

# **Fitness Events/Programs Coordinator Report – 6/17/21**

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. 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. Through June 13<sup>th</sup>, 92 SPMS swimmers have swam 13,451 miles in 2021. Pacific is 142 miles ahead of SPMS for the 2021 U.S. LMSC lead.

### **2. ePostal 5K/10K 2021 National Championships**

The 5,000 and 10,000 National Championships are swum between May 15 and September 15.

### **3. 2021 Swim.com USMS Fitness Challenge (1 Mile)**

The 1 MILE fitness challenge is swum between October 1 and October 15. The three annual fitness challenges are designed for fun participation especially in a team atmosphere. The 1 MILE can be swum anyway you want. Fins, paddles, snorkels are fine along with swimming the 1MILE in a relay format. Participation, not results, is emphasized.

## **SPMS RECOGNITION**

The Go the Distance recognition lists have been updated through 12/31/20. The lists are on the SPMS website under the FITNESS TAB.

SPMS Records and Top 10 Yardage for the 1 Hour ePostal National Championships are on the SPMS website under the MEET TAB. Four SPMS swimmers were ranked #1 in their age groups for 2021 led by Beverly Montrella's 75-79 National Record. Russ Scherwitz, Kurt Dickson, and Mike Shaffer were also ranked #1.

3000 yard SPMS Records/Top 10 lists have been established. SPMS swimmers have 12 National Age Group Records in the 3000 yard ePostal National Championships which is swam each year from September 15<sup>th</sup> – November 15<sup>th</sup>.

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](mailto:davidswim@johaninc.com)