

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.<sup>1</sup> 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.<sup>2</sup>

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 11

### 2009 Solo Swims and Relays

2009 was a smaller year than 2008 with only 16 individual crossings. On the other hand, swimmers from the UK, Canada, Mexico and Australia swam.

In addition there were three repeat swimmers. This helped to advertise the Catalina Channel.

The first swimmer of the 2009 season was Tom Hecker. He had swum the English Channel, MIMS and attempted Catalina in 2005 to no avail. This was his second attempt. He took off from Doctor's Cove, at 42 minutes after midnight on July 10<sup>th</sup>. The night had light winds, clear skies and beautiful stars. On the water's side there were mild, one foot swells as the record states by observers Paula Selby and Jim Fitzpatrick.

After the first feeding, Tom fed every half hour until the finish. He varied his fluids from Gatorade, Maxim and Carbo Pro.

There were more mammals on this crossing than on most. Early on a sea lion moved close to Tom to check him out, then swam away. Within a few minutes a pod of dolphins descended on Tom followed by a second sea lion. In addition a whale was spotted a few times and more pods of dolphins.

At 6:42 am Tom said, "I don't know about this". Were all the marine animals bothering him? As the sun was coming up this made him relax a bit. Further, everyone on the boat cheered him on. This seemed to help.

Within the hour, conditions had improved and Tom similarly improved. The water temperature rose from 64 degrees at Doctor's Cove to 67.8 degrees at the finish.

His stroke counts began dropping from 60 spm to 53 when he wasn't sure what to do. Within two hours his stroke rate sprung to 58 spm.

The dolphins and whales were still in the area but Tom seemed to overcome his fear with them. Tom emerged from the water after 10 hours, 45 minutes and 24 seconds. He landed outside the cave south of Pt. Vicente. He achieved the Triple Crown and became the 161th person to swim Catalina.

Antonio Arguelles returned from Mexico to conquer Catalina again. He walked in at Doctor's Cove on Catalina. He swam on July 13<sup>th</sup>. This was his third crossing. He destroyed his last time by swimming a 10 hours, 25 minute and 2 second swim, over two hours and a half faster than his 2008 swim.

The water was flat but every once in a while there was a two foot swell. The water temperature was 66 degrees throughout the swim. The air temperature, similarly, maintained a constant 64 degrees.

Antonio's stroke count ranged from 58 at the beginning to 61 spm.

Antonio's feedings lasted 23 seconds. He drank every 20 minutes then switched to 30 minutes. His fluid was Accelerade gel, approximately 325 ml in a feeding.

The swim was uneventful until early morning when jellyfish were spotted as the recorder states, written by David Clark and Davina Walker, began writing furiously. Within two minutes a large whale crossed, engrossed in front of the ship. Next dolphins

came within 15 feet of the swimmer. Two more whale fins were spotted while a few dolphins joined him for the finish. Antonio landed east of Pointe Vicente.

The 162<sup>nd</sup> swimmer was from the UK, Nick Adams. On July 27<sup>th</sup> he sprung into the water at Doctor's Cove on Catalina. At 12:14 am Nick and a sea lion began the crossing. After a few minutes there were flying fish so the sea lion left Nick to follow the flying fish. One hour into the swim Nick had his first feed. Dolphins were spotted under the boat and while Nick was feeding. Nick's second feeding was after thirty minutes. He stayed on this feeding for the rest of the swim.

The ocean was calm and there was no wind. In the words of an observer, "it was like swimming in a lake". The water temperature began at a comfortable 71 degrees and climbed to 72 then fell to 66 degrees in the last forty five minutes as he approached the shore.

Nick maintained a constant stroke count throughout the swim of 51 to 52 strokes per minute.

He also had quick feeds. Nick swam without talking or the observers didn't record it. As the observers recorded he was all business. The former seems to be the truth. Sakura Hingley, who would swim the next day, acted as his coach.

As Nick was an hour and a few minutes from shore a large blue whale was spotted 200 meters to the right of Nick. It didn't seem to affect him as he was approaching the finish and everyone was cheering. It was foggy so it was hard to see. Forrest Nelson guided Nick into shore. After 10 hours, 48 minutes and 42 seconds, Nick completed the swim.

On July 27<sup>th</sup> the second swimmer from the UK swam Catalina. Sakura Hingley commenced her swim at 11:14 pm from Doctor's Cove. The water was smooth, the visibility was good and the temperature was great lowering from 71.3 to 67.3 degrees.

Similar to Nick, Sakura had a constant stroke count of 61 up to 64 strokes per minute. Nick Adams acted as Sakura's coach. The observers, Anne Cleveland and Davina Walker wrote the best log this historian has ever seen.

At the beginning Sakura had problems with the distance from the boat. This was immediately changed. She kept adjusting this for fifty minutes. This was important so she wouldn't get frustrated.

In two hours she had peed four times. This is good hydration. At the 2 ½ hour break she fed and also had Ibuprofen. At the 4 ½ hour break she had fluid and a chocolate roll. Sakura was doing well. At the 5 hour mark she stopped to fix her goggles then gave the OK sign when she was ready to go again.

In the rest of the breaks she had tea with sugar and a chocolate bar. As the sun rose she could watch the people on the boat and noticed large tankers coming in her direction. A few were close. This led to wake from the ships. Sakura maintained a positive spirit even when a whale and dolphins were visible. Her feedings slowed down as she ate a banana and drank fluid, including tea.

Nick swam the last twenty minutes with Sakura. She landed at Long Point and sallied forth from the water after 10 hours 58 minutes and 27 seconds on July 28th.

Craig Lenning attempted the Catalina Channel on August 9<sup>th</sup>. He plunged into the water at Doctor's Cove on Catalina at 11:37 pm. The water was warm at the onset, 68 degrees. There was full cloud cover but some visibility at Pt. Vicente on the mainland. The breeze varied from 2 to 8 knots per hour.

Craig's stroke count as the log states, bounced from 56 to 62 to 57 to 58 to 60 during the swim with an average of 58 stroke rate.

The plan for feeding was Maxim, Waterloo and mouthwash every 45 minutes alternating with Perpetuem every other feeding. He planned to void every hour. Craig was able to feed from 20 to 40 seconds. Craig swam to the boat to get his food.

By 5:00 am the water was flat. Soon dolphins appeared around the boat as the first light rose. Bubba, the skiff, which helps find a landing, was dropped into the water. Somehow Craig lost his bathing cap. It was 8:30 am and Craig looked great. He followed Bubba to the finish. After three steps he burst forth from the water. He swam a very respectable time of 9 hours, 9 minutes and 51 seconds.

Jen Schumacher swam four days later on August 14<sup>th</sup>. She jumped off of the beach at Doctor's Cove on Catalina Island at 11:53 pm. Her first feeding was at 20 minutes. She varied between 20 and 30 minutes. Her breaks lasted 30 to 1:45 seconds. She drank fluids and Gu.

The water was 66 degrees for the first five and one half hours. Gradually the temperature lowered to 65 but then climbed back to 66 degrees. When Jen finished it was 67 degrees! In addition the air temperature ranged from 64 down to 62 degrees.

Jen's stroke count began at 76 per minute and after two hours slipped to 74 spm. After six hours she increased her spm back to 76 spm. Amazingly she increased her spm to 77 at the 8 and ½ hours and held this to the finish. Jen proceeded to leave the water after 9 hours, 2 minutes and 48 seconds, a respectable swim.

The next swim by Todd Robinson from La Jolla, was amazing. He raced across the Catalina Channel on August 25<sup>th</sup>. The water temperature aided the swim as it hovered around 68 degrees until the last two hours. Similarly, but at a lower temperature, the air hung around 64-65 degrees.

During the swim Todd maintained stroke counts of 63 to 65 per minute until the last two hours.

He fed every fifteen minutes. His feeds took two to four seconds until the last three hours. These are extremely short breaks. Todd drank Maxim and added two Motrin after four hours.

He began at Doctor's Cove where there was a light wind, clear water and a long roll of the sea. At the fifty minute mark, paddler David Clark caught a flying fish. At the same time, Todd was moved to the other side of the boat because of fumes off of the boat.

Two swimmers paced Todd to help his speed and spirits. He was doing well. By 5:00 am his breaks were sneaking up to seven seconds, still a well controlled and fast break. Dolphins were seen by the observers: David Clark, Paula Selby, Anne Cleveland and Phil Garn.

At 6:14 am it was noted Todd's stroke count had dropped to 58 spm. He also had



an 8 second feed, his slowest yet.

One of the observers noted he looked tired at 6:49 am. His stroke counts were dropping quickly, 56, 54, 52, 51. He had two long feeds, one of 10 seconds and one of 15 seconds while he was a mile from shore. At 7:47 am a whale was seen which excited the crew.

At the ½ mile to go mark, Todd had dropped to 50 spm. He was in some level of hypothermia but as nothing was recorded in the log, Todd must have recovered quickly! He crawled over the rocks to finish his swim in 8 hours, 5 minutes and 44 seconds, a very fast swim. He has the record for swimming from Catalina to the mainland for men. It has stood for three years.

On September 3rd Paul Lundgren took his first step into the water. He had ridden his bike more than 700 miles, done triathlons, and swam the Salmon River in 1995 before trying to accomplish this goal. He was swimming from Catalina to the mainland. He entered the water at Doctor' Cove at 11:23pm. He had a crew of six kayaker's, one coach and a first aid person. The latter two served dual roles. He planned to feed every thirty minutes, drinking Cytomax. He also planned to drink some Gu.

Paul had a high stroke count. He averaged 72 strokes per minute during the swim. The range was from a low of 68 to a high of 74 spm.

His feedings were two to three minutes in length. Paul's fastest was a minute and forty seconds. He consistently drank Cytomax, ate Snickers, had Gu, Advil and Coke. These sustained him.

The water temperature was 69 to 70 degrees until fifty minutes before the finish. Then the water dropped to 67 degrees as he ran out of the water. The air temperature, on the other hand, jumped all over place. It was recorded to have ranged from 73 to 68 degrees near the finish.

During the swim the sea was calm and there was a full moon. Dolphins were seen. The only other activity was a few kayakers fell overboard.

Paul emerged after 10 hours, 19 minutes and 43 seconds on September 4th.

Peter Attia of Canada returned to Catalina to swim from the mainland to the Island. He departed from the beach East of Long Point on September 7<sup>th</sup> at 11:33 pm.

He fed every twenty minutes throughout the swim. Peter ate and drank a variety of foods (such things as water, apples, peaches, figs to a soggy bagel and to Maxim). He also took liquid Ibuprofen. For a long swim having a variety of foods was a good idea. It gave him something to look forward to at each break. His breaks ranged from 11 seconds to 25 seconds according to the log.

Peter had a changing stroke count in the swim. At the inception his stroke count was 56 strokes per minute then he quickly settled into a steady pace of 54 and 53 spm. After 6 am Peter's spm changed. He dropped to 51, then to 50 settled at 52, hopped to 56 then plummeted to 49 at the finish.

Peter had a problem with shoulder pain. He noticed it at 10:30 am but he stopped and stretched and this made it feel better.

As the other swims of the summer of '09, the water was warm, 68 to 73 degrees and the air was almost the same.

Numerous times on the swim he was met by dolphins. The difference was they swam very close to Peter. During the swim Peter used a pacer to help him keep his speed. He completed his swim on September 8, in 14 hours, eight minutes and 8 seconds.

Joe Locke was the 168<sup>th</sup> swimmer to complete the Catalina Channel swim. He swam from Catalina to the mainland on September 8<sup>th</sup>. When he jumped in, it was cloudy as reported by the observers-Lynn Kubasek and Leslie Nanninga. This was one of the clearest logs ever written.

Joe appeared to control his stroke count. At the outset he was at 80 spm. Gradually he dropped to 75 and held it for numerous hours. Unfortunately at 5:00 am he fell to 66 spm but after 42 minutes returned to 73 spm until the finish.

No statistics were available for air temperature but over 20 measurements of water temperatures were taken. This showed the water temperature averaged 71.9 degrees in the swim, a very comfortable temperature.

Joe fed every 30 minutes in the swim. He drank Gatorade and Heed. His feeds lasted from 20 to 50 plus seconds but the exact times were not recorded.

Joe had to pee in the swim and called it "friendly company." He also stated, he "hit a beastie with his hand!" He had fun in his swim.

At one point a current was pushing against Joe and his swim speed slowed from 2 nautical miles an hour to 1.7 an hour. The captain finally turned the boat to adjust for the current and this helped tremendously.

Joe skipped his last feed and went 45 minutes without a feed to sprint to the finish.

His time was 9 hours, 45 minutes and 52 seconds, landing on September 9<sup>th</sup>.

Later that evening, David Livengood, swam the Catalina Channel. He commenced at 11:49 pm at Doctor's Cove on Catalina. His plan was to feed every thirty minutes throughout the swim. He drank Hammer Perpetuem, gel and Ensure. Unfortunately, early in the swim David became ill, probably due to smelling diesel fumes and swallowing salt water. He threw up many times and then used water to help recover. The boat didn't change sides with David for five hours until David finally complained about the smell a second time. His breaks were 40 seconds to 2 minutes in length. After he moved he felt better and looked much better.

It was a bumpy swim as the sea never settled down. There was a nice sunrise, however. The main sea attraction was the amount of dolphins which surrounded David in the morning. He stated it was loud in the water. There was a whale which not only did the crew see but David did. In addition, there was a sea lion near David.

David's stroke count began at 62 and he maintained this for 3 ½ hours. His count plunged to 58 and then to 62 for the finish.

The air temperature held at an average of 68 degrees while the water averaged 71 degrees.

This made for a comfortable swim with the air and water phases. He walked ashore 11 hours, 39 minutes and 22 seconds after his start.

On September 14<sup>th</sup> Stephen Autry of Cincinnati, Ohio attempted Catalina. He

departed from Doctor's Cove at 11:54 am. The water was calm; it was a clear night and lots of stars were visible but the moon was not.

Stephen's stroke count was 52 strokes per minute (spm) at the beginning. He held this for four hours, then began lowering his count until it hit 48. He gradually returned to 52 spm within an hour and a half. At 8:44 am Stephen added quite a bit of breaststroke to his swim. When he returned to freestyle he favored his left arm.

The water temperature began at 69 degrees, cooled to 66 for a few hours and returned to 69 degrees, as stated in the log. Meanwhile the air temperature rose from 66 degrees to a high of 72 at the finish.

While on the swim Stephen fed every thirty minutes after a start of going an hour and a half without a feeding. He drank Infinite, a drink from Cincinnati which had protein, electrolytes and water in it. He wanted to drink Maxim but couldn't find any in California, according to his interview. His feedings took anywhere from 35 seconds to 1:15 minute. He didn't eat or drink anything else.

As the swim progressed the swells increased from 2 to 3 feet to 4 feet. The moon rose and clouds covered the sky. At the same time the swells seemed to disappear. By 4:00 am the sky was clear, making for a beautiful evening. This tranquility was disturbed by a whale swimming by the boat.

At 7:36 am one of the crew called his wife. She responded, "She says she loves him." This was told to Stephen. He had just passed the half way mark.

By 8:00 am a breeze picked up which made the water choppy with some whitecaps. By 8:44 am he embarked on breaststroke to relax. Sadly at 10:35 am, as recorded in the log, "swimmer expresses exhaustion." Nevertheless, he kept swimming. He fought two hours to the finish. He exited the water after 12 hours, 15 minutes and 20 seconds.

Jeffrey Cleveland set out for Catalina on September 23rd. He took his first step at 12:08 am into the water at Doctor's Cove. Prior to entering the water Jeffrey had been throwing up while on the boat from the mainland. This affected him as he refused his first normal feed and instead took a cup of water. This helped to settle his stomach. On his second feed he was able to return to his planned program of every thirty minutes of Hammer Sustain. He decided to stick with this even though he had planned other drinks because it worked on his English Channel swim the year before.

The wind was strong at the beginning, 5 to 8 knots. The swells were also high, making it a challenging start. Gradually the water settled down making for better conditions.

During the swim various boats from cargo, container and a cruise ship were seen. None were very close.

His stroke counts were different on every read except one. They ranged from a low of 58 spm to a high of 69 spm. He actually was higher near the finish. In his interview he stated he tried to pick up his stroke count as he was very cold and thought this would help. At the finish he was shivering and said he thought he was going to pass out during the end of the swim.

Jeffrey had prepared for the cold water at the finish but it still affected him. The water was 69 degrees when he departed. It rose to 70 degrees until 5:00 am. At 8:12 am it

fell to 66 degrees and continued to fall. The lowest temperature recorded was 65 degrees however no recordings were taken in the last 50 minutes, the most crucial time. More than likely, it dropped again based on the way the swimmer felt.

In an unusual twist the air temperature also fell during the swim. It was 73 degrees in the night and fell to 69 degrees in the morning. In the last three hours no temperatures were taken so it may or may not have been a factor. He had to be mentally strong as he was able to ask for new dark goggles at sunrise, 7:52 am.

As the swimmer was cold and shivering he was probably in the second phase of hypothermia. After 9 hours, 32 minutes and 57 seconds he exited the water. He had family on the beach. He returned to the boat and was warmed quickly. He was the 171st swimmer to conquer Catalina!

Another Australian, from Queensland, appeared ready to swim Catalina on September 28<sup>th</sup>. Chris Palfreys started at Doctor's Cove at 12:08 am. The sea was extremely calm throughout the swim. At the beginning there were clear skies but there was fog over Los Angeles.

The water temperature was 68 degrees at the start yet only cooled to 67.3 according to the log. The air temperature was unbelievable. It began at 66 degrees but rose to 75 degrees at the finish of the swim.

Chris varied his stroke count in the swim ranging from a high of 67 strokes per minute to a low of 62 per minute. He averaged 64 spm on the crossing.

On the swim Chris planned to feed every thirty minutes. In the swim he began feeding at thirty minutes, dropped to twenty minutes followed by a feed at forty minutes. Then he would repeat the cycle. Chris drank a wide variety of flavors of Endura. He also had gel, orange Accelerade, Gu, and electrolyte. Then Chris asked for sloppy porridge with Advil. He had this twice on the crossing.

As reported in the log, Chris asked when the cold water would be starting at 9:10 am. To prove he was in good spirits and not hypothermic he spelled Bob, Bob backwards. This was very funny to everyone on board. Soon after this two whales were seen blowing between Chris and the shore as there was less 1 ½ kilometers to go.

Chris landed at 10:39 am, making his swim crossing 10 hours, 30 minutes, and 29 seconds.

Lynn Kubasek, from Laguna Beach attempted to swim from Catalina to the mainland. She entered the water at 00:13 am on October 7<sup>th</sup>. After 15 hours, 53 minutes and 38 seconds she climbed ashore.

During Lynn's crossing she encountered perfect conditions. She had a pace swimmer throughout the crossing, a kayaker and the boat, the Outrider, piloted by John Pittman.

Lynn fed every thirty minutes. She drank Perpetuem, Heed and ate oatmeal. At the five hour break she stated she was cold. Lynn was self coached. She was probably in mild hypothermia so the observers, David Clark and Beth Weber had to take control of the swim. The feeding time was lowered to twenty minutes and the fluids were heated.

Lynn's stroke count was 72 initially and fell to 70 strokes per minute at the five hour mark. She was asked to pick it up and she did but then she lost the end of her stroke.

After two feeds her stroke was up to 73 and Lynn felt better.

At 7:35 am a whale was sighted and then it spouted. Soon after, a seal swam close to the boat.

Lynn's shoulder hurt at 8:40 am. Nothing seemed to help it. Lynn just fought through the pain. She did, however, ask for the feedings to be dropped again, to fifteen minutes apart. Finally Lynn took Advil and water to ease the shoulder pain.

The water had plummeted to 65 degrees and Lynn felt it at 11:39 am. She had 4km to go. As she showed signs of hypothermia she was asked questions about her and a friend's car color. She answered them easily. Her hands nevertheless, were beginning to separate. Luckily Lynn had one of the best observers of all time on her boat. He knew first aid and hypothermia and could deal with any emergency.

Lynn's stroke decreased in form a bit more by losing her kick. She was told to increase it and she did.

Next in 67 degree water she began to swim through a red tide. It lasted over fifteen minutes.

Lynn and all her crew swam to the shore with her. She was the 173<sup>rd</sup> swimmer to finish.

Forrest Nelson returned to swim another crossing but this time in tandem with Jim Fitzpatrick. They planned to swim from Catalina to the mainland on December 28<sup>th</sup>. There were two reasons they picked this date according to Forrest's interview. First, no one had swum a solo in December. Second, it was Jim's birthday.

The water temperature was 57 degrees at the start. They dipped into the water at 6:22 am. There was no wind, a little chop, and some light.

Forrest began at 48 strokes per minute. He jumped around for a while but never really settled to a constant stroke count. His lowest count was 41 yet his highest was 55 strokes per minute.

Jim, on the other hand, commenced at 60, maintained it for a while and gradually began to drop his stroke count to 58, 56, 54, 55 spm.

The water temperature rose after the first reading and slowly rose until 1:30 pm. At this point it dropped a bit and settled at 59.5 for the finish.

The air temperature was 54 degrees for the first 1 ½ miles. Quickly, it jumped to 62 degrees, then 66 degrees. Sadly it fell to 60 degrees at the finish, similar to the water.

Forrest drank CarboMax, gel and Perpetuem. He also took some Aleve. He used Scope to clear the salt water taste from his mouth, a unique trick which happens to work. Both breaks lasted around 14 seconds, sometimes a bit higher. Jim fed off the kayak as Forrest fed off the boat. Jim drank CarboMax but he had made it too concentrated and ended up cramping in the legs. He stopped peeing as he had limited fluid and this led to him having to quit the swim. Forrest went on without him.

Forrest swam a faster time than his previous crossing. He departed from the water at 3:44 pm after swimming 9 hours, 21 minutes and 2 seconds as recorded by John York and Carol Sing in the log.

## 2009 RELAYS

There were two relays in the summer of 2009

The first was the East county Wavemakers. The relay consisted of :

Tom Anderson	Cole Christy
Melissa Berkay	Jordan Hart
Clay Christy	Maggie Adema

The relay swam from Catalina to the mainland on July 5<sup>th</sup>. The San Diego Wavemakers, coached by Govan Salih, started at Doctor's cove at 1:25 am.

There were bumpy conditions and a few people fell ill. There was a full moon and clear skies filled with stars. At 5:40 am the sun slowly began to rise which helped with the swimmer's navigation. The conditions seemed to calm down also. When the sun rose it was bright orange.

The water temperature, according to the log, was 64 degrees at the onset, remained there until 4:31am when it fell to 61 degrees. At 6:25 am it plunged further, to 59 degrees. On the other hand, the air temperature held at 60 degrees most of the night.

Stroke counts were taken by observers Jim Fitzpatrick and Cindy Walsh. They ranged from 58 from Clay to 79 by the first swimmer, Tom. The rest of the swimmers were: Melissa 65, Cole 65, and Jordan 68. There was no count for Maggie.

They reached the mainland after 9:48.04. The Wavemakers were the 64<sup>th</sup> relay to swim Catalina.

The second and final relay of 2009 was the Mission Viejo Nadadores. This team was swimming trying to raise money for the Children's Hospital of Orange County. The team was made up with the following swimmers:

Joey Ferreri	Derek Young
Tyla Willment	Blake Parker
Sasha Westberg	Mallory Mosk

Unlike the earlier relay, the conditions were calm on the ride to Doctor's cove a few days later. There was a slight overcast and it was just past the full moon.

The swim started at 11:52 pm on July 8<sup>th</sup>. The conditions were calm with a little wind and a gentle one foot swell. Unfortunately, on this swim the thermometer was not working and there wasn't a backup one. The first swimmer was Joey according to the log written by Jim Fitzpatrick and Lynn Kubasek. He held 78 strokes per minute. The next swimmer was Tyla who maintained 78 strokes per minute. The third swimmer was Sasha. She was holding 77 spm. Sasha did a fair amount of head up swimming. It was either because of her dark goggles at 2:00 am or the cold water in the words of the log. Derek, the fourth swimmer, also had a stroke count of 77 spm.

The fifth swimmer was Blake. While he swam with an 80 spm, the kayaks were switched to a shorter kayak. This was done as there was trouble steering the first kayak.

At the same time, Blake swam through a school of bait fish. No sooner did this happen than a large tanker passed close by the bow of the boat. Finally, Blake finished his eventful leg.

The sixth swimmer was Mallory. She swam a 72 spm on her leg. Her leg was a bit rougher as the swell had increased to three to five feet. Again, a container ship passed by the swimmer.

Joey swam a second leg. When he climbed aboard he stated the water was warmer. Tyla swam most of a second leg. She was accompanied by dolphins, lots of dolphins. Tyla landed Southeast of the lighthouse. The Mission Viejo relay's time was 7:51.30, an awesome swim. This was the 65<sup>th</sup> overall relay and the relay raised an amazing amount of money.

In this period 2009 16 solo swims were swum. One, swum by Todd Robinson, was a world record from Catalina to the mainland. His time was 8 hours, 5 minutes and 44 seconds. Forrest Nelson became the first person to swim in the month of December. In addition swimmers representing the UK, Canada, Mexico, and Australia made swims. There were also three repeat swimmers.