

Results for “Go the Distance” July, 2008

“Go the Distance” (also fondly known as GTD) now boasts 568 participants! We continue to grow as the word spreads that we are swimming a bunch of miles and enjoying each and every one of them. Welcome to Patricia, Sara, LeAnn, Heidi, John and Shaun – we’re glad you have joined the fun of GTD!

In July we had 18 swimmers who achieved the first distance milestone of “50 miles”! Congratulations to all of you on your achievement. I hope you will enjoy the good feeling that comes with an accomplishment like this for a very long time!

We also had 40 participants swim past the “100 miles” distance milestone, 46 more have now swum over “150 miles” and 52 GTDer’s cruised past the “200 miles” threshold! There were also 24 more who have now stroked over “250 miles”, 21 more to smash the “300 miles” distance and 6 folks have now achieved the “365.25 Miles (Average Mile a Day)” milestone – way to go everyone!

Whew – everyone is swimming a whole lot of miles these days ... and there’s more! Congratulations are also in order to the 11 of you that have now swum over “400 miles”, the 6 more that have achieved the “500 miles” distance milestone, 1 more participant has now gone past “750 miles” and finally – our leader has now achieved the “1250 miles” distance milestone!

As a group we have now swum an absolutely incredible 95717.16 miles so far this year!!! Our average is 168.52 miles and the most anyone in GTD has swum is 1356.89 miles!

The July results are posted at <http://www.usms.org/fitness/content/gothedistance08> for your review. There is also a complete list of participants that have achieved a GTD Distance Milestone this month as well as a complete list of all distance milestone achievements for 2008.

The USMS Fitness Committee sponsors this event and we now have a few more folks that will be helping provide you with fitness tips (GTD Deep Thoughts for Fitness - new feature!), “Meet GTD Swimmers” feature as well as all around event support. I’d like to introduce you to your new GTD pals in the July Highlights!

There is also an example of a really cool way to “track” your mileage – check it out!

Finally, three of our participants have been kind enough to share their “real life stories” with us. I hope you take the time to meet Kathleen Tokuda, Lindsey Urbatchka and Paul Bousel!

It’s August - let’s go swimming!

Your GTD Pal,
Mary Sweat