



"Go the Distance" Workout Groups
August GTD 2009

AAA Anne Arundel Amphibians 677.61

Goal: 780 Miles!

Carolynn Foley	65-69	246.25
Nancy Futch	60-64	165.04
John Wetzel	55-59	266.32

CHSM Chicago Smelts Masters 38.26

Peter Hepburn	35-39	23.35
Conrad Paulson	50-54	14.91

CRAW Crawfish Masters 654.91

Richard Everett	45-49	68.12
Douglas Kopp	60-64	586.79

DAMA Durham Area Masters Aquatics 2180.69

Goal: 3000 miles

Matthew Davis	35-39	75.46
Dawn Franklin	40-44	228.71
Sean George	35-39	95.34
Mary Anna Hovey	65-69	175.23
Amie Krasnozon	25-29	185.83
Christopher Miller	25-29	31.25
Karen Moorman	55-59	206.03
Kim Sarah Rice	25-29	593.06
Mark Roberson	45-49	78.52
Mark Savoldi	40-44	136.42
Kirstie Scheib	40-44	50.98
Andrea Stephens	35-39	22.00
Karyn Traphagen	50-54	74.23
Heidi Williams	40-44	227.63

KMAN Team KMAN 2258.48

Michael Aiello	60-64	203.90
Ellen Beraud	45-49	156.01
Lori Bickel	45-49	80.39
Mike Bickel	45-49	111.50
Debbie Bond	50-54	351.11
Mary Kelly Dakin	40-44	150.00
Jennifer Glenesk	50-54	163.49
Mark Glenesk	50-54	179.10
Nancy Prier	45-49	39.20
Ellen Rockholm	60-64	201.79
Keith Schmidt	45-49	215.59
Janeil Tillmann	45-49	137.20
Karen Waska	50-54	156.71
Peggy Zappas	55-59	112.50

MIR *Mercer Island Redwoods* 4942.71*Goal: 11584 KM*

Sharon Arroyo	40-44	76.15
Carol Brown	55-59	176.71
Adair Dingle	50-54	449.78
Bill Fenner	50-54	218.13
Thomas Grandine	50-54	516.49
Jennifer Gutierrez	30-34	7.53
Anne Healey	50-54	122.79
Howard Jess	55-59	500.79
Michael Jones	45-49	230.44
Don MacLane	45-49	211.10
Stephanie Miller	25-29	231.68
Laura Petrini	50-54	389.15
Kay Rawlings	40-44	223.33
Tom Robertson	65-69	227.10
Elizabeth Rosane	55-59	162.62
Michael Schaeffer	50-54	279.62
Paul Skoglund	40-44	156.12
Jim Smersh	45-49	122.36
Rebecca Steiner	45-49	73.63
Kelly Sterling	50-54	183.87
Steve Underbrink	40-44	156.09
John Vranesh	55-59	227.22

MMDS *Mad MAC Distance Swimmers* 300.10

Toni Brown	50-54	105.61
Karyn Gorman	60-64	18.35
Maura Schwartz	50-54	60.35
Thomas Shuman	55-59	78.58
Leslie Weigand	55-59	37.20

MWM *Milky Way Masters* 4194.08

Bill Bradley	55-59	43.98
Barry Breffle	35-39	105.46
Beau Brink	25-29	34.35
Jeff Brown	50-54	59.43
Orlin Buhr	60-64	30.05
Julie Cain	35-39	2.87
Shaun Cassells	30-34	42.15
John Dankert	40-44	4.89
Alan Davis	45-49	56.23
Jack Fritts	55-59	189.07
Leah Fuller	30-34	28.67
Nick Gearhart	55-59	93.24
David Gehring	40-44	130.24
Jerry Gillon	55-59	22.98
Dennis Green	45-49	167.29
Tom Green	50-54	465.69
Steven Gronemeyer	60-64	267.56
Tom Henson	50-54	26.34
Brad Hernandez	40-44	120.40
John Hill	45-49	30.85
Julie Kann	40-44	125.92

Mark Keele	45-49	54.12
Jerald Kilgore	35-39	11.25
Sara Kilgore	30-34	106.97
Mark Liabo	55-59	56.25
Chris Loeffelholz	45-49	151.46
Jennifer Lorenz	45-49	109.66
Mollie Lorenz	40-44	31.80
Camille Meyer	30-34	24.46
Carrie Meyer	30-34	6.99
Frank Morosky	50-54	56.47
Silas Oney	45-49	22.27
Ron Ottaway	70-74	143.78
Laura Platner	25-29	3.35
Nick Quanrud	30-34	48.18
Jody Rausch	40-44	59.12
Katie Raymon	25-29	41.59
Rachel Raymon	18-24	32.61
Joseph Richey	25-29	116.68
Nick Scott	55-59	79.02
Michael Sheehy	60-64	65.41
Mark Snider	55-59	87.57
Terry Stockert	40-44	81.62
Beatrice Szalas	40-44	39.60
David Thatcher	35-39	75.50
Christopher Tyler	35-39	104.70
Janet Ungs	50-54	216.84
Todd Walter	40-44	139.04
Matthew Wildman	30-34	55.33
Rebecca Zange	40-44	124.81

REBELS	<i>Redmond Early Bird Enthusiastic Lovable Swimmer</i>	2358.50
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Goal: 4500 Miles

Susan Bale	40-44	151.63
Diane Cardwell	55-59	234.48
Walter Carter	50-54	345.95
Susan Gorman	40-44	217.06
Jeanette Groesz	60-64	177.91
Jeremy Groesz	30-34	13.24
Tara Gross	35-39	103.99
Teri Hendryx	55-59	167.97
Cynthia Larkin	50-54	192.00
Amy McElroy	35-39	159.31
Staci Sprauer	35-39	45.73
Mary Sweat	50-54	459.75
George Weber	75-79	89.48

SBAAS	<i>South Belt Area All Stars</i>	1292.37
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Landon Howard	18-24	48.58
Darla Kelly	50-54	163.07
Kristine Kelly	18-24	239.40
Robert Kelly	55-59	117.61
Christopher Mauk	30-34	321.59
Jenna Taylor	18-24	202.84
Brian Vestal	18-24	50.71
Skylar Walker	18-24	148.58

SCAST *Sussex County Adult Swim Team* 2606.68

Richard Carlson	55-59	147.05
June Carson	60-64	153.67
Heidi Chadwick	45-49	16.90
James Curd	40-44	22.87
Joseph Flanagan	45-49	120.75
Chip Freund	45-49	107.31
William Haas	70-74	76.75
Bridgette Hobart	45-49	245.70
Bob Hopkins	65-69	113.33
Ursula Kohama	50-54	75.47
Larry Lengle	75-79	128.04
Kevin Lynott	55-59	24.40
Erika Maresca	35-39	183.98
Carol Martyniuk	55-59	163.79
Bob McDonnell	40-44	53.93
Ronald Medhurst	65-69	106.76
Douglas Miller	35-39	174.64
Edward O'Hara	60-64	65.99
Cynthia Orinski	50-54	33.18
Joanne Ploch	40-44	42.87
Paula Pyrcz	60-64	48.64
Ron Sabo	60-64	78.20
Richard Schluter	50-54	90.09
Robert Scott	40-44	71.73
Julie Sheaffer	45-49	105.44
Kristen Sonntag	40-44	51.85
Ilse Wolfe	45-49	103.36

TJIG *The Juniper Investment Group* 2101.79

Michael Carew	60-64	710.48
Dallas Figley	55-59	255.51
Larry Gillham	60-64	162.71
Jennifer Hodges	35-39	138.43
Lee Husk	55-59	63.82
Richard Jenkins	60-64	110.95
Debbie Pappa	45-49	152.25
Connie Peterson	50-54	68.53
James Proffitt	40-44	327.75
Peggy Whiter	65-69	111.36

TMM *The Mighty Mermaids* 2198.26

Lisa Bennett	50-54	261.87
Christie Ciraulo	55-59	451.57
Jenny Cook	50-54	357.40
Karen Einsidler	50-54	384.91
Tracy Grilli	50-54	235.30
Nancy Steadman-Martin	55-59	507.21

TRYM *Twin Rivers YMCA Masters* 2573.97

Goal: 3000 miles

Craig Anderson	60-64	423.84
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Bob Brown	65-69	124.43
Julia Craze	40-44	31.70
G. Mark Doyle	50-54	251.31
Christopher Garville	55-59	76.88
Katie Gates	30-34	82.51
Steven Hopkinson	40-44	95.51
Bob Husson	60-64	201.23
John Jackson	65-69	61.21
Camille Klotz	60-64	123.41
Frank McGrath	70-74	67.56
Kristie Miles	35-39	10.96
Andrea Packard	35-39	160.44
Karen Raschke	25-29	108.82
Jutta Schoefer	40-44	51.58
Greta van Meeteren	60-64	364.55
Hans van Meeteren	65-69	327.84
Juanita Willard	85-89	10.20

WMSTSS	<i>WMST Sunrise Swimmers</i>	405.96
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Margaret Allen	50-54	205.68
Leonard Gerlowski	50-54	143.10
Janet Taylor	55-59	57.18

YNOT	<i>YNOT Swim Livonia</i>	1573.21
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Michael Bell	40-44	222.81
Brian Davis	45-49	224.42
Steven Erickson	50-54	204.22
Joe Gohl	60-64	164.57
Robert Isbister	65-69	153.80
Bruce Morey	50-54	362.10
Michael Muma	55-59	241.30