

## **It is Long-Distance time!**

*By Greta van Meeteren*

May 15 is the first day you can participate in the USMS 5K and/or 10K Postal Championships. As you may remember, Andrea Packard wrote an excellent series of 3 articles about participating in one or more of these long distance events.

Well ... now is your chance. Visit the USMS website at:

[https://www.clubassistant.com/club/meet\\_information.cfm?c=1246&smid=2770](https://www.clubassistant.com/club/meet_information.cfm?c=1246&smid=2770)

for the rules. And don't forget: the person who volunteers to count for you during one or two of these swims deserves a huge "thank you" - it is a loooooong time to be sitting on deck.