



"Go the Distance" Workout Groups April, 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>   | 50.00  |
| <i>Goal:</i>  |                                     |        |
| Carolyn Pratt                                       | 25-29                               | 50.00  |
| <b>CHSM</b>   | <i>Chicago Smelts Masters</i>       | 493.14 |
| <i>Goal:</i>  |                                     |        |
| Heidi Kafka   | 45-49                               | 139.55 |
| Dana Litoff   | 18-24                               | 94.49  |
| Max Lombardi  | 40-44                               | 96.27  |
| Scot Phinney  | 50-54                               | 95.82  |
| David Sebastian                                     | 45-49                               | 67.01  |
| <b>CRAW</b>   | <i>Crawfish Masters</i>             | 236.61 |
| <i>Goal: 1,000,000 yards (approx. 568.19 miles)</i> |                                     |        |
| Doug Kopp   | 55-59                               | 236.61 |
| <b>DAMA</b>   | <i>Durham Area Masters Aquatics</i> | 354.12 |
| <i>Goal: 1000 Miles!</i>                            |                                     |        |
| Dawn Franklin                                       | 35-39                               | 116.12 |
| Mark Roberson                                       | 40-44                               | 51.80  |
| Karen Moorman                                       | 55-59                               | 94.15  |
| Kirstie Scheib                                      | 35-39                               | 92.05  |
| <b>DM</b>   | <i>Dutch Masters</i>                | 132.90 |
| <i>Goal:</i>  |                                     |        |
| Jennifer Parks                                      | 65-69                               | 132.90 |
| <b>EPM</b>  | <i>EP Masters Swim RI</i>           | 84.88  |
| <i>Goal:</i>  |                                     |        |
| Matthew Schulde                                     | 30-34                               | 84.88  |
| <b>FWM</b>  | <i>Federal Way Masters</i>          | 177.48 |
| <i>Goal:</i>  |                                     |        |
| Deirdre Fitzpatrick                                 | 35-39                               | 101.11 |
| Judy Williams                                       | 60-64                               | 76.37  |
| <b>GHY</b>  | <i>Gig Harbor YMCA</i>              | 95.93  |
| Doug Pfeffer  | 35-39                               | 95.93  |
| <b>GLAD</b>   |                                     | 60.99  |
| Michael Garceau                                     | 40-44                               | 29.65  |
| Rose Garceau  | 45-49                               | 31.34  |

|             |  |        |
|-------------|--|--------|
| <b>MICC</b> |  | 107.46 |
|-------------|--|--------|

Goal:

|             |       |        |
|-------------|-------|--------|
| Evin Cramer | 60-64 | 107.46 |
|-------------|-------|--------|

|             |                    |        |
|-------------|--------------------|--------|
| <b>MITM</b> | <i>MIT Masters</i> | 205.73 |
|-------------|--------------------|--------|

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

|                  |       |       |
|------------------|-------|-------|
| Maureen Dwyer    | 45-49 | 73.63 |
| Bob Sege         | 50-54 | 51.40 |
| Woods Wannamaker | 45-49 | 80.70 |

|           |                      |        |
|-----------|----------------------|--------|
| <b>MM</b> | <i>Milan Masters</i> | 467.55 |
|-----------|----------------------|--------|

Goal:

|               |       |        |
|---------------|-------|--------|
| Cherie Adkins | 40-44 | 67.64  |
| Aaron Frame   | 35-39 | 150.77 |
| Kerry Frame   | 40-44 | 249.14 |
| Clara Thiry   | 40-44 | 0.00   |

|            |                          |        |
|------------|--------------------------|--------|
| <b>MMM</b> | <i>Minuteman Masters</i> | 209.82 |
|------------|--------------------------|--------|

Goal:

|              |       |        |
|--------------|-------|--------|
| Mike Broglio | 35-39 | 209.82 |
|--------------|-------|--------|

|            |                          |         |
|------------|--------------------------|---------|
| <b>MWM</b> | <i>Milky Way Masters</i> | 2106.63 |
|------------|--------------------------|---------|

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

|                   |       |        |
|-------------------|-------|--------|
| Tom Belin         | 45-49 | 162.67 |
| Barry Breffle     | 35-39 | 61.55  |
| Orlin Buhr        | 55-59 | 12.24  |
| John Chihak       | 60-64 | 204.93 |
| John Dankert      | 40-44 | 21.00  |
| Jack Fritts       | 55-59 | 73.30  |
| Leah Fuller       | 30-34 | 20.71  |
| Nicholas Gearhart | 55-59 | 44.49  |
| Dennis Green      | 45-49 | 75.04  |
| Steve Gronemeyer  | 60-64 | 152.55 |
| Logan Hoxie       | 40-44 | 58.46  |
| Judy Kacena       | 45-49 | 62.42  |
| Sara Kilgore      | 30-34 | 92.23  |
| Mark Liabo        | 55-59 | 58.92  |
| Chris Loeffelholz | 45-49 | 100.01 |
| Jenny Lorenz      | 45-49 | 63.66  |
| Frank Morosky     | 45-49 | 54.89  |
| Silas Oney        | 40-44 | 9.09   |
| Ron Ottaway       | 70-74 | 127.25 |
| Nick Quanrud      | 30-34 | 55.74  |
| Katie Raymon      | 18-24 | 16.34  |
| Joey Richey       | 25-29 | 57.52  |
| Jennifer Rinden   | 40-44 | 11.08  |
| Mike Sheehy       | 60-64 | 34.51  |
| Daniel Smith      | 40-44 | 27.08  |
| Mark Snider       | 55-59 | 8.01   |
| Dave Thatcher     | 30-34 | 85.67  |
| Chris Tyler       | 35-39 | 75.80  |
| Janet Ungs        | 50-54 | 129.55 |
| Ann Vestle        | 50-54 | 0.94   |
| Todd Walter       | 40-44 | 36.14  |

|              |       |        |
|--------------|-------|--------|
| Becky Zange  | 40-44 | 109.66 |
| Greg Bodeker | 40-44 | 3.18   |

**NAM** *New Albany Masters* **35.88**

Goal:

|              |       |       |
|--------------|-------|-------|
| Karen Koenig | 40-44 | 35.88 |
|--------------|-------|-------|

**NWSTU** *Northwestern U* **144.65**

Goal:

|              |       |        |
|--------------|-------|--------|
| Lynne Lasser | 45-49 | 144.65 |
|--------------|-------|--------|

**ORCA** **120.58**

Goal:

|                |       |        |
|----------------|-------|--------|
| Ross Linderman | 30-34 | 120.58 |
|----------------|-------|--------|

**RAMS** **348.63**

Goal:

|                   |       |        |
|-------------------|-------|--------|
| William Heinemann | 50-54 | 194.68 |
| Barry Symonds     | 50-54 | 153.95 |

**REBELS** *Redmond Early Bird Enthusiastic Lovable Swimmer* **984.75**

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

|                 |       |        |
|-----------------|-------|--------|
| Diane Cardwell  | 55-59 | 128.29 |
| Denise De Leone | 18-24 | 25.69  |
| Susan Gorman    | 40-44 | 116.79 |
| Jeanette Groesz | 55-59 | 95.58  |
| Teri Hendryx    | 55-59 | 135.16 |
| Cynthia Larkin  | 45-49 | 94.73  |
| Amy McElroy     | 35-39 | 74.52  |
| Mary Sweat      | 50-54 | 270.53 |
| George Weber    | 75-79 | 43.46  |

**RPMM** *Riverton Pool Maine Masters* **52.82**

Goal:

|                |       |       |
|----------------|-------|-------|
| Amy Klodzinski | 30-34 | 52.82 |
|----------------|-------|-------|

**SBAAS** *South Belt Area All Stars* **318.30**

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

|                          |       |        |
|--------------------------|-------|--------|
| Lisa Hernandez           | 25-29 | 12.24  |
| Hilga Jones              | 40-44 | 7.70   |
| Darla Kelly              | 50-54 | 26.05  |
| Robert Kelly             | 50-54 | 8.84   |
| Christopher Derrick Mauk | 30-34 | 122.70 |
| Chuck Medema             | 25-29 | 99.15  |
| Jessica Taylor           | 18-24 | 41.62  |

**SCAST** *Sussex County Adult Swim Team* **457.12**

Goal:

|                |       |       |
|----------------|-------|-------|
| Rich Carlson   | 55-59 | 60.01 |
| Charles Freund | 45-49 | 72.91 |
| William Haas   | 70-74 | 41.50 |
| Bob Hopkins    | 65-69 | 64.95 |
| Larry Lengle   | 75-79 | 79.41 |

|              |       |       |
|--------------|-------|-------|
| Ron Medhurst | 60-64 | 50.85 |
| Doug Miller  | 35-39 | 68.54 |
| Robert Scott | 40-44 | 18.95 |

**SDM** *Sun Devil Masters* 51.61

|             |       |       |
|-------------|-------|-------|
| Trish Manes | 35-39 | 51.61 |
|-------------|-------|-------|

**SDRD** *SDRD Bountiful Masters* 127.25

Goal:

|              |       |       |
|--------------|-------|-------|
| Kris Edwards | 30-34 | 63.83 |
| Jill Johnson | 40-44 | 63.42 |

**SHARKS** *SHARKS* 142.97

|              |       |       |
|--------------|-------|-------|
| Teri Powers  | 40-44 | 46.76 |
| Neil Salkind | 60-64 | 96.21 |

**SLM** *Swim Louisville Masters* 500.58

Goal: Swim 1000 miles

|                |       |        |
|----------------|-------|--------|
| Mark Gill      | 40-44 | 64.94  |
| Robert Holmes  | 45-49 | 124.13 |
| Joan Lloyd     | 45-49 | 44.29  |
| C.J. Rushman   | 35-39 | 108.63 |
| Jon Shastid    | 60-64 | 135.43 |
| Adam Whiteside | 30-34 | 23.16  |

**S\*T\*A\*R\*** 229.82

Goal:

|               |       |        |
|---------------|-------|--------|
| Nancy Cronin  | 55-59 | 53.47  |
| Anne Kaminski | 55-59 | 53.67  |
| Ed March      | 60-64 | 122.68 |

**TLM** *The Lavendar Menace* 322.81

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

|                 |       |        |
|-----------------|-------|--------|
| Merrill Hilf    | 45-49 | 91.22  |
| Carolyn Placke  | 40-44 | 89.25  |
| Kathleen Romano | 60-64 | 142.34 |

**TRYM** *Twin Rivers YMCA Masters* 553.65

Goal:

|                    |       |        |
|--------------------|-------|--------|
| Bob Brown          | 65-69 | 94.70  |
| Mark Doyle         | 45-49 | 130.11 |
| John Jackson       | 65-69 | 63.39  |
| Camille Klotz      | 60-64 | 18.09  |
| Greta van Meeteren | 60-64 | 128.77 |
| Hans van Meeteren  | 60-64 | 118.59 |

**WMSTL2** *WMST Lane 2* 211.99

Goal: Each swimmer to swim 222 miles this year!

|                |       |       |
|----------------|-------|-------|
| Margaret Allen | 45-49 | 93.23 |
| Len Gerlowski  | 50-54 | 67.96 |
| Janet Taylor   | 55-59 | 50.80 |

*Goal:*

|                |       |        |
|----------------|-------|--------|
| Michael Bell   | 40-44 | 127.76 |
| Steve Erickson | 50-54 | 93.47  |
| Joseph Gohl    | 60-64 | 105.05 |
| Bruce Morey    | 50-54 | 159.12 |