



February Fitness Challenge 2010

Host: Tualatin Hills Barracudas, Beaverton, Oregon
Purpose: To promote fitness through aquatics by encouraging participants to

Age Groups: 18-24, 25-29, 30-34....etc., (in five-year increments). Age is determined by your age on February 28, 2010.

Awards & Results: All participants receive final results and an achievement certificate. For the Counting Yardage Challenge, the three female and three male swimmers in each age group with the highest monthly yardage totals receive awards. For the Counting Days Challenge a special Gold FFC pin will be given to swimmers who swim 27/28 days. A Silver FFC pin will be given to swimmers who swim 20 - 26 days. Please allow at least 8 weeks after deadline for mailing of results and awards.

100,000 Award: The Barracudas will be giving a complimentary FFC pin to any swimmer who swims 100,000 yards during the Challenge.

Group Awards: The top three groups with the largest number of participants will receive special awards.

Entry Fee: \$10.00 for one individual challenge. Select either "Counting Yardage" or "Counting Days" on the form (below). If you would like to do both individual challenges, select "Both" and add \$5 to your entry fee. All fees payable to **Tualatin Hills Barracudas**.

T-Shirts & Caps: \$16.00 for short sleeve, 100% cotton T-shirts, with the 2010 Fitness Frog Logo on the front. Custom Latex swim caps with frog logo available for \$5.00.

Entry Deadline: Entries must be RECEIVED by March 12, 2010. Late entries will not be accepted.

Entry Procedure: Send form below and fees to:

February Fitness Challenge
 16055 SW Walker Road #126
 Beaverton, Oregon 97006

e-mail: dave@theradcliffs.com or dave5832@gmail.com

web page: <http://www.barracudas.org>

International Entries: \$10.00 additional postage fee required; mail early to ensure arrival by entry deadline.

visit the pool regularly and to track results over a monthly period.

Rules & Eligibility: Use of training aids and equipment **IS** permitted. You must be at least 18 years of age.

Three Challenges: We have three challenges: 1) count your yardage; 2) count your days; and 3) count the number of people in your group.

Group Participation: Group Participation Awards, please (when possible) send entries together, in one packet, to the Barracudas. Groups may consist of individuals who do either challenge. Please specify the group name and contact person. There is no additional fee.

Recording Results / Excel FFC Tracking Log and Entry Form: Beginning February 1, 2010, record on the form below: either the number of yards completed each day (for lap swim, jog-a-lap, etc.), AND/OR the number of days you visit the pool for an aquatic fitness activity (e.g. water aerobics, etc.). Check the Barracuda Web Page for a special February Fitness Challenge Excel Tracking Log and Entry Blank. (Can be downloaded as a pdf file and/or Excel file) web page:

<http://www.barracudas.org> (click on February Fitness Challenge on the Menu Bar)

PLEASE BE AS ACCURATE AS POSSIBLE!

Conversions: To convert meters to yards for yardage counting please multiply your meters by **1.0936** or go to <http://www.calculateme.com/Length/Meters/ToYards.htm>

Monthly Totals: At month's end, add daily results to obtain monthly total.

Caution: Use caution when attempting to improve fitness level. Increases in activity should be gradual over an extended period. If you have any questions or concerns, please consult your physician.

February Fitness Challenge 2010: Entry Form (please use a return mail label for name/address /or PRINT clearly)

NAME _____ AGE(as of 2/28/'10) _____ SEX _____

ADDRESS _____ CITY _____ STATE _____

ZIP _____ COUNTRY _____ PHONE _____

E-MAIL _____ NAME OF GROUP _____

RESULTS: Electronic results via email address listed above | Achievement Certificate: Yes I want one sent to me No
 Paper results via US Postal | Medals (1st, 2nd, 3rd): Yes I want one sent to me No
 (Results will be sent electronically if neither box is checked) | Pins (Days / 100,000): Yes I want them sent to me No

Select Your Challenge(s) (please check one): 1) Counting Yardage _____ 2) Counting Days _____ 3) Both _____

Yards/Days		Yards/Days		Yards/Days		Yard/Days	
Mon Feb 1	_____	Fri Feb 12	_____	Tues Feb 23	_____	Fri Feb 26	_____
Tues Feb 2	_____	Sat Feb 13	_____	Wed Feb 24	_____	Sat Feb 27	_____
Wed Feb 3	_____	Sun Feb 14	_____	Thu Feb 25	_____	Sun Feb 28	_____
Thu Feb 4	_____	Mon Feb 15	_____				
Fri Feb 5	_____	Tues Feb 16	_____				
Sat Feb 6	_____	Wed Feb 17	_____				
Sun Feb 7	_____	Thu Feb 18	_____				
Mon Feb 8	_____	Fri Feb 19	_____				
Tues Feb 9	_____	Sat Feb 20	_____				
Wed Feb 10	_____	Sun Feb 21	_____				
Thu Feb 11	_____	Mon Feb 22	_____				

MONTHLY TOTALS = _____ YDS _____ DAYS

Signature: _____ Date _____

(I attest that the above results are accurate and true)

Fees:	Entry Fee	\$10.00	(required)
	2nd Challenge	\$5.00	(optional)
	T-Shirt _____ x	\$16.00	(optional)
	(XXL T Shirt add \$2 dollars)		
	Circle T-shirt size (s): S M L XL XXL		
	Swim Cap _____ x	\$5.00	(optional)
	International Fee	\$10.00	(Outside US)
Total:	_____ (US funds only)		

(Please make checks payable to **Tualatin Hills Barracudas**)