



"Go the Distance" Workout Groups July
GTD 2009

AAA Anne Arundel Amphibians 627.78

Goal: 780 Miles!

Carolynn Foley	65-69	229.88
Nancy Futch	60-64	165.04
John Wetzel	55-59	232.86

CHSM Chicago Smelts Masters 38.26

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

CRAW Crawfish Masters 574.78

Richard Everett	45-49	59.88
Douglas Kopp	60-64	514.90

DAMA Durham Area Masters Aquatics 1967.85

Goal: 3000 miles

Matthew Davis	35-39	75.46
Dawn Franklin	40-44	205.13
Sean George	35-39	79.00
Mary Anna Hovey	65-69	150.25
Amie Krasnozon	25-29	185.83
Christopher Miller	25-29	31.25
Karen Moorman	55-59	194.41
Kim Sarah Rice	25-29	515.45
Mark Roberson	45-49	66.73
Mark Savoldi	40-44	129.52
Kirstie Scheib	40-44	49.33
Andrea Stephens	35-39	22.00
Karyn Traphagen	50-54	74.23
Heidi Williams	40-44	189.26

KMAN Team KMAN 1602.27

Michael Aiello	60-64	131.75
Ellen Beraud	45-49	109.45
Lori Bickel	45-49	45.20
Mike Bickel	45-49	91.55
Debbie Bond	50-54	203.60
Mary Kelly Dakin	40-44	87.30
Jennifer Glenesk	50-54	127.23
Mark Glenesk	50-54	133.80
Nancy Prier	45-49	39.20
Ellen Rockholm	60-64	147.70
Keith Schmidt	45-49	163.60
Janeil Tillmann	45-49	137.20
Karen Waska	50-54	109.70
Peggy Zappas	55-59	75.00

MIR *Mercer Island Redwoods* 4345.76*Goal: 11584 KM*

Sharon Arroyo	40-44	67.54
Carol Brown	55-59	171.55
Adair Dingle	50-54	402.87
Bill Fenner	50-54	191.04
Thomas Grandine	50-54	456.21
Jennifer Gutierrez	30-34	7.53
Anne Healey	50-54	97.93
Howard Jess	55-59	449.32
Michael Jones	45-49	195.37
Don MacLane	45-49	190.60
Stephanie Miller	25-29	189.50
Laura Petrini	50-54	355.04
Kay Rawlings	40-44	202.34
Tom Robertson	65-69	204.02
Elizabeth Rosane	55-59	139.61
Michael Schaeffer	50-54	221.86
Paul Skoglund	40-44	156.12
Jim Smersh	45-49	109.85
Rebecca Steiner	45-49	73.63
Kelly Sterling	50-54	107.58
Steve Underbrink	40-44	156.09
John Vranesh	55-59	200.15

MMDS *Mad MAC Distance Swimmers* 286.96

Toni Brown	50-54	92.47
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* 3883.12

Bill Bradley	55-59	43.98
Barry Breffle	35-39	105.46
Beau Brink	25-29	31.59
Jeff Brown	50-54	59.43
Orlin Buhr	60-64	21.76
Julie Cain	35-39	2.87
Shaun Cassells	30-34	27.38
John Dankert	40-44	4.89
Alan Davis	45-49	56.23
Jack Fritts	55-59	173.52
Leah Fuller	30-34	28.67
Nick Gearhart	55-59	93.24
David Gehring	40-44	117.50
Jerry Gillon	55-59	22.98
Dennis Green	45-49	145.95
Tom Green	50-54	403.91
Steven Gronemeyer	60-64	238.99
Tom Henson	50-54	26.34
Brad Hernandez	40-44	109.22
John Hill	45-49	30.85
Julie Kann	40-44	113.95

Mark Keele	45-49	54.12
Jerald Kilgore	35-39	11.25
Sara Kilgore	30-34	97.62
Mark Liabo	55-59	56.25
Chris Loeffelholz	45-49	130.81
Jennifer Lorenz	45-49	95.49
Mollie Lorenz	40-44	31.80
Camille Meyer	30-34	24.46
Carrie Meyer	30-34	6.99
Frank Morosky	50-54	56.47
Silas Oney	45-49	22.27
Ron Ottaway	70-74	143.78
Laura Platner	25-29	3.35
Nick Quanrud	30-34	46.76
Jody Rausch	40-44	56.10
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	57.01
Mark Snider	55-59	86.43
Terry Stockert	40-44	81.62
Beatrice Szalas	40-44	39.60
David Thatcher	35-39	75.50
Christopher Tyler	35-39	104.70
Janet Ungs	50-54	189.05
Todd Walter	40-44	139.04
Matthew Wildman	30-34	41.93
Rebecca Zange	40-44	102.14

REBELS	<i>Redmond Early Bird Enthusiastic Lovable Swimmer</i>	2117.62
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Goal: 4500 Miles

Susan Bale	40-44	137.21
Diane Cardwell	55-59	204.62
Walter Carter	50-54	286.85
Susan Gorman	40-44	192.55
Jeanette Groesz	60-64	153.83
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	139.24
Staci Sprauer	35-39	45.73
Mary Sweat	50-54	403.89
George Weber	75-79	76.50

SBAAS	<i>South Belt Area All Stars</i>	1227.31
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Landon Howard	18-24	44.03
Darla Kelly	50-54	150.28
Kristine Kelly	18-24	223.21
Robert Kelly	55-59	114.49
Christopher Mauk	30-34	311.64
Jenna Taylor	18-24	190.34
Brian Vestal	18-24	47.02
Skylar Walker	18-24	146.31

SCAST *Sussex County Adult Swim Team* 2304.53

Richard Carlson	55-59	127.96
June Carson	60-64	132.75
Heidi Chadwick	45-49	16.90
James Curd	40-44	22.87
Joseph Flanagan	45-49	110.52
Chip Freund	45-49	86.43
William Haas	70-74	65.00
Bridgette Hobart	45-49	198.27
Bob Hopkins	65-69	88.50
Ursula Kohama	50-54	65.70
Larry Lengle	75-79	128.04
Kevin Lynott	55-59	24.40
Erika Maresca	35-39	162.23
Carol Martyniuk	55-59	141.95
Bob McDonnell	40-44	53.93
Ronald Medhurst	65-69	89.00
Douglas Miller	35-39	156.61
Edward O'Hara	60-64	60.88
Cynthia Orinski	50-54	33.18
Joanne Ploch	40-44	42.87
Paula Pyrcz	60-64	34.77
Ron Sabo	60-64	72.00
Richard Schluter	50-54	79.86
Robert Scott	40-44	71.73
Julie Sheaffer	45-49	93.20
Kristen Sonntag	40-44	51.85
Ilse Wolfe	45-49	93.13

TJIG *The Juniper Investment Group* 1833.80

Michael Carew	60-64	623.18
Dallas Figley	55-59	224.00
Larry Gillham	60-64	147.11
Jennifer Hodges	35-39	122.98
Lee Husk	55-59	63.82
Richard Jenkins	60-64	89.17
Debbie Pappa	45-49	130.80
Connie Peterson	50-54	50.76
James Proffitt	40-44	296.16
Peggy Whiter	65-69	85.82

TMM *The Mighty Mermaids* 1938.11

Lisa Bennett	50-54	234.76
Christie Ciraulo	55-59	401.90
Jenny Cook	50-54	315.89
Karen Einsidler	50-54	335.11
Tracy Grilli	50-54	205.83
Nancy Steadman-Martin	55-59	444.62

TRYM *Twin Rivers YMCA Masters* 2251.08

Goal: 3000 miles

Craig Anderson	60-64	373.16
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Bob Brown	65-69	112.91
Julia Craze	40-44	31.70
G. Mark Doyle	50-54	171.31
Christopher Garville	55-59	56.43
Katie Gates	30-34	79.40
Steven Hopkinson	40-44	95.51
Bob Husson	60-64	181.85
John Jackson	65-69	54.93
Camille Klotz	60-64	114.43
Frank McGrath	70-74	67.56
Kristie Miles	35-39	10.96
Andrea Packard	35-39	132.61
Karen Raschke	25-29	85.92
Jutta Schoefer	40-44	51.58
Greta van Meeteren	60-64	326.25
Hans van Meeteren	65-69	294.60
Juanita Willard	85-89	9.97

WMSTSS	<i>WMST Sunrise Swimmers</i>	361.20
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Margaret Allen	50-54	177.22
Leonard Gerlowski	50-54	126.80
Janet Taylor	55-59	57.18

YNOT	<i>YNOT Swim Livonia</i>	1417.17
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Michael Bell	40-44	185.95
Brian Davis	45-49	206.81
Steven Erickson	50-54	187.77
Joe Gohl	60-64	164.57
Robert Isbister	65-69	134.40
Bruce Morey	50-54	325.32
Michael Muma	55-59	212.36