

Results for "Go the Distance" August, 2008

Goodness gracious - we're still growing! The USMS Fitness Event "Go the Distance" (GTD) would like to extend a warm welcome to our eleven new participants: Rick, Paula, James, Mark, Sylvia, Jim, Rachael, Laura, Craig, Rebecca and Steve. We hope you have a great time and lots of fun with this event!

The most popular GTD distance milestone achieved in August was the "200 miles" distance milestone that 45 participants conquered - way to go folks! Curious (but not too surprising) ... is our average as a group (579 participants) is 190.02 miles!

We have seven participants that have achieved their first 50 miles - a hearty congratulations to you all - you did it!

There was apparently a lot of swimming going on around the nation in August! We had 26 participants passing "100 miles", 33 more swimming more than "150 miles" and 37 now have over "250 miles" logged this year. We also have 20 more passing the "300 mile" threshold, and 14 more that have made the 365.25 (average mile a day) goal. The "400 miles" challenge was met by another 12 participants and the "500 miles" milestone was cracked by 7 folks.

On the GTD Xtreme end we have 1 additional participant that has now swum more than "750 miles" so far this year as well as 2 more who broke the "1000 mile" barrier and last but not least, our leader now has 1573.21 miles and has achieved the highest GTD distance milestone of "1500 miles"!!

Our GTD total mileage to date for our entire group is now 100,021.17 miles - way to go everyone!

The August results are posted at <http://www.usms.org/fitness/content/gothedistance08> for your review. There is also a complete list of participants that have achieved a GTD Distance Milestone this month as well as a complete list of all distance milestone achievements for 2008.

The August highlights include the "GTD Deep thought" fitness tip and some very cool pictures of one of our participants "local swimming pals".

I would also like to introduce you to four of our participants that were kind enough to share their "real life stories" with us. I hope you take the time to meet Linda West, Darla and Robert Kelly and Laura Tiedge!

We will be proposing GTD 2009 (with a few enhancements) at the USA-S convention in Atlanta at the end of this month. Please let me know your suggestions and comments regarding GTD so we can make sure it is an event that you will want to participate in next year!

Your GTD Pal,
Mary Sweat