



September 2016

Favorites



Swim Catalina
Serving Since 1981



CCSF Gifts and Swag



Surface Water Temps

AWARDS WEEKEND -- SAVE THE DATE

CCSF Banquet Is Saturday, November 5

The CCSF hosts the annual awards banquet. We return to the San Pedro DoubleTree hotel on **Saturday, November 5** to recognize our volunteers, as well as the successful relays and solo swimmers of 2016 [Photos from the 2015 banquet](#).

Details to soon follow on how to reserve your tickets for the CCSF banquet.

We're thrilled to share this weekend with our friends of the [Santa Barbara Channel Swimming Association](#), and **International Marathon Swimming Hall of Fame**. Tickets for the IMSHoF induction ceremony can be acquired [via their official website](#). Scroll down the page, after you've read the message from IMSHoF Chairman **Chris Guesdon**.

Penny Lee Dean Day

On this date, September 1 in 1976, **Penny Lee Dean** established the fastest time in the Catalina Channel. That was 40 years ago! A lot has changed in marathon swimming over the years, but [Penny's record](#) still stands following another 400+ solo attempts. No other swimmer has crossed the Catalina Channel faster than her final time of 7 hours and 15 minutes.

Penny is a founding member of the Catalina Channel Swimming Federation, the OG President of the CCSF, and historian. She spends untold hours, behind the scenes, reviewing observer logs and writing the [history of each crossing](#) -





Catalina Weather



SoCal Marine Forecast



San Pedro Buoy 46222

solo and relays.

For the Catalina Channel community, the first day of September ought to be celebrated as Penny Lee Dean Day.

Halfway Through the 2016 Season

A thumbnail sketch of what our CCSF observers have witnessed so far this year in the Catalina Channel. Above average water temps for about four-dozen crossings – a quarter of them relays.

Swimmers representing eleven nations from five continents. Where's those Antarctica swimming Peeps?

We strive to [recognize on Facebook](#), within 24-hours of a successful swim, details of the event and photos. Every crossing is an impressive achievement, and here's a few of the stand-out swims so far this summer: California teen relay dipped below the 8-hour mark, while a relay of "Swell Guys" over the age of 70 finished just under 11 hours. Also, **Melissa Berkay** followed the wake of **Vicki Keith** (in 1989) by swimming butterfly. Melissa's final time was 12 hours and 41 minutes. Just the thought of half the day spent swimming butterfly makes the shoulders ache.



Congratulations to all the swimmers. We hope you will join us in November to celebrate your impressive swims at the annual awards banquet.

Lynne Cox: *Swimming In The Sink*

Lynne Cox has published her [sixth](#) book, a very personal exploration called [Swimming in the Sink](#).

As a teenager, Lynne crossed the Catalina Channel -- twice -- and held the speed record for both men and women. She's spent decades swimming around the world, often times in uncharted waters (at least, for a freestyler).



More recently, Lynne has established herself as an accomplished writer. Lynn Sherr gave *Swimming in the Sink* a striking review (quote) "Lynne Cox's heart beats with magical new powers as she swims through the most personal challenge of her dazzling career. This lyrical book is an ode to water, to guts and—yippee!—to love. Dive in, now, for a most glorious adventure."

Many Catalina Channel swimmers have sought Lynne's advice, which she's dispensed freely. She shared her exploits at a recent CCSF awards banquet. Through the month of September, you can catch Lynne's charming nature as she travels the United States on [her book tour](#).

