

USMS Fitness Education Committee Update

The USMS Fitness Education Committee is under new leadership with Emily Cook as Chair and Ann Marshfield as Vice Chair. Chris Campbell is the USMS Executive Committee Liaison.

The 2022 Fitness Challenge Events are in Progress. The winter 30 minute swim event started January 1 and ends January 31. That one event has a \$12 fee. The bundle for all three events is \$30. That is what I recommend and what I enjoy. Currently about 240 swimmers have signed up for the 30 minute January swim including me. The 2K swim is in June and the 1 mile swim is in October. The "Go The Distance" fitness event started January 1 and goes through December 31 and is a free way to log swim distances and time spent swimming. I personally feel that GTD has motivated me to keep swimming every day that I can despite many obstacles. I set personal realistic mileage goals.

The USMS Fitness Education Committee has not yet met in 2022.

If you have ideas for me to share at the first meeting of 2022, please contact me with your thoughts. I welcome your input.

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