



"Go the Distance" Workout Groups
February, 2008

BC *Boston College* 30.43

Goal:

Meaghan Murphy 25-29 30.43

BYMS *Briggs Y Masters Swim Team* 30.31

Goal:

Carolyn Pratt 25-29 30.31

CHSM *Chicago Smelts Masters* 276.26

Goal:

Heidi Kafka 45-49 71.93

Dana Litoff 18-24 47.82

Max Lombardi 40-44 54.76

Scot Phinney 50-54 48.32

David Sebastian 45-49 53.43

CRAW *Crawfish Masters* 122.34

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

Doug Kopp 55-59 122.34

DAMA 84.99

Goal: 450 Miles

Dawn Franklin 35-39 57.43

Mark Roberson 40-44 27.56

DM *Dutch Masters* 69.26

Goal:

Jennifer Parks 65-69 69.26

EPM *EP Masters Swim RI* 44.97

Goal:

Matthew Schulde 30-34 44.97

FWM *Federal Way Masters* 88.72

Goal:

Deirdre Fitzpatrick 35-39 50.94

Judy Williams 60-64 37.78

GHY *Gig Harbor YMCA* 61.64

Doug Pfeffer 35-39 61.64

GLAD 46.90

Michael Garceau 40-44 22.24

Rose Garceau 45-49 24.66

MICC	48.79
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Goal:

Evin Cramer	60-64	48.79
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MITM	MIT Masters	98.30
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Goal: 540 Miles (maintain or swim more than last year!)

Maureen Dwyer	45-49	36.66
Bob Sege	50-54	22.70
Woods Wannamaker	45-49	38.94

MM	Milan Masters	203.41
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Goal:

Aaron Frame	35-39	69.89
Kerry Frame	40-44	133.52

MMM	Minuteman Masters	103.15
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Goal:

Mike Broglio	35-39	103.15
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MWM	Milky Way Masters	998.03
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Goal: 6819 Miles (1,000,000 every month)!

Tom Belin	45-49	82.92
Barry Breffle	35-39	34.37
Orlin Buhr	55-59	6.70
John Chihak	60-64	93.39
John Dankert	40-44	3.38
Jack Fritts	55-59	26.42
Dennis Green	45-49	39.09
Steve Gronemeyer	60-64	73.06
Logan Hoxie	40-44	22.89
Judy Kacena	45-49	37.87
Sara Kilgore	30-34	38.34
Mark Liabo	55-59	23.38
Chris Loeffelholz	45-49	41.28
Jenny Lorenz	45-49	30.43
Frank Morosky	45-49	32.45
Craig Oney	40-44	7.73
Ron Ottaway	70-74	64.42
Nick Quanrud	30-34	29.52
Katie Raymon	18-24	7.27
Joey Richey	25-29	28.11
Jennifer Rinden	40-44	11.08
Mike Sheehy	60-64	17.78
Daniel Smith	40-44	3.15
Mark Snider	55-59	0.85
Dave Thatcher	30-34	48.62
Chris Tyler	35-39	32.53
Janet Unga	50-54	63.24
Ann Vestle	50-54	0.94
Todd Walter	40-44	36.14
Becky Zange	40-44	60.68

NAM	New Albany Masters	20.68
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Goal:

Karen Koenig	40-44	20.68
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NWSTU	<i>Northwestern U</i>	63.91
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Goal:

Lynne Lasser	45-49	63.91
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ORCA		58.50
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Goal:

Ross Linderman	30-34	58.50
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RAMS		171.44
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Goal:

William Heinemann	50-54	95.22
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Barry Symonds	50-54	76.22
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REBELS	<i>Redmond Early Bird Enthusiastic Lovable Swimmer</i>	480.57
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Goal: 4,000,000 yards (2273 miles)!

Diane Cardwell	55-59	65.65
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Denise De Leone	18-24	10.16
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Susan Gorman	40-44	60.70
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Jeanette Groesz	55-59	49.80
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Teri Hendryx	55-59	57.57
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Cynthia Larkin	45-49	46.73
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Amy McElroy	35-39	29.67
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Mary Sweat	50-54	142.64
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George Weber	75-79	17.65
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RPMM	<i>Riverton Pool Maine Masters</i>	28.17
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Goal:

Amy Klodzinski	30-34	28.17
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SBAAS	<i>South Belt Area All Stars</i>	138.43
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Goal: 2548.13 miles Pasadena, TX to SCY an LCM
Nationals!

Lisa Hernandez	25-29	8.55
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Hilga Jones	40-44	4.57
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Darla Kelly	50-54	17.07
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Robert Kelly	50-54	4.55
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Jackie Lopes	18-24	7.10
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Christopher Derrick Mauk	30-34	75.85
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Jessica Taylor	18-24	20.74
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SCAST	<i>Sussex County Adult Swim Team</i>	212.20
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Goal:

Rich Carlson	55-59	28.50
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Charles Freund	45-49	44.92
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William Haas	70-74	22.50
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Bob Hopkins	65-69	22.44
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Larry Lengle	75-79	36.65
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Ron Medhurst	60-64	24.37
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Doug Miller	35-39	32.82
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SDM	<i>Sun Devil Masters</i>	16.61
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Trish Manes	35-39	16.61
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SDRD	<i>SDRD Bountiful Masters</i>	49.35
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Goal:

Kris Edwards	30-34	23.35
Jill Johnson	40-44	26.00

SHARKS	<i>SHARKS</i>	82.53
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Teri Powers	40-44	28.04
Neil Salkind	60-64	54.49

S*T*A*R*		53.46
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Goal:

Nancy Cronin	55-59	26.80
Anne Kaminski	55-59	26.66

TLM	<i>The Lavendar Menace</i>	178.58
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Goal: Swim as many open water miles as they can!

Merrill Hilf	45-49	43.25
Carolyn Placke	40-44	41.39
Kathleen Romano	60-64	93.94

TRYM	<i>Twin Rivers YMCA Masters</i>	161.77
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Goal:

John Jackson	65-69	33.50
Camille Klotz	60-64	7.33
Greta van Meeteren	60-64	62.47
Hans van Meeteren	60-64	58.47

WMSTL2	<i>WMST Lane 2</i>	108.05
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Goal: Each swimmer to swim 222 miles this year!

Margaret Allen	45-49	45.37
Len Gerlowski	50-54	32.43
Janet Taylor	55-59	30.25

YNOT	<i>YNOT Swim Livonia</i>	275.79
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Goal:

Michael Bell	40-44	85.17
Steve Erickson	50-54	45.91
Joseph Gohl	60-64	55.25
Bruce Morey	50-54	89.46