

Results for “Go the Distance” March, 2008

We now have 531 enthusiastic participants in “Go the Distance” (GTD) 2008!! Our event continues to grow and folks are really swimming a bunch of miles all over the country!

A very, very hearty congratulations to the 219 of you that achieved the first distance milestone of “50 Miles” in March! I hope you will enjoy the feelings that come with your accomplishment for a long time! Fifty miles - wow - that’s a long ways to swim!

Congratulations are certainly due to all of you that achieved one or more of the higher mileage GTD distance milestones this past month and there were a bunch of you! Amazingly, there were 76 folks that passed “100 miles”, 32 cruised by “150 miles”, 7 more swam over the “200 miles” threshold, 3 zoomed past “250 miles”, 2 more over “300 miles” and 1 each for “365.25 miles”, “400 miles” and “500 miles”!!!!

Now if you add up all the miles that we have swum in GTD 2008 so far this year drum roll please.... we have swum 40,262.31 miles!!! The maximum distance for one person is 552.81 miles. Our GTD average is now 75.82 miles for all of us – it looks like we are well on our way to achieving the distance milestone of “100 miles” as a group! Maybe April will be the month!?!?

There are a whole bunch of results posted at <http://www.usms.org/fitness/content/gothedistance08> for your review. There is also a complete list of participants that have achieved a GTD Distance Milestone this month as well as a complete list of all distance milestone achievements for 2008.

The March GTD highlights include one participants reason to swim, swim, swim ... and keep swimming! Also included is history of the “365.25 miles” distance milestone and the very cool design we now have for the swim caps! Also, the “Milky Way Masters” GTD workout group is highlighted because they have achieved their goal of 1,000,000 yards per month in March!

Racing season is in full swing. May your “Go the Distance” base serve you well as you taper and prepare for some speedy swims!

Let’s go for a swim!

Your GTD Pal,
Mary Sweat