

A History of the Catalina Channel Swims

Since 1927

by
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Abstract

The purpose of the book is to develop a history of the swimming crossings of the Catalina Channel since the first swim was completed in 1927.

On January 15, 1927 George Young won the Wrigley Ocean Marathon swim across the Catalina Channel in 15 hours, 44 minutes, and 30 seconds. Within three months of the Wrigley Ocean Marathon, four swimmers successfully tackled the Catalina Channel.

Between 1927 and 1952 only two men conquered the Channel, but from 1952 to 1958 eleven swimmers crossed the Channel. Numerous attempts were made between 1958 and 1970 but none were successful. In the early 1970's and again in the late 1970's, the men's and women's speed records were rewritten. There were twenty-nine crossings by seventeen swimmers in the 1970's. From 1980 through 1989 there were thirty two individual crossings and twelve relay crossings. The book is further broken into the following sections from 1990 to 1999; 2000 to 2004; 2005 to 2007;2008; 2009; 2010; 2011; Around the Island swims and 2012.

In 2011 the overall relay record was broken and in 2012 the women's record and overall record from Catalina to the mainland was smashed. Numerous records were broken, especially that of the oldest person to swim the Catalina Channel (which was broken three times) and the relay record. From 1927 through the 2012 season there were two hundred and fifty-one (251) people who swam Catalina.

The following conclusions were reached:

1. The 1927 Wrigley Ocean Marathon swim began the long history of Channel swimming in the United States.
2. In the end of 2012 there had been eighty-five relay crossings and two hundred and fifty-one people swam the Catalina Channel.
3. Female swimmers have been as successful as male swimmers in crossing and setting records for the Catalina Channel.
4. Age is a determinant of speed in swimming the Catalina Channel.
5. The establishment of the Catalina Channel Swimming Federation has aided in the development and furtherance of the Catalina crossing and its history.
6. Pool swimming and the inception of the marathon team aided in development of marathon swimmers in the 1970's.
7. The Catalina Channel swim is comparable to the English Channel in conditions, difficulty, distance, and challenge to the swimmer.

CHAPTER 1

Introduction

On Tuesday, August 23, 1875 after being in the water 21 hours and 45 minutes, Matthew Webb stepped ashore in Calais, France. He was the first person to swim the English Channel successfully. Instantly, he became a hero.¹ The challenge, the mystique, and the possibility of instant fame from swimming the Channel began to attract marathon swimmers from all over the world.

In the summer of 1926, Gertrude Ederle became the first woman to swim the English Channel. She also broke the existing record set in 1923 by Enrico Tiraboschi of 16 hours and 33 minutes, by completing the distance in 14 hours and 39 minutes. Overnight she became a celebrity; New York even honored her with a ticker tape parade.²

On the other side of the country one of the interested observers was William Wrigley, Jr. Ederle's swim and all the publicity she received intrigued him. He decided to put on the Wrigley Catalina Island Swim. To insure numerous entrants from all over the world, he offered a \$25,000 purse, winner take all. The race, on January 15, 1927, would go from Avalon to the breakwater at Point Vicente, a promontory landmark on the California coast. The straight line distance of the Catalina, or San Pedro Channel, was twenty-two miles, one mile further than the famous English Channel.

Wading into the chilly waters destined for the mainland were 102 swimmers, 87 men and 15 women. Of these, only one entrant completed the crossing. The swim was very successful, not only in publicity and also financially for Wrigley and the Island, but it touched off a new craze in marathon swimming. There was another Channel for marathon swimmers to conquer. It was no longer necessary for them to travel to England with the Catalina Channel in their backyard. Whether for the challenge or the preparation, swimming Catalina has become as important as swimming the English Channel to such top marathon swimmers as Florence Chadwick, Greta Andersen, Tom Park, Lynne Cox, and Penny Lee Dean, John York, Karen Burton,, Chad Hundebly, Pete Huisveld, Todd Robinson and Grace Van Der Byl.

The record dropped from 15 hours and 44 minutes to 7 hours and 15 minutes set by Penny Lee Dean in 1976. Since the 1927 swim, two hundred fifty other swimmers have successfully braved the treacherous Channel, bringing the total number of successful aspirants to two hundred and fifty-one.

Statement of Purpose

The purpose of this book is to develop a history of the swimming crossings of the Catalina Channel since the first swim was completed in 1927.

Significance of the Work

The Catalina Channel is the only major channel crossing on the American continent which compares to the English Channel in both distance and difficulty. Furthermore, very little has been written on marathon swimming and even less on the Catalina crossing. The specifics of the crossings of these two hundred fifty-one athletes needed to be recorded before their contributions were lost. This work will enable present and future generations to see by whom and when the Catalina Channel was crossed and what these crossings entailed.

Definition of Terms

Catalina Channel: The San Pedro Channel, as it is officially named, is the 22 miles of ocean separating the Island of Catalina from Point Vicente, a promontory landmark on the California coast.

Marathon Swimming: The art of swimming continuously a minimum of ten miles in any kind of open water (lake, river, sea, etc.). It is permitted to grease the body before a swim, use goggles, wear a cap, ear plugs, and a bathing suit. However, no artificial aid of any kind is allowed nor is any physical contact by another person allowed.

Methods and Procedures

To gather information necessary for this work, the materials available on the two hundred fifty-one successful crossers was collected at the following libraries: California State Polytechnic University at Pomona; California State University at Long Beach; Honnold Library, Pomona College, Claremont; Long Beach Public Library system; Los Angeles Public Library system; Cabrillo Museum, San Pedro; the Avalon Museum, Catalina Island and the Catalina Channel Swimming Federation logs and interviews.

An attempt was made to contact one outstanding athlete who successfully completed the crossing from each of the following selective chronological periods: the early 1950's, the late 1950's, the early 1970's, the late 1970's, the early 1980's, the middle 1980's, the early 1990's, the late 1990's 2000-2004; 2005-2008; 2009; 2010; 2011; Around the Island; 2012 swims. Florence Chadwick, Greta Andersen, Lynne Cox, Frank Reynolds, John York, Dan Slosberg and Pete Huisveld, Todd Robinson, Hank Wise, and Grace Van Der Byl were some of the swimmers who were interviewed. Other swimmers interviewed included Pam Nickle, Ray Falk, Al Guth, Mike Suttle, Dave Clark, Richard Marks, Pat Hines, Kalani Russell, Suzanne Riedinger and Dale Petranech. The interviews also included people such as friends, coaches, and navigators. Chuck Slocombe, aide on Florence Chadwick's swim; John Olguin, Benny Nawahi's coach; John Sonnichsen, Greta Andersen and Lynne Cox's coach, Syndi Goldenson, a successful crosser and the coach of Orca; Siga Albrecht, original coach of Orca; Chuck Liddell, historian, Catalina Island; Richard Yeo, The Amateur Athletic Union (AAU) Marathon Swimming Chairman 1976-1978; and Mickey Pittman, one of the navigators, were interviewed.

These people were located and personal interviews were used to collect material as it related to the swimmers' contributions to marathon swimming. Interviews were conducted personally or by telephone, and the material obtained was analyzed as to its relevancy to the work. Many extraneous items came up in the interviews which had nothing to do with the development of this publication. Information was then combined with the available literature. Further, the private newspaper collections of Richard Yeo, Chuck Liddell, John York, and Penny Lee Dean were used extensively. The author relied heavily on personal knowledge and acquaintances derived through forty-two years of local, national, and international competition and coaching in marathon swimming.

Once all material was gathered, it was critically analyzed regarding its relevance to the work, and then it was organized into an understandable and readable form.

CHAPTER 12

2010 Swims and Relays

In 2010 there were 29 individual swims, the most of any year to date. There were also 5 relays.

David Smith was the first swimmer of the summer on July 6th. He swam from the Island to the mainland. The ride to the Island was relaxing and smooth which is a good thing for the swimmer. The conditions were excellent at Doctor's Cove. As Dave was swimming into the beach to start, a flying fish swam into the kayaker's boat. They were everywhere.

Dave took his first step into the water at 11:55 pm. His stroke count was 60 at the beginning. His high was 62 strokes per minute while his low was 57 strokes per minute. He averaged 59.6 strokes per minute on the crossing.

The sea was cold. Near Catalina it was 63 degrees. Unlike most swims the water stayed at this temperature until the last temperature which fell to 62 degrees. Normally the drop is more significant.

Meanwhile the air temperature was the same temperature as the water as recorded by the observers, Jim Fitzpatrick and Phil Garn.

Jellyfish were prevalent on this crossing. Flying fish were also swimming around the boat. Finally Mola Mola fish were spotted.

David had planned to drink Maxim every thirty minutes on the crossing. His backup plan was to drink Hammer Perpetuem. He changed his plan early in the swim and went to twenty minute feeds. His feeds were quick most of the time. He had a few longer feeds like 1:35. He never asked to change his feed, according to the log.

The conditions remained calm all night, a rare occurrence. He landed safely on shore after 9 hours, 22 minutes and 24 seconds on July 7th.

Suzie Dods entered the water at the old Marineland pier at 10:14 pm. It was July 18th. The ocean was smooth and there was a half moon. There was also fog which flattened the ocean making the conditions perfect.

Suzie knew her swim would take a long time as she planned her feeding accordingly. For the first three hours she would feed on the forty five to fifty minutes. For the next five hours she would feed at the thirty minutes and from eight hours forward she would feed at twenty minutes.

Her feedings would consist of E gel Gu, banana, Hoho's and Maxim.

Suzie did begin at 45 minutes with a feed that only took 15 seconds. The second feeding lasted 45 seconds. Soon after this there were problems with the kayakers keeping a straight line. Suzie spoke with them a few times. At 4:36 am Suzie dropped her feedings to 20 minutes but the break took 4:00 minutes. This was not good as the swimmer and boat drift off course. Unfortunately, this trend continued. Suzie was throwing up and not feeding. Her longest feed was five minutes. She used mouthwash to rinse out her mouth. Later in the swim she was able to switch back to thirty minute breaks.

The ocean was lower in temperature than normal. At the start it was 60 degrees

and didn't rise for hours. When it did, it jumped to 64 degrees. The temperature remained in this range for three readings then plummeted to 62 again. At 4:36 am, the water rose to 64 degrees. This time it remained here to the finish, as stated by observers Lynn Kubasek and Jane Cairns.

Suzie commenced the swim with a 56 spm. She held this with two exceptions until 11:41am when she began to lower her stroke count. When she hit 52 she complained her shoulder hurt. She was able to fight through the pain as many friends swam with her and even David and Beth Yudovin sailed up and he swam with her.

Suzie was swimming strong and skipped her last feeding to finish. She stepped ashore on Catalina after 18 hours, 36 minutes and 28 seconds. She was the 175th person to swim Catalina.

The following day David Barra swam from Catalina to the mainland. He didn't know until hours before the swim which way he was going to swim as he left it up to the navigator. After a two hour ride over to Catalina he left at 12:11 am from Doctor's Cove. There were squid at the start and within ten minutes he was being followed by dolphins. A pace swimmer started with him David's stroke count began at 66 strokes per minute. David could not hold any type of stroke pattern during the swim. He jumped to 70 spm then descended to 67. He fell to 66 then dropped to 62. Next he returned to 67 fell to 64, 63 and rose to 67 for the finish. The water was calm so there were no swells affecting his strokes. Was it fatigue or cold water?

The water temperature was 63 degrees at an hour into the swim. Quickly it moved up to 64 degrees, 65 and finally held at 66 until David walked ashore. This is against years of history as usually it is warmer at Catalina and 3 to 4 degrees colder at the mainland. 2010 seemed to be a colder year and had weird currents.

As for feedings he drank many types of solutions: Endurance EFS with 50 % water, plain water, electrolyte and a mix bottle of ginger tea with agave. He also had Nectar with Hammer Nutrition Rejuvenator. All his fluids were warmed. He spent a fair amount of time planning his feeds and this helped him. David also ate some chocolate on one of his later breaks.

His shortest feed was 15 seconds and his longest was 45 seconds. He fed every 20 minutes throughout the swim. This wasn't a problem as he had fast breaks.

During the swim a cargo ship passed the boat. A small boat also came close to the starboard side of the escort boat, the Outrider, piloted by John Pittman.

Throughout the swim David had good spirits and shared them with the boat crew. As reported by the observers, he stated, "giving Suzie Dods a run for her money."

There was a strong current pushing against David throughout part of the swim. It was the roughest at 12:00 pm. This held up David. He was able to fight it, however.

David walked ashore after 15 hours, 37 minutes and 11 seconds on Terranea Beach.

On July 27th Sarah Thomas set out to cross the Catalina Channel. She began at 11:55 am from Doctor's Cove. There was a slight breeze and a two foot swell. This swell made a few people sick. At her third feeding, the wind had settled down a bit.

Meanwhile, the water temperature was taken. It commenced at 64 degrees and

held steady for hours, then rose slightly to 65 degrees.

As the night wore on, the wind decreased. After 1 ½ hours it had almost calmed completely.

Sarah's stroke rate was very consistent. She commenced at 70 spm, rose to 72 spm, bounced between 73 and 75 before averaging 73.5 for the rest of the swim. This was much higher than she had planned to hold her strokes per minute. She had planned on 60 spm.

For nourishment she fed every forty minutes. She drank Maxim and gel. Sarah also used Listerine to clear her mouth. Soon after this break she requested to change the feeding mixture. At 5:55 the sun came up. Sarah also asked for two Advils. Sarah had three more feeds before she finished.

Sarah landed at 9:02 am. Her final time was 9 hours, 6 minutes and 28 seconds.

Samantha Simon was from Janesville, Wisconsin. On August 1st she attempted to swim from Catalina to the mainland.

She entered the water at 11:28 pm. Unfortunately, the thermometer was broken so no water temperatures could be taken. This made the swim a bit dangerous as the ocean had been running colder than usual.

Samantha drank Maxim mixed with either Raspberry Tea, Apple Cider or Peppermint Tea. She also had gels. Her fluids were warmed. She drank 150 ml per feed. Initially, Samantha broke at an hour for three feeds, then she dropped to thirty minutes. She held this pattern to the end of the swim.

For her stroke Samantha only breathed to the right side. Luckily it was a calm night. Her stroke count was inconsistent. She had a slow start at 72 spm but jumped to 76 once she settled in to the swim. She maintained this for numerous hours before improving to 80. Samantha dropped to 68 spm for the last four hours.

According to the log, the boat's engine had problems during the swim. The pilot was able to fix it without affecting the swimmer's swim.

A pod of dolphins swam up to the port side of the boat with two hours to go in the swim. As the swimmer approached the shore, she ran into a large bed of kelp. Samantha burst forth from the water after swimming 9 hours, 22 minutes and 54 seconds.

After 11 hours, 31 minutes Steve Green emerged from the water at the mainland. He had begun this swim at Doctor's cove at 12:05 am on August 5th. It was a calm night and according to the log, Captain John Pittman said "Best conditions this year."

The water temperature had been a problem all summer. This night it was 65 to 66 degrees for most of the swim. Not until literally the last two hours did it drop to 64-63 degrees. This is cold for Catalina but warmer than it had been on other swims.

Steve went an hour before his first feed. From then on he drank every thirty minutes. He drank Maxim and Gatorade. He asked his feeds to be warmed. Unfortunately, on the first one to be warmed it was accidently spilled and instead of warm Gatorade he had cold water. By 7:00 Steve said he didn't need anymore heated fluids.

At the same time a large sunfish approached him. He screamed bloody murder as he saw the fin.

Steve's stroke counts were 60 to 63 strokes per minute though the night. As the sun rose his count jumped to 65 strokes per minute. His stroke was long and strong. When the temperature dropped, Steve's stroke count followed suit falling to 63 spm. He increased his count as he approached the finish to 67 strokes per minute.

His crew seemed very funny, constantly asking if he had peed. He replied each time he had and many times. They also told him the swimmer on the Bottom Scratcher had given up and yelled "Go, Steve!" Anything they could do to motivate him they did. There were many pace swimmers also. The funniest comment in the log by John was, "You are in 1st place. Woohoo!"

Steve's comment when he saw the shore was "that's not a bad place." as recorded by observers Tom Hecker and Sabrina Buselt-Carlon.

Steve left the water at 11:36pm. His time was 11 hours 31 minutes. He was the 179th to swim Catalina.

There were five swims on August 5th, done in two groups. The first consisted of Cliff Crozier, Jeff Magourik, (a repeat swimmer) and Kathrin Raymond. They departed from Doctor's Cove at 11:51 pm. They had trouble finding the beach at first in the darkness but Greg Elliott finally found it and slipped into the cove.

The water temperature was 64 degrees as the three swimmers started their swim. This lasted throughout the night until the morning. At 8:30 am the temperature fell to 63 degrees for a few hours. Not until the finish did it drop again to 62 degrees.

The air temperature on the other hand jumped all over the place ranging from 57 degrees to 60 degrees.

The feeds were anywhere from less than a minute to eight minutes in length. Jeffrey drank Sustained Energy; Kathrin drank Power gel and Hammer gel; and Cliff didn't list what he drank. The swimmers drank every thirty minutes.

Stroke counts were taken every thirty minutes by the three observers, Carol Sing, Steve Dockstader and Al Barret. Cliff's stroke counts were from 48 to 52 throughout the swim. Kathrin's stroke counts ranged from 60 to 64 but maintained an average of 63 spm. Jeff, on the other hand, held 60 strokes per minute on most of the counts with a few exceptions of 54.

There were no problems stated in the log of keeping the three swimmers together in the swim. At one point the swells picked up to two to three feet, but again, this didn't bother the group.

Sea life was visible on the crossing. First dolphins and squids were seen near the start. A ½ hour before the finish a sea turtle swam by the paddler and the swimmers.

The swimmers aimed for a cove for the landing. Jeff, Cliff and Kathrin ascended from the water after 10 hours, 41 minutes and 32 seconds. They were met by Cliff's family.

The second group, made up of Jim Barber and Victoria Rian, started at 11:09 pm. on the 5th of August. The duo left from Doctor's Cove. There were no wind and no stars visible but you could see Long Beach, Los Angeles and Point Vicente.

At the first feeding, after thirty minutes, Jim drank well but Victoria was not able to drink enough. By the second feed the swells had hit two feet, a mild swell. There feeds

averaged a minute per break. On most breaks besides drinking both of them were peeing.

Victoria rotated drinks between Gatorade, gel, Accelerade and ate a banana. Jim, on the other hand, drank only Maxim, according to their plans.

For stroke count Jim only varied his stroke count a little. He ranged from 60 to 64 strokes per minute. Victoria's range was a bit wider from 60 strokes per minute to 68 spm.

At the start of the swim the water temperature was 69 degrees. Gradually it cooled to 68 degrees until 7:15 am when it fell to 67 degrees. In the last hour before Jim and Victoria completed the swim the water temperature lowered to 66 degrees.

Unlike the water decreasing in temperature, the air temperature rose throughout the swim. It fluctuated from 61 as Jim and Victoria entered the water and moved up to 63 degrees. At 5:00 am it declined to 62 degrees.

Only one feeding mistake happened on the swim, when salt water was dipped into the bottles of fluids. The only other incident was a large cargo ship crossed right in front of the Outrider, scaring the kayaker.

At 7:52.40 Jim and Victoria landed on the mainland. They crossed the Catalina Channel in 8 hours, 43 minutes and 33 seconds. They became the 182nd and the 183rd to complete the swim on August 6th.

On August 9th Mallory Mead, at the age of 23, attempted to swim from Catalina to the mainland. When she jumped off of the Bottom Scratcher to swim into shore she lost her goggles. Luckily, she had many pairs. It was a clear, calm night at Doctor's Cove.

Mallory fed every 20 minutes throughout the swim. She took 15 to 20 second breaks in the swim. She drank juice mixed with water and also drank Gu gels. When needed, she used mouthwash to clear the salt water taste from her mouth. She had Tylenol in the swim, as recorded in the log by Lynn Kubasek.

She held a strong stroke count during the swim which varied a bit. The scope was from 74 to 77 strokes per minute, until the last ½ hour when Mallory's count dropped to 73 strokes per minute.

The water temperature also fluctuated tremendously through the night. Early in the swim it was 67 degrees. Then it hopped up to 68 degrees before falling to 67 degrees. Next it reached 66 degrees before jumping to 69 degrees at 4:00 am. From there it plummeted to 65 degrees. The temperature moved around until settling at 68 degrees at the finish.

The 184th person to swim Catalina was Mallory Mead. She finished on August 10th in 8 hours 36 minutes and 32 seconds. This swim meant she completed the Triple Crown.

Forrest Nelson had swum two single crossings of Catalina. On August 15th he took off on a double from Catalina to the mainland and back (CMC). It was a rough, windy night. By 2:00 am the wind and swells died down.

Forrest fed every thirty minutes throughout the swim. His breaks were 15 seconds to 70 seconds in length. He drank Perpetuem and Gatorade. Sometimes he had a gel, peanut butter cups, Fig Newtons and coffee. He also took Aleve when he needed it. Forrest used Listerine to clear out his mouth.

At one point he drank heavily diluted coffee with four peanut butter cups!

The temperature of the ocean ran the parameters from 56 to 66.7 degrees. This is very unlike the Catalina Channel in August. The air temperature also varied from 58 degrees to 78 degrees. This can lead to hypothermia. On the second lap Forrest was very quiet. He finally said "Thank You" a few times but not anything else. He had the shivers at 7:37 am. It seems as if he was in mild hypothermia. He had problems from twenty hours on, according to Forrest in his interview. Forrest stated he had hallucinations late in the swim.

The crew on the boat was very supportive of Forrest and cheered him on throughout the swim. John York and Carol Sing were the observers and did a good job of recording the swim. Dolphins appeared at 9:53 am, as recorded by the observers, who cheered their appearance.

Forrest's first lap was 9 hours, 11 minutes and 41 seconds. At the beginning of the second lap Forrest told his paddler it was "cold". It was 56 degrees and 5:50 am, the coldest time of the day. On the second lap, Forrest ran into a severe current. At one point, while he was swimming as fast as he could, he only went 0.9 mile in an hour, then 0.8 the next hour, then another 0.8 in an hour! This was a very bad current which affected his swim immensely. Before, he had been holding 1.8 miles in an hour.

Some dolphins swam with Forrest near the finish to cheer him on, according to the log. The time of his second lap was 13 hours 55 minutes and 25 seconds. This made a total double of 23 hours, 1 minute and 6 seconds. This was a record for a man in this direction, CMC. "It was a stellar swim" as reported in the log.

On August 17th Barbara Held swam from Catalina to the mainland. She embarked at 12:19 am. It was a calm, starry night. Early in the swim the flashlight went out on one of the kayaks and another was picked from the boat. In the meantime the paddler couldn't get Barbara's attention. She just kept swimming.

Since the last swim the water temperature had increased a few degrees. At the Island it was 67-68 degrees and didn't lower until 2:49 am to 66 degrees. Unfortunately, it began to decline quickly to 62, 61, 60 and ended at 59.6 degrees near the coast.

Barbara's stroke rate at the outset was quick at 72 spm. She lowered immediately to 68 and maintained this count for just under nine hours with a few 67 stroke rates mixed in. For her last two counts she plunged to 64 strokes per minutes. She had complained she was sore and then her spm dropped.

For feedings she drank Cytomax, Cytocarb and Perpetuem. Her first feeding was at the one hour mark then she drank every thirty minutes for the rest of the swim. Her feeds ranged from 30 to 45 seconds in length.

At 5:44 when a kayaker left the water he said it was cold, according to the log written by Jim Fitzpatrick and Robert Philipson. It was 61 degrees at this point, very cold. At 6:20 the sun rose which made everyone feel better and Barbara smile.

With less than 3km to go a swimmer jumped in and told Barbara "to the pier". Barbara was sore and fell off the pace with one kilometer to go. Hundreds of dolphins joined her to help lift her spirits.

She was stopped for a feed and Barbara said, "That's ridiculous". She swam the last .03 mile and landed at 9:56 am. Her time was 9 hours, 36 minutes and 53 seconds.

She became the oldest woman at 56 to swim Catalina. Her birth date is December 23 1953.

Morgan Fuller of Berkeley, California swam on August 30th. She undertook the Catalina swim from Doctor's Cove at 12:20 am. The water was bumpy at the start but gradually settled down.

Morgan drank every fifteen minutes on the swim. She drank Accelerade, and Coke, about 6 ounces. The time of her breaks were only listed for a few times, which were 45 seconds to a minute. Besides drink, she had a peanut butter cup and chocolate.

At the beginning she didn't drink much as she was seasick from the ride to Catalina. This unfortunately, lasted a few hours. Morgan pushed through the upset stomach.

The water was colder at the departure and it dropped almost as low as the lowest it had been in 2010. It was 65 degrees at the outset, but quickly tumbled to 63 degrees at 1:58 am. Morgan mentioned that the water had dropped again, according to the log written by Carol Sing and Al Barret. At 6:09 am it fell again to the 62 degree range. By 8:35 am the water was 59.6 degrees. This was maintained until the horrible drop to 58.5 degrees at the end. Morgan was very cold but she fought the pain and finished.

On this swim many mammals were spotted (dolphins) a few times. Then blue whales were seen in the distance. Finally there were baby dolphins swimming towards Morgan.

Morgan climbed out of the cold water at 11:11.21. Her time was 10 hours, 49 minutes, and 31 seconds. She became the 186th person the swim Catalina.

Walter Bean Scott and Michael Hird attempted to swim Catalina on September 3rd. They decided to swim together from the Island to the mainland. The conditions were less than good. There were 10 to 15 knot winds, 2 foot swells and dense fog.

The swimmers departed from Doctor's Cove at 11:49 pm. Initially, the water temperature was 66 degrees, while thirty minutes later it had plunged to 64 degrees.

Walter began with a 46 stroke count compared to a 64 by Michael.

For nutrition, the swimmers drank Carbogan and Electrolytes. The fluids were warmed. The feedings were every 25 minutes.

Michael fell into hypothermia and left the water. Walter kept fighting the cold water.

He climbed ashore after 10 hours, 53 minutes, and 18 seconds.

Australia's Penny Palfrey challenged Catalina on September 13th. She had left the possibility of swimming a double, triple or a quad depending how she felt. She left at 4:28 pm from Doctor's Cove. There was a strong breeze and a chop with white caps.

The ocean was cold as it had been all summer. It was 66 degrees at Doctor's Cove. From 6pm until 10 pm it had fallen to 65 degrees. From there it lowered 64 degrees but by 1:00 am it plunged to 61 degrees. At 2 am, it was 58 degrees; and 54 degrees at the finish.

Similarly, Penny's stroke count fell as the hours wore on from 78 to 73 at the end. The cold water had an effect on her stroke counts.

At 5:30 pm Penny wanted to switch sides of the boat to catch the last bit of sunshine for warmth. Soon after this, lots of dolphins surrounded the boat. Everyone was excited but Penny couldn't hear them.

She needed to stop at 6:30 pm and apply more Vaseline.

Penny fed every thirty minutes at the beginning to 10:00 pm then it wasn't recorded in the log as so many other things were going on. She stayed on her feedings though as on one half hour she was questioned for hypothermia. She answered perfectly.

At her final feed before the mainland at 2:00 am she announced she had no interest in swimming more than to the mainland. It would be only a one way swim. The temperature was 54 degrees! This was in the words of the observers, John York, Don Van Cleve, Lynn Kubasek and Forrest Nelson. There were four observers in case Penny swam a triple or a quad of the channel.

Penny arose from the water 10 hours, 36 minutes, and 16 seconds after she began the swim. Penny was very cold.

The 189th person to swim Catalina was Daniel Fung of Los Angeles. He began at Doctor's Cove at 11 minutes after midnight on September 24th. The winds were varying between 10 to 15 knots. There was a 2 to 3 foot swell from the West. There was a full moon.

By all the 2010 standards this was a warm swim. The water began at 65-66 degrees and until 9:00 am when it slightly dropped to 64.5 degrees. At 11:30 the water had fallen to 62.5 degrees but at the finish the water had only dropped to 62 degrees for one of the warmest swims of the summer. To keep warmer, Daniel poured warm water over his face and head on numerous breaks. He also put in ear plugs at 9:00 am to help him lose less body heat.

Daniel's stroke count fluctuated from a low of 51 strokes per minute to 55 strokes per minute. He averaged approximately 53 strokes per minute.

He drank and ate Accelerade, water, gel, soup, Lara bars, Hershey bars and Kit Kat bars through the swim. He also used mouthwash to clear his mouth of salt. Daniel fed every thirty minutes with a few minutes over on a few feeds. Daniel's feeds lasted from 50 seconds to 2 minutes and 20 seconds.

Early in the morning, the current dissipated. A seal swam by Daniel. Dolphins swam near him and he was upbeat as he could hear them, according to the log written by Tina Neill and Forrest Nelson. By 2:00 am the wind declined, as did the swells. Daniel took a break and swam some backstroke. Soon after a whale swam by the boat.

Near the finish there was lots of kelp. Daniel handled swimming through it and landed safely on the mainland. His time was 13 hours, 23 minutes and 12 seconds.

On September 26th Ray Meltvedt tackled the Catalina Channel. He set out from Doctor's Cove at 11:43 pm. He was swimming for the Club Dust Charity. Ray had raised \$9,800 dollars.

At the start, Ray was accompanied by a pace swimmer but within 15 minutes the boat had to return to rescue him. Ray kept swimming with the kayak. He was a left side breather, so might not have known the swimmer was in trouble.

A second pace swimmer entered the water but again he fell behind and he was

sick. On the third feed he was brought aboard. Ray was feeding every twenty-five to thirty minutes. He drank Hammer Nutrition, Gu, Ensure, Perpetuem and Coke and ate almond butter and jam sandwiches cut in squares. He also had Clif Bars and snickers, homemade banana bread was available. If he was in pain he had Advil and he also had anti-fatigue and Enduralyte capsules. He also had Imodium if necessary.

When Ray had a break he had music blasting so it would pump him up and help get him through the swim.

His music ranged from David Mathews to U-2.

At his fourth feed he started drinking less fluid. On the fifth he asked for hotter feeds as he was getting cold. As he complained again of being cold his feeds were dropped to twenty minutes. He chugged the next few feeds and this helped him immensely.

At 11:00 am Ray asked how far to go and he was told five miles. He gave a big smile and thumbs up according to the observers, Lynn Kubasek and Beth Weber.

Ray began shivering after the last break. He was questioned and was able to answer all of them. He dumped some hot water over his head.

The water temperature was warm throughout this swim as compared to other 2010 crossings. It ranged between 66 to 68 degrees until 9:00 am when it dropped to 65 to 63 degrees. Then out of nowhere it sprang up to 66 and 68 degrees until the last two readings. No readings were under 62 degrees.

Ray sprung out of the water at 3:09.08 pm. His time was 15 hours, 25 minutes and 40 seconds.

Natalie Merrow was a 29 year old from Long Beach, Ca. She chose to swim from Catalina to the mainland. Natalie swam on September 27th. She left from Doctor's cove at 11:32 pm. The water only had a slight swell.

Twelve minutes into the swim there were dolphins everywhere. Natalie didn't see or hear them.

On her first feed she said the mix was too strong and she asked for more water in it the next feed. Ten minutes after her feed she stopped with dry heaves. She fed every 20 minutes. Her breaks lasted from 20 seconds to 3 minutes. When she had long breaks, she would drift backwards. Natalie asked for 15 minute breaks at 10:55 am. From this point on her breaks were shorter and she swam faster.

She drank Hammer Nutrition with water, Heed, Gel, Perpetuem, Advil, Tylenol, 800 mg Ibuprofen, Enduralyte, Huckelberry and (Motivator-Anti fatigue) pills as per her interview. Natalie began to cramp early in the swim. She swam backstroke to relieve the cramps. The cramps lasted for hours.

Natalie also had problems with her goggles on the swim. They were either too tight or the wrong shade or not feeling right. The third problem Natalie had on the swim was the amount of times she had to stop to pee. The fourth problem was at 4:00 am she was stung by jellyfish.

The water temperature fluctuated from 65 to 61 degrees in the middle and at the finish. The air temperature varied from 69 to 78 degrees.

Natalie's stroke count ranged from 56 to 62 strokes per minute, as reported by the observer Paula Selby.

At 1:23.11 Natalie walked ashore. This made her time 13 hours, 50 minutes and 35 seconds.

The following day, Greg O'Connor, from Natick, MA swam Catalina. He swam from the Island to the mainland. It was September 28th, and he left at 11:58 pm. It was a calm night with flat water and a slight wind at the start.

Greg fed on CarboPro, Ultima and Perpetuem. He also took ibuprofen on two occasions.

His stroke count at the outset was 55 spm. He then varied from 50 to 53 strokes until he bounced back to 55 and 58 strokes per minute. His breaks lasted over two minutes as he drank and relieved himself.

At the last feed, Greg pleaded with the crew to have a quick feed and he said, "Let's Finish This." This was recorded in the log by Carol Sing and Linda Bamford.

The ocean's temperature was 64 degrees at the start. Within two hours it had risen to 66 degrees. It remained there until 6:20 am when the water rose to 67 degrees for an hour. Then unfortunately, the temperature commenced to drop, 65, 64, and stayed there to the end of the swim.

The air temperature ranged from 64 to 66 degrees.

Greg landed at 9:25.04 with a tough landing on the rocks waiting for a strong surge to push him up the rocks.

Greg's time was 9 hours, 26 minutes and 38 seconds. He was the 192nd person to swim Catalina.

Jason Lassen swam on September 29th. He chose to swim breaststroke as Henry Sullivan had in 1927. He departed from Doctor's cove at 10:02 pm. The sea was calm as could be and the night was clear.

Jason began swimming 22 strokes per minute. Gradually he increased to 23 and 24 spm. At 5:40 am he drastically fell to 17 strokes per minute and he was told to pick it up a little as recorded by the observers, Carol Sing and Cindy Meyer. By 8:55 am he was stroking 25 and 26 spm. For his last stroke count he hit 28 strokes per minute!

This was a warm swim for 2010 as the temperatures ranged from 66 to 67 degrees until 9:20 am. Then it moved up to 68 degrees for a few breaks. It lowered to 67 and 66 until the last break when it plunged to 64 degrees.

Meanwhile the air temperature was in the sixties until 8:55 am. From there on the air was in the seventies for the rest of the swim.

Jason drank coconut water and Maltodex with water. He fed every twenty minutes until he was cold then he dropped to fifteen minutes. He also had Tylenol and/or Advil, Ibuprofen on the same break out of his medicine bottle. He had this combination three times. Part way through the swim he asked to have his fluid warmed for the rest of the swim. This made him warmer.

At the 11th feed, 1:40 am, dolphins were swimming around the boat and making large splashes.

The dolphins or rather another pod welcomed Jason into the shore.

The landing was choppy, white cap waves with lots of wind. Jason landed at 2:00.55. This made his swim from Catalina to the mainland take 15 hours, 59 minutes

and 50 seconds.

R. Brooks Richardson was from Bend, Oregon. He departed from Doctor's Cove at 11:14. It was September 30th. There were 1 to 2 foot swells and a slight wind, 3 to 6 knots. The sky was clear with intermittent clouds. The mainland was fogged in, however.

Brooks drank liquid Ibuprofen every four hours. He fed on Cytomax and Endurox for one hour then switched to every thirty minutes. His breaks lasted from 30 seconds to 2 minutes, when the feeding mechanism had to be changed. One of his feeds was too powdery. It was fine on the next feed.

As the night wore on the wind picked up until the swells were 3 to 5 feet and the wind was 8 to 15 knots. Gradually the wind calmed down and Brooks noticed the difference as recorded by the observers, Robert Philipson and Don Van Cleve. Again the wind calmed, making it better for Brooks.

A giant pod of dolphins approached the boat at 6:37 am. They seem to be attracted to the light and the noise of the engine. Forty minutes later Brooks said he saw something "big" swim under him. The dolphins came over to swim with Brooks. The marine life was busy as 12 to 20 Mola Mola also swam by him at 8:30 am.

Brooks had a friend in a wetsuit swim to shore with him. At 10:40.63 he walked out of the water. His time was 11 hours, 26 minutes and 45 seconds.

On October 3rd, at midnight, Hank waded into the water which was filled with kelp. Hank Wise raced across the Catalina Channel.

The winds were 10 knots or less while the swells were 2 feet.

The ocean temperature ranged from 68 degrees most of the swim to dropping to 64 degrees at the end of the swim. He was not cold, however.

He drank tea, Cytomax, Gu, Hammer Nutrition and coconut water. He planned to eat yogurt, PB and J sandwiches and banana bits but there is no record in the log that he did.

His stroke counts varied from 61 strokes per minute at the start to 67 strokes per minute. Hank said at 2:30 am, "I've found my rhythm. I haven't taken a hard stroke yet." He worked on his roll and improved his stroke. He was able to hold it the rest of the swim. This was recorded by the observers, Forrest Nelson and Dave Van Mouwerik. It was explained in detail by Hank in his interview.

Hank was primarily a right sided breather but could breathe to both sides if needed. Because of this he swam on the port side of the boat.

During the last hour of the swim a leopard shark swam near the boat but everyone said it wasn't a threat. At the end of the swim, it was decided to swim to the rocks at Long Point and not the soft beach where his family was waiting.

He emerged over the rocks after 8 hours, 7 minutes and 3 seconds. This was one of the fastest men's time from Catalina. Hank was less than two minutes off of the record for men in this direction. He was the 195th person to swim Catalina.

The next day David Hartmire departed from Marineland at 12:04 pm. He swam from the mainland to Catalina. The wind was very strong, 8 to 12 knots, at the start of the swim and actually throughout most of the swim. The swell, on the other hand, was 2

to 3 feet.

Early in the swim, one of the kayaks swamped on a large swell. The paddle started to float away as it hadn't been tethered to the kayak. By 1:40pm, the wind had declined a bit. Another kayak swamped at 2:40 pm and again at 5:35 pm and 9:26 pm. This happened as David and the kayaks were swimming into the waves.

David's stroke count was taken twelve times in the swim. On seven of them he held 65 strokes per minute. For the others he reached a high of 66 and finished with a low of 60 strokes per minute.

For food and drink he planned Clif Shot, tea and Power Gel. For rewards he planned Milky Way bars.

His breaks went from 35 seconds to 3 minutes and 10 seconds when he fed and changed goggles.

The ocean temperature was 66 degrees at the outset and gradually increased to 69 degrees and was at 68 degrees at the completion of the swim, a warm swim for 2010. At the same time the waves increased to 4 to 6 foot swells, in the words of the observers, John York, Lynn Kubasek and Don Van Cleve. The wind and swells had decreased once the boat was in the protection of the Island.

David walked ashore at 11:56.25 pm giving him a final time of 11 hours, 52 minutes and 10 seconds.

On October 5th Jen Schumacher was swimming from the mainland to Catalina. This was her second Catalina swim but the first in this direction. There was a small swell and barely any wind as she took her first steps into the water. She commenced at 3:32 pm.

As the swim had just begun, a sheriff's boat arrived with personnel and equipment.

There were many attempts to put a camera in the kayak and a boat to film the swim but it didn't work. It was finally aborted after the kayak went in front of Jen and was able to capture some pictures.

The ocean was cold, 63 degrees at the beginning of the swim. The sun was out, which helped Jen deal with the cold. Gradually the temperature rose to 65 then 66 and settled at 67 degrees for the rest of the swim, from 8:28 pm to 2:37 am.

The stroke counts began at 79 strokes per minute. From there, Jen slowly dropped until she maintained 74 strokes per minute.

Jen drank every thirty minutes. She had Gu electrolyte-6 ounces at this break. At the hour she had Gu gel. She had one Aleve at the six hour mark according to her interview.

As Jen approached the Island it began to rain lightly. Jen approached the shore with two pace swimmers.

She landed after 11 hours, 5 minutes and 32 seconds.

Chris Dahowski left Doctor's Cove at 2:38 am from the Bottom Scratcher. The water was flat as could be.

Chris's stroke counts varied throughout the crossing. His high stroke count was 58 strokes per minute and his low, which he repeated twice was 52 strokes per minute.

He had planned to swim 59 to 64 strokes per minute. His shortest break was 30 seconds while his longest was only 49 seconds. This was good. He did take a 1 minute, 45 second break to take off his cap as he was too warm and uncomfortable with it on.

Chris also changed his goggles on the swim.

He drank Gu and ate figs on the swim. He took Tylenol for shoulder pain.

There was a dark squall over Palos Verdes. As he approached it began to pour. The log was soaked, according to Jim Fitzpatrick and Don Van Cleve. At the same time it was discussed whether he should land at Cabrillo or Point Vicente. With the rain there were chop and swells.

Chris had a problem keeping between the two kayakers. He began zigzagging. The observers suggested to practice with kayakers ahead of time and to use yellow and green glow sticks instead of blue and red. They also suggested Chris look when he breathed.

The ocean was warmer than it had been all summer and it only deviated one degree from 67 to 66 degrees. The air was colder than the water at 62 degrees.

Chris finished West of Cabrillo Beach. The skiff couldn't land as there was too much kelp. His time was 11 hours, 29 minutes and 52 seconds. Chris went back by car to the 22nd Street Landing to meet the boat.

On October 12th Kimberly Shales entered the water at Catalina. She left from Doctor's Cove at 2:58 am.

The sea was calm, with low clouds.

The first five hours, the sea was 65 degrees. The next six hours the temperature dropped to 64 and for the last hour the water warmed to 66 degrees, rare for the summer of 2010 by 10 degrees!

Kim's feedings lasted from 12 seconds for the quickest to 1 minute, 50 seconds for the slowest. She fed every 20 minutes at the beginning and switched to 15 minutes at 11:20 am. Kim drank coffee, chocolate drink, hot tea, Accelerade and Hammer Perpetuem. She ate bars and a banana.

Kim's stroke count fluctuated between 64 and 65 for the first four hours. From 7:20 am until 11:00 am she could not hold a consistent stroke count. She jumped from 58 to 63 stroke counts. At the finish she plummeted to 56 strokes per minute.

It turned out to be a hot and calm day but no one saw any sea life, a rare occurrence, as recorded in the log by John York and Forrest Nelson.

As Kim approached the beach there were lots of people waiting for her.

She sprung out of the water after 11 hours, 53 minutes and 36 seconds.

The 199th person to swim Catalina was Mike Vovk. He swam from Catalina to the mainland on October 14th at 10:27 pm. There was a fog layer which kept the wind down and the swells low, making for a calm swim. It reminded people of lake conditions as reported by the log, written by Jim Fitzpatrick and Natalie Merrow.

The ocean temperature was 64 degrees at the beginning. It reached a high of 65 degrees then fell to a low of 63 degrees near the finish. Amazing conditions for 2010.

Dolphins were seen off the bow at the 4:44 am, just after a pace swimmer was stung by a jelly fish. As the pace swimmer swam to the boat, a fish hit him in the head.

Mike's stroke count started at 56 spm. He jumped all over the place. His highest was 62 strokes per minute while his lowest was 54 spm.

His feedings were 1,580 stroke intervals, which was a mile for Mike. He did count it. After the first one he drank orange Gatorade- the old type, without all the chemicals in it. To that he would add a shot of Gu gel. After the next 1,580 strokes he would stuff Reese's cups in his mouth for sugar. He continued this for the whole swim! He also had three Tums when he needed it. This was gathered from his interview. At 7:50 am Mike smelled someone on the boat cooking bacon and he asked for some. The kayaker who switched had it but ate it so it wouldn't affect Mike's swim.

During Mike's swim an NBC Universal Trailer was made and it is on the internet for all to see.

Mike was in great spirits throughout the swim, minus not getting the bacon. After 12 hours, 35 minutes and 21 seconds he walked shore. He was the last swim of the summer.

RELAYS 2010

On the other hand there were five relays during the summer. The first was a Mission Viejo swim to raise money for the Children's Hospital of Orange County. The team was coached by Adam Dusenbury. The swimmers were:

Derek Young	Sasha Westberg
Tanner Cridland	Danny Miller
Natalie Malick	Kellie Fecarotta

The relay swam from Catalina to the mainland on Tuesday, June 29th. They embarked from Doctor's cove at 11:37 pm. The sea was calm with no wind or swells. Immediately, two dolphins visited the first swimmer, Derek. Then ten more swam up to join the swim. They hung around awhile. Derek held his stroke count to 80 strokes per minute.

Sasha had a quick exchange and swam with her head in the water unlike the year before. She had 89 strokes per minute. The conditions were still good.

Tanner entered next and was swimming smoothly. Tanner had a 74 stroke count. When he left the water he was tired and cold. The water was 62 degrees.

Danny jumped into the water and complained how cold it was. He looked good and had a stroke count of 77. His arm hurt so he did some backstroke and breaststroke.

He rallied at the end.

Natalie had a large tanker crossing of the boat's stern. This made Natalie lift her head many times. Still, her stroke count was 88 strokes per minute.

Kellie was the next swimmer in the water. She was stung by a jelly fish but continued. She was able to hold 80 strokes per minute.

Not much happened in Kellie's swim and she swam well in 64 degree water with no after affects or complaints.

Derek entered for his leg. His stroke was lower: 76. He had more dolphins on his second leg. Gradually, two tankers were visible on the starboard side of the boat.

Sasha embarked on her second leg. There was a little more breeze but the swells

were small. Her stroke count was 85 spm.

The final swimmer, Tanner, took over for Sasha for the final leg. Tanner finished diagonally.

Their time was 8 hours, 09 minutes and 12 seconds, as reported by observers Jim Fitzpatrick and Mike Mitchell. This was the 66th relay.

The second relay of the summer, the Mighty Mermaids, was a collection of world-class masters swimmers over the age of 50. It consisted of the following swimmers:

Christie Ciraulo
Karen Einsidler
Lisa Bennett

Jenny Cook
Tracy Grilli
Nancy Steadman

The Mighty Mermaids left on July 29 at 11:24pm from Doctor's Cove. There were west winds under 10 knots and swells of 2 to 3 feet in height. The first swimmer was Nancy. She maintained a 73 stroke count in 64 degree water.

Christie had a 65 stroke count. There was a moonlit ocean, cloud cover and a slight breeze.

Tracy was the third swimmer. The swells had dropped to 1 to 2 feet. Her stroke count was 64 per minute.

Jenny switched places with another swimmer, as she was sick. She swam well and did a 76 stroke count. She was very cold when she left the water at 64 degrees. Point Vicente was in clear view when she swam.

Lisa entered as the fifth swimmer. Her stroke count was 73. There was a breeze but less swells. She was very cold when she left the water. It took over an hour to warm her up.

The sixth swimmer, Karen, who had been sick tried to swim. She did well. Her stroke count was 64.

The first swimmer, Nancy, returned to the water. The water was calm and it was getting lighter.

For the second and third swimmer both did well but the ocean temperature dropped to 63 degrees for Tracy's swim. Unfortunately, Jenny was the last swimmer in and would be able to reach the shore. This was good but the problem was the ocean had dropped to 60 degrees. She had been very cold at 64 degrees on her first leg. She finished at Cardiac Hill beach. She was quickly warmed and had layers of warm clothes on as reported by observers Forrest Nelson and Natalie Merrow.

The Mighty Mermaids swam the Catalina Channel in 9 hours, 19 minutes and 44 seconds. This was the 67th relay across the Catalina Channel.

The next two relays swam together. They were called Girls Find Lost Boys On Night Out I and II. The relays were made up of the following swimmers:

I
Lynn Kubasek

II
Patsee Ober

Susie Croke
 Merci Jensen
 John Coughlin
 Kevin Valenzulea
 Julie Flanagan

Joel Swartz
 Ray Meltvedt
 Mike Mitchell
 Benoit Pelczar
 Lynn Kubasek

The relays swam from Catalina to the mainland on August 22nd. The swim began at 11:44 pm.

The first two swimmers were Lynn and Patsee. The water was calm. The moon was very bright. The ocean temperature was 68 degrees.

John and Mike entered at the hour with a slight wind and swell.

For the next three legs everyone swam well, Susie and Joel, Karin and Benoit, and Merci and Ray. Nothing much happened. As the first group returned to the ocean, dolphins were swimming under Patsee and Lynn.

Next there was a beautiful sunrise and finally the boat had mechanical problems. One of the engines broke down and they were running on one engine through the shipping lane. The swimmers were forced to hug the ship because of the boat problems. After Susie and Joel entered, the ocean temperature lowered to 64 degrees at the end of their hour. Again everything was calm as they approached the finish, except the temperature fell to 62 degrees. Bubba was sent in to check to find a finish point. Julie and Lynn climbed up the shore while the rest of the relay members swam in to meet them.

Their total time was 11 hours, 23 minutes and 1 second. These relays became the 68th and 69th relay to swim the Catalina channel.

The last relay of the season was Team Night Train. The members were:

David Holscher
 Vito Bialla
 John Mathews

Gordan Clute
 Dave Ogden
 Amanda Boyd

The swim was from Catalina to the mainland. Unfortunately, the ride to the Island was bumpy and a few people didn't feel well once they arrived at Catalina. They made it to Doctor's Cove by 11:30 pm.

At 11:48pm, the first swimmer, David, undertook the first steps to start the relay. Conditions were good. There was a clear sky and lots of stars, as recorded by the observers, Jim Fitzpatrick and Barbara Held. David maintained 62 strokes per minute in the 66 degree ocean.

Gordon jumped in while it was still 66 degrees. He was the second swimmer and maintained a 69 stroke count

Vito swam in 67 degree water and held 56 strokes per minute. The fourth swimmer was Dave.

The water had plummeted to 63 degrees. He maintained 70 strokes per minute. The fifth swimmer was John, who dove into 63 degree water, also. His swim stroke was 50 per minute. Finally the sixth swimmer was Amanda. The water was 61 degrees during her hour of swimming.

As the relay started over David was lucky enough to have 62 degree water. When he finished there were 6 km to go. At 6:48 am the water dropped two more degrees. Gordon swam in 59 degree ocean for an hour.

No one complained when they left the cold water, according to the observers, Jim Fitzpatrick and Barbara Held.

Vito swam his second leg in 59 degree water. In his leg some wind picked up and a chop but the conditions still were good. The boat moved into a marine layer so there was fog for a few hours. Off the port side of the boat there were baby Mola Molas. Next Dave entered the 58 degree ocean with 2.34 km to go. When he finished there was only .453 km for John to swim. The water had lowered another 4 degrees to 54. A pod of dolphins were off the port side and a 3 to 4 foot swell was pushing John to Terranea for the finish.

The 70th relay, Team Night Train, completed the swim in 10 hours, 23 minutes, 9 seconds.

In 2010, despite cold water there were 29 successful swims. Forrest Nelson set a world record for a double crossing for men swimming Catalina to mainland to Catalina (CMC). His time was 23 hours, 01 minute and 06 seconds.