



Based on the realities forced on us all by COVID-19, *A Long Swim* is introducing a virtual swimming, biking, or running event that welcomes athletes with all capabilities, and from anywhere in the world. All you need to do is get out there and swim, bike, run or walk whenever is most convenient to you. Complete one or ALL THREE! Athletes will be incentivized to raise additional funds for *A Long Swim* to dedicate to ALS research, for which they will receive a dedicated website, fundraising tips and sample emails for friends, family and colleagues.

## **Participation is easy!**

### **1. Register**

Athletes register online [HERE](#)

Registration cost is \$35, “all you can eat!” for any and all events

Pick a level (Gold, Silver, Bronze) and a discipline (swim, bike or run)

### **2. Complete Your Race**

Run, Bike, or Swim (or do all three!) the distance or time listed in the level you chose (Gold, Silver, Bronze)

### **3. Submit Your Proof**

At any time during the month of June, complete your race(s) and send to [katehimes@alongswim.org](mailto:katehimes@alongswim.org):

- A photo – or a selfie – of you when you finish
- Record your time and distance completed

Remember to share your photos to Facebook and tag [A Long Swim](#)

*In addition, A Long Swim provides athletic sponsorship opportunities for swimmers, triathletes and marathoners. For details on our Sponsored Athlete Program, visit [HERE](#) or contact Kate Himes at [KateHimes@ALongSwim.org](mailto:KateHimes@ALongSwim.org) or 224.234.4018.*



## Registration Includes

- Commemorative event dri-fit cap
- A Long Swim latex swim cap
- A finisher certificate, suitable for framing
- Goody bag, with products, discounts and surprises, all courtesy of A Long Swim sponsors including:
  - Infini Nutrition
  - Jolyn Clothing
  - Blueseventy
  - SBR Sports
  - The Hampton Social Restaurant
- A \$5 rebate for every athlete you introduce to the Virtual Race 2020
- A discount of \$15 for your registration to A Long Swim – Tower Road Beach in Winnetka, Illinois to be held August 2, 2020

## Race Levels

### Gold Level

- 2.4 Mile Swim\*
- 50 Mile Bike or 2.5 hours
- 13.1 Mile Run or 90 minutes

### Silver Level

- 1.2 Mile Swim\*
- 25 Mile Bike or 1 hour
- 6.2 Mile Run or 45 minutes

### Bronze Level

- 750 Meter Swim\*
- 10 Mile Bike or 30 minutes
- 3.1 Mile Run or 25 minutes

\*Please note, all swim lengths can be done in open water, long or short course pool, or even a backyard pool. See website [HERE](#) for details.