

Want to join the 100-Mile Club (or 200-Mile, 300-Mile, etc.) in 2020? Just track your swimming totals using the **USMS Fitness Log (FLOG)**, which is free to all USMS members. Log into [My USMS](#) (first time users will have to create their account), enter **Go the Distance**, and log your daily yardage. Swimmers who attain 100-mile increments will be recognized in our newsletter and on the GRIN website. Set your goals, set up your FLOG, and get to the pool (soon, hopefully!)