

Results for "Go the Distance" (GTD) September, 2008

I hope you all will extend a hearty welcome to our newest participants Sarah, Elise, Peter, Courtney, Ashley, Anne-France, Andy, Theresa, Lori, Joseph and Mike - we're glad you decided to "go the distance" with us!

I would like to extend a huge congratulations to Ben, Corby, Beverly, Sherry, Ami, Camille, Karen, Jean- Marie and Michelle! These folks achieved the first GTD distance milestone of "50 miles" ! May you all enjoy the good feelings that come with this accomplishment.

There were quite a few participants that achieved a GTD distance milestone in September. We had 15 individuals that have now swum over "100 miles", 32 over "150 miles", 37 more passed the "200 miles" mark and 38 folks have now cruised past "250 miles". There were also 29 over "300 miles" and 13 more that have made the 365.25 miles (average mile a day) goal.

There were 12 participants that swam past "400 miles" , 8 more to conquer the "500 miles" challenge and 2 additional participants can now boast that they have swum over "750 miles" so far this year.

Congratulations to all of you that achieved a GTD distance milestone - way to go!

As a group, we have now swum 123,077.35 miles with an average of 208.61 miles. The most number of miles swum so far in 2008 is 1795.55 miles.

The September 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 September highlights include the "GTD Deep thought" fitness tip as well as highlighting one of our participants who is a long distance open water enthusiast!

It is a pleasure to introduce you to three of our participants this month. Thomas Weber, Amy Klodzinski and Jon Schieltz have been kind enough to share their "real life" stories with us. I'm sure you will enjoy "meeting them"!

Great news - GTD 2009 was approved at the USA-S convention! I hope you all will look forward to some exciting new features, more graphs (Yeah!) and good times to share with our growing community of folks who "go the distance".

*Your GTD Pal,
Mary Sweat*