



## "Go the Distance" Workout Groups

<b>BC</b>	<i>Boston College</i>	17.39
Goal:		
Meaghan Murphy	25-29	17.39
<b>CAC</b>		15.48
Goal:		
Mark Yang	40-44	15.48
<b>CRAW</b>	<i>Crawfish Masters</i>	52.04
Goal:		
Doug Kopp	55-59	52.04
<b>CSM</b>	<i>Classic City Masters</i>	13.70
Goal:		
Steve Miller	50-54	13.70
<b>CSMLT</b>	<i>Chicago Smelts</i>	35.03
Goal:		
Heidi Kafka	45-49	35.03
<b>DAMA</b>		15.91
Goal:		
Mark Roberson	40-44	15.91
<b>DM</b>	<i>Dutch Masters</i>	36.08
Goal:		
Jennifer Parks	65-69	36.08
<b>EPM</b>	<i>EP Masters Swim RI</i>	21.82
Goal:		
Matthew Schulde	30-34	21.82
<b>FCAT</b>		17.70
Goal:		
John (Tex) Doherty	35-39	17.70
<b>FWM</b>	<i>Federal Way Masters</i>	48.11
Goal:		
Deirdre Fitzpatrick	35-39	25.71
Judy Williams	60-64	22.40
<b>GRNW</b>	<i>Greenwood</i>	21.02
Goal:		
Jane Cheney	45-49	21.02
<b>ICE</b>	<i>Iowa City Eels</i>	23.95
Goal:		

Rick Noeth 60-64 23.95

**KCBW** *KC Blazers Masters and KC Waves* 27.37

Goal:

Anthony Thompson 40-44 27.37

**LCC** *Ludlow Community Center* 38.24

Goal:

Bill Shea 45-49 38.24

**LCM** *Low Country Masters* 32.67

Goal:

DJ Murray 75-79 32.67

**MICC** 23.73

Goal:

Evin Cramer 60-64 23.73

**MIR** 55.47

Goal:

Thomas Grandine 50-54 55.47

**MITM** *MIT Masters* 21.42

Goal:

Woods Wannamaker 45-49 21.42

**MM** *Milan Masters* 68.35

Goal:

Kerry Frame 40-44 68.35

**MMM** *Minuteman Masters* 44.04

Goal:

Mike Broglio 35-39 44.04

**MSC** *Mavericks Swim Club* 8.50

Goal:

Martha Jacobs 55-59 8.50

**MWM** *Milky Way Masters* 539.02

Goal:

Tom Belin 45-49 50.51

Barry Breffle 35-39 15.04

Orlin Buhr 55-59 3.75

John Chihak 60-64 55.26

John Dankert 40-44 1.22

Jack Fritts 55-59 11.02

Dennis Green 45-49 25.28

Steve Gronemeyer 60-64 33.54

Logan Hoxie 40-44 7.78

Judy Kacena 45-49 19.66

Sara Kilgore 30-34 19.08

Mark Liabo 55-59 5.45

Chris Loeffelholz 45-49 19.38

Jenny Lorenz	45-49	15.57
Frank Morosky	45-49	18.81
Craig Oney	40-44	4.72
Ron Ottaway	70-74	32.67
Nick Quanrud	30-34	13.78
Katie Raymon	18-24	2.27
Joey Richey	25-29	12.66
Jennifer Rinden	40-44	11.08
Mike Sheehy	60-64	7.41
Daniel Smith	40-44	1.62
Dave Thatcher	30-34	22.43
Chris Tyler	35-39	17.05
Janet Ungs	50-54	30.09
Ann Vestle	50-54	0.94
Todd Walter	40-44	36.14
Becky Zange	40-44	29.77

**NAM** *New Albany Masters* 11.42

Goal:

Karen Koenig	40-44	11.42
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**NWSTU** *Northwestern U* 32.60

Goal:

Lynne Lasser	45-49	32.60
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**ORCA** 29.15

Goal:

Ross Linderman	30-34	29.15
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**RAMS** 93.83

Goal:

William Heinemann	50-54	49.77
Barry Symonds	50-54	44.06

**REBELS** *Redmond Early Bird Enthusiastic Lovable Swimmer* 243.60

Goal: 4,000,000 yards!

Diane Cardwell	55-59	33.82
Denise De Leone	18-24	5.56
Susan Gorman	40-44	30.28
Jeannie Groesz	55-59	23.37
Teri Hendryx	55-59	35.21
Cynthia Larkin	45-49	23.73
Amy McElroy	35-39	12.59
Mary Sweat	50-54	69.84
George Weber	75-79	9.20

**RPMM** *Riverton Pool Maine Masters* 17.73

Goal:

Amy Klodzinski	30-34	17.73
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**SAM** *Swim Atlanta Masters* 64.08

Goal:

Kristin Aziz	40-44	64.08
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**SBAAS** South Belt Area All Stars 164.80

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

Lisa Hernandez	25-29	2.84
Robert Kelly	50-54	1.14
Darla Kelly	50-54	4.26
Kristine Kelly	18-24	130.99
Christopher Derrick Mauk	30-34	25.57

**SCAST** Sussex County Adult Swim Team 83.20

Goal:

Rich Carlson	55-59	11.65
William Haas	70-74	13.00
Bob Hopkins	65-69	11.36
Larry Lengle	75-79	19.72
Ron Medhurst	60-64	11.53
Doug Miller	35-39	15.94

**SDRD** SDRD Bountiful Masters 23.61

Goal:

Kris Edwards	30-34	13.04
Jill Johnson	40-44	10.57

**SSBYM** South Sound Briggs YMCA Masters 13.95

Goal:

Carolyn Pratt	25-29	13.95
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**S\*T\*A\*R\*** 27.66

Goal:

Nancy Cronin	55-59	13.80
Anne Kaminski	55-59	13.86

**SWAM** Swim with Alaska Masters 15.77

Goal:

Tina McMaster-Goering	40-44	15.77
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**SWMS** Seawolves Masters 44.89

Goal:

James Anderson	45-49	44.89
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**TLM** The Lavendar Menace 93.39

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

Merrill Hilf	45-49	24.45
Carolyn Placke	40-44	23.27
Kathleen Romano	60-64	45.67

**TRIM** TRI Masters 15.77

Goal:

John Jackson	65-69	15.77
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**WMSTL2** *WMST Lane 2* 42.66

Goal:

Margaret Allen	45-49	23.50
Len Gerlowski	50-54	19.16

**YNOT** *YNOT Swim Livonia* 141.24

Goal:

Michael Bell	40-44	41.76
Steve Erickson	50-54	29.26
Joseph Gohl	60-64	25.65
Bruce Morey	50-54	44.57