

10 Reasons to do the One-Hour Swim

10. Start your fitness year right.
9. Feel confidently smug.
8. Groove your beautiful stroke.
7. Earn bragging rights with your sorry lane-mates.
6. Enjoy a big dessert afterwards (or before, if you're so inclined).
5. Make your team stronger.
4. Feel great when you're done.
3. Improve your aerobic capacity.
2. Qualify for the Oregon & USMS Series & Awards.
1. Because it's there.