



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 100 MILE

# SWIM CHALLENGE

## 12 months to swim 100 miles!

### January 2 to December 31, 2020

**COST**  
**\$25**  
Member &  
Non-Member

#### Challenge Information:

- All ages welcome!
- All swim styles and techniques welcome! Dog paddle to all swim strokes. The technique is not a priority, just the distance!
- Simply keep track of the laps you swim during each workout and record your yardage/mileage on the tracking sheet located behind the guard chair

#### The challenge lasts one year. You will receive rewards:

- Splish Splash: 1-100 mile- prize includes a bag with Y logo
- Going the Distance: 101-200 miles -prize includes a towel
- Master of the Pool: 201-300 miles - prize includes -T-shirt
- Olympic Zone- Super Hero: 301 and up miles - prize includes -T shirt, Towel, bag with Y Logo

**TO REGISTER: Wardle Family YMCA front desk or online: [beaufort-jasperymca.org](http://beaufort-jasperymca.org)**

#### How many laps are in a mile??

Length = One end of the pool to other is 25 yards

Lap = Down and back is 50 yards

1 mile = 1,650 yards = Approximately 66 lengths or 33 laps

*(We use a competitive mile, which is slightly less than an accurate mile. Comes down to meters vs yards)*

#### How can you get to 100 miles?? It's as easy as:

2 miles a week equals 100 miles in about 50 weeks

3 miles a week equals 100 miles in about 33 weeks

1 mile a day, 5 days a week, equals 100 miles in 20 weeks

#### WARDLE FAMILY YMCA

1801 Richmond Ave., Port Royal, SC 29935 · 843-522-9622 · [beaufort-jasperymca.org](http://beaufort-jasperymca.org)  
Questions? See Lou Bergen, Aquatics Director: [l.bergen@wardlefamilyymca.org](mailto:l.bergen@wardlefamilyymca.org) · Direct: 843-379-1365

# 100 MILE SWIM CHALLENGE

12 months to swim 100 miles!

January 2 to December 31, 2020

## Registration Information:

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Email: \_\_\_\_\_

Shirt size: \_\_\_\_\_ Mobile number: (\_\_\_\_\_) \_\_\_\_\_

Questions? See Lou Bergen, Aquatics Director: l.bergen@wardlefamilyymca.org · Direct: 843-379-1365

### Wardle Family YMCA Waiver & Consent

THE UNDERSIGNED HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE the YMCA, its directors, officers, employees, and agents (hereinafter referred to as "releases") from all liability to the undersigned, his personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned, whether caused by the negligence of the releases or otherwise while the undersigned is in, upon, or about the premises or any facilities or equipment therein, or participating in any program affiliated with the YMCA, without respect to location.

By signing this release of liability and using the Beaufort-Jasper YMCA of the Lowcountry facility, I hereby fully and forever release and discharge the owners and employees of the Beaufort-Jasper YMCA of the Lowcountry and their volunteers, employees and agents from any claims, demands, damages, rights of action or causes of action present or future, whether the same be known or unknown, anticipated or unanticipated, resulting from or arising out of my use or intended use of the pool.

I fully and forever release and discharge the owners and employees of Beaufort-Jasper YMCA of the Lowcountry and their volunteers, employees and agents from any and all negligent acts and omissions in the same. By signing this agreement, I also agree to indemnify the owners and employees of the YMCA of Beaufort County and their volunteers, employees, and agents from any claims, demands, damages, rights of action or causes of action present or future, whether the same be known or unknown, anticipated or unanticipated, brought against any or all such entities based on my use or intended use of the pool. As a dog owner/ handler or as a guest at this event, or as the parent of minor children, I have carefully read this release of liability and understand and fully agree with its contents. I further agree to comply with the rules of the event as held by the Beaufort-Jasper YMCA of the Lowcountry.

I hereby consent named on the above registration, to participate in YMCA 100 Miles Swim Challenge and agree to release the Wardle Family YMCA, directors, officers, employees, and agents from any all claims that may arise from any injuries or mishap suffered by me or ward during swim. Further, I authorize the Wardle Family YMCA to provide emergency care for any illness or injury to my me, or ward, deemed necessary by qualified medical personnel. I grant the YMCA and its employees the right to take photographs of me during 100 mile swim challenge. I also give consent for the release of photos of me as deemed necessary for publicity and marketing purposes. By signing below, I acknowledge the aforementioned agreement.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

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