



Norwalk Parks & Recreation Presents



100 MILE SWIM CHALLENGE

Can you go the distance in just ONE YEAR? We think you can and challenge you to try!

1. Complete your first swim
2. Logs are sorted by LAST NAME stored on the pool bleachers
3. Staff will update the leaderboard monthly
 - Most miles overall
 - Most miles last month
 - Raffle entries every 5 miles with registration
4. Program is free to participate. Registration is required for prize eligibility and raffle entries

2026 Fees for the 100 Mile Swim Challenge

Log only (no prizes at milestones, no raffle entries)	FREE
2025 swim challenge participants	\$10
Members	\$15
Universal	\$20
Route 20 Fun Pass (Includes 12 visits w/ Norwalk, Bellevue or Fremont Rec Center)	\$50

POOL USE AND PROGRESS

Swimmers must use their pass or pay a daily rate for admission. Swimmers should check the pool schedule for lane availability. Lap swimmers share lanes and are expected to “circle swim” for 3+ people.

Swim logs will keep track of laps by 500 yards. Participants must keep track of their own miles:

COMPETITION POOL	25 yards/length	50 yards/lap	10 laps for 500 yards
THERAPY POOL (long ways)	15 yards/length	30 yards/lap	20 laps for 600 yards
THERAPY POOL (short ways)	11.7 yards/length	23.4 yards/lap	30 laps for 703 yards

WALK, SWIM, KICK OR PULL – ANYTHING GOES

With swimming, the opportunities are endless. Are land-based workouts taking their toll? Your body’s natural buoyancy in the water will decrease impact on your joints. Start your swim at a low intensity and to whatever you are comfortable with. The health benefits are numerous - decreasing chances of chronic illness, improved body tone, and better health in persons with heart disease or diabetes.

TAKE THE PLUNGE AND JUMP ON IN

You don’t have to be competitive to participate; a love for swimming will do just fine. Prizes/raffle entries earned at 25, 50 and 100 miles with registration, but you’ll find a happier, healthier YOU in the meantime!