**A Challenge for all the Fish Out Of Water**

**Stroke – Stride Across Texas**

**What’s the scoop?** It’s 801 Miles to cross Texas from its southernmost tip to the northern border. Swim Some – Run Some but get your tail across the state before the end of the year.

**Only if I get Goodies.** Each participant will receive a super cute swim cap and a running shirt that will be the envy of all. Be sure to wear them while “Doing the Distance” so you can brag to everyone what you’re up to this year.

**How about something for those who complete the whole 801 miles?** Everyone will receive a finishers medal…*if you finish.* No token soccer trophies given out here.

**Registration will open January 1st and close June 1st.** The longer you wait, the less time you have, but you can still do it. You will be allowed to reach back and record mileage completed prior to registering.

**Tracking your Mileage:** Athletes are encouraged to register with “Go the Distance” located on the USMS.org website to record their daily mileage conducted both in the pool and on the road. This system is very user friendly, able to track both swim and run distances for you, and provides totals for both discipline instantly.

**Do I need a GPS watch/tracker, or Strava?**  You can use one if you wish, but you don't need one. You are on the Honor System to record your progress.

**Which miles/kilometers count?** Mileage should only be the distances you record while doing your daily swim, walk, or run for the purpose of covering some ground. The Challenge should not include ‘steps” recorded during normal daily activities.

**How long do you have to complete the distance?** The Challenge will start on January 1st and continue through December 31st 2021. To complete the race, it will require an average of 7 miles of swimming and 8 miles on the road each week.

**Can I swim the whole thing?** Absolutely, you crazy swimmer. Who are we to stop you? There are no minimum nor maximum distances required by either swimming or running the entire 801 miles. Walk or Run as far as your little fins can take you. You do you!

**How often do I need to record my mileage?** Best practice would do it on the day you swam/ran least you forget what you did. Kinda like losing your keys again for the 4th time.

**Can we have a relay team?** The event was set up as an Individual Event but be sure to drag as many friends as possible along with you. More the merrier, which makes the miles go by faster.

**Are the shirts unisex or gender specific?** We are offering both Men and Women cut shirts.

**What kind of cap are you offering?** All caps are latex.

**Do treadmill miles count? What about Trail miles?** Yes. Yes.

**Can I count miles while in a race?** Yes, from both road race and pool events.

**How much is this going to cost me?** $65, which includes a shirt, cap, and event medal.

**I live outside of the United States, can I still participate?** Absolutely! There will be an additional $10 added due to shipping charges.

**What if I still have Questions?** Contact Event Ringleader Susan Ingraham at [Aquatex101@aol.com](mailto:Aquatex101@aol.com) or 210-859-259

**Sounds awesome! I can’t wait to get started. Where do I sign up?** Club Assistant online registration is located here.

