



“Go the Distance” Final Highlights

GTD 2008 “Deep Thoughts”

One of our participants, Martin Turecky found the lyrics to the song “Go the Distance” from the Disney movie “Hercules”. It looks like we have a new theme song for GTD! Here are the words from Young Hercules that sum up GTD 2008 so well:

*I have often dreamed
Of a far-off place
Where a great warm welcome
Will be waiting for me
Where the crowds will cheer
When they see my face
And a voice keeps saying
This is where I'm meant to be*

*I will find my way
I can go the distance
I'll be there someday
If I can be strong
I know ev'ry mile
Will be worth my while
I would go most anywhere
to feel like I belong*

*I am on my way
I can go the distance
I don't care how far
Somehow I'll be strong
I know ev'ry mile
Will be worth my while
I would go most anywhere
to find where I belong”*

GTD 2008 Highlight #1: Did you negative split your distance

this year? Remember the challenge that was issued to all GTD Participants in June? It was see who could negative split their distance this year! Looks like lots of you embraced this challenge and did it – congratulations!

Laura Ackermann
Bob Adams
James Allen
Margaret Allen
Thomas Alne
Ben Anixter
Judy Anttonen
Marcia Anziano
Steve Arvedson
Nancy Bachman
Craig Bagno
Roberta Bardini
David Barron
Jennifer Bauman
Amy Beisheim
Lisa Bennett
Sarah Bennett
Robert Bibb
Lori Bickel

Robert Boder
Patricia Bond
Ray Borzone
Sara Bothwell
Paul Bousel
Kathy Boyer
Susan Bradway
Matthew Bronson
Jeff Brown
Orlin Buhr
Sean Callahan
Mike Carew
Rich Carlson
Amy Carow
Ruth Carter
Laura Caskey
Shaun Cassells
Henry Chan
Deborah Chassler

Jane Cheney
Christie Ciraulo
Sarah Clark
Katherine Clarke
Anne Clewell
Mark Comfort
Susan Condon
Erin Crabtree
Juli Cromer
Jed Cronin
Nancy Cronin
Brian Davis
Eric Davis
Katie Davison
Chris DeSisto
Shawn Dickson
Maddie Diedo
Sarah Downey
Mark Doyle

David Dres
Sean Dunlavy
Maureen Dwyer
Grace Dyck
Mel Dyck
Andy Eberheart
Kris Edwards
Maria Eifler
Sumie Emory
James Enyart
Steve Erickson
Douglas Esch
Lance Evans
Louis Farmer
Dallas Figley
Carolynn Foley
Beth Foster
Dawn Franklin
Robert Franks

Charles Freund	Camille Klotz	Conrad Paulson	Brian Stack
Beverly Gallagher	Patricia Knowles	Rebecca Perry	Nancy Steadman-
Ashley Gangloff	Doug Kopp	Deborah Peters	Martin
Michael Garceau	Elaine Kornbau	Anita Peterson	Jim Stephens
Terri Garrou	Howley	Diane Peterson	Marjorie Stone
Nicholas Gearhart	Katy Kroll	Scot Phinney	William Sulik
Sean George	Martin Kulig	Carolyn Pratt	Linda Sullivan
Susan George	Darcy LaFountain	Rick Price	Deb Summa
Jeri Gintert	Cynthia Larkin	Nancy Prier	Karen Swanigan
Carol Giuliano	Kristi Lee	David Radcliff	Mike Taber
Steve Glassman	Larry Lengle	Joan Ramquist	Elise Tatham
Nicole Goebel	Cokie Lepinski	Michelle Rautmann	Janet Taylor
Joseph Gohl	Matthew Lind	Kathy Ray	Mary Teel
Sherry Green	Heidi Loecke	Katie Raymon	Clara Thiry
Claire Gregg	David Longhurst	David Redinger	Kathy Tittle
Tracy Grilli	Kristen Lowry	William Reeves	Ellen Tobler
Steve Gronemeyer	Timothy Lowry	Rachel Rivera	Kathleen Tokuda
Eugenie Gruender	Laurian Lytle	Mark Roberson	Art Torpy
Tara Gulla	Brenda MacDonald	Karen Rogers	Susan Traylor
William Haas	Michelle Macy	Randy Rogers	Ed Tsuzuki
Richard Hackett	Trish Manes	Kathleen Romano	Orlynn Tuminello
George Halow	Sylvia Mangan	Peter Ronay	Martin Tumacky
Darren Hamman	Ed March	Teresa Rough	Pete Turner
David Harmer	Rachael Maresh	Jim Ryan	Michael Tyson
Lane Harris	Theresa Markham	Mark Savoldi	Greta van Meeteren
Ted Hart	Christopher Mart	Candace Schenk	Marie Vellucci
Julie Heather	LeAnn Matsumura	Joel Schmaltz	Robin Walker
Michael Heather	Christopher Derrick	Donna Schubkegel	Gerallynn Walsh
Brenda	Mauk	Dick Scott	Heather Walsh
Hershberger	Paton McClung	Paula Scott	Woods
Stephanie Hinton	Amy McDaniel	Julie Seeger	Wannamaker
Laurie Hohwald	Susan McKerns	Bob Sege	Karen Waska
Kevin Hupp	Chuck Medema	Mark Sells	George Weber
Margie Hutinger	Doug Miller	Baker Shannon	Thomas Weber
Andrea Ilg	Renee Montgomery	Bill Shea	Linda West
Anders Jakobsson	Karen Moorman	Bob Shepler	Nana Whalen
Tam Jenkins	Jennifer Morris-	Linda Shoenberger	Shiryl White
Deanna Johnson	Scott	Bob Sinsheimer	Ken Winterberger
Sara Johnston	Fred Morrison	Michael Sirkin	Theresa Wistrom
James Jonsson	Michael Muma	Dan Slick	Morton Wolf
David Juchniewicz	Daniel Muth	John Sloan	Jill Wright
Steve Justinger	Son Nguyen	David Smith	Mark Yang
Rebecca Kalibat	Melodee Nugent	Laura Smith	Paula Yankauskas
Anne Kaminski	Steve O'Neill	Paula Smith	Mike Zappas
Jim Keller	Jennifer Parks	Mark Snider	Peggy Zappas
Amy Klodzinski	Eugene Paul	Lisa Spiller	Gertrud Zint

GTD 2008 Highlight #2: How many of you swam further in 2008 than you did in 2007? For those of you who participated in GTD 2007 as well as GTD 2008 – it's time to see who swam further this year than last year. Way to go to all of you who did it!

Bob Adams	Richard Bell	Linda Callaway	Deborah Chassler
Tina Alkezweeny	Robert Bibb	Joan Campbell	Wes Clement
James Allen	Patricia Bond	Diane Cardwell	Jim Clemmons
Jean Allen	Kathy Boyer	Mike Carew	Cindy Clutter
Lynn Ascione	Marianne Bradley	Amy Carow	Mark Comfort
Joe Aumiller	Matthew Bronson	Ruth Carter	Ray Cottom
Nancy Bachman	Jeff Brown	Malinda Case	William Cummings
Jennifer Bauman	Jeff Bush	Laura Caskey	Susan Cushman
Michael Bell	Paul Cajka	Paul Casto	Eric Davis

Karlene Denby
 Shawn Dickson
 Suzanne Dodd
 Susan Ecklund
 Steve Erickson
 Douglas Esch
 Jennifer Eubank
 Louis Farmer
 Reene Fiack
 Dallas Figley
 Stephen Filauri
 Robin Forster
 Dawn Franklin
 Terri Garrou
 Therese Gigliotti
 Mark Gill
 Steve Glassman
 Fred Gliesing
 Nicole Goebel
 Lois Goodman
 Susan Gorman
 Sherry Green
 Michael Greenleaf
 Jeanette Groesz
 Eugenie Gruender
 David Harmer
 Ted Hart
 Michael Heather

Brenda
 Hershberger
 Merrill Hilf
 David Hinz
 Bob Hopkins
 Andrea Hunt
 Kevin Hupp
 Margie Hutinger
 Martha Jacobs
 Tam Jenkins
 James Jonsson
 David Juchniewicz
 Steve Justinger
 Kitty Kessler
 Susan Kirk
 Dan Kirkpatrick
 Patricia Knowles
 Doug Kopp
 Carrie Kostopulos
 Ellen Kranefuss
 Cynthia Larkin
 Kristi Lee
 Kim Light
 James Lima
 Dan Lyons
 Michelle Macy
 Ann Mancuso
 Rachael Maresh
 Grayson Marshall

Sally Marshall
 Christopher
 Derrick Mauk
 Paton McClung
 Amy McElroy
 Joel McTague
 Ron Medhurst
 Sally Menk
 Alison Moore
 Jennifer Morris-
 Scott
 Fred Morrison
 Russ Mulholland
 Daniel Muth
 Kirk Nelson
 Tim Nelson
 Melodee Nugent
 Jennifer Parks
 Michael Parry
 Christopher Paul
 Carolyn Placke
 Teresa Rough
 C.J. Rushman
 Jim Ryan
 Mary Sarotte
 Jon Schieltz
 Charlie Schlegel
 Dick Scott
 Julie Seeger

Mark Sells
 Bill Sherman
 Michael Sirkin
 John Sloan
 Jeanne Smith
 Laura Smith
 Jim Stephens
 William Sulik
 Karen Swanigan
 Mary Sweat
 Ann Sykes
 Dahlia Thompson
 Jim Thornton
 Kathy Tittle
 Pete Turner
 Kristina Ulveling
 Lindsey Urbatchka
 Harriet Wall
 Woods
 Wannamaker
 George Weber
 Thomas Weber
 Linda West
 Ken Winterberger
 Theresa Wistrom
 Morton Wolf
 Mark Yang
 Flavia Zappa

GTD 2008 Highlight #3: So close, but not quiteyikes!

*There appeared to be quite a surge at the end of the month for those of you attempting to reach your final GTD milestone – and a whole lot of you did! Please review the list of our GTD milestone achievers on the lists posted on this website. However, this highlight is to recognize those that got sooooo close to one – but not quite! **Congratulations to you** for your efforts and willingness to go for it! Here are the folks that got within 2.5 miles of a GTD milestone ...*

Dan Blitz	199.61
James Browne	247.86
Ed Fonner	248.20
David Harmer	397.87
Amy Klodzinski	198.10
Katy Kroll	198.31
Lynne Lasser	399.99
Dan Lyons	98.00
Joseph Milinovich	99.01
Daniel Muth	362.79
Dan Slick	362.82
Dennis Tesch	98.76
Ellen Tobler	298.63
Adam Whiteside	48.08

Meet GTD swimmer Charlie Schlegel (75-79 age group, 272.24 miles to date)

Greta van Meeteren: Wow!! Here is another (almost) 79-year-young energizer bunny!! Wait until you read this story. Isn't it incredible what wonderful things a swimming lifestyle does for a person?

I was born February 8, 1930, so in a few months I'll be 79. I have been swimming since age 10. I was a YMCA champion and a New York City High School champion. After high school, I attended Ohio State University and was a member of the swim team.

In 1951 I enlisted in the Army. I swam on the All Service Team, which was comprised of soldiers, sailors and marines. Many of the swimmers were former friends. We were preparing for the 1952 Olympic games. Sad to say, I did not qualify.

Upon discharge from the Army, I became a teacher. I had a degree in Physical Education, Health and Recreation. My first job was on Long Island. I taught physical education and was fortunate to be in a school that was building a pool. My swimming background helped open the door for a great position: I became the Director of Swimming for the Plainview School System. I organized a school-sponsored program for grades 3 through 12.

All students had to pass a swim test before they graduated. As electives we offered scuba, life saving, diving, etc. We did it all, plus also a girls and boys swim team.

I worked for the same school district for 33 years during which I became the Athletic Director and Assistant Principal, and always the coach of the boys and girls high school swim team. I retired in 1985. As extra work I was also the head coach of the Plainview Swim Club. We were first controlled by the A.A.U.,

and later on this became U.S. swimming.

Ever since I moved to Florida in 1990, I've been swimming in the Masters program. I do go to meets and have won Nationals. I swim for the Florida Mavericks and will continue to swim as long as I am able to. I am a diabetic, but because of the exercise I get from swimming, walking, surfing and a controlled diet, I do not take insulin or pills!

Last May, at the YMCA Nationals, I tore my Rotator Cuff. I had surgery in June of 2008. The Go the Distance program has been ideal for my physical therapy. I was out of the water for 3 months but when allowed, I started easy. Double arm backstroke and an odd-looking breaststroke became my strokes.

Swimming is a very important part of my life: it became my occupation, it provided me with exercise to maintain my health, and also is a means of remaining in contact with many of my former student-athletes. Master swimming also put me in touch with many of my college teammates. My workouts are not as strenuous or rugged as they were fifteen years ago, but I do my 2500 – 3000 yards five times a week.

I do most of my workouts alone, no-one in my morning group can swim as slow as I!

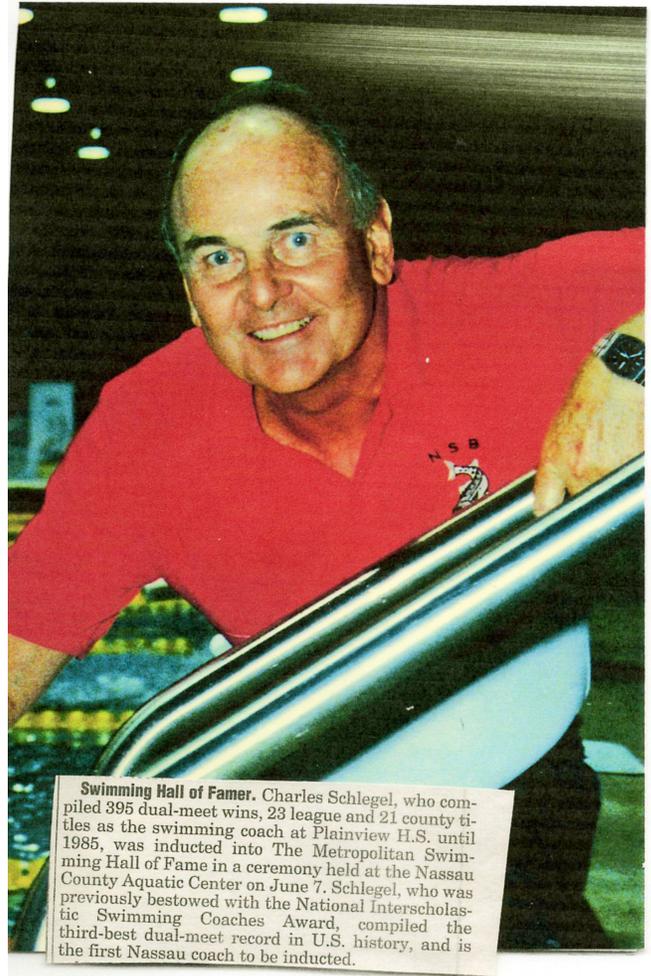
When asked why I swim so slow, I reply: "stroke technique is more important than working everything off the clock." I do sneak in sets of 50 Free on 1:10 or 10 x

100 on 1:50 or 2 minutes. My favorite strokes are backstroke and freestyle.

When we travel and go on trips, there are days that we do not swim, but I always have my suit and goggles with me.

I am married to my high school sweetheart Alma. She is my biggest supporter and my best friend. On June 21st 2009, we'll be married 57 years.

I have three children, Randy, Bruce and Chris. Randy, 56, was an Eastern National Collegiate Swim Champion for St. Johns University. He belongs to a masters club in the Milwaukee area. My other two sons are deceased.



Swimming Hall of Famer. Charles Schlegel, who compiled 395 dual-meet wins, 23 league and 21 county titles as the swimming coach at Plainview H.S. until 1985, was inducted into The Metropolitan Swimming Hall of Fame in a ceremony held at the Nassau County Aquatic Center on June 7. Schlegel, who was previously bestowed with the National Interscholastic Swimming Coaches Award, compiled the third-best dual-meet record in U.S. history, and is the first Nassau coach to be inducted.

Meet GTD Swimmer Corby Arthur (50-54 age group, miles to date: 65.49)

Greta van Meeteren: Corby's story is an inspirational one! Another person who absolutely loves being in the water, and having friends who love to do that same thing! And what makes this even more fun: Corby does synchronized swimming (how do you hold your breath for that long???)

I am a third grade teacher. In addition, I teach swimming in my home pool to all levels of swimmers, including to those who are differently abled. I love puzzles and reading. My husband and I have been married for 29 years. We have a son who has graduated from UC Santa Cruz, and who is moving to China to learn Chinese. Our daughter will graduate from UC Berkeley this May.

We love being empty nesters because we have the time and the freedom to pursue our hobbies: art for my husband and synchronized swimming for me. I'm very happy spending time with the man I love and swimming.

Swimming is a very important part of my life. I love coached swim workouts, self-coached workouts, teaching swimming, taking classes, going to clinics for swimmers, instructors, and coaches, reading about swimming, and most of all pursuing a long time dream - learning synchronized swimming!

My father and my Aunt Bess gave me a love of swimming and have been my role models. My aunt was the first generation WSI and I am the second generation WSI. I need to be in the water - to clear my head, to pray, to be me. It is the only place I ever feel beautiful.

I sometimes compete in "speed" swimming, but I have not been training for that seriously for the last two years because I have been focusing on learning synchronized swimming and our local pool has stopped offering coached workouts.

I compete with a masters synchronized swim team: The La Mirada Unsyncables. We've been national champions for the last two years. We have a team made up of women from age 20 to age 89.

I usually like to swim three or four times a week. When I do swim workouts, I usually do 2,000 to 3,000 yds, but when I am doing synchro workouts, my yardage is much less - 500 -700 yds. When I am focusing on yardage I'll do about 2,000 swimming and then 500 or more of synchro drills.

I miss "speed" swimming with a group and having a coached workout. Every now and then, I meet with a friend and we do an informal workout, but mostly I "speed" swim alone. I am registered with a team so I can have some people to swim with at meets. I love IMs. I bought some breaststroke fins and am enjoying breaststroke. My favorite thing to do is to put on some long fins and do some dolphin sets: 100 on my stomach, 100 on my back, and 50 on each side, swordfish style.

Since I am not training for competitive swimming with a team, GTD really helps me try to gauge my progress with distance. I love the idea of keeping track of the total distance swum over time. I joke and say that I'm swimming to earn a bright orange cap, but when I did, I really didn't want one, I just needed a mental milestone. I loved the virtual swims for the same reason. My friends and other patrons at the pool always ask me about my progress. It feels good to say I've swum 50 miles or that I've swum to Catalina and back - virtually anyway.

Before my lasik surgery last year, I had really bad eyes - coke bottle glasses (one eye was much worse than the other). I was always self-conscious about them. In the water, although I couldn't see, I could feel and developed a good sense of my body in the water. It really was the only place I ever felt beautiful.

Because of the lasik surgery, I can finally see the pace clock. The first time they did the surgery, they made one eye very farsighted. It was so much fun to be able to see the clock from the far end of the 50 meter pool! Now that my eye is fixed, I'm pleased that I can see the pace clock from the farthest lane in the pool.

My life's dream was to be a synchronized swimmer. I did a little when I was a kid, but I didn't have a real opportunity until I became an adult. The first year I joined the team, unbelievably they let me compete in the 2006 World Championships at Stanford University and we won a gold medal! In my first three competitions in masters' synchronized swimming I earned gold medals in worlds, nationals, and state games.

My idea of a wonderful day is to swim with a "speed swimming" friend and do a speed workout, and then meet my synchronized swimming friends (who are all retired workers) swim, roll around the pool practicing figures and swimming to music, and then go to lunch! I was lucky enough to have that experience once last summer it was absolutely heavenly!

I've made a lot of friends through swimming. There's a certain bond we have because it is so important to us. We may not have anything else in common in our lives, but swimming is the common thread and that alone makes us different from others. I love that my swimming friends are of all ages and backgrounds.



“Attached is a photo of my "Grease Routine" teammates (that means that we performed our free routine to a medley of songs from the musical "Grease") and me. I'm the one in the pink Crocs in the front row. This was taken before we competed in nationals in Las Vegas in Oct. 2008. We gelled our hair (with unflavored gelatin) and were wearing headpieces”.

Left to right: top row - Lori Crawford, Akiko Tanaka, Vicky Beckwith, Mary Erickson

Bottom row- Dee Anna Mount, Corby Arthur, Kathy Chapman, Elaine Rohr

Meet GTD Swimmer Mike Broglio (35-39 age group, miles to date: 431.05)

Greta van Meeteren: Mike is a very busy family man and yet he finds time to swim all this distance! Hats off!!

I am an IT Project Manager for a Worldwide Clinical Trial Company.

I enjoy do it yourself home improvement, but do not have much time for that.

I have a wife, daughter, and son. Our son was adopted from Ethiopia last Thanksgiving (2007)

Life is really too busy. I am absolutely not doing what I thought I would be doing at this time of my life.

Swimming is my hobby. I swam for four years in college, and then started again after my daughter was born, in the fall of 2004. I started swimming again, because when we had the first child there was not enough time to train in cycling.

I compete in the two regional races, SCM and SCY each year also in the SCY Nationals last year. Because I was drawn to competition swimming has become a major part of my life.

I swim 4-5 times per week (3 mornings, 1-2 evenings, which means doubles)
My typical distance is 4500-5000 LCM and I swim with a group.

My favorite event is distance freestyle. 800/1000 was the favorite, but I tried the 1500 at LCM regionals last summer and I liked it.

I prefer pool swimming. Haven't tried open water in a long time. That is a goal for next summer.

Meet GTD swimmer Michael Sirkin (45-49 age group, 335.28 miles to date).

Greta van Meeteren: Here is a very busy man, who is clearly enjoying his swimming and new-found fitness. What wonderful things our sport can do for everyone!

I am an orthopaedic trauma surgeon, someone who fixes injuries related to the bones and muscles basically. Car accidents, falls etc. I am also in academics and teach residents, medical students and other orthopedic surgeons.

I have 3 children, one boy 15 Matthew and 2 girls 10, 12 Alexis and Eliana. Most of the time I am very busy between work, traveling for work and my family. There is little free time. For the most part I am doing what I thought I'd be doing in this time of my life.

Swimming is my hobby. I swam competitively since I was about 5, but stopped after freshman year of college. I started again 3 years ago as a fitness program to help me loose some weight and get back in shape. I weighed 290 lbs and now that I am starting to compete again, I have started to loose weight. I am currently down to around 210 lbs, which is less than I was when I graduated college!

Currently swimming is big part of staying in shape. I am still trying to control weight and this helps along with biking and elliptical and diet. I swim at least three days a week and try for up to 5 depending on work and kids. I swim with masters 3 times a week in West Orange and we do workouts of around 3500 yards but I usually swim an extra 1000-2000 for total of 5000 at a time.

If I swim alone I do 4000 and when I swim with one of my workout partners we do 5500 to 6000. I am starting to compete again at 100 free and 50 fly, maybe I'll add a couple of other events with time. I have only swum in a pool but maybe this summer I might do an open water race.

I swim with the GTD program because I need a way to track so I can see if I have progressed over the years and it is a good way to see how I am doing

I enjoy working as a surgeon as well as doing a lot for the hospital and university I work for.

I also love doing things with my kids like our ski trip to Okemo every year with my friend and his three kids. I like computers and other tech things, Movies and TV as well when I have time.

Meet GTD swimmer Barbara Phillips (55-59 age group, 157.22 miles to date)

Greta van Meeteren: I love having a fish for a GTD friend!! Please enjoy reading Barbara's story as much as I have – she is a special lady and a real tribute to our GTD program.

Not a born competitor, but a born fish! I grew up in La Jolla, California and spent most of my childhood swimming in the ocean, body surfing and just being in the water. I moved to the Bay Area for High School, attended UC Berkeley and reluctantly left my beach life behind. Or more precisely had to adapt to pools, lane lines, and walls: not my favorite things.

After college, I married an anthropologist, had two daughters and we lived in Thailand. Professionally, I taught English as a Second Language, then went back to Cal for a master's degree and became an information manager—specializing in environmental and legal records.

*When our daughters were young, I took up running and yoga—activities that I could do alone, any time, anywhere. When I turned 40, however, I decided to listen to my “inner fish” and my **mother** (who has been a Master's swimmer since PMS began) and joined the Manatee Aquatic Masters. Fortunately, we have a patient and encouraging coach who got me through the adjustment to the lingo and etiquette of swim team workouts.*

So I've been a master swimmer for 18 years, and now one of my daughters is on the team, too! I appreciate the variety of people I've met at the Manatees—over the years we've become a real community. My lane mates and coaches are supportive and make the swim experience richer.

*GTD is the perfect event for me, because, frankly, speed isn't my thing. I can cruise along at my own pace and watch the distance mount up—and **NO ONE NEEDS TO KNOW** that I did it rather slowly. Also, I try to do 2000 to 2300 yards per workout, and GTD goads me to really do it instead of hitting the shower a bit earlier.*

I'm retired now, but am busier than ever with family and friends--and volunteering at the UC Botanical Garden, and the SF Opera and Ballet. My personal goals in life include service to family and community—but also to staying mentally and physically fit. It seems that at all times in life, it's difficult to maintain balance and flexibility. But we keep working at it and masters swimming helps. Carpe diem!



A Lake race with the Manatees.
In the team photo, I'm the tall one in the middle.



Yoga with my daughter



Hiking Mt. Tamalpais