



“Go the Distance” March, 2008 Highlights

March Highlight # 1: Benefits of swimming! Welcome to one of our new GTD participants – David Longhurst (92.07 miles year to date, 65-69)! His entry included his version of a “tracking mileage spreadsheet” where he has generated some great graphs to visualize his progress! He has been tracking the distance he has swum since January of 2000 and it sure looks like he’s been “Going the Distance” for quite some time! When I sent him a note to confirm his entry – I got the following response from David which gives us a hint as to why he is so motivated to swim, swim, swim

“You are too nice... thank you very much. Well, since you asked, attached are a couple more worksheets from my swimming file! I began swimming with the Masters eight years ago when I was told I had no other options but a third back surgery, this time a spinal fusion. I absolutely did not want to undergo back surgery again and I seemed to have no other options than to do that or suffer increasing pain and being unable to stand up longer than a minute or so, and continuing to deteriorate to who-knows-what. I decided to try swimming and it has turned my life around. While my back will never be “cured”, it is so much better and so much more under control. I love to swim and it is paying off for me big time!”

Wow – how is that for inspiration!?!

March Highlight # 2: History of GTD Distance Milestone of 365.25 Miles (average mile a day)! Last year when I asked GTD participants for suggestions on how to improve our event I received a great idea from Doug Kopp (180.52 miles year to date, 55-59). He suggested offering a distance milestone of 365.25 miles which is equivalent to an average of one mile per day. This suggestion was presented to the GTD participants and I received an overwhelming response encouraging me to include this as a new milestone for GTD 2008 --- done!

Doug had also sent me a sketch of a design that we could use for a MAD (Mile A Day) CAP! It incorporated our GTD logo with the sun (for “daily”) as well as the MAD title.

Lucky for us, our wonderful GTD Logo graphics designer – Alison Moore (35-39, 95.57 miles year to date) took Doug’s sketch and created a VERY COOL design for our swim cap - Check it out!



So now when you achieve this distance milestone and would like to show off your accomplishments to your swimming pals – caps will be available to you with this design!

March Highlight # 3: Progress of GTD Workout Groups! *The GTD workout group “Milky Way Masters” has set their sights pretty high. Their goal is to swim 1,000,000 yards each and every month! This is equivalent to 568.18 miles per month – now that’s a lot of swimming by this group! Please review the March results for the “GTD workout groups. Congratulations to ALL of the “Milky Way Masters” who did indeed achieve their goal this past month - way to go!*