



"Go the Distance" Workout Groups
September, 2008

BC *Boston College* 61.12

Goal:

Meaghan Murphy 25-29 61.12

BYMS *Briggs Y Masters Swim Team* 112.21

Goal:

Carolyn Pratt 25-29 112.21

CHSM *Chicago Smelts Masters* 1476.52

Goal:

Peter Hepburn 35-39 280.98

Heidi Kafka 45-49 320.02

Dana Litoff 18-24 200.66

Max Lombardi 40-44 216.63

Conrad Paulson 50-54 60.27

Scot Phinney 50-54 228.82

David Sebastian 45-49 169.14

CRAW *Crawfish Masters* 554.49

Goal: 1,000,000 yards (approx. 568.19 miles)

Doug Kopp 55-59 554.49

DAMA *Durham Area Masters Aquatics* 921.38

Goal: 1200 Miles!

Dawn Franklin 35-39 274.35

Karen Moorman 55-59 171.04

Mark Roberson 40-44 126.56

Mark Savoldi 40-44 155.46

Kirstie Scheib 35-39 193.97

DM *Dutch Masters* 296.17

Goal:

Jennifer Parks 65-69 296.17

EPM *EP Masters Swim RI* 141.41

Goal:

Matthew Schulde 30-34 141.41

FWM *Federal Way Masters* 337.32

Goal:

Deirdre Fitzpatrick 35-39 169.54

Judy Williams 60-64 167.78

GHY *Gig Harbor YMCA* 95.93

Doug Pfeffer 35-39 95.93

GLAD 76.25

Michael Garceau	40-44	37.46
Rose Garceau	45-49	38.79

MICC 221.66

Goal:

Evin Cramer	60-64	221.66
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MITM *MIT Masters* 530.21

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

Maureen Dwyer	45-49	190.04
Bob Sege	50-54	126.10
Woods Wannamaker	45-49	214.07

MM *Milan Masters* 877.31

Goal:

Cherie Adkins	40-44	122.79
Aaron Frame	35-39	210.34
Kerry Frame	40-44	465.65
Clara Thiry	40-44	78.53

MMM *Minuteman Masters* 325.59

Goal:

Mike Broglio	35-39	325.59
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MWM *Milky Way Masters* 3939.25

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

Tom Belin	45-49	375.98
Greg Bodeker	40-44	3.18
Barry Breffle	35-39	114.70
Orlin Buhr	55-59	47.87
Shaun Cassells	25-29	31.95
John Chihak	60-64	266.94
John Dankert	40-44	32.91
Jack Fritts	55-59	156.96
Leah Fuller	30-34	32.53
Nicholas Gearhart	55-59	44.49
Dennis Green	45-49	143.07
Steve Gronemeyer	60-64	412.77
Logan Hoxie	40-44	58.46
Judy Kacena	45-49	62.42
Sara Kilgore	30-34	162.32
Mark Liabo	55-59	87.55
Chris Loeffelholz	45-49	213.19
Jenny Lorenz	45-49	106.78
Frank Morosky	45-49	82.64
Silas Oney	40-44	9.09
Ron Ottaway	70-74	248.56
Nick Quanrud	30-34	107.84
Katie Raymon	18-24	34.56
Joey Richey	25-29	89.33
Jennifer Rinden	40-44	11.08
Mike Sheehy	60-64	67.82

Daniel Smith	40-44	35.84
Mark Snider	55-59	105.95
Dave Thatcher	30-34	126.78
Chris Tyler	35-39	90.00
Janet Ungs	50-54	293.01
Ann Vestle	50-54	0.94
Todd Walter	40-44	36.14
Becky Zange	40-44	245.60

NAM *New Albany Masters* 52.36

Goal:

Karen Koenig	40-44	52.36
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NWSTU *Northwestern U* 315.99

Goal:

Lynne Lasser	45-49	315.99
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ORCA 254.73

Goal:

Ross Linderman	30-34	254.73
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RAMS 503.75

Goal:

William Heinemann	50-54	194.68
Barry Symonds	50-54	309.07

REBELS *Redmond Early Bird Enthusiastic
Lovable Swimmer* 2053.22

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

Diane Cardwell	55-59	257.17
Denise De Leone	18-24	43.86
Susan Gorman	40-44	228.26
Jeanette Groesz	55-59	180.95
Teri Hendryx	55-59	309.62
Cynthia Larkin	45-49	217.73
Amy McElroy	35-39	155.71
Mary Sweat	50-54	561.97
George Weber	75-79	97.95

RPMM *Riverton Pool Maine Masters* 141.38

Goal:

Amy Klodzinski	30-34	141.38
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SBAAS *South Belt Area All Stars* 1775.05

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

Lisa Hernandez	25-29	59.69
Landon Howard	18-24	133.54
Hilga Jones	40-44	21.90
Darla Kelly	50-54	95.08
Kristine Kelly	18-24	317.30
Robert Kelly	50-54	42.09
Christopher Derrick Mauk	30-34	520.89
Chuck Medema	25-29	452.84
Rick Price	30-34	28.42

Jessica Taylor 18-24 103.30

SCAST *Sussex County Adult Swim Team* 1240.83

Goal: Top 5 Year End Ranking

Rich Carlson 55-59 138.89
Heidi Chadwick 45-49 121.09
Charles Freund 45-49 139.68
William Haas 70-74 99.50
John Higgins 55-59 27.86
Bob Hopkins 65-69 134.38
Larry Lengle 75-79 178.53
Ron Medhurst 60-64 119.91
Doug Miller 35-39 135.09
Rick Schluter 50-54 94.00
Robert Scott 40-44 51.90

SDM *Sun Devil Masters* 141.30

Trish Manes 35-39 141.30

SDRD *SDRD Bountiful Masters* 430.19

Goal:

Kris Edwards 30-34 141.59
Jill Johnson 40-44 121.68
Kevin Mortensen 45-49 166.92

SHARKS *SHARKS* 237.30

Teri Powers 40-44 88.94
Neil Salkind 60-64 148.36

SLM *Swim Louisville Masters* 1385.40

Goal: Swim 1000 miles

Mark Gill 40-44 99.28
Robert Holmes 45-49 318.49
Jim Keller 55-59 203.53
Joan Lloyd 45-49 120.40
David Redinger 35-39 271.00
C.J. Rushman 35-39 189.19
Jon Shastid 60-64 135.43
Adam Whiteside 30-34 48.08

S*T*A*R* 566.43

Goal:

Nancy Cronin 55-59 120.87
Anne Kaminski 55-59 116.57
Ed March 60-64 328.99

TLM *The Lavendar Menace* 809.82

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

Merrill Hilf 45-49 205.52
Carolyn Placke 40-44 195.77
Kathleen Romano 60-64 408.53

TMM *The Mighty Mermaids* 2413.68

Goal: Swim the Mississippi by July

Lisa Bennett	50-54	292.65
Christie Ciraulo	55-59	442.81
Jenny Cook	50-54	408.88
Karen Einsidler	50-54	399.18
Tracy Grilli	50-54	260.39
Nancy Steadman-Martin	50-54	609.77

TRYM *Twin Rivers YMCA Masters* 1113.44

Goal:

Bob Brown	65-69	134.65
Mark Doyle	45-49	280.83
John Jackson	65-69	114.39
Camille Klotz	60-64	58.78
Greta van Meeteren	60-64	288.62
Hans van Meeteren	60-64	236.17

WMSTL2 *WMST Lane 2* 456.26

Goal: Each swimmer to swim 222 miles this year!

Margaret Allen	45-49	196.23
Len Gerlowski	50-54	144.06
Janet Taylor	55-59	115.97

YNOT *YNOT Swim Livonia* 1353.66

Goal:

Michael Bell	40-44	228.35
Steve Erickson	50-54	250.37
Joseph Gohl	60-64	263.43
Bruce Morey	50-54	412.50
Michael Muma	55-59	199.01