

Results for “Go the Distance” (GTD) November, 2008

GTD now has 604 participants. Let’s extend a big welcome to Jerry, Darren, Henry, Robert, Will, Donna, Bob E., Curtis and Bob S.! We’re glad you’ve joined and hope you will have lots of fun “going the distance” with us!

I’m tickled to announce that 8 of our participants achieved the GTD milestone of “50 miles” in November. Congratulations to Orlin, Sean, Rose, Nicholas, Darren, Brenda, Ramona and Linda – way to go folks – you did it!

We now have 13 more participants who have swum over “100 miles”, 23 more to cruise past “150 miles”, 26 additional zooming past “200 miles” and 24 crossing the “250 miles” threshold.

The “300 miles” distance milestone was surpassed by more folks in November than any other milestone – a whopping 32 of you did it – alright! Another 23 can now claim to be in the “average mile a day (MAD)” club and 13 more have now sum over 400 miles.

We also have 12 more swimmers who have swum more than “500 miles”, 8 passing the “750 miles” mark and 2 more who have posted over “1000 miles” !

Wow – that’s a lot of swimming everyone! In fact, our 2008 GTD participants have now swum a grand total of 151,457.84 miles with an average of 250.76 miles. Yep – you read that right – as a group we have now crossed the “250 miles” GTD distance milestone together!

The November 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.

Once again, the “GTD Deep thought” fitness tip is included in our November highlights. Another highlight includes some exciting new features for GTD 2009 that you might want to start thinking about!

This month we meet a retired biologist, a lawyer, a senior account manager and a participant that’s in the consulting business in our “Meet the GTD Swimmer” series. How’s that for a variety! I would like to introduce you to Michael Parry, Ellen Tobler, Kevin Hoffman and Lois Goodman. Can you match each swimmer with their profession?

Tis the season for lots of swimming and sharing good times with your family and friends.

Your GTD Pal,
Mary Sweat