



2023 Holiday Challenge



What is it?

A challenge to swim 10 miles in 31 days.

When is it?

November 24, 2023 – December 24, 2023

How do I participate?

1) Get the STRAVA app*, join our STRAVA group and upload your swims.

www.strava.com/clubs/1093732

*you do **not** need to subscribe for a STRAVA membership, using the free service is sufficient

2) Swim 10 miles from November 24 to December 24 however you choose.

- 10 miles = 16.09 km = **17,600 yards** = 16,093 meters
- Examples of how to get your 10 miles
 - Swim 1 mile ten times.
 - Swim 10 miles one time.
 - Swim 600 yards every day from Thanksgiving to Christmas

What's in it for me?!

- 1) You will become a healthy and fit human being!
- 2) You will get a head start on training for the 2024 Mackinac Island Swim
- 3) **PRIZES!** (duh, of course!)
 - a. **Grand Prize = free entry to 2024 MIS, 2 ferry tickets and 2 nights stay at Mission Point Resort**
 - b. **Runner Up prizes from TYR!**
 - i. TYR Hurricane Wetsuit & goggles package
 - ii. TYR Alliance Backpack & goggles package
 - iii. TYR shoes and sunglasses package

How to win

- 1) **Prizes will be drawn raffle style, maximum of 3 raffle tickets per swimmer.**
- 2) **1 raffle ticket** will be given to each swimmer that:
 - a. **Completes 10 miles of swimming** between Nov 24, 2023 and Dec 24, 2023
 - b. **Places in the Top 3*** weekly leaderboard for the weeks of Nov 26, Dec 3, Dec 10 and Dec 17 (you may only receive this extra raffle ticket once)
 - c. Upon completion of their 10 miles, **post a picture/story/reel** to Instagram or our Facebook group using the hashtags #GetOffTheLog, #TYRsport and #MackinacIslandSwim2024
 - i. Please include "@MackinacIslandSwim" on your Instagram story/comments if you do this
 - ii. Link to join our Facebook Group: [Mackinac Island Swim Group | Facebook](#)

PRIZES WILL BE ANNOUNCED ON DECEMBER 28

Registration for the 2024 Mackinac Island Swim
begins **December 30, 2023**