

Competitive/Fitness Virtual Events Report – June 16, 2022

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. 91 SPMS swimmers have swum 12,040 miles in 2022 through June 13.

2. 2022 5K/10K Virtual Championships

The 5000 and 10000 LCM Championships are swum between May 15th and September 15th. 111 USMS swimmers are currently registered, only three from SPMS.

3. 2022 Swim.com USMS Summer Fitness Challenge (2K)

The 2000 meter fitness challenge is swum between June 1 and June 30. The three annual fitness challenges are designed for fun participation especially in a team atmosphere. The 2000 meters can be swum anyway you want. Fins, paddles, snorkels are fine, along with swimming in a relay format. Participation (not results) is emphasized.

SPMS RECOGNITION

In the 2021 Go the Distance event, 5 SPMS swimmers broke the previous total miles ever done in their age group. The five are: Niki Stokols (CVMM) 60-64 Women 2365 miles from 2017-2021, Jacquie Anderson (KMAN) 85-89 Women 372 miles in 2021, her first year as an 85 year old, Kurt Dickson (GRA) 50-54 Men 3502 miles from 2017-2021, Andy Seretan (UNAT) 65-69 Men 5091 miles from 2018-2021, and Jim McConica (VCM) 70-74 Men 1461 miles from 2020-2021.

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