

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

*GTD 2009 has already grown beyond our wildest expectations and still continues to grow daily. We now have 861 participants “Going the Distance” and hopefully having lots of fun along the way.*

*February was a huge month as far as the distance that folks swam! As a group we have now swum 40,185.26 miles with an average of 46.67 miles.*

*This month 306 participants achieved a GTD distance milestone – congratulations to all of you! There were 251 folks who completed their first “50 miles” this month with an additional 45 participants cruising past “100 miles”. There are 5 GTD swimmers that swam past the “150 miles” threshold, 2 more past “200 miles” and 1 zoomed by the “250 miles” milestone. Amazingly, we have 2 more swimmers that are Xtreme GTDers! – one has now swum over “300 miles” and our new leader, Lynn Kubasek has already cracked the “400 miles” distance milestone with the current maximum distance of 426.62 miles. Looking good folks!*

*A new option in GTD 2009 is the ability to track your time spent in the pool. Approximately 300 of you have submitted your time per month for tracking in this event. Here’s some curious observations that are consistent for both January and February. 1) The average time spent per month is 16 hours. 2) The average distance (for those that submitted their time also) is about 25 to 26 miles per month. Cool. But, there’s not quite enough data yet to make very good conclusions... yet!*

*Submitting your time per month is strictly optional – but will result in some fun data to play with if you do! Keep in mind, it’s just a ball park figure about the time you spend at practice (like 1.5 hours per practice) – it’s not the time actually swimming. There is no need to worry about your rest during your interval sets – it should all be included. However, chit chat in the hot tub and long hot showers should not be included!*

*For your review, the February, 2009 results are posted at <http://www.usms.org/fitness/content/gothedistance09> Also included is the complete list of folks who have achieved a GTD distance milestone so far in 2009 as well as a list of participants that have achieved a GTD Distance Milestone in February.*

*Your GTD pal Greta van Meeteren introduces us to Karen Servas, Tina Alkezweeny, Martin Barnes and Ilse Wolfe in this month’s “Meet the GTD Swimmer” Feature!*

*I hope March is a great swimming month for everyone – full of lots of fun swimming many miles!*

*Your GTD pal,  
Mary Sweat  
U.S. Masters Swimming Fitness Committee*