



# **2020 SWIM ACROSS AMERICA Coast to Coast Challenge**

## **Frequently Asked Questions**

### **What is Swim Across America: Coast to Coast?**

The Swim Across America: Coast to Coast Challenge is a virtual activity tracking and fundraising challenge where participants will work together to travel across America with a mission to support cancer research and clinical trials. Participants can choose their own activity goals that will support a virtual SAA swimmer to move across America. The virtual route will travel to each Swim Across America open water event city (21 'stops') for a 7,686 mile journey.

Participants can contribute to progress along the route by logging activity miles or hours, and by raising funds to support your local Swim Across America beneficiary.

### **Where will the coast to coast challenge take place?**

Our virtual route will start in Nantucket, MA, and visit each of our 21 Swim Across America open water event locations, ending at our newest location, Los Angeles, California! The entire route is 7,686 miles.

Your individual activity can take place in any location! We encourage you to walk, ride, run, bike, swim or participate in your favorite physical activity in any safe location in your local community. You can even log cancer treatment hours! Participants can choose to log their miles on the Swim Across America website as you go.

## What are the rules of the challenge?

1. All challenge participants **MUST** be registered for Swim Across America.
2. Activity miles or hours can be submitted to help us travel across the country. Any type of healthy, physical activity is welcome, paying attention to your local social distancing guidelines.
3. Each donation received will add an additional mile to total progress.
4. Be on the lookout for social media challenges to earn even more bonus miles!

## What do I need to do to participate?

1. Choose the SAA Personal Challenge Participant Option when registering for your local SAA event. If you are already registered for an SAA event, no need to change your registration - you are good to go!
2. Choose a personal activity goal or think about what activities you are motivated to complete to support SAA.
3. Use the 'log miles' button above to contribute your activity miles/hours to your cross country progress. You can choose to share your activity progress as frequently as you'd like.
4. Use the tool kit and your participant center to talk to your network about the challenge you are taking on and ask for their support to reach your goals.
5. Follow SAA's social media channels for progress updates and daily challenges to help boost your team's progress.

## How do I log my activity miles?

Submit your activity miles or hours by clicking on the 'Enter Activity' button above. You can choose to share your progress as frequently as you'd like.

If you have trouble submitting your activities via the online form, you may send your hour/mileage updates to [info@swimacrossamerica.org](mailto:info@swimacrossamerica.org).

## **Can my friends and family participate in the challenge?**

Yes! Anyone anywhere can register to help us cross America and support cancer research and clinical trials. You just need to register as an SAA Personal Challenge Participant.

## **Do I have to participate in the challenge if I want to support Swim Across America?**

No. You can still donate, register or fundraise for a Swim Across America event without choosing to participate in the mileage tracking challenge. The challenge is a fun, additional way for our Swim Across America family to come together as a community to support our local beneficiaries.

If you would like to sponsor someone to allow them to participate in the challenge, please let us know! Email [info@swimacrossamerica.org](mailto:info@swimacrossamerica.org) for more information.

## **How do I share about the challenge?**

We encourage you to post photos and videos of your activities to your social media accounts. Please tag Swim Across America and use [#saacoasttocoast2020](https://twitter.com/saacoasttocoast2020). Mileage boost prizes will be awarded for social media posts and funds raised!