

2023 FEBRUARY FITNESS CHALLENGE



Results Booklet

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Dear swimmers,

Congratulations for completing the 2023 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.

This year we had 88 swimmers participate in the Challenge, which was an increase from 2022 but still below our pre-pandemic levels. Hopefully we can continue to grow the event back to where we used to be.

Congratulations to our overall leader this year, **Sameer Phadke** of Orefield, Pennsylvania, who swam 337,305 yards in February. That is an average of more than 12,000 yards per day for 28 days! Sameer is a “returning champion”, as he also topped our leaderboard in 2022. Congratulations, Sameer!

Our top woman swimmer this year is **Jessica Kieras** of Redmond, Oregon, who swam 240,678 yards in February. Jessica has participated in the Challenge since 2017 and has consistently been one of the top women swimmers, but 2023 is the first year she has topped the women’s leaderboard. Congratulations, Jessica!

Since 2020 we have been using our interactive website at <https://februaryfitnesschallenge.azurewebsites.net>, where swimmers can enter their daily yardage and check the leaderboards to see how they compare to other swimmers in their age group, in their club, and overall. It seems like all the wrinkles have been ironed out and everyone enjoys the site! We changed one of the Achievement badges this year, to celebrate National Margarita Day instead of National Pizza Day. Are margaritas healthier for you than pizza...? Let’s say they are both good rewards after a long swim!

If you have any suggestions for the website or anything else regarding the February Fitness Challenge, please drop us an email at februaryfitness@barracudas.org. We’d love the feedback!

On behalf of all of us at the Tualatin Hills Barracudas, thank you for participating in 2023 and we hope to see you again in 2024!

– Andrew Scott, FFC webmaster

Club Results

We had swimmers from 8 different clubs (2 or more swimmers, not including “unattached”) participating this year, including 35 swimmers from the host club, Tualatin Hills Barracudas from Beaverton, Oregon.

Thanks also to Del Norte Masters from Sacramento, California, who promote the Challenge within their club and had 7 swimmers participate. Thank you!

Rank	Club Name	Swimmers	Total Yards	Average Yards	Average Miles
1	Tualatin Hills Barracudas	35	2,168,665	61,962	35.2
2	Central Oregon Masters Aquatics	3	447,798	149,266	84.8
3	Del Norte	7	333,401	47,629	27.1
4	Gateshead & Wickham	2	240,148	120,074	68.2
5	Davis Aquatic Masters	3	232,600	77,533	44.1
6	Y We Swim	3	229,180	76,393	43.4
7	Lincoln City Masters Swim	2	82,691	41,346	23.5
8	River City Masters	3	76,570	25,523	14.5

Overall Results

Rk	Name	Gd	Age	Yards
1	Sameer Phadke	M	56	337305
2	Jessica Kieras	W	42	240678
3	Rick Rodriguez	M	60	208600
4	Maureen Rohrs	W	67	201000
5	Jayette Pettit	W	55	188822
6	Kimberly Elsbach	W	60	153000
7	Tuffy Gordon	M	59	148650
8	Christine McClafferty	W	49	144275
9	David Hathaway	M	62	135464
10	Stuart Gibbs	M	49	134347
11	Evan Edwards	M	24	133599
12	Nuala Muir-Cochrane	W	58	128519
13	Shannon Stahl	W	32	127050
14	James White	M	64	120700
15	Jonathan Wildi	M	40	113500
16	Verity Dobbie	W	63	111629
17	Pete Turner	M	63	110000
18	Peggy Toole	W	70	107000
19	Glenn Jaecks	M	55	105725
20	Christine Goodair	W	66	104722
21	Billy Atkins	M	78	104000
22	Jane Hutzol	W	58	103332
23	Kathleen Bedford	W	59	102650
24	Elizabeth Harrison	W	48	102000
25	Carli Cota	W	36	101600
26	Gwen Owens	W	56	101350
27	Richard Knowles	M	61	101250
28	David Poulshock	M	74	101225
29	Timothy Kirby	M	62	100950
30	Helene Nehrebecki	W	43	100250

Rk	Name	Gd	Age	Yards
31	Paul Slotemaker	M	48	100050
32	Rosanna Sikora	W	67	97400
33	George Nelson	M	77	90007
34	Jim Will	M	74	88439
35	Margaret Sandner	W	72	86280
36	Elizabeth Tronoski	W	61	85000
37	Erin Cavender	W	29	81600
38	Lee OConnor	M	55	78350
39	Katy Lantz	W	69	75325
40	Karen Graham	W	57	72679
41	Chris Toole	M	71	72200
42	Brad Cota	M	47	72000
43	Joel Rollings	M	52	67800
44	Chuck Schuler	M	53	66100
45	Tracy Havnaer	W	56	64575
46	Don Chernich	M	60	60251
47	Mike Mitlehner	M	56	60120
48	Jennifer Phalen	W	58	57025
49	Molly Murphy	W	42	55800
50	Grant Schoepper	M	42	53200
51	Kira Wright	W	49	51725
52	Aubrie LeGault	W	40	51000
53	Chris Loberg	M	62	50750
54	Sarah Bock	W	57	50734
55	Michelle Jones	W	36	49264
56	Veronica Orantes	W	32	47200
57	Mike Peyton	M	67	45400
58	Monique Lance	W	52	42100
59	Steph Ramsay	W	30	40200
60	Iddo Kadim	M	59	37700
61	Craig Davis	M	71	37300

Rk	Name	Gd	Age	Yards
62	Mark Becker	M	68	36800
63	Erica Burgess	W	41	36643
64	Anna Davidson	W	27	36500
65	Meegan Wilson	W	74	36000
66	Katie Curtis	W	33	35025
67	Ed Ramsey	M	66	34812
68	Ben Goodlad	M	41	33427
69	Michael Collins	M	60	31950
70	Kathleen Doswell	W	73	28823
71	Fredrick Love	M	40	28450
72	Cameron Marshall	M	34	26719
73	Linda Wainio	W	69	26500
74	Wendy Scherwat Ducourneau	W	72	24050
75	Tracey Dron	W	50	20775

Rk	Name	Gd	Age	Yards
76	Connie Shuman	W	67	18298
77	Andrew Scott	M	57	13950
78	Jeff Hackley	M	54	13000
79	Tomomi Steincamp	W	51	11104
80	Erika Schumacher	W	56	9600
81	Zach Divilbiss	M	34	9000
82	David Kinney	M	68	6000
83	Karen Lee	W	36	4400
84	Sarah Vogeli	W	68	4100
85	Megan Vogeli	W	40	3900
86	David Head	M	74	0
86	Kirsten Beeler	W	76	0
86	Ann Elizabeth Carpenter	W	57	0

Age Group Results

Women 25–29

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

Rank	Name	Age	City, State	Yards	Miles
1	Erin Cavender	29	Beaverton, OR	81,600	46.4
2	Anna Davidson	27	St Helens, OR	36,500	20.7

Women 30–34

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

Rank	Name	Age	City, State	Yards	Miles
1	Shannon Stahl	32	Hillsboro, OR	127,050	72.2
2	Veronica Orantes	32	Portland, OR	47,200	26.8
3	Steph Ramsay	30	London, UK	40,200	22.8
4	Katie Curtis	33	Beaverton, OR	35,025	19.9

Women 35–39

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

Rank	Name	Age	City, State	Yards	Miles
1	Carli Cota	36	Portland, OR	101,600	57.7
2	Michelle Jones	36	Lincoln City, OR	49,264	28.0
3	Karen Lee	36	Beaverton, OR	4400	2.5

Women 40–44

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

Rank	Name	Age	City, State	Yards	Miles
1	Jessica Kieras	42	Redmond, OR	240,678	136.7
2	Helene Nehrebecki	43	Rocklin, CA	100,250	57.0
3	Molly Murphy	42	Hillsboro, OR	55,800	31.7
4	Aubrie LeGault	40	Portland, OR	51,000	29.0
5	Erica Burgess	41	Midlothian, VA	36,643	20.8
6	Megan Vogeli	40	Sacramento, CA	3900	2.2

Women 45–49

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

Rank	Name	Age	City, State	Yards	Miles
1	Christine McClafferty	49	Vancouver, WA	144,275	82.0
2	Elizabeth Harrison	48	Aloha, OR	102,000	58.0
3	Kira Wright	49	Portland, OR	51,725	29.4

Women 50–54

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

Rank	Name	Age	City, State	Yards	Miles
1	Monique Lance	52	Portland, OR	42,100	23.9
2	Tracey Dron	50	Sacramento, CA	20,775	11.8
3	Tomomi Steincamp	51	Midlothian, VA	11,104	6.3

Women 55–59

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

Rank	Name	Age	City, State	Yards	Miles
1	Jayette Pettit	55	Vancouver, WA	188,822	107.3
2	Nuala Muir-Cochrane	58	Dorset, UK	128,519	73.0
3	Jane Hutzol	58	Arvilla, ND	103,332	58.7
4	Kathleen Bedford	59	Beaverton, OR	102,650	58.3
5	Gwen Owens	56	Sacramento, CA	101,350	57.6
6	Karen Graham	57	Ilkley, UK	72,679	41.3
7	Tracy Havnaer	56	Portland, OR	64,575	36.7
8	Jennifer Phalen	58	Davis, CA	57,025	32.4
9	Sarah Bock	57	St. Louis, MO	50,734	28.8
10	Erika Schumacher	56	Shady Cove, OR	9600	5.5
11	Ann Elizabeth Carpenter	57	Salem, OR	0	0.0

Women 60–64

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

Rank	Name	Age	City, State	Yards	Miles
1	Kimberly Elsbach	60	Davis, CA	153,000	86.9
2	Verity Dobbie	63	Ebchester, UK	111,629	63.4
3	Elizabeth Tronoski	61	Lexington, KY	85,000	48.3

Women 65–69

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

Rank	Name	Age	City, State	Yards	Miles
1	Maureen Rohrs	67	Severna Park, MD	201,000	114.2
2	Christine Goodair	66	London, UK	104,722	59.5
3	Rosanna Sikora	67	Morgantown, WV	97,400	55.3
4	Katy Lantz	69	Davis, CA	75,325	42.8
5	Linda Wainio	69	Maplewood, MN	26,500	15.1
6	Connie Shuman	67	Bend, OR	18,298	10.4
7	Sarah Vogeli	68	Sacramento, CA	4100	2.3

Women 70–74

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

Rank	Name	Age	City, State	Yards	Miles
1	Peggy Toole	70	Beaverton, OR	107,000	60.8
2	Margaret Sandner	72	Morrison, CO	86,280	49.0
3	Meegan Wilson	74	Gainesville, FL	36,000	20.5
4	Kathleen Doswell	73	Columbia, VA	28,823	16.4
5	Wendy Scherwat Ducourneau	72	Northridge, CA	24,050	13.7

Women 75–79

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

Rank	Name	Age	City, State	Yards	Miles
1	Kirsten Beeler	76	Beavercreek, OH	0	0.0

Men 18–24

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

Rank	Name	Age	City, State	Yards	Miles
1	Evan Edwards	24	Corvallis, OR	133,599	75.9

Men 30–34

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

Rank	Name	Age	City, State	Yards	Miles
1	Cameron Marshall	34	Beaverton, OR	26,719	15.2
2	Zach Divilbiss	34	Hillsboro, OR	9000	5.1

Men 40–44

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

Rank	Name	Age	City, State	Yards	Miles
1	Jonathan Wildi	40	Portland, OR	113,500	64.5
2	Grant Schoepper	42	Portland, OR	53,200	30.2
3	Ben Goodlad	41	Lincoln City, OR	33,427	19.0
4	Fredrick Love	40	Hillsboro, OR	28,450	16.2

Men 45–49

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

Rank	Name	Age	City, State	Yards	Miles
1	Stuart Gibbs	49	Swindon, UK	134,347	76.3
2	Paul Slotemaker	48	Beaverton, OR	100,050	56.8
3	Brad Cota	47	Portland, OR	72,000	40.9

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	Joel Rollings	52	Beaverton OR	67,800	38.5
2	Chuck Schuler	53	Hillsboro, OR	66,100	37.6
3	Jeff Hackley	54	Portland, OR	13,000	7.4

Men 55–59

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

Rank	Name	Age	City, State	Yards	Miles
1	Sameer Phadke	56	Orefield, PA	337,305	191.7
2	Tuffy Gordon	59	Franklin, TN	148,650	84.5
3	Glenn Jaecks	55	Sacramento, CA	105,725	60.1
4	Lee OConnor	55	Portland, OR	78,350	44.5
5	Mike Mitlehner	56	Portland, OR	60,120	34.2
6	Iddo Kadim	59	Portland, OR	37,700	21.4
7	Andrew Scott	57	Beaverton, OR	13,950	7.9

Men 60–64

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

Rank	Name	Age	City, State	Yards	Miles
1	Rick Rodriguez	60	Eugene, OR	208,600	118.5
2	David Hathaway	62	Vancouver, WA	135,464	77.0
3	James White	64	Beaverton, OR	120,700	68.6
4	Pete Turner	63	Palm Bay, FL	110,000	62.5
5	Richard Knowles	61	Temperance, MI	101,250	57.5
6	Timothy Kirby	62	McMinnville, OR	100,950	57.4
7	Don Chernich	60	Sacramento, CA	60,251	34.2
8	Chris Loberg	62	Beaverton, OR	50,750	28.8
9	Michael Collins	60	Salem, OR	31,950	18.2

Men 65–69

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

Rank	Name	Age	City, State	Yards	Miles
1	Mike Peyton	67	Sisters, OR	45,400	25.8
2	Mark Becker	68	Portland, OR	36,800	20.9
3	Ed Ramsey	66	Hillsboro, OR	34,812	19.8
4	David Kinney	68	Morgantown, WV	6000	3.4

Men 70–74

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

Rank	Name	Age	City, State	Yards	Miles
1	David Poulshock	74	Portland, OR	101,225	57.5
2	Jim Will	74	St. Louis, MO	88,439	50.2
3	Chris Toole	71	Beaverton, OR	72,200	41.0
4	Craig Davis	71	Sacramento, CA	37,300	21.2
5	David Head	74	Portland, OR	0	0.0
















Men 75–79

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

Rank	Name	Age	City, State	Yards	Miles
1	Billy Atkins	78	Morgantown, WV	104,000	59.1
2	George Nelson	77	Kirkwood, MO	90,007	51.1

Achievements

Here are the statistics that show how easy (or difficult!) it was to earn each badge:

Achievement	Met
 First swim of the month	96%
 Swim three or more consecutive days	78%
 Swim seven or more consecutive days	40%
 Swim on every day in February	19%
 Swim on Super Bowl Sunday (February 12)	40%
 Swim on Valentine's Day (February 14)	68%
 Swim on President's Day (February 20)	63%
 Swim on National Margarita Day (February 22)	72%
 Swim at least 5000 yards in one day	52%
 Swim at least 10000 yards in one day	20%
 Swim at least one mile 1760yd	96%
 Swim at least ten miles in February 17,600yd	86%
 Swim at least the marathon distance (46,145 yards) in February	63%
 Swim at least 100,000 yards in February	35%
 Meet your target yardage for the month	72%