



"Go the Distance" Workout Groups
March, 2008

BC *Boston College* 47.48

Goal:

Meaghan Murphy 25-29 47.48

BYMS *Briggs Y Masters Swim Team* 42.13

Goal:

Carolyn Pratt 25-29 42.13

CHSM *Chicago Smelts Masters* 363.91

Goal:

Heidi Kafka 45-49 108.44

Dana Litoff 18-24 47.82

Max Lombardi 40-44 71.81

Scot Phinney 50-54 70.82

David Sebastian 45-49 65.02

CRAW *Crawfish Masters* 180.52

Goal: 1,000,000 yards (approx. 568.19 miles)

Doug Kopp 55-59 180.52

DAMA 124.62

Goal: 450 Miles

Dawn Franklin 35-39 80.21

Mark Roberson 40-44 44.41

DM *Dutch Masters* 105.91

Goal:

Jennifer Parks 65-69 105.91

EPM *EP Masters Swim RI* 70.82

Goal:

Matthew Schulde 30-34 70.82

FWM *Federal Way Masters* 132.01

Goal:

Deirdre Fitzpatrick 35-39 78.95

Judy Williams 60-64 53.06

GHY *Gig Harbor YMCA* 84.19

Doug Pfeffer 35-39 84.19

GLAD 60.99

Michael Garceau 40-44 29.65

Rose Garceau 45-49 31.34

MICC 79.33

Goal:

Evin Cramer 60-64 79.33

MITM *MIT Masters* 145.17

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

Maureen Dwyer 45-49 56.53

Bob Sege 50-54 37.20

Woods Wannamaker 45-49 51.44

MM *Milan Masters* 359.26

Goal:

Cherie Adkins 40-44 50.40

Aaron Frame 35-39 112.56

Kerry Frame 40-44 196.30

Clara Thiry 40-44 0.00

MMM *Minuteman Masters* 157.90

Goal:

Mike Broglio 35-39 157.90

MWM *Milky Way Masters* 1614.11

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

Tom Belin 45-49 125.14

Barry Breffle 35-39 44.36

Orlin Buhr 55-59 9.09

John Chihak 60-64 153.96

John Dankert 40-44 15.43

Jack Fritts 55-59 50.00

Leah Fuller 30-34 10.47

Nicholas Gearhart 55-59 44.49

Dennis Green 45-49 50.40

Steve Gronemeyer 60-64 106.70

Logan Hoxie 40-44 42.32

Judy Kacena 45-49 62.42

Sara Kilgore 30-34 62.63

Mark Liabo 55-59 39.37

Chris Loeffelholz 45-49 72.79

Jenny Lorenz 45-49 48.19

Frank Morosky 45-49 48.36

Craig Oney 40-44 9.09

Ron Ottaway 70-74 98.78

Nick Quanrud 30-34 42.05

Katie Raymon 18-24 15.03

Joey Richey 25-29 49.76

Jennifer Rinden 40-44 11.08

Mike Sheehy 60-64 26.64

Daniel Smith 40-44 16.53

Mark Snider 55-59 0.85

Dave Thatcher 30-34 74.16

Chris Tyler 35-39 57.70

Janet Ungs 50-54 100.29

Ann Vestle 50-54 0.94

Todd Walter 40-44 36.14

Becky Zange	40-44	88.95
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NAM	<i>New Albany Masters</i>	20.68
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Goal:

Karen Koenig	40-44	20.68
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NWSTU	<i>Northwestern U</i>	97.60
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Goal:

Lynne Lasser	45-49	97.60
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ORCA		91.77
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Goal:

Ross Linderman	30-34	91.77
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RAMS		276.47
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Goal:

William Heinemann	50-54	157.92
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Barry Symonds	50-54	118.55
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REBELS	<i>Redmond Early Bird Enthusiastic Lovable Swimmer</i>	724.77
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Goal: 4,000,000 yards (2273 miles)!

Diane Cardwell	55-59	96.66
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Denise De Leone	18-24	16.37
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Susan Gorman	40-44	88.06
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Jeanette Groesz	55-59	70.67
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Teri Hendryx	55-59	97.90
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Cynthia Larkin	45-49	66.73
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Amy McElroy	35-39	50.48
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Mary Sweat	50-54	208.23
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George Weber	75-79	29.67
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RPMM	<i>Riverton Pool Maine Masters</i>	45.99
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Goal:

Amy Klodzinski	30-34	45.99
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SBAAS	<i>South Belt Area All Stars</i>	318.30
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Goal: 2548.13 miles Pasadena, TX to SCY an LCM
Nationals!

Lisa Hernandez	25-29	12.24
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Hilga Jones	40-44	7.70
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Darla Kelly	50-54	26.05
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Robert Kelly	50-54	8.84
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Christopher Derrick Mauk	30-34	122.70
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Chuck Medema	25-29	99.15
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Jessica Taylor	18-24	41.62
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SCAST	<i>Sussex County Adult Swim Team</i>	325.48
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Goal:

Rich Carlson	55-59	42.82
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Charles Freund	45-49	66.23
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William Haas	70-74	31.50
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Bob Hopkins	65-69	36.82
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Larry Lengle	75-79	58.13
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Ron Medhurst	60-64	35.28
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Doug Miller 35-39 54.70

SDM Sun Devil Masters 33.85

Trish Manes 35-39 33.85

SDRD SDRD Bountiful Masters 88.61

Goal:

Kris Edwards 30-34 44.00

Jill Johnson 40-44 44.61

SHARKS SHARKS 106.43

Teri Powers 40-44 39.35

Neil Salkind 60-64 67.08

SLM Swim Louisville Masters 383.23

Goal: Swim 1000 miles

Mark Gill 40-44 56.22

Robert Holmes 45-49 124.13

Joan Lloyd 45-49 44.29

Jon Shastid 60-64 135.43

Adam Whiteside 30-34 23.16

S*T*A*R* 167.84

Goal:

Nancy Cronin 55-59 42.57

Anne Kaminski 55-59 41.97

Ed March 60-64 83.30

TLM The Lavendar Menace 226.31

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

Merrill Hilf 45-49 67.17

Carolyn Placke 40-44 65.20

Kathleen Romano 60-64 93.94

TRYM Twin Rivers YMCA Masters 368.41

Goal:

Bob Brown 65-69 94.70

Mark Doyle 45-49 27.56

John Jackson 65-69 48.39

Camille Klotz 60-64 7.33

Greta van Meeteren 60-64 99.91

Hans van Meeteren 60-64 90.52

WMSTL2 WMST Lane 2 161.21

Goal: Each swimmer to swim 222 miles this year!

Margaret Allen 45-49 70.52

Len Gerlowski 50-54 53.76

Janet Taylor 55-59 36.93

YNOT YNOT Swim Livonia 387.53

Goal:

Michael Bell	40-44	106.99
Steve Erickson	50-54	68.30
Joseph Gohl	60-64	81.05
Bruce Morey	50-54	131.19