

100 MILE SWIM challenge

January 2 - December 4, 2015

**Stay motivated in your swim workout!
Register online or on the pool deck.**

- Challenge is on-going – sign up and go at your own pace.
- Track the laps you swim during each workout at Four Seasons and record your yardage/mileage on a tracking card.
- Receive monthly updates on your mileage, club encouragement and motivation, access to the private Facebook group, and opportunities to boost your laps throughout the year.
- Monthly top swimmers will be entered into a drawing for exclusive 100 Mile Swim raffle prizes.
- Swimmers in our Top 10 will be posted monthly on our Facebook page and on our website.
- When you reach 100 miles, you will receive a 100-mile Club t-shirt, recognition, and a chance for the grand prize.
- Only \$5 to participate (fee is non-refundable).

4seasons-club.com



Monthly Top Ten – January 2015

Alex N.	75.9
NK M.	64.2
Abigail H.	61.9
Nancy S.	43.5
Kenneth D.	35.5
Mike Str.	27.2
Richard D.	23.0
Sudhir P.	21.4
John M.	21.2
Patrick S.	19.7*
Grover T.	19.7*