

Dear February Fitness Participant,

Last year we celebrated 20 years of the FFC and now this year we begin our third decade. We invite you to join the 2012 February Fitness Challenge! We hope you will have a successful and rewarding month of swimming. Our numbers have fallen off in the last few years, please talk up the FFC and encourage some new swimmers to take the Challenge!

1. This will be the second year that you can do everything on-line. You can enter, log your yardage and pay your fees. Last year one of the swimmers would just send in her daily yardage by using her smart phone. She said it made it so easy to track everything. Payment will be handled by Google Checkout, so your personal and financial information will be totally secure. Go to <http://www.eregisterexpress.com/app/ffc/3709593/> and follow their instructions. The company charge for using their internet service is 40 cents for processing and 4% of the cost. Your \$10 entry would have a 40 cent processing fee added and the 4% would add another 40 cents. So the total cost of entering online would be \$10.80. These same fees will also automatically be added to T shirts and caps if you order them online.

2. The mail-in procedures are the same as always. We welcome your entries either way.

3. 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. Since this is Leap Year, we also give you that day. We have you covered this year and 27 to 29 days will earn the Gold Pin for anyone entered in the Day Challenge for the FFC.

4. We believe that consistency is one of the keys to a successful February Fitness Challenge. Therefore, we are continuing our Silver Day Pin Award. 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. You must enter the Day Challenge to earn either the Silver or the Gold pin.

5. Again this year the Barracudas will give a special 100,000 yard pin to every participant who swims at least 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.

6. 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 under February Fitness Challenge on our home page to locate the Excel spreadsheet. Those of you who use this spreadsheet are welcome to mail 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 mail it in. This will help you and it will really help us.

7. Our Graphic Designer has designed another great T-Shirt for this year. This year we will offer the T-Shirt in either short sleeves or long sleeves. We realized that in the middle of winter, many swimmers wanted a long sleeve T-Shirt. Our shirt this year will be maroon in both the short and long sleeve model. Colored pictures of the design are available on the Barracuda website.



Front Design

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



Back Design

Again for 2012: 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.

Thanks and let's have another great Challenge.

Dave Radcliff - February Fitness Challenge Director
dave5832@gmail.com or dave@theradcliffs.com



February Fitness Challenge 2012

Host: Tualatin Hills Barracudas, Beaverton, Oregon
Purpose: To promote fitness through aquatics by encouraging participants to visit the pool regularly and to track results over a monthly period.

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.

Age Groups: 18-24, 25-29, 30-34....etc., (in five-year increments). Age is determined by your age on February 29, 2012.

Awards & Results: All participants receive final results and an achievement certificate if requested. 1. For the Counting Yardage Challenge, the three female and three male swimmers in each age group with the highest monthly yardage totals receive awards. 2. For the Counting Days Challenge a special Gold FFC pin will be given to swimmers who swim 27/29 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. You must enter the Counting Days Challenge to receive a pin.

100,000 Award: The Barracudas will be giving a complimentary FFC pin to any swimmer who swims at least 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 - This entry fee enters you in the Counting Yards Challenge. To enter the Counting Days Challenge you must enter the second Challenge.

T-Shirts & Caps: \$17.00 for short sleeve, 100% cotton T-shirts, with the 2012 Fitness Frog Logo on the front and back. Custom Latex swim caps with the 2012 frog logo are available for \$5.00. Long sleeve T-shirts are available this year for an additional \$5.

Entry Deadline: Entries must be RECEIVED by March 10, 2012. 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

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. 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, 2012, record on the form below the number of yards completed each day (for lap swim, jog-a-lap, etc.). Check the Barracuda Web Page (<http://www.barracudas.org> (click on February Fitness Challenge on the Menu Bar) for a special February Fitness Challenge Excel Tracking Log and Entry Blank which can be downloaded.

Online Entry: You can do everything online if you wish. You can enter, log your yardage and pay your fees. Payment will be handled by Google Checkout, so your personal and financial information will be totally secure. Go to <http://www.eregisterexpress.com/app/ffc/3709593/> and follow their instructions. There is a company charge for using their internet service. It is 40 cents for processing and 4% of the cost. Your \$10 entry would have a 40 cents processing fee added and the 4% would add another 40 cents. So the total cost of entering online would be \$10.80. These same fees will also automatically be added to T-shirts and caps if you order them online.

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.

February Fitness Challenge 2012: Entry Form (please use a return mail label for name/address /or PRINT clearly)

NAME _____ AGE(as of 2/29/12) _____ SEX _____

ADDRESS _____ CITY _____ STATE _____

ZIP _____ COUNTRY _____ PHONE _____

E-MAIL _____ NAME OF GROUP _____

RESULTS: Electronic results via email address listed above Paper results via US Postal
 (Results will be sent electronically if neither box is checked)

Achievement Certificate: Yes I want one sent to me No
Medals (1st, 2nd, 3rd): Yes I want one sent to me No
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 |
|------------------|-------------------|------------------|-------------------|
| Wed Feb 1 _____ | Sun Feb 12 _____ | Thu Feb 23 _____ | Mon Feb 27 _____ |
| Thu Feb 2 _____ | Mon Feb 13 _____ | Fri Feb 24 _____ | Tues Feb 28 _____ |
| Fri Feb 3 _____ | Tues Feb 14 _____ | Sat Feb 25 _____ | Wed Feb 29 _____ |
| Sat Feb 4 _____ | Wed Feb 15 _____ | Sun Feb 26 _____ | |
| Sun Feb 5 _____ | Thu Feb 16 _____ | | |
| Mon Feb 6 _____ | Fri Feb 17 _____ | | |
| Tues Feb 7 _____ | Sat Feb 18 _____ | | |
| Wed Feb 8 _____ | Sun Feb 19 _____ | | |
| Thu Feb 9 _____ | Mon Feb 20 _____ | | |
| Fri Feb 10 _____ | Tues Feb 21 _____ | | |
| Sat Feb 11 _____ | Wed 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 (Days) | \$5.00 | (optional) |
| | Short sleeve T-Shirt _____ x | \$17.00 | (optional) |
| | Long sleeve T-Shirt _____ x | \$22.00 | (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) | | | |