



FOR IMMEDIATE RELEASE

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SWIMMER GOES THE DISTANCE ON HIS JOURNEY TO HEALTH

Federal Way, WA – Scott Matthew (49), a member of Blue Wave Aquatics, set a goal for 2010 to swim 500 miles. Scott accomplished his goal on December 29th, 2010!

Scott originally started swimming to improve his health and lose weight. After swimming laps by himself for a year Scott became bored with the routine. With a gift certificate, from his wife, and encouragement from his boss Scott joined Blue Wave Aquatics and found there was a lot more to swimming than just swimming laps. Blue Wave Aquatics provided professionally coached workouts focusing on improving his technique, speed, and efficiency in the water. Scott also enjoyed making new friends with his same interests – swimming and fitness. That was in 2009, today Scott says “I am in the best shape of my life and yes I did lose 20 pounds since I’ve joined. Blue Wave Aquatics keeps me motivated with my new lifestyle of fitness and health.”

Scott signed up for ‘2010 Go The Distance Postal Event’, an event through United States Masters Swimming to help members track how far they swim in one year, setting his goal at 365 miles. After a month or so he realized that the goal needed to be higher if he was going to push himself. So 500 miles it was. He swam regular workouts with Blue Wave Aquatics at our local pools and lakes, swam around Alcatraz, and swam across the Puget Sound. On December 29th with 50 yards to go his teammates exited the pool allowing him to accomplish his goal while they supported him from the sidelines.

Scott’s goal for 2011 is 600 miles including a 10k open water race. Health and fitness are still important to Scott but this year he is focusing on speed and endurance – weight loss comes as an added benefit of swimming.



Scott Matthews poses in front of his "award" on December 29th, 2010 after pass 500 miles

ABOUT BLUE WAVE AQUATICS

Blue Wave Aquatics, formerly Federal Way Masters, is an adult swim team, open to all levels of swimmers over the age of 18. Blue Wave Aquatics is a member of the United States Masters Swimming. Initially created to maintain health and fitness through regular coached workouts, Blue Wave Aquatics saw the need in the community to provide opportunities to achieve success and confidence in swimming at all skill levels through a variety of programs..

Blue Wave Aquatics offers workouts at the following locations: Weyerhaeuser King County Aquatic Center, Federal Way Community Center, Fife Swimming Pool, Kent Meridian Pool, and Evergreen Community Aquatic Center. Blue Wave Aquatics offers open water workouts, at several local lakes, during the summer months.

Blue Wave Aquatics also offers specialized swim lessons for adults at any swim level. More information about Blue Wave Aquatics is available on our website <http://www.bluewave-aquatics.com>.

ABOUT GO THE DISTANCE POSTAL EVENT

Go the Distance 2010 is a self-directed program intended to encourage Master swimmers to regularly exercise and track their progress. In the past four years, Go the Distance has become the fastest growing U.S. Masters Swimming (USMS) program. More than 2,200 members participated in Go The Distance in 2010, logging a total of over 425,000 miles.

ABOUT UNITED STATES MASTERS SWIMMING

U.S. Masters Swimming (USMS) is a national organization that provides organized workouts, competitions, clinics and workshops for adults aged 18 and over. Programs are open to all adult swimmers (fitness, tri athlete, competitive, non-competitive) who are dedicated to improving their fitness through swimming.

Founded in 1970, the non-profit corporation is organized with over 500 clubs in 52 regions throughout the United States. Membership numbers more than 50,000, with individual members ranging in age from 18 to over 100.

More information about United States Masters Swimming is available on their website <http://www.usms.org/about.php>.