



Newsletter of the **Catalina Channel Swimming Federation** July 2009

Call it a perfect four-for-four, in early July, with successful Catalina crossings. Congratulations to Tom Hecker (*pictured*), who finished in 10 hours and 45



minutes. Antonio Arguelles returned to repeat the feat. His third Catalina crossing came 10 years (to the date) after his first success. The final time of 10 hours and 25 minutes is Antonio's fastest – yet. The entire list is at the SwimCatalina.org website.

Two Southern California relays got across pretty quickly. Following the 4th of July fireworks, swimmers from East Valley Wave Riders finished in 9 hours and 48

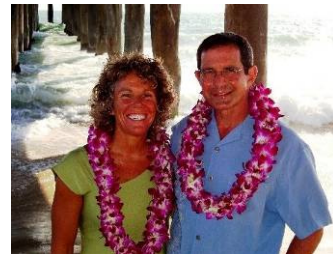


minutes. Only a few nights later, Mission Viejo Nadadores members (*pictured with coach Adam Dusenbury*) swam in 7 hours and 51 minutes. It was the first time, since 1997, that a relay finished under the 8-hour mark. There's word that these swimmers have an eye on the record books. We may see them go back out for an even faster attempt.

Later this month, a pair of English Channel swimmers will be making their first attempts in the Catalina Channel.

Forbes just published their list of the “Sexiest Beaches” across North America. Among the Top 10 are two training grounds for Catalina Channel swimmers. Just ask the sexy California swimmers at Laguna Main and La Jolla Cove.

Finally, congratulations and best wishes to CCSF swimmer Cat Moore (1985) and CCSF observer Robert Philipson (*pictured*). The newlyweds had their first date, about 10 years ago, at an open water race. They married under the Manhattan Beach Pier on the Summer Solstice. So where did they honeymoon? In San Francisco, side-by-side (as usual), at the Alcatraz Challenge Aquathlon. The race features a swim from Alcatraz Island to the shore, followed by a 7-mile double-crossing run of the Golden Gate Bridge.



IMPORTANT CCSF CONTACTS: Swimmers apply by writing Info@SwimCatalina.org
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