



"Go the Distance" Workout Groups June, 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>	68.72
<i>Goal:</i>		
Carolyn Pratt	25-29	68.72
<b>CHSM</b>	<i>Chicago Smelts Masters</i>	985.23
<i>Goal:</i>		
Peter Hepburn	35-39	196.30
Heidi Kafka	45-49	214.22
Dana Litoff	18-24	136.86
Max Lombardi	40-44	143.73
Conrad Paulson	50-54	41.97
Scot Phinney	50-54	150.91
David Sebastian	45-49	101.24
<b>CRAW</b>	<i>Crawfish Masters</i>	365.80
<i>Goal: 1,000,000 yards (approx. 568.19 miles)</i>		
Doug Kopp	55-59	365.80
<b>DAMA</b>	<i>Durham Area Masters Aquatics</i>	505.67
<i>Goal: 1000 Miles!</i>		
Dawn Franklin	35-39	178.92
Karen Moorman	55-59	111.96
Mark Roberson	40-44	80.70
Kirstie Scheib	35-39	134.09
<b>DM</b>	<i>Dutch Masters</i>	180.63
<i>Goal:</i>		
Jennifer Parks	65-69	180.63
<b>EPM</b>	<i>EP Masters Swim RI</i>	113.57
<i>Goal:</i>		
Matthew Schulde	30-34	113.57
<b>FWM</b>	<i>Federal Way Masters</i>	260.47
<i>Goal:</i>		
Deirdre Fitzpatrick	35-39	138.69
Judy Williams	60-64	121.78
<b>GHY</b>	<i>Gig Harbor YMCA</i>	95.93
<i>Goal:</i>		
Doug Pfeffer	35-39	95.93
<b>GLAD</b>		60.99

Michael Garceau	40-44	29.65
Rose Garceau	45-49	31.34

**MICC** 154.90

Goal:

Evin Cramer	60-64	154.90
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**MITM** *MIT Masters* 328.55

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

Maureen Dwyer	45-49	116.52
Bob Sege	50-54	83.90
Woods Wannamaker	45-49	128.13

**MM** *Milan Masters* 643.28

Goal:

Cherie Adkins	40-44	78.09
Aaron Frame	35-39	192.02
Kerry Frame	40-44	342.86
Clara Thiry	40-44	30.31

**MMM** *Minuteman Masters* 253.54

Goal:

Mike Broglio	35-39	253.54
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**MWM** *Milky Way Masters* 2920.62

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

Tom Belin	45-49	256.06
Greg Bodeker	40-44	3.18
Barry Breffle	35-39	102.66
Orlin Buhr	55-59	24.03
John Chihak	60-64	266.94
John Dankert	40-44	23.55
Jack Fritts	55-59	107.21
Leah Fuller	30-34	27.56
Nicholas Gearhart	55-59	44.49
Dennis Green	45-49	107.00
Steve Gronemeyer	60-64	253.54
Logan Hoxie	40-44	58.46
Judy Kacena	45-49	62.42
Sara Kilgore	30-34	121.26
Mark Liabo	55-59	79.77
Chris Loeffelholz	45-49	150.56
Jenny Lorenz	45-49	87.37
Frank Morosky	45-49	62.65
Silas Oney	40-44	9.09
Ron Ottaway	70-74	173.83
Nick Quanrud	30-34	78.63
Katie Raymon	18-24	16.34
Joey Richey	25-29	77.23
Jennifer Rinden	40-44	11.08
Mike Sheehy	60-64	48.92
Daniel Smith	40-44	34.50
Mark Snider	55-59	39.16
Dave Thatcher	30-34	112.30
Chris Tyler	35-39	90.00

Janet Ungs	50-54	195.14
Ann Vestle	50-54	0.94
Todd Walter	40-44	36.14
Becky Zange	40-44	158.61

**NAM** *New Albany Masters* 40.26

Goal:

Karen Koenig	40-44	40.26
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**NWSTU** *Northwestern U* 222.83

Goal:

Lynne Lasser	45-49	222.83
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**ORCA** 177.31

Goal:

Ross Linderman	30-34	177.31
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**RAMS** 421.48

Goal:

William Heinemann	50-54	194.68
Barry Symonds	50-54	226.80

**REBELS** *Redmond Early Bird Enthusiastic Lovable Swimmer* 1461.94

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

Diane Cardwell	55-59	183.52
Denise De Leone	18-24	35.01
Susan Gorman	40-44	159.15
Jeanette Groesz	55-59	130.55
Teri Hendryx	55-59	233.56
Cynthia Larkin	45-49	144.73
Amy McElroy	35-39	106.95
Mary Sweat	50-54	406.09
George Weber	75-79	62.38

**RPMM** *Riverton Pool Maine Masters* 84.02

Goal:

Amy Klodzinski	30-34	84.02
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**SBAAS** *South Belt Area All Stars* 1269.88

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

Lisa Hernandez	25-29	41.65
Landon Howard	18-24	116.21
Hilga Jones	40-44	16.51
Darla Kelly	50-54	69.23
Kristine Kelly	18-24	313.89
Robert Kelly	50-54	28.45
Christopher Derrick Mauk	30-34	315.89
Chuck Medema	25-29	271.59
Rick Price	30-34	12.22
Jessica Taylor	18-24	84.24

**SCAST** *Sussex County Adult Swim Team* 653.72

Goal:

Rich Carlson	55-59	87.80
Charles Freund	45-49	94.16
William Haas	70-74	62.50
Bob Hopkins	65-69	92.50
Larry Lengle	75-79	113.87
Ron Medhurst	60-64	80.74
Doug Miller	35-39	81.50
Robert Scott	40-44	40.65

**SDM** Sun Devil Masters 78.94

Trish Manes	35-39	78.94
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**SDRD** SDRD Bountiful Masters 181.23

Goal:

Kris Edwards	30-34	92.75
Jill Johnson	40-44	88.48

**SHARKS** SHARKS 181.36

Teri Powers	40-44	58.27
Neil Salkind	60-64	123.09

**SLM** Swim Louisville Masters 947.28

Goal: Swim 1000 miles

Mark Gill	40-44	73.93
Robert Holmes	45-49	245.38
Joan Lloyd	45-49	120.40
David Redinger	35-39	171.00
C.J. Rushman	35-39	153.06
Jon Shastid	60-64	135.43
Adam Whiteside	30-34	48.08

**S\*T\*A\*R\*** 352.93

Goal:

Nancy Cronin	55-59	81.07
Anne Kaminski	55-59	84.87
Ed March	60-64	186.99

**TLM** The Lavendar Menace 534.70

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

Merrill Hilf	45-49	138.99
Carolyn Placke	40-44	135.60
Kathleen Romano	60-64	260.11

**TMM** The Mighty Mermaids 1675.91

Goal: Swim the Mississippi by July

Lisa Bennett	50-54	194.71
Christie Ciraulo	55-59	304.37
Jenny Cook	50-54	290.17
Karen Einsidler	50-54	292.82
Tracy Grilli	50-54	174.60
Nancy Steadman-Martin	50-54	419.24

**TRYM** *Twin Rivers YMCA Masters* 752.78

Goal:

Bob Brown	65-69	94.75
Mark Doyle	45-49	181.96
John Jackson	65-69	86.91
Camille Klotz	60-64	35.21
Greta van Meeteren	60-64	183.37
Hans van Meeteren	60-64	170.58

**WMSTL2** *WMST Lane 2* 284.96

Goal: *Each swimmer to swim 222 miles this year!*

Margaret Allen	45-49	136.82
Len Gerlowski	50-54	83.21
Janet Taylor	55-59	64.93

**YNOT** *YNOT Swim Livonia* 787.90

Goal:

Michael Bell	40-44	182.14
Steve Erickson	50-54	149.43
Joseph Gohl	60-64	174.28
Bruce Morey	50-54	282.05