



"Go the Distance" Workout Groups
March GTD 2009

AAA Anne Arundel Amphibians 264.37

Goal: 780 Miles!

Carolynn Foley	65-69	90.34
Nancy Futch	60-64	73.86
John Wetzel	55-59	100.17

CHSM Chicago Smelts Masters 38.26

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

CRAW Crawfish Masters 247.35

Richard Everett	45-49	34.88
Douglas Kopp	60-64	212.47

DAMA Durham Area Masters Aquatics 771.29

Goal: 3000 miles

Matthew Davis	35-39	75.46
Dawn Franklin	40-44	89.18
Sean George	35-39	43.10
Mary Anna Hovey	65-69	61.98
Amie Krasnozon	25-29	94.66
Christopher Miller	25-29	31.25
Karen Moorman	55-59	63.13
Kim Sarah Rice	25-29	209.43
Mark Roberson	45-49	12.81
Mark Savoldi	40-44	57.29
Kirstie Scheib	40-44	17.00
Andrea Stephens	35-39	16.00

KMAN Team KMAN 1042.20

Michael Aiello	60-64	84.40
Ellen Beraud	45-49	61.70
Lori Bickel	45-49	35.30
Mike Bickel	45-49	39.70
Debbie Bond	50-54	154.90
Mary Kelly Dakin	40-44	72.80
Jennifer Glenesk	50-54	70.10
Mark Glenesk	50-54	83.20
Nancy Prier	45-49	39.20
Ellen Rockholm	60-64	92.00
Keith Schmidt	45-49	106.00
Janeil Tillmann	45-49	88.90
Karen Waska	50-54	69.00
Peggy Zappas	55-59	45.00

MIR Mercer Island Redwoods 1888.18

Goal: 11584 KM

Sharon Arroyo	40-44	33.53
Carol Brown	55-59	69.03
Adair Dingle	50-54	182.60
Bill Fenner	50-54	86.62
Thomas Grandine	50-54	194.26
Jennifer Gutierrez	30-34	7.53
Anne Healey	50-54	55.36
Howard Jess	55-59	187.46
Michael Jones	45-49	75.99
Don MacLane	45-49	121.76
Stephanie Miller	25-29	74.95
Laura Petrini	50-54	151.43
Kay Rawlings	40-44	75.67
Tom Robertson	65-69	78.67
Elizabeth Rosane	55-59	55.69
Michael Schaeffer	50-54	100.57
Paul Skoglund	40-44	93.56
Jim Smersh	45-49	50.89
Rebecca Steiner	45-49	28.89
Kelly Sterling	50-54	19.23
Steve Underbrink	40-44	58.63
John Vranesh	55-59	85.85

MMDS	<i>Mad MAC Distance Swimmers</i>	155.67
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Toni Brown	50-54	38.74
Karyn Gorman	60-64	16.93
Maura Schwartz	50-54	24.85
Thomas Shuman	55-59	46.19
Leslie Weigand	55-59	28.95

MWM	<i>Milky Way Masters</i>	2331.73
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Bill Bradley	55-59	43.98
Barry Breffle	35-39	72.52
Beau Brink	25-29	21.73
Jeff Brown	50-54	56.88
Orlin Buhr	60-64	9.03
Julie Cain	35-39	2.87
John Dankert	40-44	4.89
Alan Davis	45-49	26.73
Jack Fritts	55-59	88.98
Leah Fuller	30-34	18.64
Nick Gearhart	55-59	93.24
David Gehring	40-44	59.32
Jerry Gillon	55-59	22.98
Dennis Green	45-49	59.09
Tom Green	50-54	180.20
Steven Gronemeyer	60-64	127.36
Tom Henson	50-54	26.34
Brad Hernandez	40-44	55.03
John Hill	45-49	25.63
Julie Kann	40-44	85.77
Mark Keele	45-49	43.49
Sara Kilgore	30-34	41.39
Jerald Kilgore	35-39	11.25
Mark Liabo	55-59	51.53

Chris Loeffelholz	45-49	50.77
Jennifer Lorenz	45-49	44.59
Mollie Lorenz	40-44	11.83
Camille Meyer	30-34	22.84
Carrie Meyer	30-34	6.99
Frank Morosky	50-54	53.58
Silas Oney	45-49	0.57
Ron Ottaway	70-74	82.95
Laura Platner	25-29	1.48
Nick Quanrud	30-34	28.24
Jody Rausch	40-44	30.33
Katie Raymon	25-29	35.40
Rachel Raymon	18-24	32.61
Joseph Richey	25-29	53.78
Nick Scott	55-59	52.22
Michael Sheehy	60-64	19.26
Mark Snider	55-59	61.05
Terry Stockert	40-44	58.47
Beatrice Szalas	40-44	39.60
David Thatcher	35-39	59.23
Christopher Tyler	35-39	76.05
Janet Ungs	50-54	83.15
Todd Walter	40-44	121.46
Matthew Wildman	30-34	18.38
Rebecca Zange	40-44	58.04

REBELS *Redmond Early Bird Enthusiastic* 1031.26
Lovable Swimmer

Goal: 4500 Miles

Susan Bale	40-44	55.45
Diane Cardwell	55-59	103.87
Walter Carter	50-54	104.15
Susan Gorman	40-44	91.65
Jeanette Groesz	60-64	77.44
Jeremy Groesz	30-34	13.24
Tara Gross	35-39	59.03
Teri Hendryx	55-59	99.76
Cynthia Larkin	50-54	81.50
Amy McElroy	35-39	62.20
Staci Sprauer	35-39	45.73
Mary Sweat	50-54	212.25
George Weber	75-79	25.00

SCAST *Sussex County Adult Swim Team* 895.85

Richard Carlson	55-59	54.26
June Carson	60-64	58.95
James Curd	40-44	22.87
Joseph Flanagan	45-49	54.05
Chip Freund	45-49	49.89
William Haas	70-74	31.00
Bridgette Hobart	45-49	62.05
Bob Hopkins	65-69	37.64
Ursula Kohama	50-54	22.16
Larry Lengle	75-79	56.51
Kevin Lynott	55-59	24.40
Erika Maresca	35-39	56.53
Bob McDonnell	40-44	32.43

Ronald Medhurst	65-69	32.98
Douglas Miller	35-39	61.64
Edward O'Hara	60-64	26.73
Cynthia Orinski	50-54	6.31
Joanne Ploch	40-44	8.13
Paula Pyrcz	60-64	12.27
Ron Sabo	60-64	31.00
Richard Schluter	50-54	32.00
Robert Scott	40-44	40.37
Julie Sheaffer	45-49	40.65
Ilse Wolfe	45-49	41.02

TJIG *The Juniper Investment Group* 729.28

Michael Carew	60-64	263.35
Dallas Figley	55-59	120.00
Larry Gillham	60-64	58.50
Lee Husk	55-59	23.12
Richard Jenkins	60-64	20.07
Debbie Pappa	45-49	49.73
Connie Peterson	50-54	8.82
James Proffitt	40-44	139.79
Peggy Whiter	65-69	45.90

TMM *The Mighty Mermaids* 869.67

Lisa Bennett	50-54	106.20
Christie Ciraulo	55-59	198.19
Jenny Cook	50-54	143.54
Karen Einsidler	50-54	137.40
Tracy Grilli	50-54	88.15
Nancy Steadman-Martin	55-59	196.19

TRYM *Twin Rivers YMCA Masters* 1084.36

Goal: 3000 miles

Craig Anderson	60-64	170.63
Bob Brown	65-69	44.86
Julia Craze	40-44	17.30
G. Mark Doyle	50-54	104.38
Christopher Garville	55-59	12.69
Katie Gates	30-34	37.64
Steven Hopkinson	40-44	67.90
Bob Husson	60-64	79.97
John Jackson	65-69	36.80
Camille Klotz	60-64	46.79
Frank McGrath	70-74	40.82
Kristie Miles	35-39	10.96
Andrea Packard	35-39	63.58
Karen Raschke	25-29	37.53
Jutta Schoefer	40-44	29.86
Greta van Meeteren	60-64	150.34
Hans van Meeteren	65-69	132.32

WMSTSS *WMST Sunrise Swimmers* 171.26

Margaret Allen	50-54	70.36
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Leonard Gerlowski	50-54	55.40
Janet Taylor	55-59	45.50

YNOT	<i>YNOT Swim Livonia</i>	492.15
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Michael Bell	40-44	63.19
Brian Davis	45-49	98.92
Steven Erickson	50-54	91.78
Joe Gohl	60-64	83.13
Robert Isbister	65-69	61.50
Michael Muma	55-59	93.64