

Results for "Go the Distance" (GTD) October, 2008

The USMS Fitness Event "Go the Distance" (a.k.a. "GTD") now boasts 595 participants and continues to grow each and every month! Welcome to our newest participants George, Heather, Cokie, Kathy and Linda!

October has been a great swimming month for many of you! We have 4 participants that have achieved their first "50 miles" distance milestone - yeah! There were also 24 folks that zoomed past the "100 miles", 32 more to cross the "150 miles" threshold, passing the "200 miles" goal were 27 of you and 39 more of you passing the "250 miles" distance milestone!

The "300 miles" distance milestone was surpassed by 31 folks in addition to the 14 who have now averaged a "mile a day (MAD)" by achieving the "365.25 miles" distance.

We have 17 swimmers who have swum more than "400 miles", 10 that have cruised past "500 miles" and another 3 who have now past the "750 miles"!

Last but not least, our GTD Xtreme participants! Our leader has now swum 1903.07 miles with two other participants now achieving the milestones of 1250 Miles. Congratulations to all of you that achieved a GTD distance milestone - way to go!

Our 2008 GTD participants have now swum 137,606.52 miles with an average of 231.27 miles.

The October 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 "GTD Deep thought" fitness tip is included in our October highlights. Our highlights include three GTD Workout groups that have already achieved their goals for 2008 - congratulations folks! Also, what does a wedding cake topper for a swimmer look like? Have a look to see what one of GTD pals created for her wedding.

It is truly a pleasure to introduce you to three more of our participants this month. I hope you will all enjoy "meeting" your GTD pals Kate De Simone, Roberta Bardini and Joan Campbell!

Happy Thanksgiving everyone! May we all be thankful for our GTD pals, a fun and spirited event and swimming being part of our lives!

*Your GTD Pal,
Mary Sweat*