

Results for “Go the Distance” (GTD) October, 2009

In the month of October, 2009 there were 22 of our participants that achieved the first GTD milestone of “50 miles”! A huge congratulations to Mary, Rob, Lee, Chris, Brud, Natalie, Pam, Mary Ellen, Kevin, Susan, Duncan, Christopher, Kenneth, Jennifer L. , Anker, Jennifer L., George, Cynthia, Jill, Lex, Nick and Steven – you did it !!!

This month we we also have 26 more participants who have swum over “100 miles”, 39 to zoom past “150 miles” , 39 more participants swimming past the “200 miles” mark. The “250 miles” milestone has now been achieved by 36 more folks.

There were another 47 that past the “300 miles” threshold in October – more than any other milestone this month! There were 21 more of you were inducted into the “average mile a day (MAD)” club. And 24 more of your GTD pals have now sum over 400 miles.

There were 13 additional participants that can now boast they have swum over “500 miles”. Carrie Kostopulos-Doebler and Brian McLaughlin passed the “750 miles” milestone and Harriet Wall has now gone over “1000 miles”. Ray Cottom, our GTD leader, zoomed past the “1250 miles” GTD distance milestone this month!

The current grand total of all GTD participants in 2009 is now 201,137.23 miles with a group average of 180.07 miles. The most miles swum so far this year is by Ray Cottom who has swum 1274.60 miles.

The October results are posted at <http://www.usms.org/fitness/content/gothedistance09> for your review. There is a complete list of participants that have achieved a GTD Distance Milestone this month as well as a list of all the GTD distance milestone achievements for GTD 2009.

Other results posted include some fun graphs illustrating lots of interesting facts regarding GTD 2009. Ever wonder how many women, in the 45-49 age group have achieved the “400 miles” distance milestone? If so, please review the results file for October and find the answer!

This month in our “Meet the GTD Swimmer” feature, by Greta van Meeteren, you will meet Peggy Armand, Marie Girouard and Rich Johnston. I hope you will take time to read these great stories about our GTD pals.

I hope you have a great November with lots of good eats and the opportunity to swim a bunch of miles!

Your GTD Pal,
Mary Sweat