



"Go the Distance" Workout Groups July,  
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>	86.25
<i>Goal:</i>		
Carolyn Pratt	25-29	86.25
<b>CHSM</b>	<i>Chicago Smelts Masters</i>	1142.48
<i>Goal:</i>		
Peter Hepburn	35-39	222.70
Heidi Kafka	45-49	245.74
Dana Litoff	18-24	158.41
Max Lombardi	40-44	165.02
Conrad Paulson	50-54	49.11
Scot Phinney	50-54	177.08
David Sebastian	45-49	124.42
<b>CRAW</b>	<i>Crawfish Masters</i>	431.08
<i>Goal: 1,000,000 yards (approx. 568.19 miles)</i>		
Doug Kopp	55-59	431.08
<b>DAMA</b>	<i>Durham Area Masters Aquatics</i>	587.98
<i>Goal: 1000 Miles!</i>		
Dawn Franklin	35-39	213.07
Karen Moorman	55-59	138.36
Mark Roberson	40-44	80.70
Kirstie Scheib	35-39	155.85
<b>DM</b>	<i>Dutch Masters</i>	232.06
<i>Goal:</i>		
Jennifer Parks	65-69	232.06
<b>EPM</b>	<i>EP Masters Swim RI</i>	128.91
<i>Goal:</i>		
Matthew Schulde	30-34	128.91
<b>FWM</b>	<i>Federal Way Masters</i>	272.92
<i>Goal:</i>		
Deirdre Fitzpatrick	35-39	138.69
Judy Williams	60-64	134.23
<b>GHY</b>	<i>Gig Harbor YMCA</i>	95.93
<i>Goal:</i>		
Doug Pfeffer	35-39	95.93
<b>GLAD</b>		60.99

Michael Garceau	40-44	29.65
Rose Garceau	45-49	31.34

**MICC** 179.90

Goal:

Evin Cramer	60-64	179.90
-------------	-------	--------

**MITM** *MIT Masters* 378.35

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

Maureen Dwyer	45-49	134.23
Bob Sege	50-54	95.70
Woods Wannamaker	45-49	148.42

**MM** *Milan Masters* 745.22

Goal:

Cherie Adkins	40-44	101.19
Aaron Frame	35-39	198.95
Kerry Frame	40-44	402.68
Clara Thiry	40-44	42.40

**MMM** *Minuteman Masters* 277.02

Goal:

Mike Broglio	35-39	277.02
--------------	-------	--------

**MWM** *Milky Way Masters* 3242.57

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

Tom Belin	45-49	304.33
Greg Bodeker	40-44	3.18
Barry Breffle	35-39	110.55
Orlin Buhr	55-59	32.20
Shaun Cassells	25-29	16.85
John Chihak	60-64	266.94
John Dankert	40-44	28.34
Jack Fritts	55-59	130.69
Leah Fuller	30-34	27.56
Nicholas Gearhart	55-59	44.49
Dennis Green	45-49	116.32
Steve Gronemeyer	60-64	280.07
Logan Hoxie	40-44	58.46
Judy Kacena	45-49	62.42
Sara Kilgore	30-34	129.59
Mark Liabo	55-59	79.77
Chris Loeffelholz	45-49	166.47
Jenny Lorenz	45-49	97.58
Frank Morosky	45-49	70.42
Silas Oney	40-44	9.09
Ron Ottaway	70-74	199.07
Nick Quanrud	30-34	84.98
Katie Raymon	18-24	18.33
Joey Richey	25-29	87.24
Jennifer Rinden	40-44	11.08
Mike Sheehy	60-64	58.55
Daniel Smith	40-44	35.84
Mark Snider	55-59	56.19
Dave Thatcher	30-34	126.78

Chris Tyler	35-39	90.00
Janet Ungs	50-54	222.43
Ann Vestle	50-54	0.94
Todd Walter	40-44	36.14
Becky Zange	40-44	179.68

**NAM** *New Albany Masters* 47.87

Goal:

Karen Koenig	40-44	47.87
--------------	-------	-------

**NWSTU** *Northwestern U* 248.57

Goal:

Lynne Lasser	45-49	248.57
--------------	-------	--------

**ORCA** 207.04

Goal:

Ross Linderman	30-34	207.04
----------------	-------	--------

**RAMS** 441.42

Goal:

William Heinemann	50-54	194.68
Barry Symonds	50-54	246.74

**REBELS** *Redmond Early Bird Enthusiastic  
Lovable Swimmer* 1714.99

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

Diane Cardwell	55-59	209.17
Denise De Leone	18-24	40.10
Susan Gorman	40-44	185.86
Jeanette Groesz	55-59	153.16
Teri Hendryx	55-59	274.24
Cynthia Larkin	45-49	172.73
Amy McElroy	35-39	131.79
Mary Sweat	50-54	475.22
George Weber	75-79	72.72

**RPMM** *Riverton Pool Maine Masters* 108.46

Goal:

Amy Klodzinski	30-34	108.46
----------------	-------	--------

**SBAAS** *South Belt Area All Stars* 1470.58

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

Lisa Hernandez	25-29	52.59
Landon Howard	18-24	124.16
Hilga Jones	40-44	18.21
Darla Kelly	50-54	83.15
Kristine Kelly	18-24	313.89
Robert Kelly	50-54	36.69
Christopher Derrick Mauk	30-34	387.74
Chuck Medema	25-29	339.20
Rick Price	30-34	17.90
Jessica Taylor	18-24	97.05

**SCAST**      *Sussex County Adult Swim Team*      899.74

Goal:

Rich Carlson	55-59	103.94
Heidi Chadwick	45-49	102.83
Charles Freund	45-49	114.96
William Haas	70-74	74.50
John Higgins	55-59	27.86
Bob Hopkins	65-69	111.08
Larry Lengle	75-79	136.17
Ron Medhurst	60-64	95.00
Doug Miller	35-39	81.50
Robert Scott	40-44	51.90

**SDM**      *Sun Devil Masters*      104.96

Trish Manes	35-39	104.96
-------------	-------	--------

**SDRD**      *SDRD Bountiful Masters*      198.05

Goal:

Kris Edwards	30-34	100.14
Jill Johnson	40-44	97.91

**SHARKS**      *SHARKS*      210.48

Teri Powers	40-44	68.12
Neil Salkind	60-64	142.36

**SLM**      *Swim Louisville Masters*      1029.67

Goal: Swim 1000 miles

Mark Gill	40-44	84.83
Robert Holmes	45-49	245.38
Joan Lloyd	45-49	120.40
David Redinger	35-39	221.00
C.J. Rushman	35-39	174.55
Jon Shastid	60-64	135.43
Adam Whiteside	30-34	48.08

**S\*T\*A\*R\***      426.77

Goal:

Nancy Cronin	55-59	96.17
Anne Kaminski	55-59	100.57
Ed March	60-64	230.03

**TLM**      *The Lavendar Menace*      643.52

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

Merrill Hilf	45-49	162.37
Carolyn Placke	40-44	157.98
Kathleen Romano	60-64	323.17

**TMM**      *The Mighty Mermaids*      1977.55

Goal: Swim the Mississippi by July

Lisa Bennett	50-54	228.81
--------------	-------	--------

Christie Ciraulo	55-59	361.86
Jenny Cook	50-54	337.29
Karen Einsidler	50-54	347.45
Tracy Grilli	50-54	212.70
Nancy Steadman-Martin	50-54	489.44

<b>TRYM</b>	<i>Twin Rivers YMCA Masters</i>	<b>880.04</b>
-------------	---------------------------------	---------------

Goal:

Bob Brown	65-69	105.32
Mark Doyle	45-49	223.72
John Jackson	65-69	93.42
Camille Klotz	60-64	36.16
Greta van Meeteren	60-64	223.34
Hans van Meeteren	60-64	198.08

<b>WMSTL2</b>	<i>WMST Lane 2</i>	<b>352.26</b>
---------------	--------------------	---------------

Goal: Each swimmer to swim 222 miles this year!

Margaret Allen	45-49	156.88
Len Gerlowski	50-54	107.86
Janet Taylor	55-59	87.52

<b>YNOT</b>	<i>YNOT Swim Livonia</i>	<b>926.16</b>
-------------	--------------------------	---------------

Goal:

Michael Bell	40-44	184.62
Steve Erickson	50-54	197.02
Joseph Gohl	60-64	208.97
Bruce Morey	50-54	335.55