

# *Meet the GTD Swimmer and GTD 2009 Final Highlights*

## *GTD 2009 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!!*

|                            |                                  |                           |                             |
|----------------------------|----------------------------------|---------------------------|-----------------------------|
| <i>Hector Acevedo</i>      | <i>Orlin Buhr</i>                | <i>Eric Davis</i>         | <i>Jackie Foster</i>        |
| <i>Doug Adamavich</i>      | <i>Michael Bullock</i>           | <i>Trudy Ann Dayton</i>   | <i>Kerry Frame</i>          |
| <i>Dominick Aiello</i>     | <i>Jeff Bush</i>                 | <i>Dorothy Debolt</i>     | <i>Michelle Frappier</i>    |
| <i>Joy Ailes</i>           | <i>Rob Butcher</i>               | <i>Robert Declercq</i>    | <i>Isabelle Fraser</i>      |
| <i>Evelyn Alford</i>       | <i>Julie Cain</i>                | <i>Joan Delgado</i>       | <i>Anne Frayne</i>          |
| <i>Jean Allen</i>          | <i>Jim Callahan</i>              | <i>Wayne Deloney</i>      | <i>Stanley Freerks</i>      |
| <i>Craig Anderson</i>      | <i>Thomas Callan</i>             | <i>Karlene Denby</i>      | <i>Terry Freerks</i>        |
| <i>James Anderson</i>      | <i>Robert Calonkey</i>           | <i>Shawn Dickson</i>      | <i>Blaire Fromm</i>         |
| <i>Patricia Anixter</i>    | <i>Katherine Leusing Canales</i> | <i>Elaine Disney</i>      | <i>Lacy Fuller</i>          |
| <i>Judy Anttonen</i>       | <i>Kelly Cantlen</i>             | <i>Michael J Dittman</i>  | <i>Jean Gallagher</i>       |
| <i>Ellen Arnold</i>        | <i>June Carson</i>               | <i>Suzanne Dodd</i>       | <i>Terri Garrou</i>         |
| <i>Corby Arthur</i>        | <i>Walter Carter</i>             | <i>Paul Dow</i>           | <i>Christopher Garville</i> |
| <i>Barry Bachenheimer</i>  | <i>Sean Carter</i>               | <i>Sarah Downey</i>       | <i>David Garza</i>          |
| <i>Janice Baker</i>        | <i>Susie Caso</i>                | <i>Mark Doyle</i>         | <i>Caroline Gatto</i>       |
| <i>Marie Baldner</i>       | <i>Louis Ceci</i>                | <i>Sharon Driesch</i>     | <i>Christopher Gaw</i>      |
| <i>Susan Barbary</i>       | <i>Henry Chan</i>                | <i>Rob Dumouchel</i>      | <i>David Gehring</i>        |
| <i>David Barra</i>         | <i>Jane Cheney</i>               | <i>Maureen Dwyer</i>      | <i>Jill Gellatly</i>        |
| <i>David Bastian</i>       | <i>Craig Clayton</i>             | <i>Vera Eastridge</i>     | <i>Susan George</i>         |
| <i>Jennifer Bauman</i>     | <i>Paul Cleary</i>               | <i>Andy Eberheart</i>     | <i>Sean George</i>          |
| <i>Michael Bell</i>        | <i>Marcia Cleveland</i>          | <i>Kirsten Eddins</i>     | <i>Therese Gigliotti</i>    |
| <i>Keith Benson</i>        | <i>Cindy Clutter</i>             | <i>Karen Einsidler</i>    | <i>Mark Gill</i>            |
| <i>Michael Bergkvist</i>   | <i>Ed M Coates</i>               | <i>Veronica Ellingson</i> | <i>Jeri Gintert</i>         |
| <i>Richard F Bernstein</i> | <i>Natalie Coll</i>              | <i>Kathy Elliot</i>       | <i>Nicole Goebel</i>        |
| <i>Ann Berres-Olivotti</i> | <i>Mark Comfort</i>              | <i>Janie Elliott</i>      | <i>Lois Goodman</i>         |
| <i>Robert Bibb</i>         | <i>Jennifer Cormack</i>          | <i>Doug Esch</i>          | <i>Sherry Green</i>         |
| <i>Jane Birkhead</i>       | <i>Joanne Corrao</i>             | <i>Lance Evans</i>        | <i>Tom Green</i>            |
| <i>Randal Boldt</i>        | <i>Susan Cottrill</i>            | <i>Michael Fanelli</i>    | <i>Eugenie Gruender</i>     |
| <i>Paul Bousel</i>         | <i>Bob Couch</i>                 | <i>Bill Fenner</i>        | <i>Peter Guadagni</i>       |
| <i>Kathy Boyer</i>         | <i>Kathy Crawford</i>            | <i>Howard Ferguson</i>    | <i>William Haas</i>         |
| <i>Marianne Bradley</i>    | <i>Richard Criche</i>            | <i>Robert Fernald</i>     | <i>Heather Hagadorn</i>     |
| <i>Barry Breffle</i>       | <i>Jed Cronin</i>                | <i>Pedro Ferreira</i>     | <i>Amber Hahn</i>           |
| <i>Mike Broglio</i>        | <i>James Curd</i>                | <i>Robert Fischl</i>      | <i>Ali Hall</i>             |
| <i>Matt Bronson</i>        | <i>John Curwen</i>               | <i>Joe Flanagan</i>       | <i>George Halow</i>         |
| <i>Catherine Brooks</i>    | <i>Les Cutler</i>                | <i>Ed Fonner</i>          | <i>Berry Hamilton</i>       |
| <i>Forest Brooks</i>       | <i>Kelly Dakin</i>               | <i>Anna Marie Forest</i>  | <i>Darren Hamman</i>        |
| <i>Michael R Brown</i>     | <i>Pam D Dameron</i>             | <i>Susan Forve</i>        | <i>Steven T Hammond</i>     |
| <i>Keitha Bryan</i>        | <i>Maryellen Darnold</i>         | <i>Beth Foster</i>        | <i>Diane Happel</i>         |

|                                  |                              |                              |                             |
|----------------------------------|------------------------------|------------------------------|-----------------------------|
| <i>Nancy Hendrickson</i>         | <i>Jeffrey Maydak</i>        | <i>John Porcella</i>         | <i>Niki Stokols</i>         |
| <i>Bernie Hereth</i>             | <i>Cori McConkle</i>         | <i>Susie Powell</i>          | <i>Rod K Storms</i>         |
| <i>Alix Herrmann</i>             | <i>Bob McDonald</i>          | <i>Nancy Prier</i>           | <i>William Sulik</i>        |
| <i>John Hill</i>                 | <i>Charles M McInnis</i>     | <i>Jamie Proffitt</i>        | <i>Cameron Sullivan</i>     |
| <i>Helene Hirsch</i>             | <i>Brian McLaughlin</i>      | <i>Laraine Putman</i>        | <i>Karen Swanigan</i>       |
| <i>Bridgette Hobart</i>          | <i>Gray R Messersmith</i>    | <i>Paula Pyrcz</i>           | <i>Mary Sweat</i>           |
| <i>Peggie Hodge</i>              | <i>Jeanine Meyers</i>        | <i>Phyllis Quinn</i>         | <i>Todd Swift</i>           |
| <i>Jennifer Hodges</i>           | <i>Susan Miller</i>          | <i>Joan Ramquist</i>         | <i>Ann Sykes</i>            |
| <i>Jamie Hulett</i>              | <i>Stephanie Miller</i>      | <i>Karen Raschke</i>         | <i>Charlotte Tate</i>       |
| <i>Margie Hutinger</i>           | <i>Ginny Miller</i>          | <i>William Reeves</i>        | <i>Don Tatzin</i>           |
| <i>John Jackson</i>              | <i>David Minor</i>           | <i>Suzy Reierson</i>         | <i>Greg Taylor</i>          |
| <i>Richard Jenkins</i>           | <i>Sandy Mitchel</i>         | <i>Kenneth Resnick</i>       | <i>Mary Teel</i>            |
| <i>Tam Jenkins</i>               | <i>Anita Mitchell</i>        | <i>Wade Rewey</i>            | <i>Phil Tesoro</i>          |
| <i>Edward Jerger</i>             | <i>Michael Moore</i>         | <i>Ann Richard</i>           | <i>David Thomas</i>         |
| <i>Deanna Johnson</i>            | <i>Cheryl Morgen</i>         | <i>Stuart Roberts</i>        | <i>Anthony Thompson</i>     |
| <i>Tracey Johnson</i>            | <i>Carol Morman</i>          | <i>Tina Rocha</i>            | <i>Robin Tracy</i>          |
| <i>Zoe Johnson</i>               | <i>Kevin Mortensen</i>       | <i>Peter Ronay</i>           | <i>David Traver</i>         |
| <i>Dana Jones</i>                | <i>Rita Mt. Joy</i>          | <i>Elizabeth Rosane</i>      | <i>Ed Tsuzuki</i>           |
| <i>James Jonsson</i>             | <i>Bryan A Mueller</i>       | <i>Mary D Ruppe</i>          | <i>Martin Turecky</i>       |
| <i>David Juchniewicz</i>         | <i>John Muhich</i>           | <i>Bernard Russell</i>       | <i>Steve Underbrink</i>     |
| <i>Jessica Kallipolites</i>      | <i>Michael Muma</i>          | <i>Jean Rutter</i>           | <i>Janet Ungs</i>           |
| <i>Jerry Katz</i>                | <i>George Murray Jr</i>      | <i>Patricia Saint Aubin</i>  | <i>Lindsey Urbatchka</i>    |
| <i>Sean Kelly</i>                | <i>Alan Nagasawa</i>         | <i>Bill Sandford</i>         | <i>Ricardo J Valdivia</i>   |
| <i>Amy Klodzinski</i>            | <i>Marie Neaves</i>          | <i>Doug Sayles</i>           | <i>Ashley R Vandersteen</i> |
| <i>Patricia Knowles</i>          | <i>Steve Newman</i>          | <i>Mark Schactman</i>        | <i>Eva Varga</i>            |
| <i>Julie C Koehler</i>           | <i>Scott Nichols</i>         | <i>Brian Schilf</i>          | <i>David Varner</i>         |
| <i>Anne Koepfinger</i>           | <i>Melodee Nugent</i>        | <i>Joel Schmaltz</i>         | <i>Marie Vellucci</i>       |
| <i>Ursula Kohama</i>             | <i>Jane Nunn</i>             | <i>Carl Schmidt</i>          | <i>Patti Vollmer</i>        |
| <i>Carrie Kostopulos-Doebler</i> | <i>Stephen O'Neill</i>       | <i>Robert Scott</i>          | <i>Woods Wannamaker</i>     |
| <i>Marie Kreipe</i>              | <i>Frank Odell</i>           | <i>Emily Scott</i>           | <i>Karen Watson</i>         |
| <i>Jean-Marie Lacobee</i>        | <i>Janet Olsen</i>           | <i>Jenny Seagraves</i>       | <i>Katie Webb</i>           |
| <i>Peter Larson</i>              | <i>Jonathan Olsen</i>        | <i>David Sebastian</i>       | <i>Linda Webb</i>           |
| <i>Melissa Latt</i>              | <i>Karen Olson</i>           | <i>Gregg Seltzer</i>         | <i>George Weber</i>         |
| <i>Michael Lavitt</i>            | <i>Cynthia Orinski</i>       | <i>Mike Sheehy</i>           | <i>Wendy Weinberg</i>       |
| <i>Megan Lazzar</i>              | <i>Gayle A Orner</i>         | <i>Brad Shouldice</i>        | <i>David Welsh</i>          |
| <i>Catherine Lee</i>             | <i>Andrea Packard</i>        | <i>Jim Smersh</i>            | <i>Clark West</i>           |
| <i>Kevin Leusing</i>             | <i>Christopher Pankey</i>    | <i>Dan Smith</i>             | <i>Jim Wetzel</i>           |
| <i>Matthew Lind</i>              | <i>Debbie Pappa</i>          | <i>Paula Smith</i>           | <i>Katie Whitworth</i>      |
| <i>Jennifer Linn</i>             | <i>Susan Paris</i>           | <i>Nancy Speer</i>           | <i>Susanne M Wienrich</i>   |
| <i>Douglas Little</i>            | <i>Gene Paul</i>             | <i>Steven Spellman</i>       | <i>Matthew Wildman</i>      |
| <i>Kelly Little</i>              | <i>Mary Ella Payne</i>       | <i>Rose Spielman</i>         | <i>Heidi Williams</i>       |
| <i>Chris Loeffelholz</i>         | <i>Jill Pearson McJunkin</i> | <i>Brian Stack</i>           | <i>Ken Winterberger</i>     |
| <i>Timothy Lowry</i>             | <i>Andrew Perry</i>          | <i>Nancy Steadman-Martin</i> | <i>Morton Wolf</i>          |
| <i>Barbara Lysy</i>              | <i>Stan Perry Jr</i>         | <i>Rebecca Steiner</i>       | <i>Paula Yankauskas</i>     |
| <i>Brenda Macdonald</i>          | <i>Deborah Peters</i>        | <i>Sandra Stenglein</i>      | <i>Becky Zange</i>          |
| <i>Ed March</i>                  | <i>Connie Peterson</i>       | <i>Kelly Sterling</i>        | <i>Flavia Zappa</i>         |
| <i>Erika Maresca</i>             | <i>Alan Pfeiffer-Traum</i>   | <i>Christopher Stevens</i>   | <i>John Zeigler</i>         |
| <i>Grayson Marshall</i>          | <i>Scot Phinney</i>          | <i>Chris Stevenson</i>       |                             |
| <i>Heather Martinez</i>          | <i>Ann Phipps</i>            | <i>Julie Stevenson</i>       |                             |
| <i>Carol Martyniuk</i>           | <i>Mahlon Poche</i>          | <i>Robert A Stickney</i>     |                             |

**GTD 2009 Highlight #2: How many of you swam further in 2009 than you did in 2007 and 2008?** For those of you who participated in GTD 2009 as well as GTD 2008 (and some of you in GTD 2007) – it's time to see who swam further this year than last year. Way to go to all of you who did it!

| <b>Swimmer</b>   | <b>2009</b> | <b>2008</b> | <b>2007</b> |                    |        |        |        |
|------------------|-------------|-------------|-------------|--------------------|--------|--------|--------|
| Tina Alkezweeny  | 314.81      | 105.74      | 96.32       | Maureen Dwyer      | 266.54 | 240.88 | 0.00   |
| Margaret Allen   | 293.01      | 275.35      | 0.00        | Andy Eberheart     | 227.02 | 106.77 | 0.00   |
| Patricia Anixter | 223.36      | 193.27      | 0.00        | Karen Einsidler    | 579.06 | 522.05 | 0.00   |
| Judy Anttonen    | 81.93       | 62.27       | 0.00        | Veronica Ellingson | 258.74 | 113.50 | 225.10 |
| Stephen Arvedson | 270.75      | 208.38      | 0.00        | James Enyart       | 252.96 | 241.64 | 0.00   |
| Lynn Ascione     | 464.15      | 421.25      | 354.87      | Louis Farmer       | 477.24 | 415.12 | 358.57 |
| David Balling    | 436.57      | 333.24      | 0.00        | Matthew Fetters    | 399.89 | 235.10 | 300.74 |
| Roberta Bardini  | 302.12      | 278.42      | 0.00        | Robert Fischl      | 135.02 | 115.79 | 0.00   |
| David Barron     | 250.26      | 209.07      | 0.00        | Lynn Foley         | 368.11 | 300.53 | 0.00   |
| Jennifer Bauman  | 580.33      | 576.93      | 511.33      | Ed Fonner          | 301.50 | 248.20 | 256.00 |
| Sarah Bennett    | 344.00      | 309.92      | 0.00        | Beth Foster        | 426.59 | 252.53 | 0.00   |
| Ellen Beraud     | 254.35      | 202.00      | 0.00        | Robert Franks      | 257.87 | 201.52 | 204.89 |
| Robert Bibb      | 619.12      | 455.92      | 321.40      | Terry Freerks      | 459.25 | 432.47 | 0.00   |
| Mike Bickel      | 196.33      | 171.00      | 0.00        | Stanley Freerks    | 459.25 | 432.47 | 0.00   |
| Jane Birkhead    | 400.49      | 391.23      | 0.00        | Jack Fritts        | 270.81 | 211.84 | 0.00   |
| Patricia Bond    | 286.68      | 279.41      | 265.86      | Ashley Gangloff    | 16.45  | 0.62   | 0.00   |
| Ray Borzone      | 300.65      | 220.74      | 0.00        | Michael Garceau    | 160.28 | 100.08 | 0.00   |
| Paul Bousel      | 496.72      | 475.13      | 482.76      | Terri Garrou       | 107.35 | 102.73 | 99.30  |
| Kathy Boyer      | 848.05      | 760.35      | 757.70      | Jill Gellatly      | 276.50 | 264.40 | 0.00   |
| Barry Breffle    | 215.45      | 159.40      | 0.00        | Sean George        | 138.51 | 61.28  | 0.00   |
| Bob Brown        | 198.86      | 186.33      | 0.00        | Susan George       | 150.05 | 101.63 | 0.00   |
| Courtney Busch   | 472.39      | 407.40      | 0.00        | Len Gerlowski      | 214.40 | 200.66 | 0.00   |
| Linda Callaway   | 602.23      | 559.66      | 469.53      | Therese Gigliotti  | 339.77 | 328.77 | 283.35 |
| Michael Carew    | 1057.22     | 866.23      | 647.62      | Mark Glenesk       | 282.30 | 272.00 | 0.00   |
| Richard Carlson  | 217.65      | 195.77      | 205.00      | Fred Gliesing      | 329.00 | 288.48 | 283.65 |
| Malinda Case     | 277.06      | 240.09      | 213.88      | Nicole Goebel      | 416.13 | 359.54 | 346.08 |
| Laura Caskey     | 210.66      | 172.15      | 134.85      | Susan Gorman       | 323.54 | 307.33 | 289.91 |
| Susie Caso       | 160.85      | 144.06      | 0.00        | Thomas Grandine    | 760.43 | 685.74 | 0.00   |
| Shaun Cassells   | 42.15       | 31.95       | 0.00        | Sherry Green       | 131.09 | 91.17  | 49.69  |
| Louis Ceci       | 208.15      | 188.40      | 0.00        | Jeannie Groesz     | 256.56 | 253.15 | 163.48 |
| Henry Chan       | 371.33      | 368.89      | 0.00        | George Halow       | 410.45 | 403.68 | 0.00   |
| Deborah Chassler | 357.15      | 342.29      | 279.52      | Michael Heather    | 437.33 | 338.62 | 61.14  |
| Jane Cheney      | 412.02      | 309.98      | 0.00        | David Hinz         | 203.42 | 169.43 | 13.64  |
| Christie Ciraulo | 677.11      | 618.05      | 0.00        | Laurie Hohwald     | 129.08 | 94.31  | 128.79 |
| Jim Clemmons     | 632.26      | 618.77      | 541.20      | Andrea Hunt        | 522.22 | 502.69 | 500.08 |
| Susan Condon     | 21.50       | 5.96        | 0.00        | Margie Hutinger    | 130.51 | 121.70 | 109.62 |
| Jenny Cook       | 517.06      | 516.86      | 0.00        | Andrea Ilg         | 197.35 | 179.44 | 0.00   |
| Jed Cronin       | 442.53      | 357.54      | 0.00        | Edward Jerger      | 172.28 | 132.75 | 0.00   |
| Susan Cushman    | 289.83      | 276.59      | 255.63      | Deanna Johnson     | 289.03 | 227.82 | 0.00   |
| Eric Davis       | 186.47      | 115.67      | 115.10      | Sara Johnston      | 254.89 | 192.71 | 0.00   |
| Brian Davis      | 330.33      | 305.14      | 0.00        | James Jonsson      | 745.09 | 584.79 | 556.83 |
| Karlene Denby    | 424.50      | 401.81      | 383.05      | David Juchniewicz  | 750.26 | 701.50 | 413.71 |
| Edward Devennish | 183.30      | 162.94      | 0.00        | Robert Kelly       | 132.95 | 51.18  | 52.45  |
| Suzanne Dodd     | 374.23      | 373.18      | 350.35      | Darla Kelly        | 188.78 | 114.40 | 156.92 |
|                  |             |             |             | Amy Klodzinski     | 230.23 | 198.10 | 0.00   |

|                           |         |        |        |                           |         |         |         |
|---------------------------|---------|--------|--------|---------------------------|---------|---------|---------|
| <i>Camille Klotz</i>      | 167.19  | 91.39  | 0.00   | <i>Jenny Seagraves</i>    | 184.84  | 167.51  | 0.00    |
| <i>Patricia Knowles</i>   | 848.42  | 825.41 | 775.51 | <i>Bob Sege</i>           | 174.17  | 170.50  | 170.50  |
| <i>Doug Kopp</i>          | 834.46  | 762.63 | 433.97 | <i>Baker Shannon</i>      | 126.58  | 120.59  | 0.00    |
| <i>Angela Kozlowski</i>   | 227.22  | 197.47 | 200.66 | <i>Mike Sheehy</i>        | 100.80  | 100.33  | 0.00    |
| <i>Lynn Kubasek</i>       | 1011.99 | 854.71 | 0.00   | <i>Bill Sherman</i>       | 228.13  | 192.62  | 173.69  |
| <i>Jean-Marie Lacobee</i> | 217.70  | 65.75  | 151.68 | <i>Linda Shoenberger</i>  | 351.16  | 88.57   | 0.00    |
| <i>Kristi Lee</i>         | 675.65  | 652.87 | 629.55 | <i>Michael Sirkin</i>     | 358.86  | 335.28  | 204.61  |
| <i>Cokie Lepinski</i>     | 384.18  | 302.49 | 0.00   | <i>Paula Smith</i>        | 505.39  | 500.27  | 503.09  |
| <i>Kim Light</i>          | 205.82  | 162.62 | 119.97 | <i>Brian Stack</i>        | 339.98  | 284.21  | 0.00    |
| <i>Matthew Lind</i>       | 254.19  | 253.84 | 0.00   | <i>Mary Stein</i>         | 267.90  | 57.00   | 0.00    |
| <i>Jenny Lorenz</i>       | 157.11  | 151.73 | 0.00   | <i>Marjorie Stone</i>     | 294.44  | 279.04  | 0.00    |
| <i>Kristen Lowry</i>      | 208.98  | 207.73 | 0.00   | <i>Jeff Strahota</i>      | 438.14  | 414.76  | 0.00    |
| <i>Peter Machado</i>      | 147.33  | 7.75   | 0.00   | <i>Karen Swanigan</i>     | 150.07  | 125.00  | 115.66  |
| <i>Ed March</i>           | 537.79  | 445.48 | 0.00   | <i>Barry Symonds</i>      | 433.95  | 405.55  | 0.00    |
| <i>Grayson Marshall</i>   | 529.18  | 507.88 | 434.79 | <i>Mary Teel</i>          | 289.74  | 201.43  | 0.00    |
| <i>Amy McElroy</i>        | 227.97  | 202.11 | 160.00 | <i>Marianne Thomas</i>    | 617.77  | 550.00  | 0.00    |
| <i>Sally Menk</i>         | 374.31  | 313.75 | 177.97 | <i>Anthony Thompson</i>   | 240.65  | 230.61  | 0.00    |
| <i>Jeanine Meyers</i>     | 234.38  | 221.66 | 0.00   | <i>Dahlia Thompson</i>    | 214.23  | 205.62  | 197.72  |
| <i>Curtis Miller</i>      | 309.84  | 290.73 | 0.00   | <i>Art Torpy</i>          | 374.61  | 366.73  | 0.00    |
| <i>Doug Miller</i>        | 254.81  | 205.61 | 0.00   | <i>Robin Tracy</i>        | 135.56  | 132.72  | 0.00    |
| <i>Robin Mills</i>        | 370.42  | 339.00 | 0.00   | <i>Susan Traylor</i>      | 105.04  | 91.63   | 93.03   |
| <i>Michael Moore</i>      | 256.59  | 216.42 | 0.00   | <i>Martin Turecky</i>     | 521.55  | 390.07  | 0.00    |
| <i>Kevin Mortensen</i>    | 401.14  | 214.82 | 0.00   | <i>Peter Turner</i>       | 413.28  | 353.78  | 337.73  |
| <i>Michael Muma</i>       | 372.87  | 283.90 | 0.00   | <i>Chris Tyler</i>        | 176.11  | 146.26  | 0.00    |
| <i>DJ Murray</i>          | 383.22  | 260.17 | 337.75 | <i>Hans van Meeteren</i>  | 471.38  | 309.63  | 0.00    |
| <i>George Murray Jr</i>   | 177.11  | 132.90 | 157.10 | <i>Greta van Meeteren</i> | 519.67  | 375.90  | 0.00    |
| <i>Marie Neaves</i>       | 115.20  | 13.90  | 64.50  | <i>Carol Vangel</i>       | 53.38   | 19.03   | 0.00    |
| <i>Steve Newman</i>       | 809.42  | 793.22 | 793.93 | <i>Robin Walker</i>       | 407.93  | 385.71  | 0.00    |
| <i>Son Nguyen</i>         | 378.45  | 327.90 | 0.00   | <i>Harriet Wall</i>       | 1214.89 | 1103.92 | 1055.37 |
| <i>Richard Nowakowski</i> | 225.04  | 191.71 | 0.00   | <i>Heather Walsh</i>      | 131.62  | 107.50  | 0.00    |
| <i>Melodee Nugent</i>     | 838.92  | 593.60 | 567.83 | <i>Todd Walter</i>        | 139.04  | 36.14   | 0.00    |
| <i>Stephen O'Neill</i>    | 575.82  | 566.97 | 570.41 | <i>Woods Wannamaker</i>   | 320.89  | 272.52  | 210.28  |
| <i>Craig Oney</i>         | 22.27   | 9.09   | 0.00   | <i>Karen Waska</i>        | 247.90  | 232.00  | 0.00    |
| <i>Gene Paul</i>          | 491.49  | 337.69 | 0.00   | <i>Linda Webb</i>         | 397.38  | 368.98  | 0.00    |
| <i>Mary Ella Payne</i>    | 476.00  | 437.12 | 462.97 | <i>Thomas Weber</i>       | 217.72  | 215.93  | 173.81  |
| <i>Rebecca Perry</i>      | 436.94  | 400.26 | 0.00   | <i>George Weber</i>       | 140.11  | 130.26  | 123.74  |
| <i>Deborah Peters</i>     | 542.32  | 424.62 | 0.00   | <i>Wendy Weinberg</i>     | 384.54  | 358.95  | 0.00    |
| <i>Carolyn Pratt</i>      | 200.01  | 150.19 | 0.00   | <i>Linda West</i>         | 210.84  | 188.97  | 146.00  |
| <i>Nancy Prier</i>        | 218.30  | 216.00 | 0.00   | <i>Nana Whalen</i>        | 262.95  | 233.34  | 0.00    |
| <i>David Redinger</i>     | 680.00  | 421.00 | 0.00   | <i>Judy Williams</i>      | 240.03  | 231.99  | 0.00    |
| <i>William Reeves</i>     | 770.13  | 108.04 | 0.00   | <i>Ken Winterberger</i>   | 300.20  | 270.07  | 250.46  |
| <i>Joey Richey</i>        | 116.68  | 106.94 | 0.00   | <i>Morton Wolf</i>        | 576.65  | 366.66  | 123.64  |
| <i>Rachel Rivera</i>      | 608.92  | 547.57 | 0.00   | <i>Jill Wright</i>        | 389.93  | 365.25  | 306.26  |
| <i>Jeff Roddin</i>        | 304.27  | 302.89 | 0.00   | <i>Paula Yankauskas</i>   | 547.97  | 400.25  | 0.00    |
| <i>Richard Schluter</i>   | 135.86  | 126.50 | 0.00   | <i>Flavia Zappa</i>       | 232.25  | 173.00  | 100.25  |
| <i>Donna Schubkegel</i>   | 249.64  | 103.35 | 0.00   | <i>Gertrud Zint</i>       | 11.51   | 6.73    | 0.00    |
| <i>Robert Scott</i>       | 145.47  | 51.90  | 0.00   |                           |         |         |         |

### **GTD 2009 Highlight #3: So close, but not quite .....yikes!**

*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 “soooo close to one” – but not quite! Congratulations to you for your efforts and willingness to go for it! Here are the folks that swam within 2.5 miles of a GTD milestone ...*

| Swimmer            | Total  | Milestone Missed |
|--------------------|--------|------------------|
| Joanne Corrao      | 49.95  | 50               |
| Joseph Milinovich  | 49.29  | 50               |
| Judy Wagner        | 48.83  | 50               |
| Landon Howard      | 48.58  | 50               |
| Rose Helen Garceau | 48.18  | 50               |
| David Dres         | 99.93  | 100              |
| Janet Olsen        | 99.86  | 100              |
| Lance Evans        | 98.45  | 100              |
| Connie Peterson    | 98.44  | 100              |
| Claudia Risebig    | 98.37  | 100              |
| David Welsh        | 97.83  | 100              |
| Linda Sullivan     | 97.71  | 100              |
| Rebecca Steiner    | 149.37 | 150              |
| Dorothy Buchhagen  | 149.20 | 150              |
| Skylar Walker      | 148.58 | 150              |
| Rich Johnston      | 147.99 | 150              |
| Katherine Canales  | 199.82 | 200              |
| Bob Brown          | 198.86 | 200              |
| Karl Olson         | 198.63 | 200              |
| Ashley Vandersteen | 198.32 | 200              |
| Donna Schubkegel   | 249.64 | 250              |
| Kyle Ediger        | 249.45 | 250              |
| Karen Waska        | 247.90 | 250              |
| Mary Ruppe         | 247.58 | 250              |
| Jeff Janosik       | 299.32 | 300              |
| Mel Goldstein      | 298.81 | 300              |
| Karen Watson       | 298.47 | 300              |
| Karin Segal        | 298.00 | 300              |
| Jonathan Olsen     | 365.24 | 365.25           |
| Dallas Figley      | 363.09 | 365.25           |
| Matthew Feters     | 399.89 | 400              |
| Steven Gronemeyer  | 399.32 | 400              |
| Michael Asam       | 397.98 | 400              |

## Meet the GTD swimmer Michael Schaeffer (50-54 age group)



I am a manufacturer's rep for a company that designs and sells high end heating, cooling, and indoor air quality systems. We do residential and commercial projects with radiant floor heating, furnace type fan coils, chilled water cooling and geothermal applications. We also do solar hot water for those who dare to be different and not stuck in the 60's-70's design ruts. We also have a municipal/industrial division that does corrosive air handling systems and fume/odor control scrubbers. Different types of projects almost every day. I really enjoy projects that put the right people together with

the right products for a complete system that exceeds expectations.

I am married with two great kids who are both out of the nest now. They were both swimmers. Katie swam for University of WA, graduated, and is living in Hong Kong teaching English this year until she decides what to do next. Kyle plays water polo for Western WA U, and just started college this fall. Both kids were state finalist swimmers in High School, and they kept me inspired to swim for all those car pool years. Life is still real busy, but a different pace now that the kids are gone. I may travel more in the coming years, both for work and to travel, and of course to visit the kids. We all spent Christmas in Hong Kong together last week. What an amazing city!

I got a late start swimming compared to many, and first joined a summer league swim team at age 11. I swam in High School in the age of painful-leaky goggles for practice, and nobody raced with them. After High school, I played golf and basketball in recreational leagues, and I stayed out of the water for 20 years. When my kids started their first summer league at Mercerwood Shore Club, they talked me (at age 39) into trying out the masters swim group.

It was a miserable come-back for a couple months, and by being stubborn and competitive, I managed to stay with it. I laughed when they suggested I put on a Speedo and come to a couple meets with the group. 9 months later, I was at my first of 5 Master Nationals meets and having more fun with swimming than I ever had before. Steve Sussex, who swam for UW and has several national and world masters titles, was my big inspiration and best friend in those years. Watching him swim freestyle is a life changing event! Steve is not competing right now either, but I still swim with him on Saturdays and we remain close friends.

With me being back in the pool every day, no way could my kids say that "I don't get it" when they were tired. When they were young, their Chinook coaches were nice enough to let me practice with them when I was the early morning car pool driver. I miss those years and all the kids meets along with helping and interfering with their coaches. Now at age 53, I only train to attempt regular fitness, but will consider swimming the occasional competition when I age up if I get the time.

I have swam at least 5 days per week for the last 14 years, except for travel, a shoulder surgery (boating accident), and a hip replacement that actually only kept me out for 3 weeks. This year I averaged 3,000 meters in a typical workout. I train with a group, the Mercerwood Masters which is an evolved team from the Mercer Island Redwoods, and also spent 4 years with the Greenlake team during my early 40's. I have always been a sprint freestyle swimmer, mostly because I suck at distance. When I was in high school, there was still no such thing as distance swimmers. The kids that swam the longer events we just slow enough not to beat us out of a sprint event. I have been quoted many times as saying "there is no racing over 100 yards, just longer swims"! Of course that has changed and so has the sport.

It is only me that has not changed, just a slower sprinter now! In high school and masters, I also did the zen stroke as an off event (breast stroke). Now everyone swims underwater and breast stroke has lost its exclusive on that..... I do enjoy open water swimming a couple times a year when the water is warm and distances under 2 miles, but not as a regular diet. I miss the lanes and the walls! Although several of my team mates sneak off a couple naked open water swims each summer, I don't trust the fish that much, but will keep an open mind.

Mike and his swim team: the Mercer Island Redwoods Masters. John is center in the top row.

Go The Distance was a great motivator for me. Nothing is better at getting you up to attend an early morning practice than committing to a goal, be it either local competitions leading up to nationals, or just to meet your individual and team goals for GTD.

I am definitely more motivated training and committing to a group effort. Picking a distance as an individual and training with a group is the best advice I can give. If you can get your whole group involved, even better. It looks like our group is going to have the highest

GTD team total for the year, and our leaders Tom Grandine, Adaire Dingle, and Howard Jess are already claiming "National Championship"! Those three inspire me daily, and all met their totally unimaginable goals of 1 million meters for 2009. With travel, vacations and work commitments, that means they swam 5,000 per day for 40 weeks this year and they all made it by Thanksgiving! My GTD goal coming off a hip replacement was 600,000 meters for 2009, and it looks like I'll close with 686,500. I could not have done it without my crazy inspirational team mates!



I am probably the team disruption, and often am the one making distracting remarks, off color comments (PG rate of course), delaying send offs with last second questions or comments, calling or encouraging audibles on the coaches workouts, but generally trying to bring some fun and energy to the pool. It often seems that I am here on earth to make sure nobody around me takes themselves too seriously, and I hope to have them laugh at me or with me, it does not matter. Let's face it, chasing the black line can get a little monotonous.....

One of the funnier swim stories as a master swimmer was a cross lane back stroke accident between Bill and Mary (last names left out to protect the not so innocent). As you know when doing back stroke (not really a real swim stroke as they can breathe whenever they want, and look around while swimming, and have that stupid little start) you can't see where you are going. Bill and Mary were in side by side lanes going in opposite directions doing back stroke. Bill has long arms, and as they crossed each other next to the lane line, Bill's arm went all the way down the front of Mary suit and they slammed to a stop, were locked under water, under the lane line, with Bill almost drowning as he realized in major embarrassment where his hand was. Mary was a good sport and was laughing harder than anyone. If Bill was ever more flustered in his life than that, I have not heard about it yet!

My funniest and most embarrassing moment was in high school swimming. In 4 years, it was the only time our cheer leaders showed up for our meet. When I dove in to start the 50 free, my 2 year old racing suit had the string explode and take the suit with it right down to my ankles on the dive. After I kicked it off, I only remember thinking I did not want to hang it out too much on the turn, and probably had my fastest flip turn and non shaved time of the year. I actually did win the race, and was not disqualified since they had not brought that rule in yet. After the race, the laughter might have drowned out the applause, as I swam out to get the remains of my suit back on. Probably the most attention I ever got from my team mates and the cheer leaders as I walked back to our team bench!

If I had to describe myself in 4 adjectives, I would say passionate, energetic, consistent, and light hearted. My family, friends and team mates would probably say out-going, tells a good story, and generous. I'll share anything with anyone that asks, and even if they don't ask....

When not swimming, my other big hobby is sailing. Any kind of boating is good, but sailing is more quiet and almost spiritual in nature compared to the drone of power boating. My wife Conni and I take 3 weeks each summer now to sail among the San Juan and Canadian gulf Islands in British Columbia. If there was an English- speaking warm water place like that, I would move there tomorrow. During my 20 year lay-off from swimming, and before kids, my wife and I raced sailboats for around 10 years, and like swimming, racing when you are young, makes you a great cruiser when you get older.