

## Results for “Go the Distance” (GTD) September, 2009

I’m jazzed to announce that 23 of our participants achieved the GTD milestone of “50 miles” in September. Way to go folks – you did it!

We now have 33 more participants who have swum over “100 miles”, an additional 39 to cruise past “150 miles” and 43 more participants zooming past “200 miles” .

The “250 miles” distance milestone was surpassed by more folks in September than any other milestone – a whopping 48 of you did it – alright! There were another 34 that past the “300 miles” threshold, 21 more of you can now claim to be in the “average mile a day (MAD)” club and 26 more of you have now sum over 400 miles.

We also have 12 more swimmers who have now swum more than “500 miles”, while Mike Carew passed the “750 miles” and Darcy La Fountain and Don Tatzin have now gone over “1000 miles” in September!

Wow – that’s a lot of swimming everyone! In fact, our 2009 GTD participants have now swum a grand total of 181,402.02 miles with an average of 167.96 miles. Our GTD Xtreme leader Ray Cottom has swum 1203.79 miles to date!!

The September results are posted at <http://www.usms.org/fitness/content/gothedistance09> for your review. There is a complete list of participants that have achieved a GTD Distance Milestone this month as well as a list of all the GTD distance milestone achievements for GTD 2009.

This month we meet Marianne Bradley, Ken Winterberger, Nana Whalen and Craig Anderson in our “Meet the GTD Swimmer” feature which is specially prepared for you by your GTD pal Greta van Meeteren. . I think you will really enjoy their stories.

Happy swimming in October!

Your GTD Pal,  
Mary Sweat