

GO THE DISTANCE



“Go the Distance” (GTD) 2009

Sponsored by the
U.S. Masters Swimming Fitness Committee

Event Description / Objective: To track and tabulate the cumulative mileage and time each participant swims in 2009 using specific distance milestones as goals in addition to personal goals to achieve. Cumulative mileage for GTD 2007 and 2008 will be tabulated with 2009 data and maintained for those who participated previously in GTD.

Fitness Log (FLOG): The Fitness Log feature on the USMS website can now be used for tracking all Fitness activities. These logs will be the source of input for all GTD participants. Initialization of your personal MyUSMS page and USMS membership are the only requirements for use of this feature. **Data from the logs will be extracted on a monthly basis** and used to generate GTD monthly results. For your data to be available to GTD, you need only select EVENT on the left side of the screen and click on the Enter the event under GTD.

Each month the participants mileage that they swam (in yards, meters, miles or a combination) and time spent (hours) will be extracted from their FLOG. When distance milestones are achieved, awards will be available. These achievements will be recognized on the U.S. Masters Swimming (USMS) website.

The results will also include monthly updates to graphs for each zone, lmsc and workout groups to illustrate the progress of each as a group towards these goals. “Workout groups” can be any group of participants (one group per person) that wish to have group goals and extend friendly challenges. There can be several workout groups per LSMC / USMS club.

The distance milestones include 50, 100, 150, 200, 250, 300, 365.25 (average mile a day), 400, 500, 750, 1000, 1250 and 1500 miles! For GTD 2009, the Virtual Swim Milestone is a Swim to Key West (200 miles).

Date of Event: January 1, 2009 to December 31, 2009.

Forms of Entry: Daily tracking of the distance swum and time spent using the USMS FLOG feature is highly encouraged even though only the monthly total is needed to

Contact Information for event information:

Mary Sweat
usmsgtd@yahoo.com

enter the event. Participants are requested to submit their entries for GTD via the FLOG feature. For the remainder of June 2009 data, information requested on the entry form below may be emailed directly to Mary Sweat at usmsgtd@yahoo.com or sent via regular mail. After July 1, all data must be entered using the USMS FLOG feature.

Entry Deadlines: The data will be extracted from the previous months FLOG on the 5th of each month. All data for the month should be entered prior to the 5th of the following month.

Eligibility: Each participant must be registered with U.S. Masters Swimming for 2009.

Awards: Awards will be available when each distance milestone is achieved. The awards consist of swim caps, patches and certificates. These may be purchased for a minimal fee. Apparel and goodies with the GTD logo are available to all participants at any time. Please refer to Awards Order form on the USMS website.

Fees: No entry fees. Minimal fees only if GTD Distance milestone awards or goodies are purchased.

Results/Achievements: Results will be updated on the USMS Website (fitness section) near the 10th of each month.

Email Communication: Any communications with participants in GTD will be done via email. When results are sent from the FLOG data, the email address that is provided in the Registration Data Base will be used to disperse this information. If you used a different email when you originally entered GTD, you will need to update the email address that is in the database with your local registrar, or expect to receive email at the address in the database.

Contact Information for FLOG assistance:

Marcia Anziano
marfer@att.net