

## **Results for “Go the Distance” January, 2008**

The USMS Fitness Event “Go the Distance” 2008 (aka GTD) has gotten off to a great start! A hearty welcome to all of the 451 participants who have already started to “Go the distance” this year. Chances are your enthusiasm and motivation will be contagious and participation in this event will continue to grow throughout the year.

GTD is improved this year as we now have several new “distance milestones” in the hopes that all participants can find goals that will be motivating as well as challenging this year. They are 50, 100, 150, 200, 250, 300, 365.25 (average mile a day), 400, 500, 750, 1000, 1250 and 1500 miles. As is the GTD tradition - there are GTD awards as well as fun goodies and fashionable apparel to celebrate your achievements and participation that are available at a minimal cost.

We already have 44 folks that have achieved the first distance milestone of “50 Miles”! We also have 2 participants that swam more than “100 miles”, one that has cruised past “150 miles” and amazingly – one swimmer has already cracked the “200 miles” distance milestone. Way to go everyone – congratulations to you! It sure looks like there will be quite a few more of you achieving your first distance milestone in February – I hope you go for it and have lots of fun on your way. The first 50 are some of the best!

A complete list of participants that have achieved a GTD Distance Milestone are posted on the USMS website as well as a complete list of results.

The total distance for all GTD participants is 11,994.55 miles! The maximum distance is 212.41 miles and the average for all of us in January is 26.60 miles. My goodness -there is a LOT of swimming going on these days!

We have also added the concept of “workout groups” to the event this year. This is for groups who wish to chase “goals as a group”! For example we have one group – the South Belt Area “All Stars” who have set a goal of swimming 2548.13 miles this year! And how did they come up with this goal? It the distance from their home pool in Pasadena, TX to the SCY Nationals in Austin, TX (174.84 miles) added to the the distance (2373.29) to the LCM Nationals in Gresham, Oregon. How cool is that!?! Let’s watch the progress of these groups and cheer them on along the way!

We will continue to have our popular “GTD Highlights” this year. To start the year I have some great stories that folks have offered to share with us! One story is about a long distance open water relay swim ...where apparently some whales wanted to play too! We also have a great story about meeting other GTD folks in places only a dedicated GTD trooper would go!. Finally, we have a great example of how to proudly show off your GTD accomplishments!

Happy Swimming in February!

Your GTD Swimming Pal,  
Mary Sweat