



15622 Country Club Drive
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WHAT IS OUR WEST FUNDRAISING FOR?

In the past, our annual Swim-a-Thon fundraiser gained us national attention by USA Swimming and helped provide much needed funds to help those in need along with maintaining our aging facility. In 2016 for example, WEST was the top-ranking fundraiser for teams of our size in the nation. WEST relies on our yearly fundraiser to keep our organization running and provide equipment and facility improvements for our community. With the recent events of COVID-19, WEST cannot run our normally scheduled fundraiser events and right now we need the help of our community now more than ever.

West's Month-Long Community Lifeline Duathlon - help keep the WEST ship afloat and feed our community!

West Coast Aquatics is holding a competition for the month of May to see who can cover the most mileage running and bicycling. We will be awarding the overall total mileage, total running and total cycling and breaking into various categories both for our Swim Team and Non-Team Members, so anyone can participate! Simultaneously, we will be collecting donations to help offset operation costs and financial losses, along with donating to [Food Lifeline](#) - non-profit organization aimed at feeding those in need in our area. This event will be in place of our annual Swim-A-Thon, all donations are completely optional and tax deductible. West is also a 501-3c and receipts of donation are provided upon request. As a reminder, this is voluntary. Every donation counts!

How to Donate:

Cash or check donations can be mailed into:

*WEST Coast Aquatics
15622 Country Club Drive
Mill Creek WA 98012*

Award Categories:

West Swim Team Training Groups:

Embark, Explore, Discover, Challenge, Accelerate, Senior, Senior Elite.

Non-Team Members by Age:

Under 6 years, 6-9 years, 10-12 years, 13-14 years, 15-16 years, 17-18 years, 18-22 years, 23-30 years, 30-35 years, 35-40 years, 45-50 years, 50-60 years, 60+ years

How to Participate:

The event will be held on [Strava.com](https://www.strava.com) and users download their mobile app to track their workouts. The app can pair with smart watches and other fitness devices to make it simple. You can bike, run or walk and either go outside or use a treadmill, stationary bike, etc. Once you have a Strava account, join the West Coast Aquatics Group and participate in the various challenges created by Strave and record how far you ran / biked! For questions regarding Strava, contact [Coach Emily](#). For general questions about fundraising, contact the [Front Office](#)