



"Go the Distance" Workout Groups April
GTD 2009

AAA Anne Arundel Amphibians 352.65

Goal: 780 Miles!

Carolynn Foley	65-69	120.39
Nancy Futch	60-64	100.07
John Wetzel	55-59	132.19

CHSM Chicago Smelts Masters 38.26

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

CRAW Crawfish Masters 327.71

Richard Everett	45-49	39.37
Douglas Kopp	60-64	288.34

DAMA Durham Area Masters Aquatics 994.29

Goal: 3000 miles

Matthew Davis	35-39	75.46
Dawn Franklin	40-44	121.94
Sean George	35-39	45.66
Mary Anna Hovey	65-69	83.91
Amie Krasnozon	25-29	121.33
Christopher Miller	25-29	31.25
Karen Moorman	55-59	93.72
Kim Sarah Rice	25-29	289.09
Mark Roberson	45-49	12.81
Mark Savoldi	40-44	76.69
Kirstie Scheib	40-44	24.44
Andrea Stephens	35-39	18.00

KMAN Team KMAN 1375.34

Michael Aiello	60-64	124.61
Ellen Beraud	45-49	88.20
Lori Bickel	45-49	45.20
Mike Bickel	45-49	79.43
Debbie Bond	50-54	203.60
Mary Kelly Dakin	40-44	87.30
Jennifer Glenesk	50-54	101.40
Mark Glenesk	50-54	118.80
Nancy Prier	45-49	39.20
Ellen Rockholm	60-64	120.20
Keith Schmidt	45-49	106.00
Janeil Tillmann	45-49	113.30
Karen Waska	50-54	88.50
Peggy Zappas	55-59	59.60

MIR Mercer Island Redwoods 2562.51

Goal: 11584 KM

Sharon Arroyo	40-44	41.23
Carol Brown	55-59	85.41
Adair Dingle	50-54	248.71
Bill Fenner	50-54	120.36
Thomas Grandine	50-54	252.09
Jennifer Gutierrez	30-34	7.53
Anne Healey	50-54	75.84
Howard Jess	55-59	253.91
Michael Jones	45-49	104.07
Don MacLane	45-49	150.38
Stephanie Miller	25-29	97.59
Laura Petrini	50-54	202.32
Kay Rawlings	40-44	108.30
Tom Robertson	65-69	100.60
Elizabeth Rosane	55-59	82.00
Michael Schaeffer	50-54	142.05
Paul Skoglund	40-44	121.77
Jim Smersh	45-49	68.32
Rebecca Steiner	45-49	61.27
Kelly Sterling	50-54	34.55
Steve Underbrink	40-44	87.80
John Vranesh	55-59	116.42

MMDS	<i>Mad MAC Distance Swimmers</i>	197.36
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Toni Brown	50-54	50.17
Karyn Gorman	60-64	18.35
Maura Schwartz	50-54	33.06
Thomas Shuman	55-59	61.53
Leslie Weigand	55-59	34.25

MWM	<i>Milky Way Masters</i>	2692.87
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Bill Bradley	55-59	43.98
Barry Breffle	35-39	74.37
Beau Brink	25-29	23.89
Jeff Brown	50-54	56.88
Orlin Buhr	60-64	9.03
Julie Cain	35-39	2.87
John Dankert	40-44	4.89
Alan Davis	45-49	26.73
Jack Fritts	55-59	113.13
Leah Fuller	30-34	21.63
Nick Gearhart	55-59	93.24
David Gehring	40-44	73.05
Jerry Gillon	55-59	22.98
Dennis Green	45-49	82.33
Tom Green	50-54	237.02
Steven Gronemeyer	60-64	153.47
Tom Henson	50-54	26.34
Brad Hernandez	40-44	70.37
John Hill	45-49	28.64
Julie Kann	40-44	100.05
Mark Keele	45-49	43.49
Jerald Kilgore	35-39	11.25
Sara Kilgore	30-34	48.43
Mark Liabo	55-59	56.25

Chris Loeffelholz	45-49	67.01
Jennifer Lorenz	45-49	59.33
Mollie Lorenz	40-44	17.02
Camille Meyer	30-34	24.46
Carrie Meyer	30-34	6.99
Frank Morosky	50-54	53.58
Silas Oney	45-49	8.64
Ron Ottaway	70-74	95.91
Laura Platner	25-29	3.35
Nick Quanrud	30-34	35.34
Jody Rausch	40-44	38.00
Katie Raymon	25-29	35.40
Rachel Raymon	18-24	32.61
Joseph Richey	25-29	53.78
Nick Scott	55-59	59.84
Michael Sheehy	60-64	20.97
Mark Snider	55-59	67.99
Terry Stockert	40-44	70.23
Beatrice Szalas	40-44	39.60
David Thatcher	35-39	60.39
Christopher Tyler	35-39	93.82
Janet Ungs	50-54	106.96
Todd Walter	40-44	139.04
Matthew Wildman	30-34	20.31
Rebecca Zange	40-44	58.04

REBELS *Redmond Early Bird Enthusiastic* 1336.43
Lovable Swimmer

Goal: 4500 Miles

Susan Bale	40-44	77.09
Diane Cardwell	55-59	124.68
Walter Carter	50-54	141.45
Susan Gorman	40-44	118.80
Jeanette Groesz	60-64	103.64
Jeremy Groesz	30-34	13.24
Tara Gross	35-39	84.16
Teri Hendryx	55-59	125.44
Cynthia Larkin	50-54	112.50
Amy McElroy	35-39	84.50
Staci Sprauer	35-39	45.73
Mary Sweat	50-54	269.71
George Weber	75-79	35.49

SCAST *Sussex County Adult Swim Team* 1157.99

Richard Carlson	55-59	73.58
June Carson	60-64	75.40
James Curd	40-44	22.87
Joseph Flanagan	45-49	64.16
Chip Freund	45-49	49.89
William Haas	70-74	37.00
Bridgette Hobart	45-49	88.02
Bob Hopkins	65-69	57.24
Ursula Kohama	50-54	28.59
Larry Lengle	75-79	74.52
Kevin Lynott	55-59	24.40
Erika Maresca	35-39	80.11
Bob McDonnell	40-44	32.43

Ronald Medhurst	65-69	44.35
Douglas Miller	35-39	80.53
Edward O'Hara	60-64	33.78
Cynthia Orinski	50-54	9.63
Joanne Ploch	40-44	17.19
Paula Pycrz	60-64	19.43
Ron Sabo	60-64	43.00
Richard Schluter	50-54	45.50
Robert Scott	40-44	50.71
Julie Sheaffer	45-49	54.63
Ilse Wolfe	45-49	51.02

TJIG *The Juniper Investment Group* 947.58

Michael Carew	60-64	350.08
Dallas Figley	55-59	132.00
Larry Gillham	60-64	80.69
Lee Husk	55-59	34.52
Richard Jenkins	60-64	40.41
Debbie Pappa	45-49	70.63
Connie Peterson	50-54	8.82
James Proffitt	40-44	171.61
Peggy Whiter	65-69	58.83

TMM *The Mighty Mermaids* 1103.13

Lisa Bennett	50-54	139.80
Christie Ciraulo	55-59	238.22
Jenny Cook	50-54	176.59
Karen Einsidler	50-54	184.94
Tracy Grilli	50-54	113.27
Nancy Steadman-Martin	55-59	250.31

TRYM *Twin Rivers YMCA Masters* 1411.14

Goal: 3000 miles

Craig Anderson	60-64	214.89
Bob Brown	65-69	64.12
Julia Craze	40-44	17.30
G. Mark Doyle	50-54	129.60
Christopher Garville	55-59	32.57
Katie Gates	30-34	49.29
Steven Hopkinson	40-44	95.51
Bob Husson	60-64	115.48
John Jackson	65-69	37.82
Camille Klotz	60-64	62.19
Frank McGrath	70-74	48.58
Kristie Miles	35-39	10.96
Andrea Packard	35-39	85.97
Karen Raschke	25-29	46.14
Jutta Schoefer	40-44	39.23
Greta van Meeteren	60-64	188.18
Hans van Meeteren	65-69	166.64
Juanita Willard	85-89	6.68

WMSTSS *WMST Sunrise Swimmers* 224.40

Margaret Allen	50-54	94.62
Leonard Gerlowski	50-54	72.60
Janet Taylor	55-59	57.18

YNOT	<i>YNOT Swim Livonia</i>	597.28
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Michael Bell	40-44	68.02
Brian Davis	45-49	131.05
Steven Erickson	50-54	112.58
Joe Gohl	60-64	83.13
Robert Isbister	65-69	82.20
Michael Muma	55-59	120.31