



*Announcing the  
USMS Fitness  
Event:  
Go the Distance 2008!*



Due to popular demand, the USMS fitness event “Go the Distance” (GTD) is being offered again by the USMS Fitness Committee in 2008!

The objective of this event is for participants to track the distance they swim during the year. For 2008 we have added a few more distance milestones to challenge our participants. When participants achieve the specific distance milestones of 50, 100, 150, 200, 250, 300, 365.25 (average mile a day), 400, 500, 750, 1000, 1250 and 1500 miles – they will be recognized on the USMS website and awards will be available for purchase (for a minimal fee).

For those who participated in GTD 2007 – a cumulative mileage starting from the beginning of GTD will also be maintained for you. Just how far can you swim year after year?

There is no cost to enter this event. Participants are requested to email (or use snail mail) to submit the total distance they swim each month. A list of miles per month and cumulative mileage will be tabulated for each swimmer. Once a distance milestone is achieved awards will be available for purchase. They will include swim caps, certificates and patches with the event logo and the distance of the milestone achieved. At the end of the year customized awards will be available. There is also apparel and goodies with the GTD logo on it available to all participants from our online store. The awards order form and information regarding our online store is available on the USMS website.

Each month the results will be updated on the USMS website in the Fitness Section. There will be lists to recognize all those that have achieved each distance milestone as well as the current month achievements. Other lists include the mileage for all participants sorted by gender, age group and USMS club / lmsc / zone. In addition there will be graphs illustrating the participation for each zone, lmsc, workout groups, age groups and gender. This year we are adding the concept of a “workout group”. Participants can be affiliated with a “workout group” which may offer friendly challenges to other groups as well as achieving goals as a group. Coaches and groups are encouraged to enter as a group if this would make entries easier and more manageable. Simply enter your “workout group” and a “contact” for all correspondence (entry confirmation, reminders etc.).

This event was designed to encourage folks to track the distance they swim in order to review their progress and to be recognized for their achievements. There is no time limit for the distance milestones (except that it must be in 2008) so speed does not count – just the effort to attain the next goal. We wish to recognize participation and achievement of goals with this event.

The entry form, monthly results, awards order form and a “distance tracking log” is available on the USMS website (fitness section) at <http://www.usms.org/fitness/content/gothedistance>. The log can be used to track one’s daily distance swum but is not required.

I would very much appreciate it if you could spread the word to folks and consider participating yourselves! If you need any more information or would like to comment and make suggestions please contact Mary Sweat at [usmsgtd@yahoo.com](mailto:usmsgtd@yahoo.com)

Wishing you lots of fun swimming in 2008!  
Mary Sweat – GTD Event Coordinator  
USMS Fitness Committee