

Results for “Go the Distance” November 2009

Folks continue to pass the GTD distance milestones at a phenomenal rate! A hearty congratulations to the 21 participants who passed the first GTD distance milestone of “50 miles” this month!

In November there were 26 who crossed the “100 miles” threshold and 30 more who have now swum over “150 miles”. The GTD milestone of “200 miles” was achieved by 46 of you in November – more than any other GTD milestone!!

Way to go to the 39 of you who made it to the “250 miles” milestone, the 39 participants that now have “300 miles” they can brag about and the 31 of you that can now take claim to be in the MAD club (average Mile A Day)!!

There were also 17 to cruise past the “400 miles” mark, 21 passed the “500 miles” milestone, 6 more zoomed past “750 miles” and one more participant has passed the “1250 miles” distance!

Ray Cottom remains our leader with 1398.03 miles with Don Tatzin not too far behind at 1375.71 miles. The GTD Xtreme ladies are led by Darcy La Fountain who has swum 1214.68 miles followed by Harriet Wall at 1111.31 miles.

It sure looks Lynn Kubasek, Mike Carew and Brian McLaughlin all have a shot at swimming over “1000 miles” in 2009 – let’s cheer them on to this huge achievement.

I hope you will please take a moment to review the list of these folks who achieved one of the GTD Distance milestones in November and congratulate them if you see them! The list is posted on the website at <http://www.usms.org/fitness/content/gothedistance09> You can also find a complete list of all those who have achieved each distance milestone during 2009.

The new total distance for all GTD participants now stands at **221,813.06** miles. As a group we have averaged **194.23** miles and have nearly crossed the “200 miles” distance milestone! I say let’s go for a group average of over “200 miles” this year – we can do it with one month to go!

In this month’s “Meet the GTD Swimmer”, provided by your GTD pal Greta van Meeteren, you will get to meet Brian Evans, Mark Comfort, Michelle Frappier, Fred Baird and Kristi Kay Chenoweth. These folks sure have some wonderful stories to tell!

Goodness – we only have one more month to go before we complete GTD 2009. Remember the total distance you swim in 2009 can become a new personal milestone for you next year! For those of you trying to negative split this year It’s time to go for it!

As is the GTD tradition, I will send you the final reminder at the end of December. Although this will be the finale to our GTD 2009 – it will also be a great time to get ready for GTD 2010!

Happy Holidays Everyone!
Your GTD Swimming Pal,
Mary Sweat