



"Go the Distance" Workout Groups  
November, 2008

<b>BC</b>	<i>Boston College</i>	61.12
<i>Goal:</i>		
Meaghan Murphy	25-29	61.12
<b>BYMS</b>	<i>Briggs Y Masters Swim Team</i>	140.59
<i>Goal:</i>		
Carolyn Pratt	25-29	140.59
<b>CHSM</b>	<i>Chicago Smelts Masters</i>	1785.80
<i>Goal:</i>		
Peter Hepburn	35-39	341.18
Heidi Kafka	45-49	385.10
Dana Litoff	18-24	238.49
Max Lombardi	40-44	254.39
Conrad Paulson	50-54	77.85
Scot Phinney	50-54	287.66
David Sebastian	45-49	201.13
<b>CRAW</b>	<i>Crawfish Masters</i>	700.21
<i>Goal: 1,000,000 yards (approx. 568.19 miles)</i>		
Doug Kopp	55-59	700.21
<b>DAMA</b>	<i>Durham Area Masters Aquatics</i>	1121.28
<i>Goal: 1200 Miles!</i>		
Dawn Franklin	35-39	344.70
Karen Moorman	55-59	212.83
Mark Roberson	40-44	142.01
Mark Savoldi	40-44	197.14
Kirstie Scheib	35-39	224.60
<b>DM</b>	<i>Dutch Masters</i>	364.15
<i>Goal:</i>		
Jennifer Parks	65-69	364.15
<b>EPM</b>	<i>EP Masters Swim RI</i>	161.58
<i>Goal:</i>		
Matthew Schulde	30-34	161.58
<b>FWM</b>	<i>Federal Way Masters</i>	419.79
<i>Goal:</i>		
Deirdre Fitzpatrick	35-39	203.40
Judy Williams	60-64	216.39
<b>GHY</b>	<i>Gig Harbor YMCA</i>	95.93
<i>Goal:</i>		
Doug Pfeffer	35-39	95.93

**GLAD** 120.32

Michael Garceau	40-44	67.10
Rose Garceau	45-49	53.22

**MICC** 257.45

Goal:

Evin Cramer	60-64	257.45
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**MITM** *MIT Masters* 657.85

Goal: 540 Miles (maintain or swim more than last year!)

Maureen Dwyer	45-49	230.71
Bob Sege	50-54	159.90
Woods Wannamaker	45-49	267.24

**MM** *Milan Masters* 1069.53

Goal:

Cherie Adkins	40-44	154.29
Aaron Frame	35-39	233.10
Kerry Frame	40-44	565.11
Clara Thiry	40-44	117.03

**MMM** *Minuteman Masters* 419.26

Goal:

Mike Broglio	35-39	419.26
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**MWM** *Milky Way Masters* 4681.86

Goal: 6819 Miles (1,000,000 every month)!

Tom Belin	45-49	447.65
Greg Bodeker	40-44	3.18
Barry Breffle	35-39	129.64
Orlin Buhr	55-59	51.19
Shaun Cassells	25-29	31.95
John Chihak	60-64	266.94
John Dankert	40-44	39.41
Jack Fritts	55-59	193.15
Leah Fuller	30-34	32.53
Nicholas Gearhart	55-59	71.14
Dennis Green	45-49	185.43
Steve Gronemeyer	60-64	532.49
Logan Hoxie	40-44	58.46
Judy Kacena	45-49	62.42
Sara Kilgore	30-34	177.72
Mark Liabo	55-59	111.98
Chris Loeffelholz	45-49	272.82
Jenny Lorenz	45-49	136.36
Frank Morosky	45-49	101.62
Silas Oney	40-44	9.09
Ron Ottaway	70-74	285.63
Nick Quanrud	30-34	123.44
Katie Raymon	18-24	45.27
Joey Richey	25-29	95.86
Jennifer Rinden	40-44	11.08
Mike Sheehy	60-64	82.59

Daniel Smith	40-44	36.52
Mark Snider	55-59	147.44
Dave Thatcher	30-34	126.78
Chris Tyler	35-39	128.04
Janet Ungs	50-54	354.32
Ann Vestle	50-54	0.94
Todd Walter	40-44	36.14
Becky Zange	40-44	292.64

**NAM** *New Albany Masters* 65.03

Goal:

Karen Koenig	40-44	65.03
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**NWSTU** *Northwestern U* 366.28

Goal:

Lynne Lasser	45-49	366.28
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**ORCA** 293.36

Goal:

Ross Linderman	30-34	293.36
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**RAMS** 572.33

Goal:

William Heinemann	50-54	194.68
Barry Symonds	50-54	377.65

**REBELS** *Redmond Early Bird Enthusiastic Lovable Swimmer* 2461.89

Goal: 4,000,000 yards (2273 miles)!

Diane Cardwell	55-59	301.11
Denise De Leone	18-24	45.59
Susan Gorman	40-44	279.38
Jeanette Groesz	55-59	228.06
Teri Hendryx	55-59	339.70
Cynthia Larkin	45-49	277.23
Amy McElroy	35-39	187.20
Mary Sweat	50-54	684.79
George Weber	75-79	118.83

**RPMM** *Riverton Pool Maine Masters* 178.43

Goal:

Amy Klodzinski	30-34	178.43
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**S\*T\*A\*R\*** 682.25

Goal:

Nancy Cronin	55-59	141.07
Anne Kaminski	55-59	134.57
Ed March	60-64	406.61

**SBAAS** *South Belt Area All Stars* 2066.25

Goal: 2548.13 miles Pasadena, TX to SCY an LCM Nationals!

Lisa Hernandez	25-29	65.66
Landon Howard	18-24	145.48

Hilga Jones	40-44	24.17
Darla Kelly	50-54	109.57
Kristine Kelly	18-24	333.21
Robert Kelly	50-54	49.19
Christopher Derrick Mauk	30-34	654.98
Chuck Medema	25-29	542.61
Rick Price	30-34	36.94
Jessica Taylor	18-24	104.44

**SCAST**      *Sussex County Adult Swim Team*      1519.50

*Goal: Top 5 Year End Ranking*

Rich Carlson	55-59	179.58
Heidi Chadwick	45-49	135.74
Charles Freund	45-49	168.01
William Haas	70-74	118.50
John Higgins	55-59	27.86
Bob Hopkins	65-69	162.65
Larry Lengle	75-79	216.75
Theresa Markham	40-44	13.21
Ron Medhurst	60-64	146.05
Doug Miller	35-39	182.25
Rick Schluter	50-54	117.00
Robert Scott	40-44	51.90

**SDM**      *Sun Devil Masters*      177.30

Trish Manes	35-39	177.30
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**SDRD**      *SDRD Bountiful Masters*      500.14

*Goal:*

Kris Edwards	30-34	172.42
Jill Johnson	40-44	150.80
Kevin Mortensen	45-49	176.92

**SHARKS**      *SHARKS*      310.59

Teri Powers	40-44	109.68
Neil Salkind	60-64	200.91

**SLM**      *Swim Louisville Masters*      1683.56

*Goal: Swim 1000 miles*

Mark Gill	40-44	108.45
Robert Holmes	45-49	374.46
Jim Keller	55-59	290.61
Joan Lloyd	45-49	120.40
David Redinger	35-39	361.00
C.J. Rushman	35-39	245.13
Jon Shastid	60-64	135.43
Adam Whiteside	30-34	48.08

**TLM**      *The Lavendar Menace*      985.62

*Goal: Swim as many open water miles as they can!*

Merrill Hilf	45-49	245.45
Carolyn Placke	40-44	227.09
Kathleen Romano	60-64	513.08

**TMM**      *The Mighty Mermaids*      2973.24

*Goal: Swim the Mississippi by July*

Lisa Bennett	50-54	362.05
Christie Ciraulo	55-59	554.13
Jenny Cook	50-54	490.66
Karen Einsidler	50-54	494.68
Tracy Grilli	50-54	320.48
Nancy Steadman-Martin	50-54	751.24

**TRYM**      *Twin Rivers YMCA Masters*      1352.33

*Goal:*

Bob Brown	65-69	169.31
Mark Doyle	45-49	348.19
John Jackson	65-69	143.51
Camille Klotz	60-64	81.16
Greta van Meeteren	60-64	337.06
Hans van Meeteren	60-64	273.10

**WMSTL2**      *WMST Lane 2*      567.48

*Goal: Each swimmer to swim 222 miles this year!*

Margaret Allen	45-49	250.41
Len Gerlowski	50-54	177.26
Janet Taylor	55-59	139.81

**YNOT**      *YNOT Swim Livonia*      1639.24

*Goal:*

Michael Bell	40-44	289.43
Steve Erickson	50-54	293.89
Joseph Gohl	60-64	324.85
Bruce Morey	50-54	476.15
Michael Muma	55-59	254.92