

Fitness Events/Programs Coordinator Report – January 21, 2021

Submitted by David Johannsen

My primary goals are to: 1) Publicize Fitness events/programs through our monthly reports, newsletter, website, and Facebook page. 2) Recognize teams and individuals by publishing participation lists and establishing SPMS Records/Top 10 for appropriate events.

CALENDAR OF CURRENT AND NEAR-FUTURE EVENTS:

1. ePostal 1 HOUR 2021 National Championships

The extremely popular 1 Hour National Championships is being swam from January 1, 2021 to February 28, 2021.

2. Go the Distance (GTD)

This has been a very popular USMS fitness program since 2007. The concept is simple. Log your mileage throughout the calendar year. In 2020, 142 SPMS swimmers swam 26,937 miles which is 190 miles per SPMS swimmer.

3. 2021 Swim.com USMS Fitness Challenge (30-minute swim)

The USMS Fitness Challenges were previously sponsored by Smarty Pants [Vitamins]. Starting January 1st, USMS is now partnering with Swim.com. The 30-minute fitness challenge is swam between February 1 and February 15. The three annual fitness challenges are designed for fun participation especially in a team atmosphere. The 30 minutes can be swim anyway you want. Fins, paddles, snorkels are fine along with swimming the 30 minutes in a relay format. Participation, not results, are emphasized.

SPMS RECOGNITION

The following SPMS swimmers were first in their age group in the USMS 3000/6000 ePostal National Championships swam between September 15 and November 15, 2020:

3000 Yard Championships – Kurt Dickson (GRA) 50-54 Men 32:49.11

6000 Yard Championships – Andrew Anderson (VCM) 40-44 Men 1:25:34.00

Russ Scherwitz (SCAQ) 45-49 Men 1:18:58.09

Kurt Dickson (GRA) 50-54 Men 1:08:40.87

Larry Raffaelli (VCM) 75-79 Men 1:52:09.01

I have updated the Go the Distance recognition lists through 12/31/19. The lists are currently on the SPMS website under the FITNESS TAB.

SPMS Records and Top 10 Yardage for the 1 Hour ePostal National Championships are currently on the SPMS website under the MEET TAB. The two oldest records are Jack Blumberg (IHAC) 85-89 Men - 2280 Yards in 1984, and Craig Nadel (MMSC) 18-24 Men – 5590 Yards in 1985. The oldest Top 10 yardage is Bill Damm (CPM) 8th in the 30-34 Men - 5500 Yards in 1981.

Please contact myself with suggestions (advice), comments, and even fitness events that I might not be aware of. (805) 964-6959 or davidswim@johaninc.com