

"Go the Distance" Workout Groups October, GTD 2009

AAA Anne Arundel Amphibians 854.80

Goal: 780 Miles!

Carolynn Foley	65-69	311.12
Nancy Futch	60-64	226.38
John Wetzel	55-59	317.30

CHSM Chicago Smelts Masters 38.26

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

CRAW Crawfish Masters 809.76

Richard Everett	45-49	92.01
Douglas Kopp	60-64	717.75

DAMA Durham Area Masters Aquatics 2536.29

Goal: 3000 miles

Matthew Davis	35-39	75.46
Dawn Franklin	40-44	263.80
Sean George	35-39	117.42
Mary Anna Hovey	65-69	198.82
Amie Krasnozon	25-29	185.83
Christopher Miller	25-29	31.25
Karen Moorman	55-59	206.03
Kim Sarah Rice	25-29	731.70
Mark Roberson	45-49	97.67
Mark Savoldi	40-44	142.67
Kirstie Scheib	40-44	61.32
Andrea Stephens	35-39	22.00
Karyn Traphagen	50-54	119.23
Heidi Williams	40-44	283.09

KMAN Team KMAN 2937.46

Michael Aiello	60-64	238.65
Ellen Beraud	45-49	192.55
Lori Bickel	45-49	94.50
Mike Bickel	45-49	151.33
Debbie Bond	50-54	441.70
Mary Kelly Dakin	40-44	197.20
Jennifer Glenesk	50-54	193.23
Mark Glenesk	50-54	222.80
Nancy Prier	45-49	137.20
Ellen Rockholm	60-64	259.60
Keith Schmidt	45-49	252.30
Janeil Tillmann	45-49	234.80
Karen Waska	50-54	192.20
Peggy Zappas	55-59	129.40

MIR *Mercer Island Redwoods* 6085.94*Goal: 11584 KM*

Sharon Arroyo	40-44	85.81
Carol Brown	55-59	196.26
Adair Dingle	50-54	573.55
Bill Fenner	50-54	272.34
Thomas Grandine	50-54	628.62
Jennifer Gutierrez	30-34	7.53
Anne Healey	50-54	133.54
Howard Jess	55-59	615.15
Michael Jones	45-49	244.48
Don MacLane	45-49	211.10
Stephanie Miller	25-29	302.54
Laura Petrini	50-54	487.08
Kay Rawlings	40-44	275.47
Tom Robertson	65-69	275.29
Elizabeth Rosane	55-59	218.99
Michael Schaeffer	50-54	359.87
Paul Skoglund	40-44	156.12
Jim Smersh	45-49	156.80
Rebecca Steiner	45-49	110.96
Kelly Sterling	50-54	247.88
Steve Underbrink	40-44	247.29
John Vranesh	55-59	279.26

MMDS *Mad MAC Distance Swimmers* 305.70

Toni Brown	50-54	105.61
Karyn Gorman	60-64	18.35
Maura Schwartz	50-54	65.95
Thomas Shuman	55-59	78.58
Leslie Weigand	55-59	37.20

MWM *Milky Way Masters* 4883.00

Bill Bradley	55-59	43.98
Barry Breffle	35-39	157.26
Beau Brink	25-29	42.73
Jeff Brown	50-54	78.86
Orlin Buhr	60-64	39.31
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	226.43
Leah Fuller	30-34	28.67
Nick Gearhart	55-59	93.24
David Gehring	40-44	164.19
Jerry Gillon	55-59	22.98
Dennis Green	45-49	194.54
Tom Green	50-54	579.90
Steven Gronemeyer	60-64	330.52
Tom Henson	50-54	26.34
Brad Hernandez	40-44	160.68
John Hill	45-49	45.28
Julie Kann	40-44	126.55

Mark Keele	45-49	54.12
Jerald Kilgore	35-39	11.25
Sara Kilgore	30-34	110.27
Mark Liabo	55-59	69.01
Chris Loeffelholz	45-49	196.32
Jennifer Lorenz	45-49	134.83
Mollie Lorenz	40-44	41.18
Camille Meyer	30-34	24.46
Carrie Meyer	30-34	6.99
Frank Morosky	50-54	69.26
Silas Oney	45-49	22.27
Ron Ottaway	70-74	143.78
Laura Platner	25-29	3.35
Nick Quanrud	30-34	51.53
Jody Rausch	40-44	65.17
Katie Raymon	25-29	41.59
Rachel Raymon	18-24	38.29
Joseph Richey	25-29	116.68
Nick Scott	55-59	79.02
Michael Sheehy	60-64	81.03
Mark Snider	55-59	96.18
Terry Stockert	40-44	81.62
Beatrice Szalas	40-44	39.60
David Thatcher	35-39	75.50
Christopher Tyler	35-39	134.81
Janet Ungs	50-54	269.60
Todd Walter	40-44	139.04
Matthew Wildman	30-34	62.05
Rebecca Zange	40-44	156.63

REBELS	<i>Redmond Early Bird Enthusiastic Lovable Swimmer</i>	2737.62
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Goal: 4500 Miles

Susan Bale	40-44	167.36
Diane Cardwell	55-59	277.48
Walter Carter	50-54	410.75
Susan Gorman	40-44	267.76
Jeanette Groesz	60-64	212.69
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	185.91
Staci Sprauer	35-39	45.73
Mary Sweat	50-54	576.17
George Weber	75-79	116.57

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* 3326.18

Richard Carlson	55-59	183.64
June Carson	60-64	196.55
Heidi Chadwick	45-49	16.90
James Curd	40-44	36.29
Joseph Flanagan	45-49	149.96
Chip Freund	45-49	109.36
William Haas	70-74	96.75
Bridgette Hobart	45-49	316.47
Bob Hopkins	65-69	140.04
Ursula Kohama	50-54	99.16
Larry Lengle	75-79	144.40
Kevin Lynott	55-59	24.40
Erika Maresca	35-39	214.66
Carol Martyniuk	55-59	201.33
Bob McDonnell	40-44	53.93
Ronald Medhurst	65-69	130.91
Douglas Miller	35-39	207.68
Edward O'Hara	60-64	83.32
Cynthia Orinski	50-54	51.51
Joanne Ploch	40-44	45.85
Paula Pyrcz	60-64	62.84
Ron Sabo	60-64	96.45
Richard Schluter	50-54	113.87
Robert Scott	40-44	112.52
Julie Sheaffer	45-49	118.35
Kristen Sonntag	40-44	51.85
Ed Tirpack	50-54	136.34
Ilse Wolfe	45-49	130.86

TJIG *The Juniper Investment Group* 2565.44

Michael Carew	60-64	883.79
Dallas Figley	55-59	305.44
Larry Gillham	60-64	173.41
Jennifer Hodges	35-39	173.72
Lee Husk	55-59	74.22
Richard Jenkins	60-64	128.97
Debbie Pappa	45-49	183.22
Connie Peterson	50-54	88.22
James Proffitt	40-44	441.54
Peggy Whiter	65-69	112.92

TMM *The Mighty Mermaids* 2729.20

Lisa Bennett	50-54	322.10
Christie Ciraulo	55-59	575.92
Jenny Cook	50-54	442.05
Karen Einsidler	50-54	474.61
Tracy Grilli	50-54	280.30
Nancy Steadman-Martin	55-59	634.22

TRYM *Twin Rivers YMCA Masters* 3135.26

Goal: 3000 miles

Craig Anderson	60-64	533.83
Bob Brown	65-69	166.87
Julia Craze	40-44	31.70
G. Mark Doyle	50-54	321.54
Christopher Garville	55-59	125.41
Katie Gates	30-34	82.51
Steven Hopkinson	40-44	95.51
Bob Husson	60-64	230.38
John Jackson	65-69	93.57
Camille Klotz	60-64	146.11
Frank McGrath	70-74	67.56
Kristie Miles	35-39	10.96
Andrea Packard	35-39	205.46
Karen Raschke	25-29	129.07
Jutta Schoefer	40-44	51.58
Greta van Meeteren	60-64	431.88
Hans van Meeteren	65-69	395.61
Juanita Willard	85-89	15.71

WMSTSS	<i>WMST Sunrise Swimmers</i>	496.05
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Margaret Allen	50-54	259.77
Leonard Gerlowski	50-54	179.10
Janet Taylor	55-59	57.18

YNOT	<i>YNOT Swim Livonia</i>	1878.73
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Michael Bell	40-44	282.93
Brian Davis	45-49	291.95
Steven Erickson	50-54	221.91
Joe Gohl	60-64	164.57
Robert Isbister	65-69	189.46
Bruce Morey	50-54	422.03
Michael Muma	55-59	305.89