBELS** *Redmond Early Bird Enthusiastic Lovable Swimmer* 1897.38

Goal: 4,000,000 yards (2273 miles)!

Diane Cardwell	55-59	235.17
Denise De Leone	18-24	43.86
Susan Gorman	40-44	206.26
Jeanette Groesz	55-59	167.38
Teri Hendryx	55-59	287.90
Cynthia Larkin	45-49	194.73
Amy McElroy	35-39	146.39
Mary Sweat	50-54	531.60
George Weber	75-79	84.09

**RPMM** *Riverton Pool Maine Masters* 137.84

Goal:

Amy Klodzinski	30-34	137.84
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**SBAAS** *South Belt Area All Stars* 1617.91

Goal: 2548.13 miles Pasadena, TX to SCY an LCM Nationals!

Lisa Hernandez	25-29	56.00
Landon Howard	18-24	127.57
Hilga Jones	40-44	19.63
Darla Kelly	50-54	87.98
Kristine Kelly	18-24	313.89
Robert Kelly	50-54	39.53
Christopher Derrick Mauk	30-34	451.26
Chuck Medema	25-29	398.86
Rick Price	30-34	22.45

Jessica Taylor 18-24 100.74

**SCAST** *Sussex County Adult Swim Team* 1116.65

Goal:

Rich Carlson 55-59 120.82  
Heidi Chadwick 45-49 112.89  
Charles Freund 45-49 126.04  
William Haas 70-74 89.50  
John Higgins 55-59 27.86  
Bob Hopkins 65-69 120.46  
Larry Lengle 75-79 161.20  
Ron Medhurst 60-64 105.28  
Doug Miller 35-39 119.20  
Rick Schluter 50-54 81.50  
Robert Scott 40-44 51.90

**SDM** *Sun Devil Masters* 123.78

Trish Manes 35-39 123.78

**SDRD** *SDRD Bountiful Masters* 388.12

Goal:

Kris Edwards 30-34 120.51  
Jill Johnson 40-44 109.44  
Kevin Mortensen 45-49 158.17

**SHARKS** *SHARKS* 219.74

Teri Powers 40-44 72.38  
Neil Salkind 60-64 147.36

**SLM** *Swim Louisville Masters* 1284.87

Goal: Swim 1000 miles

Mark Gill 40-44 94.39  
Robert Holmes 45-49 245.38  
Jim Keller 55-59 203.53  
Joan Lloyd 45-49 120.40  
David Redinger 35-39 251.00  
C.J. Rushman 35-39 186.66  
Jon Shastid 60-64 135.43  
Adam Whiteside 30-34 48.08

**S\*T\*A\*R\*** 498.00

Goal:

Nancy Cronin 55-59 105.57  
Anne Kaminski 55-59 111.17  
Ed March 60-64 281.26

**TLM** *The Lavendar Menace* 745.74

Goal: Swim as many open water miles as they can!

Merrill Hilf 45-49 185.22  
Carolyn Placke 40-44 179.07  
Kathleen Romano 60-64 381.45

**TMM**      *The Mighty Mermaids*      2247.90

*Goal: Swim the Mississippi by July*

Lisa Bennett	50-54	270.11
Christie Ciraulo	55-59	409.72
Jenny Cook	50-54	370.63
Karen Einsidler	50-54	394.00
Tracy Grilli	50-54	243.79
Nancy Steadman-Martin	50-54	559.65

**TRYM**      *Twin Rivers YMCA Masters*      988.16

*Goal:*

Bob Brown	65-69	121.79
Mark Doyle	45-49	252.02
John Jackson	65-69	104.36
Camille Klotz	60-64	36.16
Greta van Meeteren	60-64	254.19
Hans van Meeteren	60-64	219.64

**WMSTL2**      *WMST Lane 2*      417.10

*Goal: Each swimmer to swim 222 miles this year!*

Margaret Allen	45-49	183.19
Len Gerlowski	50-54	131.26
Janet Taylor	55-59	102.65

**YNOT**      *YNOT Swim Livonia*      1034.28

*Goal:*

Michael Bell	40-44	200.05
Steve Erickson	50-54	219.89
Joseph Gohl	60-64	234.00
Bruce Morey	50-54	380.34