



"Go the Distance" Workout Groups  
February, 2008

<b>BC</b>	<i>Boston College</i>	30.43
<i>Goal:</i>		
Meaghan Murphy	25-29	30.43
<b>BYMS</b>	<i>Briggs Y Masters Swim Team</i>	30.31
<i>Goal:</i>		
Carolyn Pratt	25-29	30.31
<b>CHSM</b>	<i>Chicago Smelts Masters</i>	276.26
<i>Goal:</i>		
Heidi Kafka	45-49	71.93
Dana Litoff	18-24	47.82
Max Lombardi	40-44	54.76
Scot Phinney	50-54	48.32
David Sebastian	45-49	53.43
<b>CRAW</b>	<i>Crawfish Masters</i>	122.34
<i>Goal: 1,000,000 yards (approx. 568.19 miles)</i>		
Doug Kopp	55-59	122.34
<b>DAMA</b>		84.99
<i>Goal: 450 Miles</i>		
Dawn Franklin	35-39	57.43
Mark Roberson	40-44	27.56
<b>DM</b>	<i>Dutch Masters</i>	69.26
<i>Goal:</i>		
Jennifer Parks	65-69	69.26
<b>EPM</b>	<i>EP Masters Swim RI</i>	44.97
<i>Goal:</i>		
Matthew Schulde	30-34	44.97
<b>FWM</b>	<i>Federal Way Masters</i>	88.72
<i>Goal:</i>		
Deirdre Fitzpatrick	35-39	50.94
Judy Williams	60-64	37.78
<b>GHY</b>	<i>Gig Harbor YMCA</i>	61.64
Doug Pfeffer	35-39	61.64
<b>GLAD</b>		46.90
Michael Garceau	40-44	22.24
Rose Garceau	45-49	24.66

**MICC** 48.79

Goal:

Evin Cramer 60-64 48.79

**MITM** *MIT Masters* 98.30

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

Maureen Dwyer 45-49 36.66

Bob Sege 50-54 22.70

Woods Wannamaker 45-49 38.94

**MM** *Milan Masters* 203.41

Goal:

Aaron Frame 35-39 69.89

Kerry Frame 40-44 133.52

**MMM** *Minuteman Masters* 103.15

Goal:

Mike Broglio 35-39 103.15

**MWM** *Milky Way Masters* 998.03

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

Tom Belin 45-49 82.92

Barry Breffle 35-39 34.37

Orlin Buhr 55-59 6.70

John Chihak 60-64 93.39

John Dankert 40-44 3.38

Jack Fritts 55-59 26.42

Dennis Green 45-49 39.09

Steve Gronemeyer 60-64 73.06

Logan Hoxie 40-44 22.89

Judy Kacena 45-49 37.87

Sara Kilgore 30-34 38.34

Mark Liabo 55-59 23.38

Chris Loeffelholz 45-49 41.28

Jenny Lorenz 45-49 30.43

Frank Morosky 45-49 32.45

Craig Oney 40-44 7.73

Ron Ottaway 70-74 64.42

Nick Quanrud 30-34 29.52

Katie Raymon 18-24 7.27

Joey Richey 25-29 28.11

Jennifer Rinden 40-44 11.08

Mike Sheehy 60-64 17.78

Daniel Smith 40-44 3.15

Mark Snider 55-59 0.85

Dave Thatcher 30-34 48.62

Chris Tyler 35-39 32.53

Janet Ungs 50-54 63.24

Ann Vestle 50-54 0.94

Todd Walter 40-44 36.14

Becky Zange 40-44 60.68

**NAM** *New Albany Masters* 20.68

Goal:

Karen Koenig 40-44 20.68

**NWSTU** *Northwestern U* 63.91

Goal:

Lynne Lasser 45-49 63.91

**ORCA** 58.50

Goal:

Ross Linderman 30-34 58.50

**RAMS** 171.44

Goal:

William Heinemann 50-54 95.22

Barry Symonds 50-54 76.22

**REBELS** *Redmond Early Bird Enthusiastic Lovable Swimmer* 480.57

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

Diane Cardwell 55-59 65.65

Denise De Leone 18-24 10.16

Susan Gorman 40-44 60.70

Jeanette Groesz 55-59 49.80

Teri Hendryx 55-59 57.57

Cynthia Larkin 45-49 46.73

Amy McElroy 35-39 29.67

Mary Sweat 50-54 142.64

George Weber 75-79 17.65

**RPMM** *Riverton Pool Maine Masters* 28.17

Goal:

Amy Klodzinski 30-34 28.17

**SBAAS** *South Belt Area All Stars* 138.43

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

Lisa Hernandez 25-29 8.55

Hilga Jones 40-44 4.57

Darla Kelly 50-54 17.07

Robert Kelly 50-54 4.55

Jackie Lopes 18-24 7.10

Christopher Derrick Mauk 30-34 75.85

Jessica Taylor 18-24 20.74

**SCAST** *Sussex County Adult Swim Team* 212.20

Goal:

Rich Carlson 55-59 28.50

Charles Freund 45-49 44.92

William Haas 70-74 22.50

Bob Hopkins 65-69 22.44

Larry Lengle 75-79 36.65

Ron Medhurst 60-64 24.37

Doug Miller 35-39 32.82

**SDM** *Sun Devil Masters* 16.61

Trish Manes	35-39	16.61
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<b>SDRD</b>	<i>SDRD Bountiful Masters</i>	<b>49.35</b>
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Goal:

Kris Edwards	30-34	23.35
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Jill Johnson	40-44	26.00
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<b>SHARKS</b>	<i>SHARKS</i>	<b>82.53</b>
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Teri Powers	40-44	28.04
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Neil Salkind	60-64	54.49
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<b>S*T*A*R*</b>		<b>53.46</b>
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Goal:

Nancy Cronin	55-59	26.80
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Anne Kaminski	55-59	26.66
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<b>TLM</b>	<i>The Lavendar Menace</i>	<b>178.58</b>
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Goal: Swim as many open water miles as they can!

Merrill Hilf	45-49	43.25
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Carolyn Placke	40-44	41.39
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Kathleen Romano	60-64	93.94
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<b>TRYM</b>	<i>Twin Rivers YMCA Masters</i>	<b>161.77</b>
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Goal:

John Jackson	65-69	33.50
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Camille Klotz	60-64	7.33
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Greta van Meeteren	60-64	62.47
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Hans van Meeteren	60-64	58.47
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<b>WMSTL2</b>	<i>WMST Lane 2</i>	<b>108.05</b>
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Goal: Each swimmer to swim 222 miles this year!

Margaret Allen	45-49	45.37
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Len Gerlowski	50-54	32.43
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Janet Taylor	55-59	30.25
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<b>YNOT</b>	<i>YNOT Swim Livonia</i>	<b>275.79</b>
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Goal:

Michael Bell	40-44	85.17
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Steve Erickson	50-54	45.91
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Joseph Gohl	60-64	55.25
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Bruce Morey	50-54	89.46
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