



20:20 February Fitness Challenge

Results Booklet

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Dear swimmers,

Congratulations for completing the 2020 February Fitness Challenge! It takes a lot of dedication, commitment and effort to participate in a month-long endurance event, so you should be proud of your accomplishment. Many of our participants have taken the Challenge for several years, and we're also happy to welcome the new swimmers who participated for the first time in 2020.

Congratulations to our overall leader this year, **Maureen Rohrs** of Severna Park, Maryland, who swam 360,800 yards in February. That's an average of over 7 miles per day! Maureen is a long-time participant in the FFC (over 20 years!) and is usually at the top of our leader boards. We received an email asking: "how does she do it?!?" so we reached out to Maureen for her story:

- She swims with an unofficial Masters group ("no rules, dues or fees, but good manners expected").
- For most of the year, they swim 4000 yards in an 80-minute workout (Mon-Fri) but increase to 5000 yards in 90 minutes plus 7000 yards in 2 hours on Saturday during February ("not a lot of IMs or chit-chat").
- Maureen swims extra distance after the team workout has ended, typically a total of 3 hours per day for 10000 yards and 4½ hours for 15000 yards.
- She "front-loads" the distance early in the month, in case of pool closures from snow.
- Her target goal this year was 360,000 yards, "to do what I did last year, so I feel like my body hasn't aged in the last year."

Our top male swimmer this year was **Sameer Phadke** of Orefield, Pennsylvania, who swam 315,340 yards. Sameer is also a regular participant in the Challenge, and is also usually near the top of the leader boards.

We made several changes to the online website this year, to encourage frequent interaction and to make the event fun. We hope you enjoyed the new features! Most of the participants took advantage of the Progress Tracker, in which you could set your monthly target and your expected days for swimming, and you could see how your current pace compared to that target as you proceeded through the month. We also added 15 different Achievement Badges that you could earn for swimming several distance thresholds, swimming on special days, and so on. Some achievements were easy to earn, and some were very difficult... Here's a special "shout out" to those swimmers who swam on all 29 days in February!

The February Fitness Challenge has evolved in recent years to become an exclusively online system, and our intention is to keep it fun and exciting. With that in mind, we are eager to hear your feedback about this year's event. What did you like? What did you *not* like? What can we improve upon? What new features would you like to see? Please send your comments to februaryfitness@barracudas.org. Thanks!

Thanks also to several Tualatin Hills Barracudas swimmers for their work in organizing the 2020 February Fitness Challenge:

- Andrew Scott – website design and coding, email support
- Wendi Lui – artwork for the achievement badges
- Erin Cavender – T-shirts on the team store
- Shayna Tucker – 2020 FFC logo, invitations to our mailing list

On behalf of our club, we thank you for participating in 2020 and we hope to see you again in 2021!

Club Results

Swimmers from 39 different clubs (not including “unattached” swimmers) participated this year, including 36 swimmers from the host club, Tualatin Hills Barracudas from Beaverton, Oregon.

Special thanks to Steven Coker of the VillaSport Athletics Clubs, who promoted the Challenge across their multiple locations in the US!

Rank	Club Name	Swimmers	Total Yards	Average Yards	Average Miles
1	Tualatin Hills Barracudas	36	2,685,119	74,587	42.4
2	Steel Fitness	2	534,770	267,385	151.9
3	Southern Oregon Masters Aquatics	3	400,478	133,493	75.8
4	Arundel Breakfast Club	1	360,800	360,800	205.0
5	Del Norte Masters	8	293,858	36,732	20.9
6	Mt Tam Racquet Club	2	228,075	114,038	64.8
7	Wildcat Masters (WILD)	3	214,725	71,575	40.7
8	Y We Swim - St. Louis	3	192,529	64,176	36.5
9	Garden State Masters	1	169,944	169,944	96.6
10	VillaSport Roseville	1	155,500	155,500	88.4
11	VillaSport Cypress	3	154,705	51,568	29.3
12	Davis Aquatic Masters	2	154,000	77,000	43.8
13	Reading SC Masters	1	153,650	153,650	87.3
14	Life Time Southeast – Franklin	1	152,150	152,150	86.4
15	Barnet Copthall Masters	1	142,985	142,985	81.2
16	New England Masters Stowe	1	129,512	129,512	73.6
17	Dakota Masters	1	119,380	119,380	67.8
18	Indy Aquatic Masters	1	115,326	115,326	65.5
19	Out to Swim	1	110,681	110,681	62.9
20	Newcastle Swim Team	1	110,391	110,391	62.7
21	VillaSport Beaverton	3	109,300	36,433	20.7
22	VillaSport The Woodlands	5	103,994	20,799	11.8
23	King's Cormorants	1	92,621	92,621	52.6
24	Adirondack Masters Swimming	1	90,100	90,100	51.2
25	Swindon Dolphin ASC	1	89,199	89,199	50.7
26	Space Coast Masters	1	67,500	67,500	38.4
27	Bainbridge Aquatic Masters	3	64,785	21,595	12.3
28	Greenville Splash	1	56,625	56,625	32.2
29	Pa Delts	1	56,101	56,101	31.9
30	David A McLellan	1	53,500	53,500	30.4

Rank	Club Name	Swimmers	Total Yards	Average Yards	Average Miles
31	Connecticut Masters Swimming	1	53,300	53,300	30.3
32	300 Club	2	47,000	23,500	13.4
33	Lake Oswego Masters	1	46,650	46,650	26.5
34	Stanford Masters	1	32,000	32,000	18.2
35	Illinois Masters	1	27,700	27,700	15.7
36	VillaSport San Jose	2	21,350	10,675	6.1
37	Greenies	1	15,200	15,200	8.6
38	VillaSport Colorado Springs	1	12,300	12,300	7.0
39	Spare Time Sports Club	1	2500	2500	1.4

Overall Results

Rk	Name	Gd	Age	Yards
1	Maureen Rohrs	W	64	360800
2	Sameer Phadke	M	53	315340
3	Sunil Rane	M	52	219430
4	Peggy Toole	W	67	212000
5	Jessica Kieras	W	39	205050
6	Jayette Pettit	W	52	175747
7	Sandra L Carosi	W	53	169944
8	Suzy Jajewski	W	44	164798
9	Raymund Nanadiego	M	39	155500
10	Lucy Roper	W	48	153650
11	Utley Noble	M	56	152150
12	Nuala Muir-Cochrane	W	55	142985
13	Scott Woodbury	M	53	132000
14	Sara Shepherd	W	37	131200
15	Paula Yankauskas	W	65	129512
16	Nick Holland	M	44	127200
17	Christine McClafferty	W	46	123200
18	David Hathaway	M	59	121600
19	Jane Hutzol	W	55	119380
20	Grayson Marshall	M	77	117475
21	Tracy Knight	W	47	115326
22	Helene Nehrebecki	W	40	112000
23	Kathleen Bedford	W	56	111450
24	Peter Kircher	M	65	111300
25	Mike Mitlehner	M	53	111111
26	Steph Ramsay	W	26	110681
27	Sally Marshall	W	71	110600

Rk	Name	Gd	Age	Yards
28	Verity Dobbie	W	60	110391
29	Elizabeth Harrison	W	45	110000
30	Chris Toole	M	68	105000
31	Richard Knowles	M	58	104400
32	Paul Slotemaker	M	45	103600
33	Dan Neill	M	42	103575
34	Trevor Williams	M	59	102345
35	Gwen Owens	W	53	102000
36	Elizabeth Tronoski	W	58	101600
37	Cameron Wynhof	M	32	100100
38	Billy Atkins	M	75	100080
39	Michael Hudkins	M	50	100025
40	Charles Dorn	M	58	100000
41	Erin Cavender	W	25	98550
42	George Nelson	M	74	95687
43	Christine Goodair	W	63	92621
44	Jose Salazar	M	41	92300
45	Rosanna Sikora	W	64	90100
46	Stuart Gibbs	M	46	89199
47	Lee OConnor	M	52	86900
48	Timothy Kirby	M	58	86400
49	David Radcliff	M	85	77050
50	Michael Baele	M	55	75310
51	Monique Lance	W	49	75000
52	Caitlin Clark	W	42	74800
53	Susan Graye	W	61	67500
53	Pete Turner	M	60	67500
55	Margaret Sandner	W	69	63570

Rk	Name	Gd	Age	Yards
56	James Will	M	70	61682
57	Darren McCarthy	M	54	61000
58	Arlene Delmage	W	57	59933
59	Chris Loberg	M	59	57150
60	Stephen Vallance	M	41	57000
61	Kristina Panayotoff	W	71	56625
62	Michael Last	M	68	56101
63	Ryan Wisowaty	M	18	56000
64	Jim Teisher	M	70	54957
65	David McLellan	M	50	53500
66	Sarah King	W	36	53300
67	Dorothy Aicega	W	67	48150
68	Andrew Scott	M	54	47200
69	David Kilburn	M	42	46650
	Chuck Schuler	M	51	46650
71	Todd Brunhoff	M	67	42050
	Jennifer Phalen	W	55	42000
72	Hannah Woolsey	W	33	42000
74	Michael Kerr	M	33	41198
75	Meegan Wilson	W	71	40100
76	Tracy Hancock	W	39	36884
77	Sarah Bock	W	54	35160
78	Ewa Cech	W	43	34837
79	Wendi Lui	W	48	34050
80	Peter P Berghaus	M	79	34000
81	Kent Price	M	82	32000
82	Jane Lindley	W	58	31535

Rk	Name	Gd	Age	Yards
83	Dana Avery	W	48	30205
84	Mary Tuffley	W	71	29900
85	Marjorie Pannell	W	69	27700
86	Kira Wright	W	46	27250
87	Linda Wainio	W	66	27000
88	Tracy Havnaer	W	53	25625
89	Karen Riggs	W	59	25600
90	John Holm	M	52	25550
91	Elisa Reuter	W	55	25400
92	Iddo Kadim	M	56	25225
93	Aubrie LeGault	W	37	24700
94	Kyle Rojas	M	36	24144
95	Brian Pittner	M	54	24004
96	Nick Willis	M	42	23450
97	Don Chernich	M	57	23158
98	Kenneth Pittner	M	80	20343
99	Shayna Tucker	W	45	16800
	John Backes	M	36	16800
101	Carol Greenberg	W	75	15200
102	Scott Sharp	M	51	13100
103	Laura Gehant	W	43	12300
104	Alanna Lundin	W	32	9200
105	Marly Wilson	W	35	6900
106	Chris Sullivan	M	49	4550
107	Natalie Chernich	W	55	4100
108	Wendy Johnson	W	48	4000
109	Morgan Rohrbach	W	43	3350
110	Brian Patterson	M	48	2500
111	Violeta Jimenez	M	45	1050

Age Group Results

Women 25–29

Record: 238,500 yards — Kathleen Davison — Reston, VA — 2006

Rank	Name	Age	City, State	Yards	Miles
1	Steph Ramsay	26	London, UK	110,681	62.9
2	Erin Cavender	25	Beaverton, OR	98,550	56.0

Women 30–34

Record: 258,000 yards — Tricia Commons — Thousand Oaks, CA — 1997

Rank	Name	Age	City, State	Yards	Miles
1	Hannah Woolsey	33	Sacramento, CA	42,000	23.9
2	Alanna Lundin	32	Beaverton, OR	9200	5.2

Women 35–39

Record: 418,400 yards — Dawn Bergeson — Cottonwood, MN — 2001

Rank	Name	Age	City, State	Yards	Miles
1	Jessica Kieras	39	Redmond, OR	205,050	116.5
2	Sara Shepherd	37	Beaverton, OR	131,200	74.5
3	Sarah King	36	Lakewood, OH	53,300	30.3
4	Tracy Hancock	39	Beaverton, OR	36,884	21.0
5	Aubrie LeGault	37	Portland, OR	24,700	14.0
6	Marly Wilson	35	Gainesville, FL	6900	3.9

Women 40–44

Record: 486,800 yards — Dawn Bergeson — Cottonwood, MN — 2004

Rank	Name	Age	City, State	Yards	Miles
1	Suzy Jajewski	44	Vancouver, WA	164,798	93.6
2	Helene Nehrebecki	40	Rocklin, CA	112,000	63.6
3	Caitlin Clark	42	The Woodlands, TX	74,800	42.5
4	Ewa Cech	43	Portland, OR	34,837	19.8
5	Laura Gehant	43	Colorado Springs, CO	12,300	7.0
6	Morgan Rohrbach	43	Bainbridge Island, WA	3350	1.9

Women 45–49

Record: 422,577 yards — Lynn Kubasek — Laguna Beach, CA — 2008

Rank	Name	Age	City, State	Yards	Miles
1	Lucy Roper	48	Berkshire, UK	153,650	87.3
2	Christine McClafferty	46	Vancouver, WA	123,200	70.0
3	Tracy Knight	47	Indianapolis, IN	115,326	65.5
4	Elizabeth Harrison	45	Aloha, OR	110,000	62.5
5	Monique Lance	49	Portland, OR	75,000	42.6
6	Wendi Lui	48	Portland, OR	34,050	19.3
7	Dana Avery	48	Cypress, TX	30,205	17.2
8	Kira Wright	46	Portland, OR	27,250	15.5
9	Shayna Tucker	45	Portland, OR	16,800	9.5
10	Wendy Johnson	48	Lincoln, CA	4000	2.3

Women 50–54

Record: 633,600 yards — Lynn Kubasek — Laguna Beach, CA — 2009

Rank	Name	Age	City, State	Yards	Miles
1	Jayette Pettit	52	Vancouver, WA	175,747	99.9
2	Sandra L Carosi	53	Lebanon, NJ	169,944	96.6
3	Gwen Owens	53	Sacramento, CA	102,000	58.0
4	Sarah Bock	54	St. Louis, MO	35,160	20.0
5	Tracy Havnaer	53	Portland, OR	25,625	14.6

Women 55–59

Record: 460,100 yards — Lynn Kubasek — Laguna Beach, CA — 2014

Rank	Name	Age	City, State	Yards	Miles
1	Nuala Muir-Cochrane	55	London, UK	142,985	81.2
2	Jane Hutzol	55	Arvilla, ND	119,380	67.8
3	Kathleen Bedford	56	Beaverton, OR	111,450	63.3
4	Elizabeth Tronoski	58	Lexington, KY	101,600	57.7
5	Arlene Delmage	57	Vancouver, WA	59,933	34.1
6	Jennifer Phalen	55	Davis, CA	42,000	23.9
7	Jane Lindley	58	Bainbridge Island, WA	31,535	17.9
8	Karen Riggs	59	Sacramento, CA	25,600	14.5
9	Elisa Reuter	55	Carmichael, CA	25,400	14.4
10	Natalie Chernich	55	Sacramento, CA	4100	2.3

Women 60–64

Record: 390,720 yards — Carlita 'Lee' Durand — San Diego, CA — 2003

Rank	Name	Age	City, State	Yards	Miles
1	Maureen Rohrs	64	Severna Park, MD	360,800	205.0
2	Verity Dobbie	60	Ebchester, UK	110,391	62.7
3	Christine Goodair	63	London, UK	92,621	52.6
4	Rosanna Sikora	64	Morgantown, WV	90,100	51.2
5	Susan Graye	61	Cypress, TX	67,500	38.4

Women 65–69

Record: 515,800 yards — Jewell Grigsby-Martin — Stafford, VA — 2000

Rank	Name	Age	City, State	Yards	Miles
1	Peggy Toole	67	Beaverton, OR	212,000	120.5
2	Paula Yankauskas	65	Hyde Park, VT	129,512	73.6
3	Margaret Sandner	69	Morrison, CO	63,570	36.1
4	Dorothy Aicega	67	Sacramento, CA	48,150	27.4
5	Marjorie Pannell	69	Chicago, IL	27,700	15.7
6	Linda Wainio	66	Maplewood, MN	27,000	15.3

Women 70–74

Record: 601,650 yards — Jewell Grigsby-Martin — Stafford, VA — 2005

Rank	Name	Age	City, State	Yards	Miles
1	Sally Marshall	71	Larkspur, CA	110,600	62.8
2	Kristina Panayotoff	71	Travelers Rest, SC	56,625	32.2
3	Meegan Wilson	71	Gainesville, FL	40,100	22.8
4	Mary Tuffley	71	Bainbridge Island, WA	29,900	17.0

Women 75–79

Record: 364,000 yards — Jewell Grigsby-Martin — Stafford, VA — 2008

Rank	Name	Age	City, State	Yards	Miles
1	Carol Greenberg	75	Roseville, CA	15,200	8.6

Men 18–24

Record: 203,500 yards — Brad Boekes — Fargo, ND — 1996

Rank	Name	Age	City, State	Yards	Miles
1	Ryan Wisowaty	18	Palo Alto, CA	56,000	31.8

Men 30–34

Record: 353,000 yards — Mike Hall — Terre Haute, IN — 2002

Rank	Name	Age	City, State	Yards	Miles
1	Cameron Wynhof	32	Beaverton, OR	100,100	56.9
2	Michael Kerr	33	Montclair, NJ	41,198	23.4

Men 35–39

Record: 541,000 yards — Chris Shoup — Conyers, GA — 2000

Rank	Name	Age	City, State	Yards	Miles
1	Raymund Nanadiego	39	Roseville, CA	155,500	88.4
2	Kyle Rojas	36	The Woodlands, TX	24,144	13.7
3	John Backes	36	San Jose, CA	16,800	9.5

Men 40–44

Record: 456,700 yards — James Begly — Goshen, IN — 2003

Rank	Name	Age	City, State	Yards	Miles
1	Nick Holland	44	Salem, OR	127,200	72.3
2	Dan Neill	42	Hillsboro, OR	103,575	58.8
3	Jose Salazar	41	North Highlands, CA	92,300	52.4
4	Stephen Vallance	41	Cypress, TX	57,000	32.4
5	David Kilburn	42	Lake Oswego, OR	46,650	26.5
6	Nick Willis	42	Sacramento, CA	23,450	13.3

Men 45–49

Record: 761,000 yards — Jim Fitzpatrick — Laguna Niguel, CA — 2000

Rank	Name	Age	City, State	Yards	Miles
1	Paul Slotemaker	45	Beaverton, OR	103,600	58.9
2	Stuart Gibbs	46	Wiltshire, UK	89,199	50.7
3	Chris Sullivan	49	Milpitas, CA	4550	2.6
4	Brian Patterson	48	Granite Bay, CA	2500	1.4
5	Violeta Jimenez	45	The Woodlands, TX	1050	0.6

Men 50–54

Record: 616,000 yards — Jim McConica — Ventura, CA — 2005
Jim Fitzpatrick — Laguna Niguel, CA — 2009

Rank	Name	Age	City, State	Yards	Miles
1	Sameer Phadke	53	Orefield, PA	315,340	179.2
2	Sunil Rane	52	Orefield, PA	219,430	124.7
3	Scott Woodbury	53	Portland, OR	132,000	75.0
4	Mike Mitlehner	53	Portland, OR	111,111	63.1
5	Michael Hudkins	50	Lexington, KY	100,025	56.8
6	Lee OConnor	52	Portland, OR	86,900	49.4
7	Darren McCarthy	54	Sherwood, OR	61,000	34.7
8	David McLellan	50	The Woodlands, TX	53,500	30.4
9	Andrew Scott	54	Beaverton, OR	47,200	26.8
10	Chuck Schuler	51	Hillsboro, OR	46,650	26.5
11	John Holm	52	Beaverton, OR	25,550	14.5
12	Brian Pittner	54	Rochester, MN	24,004	13.6
13	Scott Sharp	51	Georgetown, KY	13,100	7.4

Men 55–59

Record: 575,000 yards — Kent Price — Palo Alto, CA — 1994

Rank	Name	Age	City, State	Yards	Miles
1	Utlely Noble	56	Franklin, TN	152,150	86.4
2	David Hathaway	59	Portland, OR	121,600	69.1
3	Richard Knowles	58	Temperance, MI	104,400	59.3
4	Trevor Williams	59	Beaverton, OR	102,345	58.2
5	Charles Dorn	58	Portland, OR	100,000	56.8
6	Timothy Kirby	58	McMinnville, OR	86,400	49.1
7	Michael Baele	55	Beaverton, OR	75,310	42.8
8	Chris Loberg	59	Beaverton, OR	57,150	32.5
9	Iddo Kadim	56	Portland, OR	25,225	14.3
10	Don Chernich	57	Sacramento, CA	23,158	13.2

Men 60–64

Record: 443,920 yards — Michael Nasta — East Meadow, NY — 2008

Rank	Name	Age	City, State	Yards	Miles
1	Pete Turner	60	Palm Bay, FL	67,500	38.4

Men 65–69

Record: 545,600 yards — Kent Price — Palo Alto, CA — 2007

Rank	Name	Age	City, State	Yards	Miles
1	Peter Kircher	65	McMinnville, OR	111,300	63.2
2	Chris Toole	68	Beaverton, OR	105,000	59.7
3	Michael Last	68	Wilkes-Barre, PA	56,101	31.9
4	Todd Brunhoff	67	Portland, OR	42,050	23.9

Men 70–74

Record: 297,000 yards — Virgil Young — Hannibal, MO — 1996

Rank	Name	Age	City, State	Yards	Miles
1	George Nelson	74	Kirkwood, MO	95,687	54.4
2	James Will	70	St Louis, MO	61,682	35.0
3	Jim Teisher	70	Beaverton, OR	54,957	31.2

Men 75–79

Record: 396,000 yards — Richard Taylor — Levittown, PA — 1996

Rank	Name	Age	City, State	Yards	Miles
1	Grayson Marshall	77	Larkspur, CA	117,475	66.7
2	Billy Atkins	75	Morgantown, WV	100,080	56.9
3	Peter P Berghaus	79	Beaverton, OR	34,000	19.3

Men 80–84

Record: 181,000 yards — Harry Redpath — Brisbane, QLD AUS — 1999
Ian Redpath — Brisbane, QLD AUS — 2005

Rank	Name	Age	City, State	Yards	Miles
1	Kent Price	82	San Carlos, CA	32,000	18.2
2	Kenneth Pittner	80	Glenview, IL	20,343	11.6
















Men 85–89

Record: 104,552 yards — Ian Redpath — Runaway Bay, QLD AUS — 2010

Rank	Name	Age	City, State	Yards	Miles
1	David Radcliff	85	Hillsboro, OR	77,050	43.8

Achievements

New for 2020, we added “achievement badges” that you could earn during the month. Here are the statistics that show how easy (or difficult!) it was to earn each badge:

Achievement	Met
 First swim of the month	95%
 Swim three or more consecutive days	76%
 Swim seven or more consecutive days	44%
 Swim on every day in February	12%
 Swim on Super Bowl Sunday (February 2)	61%
 Swim on Valentine's Day (February 14)	62%
 Swim on President's Day (February 17)	65%
 Swim on Leap Day (February 29)	57%
 Swim at least 5000 yards in one day	50%
 Swim at least 10000 yards in one day	22%
 Swim at least one mile	94%
 Swim at least ten miles in February	84%
 Swim at least the marathon distance (26 miles 385 yards) in February	60%
 Swim at least 100,000 yards in February	34%
 Meet your target yardage for the month	71%