



"Go the Distance" Workout Groups  
January, GTD 2009

**CHSM** Chicago Smelts Masters 38.26

Peter Hepburn	35-39	23.35
Conrad Paulson	50-54	14.91

**CRAW** Crawfish Masters 91.34

Richard Everett	45-49	20.78
Douglas Kopp	60-64	70.56

**DAMA** Durham Area Masters Aquatics 228.34

Goal: 3000 miles

Matthew Davis	35-39	37.39
Dawn Franklin	40-44	20.43
Sean George	35-39	15.50
Mary Anna Hovey	65-69	21.99
Amie Krasnozou	25-29	32.61
Christopher Miller	25-29	25.00
Karen Moorman	55-59	25.23
Mark Roberson	45-49	12.81
Mark Savoldi	40-44	19.18
Kirstie Scheib	40-44	14.20
Andrea Stephens	35-39	4.00

**MIR** Mercer Island Redwoods 615.14

Goal: 11584 KM

Sharon Arroyo	40-44	10.28
Carol Brown	55-59	27.99
Adair Dingle	50-54	66.15
Bill Fenner	50-54	31.07
Thomas Grandine	50-54	68.74
Jennifer Gutierrez	30-34	7.53
Anne Healey	50-54	19.79
Howard Jess	55-59	61.88
Michael Jones	45-49	22.37
Stephanie Miller	25-29	41.03
Laura Petrini	50-54	52.13
Kay Rawlings	40-44	25.03
Tom Robertson	65-69	28.25
Elizabeth Rosane	55-59	18.30
Michael Schaeffer	50-54	31.40
Paul Skoglund	40-44	25.52
Jim Smersh	45-49	14.79
Kelly Sterling	50-54	16.12
Steve Underbrink	40-44	17.93
John Vranesh	55-59	28.83

**MWM** Milky Way Masters 872.90

Bill Bradley	55-59	26.65
Barry Breffle	35-39	31.24

Beau Brink	25-29	6.02
Jeff Brown	50-54	16.42
Orlin Buhr	60-64	1.59
Julie Cain	35-39	2.87
Shaun Cassells	30-34	10.54
John Dankert	40-44	4.89
Alan Davis	45-49	5.09
Jack Fritts	55-59	31.42
Leah Fuller	30-34	4.63
Nick Gearhart	55-59	39.66
David Gehring	40-44	16.22
Dennis Green	45-49	20.34
Tom Green	50-54	62.59
Steven Gronemeyer	60-64	44.43
Tom Henson	50-54	9.09
Brad Hernandez	40-44	16.90
Julie Kann	40-44	15.31
Mark Keele	45-49	14.97
Sara Kilgore	30-34	14.15
Mark Liabo	55-59	18.95
Chris Loeffelholz	45-49	17.78
Jennifer Lorenz	45-49	16.45
Mollie Lorenz	40-44	2.56
Camille Meyer	30-34	12.22
Carrie Meyer	30-34	3.41
Frank Morosky	50-54	22.56
Ron Ottaway	70-74	28.98
Nick Quanrud	30-34	8.58
Jody Rausch	40-44	7.03
Katie Raymon	25-29	9.38
Rachel Raymon	18-24	9.03
Joseph Richey	25-29	10.43
Nick Scott	55-59	19.18
Michael Sheehy	60-64	10.11
Daniel Smith	40-44	1.19
Mark Snider	55-59	27.16
Terry Stockert	40-44	16.25
Beatrice Szalas	40-44	26.08
David Thatcher	35-39	24.20
Christopher Tyler	35-39	30.40
Janet Unga	50-54	30.00
Todd Walter	40-44	41.74
Rob Wetekamp	40-44	47.18
Matthew Wildman	30-34	8.18
Rebecca Zange	40-44	28.86

<b>REBELS</b>	<i>Redmond Early Bird Enthusiastic</i>	<b>289.09</b>
	<i>Lovable Swimmer</i>	

Goal: 3500 Miles

Diane Cardwell	55-59	38.44
Susan Gorman	40-44	29.61
Jeanette Groesz	60-64	27.77
Jeremy Groesz	30-34	13.24
Tara Gross	35-39	10.78
Teri Hendryx	55-59	33.11
Amy McElroy	35-39	39.33
Staci Sprauer	35-39	17.40
Mary Sweat	50-54	68.72
George Weber	75-79	10.69

**SCAST**      *Sussex County Adult Swim Team*      135.79

James Curd	40-44	22.87
William Haas	70-74	8.00
Bob Hopkins	65-69	7.67
Kevin Lynott	55-59	9.00
Erica Maresca	35-39	13.64
Ronald Medhurst	65-69	10.68
Douglas Miller	35-39	17.57
Edward O'Hara	60-64	5.23
Paula Pyrcz	60-64	2.05
Robert Scott	40-44	10.91
Julie Sheaffer	45-49	13.18
Ilse Wolfe	45-49	15.00

**TRYM**      *Twin Rivers YMCA Masters*      180.37

*Goal: 3000 miles*

Craig Anderson	60-64	21.51
Julia Craze	40-44	8.18
Bob Husson	60-64	20.26
John Jackson	65-69	12.16
Frank McGrath	70-74	13.49
Jutta Schoefer	40-44	9.43
John Steelhammer	45-49	15.60
Greta van Meeteren	60-64	42.33
Hans van Meeteren	65-69	37.41

**WMSTSS**      *WMST Sunrise Swimmers*      61.61

Margaret Allen	50-54	25.97
Leonard Gerlowski	50-54	17.30
Janet Taylor	55-59	18.34

**YNOT**      *YNOT Swim Livonia*      168.00

Michael Bell	40-44	30.40
Brian Davis	45-49	36.96
Steven Erickson	50-54	33.94
Joe Gohl	60-64	28.92
Michael Muma	55-59	37.78