

Go The Distance (GTD) Fitness Event



For more information, please go to

<http://www.usms.org/fitness/content/gothedistance>

“More than 10,000 USMS Members have logged more than 10 BILLION miles”

“The annual GTD program has become one of the most popular events offered by USMS. More than 10,000 members have participated in this fitness event through the years, logging more than 10 billion miles.”

“Go the Distance”

“GTD is a self-directed program intended to encourage Masters swimmers to regularly exercise and track their progress. There’s no time limit for the distance milestones, except that they must be achieved in the calendar year. Speed doesn’t count—just the effort to attain whatever goal you set for yourself.

GTD is on the honor system—you track the distance you swim. Daily, weekly, or monthly, enter that information into your online Fitness Log (FLOG). When you achieve certain milestones, you’ll be recognized on the U.S. Masters Swimming website and have the opportunity to purchase GTD awards that note the milestones you achieved.

There’s no cost to enter GTD. You can register through your FLOG in the [My USMS](#) section of the website. Your FLOG allows you to track all your fitness activities—such as running, biking, weight training, and yoga—while participating in GTD. Track your weekly, monthly and annual totals online. Once you’ve entered GTD, your results are automatically included in the daily summary reports, and the link to purchase your milestone awards will appear on your FLOG when you reach the various milestones.”

“Notes”

- “You must be a current USMS member to participate in the GTD program.”
- “The GTD Program ends each year on December 31.”