

# Competitive/Fitness Virtual Events Report – March 21, 2024

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. 104 SPMS swimmers have swum 5876 miles in 2024 through March 17.

### 2. 2024 5K/10K Virtual Championships

The 5000 and 10000 LCM Championships are swum between May 15<sup>th</sup> and September 15<sup>th</sup>.

## SPMS RECOGNITION

### 2024 1 HOUR Virtual Championships

Placing #1 in the USA were: **50-54 Men** - Brad Shenfeld (UCLA), 5250 yards, **55-59 Men** – Kurt Dickson (GRA), 5240 yards, and **65-69 Men** – Doug Kajiwara (CCAM), 5010 yards.

### Go the Distance (GTD)

I, and my part-time swimmers/employees, have almost finished the update of Go the Distance SPMS Top 10 lists. Hopefully, they will be posted on our web-site around April 1.

I apologize for not being very active the last 1-2 years in SPMS including the Fitness events. My company has been extremely busy since my long-time (over 30 years!) assistant retired in late 2021. I have hired seven UCSB swimmers to work part-time for my company. I met five of the UCSB “Club” swimmers last April at the Irvine Nationals when they swam for SBM. All 5 contacted me about working for me while also being full-time students. The other 2 swimmers are two of the best UCSB NCAA swimmers including the school record holder in the 400 IM.

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)