



**Amy Gubser,**  
**Solo Trans-Monterey Bay Marathon Swim**

**Date: September 22-23 2017**

**Course:** A Single Crossing of the Monterey Bay as defined by MBSA course and rules.

Swim route chosen was North to South, from Harbor Beach to San Carlos Beach.

**Straight Line Distance:** 25 statute miles

**Overall Swim Duration:** 17h, 49m, 05s

START/FINISH	LOCATION	LATITUDE/LONGITUDE	TIME
Start	Harbor Beach, Santa Cruz	N36° 57.728' W122° 00.022'	20:19:10
Finish	San Carlos Beach, Monterey	N36° 36.574' W121° 53.694'	14:08:15

**Observer 1:** KIM RUTHERFORD **Observer 2:** SCOTT TAPLEY

**Boat & Captain(s):** GREG GUBSER and LARRY AHLIN (Boat 1), JOHN SIMS and STEPHANIE DUHAU (Boat 2/RibEye)

**Swimwear/Equipment:** Standard porous swim suit (Lycra), 1 standard silicon swim cap (white), standard race-style swim goggles (clear at night, then switched to tinted in the morning), applied Safe Sea lotion, and then layered a light coat of "grease" to avoid chaffing.

**Planned Course:** Santa Cruz Harbor Beach to Monterey San Carlos Beach (harbor to harbor)  
25 STATUTE MILES, 40.23 KILOMETERS

**Actual Course:** SAME AS PLANNED

**Final Swim Duration:** 17 HOURS, 49 MINUTES, 5 SECONDS

**Crew Chief:** GAVIN DOWNS

**Crew:**

1. JOHN CHAPMAN (PADDLER/SUPPORT SWIMMER)
2. ROBIN ROSE (PADDLER)
3. GAVIN DOWNS (PADDLER)

**Feeding Plan:**

1 HOUR, THEN EVERY 30 MINUTES (FROM THE KAYAK) – see attached for specific nutrition

**Press:**

Adventures Sports Journal, Ear to the Ground (<http://adventuresportsjournal.com/ear-to-the-ground-9/>)

Openwaterpedia: (<http://dailynews.openwaterswimming.com/2017/09/man-what-tough-swim-across-monterey-bay.html> )

**Swim Category:**

Unassisted Solo Marathon Swim

**Rules**

1. This swim was conducted following Marathon Swim Rules as defined by the [Monterey Bay Swimming Association](#). These rules are based on those used by CSA, CS&PF, SBCSA, CCSF. These rules are often collectively referred to as “English Channel” rules, however there are minor differences with the actual rules for swimming the English Channel.
2. This swim was conducted in the spirit of marathon swimming as described here: [Marathon Swimmers Federation](#)

**Weather & Ocean Observations:**

Wind: Beaufort Force 0-2 (0-6 knots) during most of the swim, not exceeding Force 3 (7-10 knots)

Water Temperature (degrees Fahrenheit): 54-61

Air Temperature (degrees Fahrenheit): Low 48, High 72.

Swells: Primarily a NW swell 3-4 ft. with larger rollers while over the canyons.

Skies: Clear Sky, Moon Set within 1 hour of start, Sunny morning and afternoon.

Currents: Variable with several large eddies that would work in favor of the swimmer and then slow the swimmer for a few hours, then release the swimmer. In the last 3 miles of the swim, the swimmer had to swim against a moderate current running in the face and at an angle to the swimmer, making the last 3 miles difficult to reach land.

**Jelly Fish/Wildlife:**

The crew spotted several birds and sea lions. A few humpback whales were spotted.

Sea Nettle Jellies (and a few moon jellies) were pervasive throughout the swim. The swimmer suffered from constant jelly fish stings, but did not have a serious allergic or other medical reaction during the swim.

**Historical Claims:**

- This swim was observed and ratified by the Monterey Bay Swimming Association.
- This was the fourth successful solo marathon swim of the Monterey Bay.

At the time of this swim, the records were as follows:

- 28% Success Rate
- 14 Attempts (by 8 swimmers)
- 4 Completed Solo Marathon Swims (continuous unassisted shore to shore swims wearing only swim suit, cap, and goggles)
  - September 1980, Cindy Cleveland, 15:21:00 (first trans-bay swim) from Cowell Beach to Lovers Beach (24 Miles)
  - August 2014, Patti Bauernfeind, 13:00:00 (fastest solo crossing) from SC Harbor to San Carlos Beach (25 Miles)
  - September 2014, Kim Rutherford, 22:06:00 (first South to North) from San Carlos Beach to SC Harbor (25 Miles)
  - September 2017, Amy Gubser, 17:49:05 from SC Harbor to San Carlos Beach (25 Miles)

### **Observers' Narrative, *by Scott Tapley***

On September 22, at 8:19 pm, a sliver of moon was setting over Steamer Lane, as Amy Gubser stood beside a rocky jetty near Santa Cruz harbor. Wearing nothing but a swim suit, cap and goggles, Amy took a deep breath and stepped confidently into the chilly water of Monterey Bay. Staring into the dark abyss, she began to swim. Amy was escorted by David North (on a surfboard) through the small shore break until they reached Gavin Downs in the Kayak. Just beyond the Santa Cruz harbor entrance, the remainder of her crew waited in two small escort boats. The Santa Cruz harbor patrol was also there to guide Amy until she was well-beyond the traffic of the harbor entrance. About 500 yards southwest of the harbor, the two small escort boats (piloted by Greg Gubser, Larry Ahlin, John Sims, and Stephanie Duhau) took up position adjacent to Amy and the entire party was on its way to Monterey.



From start to finish, the sky was clear and the stars were bright throughout the long night of swimming. In fact, it was such a clear night, the crew could see the lights of Monterey and Moss Landing (along with other landmarks) strung out along the entire perimeter of the Bay.

The swim began with a little texture on the water, but quickly flattened out making for excellent swim conditions. On the other hand, the water temperature steadily dropped from 58 degrees Fahrenheit near Santa Cruz to 55 and then 54 in the first two hours of the swim. This was also about the same time Amy started to count jellies floating by. At first they were mostly harmless moon jellies a few feet below her catch. And then, without warning, BAM! Her first Sea Nettle kiss. This was followed by a continuous molestation of unseen, but surely felt, raking of tentacles across her face, neck, arms, and legs. This relationship would persist until she cleared the water, over 20 miles away.

During the night, we could hear (but not see) sea birds squawking and were visited by the occasional overzealous sea lion. One large pinniped was intent on charging and splashing a few feet behind Amy (and Robin in the kayak). It would rush the boat a high speed displaying an eerie silhouette of bright green phosphorescence. We could hear a few whales in the distance, but it was otherwise a quiet night.

It was also a COLD night. With temps dropping below 50, the crew was bundled up, but Amy seemed to have no issue with the air or water temps. She laughed and joked at food stops, and commented that the water was "perfect."

Two hours into the swim, Amy latched onto a favorable current for a few miles, but that was short lived. Later as she passed the edge of the Soquel Canyon, there were slight Easterly currents and she had to crab slightly to stay on the route line, guided by the precision of her pilots. Over the middle third of the swim, Amy would encounter neutral water, and then a few hours of counter current, and the occasional push. It was the typical Monterey Canyon swirling eddy effect that local fisherman speak of.

As the sun rose to the East, long rolling waves approached from the northwest, gently lifting and setting the boats and swimmer. In one boat, we would watch the other boat rise high above us and then disappear behind the glassy bump. Surface conditions were smooth and great for swimming, despite the constant barrage of Sea Nettles.

The crew relished in the warming sun as Amy powered on through chilly water. Just before and shortly after sunrise, we saw a few more humpbacks and the Monterey Peninsula loomed just out of reach in the foreground.

At 9:30 AM, John Chapman jumped in with his video camera to capture some incredible images of Amy swimming through hundreds of Jelly Fish. Amy replied, "He John... is that a Go Pro in your pocket, or are you just glad to see me?" After thirteen hours of swimming, Amy still had a great attitude and was physically healthy. She was eating every thirty minutes, urinating consistently, and keeping any pain and discomfort to herself. At one point she schooled her crew on the importance of remembering to lube your "ass crack." Apparently she was starting to chafe in those hard to reach spots.

This is the hard part of any channel/marathon swim. Amy could see land, but it just would not get any closer. Overnight, her stroke rate decreased from 70 (+ or -) to 66 (+ or -), and her average speed had slowed a little, but she was still swimming (and looking) very strong and making good forward progress. On the other hand, she felt like she was going nowhere. As is usually the case, this led to frustration and the "I'm not having fun anymore" comments. "How much further." And... "I feel like I am not getting anywhere."

At about 3 miles from shore, the wind picked up out of the NW. Amy then ran into a strong current running northeast. It was coming out of the south and running along the Monterey Peninsula and bouncing away from land near Lovers Point. Amy was trying to swim South/Southwest toward San Carlos Beach, but the jellies were flying by her on their way toward Marina. Amy could see she was swimming against a strong current. It was now very choppy with scattered whitecaps, and progress was slow.

At this point in the swim, if a swimmer is heading to Lover's they can veer off and hit land about a mile away, but Amy was swimming the 25 mile route to San Carlos Beach. She still had 2 miles to go against a strong current. To make this extra challenging, this area was filled with more stinging Nettles right on the surface and spaced about 1 to 2 feet apart. There was no escaping them.

Despite maintaining a SR of 66 and pulling hard, the current was putting on the breaks. Amy continued to plug away across the jelly mind field, one meter at a time.

At .5 miles to shore, Greg Gubser (husband) got in the kayak and I (Scott) jumped into guide Amy around the kelp to a narrow channel opening to San Carlos Beach. There were a few scuba students floating nearby as Amy, Greg, and Scott closed in on the warm sand.

Amy meandered her way through the final clumps of kelp as she approached San Carlos beach in Monterey. Wobbling to an upright position, Amy walked ashore to a crowd of cheering family, friends, and bystanders, complete with champagne.

As Amy finished, Kim Rutherford was on one of the support boats and on the phone with Cindy Cleveland. Patti Bauernfeind was on the beach. Cindy, Patti, and Kim are the first three (and only) previous swimmers to complete a Monterey Bay crossing.

On September 23, at 2:08 PM, after 17 hours and 49 minutes of swimming, Amy Gubser became the fourth person to complete a solo marathon swim across the Monterey Bay.



Congratulations Amy!



Amy taking advantage of some calm water. (photo Scott Tapley)



Amy ponders one of the many painful jelly fish encounters





Amy (far left) joined at the finish by previous Monterey Bay swimmers Kim Rutherford (center) and Patti Bauernfeind (right)

TEMPS IN DEGREES FARENHEIT. DISTANCE IN STATUE MILES. WIND IN KNOTS. WAVES IN FEET.

Time	H2O	Air	Wave	Wind	Stroke	Observations
20:19	58.4	58	0-1	0	74	<p>JOEL WILSON ON THE BEACH TO SEE AMY OFF DAVE NORTH PADDLED AMY OFF THE BEACH THROUGH SMALL SHORE BREAK.</p> <p>GAVIN ON KAYAK AMY WAS ESCORTED BY THE HARBOR PATROL BEYOND THE HARBOR ENTRANCE. SHE MET UP WITH HER KAYAK AND TWO ESCORT BOATS.</p> <p>LIGHTS IN MONTEREY ARE VISIBLE.</p> <p>CLEAR SKY, LOTS OF STARS JUST A SLIVER OF MOON SETTING.</p>
20:42	58.4		0	0	72	
21:20	56.5		1	0	72	<p>FEED: CARBO PRO WITH SNAPPLE DAVE RADIOED TO CONFIRM HE WAS SAFE BACK ON THE BEACH. THE MOON HAS SET</p>
21:55	55.4	58	1-2	LIGHT	71	<p>FEED: WATER AND CHIA VOID (2<sup>ND</sup> TIME) SOME JELLIES BUT NOT GETTING STUNG CLEAR SKY, LOTS OF STARS</p>
22:13	54.7	57	1	LIGHT	71	<p>LOTS OF MOON JELLIES 2FT BELOW SURFACE. SWIMMING ABOUT 2.4 MPH, POSSIBLY GETTING SOME HELP FROM CURRENT</p> <p>20.6 MILES TO GO</p>
22:39	54.9	56			71	<p>FEED: CARBO PRO AMY HAS NOW BEEN STUNG SEVERAL TIME SHE IS VOIDING FREQUENTLY DOES NOT FEEL COLD</p>

Time	H2O	Air	Wave	Wind	Stroke	Observations
23:00	54.9	56	1	LIGHT	71	<p>FEED: CLIFF BAR WATER MANY JELLIES – LOTS OF STINGS</p>
23:30						<p>FEED: CP AND OATMEAL AMY WAS TALKING ABOUT A CYBORG FROM STAR TREK JELLY FISH STINGS ON THE FACE</p> <p>VERY CLEAR NIGHT, LOTS OF STARS AND LIGHTS VISIBLE ALL THE WAY AROUND THE BAY. BUT STILL DARK RIGHT ON THE WATER AND ON THE BOATS.</p> <p>STILL VOIDING REGULARLY.</p> <p>FEWER MOON JELLIES AND LOTS OF SEA NETTLES</p>

12:00 AM	55.7	54	LUMPY	2-4 NW	69	<p>GAVIN OUT, JOHN CHAPMAN IN (KAYAK)</p> <p>FEED CARBO PRO</p> <p>OVER SOQUEL CANYON DEPTH 814 FT.</p> <p>AMY SWIM SPEED SLOWED TO ABOUT 1.65. SEEMS TO BE SWIMMING INTO A CURRENT.</p>
12:30	55.9	54	LUMPY	2-4	69	<p>FEED: CARBO PRO</p> <p>STILL VOIDING</p> <p>GETTING STUNG ALL OVER BODY</p> <p>AMY REPORTS "FEELING GOOD."</p>
1:00	56.5	53	2-3	GUSTY	69	<p>FEED: CARBO PRO AND CHIA</p> <p>SURFACE CONDITIONS ARE MORE TEXTURED AND MIXED UP NOW. AMY STILL SWIMMING STRONG.</p> <p>CREW IN THE BOATS COLD.</p> <p>AMY IS JOKING AND LAUGHING.</p> <p>SKY IS STILL CLEAR, LOTS OF STARS.</p>
1:32	F57	54	2-3	4-5	69	<p>FEED</p> <p>SURFACE CONDITIONS ARE CHOPPY WITH 2-4 FT ROLLERS OUT OF THE NW.</p> <p>RIBYE FALLING BACK TO GO TO THE BATHROOM.</p> <p>14.8 MILES TO GO</p> <p>AMY IS DOING GREAT. STILL LOTS OF STINGS</p> <p>SWIM SPEED BACK UP TO 2.0.</p> <p>WE THINK WE ARE CROSSING LARGE EDDIES OF CURRENT OVER AND AROUND THE EDGES OF THE CANYON.</p>

Time	H2O	Air	Wave	Wind	Stroke	Observations
2:00	56.7	53	1-2	LIGHT	68	FEED: CARBO PRO
2:30	56.6	55	1	LIGHT	71	<p>FEED: MASH POTATOES/WATER</p> <p>AMY "WATER FEELS GREAT"</p> <p>STILL LOTS OF STINGS</p> <p>STILL VOIDING REGULARLY</p>
2:40					68	ROBIN CHANGING FROM RIBEYE TO GREG'S BOAT FOR THE NEXT KAYAK EXCHANGE
3:00	55.7	55	0	0	70	<p>FEED: CARBO PRO</p> <p>KAYAK EXCHANGE (JOHN OUT, ROBIN IN)</p>

3:30	55.7	56		0	70	FEED RX VOID
4:00	56.5	56	<1	0	70	FEED: CARBO PRO/CLIFF

Time	H2O	Air	Wave	Wind	Stroke	Observations
4:30	57.7	55	<1	0	68	FEED: WATER
5:00	56.7	49	<1	0	68	FEED: CARBO PRO
5:30		49	<1	1-2 NW		SEA LIONS IS BEHIND AMY AND ROBIN. CHARGING AT THEM, THEN CHARGING FAST AT THE BOAT. OUTLINE OF THE SEAL IS LIT UP BY BIOLUMINESCENCE (SPOOKY).  AMY VOIDS, BUT REPORTS IT IS GETTING HARDER TO "P" WHILE SWIMMING.  SAILBOAT "DRAGONFLY" PASSES IN FRONT OF US IN THE DARK. DOES NOT SHOW UP ON RADAR.
5:35- 6:00						ROBIN CAPSIZES KAYAK. AMY TREADS WATER FOR A BIT THEN SWIMS AHEAD WITH BOAT 1, RIBYE COLLECTS KAYAK STUFF AND THEN CATCHES UP.  AMY "I WAS WRITING A SONG – HAD A GOOD ONE."  AMY "ARRG – RIGHT IN THE FACE (JELLIES)"  AMY ALMOST RUNS INTO THE BOAT – LAUGHS.
6:00	55.6	50	0	0	68	FEED: CARBO PRO KAYAK CHANGE: GAVIN IN ROBIN OUT
6:30	56.8	48	0	0	70	FEED : CARBO PRO + ESPRESSO LOVE GEL WHALES SEEN OFF THE BOW DAWN (VERY FAINT)

Time	H2O	Air	Wave	Wind	Stroke	Observations
7:00	56	49	0	0	70	FEED: CARBO PRO
7:30	57.4	53F		0	68	NO WIND WAVES BUT SWELL IN NOW LARGER AND ROLLING THROUGH FROM THE NORTH WEST. WIND SHIFTING A BIT OUT OF THE SE
8:00	57.4	53		0	70	FEED: CARBO PRO RX
8:30	58.7	60	1	LIGHT	70	FEED: BABY FOOD AND WATER (OR CLIFF?) LARGER ROLLERS NOW

						A LITTLE BREEZE OUT OF THE EAST
8:58	58.7	60	1	LIGHT	66	FEED: COKE AIR TEMP IS FINALLY WARMING UP WITH DAYLIGHT AND THE SUN. CREW IS SLOWLY WARMING UP  AMY IS STILL DOING GREAT.
9:30	58.9	64F			68	FEED: CHIA, BABY FOOD AND COKE  JOHN CHAPMAN GOES IN TO SWIM WITH AMY "HEY JOHN, IS THAT A GO PRO IN YOUR POCKET OR ARE YOU JUST GLAD TO SEE ME?"  3-4 FT SWELL, BUT NO WIND OR WIND CHOP

Time	H2O	Air	Wave	Wind	Stroke	Observations
10:00	59.2	64		0	66	FEED: CARBO PRO
10:20						JOHN CHAPMAN DONE SWIMMING – RETURNS TO BOAT
10:30					66	FEED: COKE AMY IS LOOKING AND SOUNDING GREAT STILL VOIDING REGULARLY STILL GETTING STUNG FREQUENTLY NOT FEELING COLD (OR SAYS SHE IS NOT COLD)  SWIM SPEED DOWN TO 1.6 MPH  CINDY CLEVELAND ON THE PHONE.
11:00	59.6	66		2-4	67	FEED: COKE AMY LOOKS GOOD. AMY SAYS SHE FEELS GOOD, BUT IS TIRED 4.6 MILES TO GO LOTS OF SEA NETTLES VISIBLE EVERYWHERE. NO ESCAPING THEM. A LITTLE WIND IS KEEPING MOST OF THEM BELOW THE SURFACE FOR THE MOMENT.
11:30				4-6	67	FEED THE WIND HAS SHIFTED BACK TO NORTH WEST AND IS PICKING UP. NOW CAN SEE TEXTURE AND A FEW WHITE CAPS ON TOP OF 3-4 FT ROLLERS.
12:00	59	65	2-3	8-10	67	FEED: COKE AMY "NOT HAVING FUN ANY MORE" 2.56 MILES TO GO  PATTI'S FRIENDS DAVE AND ?? SHOW UP IN A BOAT OUT OF MONTEREY TO CHEER FOR AMY. "PATTI SAYS YOU GO GIRL!"

Time	H2O	Air	Wave	Wind	Stroke	Observations
12:20						<p>STOPPED A LITTLE EARLY FOR A GEL</p> <p>WIND IS NOW UP AND THERE ARE LOTS OF WHITE CAPS</p> <p>AMY SAYS "DON'T FORGET TO LUBE YOU BUTT CHEEKS."</p>
12:50	61.1	70	3	6-8+ NW	66	FEED
13:10	61.4	72		6-8+	67	<p>FEED: COKE</p> <p>JELLY FISH ARE THICK – ABOUT 1-2 FEET APART AND FROM THE SURFACE DOWN AS FAR AS YOU CAN SEE. AMY TRIES TO LAY FLAT. NOT ESCAPING THE STINGS.</p> <p>THERE IS NOW A BUILDING CURRENT RUNNING NE (FROM THE SW) ALONG THE MONTEREY PENINSULA AND PUSHING TOWARD SEASIDE (AWAY FROM THE DESTINATION). THIS IS HOLDING AMY IN TO VERY SLOW FORWARD PROGRESS.</p> <p>AMY CAN SEE THE JELLIES GOING IN THE WRONG DIRECTION AND SHE WANTS TO SWIM WITH THE CURRENT, BUT THAT WILL TAKE HER AWAY FROM LAND.</p> <p>SHE IS VERY FRUSTRATED.</p> <p>AMY WANTS TO STOP MORE FREQUENTLY TO FEED.</p>
13:20	61.4	72		6-8+	67	FEED: WATER/GEL
13:50	61.4	72		6-8+		<p>FEED: GEL</p> <p>MORE JELLIES ALL AROUND</p> <p>SCOTT TAPLEY DIVES IN TO SWIM WITH AMY – GETS STUNG IMMEDIATELY</p> <p>GREG GET IN KAYAK TO PADDLE AMY TO THE BEACH.</p> <p>BEACH IS BLOCKED BY THICK KELP BUT THERE IS A SMALL CHANNEL JUST WEST OF THE BREAKWALL.</p> <p>SCOTT AND GREG GUIDE AMY INTO THE CHANNEL.</p>
14:08:15						<p>AMY LANDS ON SAN CARLOS BEACH. SUCCESS!</p> <p>LOTS OF FAMILY AND FRIENDS ARE WAITING, INCLUDING PATTI BAUERNFEIND.</p>



Swimmer/Year AMY LUBSON 9/22 & 23 2017

Swim & Swimmer: MONTANA BAY

Date: 9/22 2017

Observer 1: Observer 2: KIM RUTHERFORD, SUE TAPLEY

Boat & Captain(s): GREG LUBSON, JON SIMS, LARK ARLIN

Planned Course: S.C. HARBOR BEACH. TO SAN CARLOS BEACH.

Actual Course:

Final Swim Duration:

Start Time: 8:19:10 PM

Finish Time:

Start: HARBOR BEACH. SC

Finish:

Crew Chief: GAVIN DOWNS

Crew:

1. JON CHAPMAN
2. STEPHANIE DUHAU
3. BOB RJE.
- 4.
- 5.

Outcome/Notes:

FEED 6 FROM KAYAK.  
FEED 1 IN THER PO.

Press:

CH 71

Time	H2O	Air	Wave	Wind	Stroke	Observations
20:19	58.4		tiny roll	0	74	Joel on the beach lots of tiny out Amy on high friend Dave fish out paddled her <del>thru</del> out to boat. Harbor patrol escort of. clear skip tons of stars
20:42	58.4		roll	0	72	John Sims posted live feed! T & John
21:06			small	0	73	(Scott will get a temp)
21:20	56.5		tiny roll	0	72	1st feed Carlo pro (1:15 see feed) Dave called on radio earlier he made it back to the beach (Mud bomb)
21:55	55.4	58°	1-2 rollers	light	71	Feed 21:20 TO 60. CHIA/WATER. PEED (VOID) TWICE. SOME SELLIES, BUT NO STARS. (1:20 FEED) CLEAR SKY, LOTS OF STARS.
22:13	54.7°	57°	1-2 light rollers	tiny	71	LOTS OF MUD SELLIES 2 FT. DOWN. avg 2.4 mph (20.6 miles to go)
22:29						50 sec
22:39	56.0		1-2 rollers	light	71	Carlo pro & been stung by Amy stung several times first clip bar pre 3 tenies (1:05 feed time) Jellys many strings

Swimmer/Year

VERY CLEAR NIGHT  
CAN SEE ALL BIR  
LADONIAH'S MOST STAGERS  
VERY BRIGHT.

Time	H2O	Air	Wave	Wind	Stroke	Observations
Feed 23:30	55.2	56	21K 65K 4- 1-2		70	Feed. C.P. + OATMEAL 17.9 TO 60. VOID (P) CYBORG FROM STAR THER JELLY ON FACE STILL CLEAR CAN SEE LIGHTS IN
						GETTING LUMPY. MONTERY. UHOO COLDER WIND. OF SC. LOTS OF JELLY STINGS (NETTLES) FAULTS FEWER MOD JELLYS NOW.
						12:1 AM SWIMMER OCCASIONAL NETTLES. BO W/ SECOND BOAT TO CHANGE KAROL. THOSE GAVE FOR CHADMAN.
Feed 12:00	55.7	54	2-3 lumpy	2 bust 4	N.W.	KAMAK SWAP CARBO PRO OATMEAL?
Feed 12:30	55.9	54	↓	↓	69	12:14 OVER SUOVEL CANYON. DETA SUFT. CR. Peeling alot Stings all over body. but feeling good!
1:00 AM Feed	56.5	53 AR	2-3 ft.	GUSTY. FRESH BUBBLE NO WHITECAPS	69	12:50 AMY JOKUL + LABBUL. CARBO PRO + CHIA SEEDS? STILL "OUCH JELLY!" COLD OR STING CHOW DOUBT WELL.
1:34 Feed	57	54	2-3 Roller	4- Sish.		RIBETE FALLS BACK TO P.C. BUT A LITTLE 14.8 TO 60. COLD. 2.0 mph AVG AMY DOUBT GREAT. BUT STILL LOTS OF STINGS VOID WATER, CHLAP. PEELING ALIT. "WATER FEELS HEAVY"

200



Swimmer/Year

Time	H2O	Air	Wave	Wind	Stroke	Observations
2AM feed	56.7	53	1-2	LIGHT	68	CARBO PRO ONLY. WANTS POTATOES. 12:05 WIL TO GOAL. AMY HEART WHALES. SEA LION.
2:30 feed	56.6	55	1	LIGHT	71	MAINT POTATO/WATER. "WATER FEEL GREAT" - AMY. LOTS OF STIRTS ON 60/16. PIL SEA L (VOIDING)
02:40					68	hull robot comes on sheep heat & exchange
0300	55.7° 55	55	0	0	70	carbo pro Rayon exchange joined Robot in
0330	55.7° 55	56	roll	0	70	Rx & feed concern pee
0400	56.5	56	-1 roll	0	70	carbo pro Clif bar
0440	57.7° 56	56	-1 roll	0	66	water pump openers really tired

Rob

Swimmer/Year

Time	H2O	Air	Wave	Wind	Stroke	Observations
0500	56.7°	55° 49°	-1	0	68	carho pro sea sick behind arm up to boat
5:30		49°	-1	1.9 NW		BIB SEA LING CHARGED SWIMMER AND BOAT. AMY STOPPED TO "P" "Ring is getting harder now." SAILBOAT "DRAGONFLY" PASSED IN FRONT OF US.
						BIB CAPSIZED (NO W) 5:55. 5:57 <u>NETTLED</u> "AMY" RATHER THAN AMY. "I WAS WAITING A TALENT" SONG. HAD A GOOD ONE" (ALMOST RAN INTO BOAT)
6:00	55.6	50	0 down	0	68	FEED CARBO P. KAYAK CHANGE GAMW IN ROBIN OUT
6:30	56.8	50	0	0	70	WHALES Dawn 6AM FIRST LIGHT carho pro espere fee
7a	56	49	0	0	70	carho pro
7:30	57.4	52	2-3 pollies	0	68	mama chuan
8a	53	2-3	0	0	70	Rx carho pro

400



Swimmer/Year

DAVE & ? IN BOAT  
SAY RITTA SAYS  
YOU GO BLUE!

Time	H2O	Air	Wave	Wind	Stroke	Observations
12:00 PM	59	65	2-3	8-10	67	Feed/Coke 2.56 TO 60. "NOT HOW FUN AM NOT"
12:20						WIND IS NOW UP - SOME WHITE CAPS? "DON'T FORGET TO LUBE YOUR BUTT CHAIR"
12:50	61°	70°	2-3	6-8	66	Carbo pro & feed every 20
(13:10) 13:10						Coke
(13:20) 13:20	61.40	72°	1-2	6-8	67	Coke thousands of rollers
(13:50) 13:44	61.7	72°	1	8+		Carbo pro gallies all the way in
13:50						Scott in to swim with anny John checking breakwater Port side to wall clear

600 14:08:15  
Finished!

14:49:05  
8:19:10  
Observer Log - Page 7  
12  
14.

Swimmer/Year

Time	H2O	Air	Wave	Wind	Stroke	Observations
8:30	58.4°	58°	3' rollers	slight	70	water baby food club
8:50	58.7°	60°	1' rollers	Ø	64	Tina's next feed this feed Coke
9:50	58.9	64°	3-4 swell no wind water	Ø	68	JOAN is to swim w/ Amy. C. CHA, BASH, COKE
10:00 AM <del>8:50</del>	59.2	64	Ø	Ø	66	"HEY JOAN. IS THAT A GORP IN YOUR SUIT OR ARE YOU JUST HAPPY TO SEE ME?" CARBO PRO ONLY
10:20	JOAN CHARMAN (BROOD SWIM) OUT.					CANDY CLEVELAND OF THE PHONE
10:30	FEED COKE ONLY					
	59.6	66				AMY IN GREAT SPLIT - SWIM SPEED DOWN TO 1.6 mph, stroke looks good. JUST TIRED 4.6 mph to 60.
11:00	COKE ONLY					67 LOTS OF NETTLES JUST BELOW. Ø Ry

(3 min)  
to 60

56

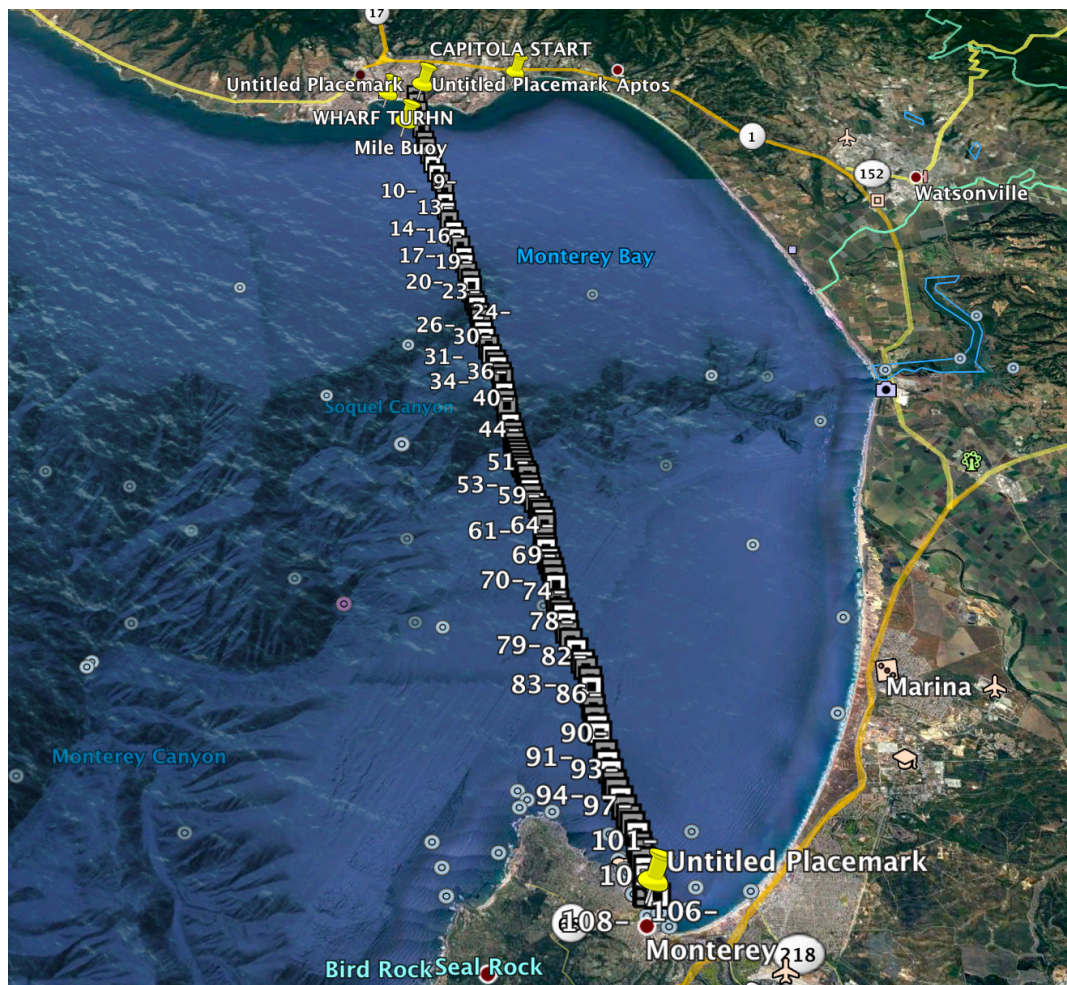
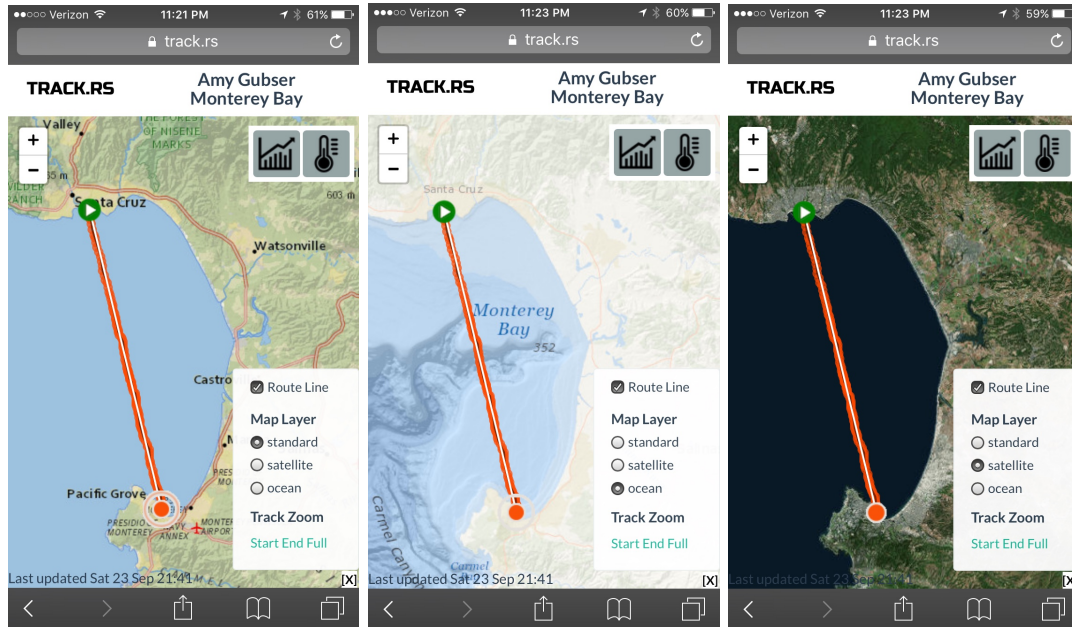
**Feeding Plan:** Fuel/hydration: carbo pro mixed with diet Snapple and water\*\*premixed-750ml of diet tea 2 scoops of carbo pro and the remaining 250 of water. Typical feed is about 300-500ml. \*\*\*if I do not tolerate my feeds-offer me coke/water/mashed potato/gu

- 1<sup>st</sup> hour-swim,
- First feed on top of the hour: carbo pro mix
- 1:30: water and food (mama chia/applesauce)
- 2 hours: carbo pro
- 2:30: water and shot blocks
- 3 hours: carbo pro mix
- 3:30: water and food (oatmeal w/ fruit or mamachia or applesauce)
- 4 hours: carbo pro \*\*reeses peanut butter cups-2
- 4:30: water and some food item or gu
- 5 hours: carbo pro
- 5:30: water and some food item
- 6 hours: carbo pro
- 6:30: water some food item
- 7 hours: carbo pro
- 7:30: water and peaches
- 8 hours: carbo pro \*\*reeses peanut butter cups-3
- 8:30: water and mashed potatoes
- 9 hours: carbo pro
- 9:30: water and some food item
- 10 hours: carbo pro
- 10:30: water and peaches/applesauce
- 11 hours: carbo pro
- 11:30: water and some food item
- 12 hours: carbo pro \*\*reeses peanut butter cups-4
- 12:30: water and some food item
- 13 hours: carbo pro
- 13:30: water and mashed potato/food item
- 14 hours: coke
- 14:30 \*\*\*\*anything you think I need to finish this

\*\*\*when in doubt: coke!!!! Love to have it if my stomach is upset and about 1 hour from finish.



# TRACKS



# RAW TRACK DATA

-
9/22/17 20:19 0-2465054 36.96033 122.00089
-
9/22/17 20:29 0-2465054 36.95573 122.00015
-
9/22/17 20:39 0-2465054 36.9502 121.99864
-
9/22/17 20:49 0-2465054 36.94426 121.99736
-
9/22/17 20:59 0-2465054 36.93826 121.99611
-
9/22/17 21:11 0-2465054 36.93143 121.99402
-
9/22/17 21:19 0-2465054 36.92761 121.99268
-
9/22/17 21:29 0-2465054 36.92238 121.99104
-
9/22/17 21:39 0-2465054 36.91702 121.98911
-
9/22/17 21:48 0-2465054 36.91162 121.98679
-
9/22/17 21:58 0-2465054 36.90639 121.98453
-
9/22/17 22:09 0-2465054 36.90086 121.98229
-
9/22/17 22:19 0-2465054 36.89472 121.98152
-
9/22/17 22:28 0-2465054 36.88985 121.98056
-
9/22/17 22:38 0-2465054 36.88447 121.97903
-
9/22/17 22:48 0-2465054 36.87867 121.97654
-
9/22/17 22:58 0-2465054 36.87502 121.97482
-
9/22/17 23:08 0-2465054 36.87024 121.97292
-
9/22/17 23:19 0-2465054 36.86453 121.97096
-
9/22/17 23:28 0-2465054 36.86082 121.97032
-
9/22/17 23:38 0-2465054 36.85619 121.96895

			-
9/22/17 23:48	0-2465054	36.85228	121.96725
			-
9/22/17 23:58	0-2465054	36.84881	121.96655
			-
9/23/17 0:08	0-2465054	36.84508	121.96632
			-
9/23/17 0:20	0-2465054	36.84075	121.96481
			-
9/23/17 0:27	0-2465054	36.83851	121.96361
			-
9/23/17 0:39	0-2465054	36.83471	121.96236
			-
9/23/17 0:47	0-2465054	36.83207	121.96187
			-
9/23/17 0:57	0-2465054	36.8287	121.96083
			-
9/23/17 1:07	0-2465054	36.82594	121.96027
			-
9/23/17 1:17	0-2465054	36.82272	121.95908
			-
9/23/17 1:30	0-2465054	36.81876	121.95743
			-
9/23/17 1:38	0-2465054	36.81673	121.95726
			-
9/23/17 1:47	0-2465054	36.81417	121.95601
			-
9/23/17 1:56	0-2465054	36.81126	121.95412
			-
9/23/17 2:06	0-2465054	36.80878	121.95296
			-
9/23/17 2:16	0-2465054	36.80544	121.95142
			-
9/23/17 2:26	0-2465054	36.80286	121.95058
			-
9/23/17 2:37	0-2465054	36.79942	121.95062
			-
9/23/17 2:46	0-2465054	36.79625	121.94977
			-
9/23/17 2:56	0-2465054	36.79279	121.94899
9/23/17 3:06	0-2465054	36.78974	-121.9483
			-
9/23/17 3:16	0-2465054	36.78561	121.94792

			-
9/23/17 3:26	0-2465054	36.78188	121.94659
			-
9/23/17 3:38	0-2465054	36.77827	121.94533
			-
9/23/17 3:46	0-2465054	36.77567	121.94481
			-
9/23/17 3:56	0-2465054	36.7735	121.94438
			-
9/23/17 4:06	0-2465054	36.77208	121.94475
			-
9/23/17 4:15	0-2465054	36.77078	121.94348
			-
9/23/17 4:25	0-2465054	36.76919	121.94292
			-
9/23/17 4:38	0-2465054	36.76736	121.94247
9/23/17 4:45	0-2465054	36.76578	-121.9418
			-
9/23/17 4:55	0-2465054	36.76386	121.94133
9/23/17 5:05	0-2465054	36.76254	-121.9408
			-
9/23/17 5:15	0-2465054	36.76036	121.93967
			-
9/23/17 5:25	0-2465054	36.7589	121.93875
			-
9/23/17 5:35	0-2465054	36.75797	121.93864
			-
9/23/17 5:46	0-2465054	36.75519	121.93803
			-
9/23/17 5:55	0-2465054	36.75301	121.93747
			-
9/23/17 6:05	0-2465054	36.75052	121.93669
			-
9/23/17 6:15	0-2465054	36.7476	121.93535
			-
9/23/17 6:27	0-2465054	36.74518	121.93378
			-
9/23/17 6:35	0-2465054	36.74357	121.93272
			-
9/23/17 6:46	0-2465054	36.74051	121.93161
			-
9/23/17 6:54	0-2465054	36.73833	121.93135
			-
9/23/17 7:04	0-2465054	36.73611	121.93112

			-
9/23/17 7:14	0-2465054	36.73357	121.93134
			-
9/23/17 7:24	0-2465054	36.73092	121.93114
			-
9/23/17 7:34	0-2465054	36.72839	121.93054
9/23/17 7:48	0-2465054	36.72451	-121.9295
			-
9/23/17 7:54	0-2465054	36.72255	121.92886
			-
9/23/17 8:04	0-2465054	36.72023	121.92792
			-
9/23/17 8:14	0-2465054	36.7173	121.92722
			-
9/23/17 8:24	0-2465054	36.71409	121.92633
			-
9/23/17 8:34	0-2465054	36.71151	121.92622
			-
9/23/17 8:44	0-2465054	36.70805	121.92569
			-
9/23/17 8:55	0-2465054	36.70452	121.92441
			-
9/23/17 9:04	0-2465054	36.70268	121.92336
			-
9/23/17 9:13	0-2465054	36.69963	121.92224
			-
9/23/17 9:23	0-2465054	36.69612	121.92184
			-
9/23/17 9:33	0-2465054	36.69307	121.92046
			-
9/23/17 9:43	0-2465054	36.68965	121.91833
			-
9/23/17 9:55	0-2465054	36.68526	121.91588
			-
9/23/17 10:03	0-2465054	36.68294	121.91476
			-
9/23/17 10:13	0-2465054	36.67919	121.91313
			-
9/23/17 10:23	0-2465054	36.67615	121.91266
			-
9/23/17 10:33	0-2465054	36.67316	121.91255
			-
9/23/17 10:43	0-2465054	36.66912	121.91194

			-
9/23/17 10:53	0-2465054	36.66565	121.91144
			-
9/23/17 11:04	0-2465054	36.66263	121.91058
			-
9/23/17 11:13	0-2465054	36.66008	121.90968
			-
9/23/17 11:33	0-2465054	36.65369	121.90767
			-
9/23/17 11:42	0-2465054	36.65043	121.90689
			-
9/23/17 11:52	0-2465054	36.64738	121.90569
			-
9/23/17 12:05	0-2465054	36.64381	121.90463
			-
9/23/17 12:12	0-2465054	36.64129	121.90381
			-
9/23/17 12:22	0-2465054	36.63856	121.90232
			-
9/23/17 12:32	0-2465054	36.63564	121.90112
			-
9/23/17 12:42	0-2465054	36.6327	121.89958
			-
9/23/17 12:52	0-2465054	36.63036	121.89831
			-
9/23/17 13:02	0-2465054	36.62748	121.89668
			-
9/23/17 13:14	0-2465054	36.62408	121.89616
			-
9/23/17 13:22	0-2465054	36.62213	121.89572
			-
9/23/17 13:32	0-2465054	36.61934	121.89505
			-
9/23/17 13:42	0-2465054	36.61673	121.89391
			-
9/23/17 13:52	0-2465054	36.61401	121.89294
			-
9/23/17 14:02	0-2465054	36.611	121.89362
			-
9/23/17 14:12	0-2465054	36.60827	121.89024
			-
9/23/17 14:21	0-2465054	36.60865	121.89378
			-
9/23/17 14:31	0-2465054	36.60914	121.89415