

THE 100 MILE CLUB

FINAL YEAR

We are challenging YOU to swim 100 miles in just one calendar year.
Set your own pace and join the 100 Mile Club today!



HOW DOES IT WORK?

Simply keep track of the laps you swim during each workout at the SLO Swim Center, and record your yardage/mileage. Fill out a Lap Tracking Slip & receive a monthly update on your progress.

This challenge is ongoing and ends Dec. 31, 2019

HOW FAR IS 100 MILES?

1 mile \approx 1,750 yards
1,750 yards = About 70 lengths
100 miles = 175,000 yards or 7,000 lengths

WHAT IS IT EQUIVALENT TO?

400 times around a track
Going up and down a football field 880 times
Swimming from San Luis Obispo to UCSB



Follow us on Instagram
@sloparcsandrec
& share your photos!

When you reach 100 miles,
you will receive a **FREE PRIZE**
& **10 FREE swim passes!**

THE RULES

- » All laps must be completed at the SLO Swim Center during lap swim hours.
- » Yards/Laps must be submitted the day of the workout.
- » Lap Swim fees do apply, but there is NO cost to participate in the program.
- » YMCA members can also participate in the program.
- » You must be a participant in the lap swimming program to be in the 100 mile club.
- » Bring in a new guest to sign up for the 100 mile club – each new guest will be an added 2 miles to your total!

