

Results for “Go the Distance” June, 2008

Oh my – 2008 is already half over! The good news is that the USMS Fitness Event “Go the Distance” (GTD) continues to grow and the participants are swimming more miles than ever! Welcome to Peter H, Conrad, Susan, Martin, Peter R., Rick, Mary and Matthew – may you have fun with this event and be inspired by all of the achievements of our participants!

This month more folks (60) achieved the “150 miles” distance milestone than any other GTD milestone – way to go! There were also 17 participants that have now achieved the first distance milestone of “50 miles” – cheers to you – you did it!

Of course there are many more congratulations to be made: To the 51 swimmers that have now swum over “100 miles”, the 34 participants that cruised past “200 miles”, another 27 stroked past the “250 miles” milestone and 16 more made it to “300 miles”!

There were also 5 swimmers that have now achieved the “365.25 Miles (average mile a day)” milestone! This particular GTD milestone was suggested by one of our participants who also created the design for the MAD CAP award (Mile A Day). I am very pleased to announce that our very own Doug Kopp (55-59 age group, 365.80 miles to date) just achieved the milestone he envisioned –and his MAD CAP is in the mail! Let’s hope he wears it proudly!

And there’s more! There were 9 more folks that have now swum over “400 miles” and 4 more over “500 miles”. Finally, drum roll please Carrie Kostopulos (GTD Xtreme participant) has now swum 1186.67 miles this year!

So how far have we swum in 2008? We are now at a whopping 81,647.26 miles !!! Our group average is 145.28 miles... yeah! In the last GTD reminder – you were offered another challenge in addition to the GTD milestones – to negative split this year (in distance swim)- which means to swim at least one more mile in the second half of 2008 than you did in the first! I received numerous replies from folks who will take on this challenge.... I wish you all lots of fun with this challenge – and hope you will enjoy the “back half” of the year!

The June results are posted at <http://www.usms.org/fitness/content/gothedistance08> for your review. There is also a complete list of participants that have achieved a GTD Distance Milestone this month as well as a complete list of all distance milestone achievements for 2008.

The theme of the June GTD highlights is taking the time to look at a few of the “numbers” associated with this event. Any guesses as to which zone has the most participants? How about the age group that has swum the furthest? If you have an inquiring mind ... go check out the highlights and June results!

This month you can meet two more GTD Swimmers in the June Highlights! It is so much fun to finally “meet” some of our participants – and really helps to know the personal stories behind all these numbers and email addresses! Dawn is delightful and has some very interesting hobbies! You can also meet Troy – a very busy man in the beginning of each year that still finds time to go for a swim. His great sense of humor must really help him out with his job!

I hope July is a great swimming month for all of you!

Your GTD Pal,
Mary Sweat