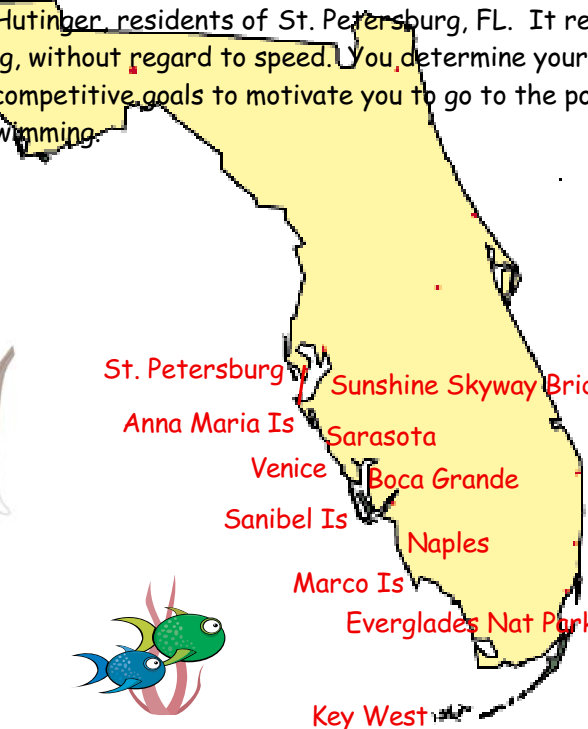
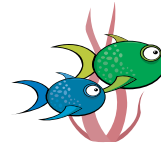
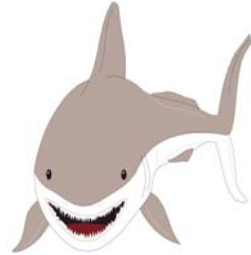


# VIRTUAL SWIM TO KEY WEST

This 200 mile virtual swim was created by Paul and Margie Hutinger, residents of St. Petersburg, FL. It recognizes, rewards and encourages your regular participation in swimming, without regard to speed. You determine your own pace. Swim as often and as far as you choose. If you do not have competitive goals to motivate you to go to the pool, this unique challenge can add interest and provide an incentive to keep swimming.

	<u>MILES BETWEEN MARKERS</u>
Sunshine Skyway Bridge	10
Anna Maria Island	10
Sarasota	15
Venice	20
Boca Grande	20
Sanibel Island	20
Naples	15
Marco Island	15
Everglades National Park	35
Key West	40
<b>Total</b>	<b>200</b>



The first stroke of your 200

mile journey begins in **St. Petersburg**, on the shores of Tampa Bay, within 50 feet of North Shore Pool, where the Hutingers train. The Pier, an inverted five-story pyramidal structure, popular with tourists, soon looms into sight. Passing under the 15 mile **Sunshine Skyway Bridge**, you will enter the emerald green, sparkling clear waters of the Gulf of Mexico. Temperatures range from the counter formidable waves during the hurricane season, June 1-November 30. Approaching **Anna Maria Island**, watch out for diving peli-break at **Sarasota** and visit the nearby Mote turtles and other Southwest Florida marine life. sprinkled across the sandy beaches. Cruise ships area, with passengers peering over the sides for playful porpoises swimming around the small islands in the Charlotte Harbor. Colorful seashells blanket the coast of **Sanibel Island**, a shell collectors paradise. **Naples** is famous for its ten miles of white sand public beaches. Five miles south is Rookery Bay, an area of mangrove islands that shelter rare birds and been transformed from a fisherman's Prairies of sawgrass interupt mangrove emerge from the murky swampland in with half-closed eyes waiting for unsuspecting swimmers or sunning themselves lazily along the beach.



mid-50's to the upper 80's. You may en-season, June 1-November 30. Approach-cans, in search of fresh fish. Take a Aquarium, home of manatees, sharks, sea In **Venice**, you will notice sharks' teeth, frequent the **Boca Grande** other marine life. **Marco Island** has retreat into a lively resort community. Look by the former residents, the Calusa Indians. stands and mazes of gnarled cyprress roots the **Everglades National Park**. Alligators float



At last, you swam your last stroke and walked up the beach at **Key West**. Welcome to the southernmost city in the continental United States. Its subtropical climate nourishes lush vegetation, especially palm trees, hibiscus and bougainvillea. Walk up Du-val Street to Hemingway's hangout, Sloppy Joe's, and have a cool drink, to celebrate your persistence in training. Share the tall tales and swimming adventures with other swimmers who survived the 200 mile journey. At dusk, amble over to Mallory Square Dock and participate in the simple habit of nightly saluting the blazing horizon, a spec-tacular Key West tradition.

A **LOG** is included, so you can chart your progress in 1/4 mile increments for each square.....  
swum in the comfort and friendly confines of your pool.

Indicate daily progress on **LOG** form by filling in date on each square. Keep **LOG** where it is easily available.