



"Go the Distance" Workout Groups  
February GTD 2009

**AAA** Anne Arundel Amphibians 170.22

Goal: 780 Miles!

Carolynn Foley	65-69	58.03
Nancy Futch	60-64	46.28
John Wetzel	55-59	65.91

**CHSM** Chicago Smelts Masters 38.26

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

**CRAW** Crawfish Masters 169.09

Richard Everett	45-49	30.19
Douglas Kopp	60-64	138.90

**DAMA** Durham Area Masters Aquatics 557.28

Goal: 3000 miles

Matthew Davis	35-39	75.46
Dawn Franklin	40-44	53.22
Sean George	35-39	29.53
Mary Anna Hovey	65-69	45.45
Amie Krasnozon	25-29	64.43
Christopher Miller	25-29	31.25
Karen Moorman	55-59	47.19
Kim Sarah Rice	25-29	131.59
Mark Roberson	45-49	12.81
Mark Savoldi	40-44	40.15
Kirstie Scheib	40-44	14.20
Andrea Stephens	35-39	12.00

**KMAN** Team KMAN 763.80

Michael Aiello	60-64	53.90
Ellen Beraud	45-49	35.10
Lori Bickel	45-49	24.30
Mike Bickel	45-49	39.70
Debbie Bond	50-54	105.70
Mary Kelly Dakin	40-44	44.10
Tim Eckles	50-54	32.90
Jennifer Glenesk	50-54	43.30
Mark Glenesk	50-54	47.40
Nancy Prier	45-49	39.20
Ellen Rockholm	60-64	63.90
Keith Schmidt	45-49	67.00
Janeil Tillmann	45-49	67.70
Karen Waska	50-54	44.40
Mike Zappas	55-59	26.50
Peggy Zappas	55-59	28.70

**MIR** *Mercer Island Redwoods* 1130.65*Goal: 11584 KM*

Sharon Arroyo	40-44	20.04
Carol Brown	55-59	45.58
Adair Dingle	50-54	115.43
Bill Fenner	50-54	56.61
Thomas Grandine	50-54	129.88
Jennifer Gutierrez	30-34	7.53
Anne Healey	50-54	34.80
Howard Jess	55-59	120.85
Michael Jones	45-49	44.74
Stephanie Miller	25-29	67.70
Laura Petrini	50-54	98.80
Kay Rawlings	40-44	43.92
Tom Robertson	65-69	49.25
Elizabeth Rosane	55-59	34.72
Michael Schaeffer	50-54	66.54
Paul Skoglund	40-44	57.40
Jim Smersh	45-49	30.07
Kelly Sterling	50-54	19.23
Steve Underbrink	40-44	35.64
John Vranesh	55-59	51.93

**MMDS** *Mad MAC Distance Swimmers* 10.45

Toni Brown	50-54	1.53
Karyn Gorman	60-64	8.92

**MWM** *Milky Way Masters* 1661.56

Bill Bradley	55-59	43.41
Barry Breffle	35-39	48.17
Beau Brink	25-29	11.96
Jeff Brown	50-54	39.60
Orlin Buhr	60-64	9.03
Julie Cain	35-39	2.87
Shaun Cassells	30-34	19.52
John Dankert	40-44	4.89
Alan Davis	45-49	13.13
Jack Fritts	55-59	61.42
Leah Fuller	30-34	9.63
Nick Gearhart	55-59	62.84
David Gehring	40-44	36.59
Jerry Gillon	55-59	17.22
Dennis Green	45-49	42.78
Tom Green	50-54	119.52
Steven Gronemeyer	60-64	86.79
Tom Henson	50-54	19.23
Brad Hernandez	40-44	33.84
John Hill	45-49	11.25
Julie Kann	40-44	45.94
Mark Keele	45-49	24.52
Sara Kilgore	30-34	29.06
Mark Liabo	55-59	32.87
Chris Loeffelholz	45-49	31.14
Jennifer Lorenz	45-49	29.60

Mollie Lorenz	40-44	11.83
Camille Meyer	30-34	15.31
Carrie Meyer	30-34	6.68
Frank Morosky	50-54	42.22
Silas Oney	45-49	0.57
Ron Ottaway	70-74	56.11
Nick Quanrud	30-34	18.30
Jody Rausch	40-44	17.32
Katie Raymon	25-29	16.25
Rachel Raymon	18-24	15.34
Joseph Richey	25-29	25.14
Nick Scott	55-59	37.27
Michael Sheehy	60-64	12.84
Daniel Smith	40-44	3.61
Mark Snider	55-59	41.53
Terry Stockert	40-44	36.82
Beatrice Szalas	40-44	39.03
David Thatcher	35-39	40.43
Christopher Tyler	35-39	52.81
Janet Unga	50-54	55.80
Todd Walter	40-44	79.19
Rob Wetekamp	40-44	88.00
Matthew Wildman	30-34	16.42
Rebecca Zange	40-44	45.94

**REBELS** *Redmond Early Bird Enthusiastic* **668.46**  
*Lovable Swimmer*

Goal: 4500 Miles

Susan Bale	40-44	35.95
Diane Cardwell	55-59	70.88
Walter Carter	50-54	66.55
Susan Gorman	40-44	59.78
Jeanette Groesz	60-64	51.40
Jeremy Groesz	30-34	13.24
Tara Gross	35-39	31.10
Teri Hendryx	55-59	65.92
Cynthia Larkin	50-54	47.00
Amy McElroy	35-39	38.71
Staci Sprauer	35-39	35.73
Mary Sweat	50-54	131.91
George Weber	75-79	20.29

**SCAST** *Sussex County Adult Swim Team* **522.15**

Richard Carlson	55-59	30.80
June Carson	60-64	35.40
James Curd	40-44	22.87
Joseph Flanagan	45-49	36.65
Chip Freund	45-49	31.99
William Haas	70-74	20.00
Bridgette Hobart	45-49	32.50
Bob Hopkins	65-69	22.16
Ursula Kohama	50-54	13.55
Larry Lengle	75-79	36.02
Kevin Lynott	55-59	24.40
Erika Maresca	35-39	31.82
Bob McDonnell	40-44	16.93
Ronald Medhurst	65-69	21.62

Douglas Miller	35-39	41.87
Edward O'Hara	60-64	14.63
Cynthia Orinski	50-54	6.31
Paula Pyrcz	60-64	6.14
Robert Scott	40-44	22.07
Julie Sheaffer	45-49	27.16
Ilse Wolfe	45-49	27.27

**TJG**      *The Juniper Group*      60.73

Debbie Pappa	45-49	30.67
Peggy Whiter	65-69	30.06

**TMM**      *The Mighty Mermaids*      561.76

Lisa Bennett	50-54	74.20
Christie Ciraulo	55-59	129.54
Jenny Cook	50-54	88.00
Karen Einsidler	50-54	77.54
Tracy Grilli	50-54	55.76
Nancy Steadman-Martin	55-59	136.72

**TRYM**      *Twin Rivers YMCA Masters*      600.12

Goal: 3000 miles

Craig Anderson	60-64	84.72
Bob Brown	65-69	28.81
Julia Craze	40-44	17.30
G. Mark Doyle	50-54	70.74
Christopher Garville	55-59	12.69
Bob Husson	60-64	46.45
John Jackson	65-69	27.16
Camille Klotz	60-64	30.00
Frank McGrath	70-74	26.05
Kristie Miles	35-39	10.96
Andrea Packard	35-39	41.70
Karen Raschke	25-29	13.67
Jutta Schoefer	40-44	20.06
Greta van Meeteren	60-64	90.85
Hans van Meeteren	65-69	78.97

**WMSTSS**      *WMST Sunrise Swimmers*      118.29

Margaret Allen	50-54	46.28
Leonard Gerlowski	50-54	38.50
Janet Taylor	55-59	33.51

**YNOT**      *YNOT Swim Livonia*      339.16

Michael Bell	40-44	52.56
Brian Davis	45-49	63.47
Steven Erickson	50-54	61.44
Joe Gohl	60-64	52.95
Robert Isbister	65-69	40.90
Michael Muma	55-59	67.84