

**Who Went the Distance in 2012?
Nike “Go the Distance” Event
By Melodee Nugent**

Another year has passed and we had 26 Wisconsin Master swimmers participate in the “Go the Distance” event. This is a popular event offered by USMS that is sponsored by Nike.

The event is designed to encourage Master swimmers to regularly exercise and track their progress. You just track the distance you swim (you can also track other fitness activities) into the online Fitness Log (FLOG). The FLOG is located at the USMS website and this is a free event. Did I mention there are prizes for the milestones? At 50 miles a Nike GTD swim cap, at 250 miles a Nike drawstring bag and at 500 miles a Nike swim suit. Think about joining the event for 2013.

More than 3,400 participated in 2012 and logged more than one **BILLION** meters for 2012 - that is more than 700,000 miles! Here is a list of the Wisconsin participants (those that logged in at least 5+ miles this past year) and their totals for 2012 (it is possible that some may have swum more in 2012 and not logged all their information into the event):

< 50 Miles	
Nancy Rezmer (56 y)	8.98
Theresa Hagen (40 y)	22.36
Scott Kissman (44 y)	30.88
Angela Hansen (41 y)	39.70
50 Miles	
Donna Anderson (53 y)	66.19
Karen Frittitta (48 y)	85.90
Hilary Scully (47 y)	92.78
Maarten Vermaat (50 y)	97.54
100 Miles	
Patrick Bergin (38 y)	113.82
Christine Schinker (45 y)	115.73
Katie Kalfas (34 y)	120.06
Kathleen Mering (54 y)	133.35
Shelly Deyo (40 y)	137.35
Michael Zahn (65 y)	145.18

200 Miles Charles Lorenz (37 y)	204.76
250 Miles Jason Martin (44 y)	254.35
300 Miles Gus Robledo (54 y) Erica Bergstrom (25 y)	305.18 309.51
365.25 Miles (1 mile a day) Stephen Justinger (60 y)	383.83
400 Miles Dan Slick (64 y) Ann Berres-Olivotti (54 y) James Culp (55 y)	436.63 439.86 446.18
500 Miles Mark Hartmann (46 y) Alex McNair (42y)	507.53 546.72
750 Miles James Biles (51 y)	826.46
1000 Miles Melodee Nugent (45 y)	1121.80