

SWIM FOR FREEDOM support our troops who fight for our freedom



Swim 4 Freedom 2020 is ON!!!

Although modified this year, the 12th annual S4F is On! Please join me in a 30-day swim-a-thon to help raise money for the Special Operations Warrior Foundation www.specialops.org. The SOWF exists to support our best and bravest in Uniform. They pledge to ensure full college funding to every surviving child of a US Special Operator who loses their life in the line of duty.

The Challenge – 30 swimmers/relays, willing to swim 30 miles (total), in 30 days.

Event Information:

- **Dates: July 9 – Aug 7, 2020 (30 Days)**
- Great prizes for the Top 5 fundraising individuals/teams
- Swimming can be done in the lake, pool, or pond
- Miles are recorded on the honor system. Use a GPS watch to measure distance.
 - If you don't have a Swim GPS watch, use your average pace x time swimming
 - Example: I typically average 1:15 per 100 yards in the pool. My average pace is 22:00 per mile. I swim for 44mins in the lake = 2 miles
 - See [Swim Pace Chart](#) for conversion times
- Relays/teams are welcome (count as 1 participant, swimming a total of 30 miles)
- We ask that each participant/relay commit to getting a minimum of 10 sponsors to support their swim
- Participants/Teams with a minimum of 10 sponsorships will get a Free 2020 S4F Tshirt and SOWF swag bag
- Additional shirts are available for purchase (\$20) all proceeds go to SOWF
- To sign up for the 2020 S4F Challenge, please email steele@gordysboats.com

Sponsorship levels:

- Bronze = \$2 per mile
- Silver = \$3 per mile
- Gold = \$4 per mile
- Platinum = \$5+ per mile

Prizes for Top 5 Fundraisers:

1. 2hr ski/board/surf school from Gordy's Marine
2. Yeti soft bag cooler
3. Go Pro camera
4. Mule's and Meat (Tito's and meat basket)
5. Lunch for 4 at Gordy's Boat House.

"greater love hath no man than to lay down his life for his friends" John 15:13