



*Announcing the
U.S. Masters Swimming
Fitness Event:
“Go the Distance” 2009!*

The U.S. Masters Swimming (USMS) fitness event “Go the Distance” (GTD) is being offered again by the USMS Fitness Committee in 2009!

The objective of this event is for participants to track the time and distance they swim during the year. 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 GTD 2009 we are introducing a scenic way to “Go the Distance”. This year a new GTD milestone will be a Virtual Swim to Key West (200 miles). This swim can be done solo or with a team of up to 4 participants. A description of the route and a tracking log designed specifically for this virtual swim are both available on the website. GTD Distance milestone awards are also available specifically for this virtual swim.

For those who participated in GTD 2007 and GTD 2008 – 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 their time spent and total distance they swim each month. A list of miles per month, cumulative mileage and time 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.

A future enhancement includes the tracking of your time and distance online in the USMS Members only section of the USMS website. Details will be available soon.

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. In addition, participants can be affiliated with a “GTD workout group” which may offer friendly challenges to other groups as well as achieving goals as a group. A GTD workout group is simply two or more swimmers that would like to chase a goal as a “group”. It is an informal group independent of the participants USMS club affiliations. Coaches and groups are encouraged to enter as a group if this would make entries easier and more manageable.

This event was designed to encourage folks to track the time and 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 2009) 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.

In GTD 2009 we are introducing two new parameters that we will be tracking. The time spent per month (hours) will be tracked as well as their progress towards their 2009 Goal which will be supplied by the participants.

The entry form, monthly results, awards order form and a “distance tracking log” will soon be 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

Wishing you lots of fun swimming in 2009!

Mary Sweat
GTD Event Coordinator
USMS Fitness Committee