

2006 RECIPIENTS OF THE POSTAL SERIES**EACH PARTICIPANT COMPETED IN THE USMS NATIONAL LONG DISTANCE CHAMPIONSHIPS IN THE FOLLOWING 5 EVENTS:
ONE HOUR POSTAL, 5000 METER POSTAL, 10,000 METER POSTAL, 3000 YARD POSTAL, 6000 YARD POSTAL**

WOMEN Name	13 women	Team	Age group	MEN Name	12 men	Team	Age group
Karla	Rees	Stanford Masters	W 30-34	Kurt	Dickson	Arizona	M35-39
Nadine	Day	Illinois Masters	W 35-39	Jeff	Erwin	Sawtooth Masters	M 40-44
Bridget	Bailie	Indy Swim Fit	W 35-39	James	Stewart	Minnesota Masters	M 45-49
Flavia	Zappa	St. Pete Masters	W 35-39	Kern	Davis	St. Pete Masters	M 50-54
Victoria	Rian	Indy Swim Fit	W 40-44	Dan	Meek	Indy Swim Fit	M 50-54
Nicole	Vanderpoel	Colorado Masters	W 40-44	Peter	Horner	Cap Area Tri Swim	M 50-54
Mary	Sweat	Oregon	W 45-49	Jim	McConica	Ventura County Masters	M55-59
Paula	Moores	Sawtooth Masters	W 45-49	Bob	Bruce	Oregon	M55-59
Sue	Moucha	Blue Wave Masters	W 45-49	Larry	Raffaelli	Ventura County Masters	M 60-64
Shirley	Loftus-Charley	Virginia Masters	W 50-54	Willis	Braswell, Jr	D C Masters	M 60-64
Jan	Johnson	Indy Swim Fit	W 50-54	Robert E.	Zeitner	Illinois Masters	M 65-69
Ruth	Thompson	Florida Mavericks	W 55-59	Robert	Beach	St. Pete Masters	M 75-79
Doris	Prokopi	Florida Mavericks	W 70-74				