Welcome to the BNL Seattle to Brady Glacier Alaska “Virtual Swim” 2017

We begin where we ended last year in Seattle and continue to travel up the West coast with the goal of reaching Brady Glacier Alaska. Total distance is 1000 mi. The swim will run from January 11 to March 31st, 2017. With a celebration upon completion!

As in previous years, each swimmer will log his/her lengths on the shared spreadsheet, see link below. The instructions are in the first worksheet (see the second page here).

https://goo.gl/RhovQ3

If you need help ask the lifeguards or please contact:

Wlodek Guryn guryn@bnl.gov
John Sinsheimer jsinsheimer@bnl.gov
Rob Todd rtodd@bnl.gov
Ian Ballantyne ballant@bnl.gov
Rich Casella rac@bnl.gov

Individual and group lengths will be totaled periodically, then converted to miles and tracked on the BNL “Virtual” Swim Map. (53 pool lengths = 1 mile)
### Instructions:

1. **Step 1:** If you have not done so, add your name to the next available row in this list below. Once you do this, your name will appear on all the tabs (sheets) below.

2. **Step 2:** Click the tab at the bottom of the screen labeled "Weeks 1&2", or "Weeks 3&4", etc. Find your name and add in your lengths swam on the respective days.

3. **Step 3:** You can view our team's and your totals on the tab labeled "Statistics".

Contact John Sinsheimer (jsinsheimer at bnl.gov) for any comments or questions about this document.

<table>
<thead>
<tr>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Włodek Guryn</td>
</tr>
<tr>
<td>John Sinsheimer</td>
</tr>
</tbody>
</table>

Your name here

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**Click these tabs at the bottom of the page to view different sheets:**

**Virtual Swim 2014**

<table>
<thead>
<tr>
<th>Enter lengths on dates below:</th>
<th>Enter lengths on dates below:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Name</strong></td>
<td><strong>Week 1:</strong> Jan 1st - Jan 4th</td>
</tr>
<tr>
<td>Włodek Guryn</td>
<td>Wed 10</td>
</tr>
<tr>
<td>John Sinsheimer</td>
<td>Sun 8</td>
</tr>
</tbody>
</table>

Your name will appear on all other sheets once entered in the Name Entry sheet. Find your name and enter your lengths swam for each day.

You can view your total lengths swam by clicking the Statistics sheet.