

Dear February Fitness Participant,

This year marks the 20th Anniversary of the FFC, and we invite you to join the 2011 February Fitness Challenge! We hope you will have a successful and rewarding month of swimming as we celebrate 2 decades of swimming. Our numbers have fallen off in the last few years, but this anniversary year is a great time for all of you to rejoin us for this challenging month of swimming. Please talk up the FFC and encourage some new swimmers to take the Challenge! We have several exciting new ideas to tell you about.

1. First, two gifts from the Barracudas: One, enjoy the Bookmark that is part of this mailing. Two, this year only, the Yardage Challenge and the Day Challenge are both included in your \$10 dollar entry fee. As a Thank You for 20 years of the FFC, the Barracudas dropped the second \$5 fee for the Day Challenge. Your \$10 fee automatically enters you in both Challenges and you are eligible for all the Awards in both the Yardage and the Day Challenges. Go for it!

2. Big News! This year for the first time 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 (www.eregisterexpress.com/app/ffc/1192002/) 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.

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

4. 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 for anyone entered in the FFC.

5. 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.

6. 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.

7. 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.

8. Our Graphic Designer has designed a special T-shirt for this 20 year celebration.



It features our celebrating frog swimming through 20 years. This large four color design (Red, Blue, Green and Black) will be on the back of a natural colored T shirt. The front of the T shirt will have a small blue design on the left chest. The front and back design adds \$1 to the cost of the shirts. Pictures of the design are available on the Barracuda website (<http://www.barracudas.org/>).



February Fitness Challenge
Always a challenge Always rewarding

Again for 2011: 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 2011

February Fitness Challenge

Always a challenge Always rewarding

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.

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, 2011, 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: Big News! This year for the first time 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 (www.eregisterexpress.com/app/ffc/1192002/) 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>

February Fitness Challenge 2011: Entry Form (please use a return mail label for name/address /or PRINT clearly)

NAME _____ AGE(as of 2/28/'11) _____ 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

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

MONTHLY TOTALS = _____ YDS _____ DAYS
 Signature: _____ Date _____

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

Fees:	Entry Fee	\$10.00	(required)
	(enters you in both yardage and day challenges)		
	T-Shirt	_____ x \$17.00	(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)			