

## **Results for “Go the Distance” (GTD) March, 2009**

*GTD 2009 is alive, well and growing and now boasts 879 participants. Looks like folks are sure having fun “going the distance”!*

*The GTD participants really racked up a bunch of miles in March! As a group we have now swum 61372.31 miles with an average of 69.82 miles. The maximum swum to date is 477.86 miles.*

*I'm jazzed to report that 388 participants achieved a GTD distance milestone in March! A hearty congratulations to the 207 of you that have now swum your first “50 miles” of the year – this milestone is a big one!*

*We also have 123 folks who swam past the “100 miles” milestone, 42 more cruised past the “150 miles” mark, an additional 9 have now swum over “200 miles”, 3 have made it past “250 miles” and 2 more participants can now enjoy their achievement of swimming over “300 miles”.*

*Leading the way are Lynn Kubasek, Ray Cottom and Darcy LaFountain who have now swum over 400 miles this year – way to go to the GTD Xtremers!*

*Here's some cool numbers to ponder ... There are 222 of us that participated in GTD 2007 and 493 participated in GTD 2008! Interesting also is that it appears over 125 of our current participants weren't even registered with USMS last year – a big welcome to Masters Swimming to all of you!*

*Thank you to all of you who have submitted your total time spent in the pool each month. I think we are still shy of having sufficient data to start making accurate conclusions but I hope you will continue to submit your time so that we may build a solid database to study and make general observations about Masters swimmers.*

*For your review, the March, 2009 results are 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 March.*

*In this month's “Meet the GTD Swimmer” Feature you will be introduced to Dan Slick, Sandy Mitchel, Larry Lengle and Cameron Sullivan by Your GTD pal Greta van Meeteren.*

*April is the time for zone meets, State / LMSC meets and getting ready for SCY Nationals. Enjoy your taper (and don't worry too much about your distance)!. May your “go the distance” base serve you well while racing as well as just having fun swimming those miles!*

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