



” 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.
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.

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: _____