



"Go the Distance" Workout Groups May, 2008

BC Boston College 61.12

Goal:

Meaghan Murphy 25-29 61.12

BYMS Briggs Y Masters Swim Team 58.55

Goal:

Carolyn Pratt 25-29 58.55

CHSM Chicago Smelts Masters 617.47

Goal:

Heidi Kafka 45-49 174.92

Dana Litoff 18-24 114.06

Max Lombardi 40-44 122.59

Scot Phinney 50-54 126.82

David Sebastian 45-49 79.08

CRAW Crawfish Masters 301.26

Goal: 1,000,000 yards (approx. 568.19 miles)

Doug Kopp 55-59 301.26

DAMA Durham Area Masters Aquatics 426.82

Goal: 1000 Miles!

Dawn Franklin 35-39 144.93

Karen Moorman 55-59 104.26

Mark Roberson 40-44 65.64

Kirstie Scheib 35-39 111.99

DM Dutch Masters 146.42

Goal:

Jennifer Parks 65-69 146.42

EPM EP Masters Swim RI 101.78

Goal:

Matthew Schulde 30-34 101.78

FWM Federal Way Masters 217.84

Goal:

Deirdre Fitzpatrick 35-39 118.21

Judy Williams 60-64 99.63

GHY Gig Harbor YMCA 95.93

Doug Pfeffer 35-39 95.93

GLAD 60.99

Michael Garceau 40-44 29.65

Rose Garceau 45-49 31.34

MICC		133.31
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Goal:

Evin Cramer	60-64	133.31
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MITM	<i>MIT Masters</i>	265.58
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Goal: 540 Miles (maintain or swim more than last year!)

Maureen Dwyer	45-49	98.01
Bob Sege	50-54	62.40
Woods Wannamaker	45-49	105.17

MM	<i>Milan Masters</i>	549.95
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Goal:

Cherie Adkins	40-44	78.09
Aaron Frame	35-39	170.71
Kerry Frame	40-44	283.37
Clara Thiry	40-44	17.78

MMM	<i>Minuteman Masters</i>	227.76
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Goal:

Mike Broglio	35-39	227.76
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MWM	<i>Milky Way Masters</i>	2586.14
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Goal: 6819 Miles (1,000,000 every month)!

Tom Belin	45-49	207.33
Greg Bodeker	40-44	3.18
Barry Breffle	35-39	83.69
Orlin Buhr	55-59	19.92
John Chihak	60-64	250.51
John Dankert	40-44	21.00
Jack Fritts	55-59	92.73
Leah Fuller	30-34	27.56
Nicholas Gearhart	55-59	44.49
Dennis Green	45-49	92.73
Steve Gronemeyer	60-64	205.37
Logan Hoxie	40-44	58.46
Judy Kacena	45-49	62.42
Sara Kilgore	30-34	112.74
Mark Liabo	55-59	79.77
Chris Loeffelholz	45-49	128.62
Jenny Lorenz	45-49	75.65
Frank Morosky	45-49	58.30
Silas Oney	40-44	9.09
Ron Ottaway	70-74	148.16
Nick Quanrud	30-34	71.82
Katie Raymon	18-24	16.34
Joey Richey	25-29	67.04
Jennifer Rinden	40-44	11.08
Mike Sheehy	60-64	40.96
Daniel Smith	40-44	28.73
Mark Snider	55-59	20.64
Dave Thatcher	30-34	112.30
Chris Tyler	35-39	90.00
Janet Ungs	50-54	169.34
Ann Vestle	50-54	0.94

Todd Walter	40-44	36.14
Becky Zange	40-44	139.09

NAM *New Albany Masters* **40.26**

Goal:

Karen Koenig	40-44	40.26
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NWSTU *Northwestern U* **188.94**

Goal:

Lynne Lasser	45-49	188.94
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ORCA **142.57**

Goal:

Ross Linderman	30-34	142.57
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RAMS **388.35**

Goal:

William Heinemann	50-54	194.68
Barry Symonds	50-54	193.67

REBELS *Redmond Early Bird Enthusiastic Lovable Swimmer* **1253.40**

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

Diane Cardwell	55-59	157.87
Denise De Leone	18-24	30.04
Susan Gorman	40-44	135.08
Jeanette Groesz	55-59	119.80
Teri Hendryx	55-59	198.47
Cynthia Larkin	45-49	116.73
Amy McElroy	35-39	94.15
Mary Sweat	50-54	349.26
George Weber	75-79	52.00

RPMM *Riverton Pool Maine Masters* **64.40**

Goal:

Amy Klodzinski	30-34	64.40
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SBAAS *South Belt Area All Stars* **1011.91**

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

Lisa Hernandez	25-29	25.46
Landon Howard	18-24	107.40
Hilga Jones	40-44	15.66
Darla Kelly	50-54	57.01
Kristine Kelly	18-24	313.89
Robert Kelly	50-54	22.48
Christopher Derrick Mauk	30-34	217.88
Chuck Medema	25-29	181.53
Jessica Taylor	18-24	70.60

SCAST *Sussex County Adult Swim Team* **558.56**

Goal:

Rich Carlson	55-59	77.06
Charles Freund	45-49	85.92
William Haas	70-74	52.50

Bob Hopkins	65-69	78.30
Larry Lengle	75-79	93.93
Ron Medhurst	60-64	66.76
Doug Miller	35-39	77.14
Robert Scott	40-44	26.95

SDM *Sun Devil Masters* 69.41

Trish Manes	35-39	69.41
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SDRD *SDRD Bountiful Masters* 151.32

Goal:

Kris Edwards	30-34	73.52
Jill Johnson	40-44	77.80

SHARKS *SHARKS* 151.71

Teri Powers	40-44	46.76
Neil Salkind	60-64	104.95

SLM *Swim Louisville Masters* 734.29

Goal: Swim 1000 miles

Mark Gill	40-44	70.34
Robert Holmes	45-49	200.10
Joan Lloyd	45-49	59.76
David Redinger	35-39	115.00
C.J. Rushman	35-39	125.39
Jon Shastid	60-64	135.43
Adam Whiteside	30-34	28.27

S*T*A*R* 293.52

Goal:

Nancy Cronin	55-59	67.37
Anne Kaminski	55-59	68.67
Ed March	60-64	157.48

TLM *The Lavendar Menace* 432.55

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

Merrill Hilf	45-49	113.99
Carolyn Placke	40-44	110.60
Kathleen Romano	60-64	207.96

TMM *The Mighty Mermaids* 1337.58

Goal: Swim the Mississippi by July

Lisa Bennett	50-54	151.21
Christie Ciraulo	55-59	237.52
Jenny Cook	50-54	231.07
Karen Einsidler	50-54	240.97
Tracy Grilli	50-54	145.87
Nancy Steadman-Martin	50-54	330.94

TRYM *Twin Rivers YMCA Masters* 654.76

Goal:

Bob Brown	65-69	81.97
Mark Doyle	45-49	168.04
John Jackson	65-69	77.31
Camille Klotz	60-64	28.86
Greta van Meeteren	60-64	155.16
Hans van Meeteren	60-64	143.42

WMSTL2 *WMST Lane 2* **262.85**

Goal: Each swimmer to swim 222 miles this year!

Margaret Allen	45-49	114.71
Len Gerlowski	50-54	83.21
Janet Taylor	55-59	64.93

YNOT *YNOT Swim Livonia* **637.75**

Goal:

Michael Bell	40-44	158.41
Steve Erickson	50-54	116.65
Joseph Gohl	60-64	139.99
Bruce Morey	50-54	222.70