

Results for “Go the Distance” (GTD) June, 2009

We now have a group of 953 folks “Going the Distance” and lots of miles are being logged! As a group we have now swum 102,948.59 miles – and it’s only June! Our group average is a whopping 126.91 miles. Our GTD Xtreme leader, Ray Cottom continues to swim a bunch as he has now swum 900.18 miles so far this year – wow!

A hearty congratulations to the 26 participants that achieved the first GTD distance milestone of “50 miles” in June – please be proud of your wonderful accomplishment!

Also in June we have 66 swimmers cruising past “100 miles”, 73 more passing the “150 miles” threshold and 62 more have made it to the “200 miles” distance milestone. Now that’s a lot of swimmers achieving some major milestones this month!

Additionally, we have 35 participants who can now boast swimming more than “250 miles”, 23 more can brag about going over “300 miles” and 10 additional participants are now part of the “Mile a Day” (MAD) club.

We also had 8 participants that zoomed by “400 miles” and 2 more swimming more than “500 miles” – and probably smiling the whole way!

June was also the inaugural month for folks to enter GTD via the new USMS Feature called FLOGs (Fitness LOGs). Many of you leaped on the opportunity while others are still checking it out. Please let us know if you have any problems or suggestions as this will soon become the entry method for this event.

You can review the complete results for GTD 2009 now posted at <http://www.usms.org/fitness/content/gothedistance09> Also included is the complete list of folks who have achieved a GTD distance milestone so far in 2009 as well as a list of participants that have achieved a GTD Distance Milestone in the month of June.

Your GTD pal Greta van Meeteren is tickled to introduce you to Lynn Foley, Valerie Anderson, Bob Esposito and Nancy Crossman in this month’s “Meet the GTD Swimmer” feature – enjoy!

For those of you have participated in GTD in prior years – this challenge will be no surprise! It’s time ...! The GTD tradition is to try and negative split the year (in distance swim) – which means to swim at least one more mile in the second half of 2009 than you did in the first half! I hope all of the GTD participants will embrace this challenge, enjoy the “back half” of this year and just go for it!

I hope July is a great month for everyone to continue to “Go the Distance”!

*Your GTD pal,
Mary Sweat
U.S. Masters Swimming Fitness Committee*