

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 13

2011 Solo Swims and Relays

There were 26 individual swims in 2011. Five relays were also completed in 2011. There were also five earlier swims found from later research which have been approved and thus added to the end of the 2011 year.

The first swim of the year was early, being swum in May. James Neitz swam from Catalina on May 26th. No one had swum in the month of May so he decided he would be the first. He trained in cold water, five degrees colder than the Catalina Channel! He swam an eighteen mile practice swim from West Anacapa Island to a beach near Ventura on the mainland. He was more than prepared for Catalina's water temperature.

Jim commenced at 11 minutes and 30 seconds after midnight from Doctor's Cove. The conditions were horrible after he left the cove. At the beginning, there was a sea lion swimming with Jim. Besides bad wind and waves there was a strong current running to the South. As he progressed the ocean became bumpy. Almost everyone on the boat was seasick, according to the interview with Jim.

The water temperature was 60 degrees at the start and soon moved to 61 degrees. At 8:33 am the temperature rose another degree but that was as high as it would go. Jim had no problems with the water temperature.

Jim drank every half hour, but not by a watch. He counted every left arm and when he hit 760 strokes for a single arm or 1520 for both arms, it was time for a break. To the observers on the boat it seemed to be exactly a half hour.

He drank three Carbo shakes, then Gatorade. For the last three hours he just drank Gatorade.

With four hours to go and conditions calming a bit, Jim switched from counting to singing. He had decided when the ocean was rough to keep counting and not to start singing his repertoire for his breaks until the sun came up. That happened after 7 am. Everyone felt better when the sun rose.

He then fed on the 45 and 15 minute mark.

This was an active crossing for large ships and oil tankers in the shipping lane and some marine life- porpoises. There was also a second current coming off the mainland running into Jim, according to the Captain.

Despite more than six hours of rough conditions Jim kept his spirits high and swam an impressive crossing. His time was 12 hours and 14 minutes. He is the 200th person to swim Catalina!

The next swim wasn't until July 19th. Karen Throsby of the UK left from Doctor's Cove to swim to the mainland. She entered the water at 11:44 pm. The ocean was calm and there was no wind. There was a seal and flying fish at the start. Karen was worried about the amount of sea life in the Catalina Channel. Unfortunately, within a few minutes of the start of the swim there was a significant amount. Then the boat began to roll and Karen stopped to throw up for fifteen minutes or so.

Karen's first feed was at the hour mark. It was a fast feed of Maxim. She felt

much better. She changed her feed to the half hour. This made a great deal of difference. At her 3:45 feeding she had fluid and jelly babies.

Karen held her stroke count between 58 strokes per minute to 64 strokes per minute in the swim. She averaged 60 strokes per minute.

There was cloud cover moving from Los Angeles, towards the swimmer. The wind picked up to four to eight knots. The lights in Los Angeles were visible despite the clouds. Karen was very positive on the swim, despite the upset stomach. The water temperature was 67.7 degrees at the start of the swim. It hung around this temperature until the middle of the night when it dropped to 65 degrees. At 1:32 am the water dropped again, according to the log to 63 degrees, then rose slightly for the finish.

When the dawn appeared at 7:15 am Karen was very happy. At 7:30 am Karen was informed she was halfway by the captain. Karen was fine with this information but the captain felt the swim would take 17 to 18 hours and he wasn't pleased.

At 9:00 am there was a blue whale which surfaced 10 to 17 times. Karen didn't see it. By 12:45 pm Karen wanted only water on her one minute break. She skipped her next break but was glad it was sunny. At 1:56 pm she finished at Terranea beach. She was in great spirits. Her time was 14 hours, 11 minutes and 52 seconds.

The following day Michael Miller of Charlotte, North Carolina swam from Catalina to the mainland.

The ocean was a bit colder than the day before. It was 63 degrees as Mike commenced his swim. An hour later it was 65 degrees. Then cooled to 62 degrees from 3:00 am until 5:00 am when it jumped to 66 degrees. The ocean warmed to 68 degrees for the rest of the swim.

Other than temperature, conditions were good, with a low wind and a one to two foot swell, as recorded by the observers in the log. There was, however, lots of marine life seen on the swim. This included dolphins, fish, whales, which the swimmer saw, and sea lions.

Mike breathed on both sides. His strokes varied from a high of 60 strokes per minute at the beginning to a low of 50 strokes per minute near the finish. Mike's shoulder hurt so he had crushed Advil on one of his breaks.

Mike fed every thirty minutes on the swim. He drank Perpetuem. His breaks were fast ranging from 19 seconds to 55 seconds. He didn't vary his feed. Mike exited the water after 12 hours, 44 minutes and 46 seconds.

Michael became the 202nd person to swim the Catalina Channel.

On July 22nd Clara Lee took her first step in the water at Catalina. She began at 3:21 am. There were two foot waves, three foot swells and light winds. It was a calm start with many types of mammals and fish leading her out of the bay.

Clara fed every 30 minutes from the beginning. She drank Cytomax, water, tea and ate a snack bar and an Ibuprofen. Later in the swim, she fed every fifteen minutes. Her feed times were from 22 seconds to 30 seconds. These were good break times.

Clara's stroke count was 47 as she commenced the swim. Quickly, her count improved to 50 then settled at 49 for numerous hours. As the sun rose her stroke count also rose to 50-51 for the last few hours of the swim. She alternate breathed throughout

the swim.

The water temperature was a comfortable 66 degrees at the start as recorded by the observers writing the log. In two hours it had dropped to 64 degrees. Luckily, it was a warm day and by 7:55 am the ocean was 67 degrees. Through the next few hours it gradually warmed to 68 degrees.

Near 6:00 am porpoises were near the boat and at the same time, Clara could smell someone smoking on the boat. As you lose your sense of sight and taste, you rely on your sense of hearing and smell. A half hour later there was a whale, then some dolphins.

At 10:00 am the wind picked up to between 8 and 10 knots. Baywatch appeared and stayed with Clara, who was a Los Angeles County Lifeguard, until she finished the swim. At the break at 12:00pm, Clara had oatmeal, hot tea and had an Ibuprofen. The wind died as did the waves.

Clara swam to waiting friends on shore. Unfortunately one reached to help her and almost touched her. Everyone screamed at him and he was pulled back at the last second so she was safe. Clara's time was 11 hours, 22 minutes and 51 seconds.

Tobey-Anne Saracino of Port Chester, New York entered the water at Doctor's Cove at 1:21 am on July 25th.

Before entering the water, she had Bullfrog sunscreen, and grease applied. The water temperature was 68 degrees at the start and never dropped below 66 degrees. On the other side it rose to 70 degrees making for a delightful swim, at least for the water temperature.

Tobey-Anne fed every thirty minutes at the beginning of the swim. She drank Maxim, water and Agave. She was nauseous early in the swim so she took a Zopuram pill, Maxim, Agave and Gu. She asked for more water on each feed. She went to 15 minute feeds as she was still sick. Conditions were perfect and she was swimming well. At 5:05 am Tobey-Anne took a Bonine for sea sickness. As the shorter breaks weren't working, she switched to 20 minute breaks. She was having trouble peeing. This is a sign of hypothermia but there were no complaints or other visible signs of it. At 6:00 am she still could not pee but she was inundated by jellyfish. At 6:20 she was able to pee, a huge success! Her feed breaks lasted from 3 to 5 minutes, very long when you are feeding every twenty minutes.

Tobey-Anne's stroke count ranged from 68 to 74 on the swim. Most of the time she held 68 to 70, but between 8:00 and 9:30 am she increased her stroke count to 72, then to the high of 74 strokes per minute. After this she fell to 68 strokes per minute for the rest of the swim.

At 8:06 Tobey-Anne felt really well, according to the log written by Anne Cleveland and Gracie Van Der Byl, the observers. At 8:52 there were whales visible to everyone on the boat. Soon there was a massive amount of dolphins near the boat. For her last feed she had Maxim and Maxim Gel and a pee, which she was very proud of. David Barra was in the water with her as a pace swimmer.

Tobey-Anne took three steps at Terranea Beach on the mainland after 9 hours, 49 minutes and 58 seconds. It was 11:11.11 am.

The 205th person to swim Catalina was W. Davis Lee. He was from Newburyport, Massachusetts. He commenced his swim on July 25th at 11:59 pm from Doctor's Cove. It was a calm night with no wind. When the boat broke the protection of the Island the wind picked up and a 1 to 2 foot swell began.

For his first break to feed, he waited an hour, then dropped to 30 minutes. At 1:00 am, Davis had his first feed. He drank Hammer gel and water. His breaks lasted from 30 to 45 seconds during the swim. On other feeds he had Gu and water.

As for his stroke count Davis started at 76 strokes per minute. He plunged to 71 in a little over an hour then a slight drop to 69. There was another large plunge to 63-64 where he stayed for a few hours. Then he jumped to 68 and finished at 66 strokes per minute.

The water temperature began at 68 degrees. It only ascended to 69 degrees and declined to 67 degrees for a comfortable swim.

Early in the swim Davis was stung by jellyfish. The water was clear, and he said "can't see the bottom but I can see all those little bastards that have been stinging me." Besides these creatures, dolphins were swimming around and under Davis. Next it became whale park at 8:23 am.

He skipped his last feed at 9:15am. He was swimming through a small surge in to the beach at 9:45 am as reported by the observers. Davis, on the other hand, swam faster swim than Tobey-Anne by over three minutes. He came out of the water after 9 hours, 46 minutes and 31 seconds, landing on July 26th.

Kamil Suran of Czechoslovakia attempted to swim from Catalina to the mainland the next day. He departed from Doctor's Cove at 12:19am on July 27th. Conditions were flat water with clouds overhead.

Early in the morning there were nine flying fish following Kamil. Next an easterly wind picked up. Through the night a current in conjunction with the wind were impeding the swimmer. It was decided to stop fighting both of these and to head for San Vicente Lighthouse. There was a chance Kamil would be pushed to Torrance but only time would tell.

Kamil fed every 15 minutes on the swim. His breaks were short however ranging from 15 seconds to 60 seconds. The breaks were efficient throughout the swim. He drank warm Ensure, Nuun Electrolyte tablets and gels, hot tea, and an option for chicken soup.

Kamil's stroke count varied immensely during the swim. He only had repeating stroke counts on three occasions. His lowest stroke rate was 49 spm while his highest was 56 strokes per minute.

Similarly, the water temperature began at a warm of 70 degrees. Slowly it decreased, almost on the hour, a degree. By 1 am it was 69, by 2 am it was 68, by 3 am it was 67 degrees, by 4 am it bottomed out at 66 degrees. It rose slightly to 68 degrees and settled at 66 degrees for the rest of the swim.

At 11:49, the sun finally broke through the clouds. Kamil was approaching the shore by swimming through a large kelp patch. He followed a kayaker in to the rocks he was to land on.

Kamil landed at 1:39.32 after swimming 13 hours, 20 minutes and 32 seconds.

On August 3rd, 27 year old Darren Miller, from Delmont, Pennsylvania swam from Catalina to the mainland. He set out at 11:56 in the evening. He quickly entered the water and began swimming 62 strokes per minute. Conditions were not ideal. It was windy and a four-foot swell. As it had been a rough ride on the way over, a few people had fallen sea sick and at least one person took Dramamine.

Darren had trouble with the exhaust, breathing to the left and seeing the kayak. Each of these problems were adjusted and solved.

Darren fed every thirty minutes on the swim. He drank and ate from a wide variety of foods and liquids. He drank Gatorade, Gu, and ate peanut butter and jelly sandwiches and a banana. His breaks were up to a minute in length. At 6:30 he dropped his feeds to 20 minutes and everything was warmed.

The water temperature was radically different than three days earlier. At the launch it was 67 degrees. Two hours later it was three degrees colder, 64 degrees. By 3:00 am it was 63 degrees. With 2.78 miles to go the water temperature further dove to 61 degrees. At the last feed, at 8:10 am, the water was 59.5 degrees and this was the last temperature taken.

The colder water seemed to affect Darren's stroke counts. When he was warm he had a low count. As the water cooled he increased his stroke count. He started at 62 strokes per minute, jumped to 65 then to 68. He held until he stated he needed more calories on his feeds, according to the log written by Carol Sing and Steve Dockstader. At this point Darren quickly fell to 62 spm in three feeds. After a 64 spm he bottomed out at 60 strokes per minute when the water was still 63. Then the fluids kicked in and he rose to 65, 67 and 71 when it was 59.5 degrees. He came back strong and finished hard. He landed at 8:42.43 am.

Darren swam 9 hours, 15 minutes, and 33 seconds.

Blair Cannon jumped off the Island at 12:07 in the early morning. He swam on August 5th from Doctor's Cove. Blair greased up with Vaseline prior to the swim, as the water temperature was varying massively. Grease was no longer used as it kept the cold water in your system and served as a blanket holding in the cold.

The ocean temperatures were taken every half hour when Blair was fed. They ranged from a low of 62 degrees to a high of 68 degrees. The average temperature was 63 degrees. This was a very cold swim.

Blair, similarly varied his stroke count from 64 strokes per minute to 77 strokes per minute. In the first four hours he maintained 66 to 72 spm. From the fifth to seventh hour he held a 64 to 67 spm. And finally, from seven to the finish he held 71 to 77 strokes per minute.

His feeding plan was worked out ahead of time. He drank every 30 minutes until he switched to 20 minutes for each break. For each feed he would have: CarboPro, water, electrolytes and a Power Bar energy blast. He would rotate the latter with Power Bar Recovery drink. He also took the motivator tablet. In his interview he explained it was for alertness and caffeine.

At 5:55 am he was informed by his wife his was on pace to break the record if he stayed focused and swam smart, as recorded by the log written by Anne Cleveland. He picked up his stroke count, but wasn't able to break the record. He finished in pretty

heavy surf at Terranea beach. Blair had a stunning time of 8 hours, 18 minutes and 27 seconds.

The 209th person to swim Catalina was Brad McVetta. He was a 37 year old from New York, New York.

Brad started at Doctor's Cove at 11:45 pm. At the beginning there was no wind and calm water. The ocean temperature was 66 degrees. In an hour that had changed to 62 degrees. In the second hour it had dropped to 60 degrees where it stayed until 5:51 am. At that time it jumped up 2 degrees. The temperature bounced between 62 and 63 for the rest of the swim.

At the initial feed Brad had Cytomax, Muscle Max and water. Brad fed every thirty minutes. Besides his feed mixture, he had a mouthwash rinse to clear the salt from his mouth. His feeds were 20 seconds and longer. He drank at least 8 ounces on each feed.

Brad had to deal with a NE wind and 1 to 2 foot swells. Near 5 am the wind shifted and came from the west. By 8 am, the swells were coming from the south and the wind had died; however, at 9:26 the winds were blowing from the east and the swell from the southwest. All of a sudden dolphins were jumping all around the boat and thirty minutes later they were stampeding the boat. According to the log, the swimmer was fine. He was 35 minutes from shore when this had happened. Everything calmed down and Brad finished. Brad swam for 11 hours, 24 minutes and 17 seconds.

The first female swimmer from Guatemala departed from Catalina at 11:21 in the evening. Yesenia Cabrera swam on August 8th. Thirty minutes into the swim dolphins were swimming with Yesenia and continued for ten minutes.

Yesenia fed every forty minutes on the swim. The water was calm and with limited wind. At an hour 25 minutes into the swim a large jellyfish and something jumping was seen, according to the log.

The people on the boat, especially her coach, threw bottles to her. Many times she missed and would get upset. Her breaks took from a minute to four minutes and it was upsetting everyone on the boat. After one 4-minute break she asked for coffee and sugar. Her coach asked her what she was doing and she answered, "I'm in the ocean drinking coffee".

Yesenia's stroke count ranged from 58 at the highest to 46 at the lowest.

The ocean temperature fluctuated from 66 degrees to a low of 63 degrees. Yesenia didn't have any trouble with the water temperature.

This swim was filled with marine life. Dolphins, whales, jellyfish, an unknown jumper and Mola Mola.

At 14:41 Yesenia finished. Her time was 15 hours, 19 minutes and 30 seconds arriving on August 9th. She completed the Triple Crown!

On August 17th Cliff Crozier swam the Catalina Channel for a second time. Cliff was from Littleton, Colorado. He was 50 years old.

He left at 11:57 pm from Doctor's Cove. It was a calm night with a water temperature of 69 degrees. Cliff emerged stroking 51 per minute. After an hour he had

his first feed. During the one minute feed, the boat drifted backward 110 feet. The captain suggested all other feeds be quicker. Cliff switched to half hour feeds, but had a gel and then an Energy mix which took less than thirty seconds. Cliff preferred the water and Gatorade mix. He also drank Ibuprofen and Energy Mix. For his last feed, he had a banana and Energy drink.

Cliff's stroke rate spanned from 49 to 57 strokes per minute. This is a large separation.

The ocean temperature parameters were from 66 to 69 degrees a wide variation.

At the beginning the boat was rocky and rolling, especially on the long breaks. As the night progressed, the ocean laid down. At halfway Cliff was in good shape and spirit was up, as recorded in the log.

For the next feed Cliff asked for hot cocoa and a banana but all he was given was a gel. He wasn't happy and said he wanted to be out fishing on the fishing boat flying by him. On the next break he was given Gatorade and he responded with a loud "Yeah Me." There were rough currents according to the captain. Soon after there were lots of dolphins near the boat. Finally, he had his banana and fought the surf to reach the shore. At this point the temperature fell to 64.5 degrees.

Amazingly, Cliff's time was 16 seconds faster than his first attempt. He exited after 10 hours, 41 minutes and 16 seconds.

Clayton Rinker attempted Catalina on August 19th. He embarked from Doctor's Cove on Catalina at 12:35 in the morning. Immediately upon starting, dolphins were swimming with him. It was a clear night, however there were long rolling swells. Clayton, within the first hour, was seasick from the swells and the diesel smell. He began throwing up and it took him numerous feeds to feel better. Until 3:30 he had been feeding every 15 minutes. He drank water and had a peanut butter cup. At 3:30 am he switched to the half hour for his feedings. This seemed to solve his problems with nausea. From then on he drank Gatorade, water and strawberry banana Gu, had a Peanut Butter Cup and tea.

Clayton held a very consistent stroke count. He began at 61 strokes per minute and finished with 63 strokes per minute. He had dropped to 59 and 60 once, otherwise he held 61 throughout the swim.

The ocean varied from a high of 68 degrees to a low of 65 degrees. The air started at 64 degrees and ended at 68 degrees making for a comfortable crossing.

As Clayton was an hour and half from shore a blanket of fog covered Palos Verdes, according to the log written by Michael Resk and Forrest Nelson. With the approach to the finish, again dolphins appeared by the boat. Clay swam in to the shore, took his three steps, clearing the water's edge and officially finishing his swim. His time was 10 hours, 51 minute, 46 second.

Next came Evan Morrison from Chicago to conquer the Catalina Channel. He swam on August 25th. Evan put a layer of grease on himself prior to the start. It consisted of 50% Vaseline and 50% lanolin. Evan swam from Doctor's Cove on the Island, leaving at 12:11 am. It was a starry night with a light breeze and slight ripple, as reported by the log.

Within the first hour and a half the wind picked up, as did the swells. By 5:50 am

the wind had died down and thus the swells. The ocean's water temperature was 68 degrees at the swimmer's launch into the water. At 5:10 in the morning it fell to 64 degrees but snuck back to 66 degrees or higher until just before the finish when it plummeted to 62 degrees.

Meanwhile the air temperature started at 68 degrees and rose to a warm 74 degrees at the finish. This helped to balance the cold water.

Evan had an excellent food plan. He took a break every twenty minutes. On his breaks he drank 8oz of Maxim with apple juice or 8 oz of Perpetuem. During the swim he also had a few Ibuprofens in a piece of banana, and mouthwash. His breaks were fast-from five seconds to thirty seconds.

Evan had an excellent stroke. He breathed to both sides and maintained 65 strokes per minute on his swim. Rarely did he change this.

Evan's GPS landing at Cardiac Hill was 33.44.41 N 118.24.20 W. He arose on the mainland after 8 hours, 55 minutes, and 59 seconds. He was the 212th person to swim Catalina.

Katy Dooley decided to swim from Catalina to the mainland. She began on September 2nd. She commenced from Doctor's Cove on the Island at 12:27 am. It was a calm morning with no wind. Katy was so excited her first stroke count was 90 strokes per minute. She settled down to 80 then dropped to 76 and held between 76 and 80 for the rest of the swim.

The water temperature was a nice 69.5 at the start. It gradually dropped to 67 degrees and stayed there for most of the night. At 7:21 am it cooled to 65 degrees and then lowered to 64 degrees for the finish.

The air temperature did the opposite and elevated through the night.

Katy fed every half hour. Her rest stops lasted from 10 seconds to one and a half minutes. She fed on Gu, water, chocolates, carbohydrates, acetaminophen, ibuprofen, Pepto and mouthwash. She was throwing up from early in the swim until 6:40 am. She was tough and fought through the upset stomach.

In the middle of the night a large cargo ship passed on the port side of the boat. At 5:57 am the daylight broke through the clouds and a half hour later the crew was up and cheering. In the next few hours Katy kept her spirits up.

In the last ¼ mile everyone was screaming wildly. Katy approached the rocky beach only to be thrown from one side to the other. She was washed ashore after 9 hours, 49 minutes and 4 seconds. Her feet were hurt and her legs were scraped. Forrest Nelson met her on the beach. After she returned to the boat she took a warm shower and drank warm drinks and was in a great mood as she was # 213 to cross Catalina.

On September 5th Michael Renford from Sydney, Australia (of the English Channel famed family) tackled the Catalina Channel. He began at Doctor's Cove at 1:00 am. This was his second attempt to swim Catalina. He needed to complete the swim to complete the Triple Crown.

Michael had a rough night with 2 to 3 foot swells, 10 to 15 knot winds and lightning to the south.

There were also clouds to his north. There were two boats on the swim but with

the rough water the second returned to shore.

Similarly the water temperature was not beneficial. It began at 66 degrees and slowly dropped to 65 degrees. By 5:30 am the water hit 64.5 degrees. Unfortunately it didn't stop dropping there. It descended to 64, then 62 and finally fell to 60 degrees by 10:00 am.

The air varied just as much. It ranged from 58 degrees to 74 but at a weird time, during the night. It was 58 degrees at the finish and 74 in the early morning.

Michael also known as "Murph," had breaks for feeding every thirty minutes. He drank Gu and water. His feeds took from two to five to 10 minutes. By 9:00 am he was having a problem peeing, which meant he was dehydrated. He needed to drink more carbohydrates.

His stroke count fluctuated from 71 at the start to 68 strokes per minute at the finish. The high was 71 while the low was 60.

Due to the rough conditions Murph asked, "Is the bump gonna stop?" He was given an answer of, "not likely", according to the log. At this point with his Gu and water he took a nausea pill. There was lightning 20 miles away. At 7:00 am Murph said he didn't feel very well. Soon after this the waves died a bit which made everyone happy. The rain was still going but not as bad. On Murph's feed at 8:30 am on his feed he said he felt good. The waves and wind dropped more. It was nice and Murph was in good spirits.

At 9:00 am the second support boat returned. Murph proclaimed, "We're just gonna bang out the last hour---no more feed." The latter was overturned and he drank twice. At 10:10pm he landed. He exited after 9 hours, 13 minutes and 22 seconds. He earned his Triple Crown!

The following day, September 6th, 46-year-old Samuel Neri of Mexico City attempted the swim from Catalina to the mainland. There was still a light breeze. He dove in at 11:54 pm from Doctor's Cove on the Island. Outside the lee of the Island, Samuel felt the swell.

Samuel drank every 45 minutes. He drank soup, gravy beef broth, 80% of 300ml of Gatorade and water.

On his first feed he complained his armpits were raw from his last swim. All he had to do was to ask for Vaseline and a rag to put Vaseline under his arms and wipe his hands off. This would easily have solved the problem. His feeds took from 30 to 40 seconds.

Samuel initially lowered his stroke count from 60 at the onset to a low of 53 strokes per minute at 4:45 am. From there Samuel began to increase his stroke counts to a high of 56 near the finish.

On the other hand, the ocean temperature began at 66 degrees and gradually increased to 69 degrees. The temperatures hovered between 67 and 68 degrees, then out of the blue, it fell to 65 and settled at 64 degrees.

By 9:25 am, the sun was up and the wind had disappeared. Samuel looked strong and steady at 10:45am. He had 2.74 nm to go at 11:30am to reach San Vicente, GPS n33.44.930 w118.24.447. His last feed was at 12:15pm while the boat crew launched Bubba to go to shore at 12:54. Samuel landed at 1:00 after 13 hours, 44 minutes and 20

seconds, he walked ashore. He became the 215th person to swim the Catalina Channel.

Kent Nicholas from Mesa, Arizona swam Catalina on September 8th. He chose to swim from the Island to the mainland. The conditions were good. Kent set off from Doctor's Cove at 11:26 pm where there was a light breeze once he passed the lee of the Island.

The ocean temperature gradually decreased from 66 degrees to 64.4 by 4:00 am then raised to 65.5 then declined to 62.9, and consistently held this to the finish.

Meanwhile Kent's strokes per minute fluctuated throughout the swim. He began at 72 strokes per minute, reached a high of 76spm and a low of 71spm. This was a good range for stroke per minute.

Kent watched as one of his paddler's was freaked out when going through kelp. It seemed as if she jumped out of the water, according to the log.

On his swim Kent drank every 20 minutes. He drank broth, Pho-beef broth, gel, and water. Many people were seasick on the boat during the swim as there had been a bumpy crossing over to the Island. Early in the swim, dolphins surrounded the swimmer for four minutes. At 1:45 Kent began peeing and peed all night. He was well hydrated. At 7:11 a dolphin pod appeared again for a few minutes. The next excitement was when everyone could see the finish and cheered.

The kayaker led Kent through the seaweed to the shore. His time was 10 hours, 46 minutes and 40 seconds.

The 217th person to swim Catalina was Derrick Wong. Prior to entering the water he greased up with a lanolin mix. He swam on the 13th of September, beginning at the Island. He departed from Doctor's Cove at 1:18 am. The GPS reading was 33.28.258 N 118.31.801 W. The conditions were beautiful.

Derrick fed every twenty-five minutes at the start. He had a period of shoulder pain when he drank every twenty-five minutes, then he dropped to twenty minutes to the finish. On his breaks Derrick drank Gatorade, Carbo Pro, and he ate Power Bars. The latter breaks take longer to chew than the former all-liquid feed. He did take Tylenol, Gummies, Five Hour Energy Supplement, two Chocolate Breakfast shakes and a Zone bar.

His stroke count was 60 for 20 out of 25 stroke counts taken. The high was 62 and the low was 58spm. That was impressive.

On the other hand, the water temperatures varied significantly. They began at 68, elevated to 70 and hung around 68 for a few hours. At 9 am the water fell to 66 degrees and at 9:30 it hit 65 degrees. As Derrick approached the finish, the water declined to 64 degrees. Derrick emerged after 8 hours, 35 minutes and 44 seconds. His GPS was 33.44.288N- 118.23. 23.626 W. According to the log Derrick was "BIG SMILES".

On September 14th Mo Siegel entered upon a crossing of the Catalina Channel. He decided to swim from the Island to the mainland. He started at 11:10 pm. The ocean temperature was 66 degrees at the onset. Its high was 67 and low was 65 degrees, making for a reasonable water temperature.

Early on in the swim Mo had trouble with his goggles. At the second feed he

switched goggles. Unfortunately someone on the boat asked if he had peed and he didn't hear them. When they asked the second time Mo responded yes. Normally you don't ask about peeing so early in a swim unless they were warning signs. The deafness was probably the sign.

Mo's stroke counts only varied from 64 to 59, very well for a 59 year old. He began at 63 and maintained it to 1:43. At his next feed Mo's spm fell to 61 stroke count. He crept to 59 spm at 4:59 am, but by 5:34 was up to 61 strokes per minute. His stroke count reached 63 again just before the finish then dropped to 61 strokes per minute.

On the swim Mo had planned his 22 breaks well. He drank 14 oz of fluid on his first break and then rinsed with mouthwash. He normally drank Perpetuem, tea and coffee with sugar. He ate chocolate, Advil, peanut butter sandwich, mouthwash, marshmallows, Ibuprofen, Muscle regenerators and tissue rejuvenation.

When Mo was asked to spell his name backwards at 4:40 am he spelled: O-M. She meant his last name also. That's very funny. He spelled his last name correctly.

At 6:55 am dolphins were on the starboard side of the bow. At 11:10 Mo asked how far? He was told 1.36 nm. Mo asked for one more feed which he took at 11:52. The captain cut a path through the kelp for Mo and at 12:18 he landed in light surf. Mo exited after 13 hours, 8 minutes and 55 seconds.

Bob Needham set out to swim the Catalina Channel from the Island to the mainland on September 19th. He commenced at 12:05 am from Doctor's Cove. It was a peaceful crossing and a beautiful night. The ocean was fairly calm, as reported by the log.

Bob fed on the twenty minute mark; after the first feed at fifteen minutes. His feeds were fast, from 10 seconds to a slow of 2 and a half minutes. He held 20 minutes for 6 hours then switched to 15 minute feeds. He drank Perpetuem and Cytomax. He also had Naprosyn. According to the log, Bob experienced some nausea. He felt like he wasn't swimming straight and felt lonely. Bob stated, "It was definitely a challenging swim". At 5:47 Bob said, "It was not coming easy tonight"

The crew attempted to cheer Bob up. Besides his wacky stomach there were lots of freights on the course. At 9:20 in the morning a pod of dolphins came to visit Bob.

Bob held his stroke count between 60 and 62 until the fourth hour. He dropped to 58 spm and then 57 but just as quickly went back up to 60 to 61 from 7:07 am until 9:20 am. Between 10:10 a.m. and the finish his stroke count plummeted to 57-56 strokes per minute.

The water temperature averaged 65 degrees on the swim. Rarely did it rise or drop until the finish. As Bob approached the finish it plunged to 60 degrees.

Bob landed South of Terranea Beach as a strong southerly current pushed him south. He was greeted by Forrest Nelson who had to swim into the cove to greet him. Bob climbed out of the water at 1:17.53 pm after swimming 13 hours, 10 minutes and 23 seconds.

The 220th person to swim Catalina was Kimberly Rutherford. She accomplished this on September 21st. She swam from the Island to the mainland. Kimberly's first step into the water was at 11:54 pm at Doctor's Cove. The water was glassy calm. There was no wind and no swells.

Her stroke count began at 62 strokes per minute and fell to 60 strokes per minute during the swim. Meanwhile the ocean temperature was 66.7 as Kimberly entered the water. It varied significantly through the swim.

At 1:57am it fell to 65.8 degrees but in a half hour was back up to 66.7 degrees. In four hours it barely changed, only rising a hair to 67.2. With perfect conditions, the sun shining, dolphins playing, the water descended to 65.8 and finally to 65.5, the coldest temperature of the day for the finish.

Kimberly fed on Perpetuem, water, energy drink and Gu. In her 'Plan Your Swim, Swim Your Plan', it states she will eat solids, but none are listed in the log.

Cindy Cleveland was Kimberly's coach. She had her feed every half hour and was very enthusiastic towards her, such as, "Kim is doing well."

Kimberly reached the mainland after 12 hours, 22 minutes and 49 seconds.

Kevin Anderson swam Catalina on October 14th. Kevin departed at 12:19 am from Doctor's Cove. He headed toward Terranea Beach on the mainland. The water was clear, flat and cold. With the exception of one reading all the other readings were 62 degrees.

Kevin's stroke count fluctuated between 55 and 66 strokes per minute. His final stroke per minute was 55 and the three before 61, 58 and 57. Obviously, the cold water had an effect on him.

Kevin had 16 feeding breaks on the swim. He drank Gatorade, water, Glutamine and Gold Cliff. He took Excedrin, Scope, Carnation Instant Breakfast, pain pill, Hershey bar and Maxim. He ate these in groups of three. By the fourth feed, Kevin was throwing up several times. He ate Carnation Instant Breakfast in lieu of his scheduled feeding. After a few feedings he felt better. On the 13th feed, he returned to his normal food and everything went well. As he had lost calories he added Maxim to his instant breakfast. At 11:50am Kevin refused his meal as he only had a half mile left to swim. At 12:16.33 Kevin landed at Terranea Beach with his family waiting for him. Kevin swam from the Island to the mainland in 11 hours, 57 minutes and 7 seconds.

On October 16th, Patti Bauernfeind set out to swim from Catalina to the mainland. Patti took her first step in the water at 12:57 am at Doctor's Cove. There was a beautiful sky with 2/3rds moon. The ocean was calm with 2 to 3 foot swells.

Patti fed every twenty minutes during the swim. She drank Hammer Perpetuem, water with honey, and hot chocolate. She had solid food also.

The ocean temperature was 63 degrees at the start. The highest it climbed was 63.8, a miserable temperature. The lowest was 62.5 degrees. This was a cold swim. Similarly the air temperature was 64 to 65 degrees which would feel warm compared to the water temperature.

She had high spirits and laughter throughout the swim. The people on the boat could not believe how much fun she was having. Whenever she fed she was in a good attitude. She was stung twice by a jellyfish and she didn't complain. She's one tough woman. When the dolphins were under her she yelled "woohoo", as recorded in the log.

Patti's stroke count began in the high seventies. Her highest count was 79 strokes per minute. After an hour her stroke count fell to 76 and stayed there for six hours. This

was very consistent swimming. She dropped a bit then returned to 76 then plummeted to 70 and 71 strokes per minute for the finish. The latter was two hours. Patti came out at 12:04pm after swimming for 11 hours, 7 minutes and 44 seconds.

Pat Gallant-Charette is a 60 year old from Westbrook, Maine. She swam from Catalina to the mainland on October 18th. Pat entered the water at 12:07 am at Doctor's Cove. Pat was excited to get in the water as there were six dolphins, a couple of seal lions and hundreds of bait fish and flying fish, as reported in the log. Pat wanted to get going immediately but the anchor was stuck. This meant standing on the boat, smelling the diesel fumes. Finally she was able to start. Unfortunately, she was nauseous.

On her first feed she drank a flat coke. As she felt better on her second feed when she drank a sustained energy feed.

For seven more feeds she drank flat coke every fifteen minutes. She threw up constantly. She tried ginger cube feeds twice and sustained energy feed but complained of diesel fumes. Pat went back to thirty minute feeds, swam on her back and then returned to fifteen minute feeds. She tried Maalox to stop the vomiting and then refused to feed. Pat felt better.

The clouds made for a deep marine layer but this made the swell pick up and the chop pick up. She drank more water and felt better and positive.

Pat had increased her stroke count from 52 to 57 to 60 and then to 63 spm.

The water temperature at the start was 64 degrees and held seven hours. It cooled to 63 degrees for three hours. It was sixty degrees at the finish. Meanwhile the air temperature slowly increased from 60 degrees to 63 degrees.

Pat had peach juice and was able to keep it down. She began to smile more and was more positive. Pat had 4 ¼ miles to go.

There were dolphins and babies near the end of her swim. At 1:20 pm the sun peeked through the clouds and a landing place was chosen.

She finished at Terranea Cove in 14 hours, 11 minutes and 40 seconds. She set an age record for the oldest woman to swim Catalina.

Stephen Redmond of Ireland was the final swimmer of the summer. He swam on October 20th from Catalina to the mainland. He commenced his swim at 1:09 am. He left from Doctor's Cove. It was a calm, overcast morning with a slight breeze and light swell. The water temperature fluctuated throughout the swim. The high was 64 while the low was 62 degrees. The start was 64 degrees while the finish was 63 degrees.

The air temperature also fluctuated throughout the swim from 67 degrees to 59 degrees. The start was 64 degrees while the end was 67 degrees.

Stephen's stroke count ranged from 47 strokes per minute to 52 strokes per minute. This is a close range. He commenced at 50 strokes per minute and finished at 49 strokes per minute. This is excellent for over 12 1/2 hours.

Stephen's feeding plan was to feed every half hour. He drank water and Neurofin- a pain pill, instead of his feed early on in the swim. At 6:15 am he was talking about quitting the swim. He felt weak and doubtful that he could continue. Forrest Nelson and Anthony Redmond tried to talk him out of it. He drank sweet tea, ate a candy bar, and started swimming again. He was able to keep it down. He was still retching, but he was

OK. At 11:00 am he had a heated feeding. Twenty minutes later he had a second one. Both of these worked.

Bubba went into find a landing place. They found the Cardiac Hill beach between Long Point and Pt. Vicente. At 13:49.48 pm Stephen landed safely on the beach.

He walked out of the water after 12 hours, 39 minutes and 58 seconds.

In 2011 there were 26 successful crossings. Jim Neitz became the first to swim in the month of May so now all the months have had solo crossings. The first Guatemala swimmer completed the crossing in 15hours, 19 minutes, and 30 seconds, Yesenia Cabrera. She also earned her Triple Crown. Finally and very impressive, Pat Gallant Charette became the oldest woman to swim Catalina.

2011 RELAYS

There were five relays in 2011, including a new world record for the fastest relay ever.

The first relay was Are We There Yet? It was swum on August 11, 2011 from Catalina to the mainland in 11 hours, 40 minutes and 37 seconds. The members of the relay were:

Grace Van Der Byl	Kathy Coiner
Kyle Coiner	Arno Chrispeels
A.J. Kraus	Scott Coiner

It was a smooth and glassy night. Dolphins swam up to Grace and her husband, who was paddling. Kyle swam next and could see the lights at Palos Verdes. A. J. had trouble with hypothermia. The water was 69 degrees. Kathy swam well even though there were some long rollers, according to the log. Arno had some suit problems but did very well once they were fixed. The sixth swimmer was Scott and he did fine.

The second rotation went well except for more wind. When Scott entered there was a mile left. Again, dolphins were everywhere. All the swimmers jumped in to accompany Scott to the finish. At 11:10:27 he finished, making the swim under twelve hours—their goal time. This was relay number 71.

The second relay was Leave It To Beaver. It was swum on August 22, 2011 from Catalina to the mainland in 11 hours, 1 minute and 12 seconds. The members of the relay were:

John Beaver	David Greeley
Benjamin Galdston	Kevin Rosenthal
Charles Witham	Becky Jackman-Beeler

Jack started among the flying fish. When Kevin, the fourth swimmer was in, a large whale and dolphins were seen. When the team swam a second time Kevin was less than a mile from the end when the whole team jumped in and swam with the dolphins to shore and thus the finish! This was relay number 72.

The third relay was Wave Breakers. It was swum on August 23, 2011 from Catalina to the mainland in 11 hours, 32 minutes, 35 seconds. The members of the relay were:

Scott Sutton	Chuck Mendenhall
Preston Gable	Merci Jensen
Mike Mitchell	Annie Winners

All of the swimmers were seasick on the boat. Their swim leg should have made them feel better. There were flying fish and seals at the start when Preston was

swimming. The conditions were not very good for anyone. When Annie swam her second leg, a sea gull tried to land on her. When she left the water there was only 1.5 nm to go. Scott was the last finisher at Palos Verdes. This was relay number 73.

The fourth relay was the Long Beach Swim Focus. It swam on October 8, 2011 from the mainland to Catalina in 6 hours, 53 minutes and 4 seconds. This was a new World Record. The members of the relay were:

Parks Wesson	Ted Bramble
Hank Wise	Lyle Nalli
Matty Mitchell	Lexie Kelly

This relay was a feel-good relay. The relay started at 8:22 pm. The starting point was Long Point which is 400 meters south east of the Point Vicente lighthouse. This relay was fast and each member fed at twenty and forty minutes during the swim. Hank swam first and the GPS was 33.44.267 118.24.448. He drank an Orange Julius with Cytomax and Perpetuem. His stroke count was 63.

Conditions were 2 to 3 feet of swell, no wind, and the swimmers were getting a nice push. In addition there was a bright moon.

The second swimmer was Lyle, holding 68 spm. Each swimmer played music. Matty entered next with a 58 spm and pulls toward the boat. Then came Ted holding 62 spm. Parks entered next and hit a 72 spm and used Hank's juice to feed. Last was Lexie kicking butt holding 62 strokes per minute. Lexie had a buddy swim who held 86 spm. At 2:22am Hank entered for the final leg. His stroke count was 69 and 68 as he raced to the shore. He finished at Doctor's Cove. The GPS was 33.28.277N 118.31.867W. He finished on the rocks, setting a new world record! This was relay number 74.

The fifth relay was Aquaboomers. The relay swam on October 11, 2011 from Catalina to the mainland in 8 hours, 8 minutes and 9 seconds and finished on October 12. The members of the relay were:

Dan Leonard	Stephen Lowe
Brad Magit	Tracy Edwards
Bruce Thomas	Bill Ireland

Tracy was the first swimmer in and had a stroke count of 83. Brad was 2nd with a 67 spm. The third one in was Steve who had a 54 stroke count. Bill Ireland, of Pomona College, was the 4th leg and had a 61 spm. The 5th one in was Bruce with a 63 spm while he swam a tanker passed astern. The 6th leg was Dan with a 66 spm. The wind picked up but otherwise the ocean was calm. Tracy started over again. All was well and when Steve entered the water he knew he would be the last leg. He finished at 7:28.50. On the way back to the dock there were massive amounts of dolphins around the boat as reported by the observers, Lynn Kubasek and Jim Fitzpatrick. This relay broke the men's record for 50 to 59 year olds. This was relay number 75.

Two relay records were set in 2011. The first was the Long Beach Focus swimming from the mainland to Catalina in 6 hours, 53 minutes and 04 seconds. This is the fastest overall and in the direction. The second relay record was 50-59 age group swimming from Catalina to the mainland in 8 hours 8 minutes and 09 seconds.

CHAPTER 14

Around The Island Swims

Beyond the relays, the Federation began to supervise swims around Catalina. The board has accepted any past swims. There have been two individuals and six relays that have been successful. These include Cindy Cleveland August 16, 1978, Forrest Nelson July 5, 2011 and Carol Sing's circumnavigation relay on October 8, 2011.

Cindy Cleveland, at the age of 23, became the first person to circumnavigate the Catalina Island. She left from Avalon and landed there, 34 hours 24 minutes later. She had swum to the northwest. On the backside of the Island after 24 hours, the radio on the boat had stopped working. The boat was still working, but her coach Siga Rose and her mother Ann Cleveland were worried. They flew to the Island and then they took a boat around the Island until they found Cindy. She had had trouble swimming the last ten miles because of a rough current. She was sleepy and only swam a mile an hour. Their showing up made all the difference to Cindy. She was able to swim the next ten miles with their lift of energy.

Cindy has the world record for the fastest woman to swim in the direction she swam. Besides this, she became a mentor to Forrest when he swam and will be for all future swimmers.

The second swimmer to accomplish this circumnavigation of Catalina Island was Forrest Nelson. He started just east of Avalon at 11:27.44 pm on July 5th, 2011. Forrest went the opposite direction than Cindy had swum. He swam clockwise. This meant Forrest breathed towards the Island. It also meant he had the hardest first. He was prepared for this.

At Arrow Point, he drank coffee when he was tired. David checked the thermometer after Forrest had said, "It's a pleasant temperature." The water had started at 68 degrees, dropped to 64 degrees and rose to 66 degrees when he said it was pleasant. At 1:30 pm on July 6th Forrest had a sea lion swim directly under him and twelve around him. Forrest tried to get rid of the sea lions as they are shark food. He was near the West End navigation light. The temperature was a warm 68 degrees for numerous hours. At 9:11pm there were tons of dolphins.

As for food, Forrest had three types of mixture. He fed every 30 minutes. The crew was to vary them so Forrest wouldn't know what time it was in the swim. The mixtures were Hammer Perpetuem Banana Vanilla flavor, Hammer Perpetuem Café Latte with diluted coffee of 12%, and finally Gatorade with soy protein with a 4 to 1 mixture. He also had a gel with an Aleve when his shoulder began to hurt. After 10 and a 1/2 hours he desperately wanted his treats. This involved various forms of chocolates. He tried to have treats every three hours. He could not wait this long. He tried every two hours. His favorite was a Reese's cup. He rinsed with Scope to clear his mouth of salt prior to eating the chocolate.

During the later part of the swim Forrest began to hallucinate. This lasted a while. By focusing on phrases such as "Stay within yourself", "Don't injure your shoulder", "Close the deal", Forrest was able to work his brain out of the hallucinations.

Forrest began his stroke count at 42 strokes per minute. Gradually he increased

this to 46 then to 47 spm. At 9:30 pm Forrest's stroke count rose to 50 spm and stayed there through the finish. Forrest finished at 1:02.52 am making his total time 25 hours 35 minutes 8 seconds. He finished on Thursday July 7th. He landed on a rocky beach near Avalon. It took him a long time to find his balance.

THE AROUND THE ISLAND RELAYS

The first three relays to swim around the Island were swum on September 1st 1994. The three were named:

Triple A	Triple B	Triple C.
Alan Freeman	Mike Romesser	John York
John Skoglund	Vince White	David Clark
Peter Urrea	Steve Frantz	Ellen Argo
Ed Acevedo	Carol Sing	Rosemary Hutzley
Vince White	Paula Selby	Bob West
David Yudovin	Jamshid Khajavi	Tina Moore

The three swam counterclockwise around the Island. According to various interviews this was a great swim. There were seals diving in and out and around the swimmers on the whole back side of the Island. They rented a large boat so everyone had room. No one ate on their legs of the swim. The final time of the relays was 26 hours, 22 minutes and 46 seconds. These relays became number 1, 2, and 3 for around the Island.

The fourth to swim around Catalina did so on September 2nd 2007. The members of this relay were Peter Attia, Marc Lewis, Ed Reynolds, Phil Garn, Forrest Nelson and Scott Zornig. The relay swam counterclockwise. It set the record for the fastest relay swimming in 23 hours, 32 minutes and 53 seconds. This relay was the 4th relay to swim around the Island of Catalina.

The fifth and sixth relays to circumnavigate the Island were the Fantasy Island and the Love Boat. These swam at 12:00 on October 8th. The members were as follows:

Forrest Nelson	Tina Neill
Mark Monticino	Cindy Walsh
Barbara Help	Dan Simonelli
Becky Jackman-Beeler	Kevin Rosenthal
Bill Crane	Dan Henry
Carol Sing	Claudia Rose

The water was tranquil but there was a light wind at the beginning. The relays swam counterclockwise, the same way Cindy Cleveland had swum. The ocean temperature was colder in October than earlier in the summer. The water ranged from a high of 66 to a low of 63 degrees. At 2:15 am, dolphins were playing and jumping around the swimmers. At 6:00 am, the second leg began at the far side of the Isthmus. The sun came out and there was a beautiful day. At 2:00pm, a bald eagle was spotted. By 7:00 pm

it was pitch dark. At 11pm there was a dolphin swimming by itself. By 1:00 in the morning there was a current and wind against the team of Mark and Cindy. At 3:00am, the kelp was thick as the team of Becky and Kevin approached Doctor's cove. They finished at 3:25, making the final time 27 hours, 25minutes, and 42 seconds. They became relays 5 and 6 to swim around Catalina Island.