

**SPMS Fitness Committee Report**  
**Thursday May 18, 2017**  
**Submitted by Robin Smith, Chair**

**Current USMS ePostal Events:**

5K/10K ePostal Nationals (50 meter pools only)

May 15–September 15, 2017

Hosted by Swim Fort Lauderdale Masters

Link to registration and more information:

[https://www.clubassistant.com/club/meet\\_information.cfm?c=1246&smid=8484](https://www.clubassistant.com/club/meet_information.cfm?c=1246&smid=8484)

Long Distance ePostal Series Challenge:

USMS holds five long distance ePostal championships each year: the One Hour, 5K, 10K, 3000 yd. and 6000 yd. events. **Swimmers who complete all five championships in the same year will be sent a participation patch to honor their achievement.**

<http://www.usms.org/content/ldpostalseries>

**USMS Fitness Events:**

GoTheDistance (GTD)

This is a self-directed program intended to encourage Masters swimmers to regularly exercise and track their progress. **There is no cost to enter GTD.** You can register through the “My USMS” section on the USMS website.

Link for more information:

<http://www.usms.org/fitness/content/gothedistance>

USMS 2017 Check-off Challenge **(Registration ends November 1<sup>st</sup>, 2017)**

This is a postal event designed to motivate swimmers to complete some or all of the pool events and an open water swim during the calendar year. **Note – events can be “checked-off” during a practice, or on your own, or in a meet. Using equipment and/or being timed is optional. This event is completed on the “honor system”.**

The 2017 USMS Check-Off Challenge is hosted by FLOW Swimmers in Montana.

Link to registration and more information:

[https://www.clubassistant.com/club/meet\\_information.cfm?c=1854&smid=8435](https://www.clubassistant.com/club/meet_information.cfm?c=1854&smid=8435)

2017 Postal Pentathlon League **(Registration ends November 30, 2017)**

This is a year-long, postal pentathlon event where participants swim and submit times in stages. Hosted by FLOW Swimmers in Montana.

Link to registration and more information:

[https://www.clubassistant.com/club/meet\\_information.cfm?c=2303&smid=8406](https://www.clubassistant.com/club/meet_information.cfm?c=2303&smid=8406)