

Results for "Go the Distance" May, 2008

Please say HELLO to our newest participants: The Mighty Mermaids (Christie, Jenny, Karen, Lisa, Nancy and Tracy), Susan, Laurian, Brian, Lynn, Steve, David, Candace, Anita, Stephanie, Mel, Bill, Brenda, Erin, Juli, Landon and Carol! Our fun loving GTD community welcomes all of you!

A huge congratulations to the 25 GTD participants that have achieved their first distance milestone of "50 miles" - this is the big one! Please take a moment to reflect on your accomplishment and take pride!

I'm also tickled to report that there were 70 swimmers who have now swum over "100 miles", 59 cruised past the "150 miles" threshold and 30 more have now swum over "200 miles". The "250 miles" distance milestone was cracked by 15 more of you and 14 have made it to "300 miles" as well as 2 more going "365.25 miles" (average mile a day)! Amazingly we have 5 more folks that have now swum over "400 miles" and another GTD participant has swum more than "750 miles" so far this year.

I think we should have a new GTD mantra YES, we have a life we just happen to swim a bunch of miles while living it!

Our group total is now at 68,156.21 miles with a group average of 123.02 miles. Way to go folks! As a group our average is well over the "100 miles" distance milestone - how cool is that?! Anyone up for going for a group average of "250 miles" for 2008? It will take all of us to do it ... so think about it ... and let's see what we can do!

The May results are posted at <http://www.usms.org/fitness/content/gothedistance08> for your review. There is also a complete list of participants that have achieved a GTD Distance Milestone this month as well as a complete list of all distance milestone achievements for 2008.

The GTD highlights are pretty fun this month! I received a couple of entries that I would like to share with you - they are "puzzling" and unusual! There are also a couple of our GTD pals that have shown they really pay attention to each and every yard/meter/mile/flip-flop distance they go. Yep, we have a new unit you can now enter your distances in - the flip-flop unit - but you must provide the size also. Curious? Then check out our highlights! Finally, a little history of the "Mighty Mermaids" is included. These ladies are over 50, fast, fun and have figured out how to swim and play together even though they live all across our country.

Our newest feature "Meet the GTD swimmer" is now included in this month's highlights. Does anyone know a young man (55-59) that loves open water swimming (especially when he can swim with his daughter) that has had 2 total hip replacements but still manages to swim 70+ miles per month?!? I hope you will take a moment to meet Mike in our highlights!

May/June be a great swimming month for all of you!

Your GTD Pal,
Mary Sweat