



January 2014

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CCSF Gifts and Swag



Surface Water Temps

Happy New Year

2014 Swimming Application Under Construction

Solo and Relay Swimmers Standby for Updated Application

The [Catalina Channel Swimming Federation](#) is making alterations to the application. We need a little more time before it is finalized. This newsletter will announce when the 2014 application is uploaded to the website.

Also, medical exams are required for solo swimmers. Your annual physical must occur the year of your attempt, so 2014 swimmers, please schedule your doctor's appointment now!

The CCSF [medical certificate for 2014](#) has been posted to the Swim Catalina website for swimmers to download and present at their doctor's visit.

Applying to Your Catalina Swim is a 2-Step Process

Applying for any Catalina swim is a two-step process: First, secure an escort vessel for a particular swim date. Then submit the CCSF application for review and approval. Separate fees apply.

2014 solo swimmers and relay captains should contract with an escort vessel for their attempt. The CCSF provides [contact info](#) for **Greg Elliott** [Bottom Scratcher] and **John Pittman** [Outrider], who for decades have escorted athletes in the Catalina Channel. The CCSF strongly encourages every Catalina swimmer to use their services.

Inspirational Winter Reading from Catalina Legends



Channel Webcam
from Point Fermin



SoCal Marine
Forecast



San Pedro Buoy
46222

Two New Books from Penny Lee Dean and Lynne Cox

As we ramp up toward the 2014 season, there are two recently-published books we can recommend from swimmers who set Channel records in the 1970s and now are in their fifth decade of being ambassadors to our sport.

Lynne Cox set Catalina and English Channel records while in high school. Her career continues, both as a swimmer and passionate writer, including the best-seller *Swimming to Antarctica*. Her latest effort, [*Open Water Swimming Manual*](#), places her mastery of swimming-- at practically every Latitude-- into one handy guide.

Unfortunately, [*Open Water Swimming*](#) by **Penny Lee Dean** is out of print, but copies can still be found floating around [*pun intended*]. She provides step-by-step guidelines for building toward a 20-mile cold water swim. Her techniques are proven: Penny is the [Catalina record](#) holder since 1976. Finally, Penny has just penned her autobiography, [*Try Just One More*](#), which details her exploits and reveals the motivating factors behind becoming the fastest open water swimmer.

Lynne Cox, pictured at the 2011 CCSF Awards Banquet

More [CCSF photos](#) in the galleries

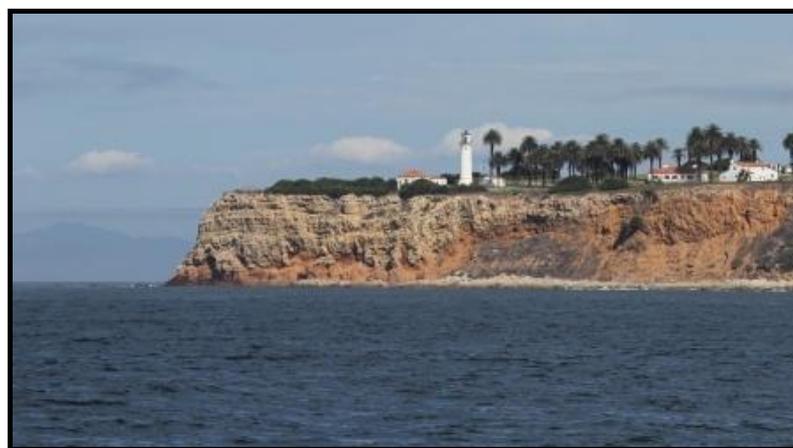


Whale Sightings in Channel at Record Numbers

Hundreds of California Grays and Orca Pod Passing Through Channel

The reasons for swimming the Catalina Channel are as varied as the swimmers. Yet one experience plenty of swimmers and their crew have taken home from the Channel is the sighting of majestic wildlife.

In past weeks, a record number of California Gray Whales (nearly 400 in the month of December) have been spotted [migrating through the Channel](#). The number keeps growing, as this is the birthing season. A whale watching trip this week saw a baby Gray reportedly only an hour after its delivery.



Also, for the third consecutive year, a [pod of Orcas](#) rang in the New Year by swimming around Pt Vicente [*pictured*]. The Point is in close proximity to where most swimmers finish their channel crossing.



SPECIAL THANK YOU TO OUR DEDICATED OBSERVERS

**This season, over 40 different observers volunteered
2013 observers were rewarded with a highly-visible floating bow line,
handmade with loving care by David Clark**

Monthly Newsletter Updates Swimmers & Observers

Expect CCSF Newsletters to Arrive Semi-Regularly with Vital Info and Dates