

Dear February Fitness Participant,

Welcome to the 2010 February Fitness Challenge. We hope you will have a successful and rewarding month of swimming this year. We have several exciting ideas to tell you about.

1. We will continue the procedure we began several years ago. You can miss any one day and still be eligible for the Gold Day Pin. In the past we have noticed that many of you have had a snow closure or some other real good reason for missing a day. We have you covered this year and 27 or 28 days will earn the Gold Pin, but you must enter the Day Challenge to earn the pin.

2. We believe that consistency is one of the keys to a successful February Fitness Challenge. Therefore, we are continuing our Silver Day Pin Award for those who enter the Day Challenge. To earn this Silver Pin you must average 5 days a week (20 - 26 days). This Award is for anyone who does the required number of days. It has nothing to do with total yardage but everything to do with being consistent. We recommend giving it a try.

3. Again this year the Barracudas will give a special 100,000 yard pin to every participant who swims 100,000 yards. 100,000 yards is a major goal for many swimmers. You do not have to sign up for this pin. It is a gift from us and our way of saying thank you and congratulations for an outstanding effort.

4. Jon, our "Data Pro", has enhanced his Excel spreadsheet to help you keep track of your yardage this year and it also can be used as your entry. Go to our website (<http://www.barracudas.org/>) to download this helpful spread sheet. (click on)



Those of you who use this spreadsheet are welcome to send it as your entry form rather than filling out the attached entry form. Use the tabs at the bottom of the Excel Spreadsheet and click on Tracking. As you fill in the Tracking Form during February it will automatically fill in your totals on the Entry Form. At the end of February click on Entry Form and fill in the personal data and then print the Entry Form and send it in. This will help you and it will really help us.

5. Our Graphic Designer has designed a special T-shirt for this year. It features a real good looking swimming frog. The frog is really swimming those laps this year, just like you will be doing. We believe the statement: "Always a Challenge and Always Rewarding" represents the true purpose of our Challenge.

Again for 2010: Mailing costs continue to be the big "challenge" for the Barracudas. To help us out we are offering this deal. For any team with 10 or more entrants we will give a free T shirt to the "Team Distributor". All of the individual mailing envelope packages will be packed in one large box. This box will be mailed to the "Team Distributor", who in turn will hand out the envelopes (each clearly marked with the name of the swimmer) to their team mates at their home pool. For teams of 5 - 9 members we will give a free FFC swim cap. If you are willing to be the "Team Distributor" for your team please contact me by email. My email is listed below.



All fees for the 2010 Challenge will remain the same as last year - T shirts went up \$1 and caps are the same.

Exciting news for your Director. I will be doing my FFC in Australia this year. It's their summer and I will be doing a lot of swimming in their great open water swims in the Perth area. Then I will be joining FFC participant and fellow Barracuda, Michelle Macy in New Zealand in early March. Michelle, a great marathon swimmer, (English Channel twice, Manhattan, Catalina, Pennock Island in Alaska and Boston Harbor) will be swimming the Cook Strait between the North and South Island. No I am not swimming the Straits but I want to be there to encourage her and give her a big hug when she finishes.

I will have my laptop with me and be in total contact with the Barracudas and you. I will be back in March to put together the Results Booklet and handle the mailing. I want to hear from you and I want to work with you. If you have any questions or concerns please contact me. My personal emails are listed below. (the "gmail" address might work better while I am in Australia and New Zealand)

Thanks and let's have another great Challenge.

Dave Radcliff - February Fitness Challenge Director  
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