

"Go the Distance" Workout Groups September, GTD 2009

**AAA** Anne Arundel Amphibians 750.05

Goal: 780 Miles!

Carolynn Foley	65-69	272.74
Nancy Futch	60-64	184.78
John Wetzel	55-59	292.53

**CHSM** Chicago Smelts Masters 38.26

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

**CRAW** Crawfish Masters 709.82

Richard Everett	45-49	68.12
Douglas Kopp	60-64	641.70

**DAMA** Durham Area Masters Aquatics 2363.93

Goal: 3000 miles

Matthew Davis	35-39	75.46
Dawn Franklin	40-44	242.89
Sean George	35-39	95.34
Mary Anna Hovey	65-69	191.32
Amie Krasnozon	25-29	185.83
Christopher Miller	25-29	31.25
Karen Moorman	55-59	206.03
Kim Sarah Rice	25-29	666.81
Mark Roberson	45-49	85.06
Mark Savoldi	40-44	136.99
Kirstie Scheib	40-44	53.08
Andrea Stephens	35-39	22.00
Karyn Traphagen	50-54	119.23
Heidi Williams	40-44	252.64

**KMAN** Team KMAN 2521.16

Michael Aiello	60-64	220.11
Ellen Beraud	45-49	174.61
Lori Bickel	45-49	91.40
Mike Bickel	45-49	128.31
Debbie Bond	50-54	394.92
Mary Kelly Dakin	40-44	172.20
Jennifer Glenesk	50-54	185.10
Mark Glenesk	50-54	205.40
Nancy Prier	45-49	39.20
Ellen Rockholm	60-64	230.90
Keith Schmidt	45-49	228.80
Janeil Tillmann	45-49	158.70
Karen Waska	50-54	175.52
Peggy Zappas	55-59	116.00

**MIR** *Mercer Island Redwoods* 5445.18*Goal: 11584 KM*

Sharon Arroyo	40-44	81.09
Carol Brown	55-59	187.06
Adair Dingle	50-54	509.18
Bill Fenner	50-54	242.36
Thomas Grandine	50-54	575.55
Jennifer Gutierrez	30-34	7.53
Anne Healey	50-54	133.54
Howard Jess	55-59	559.48
Michael Jones	45-49	236.84
Don MacLane	45-49	211.10
Stephanie Miller	25-29	271.35
Laura Petrini	50-54	438.05
Kay Rawlings	40-44	248.04
Tom Robertson	65-69	256.37
Elizabeth Rosane	55-59	191.09
Michael Schaeffer	50-54	318.67
Paul Skoglund	40-44	156.12
Jim Smersh	45-49	136.30
Rebecca Steiner	45-49	91.13
Kelly Sterling	50-54	183.87
Steve Underbrink	40-44	156.09
John Vranesh	55-59	254.37

**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* 4524.45

Bill Bradley	55-59	43.98
Barry Breffle	35-39	131.44
Beau Brink	25-29	39.18
Jeff Brown	50-54	66.93
Orlin Buhr	60-64	34.03
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	203.42
Leah Fuller	30-34	28.67
Nick Gearhart	55-59	93.24
David Gehring	40-44	145.38
Jerry Gillon	55-59	22.98
Dennis Green	45-49	191.44
Tom Green	50-54	522.74
Steven Gronemeyer	60-64	298.70
Tom Henson	50-54	26.34
Brad Hernandez	40-44	136.82
John Hill	45-49	38.52
Julie Kann	40-44	126.55

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	173.65
Jennifer Lorenz	45-49	125.03
Mollie Lorenz	40-44	34.87
Camille Meyer	30-34	24.46
Carrie Meyer	30-34	6.99
Frank Morosky	50-54	63.29
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	70.52
Mark Snider	55-59	93.31
Terry Stockert	40-44	81.62
Beatrice Szalas	40-44	39.60
David Thatcher	35-39	75.50
Christopher Tyler	35-39	121.12
Janet Ungs	50-54	242.64
Todd Walter	40-44	139.04
Matthew Wildman	30-34	62.05
Rebecca Zange	40-44	139.10

<b>REBELS</b>	<i>Redmond Early Bird Enthusiastic Lovable Swimmer</i>	<b>2519.80</b>
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Goal: 4500 Miles

Susan Bale	40-44	153.25
Diane Cardwell	55-59	249.30
Walter Carter	50-54	374.25
Susan Gorman	40-44	242.15
Jeanette Groesz	60-64	189.23
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	172.61
Staci Sprauer	35-39	45.73
Mary Sweat	50-54	513.06
George Weber	75-79	103.02

<b>SBAAS</b>	<i>South Belt Area All Stars</i>	<b>1292.37</b>
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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*      2875.68

Richard Carlson	55-59	165.69
June Carson	60-64	172.69
Heidi Chadwick	45-49	16.90
James Curd	40-44	22.87
Joseph Flanagan	45-49	134.90
Chip Freund	45-49	109.36
William Haas	70-74	87.75
Bridgette Hobart	45-49	281.37
Bob Hopkins	65-69	124.98
Ursula Kohama	50-54	86.46
Larry Lengle	75-79	128.04
Kevin Lynott	55-59	24.40
Erika Maresca	35-39	204.21
Carol Martyniuk	55-59	178.39
Bob McDonnell	40-44	53.93
Ronald Medhurst	65-69	116.70
Douglas Miller	35-39	194.81
Edward O'Hara	60-64	73.04
Cynthia Orinski	50-54	45.37
Joanne Ploch	40-44	45.85
Paula Pyrcz	60-64	51.48
Ron Sabo	60-64	86.20
Richard Schluter	50-54	103.42
Robert Scott	40-44	84.40
Julie Sheaffer	45-49	115.11
Kristen Sonntag	40-44	51.85
Ilse Wolfe	45-49	115.52

**TJIG**      *The Juniper Investment Group*      2318.84

Michael Carew	60-64	801.60
Dallas Figley	55-59	278.89
Larry Gillham	60-64	173.41
Jennifer Hodges	35-39	152.58
Lee Husk	55-59	65.12
Richard Jenkins	60-64	120.33
Debbie Pappa	45-49	165.36
Connie Peterson	50-54	70.39
James Proffitt	40-44	378.25
Peggy Whiter	65-69	112.92

**TMM**      *The Mighty Mermaids*      2450.94

Lisa Bennett	50-54	290.17
Christie Ciraulo	55-59	511.22
Jenny Cook	50-54	396.84
Karen Einsidler	50-54	431.08
Tracy Grilli	50-54	251.78
Nancy Steadman-Martin	55-59	569.85

**TRYM**      *Twin Rivers YMCA Masters*      2842.44

Goal: 3000 miles

Craig Anderson	60-64	478.84
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Bob Brown	65-69	147.21
Julia Craze	40-44	31.70
G. Mark Doyle	50-54	286.31
Christopher Garville	55-59	97.17
Katie Gates	30-34	82.51
Steven Hopkinson	40-44	95.51
Bob Husson	60-64	221.46
John Jackson	65-69	81.24
Camille Klotz	60-64	138.41
Frank McGrath	70-74	67.56
Kristie Miles	35-39	10.96
Andrea Packard	35-39	181.88
Karen Raschke	25-29	129.07
Jutta Schoefer	40-44	51.58
Greta van Meeteren	60-64	399.64
Hans van Meeteren	65-69	327.84
Juanita Willard	85-89	13.55

<b>WMSTSS</b>	<i>WMST Sunrise Swimmers</i>	<b>454.31</b>
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Margaret Allen	50-54	234.43
Leonard Gerlowski	50-54	162.70
Janet Taylor	55-59	57.18

<b>YNOT</b>	<i>YNOT Swim Livonia</i>	<b>1732.73</b>
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Michael Bell	40-44	258.38
Brian Davis	45-49	256.75
Steven Erickson	50-54	214.81
Joe Gohl	60-64	164.57
Robert Isbister	65-69	172.70
Bruce Morey	50-54	393.76
Michael Muma	55-59	271.77