



## ” SWIM TO LAKE GEORGE”



Join us as we swim the distance from the Catskill Recreation Center to Lake George Village, New York. This is a 140-mile virtual swim. All participants will have the opportunity to complete the virtual swim as a solo swimmer or as part of a two, three, or four-person relay. Participants will have the opportunity to complete the challenge from December 1, 2017 until May 30, 2018.

### **140 MILE VIRTUAL SWIM TO LAKE GEORGE EVENT INFORMATION**

1. Swim the 140-mile distance as a solo swimmer or as part of a two-person, three person or four-person relay.
2. Calculating your mileage: one hour of water exercise counts as a mile, you can swim any stroke you would like, you can use toys (kickboard, fins, pull buoys), you can count your events from a swim meet, the point is that we want you to be in the water and swimming!! You can swim outside, you can swim in a 25 meter pool, 50-meter pool or right here at the CRC!! For purposes of this event and easy calculation a swimmer's mile is 1650 yards.  
The following calculations for a 25-yard pool are as follows:
  - ❖ 1 length = 25 yards (from wall to wall)
  - ❖ 2 lengths = 50 yards
  - ❖ 4 lengths = 100 yds.
  - ❖  $\frac{1}{4}$  mile = 500 yards = 20 lengths
  - ❖  $\frac{1}{2}$  mile = 800 yards = 32 lengths
  - ❖ 1 mile = 1650 yards = 66 lengths
  - ❖ 1.2 miles = about 2000 yards = 80 lengths
  - ❖ 2.4 miles = about 4000 yards = 160 lengths
  - ❖ All calculations in yards will be converted to miles. You can log your mileage via miles, yards, or lengths.
3. Fees: \$25.00 for CRC members. \$35 for non-members. Participant merchandise will be available. Fees will benefit the aquatics programming at the CRC.

Questions: Contact Event Director: Sarah King [aquatics@catskillrecreationcenter.org](mailto:aquatics@catskillrecreationcenter.org).  
845-586-6250.

**2017/2018 "SWIM TO LAKE GEORGE VIRTUAL SWIM**

Name: \_\_\_\_\_ Sex \_\_\_\_\_ Age : \_\_\_\_\_ ( as of 12/31/18)

Mailing Address: \_\_\_\_\_

Email Address: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Club Name: \_\_\_\_\_ Club Abbreviation: \_\_\_\_\_

USMS Registration no (if applicable): \_\_\_\_\_

Relay Team Members( if applicable): \_\_\_\_\_

Virtual Swim Entry Fee: \$25.00 CRC members. \$35.00 non-members.

Entries must be received by June 15, 2018

Entries by mail: Attention: Sarah King  
Aquatics Director  
651 County Highway 38  
Arkville, New York 12406.

Entries by Email: [aquatics@catskillrecreationcenter.org](mailto:aquatics@catskillrecreationcenter.org).

DECEMBER MILEAGE	JANUARY MILEAGE	FEBRUARY MILEAGE	MARCH MILEAGE	APRIL MILEAGE	MAY MILEAGE	TOTAL MILEAGE

I COMPLETED 140 MILES. I CERTIFY THAT THESE TOTALS ARE CORRECT AND ACCURATE.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_