

## Chapter 16

### 2013 INDIVIDUAL SWIMS

This year was the most prolific year since the inception of the Catalina Channel Swimming Association in 1981. There were forty-six swims, both individual and relays. There were four relay records set and one six way relay swum to challenge swimmers for the ages!

The initial swimmer was Lance Ogren from New York, New York. His swim was planned for June 1<sup>st</sup>. He was well organized with his feeding times, starting with 45 minutes, and dropping to thirty and finally settled at fifteen minute intervals. Lance had a variety of feedings from energy drink recharge to cliff shots to tea to peanut butter cups and M and M's. He also had a banana.

Lance began his swim from below the Boy Scout camp at 12:13am on June 1<sup>st</sup>. The water temperature ranged from 63\* to 68\* near the finish which is unique for the water off the Mainland. The air temperature varied between 64\* to 70\*, as recorded by the two observers on the swim.

Lance's stroke rate began at 60 per minute and fell to 59 after two and a half hours. His lowest stroke count was 57 at 4:53 am. Gradually he improved his count to a high of 62 but he averaged 60 strokes per minute for the swim.

The night was calm as was the water conditions. The sun didn't come out so Dan, his coach and Tina, an observer, did a sun dance attempting to change the weather conditions. This seemed to help.

Throughout the swim little to no marine life was seen. The only activity was a container ship at 6:13 am. Prior to swimming ashore Lance had to put his suit on. Lance landed at 10:29 am to be greeted by the CCSF president, Forrest Nelson. His total time was 10:16.25. He became the 252nd person to swim Catalina.

The second swim of the summer was performed by Chris Geer. He was 43 and lived locally in Long Beach. He used the vessel Penelope, piloted by Frances Garrett. Unlike most swimmers going from Catalina to the Mainland, he chose to leave from Fisherman's cove at the Isthmus and swim to Cabrillo Beach in San Pedro.

Chris began at 10:22pm on June 15<sup>th</sup>. It was a windy crossing with one to three feet waves. Other conditions were well. The water temperature was steady between 64\* and 65\* throughout the swim. His first feed was an hour after the start and lasted just 15 seconds. After a few breaks he asked for Advil and continued taking it throughout the swim. Chris drank Cytomax, Perpetuum and water.

His stroke count started at a high of 69 and quickly dropped to 65 strokes per minute. He maintained this for the rest of the swim except when two cargo ships passed.

At 3:33am Chris was spooked by a large animal near him, maybe a dolphin or a shark. He paused for five minutes, drank and basically talked himself back into the swim. Unfortunately, another animal passed him but he showed courage and began to swim again. It was very overcast however this helped the wind and waves to calm down. After this Chris was depressed as he wanted to finish in a good time.

A current was pushing him forward to the coast and this helped to improve his attitude. At 7:52 am on the 16<sup>th</sup>, Chris stated, "It just never looks closer to me." He only had 4.5 kilometers to go.

By 8:24 am the wind had died completely and a curious sea lion came to visit Chris. As he could see what it was, he wasn't spooked. His stroke count increased to 69 and he had 1.8 kilometers to Point Ferman. As he wasn't pleased, Peter hopped in to pace swim with him. This seemed to help.

Finally, he could easily see the finish. He only had to swim through a slimy kelp bed. At 10:11 am he walked ashore at Cabrillo Beach to meet his welcoming committee. Chris's total time was 11:49.30. This was his second Catalina swim.

Marcella MacDonald of Andover, CT and Scott Lautman of Seattle, WA swam together on June 25<sup>th</sup> leaving at 12:09 am using navigator Greg Elliott of the Bottom Scratcher. As the two swimmers had to stay together their feeding times were adjusted to 45 minutes, 30 minutes and finally to 15 minutes. Marcella drank Maxim while Scott varied his feedings from Maxim with tea, Gatorade, Red Bull and Coke Classic. He also had Aleve and Ibuprofen if necessary. Feeding breaks usually took three to four minutes, a rather long time to drift.

It was an overcast night but the water was a comfortable 67\* to 69\*. Near the finish at Cardiac Hill the water temperature slightly dropped to 66\*. Initially, there were 1 to 2 foot swells combined with 8 to 12 mph wind speed. Within a few hours the wind decreased and the waves lay down.

For stroke rate Marcella ranged from 70 strokes per minute to a low of 64 strokes per minute. Scott, on the other hand, went from 58 strokes per minute to 52. According to the observers, each swimmer looked strong and relaxed throughout the crossing. They were able to stay together easily.

During the swim jellyfish were prevalent and each swimmer was stung. On the other hand a pod of 50 dolphins swam in front of the boat near the finish.

The swimmers decided to finish near the rocks at Cardiac Hill and arrived at 12:18 pm for a total time of 12 hours and 9 minutes. Marcella was the 253<sup>rd</sup> and Scott was the 254<sup>th</sup> swimmer to conquer the channel.

The next swimmer was 45 year old John Walker from San Francisco. He entered the water at 11:24 pm on July 2<sup>nd</sup>. The conditions were excellent with no waves and no wind until he lost the protection of the Island. At that time the wind increased as did the swells.

John's stroke count varied between a high of 62 in the flat water to dropping to the mid-fifties near the finish at Cardiac Hill. The water temperature was 66\* to 67\* while the air fell from 70\* to 62\* in the early morning hours. As the sun rose so did the air temperature.

Little to no sea life was seen on the crossing. This didn't bother John. He had high spirits and even asked for a joke from the crew.

John's feeding was done every thirty minutes. He drank Maxim and Cytomax but to this he added GU, potatoes and fruit. When he felt like it he drank tea. Eating the potatoes led to long feedings.

From 1:10 am until almost 3:00 am there were whitecaps accompanied by a head wind. This pushed John off course. Gradually the boat moved in to protect John and helped him stay on course.

John walked ashore after swimming 12 hours 21 minutes and 49 seconds, the 256<sup>th</sup> swimmer to do the swim.

Sam Neri decided to swim the Catalina Channel for a second time in his life. He came from Mexico to conquer the channel. He chose to swim from Catalina to the Mainland on July 14<sup>th</sup>. Sam entered the water at 12:12.50 am.

His first feed was at 1:12 am. He drank water, ate bananas, peaches and chocolate plus a main course which wasn't recorded. His breaks lasted from three minutes to 35 seconds at his fastest break. On the slow breaks, it was visible that he was drifting backwards according to his log.

Sam's stroke count fluctuated between 54 and 58 strokes per minute.

The water temperature was 70\* on the swim and the air was 64 \* degrees. There were calm conditions at the beginning of the swim and later there was an eight second swell, pushing him toward the coast. The sky was overcast throughout most of the swim. As Sam approached the finish not only did the sun emerge from the shadows, but a sea lion came to visit him.

Sam landed at 12:29.20, making his final time 12:16.30, a fine swim.

Kimberly Chambers, originally from New Zealand, tackled the Catalina Channel on July 18<sup>th</sup>. She left at 12:08 am. She was the second New Zealand woman to swim Catalina; the last was Sandra Blewitt thirty six years earlier.

Besides drinking Carbo pro, GU, water and Ensure, Kimberly had a homemade mixture of Nutella, rice, nuts and a few other elements. She fed every 15 to 30 minutes on the swim. Her average feed was 45 seconds. When she drank mouthwash, to clear the salt taste, her feeds lasted up to two minutes. Kimberly also used Ibuprofen on the swim. At 8:10 am she requested treats every 15 minutes. Her treat was GU of which she drank six in three hours.

The conditions on the swim were poor with 2 to 4 foot waves and 2 to 12 knots of wind.

Kimberly was frustrated with the conditions and couldn't wait to finish. Her stroke count varied with each taking, from 56 to 61.

At 6:59 am she said something with legs touched her. She looked then kept swimming.

Many pods of dolphins were seen on the swim, from a pod of 8 to a pod of 100 as seen by everyone.

Kimberly emerged from the water after swimming 11:26.30. Kimberly was the 256<sup>th</sup> person to conquer the Catalina channel.

The 257<sup>th</sup> swimmer to attempt Catalina was Nathan Tyler Muldoon. He was twenty-four years old and hailed from La Habra. On July 22<sup>nd</sup> he plunged into the water at 11:33.33 am at Catalina Island.

The water was a warm 70\* degrees but slowly dropped to 65 \* degrees by the finish. The air temperature, on the other hand, rose from a low of 64 \* to a high of 71\* as he reached the completion of the swim.

Nathan had planned to hold a stroke count of 55 on the swim. Amazingly he ranged from 56 to 63 strokes per minute.

He fed every twenty minutes then switched to every fifteen with a few exceptions. The problem was his breaks were too long, one was six minutes. He had Goo, Power Bar, Advil and liquid feed. How much liquid feed was not passed from the kayakers.

There were lots of dolphins on the crossing and these did not seem to bother Nathan. There were also Mola-Mola jumping out of the water while he was feeding.

The hardest part of the swim was a strong current which was pushing him towards Long Beach. The long breaks added to this problem and gradually Captain Elliot had to change his course. He headed towards Portugal Bend but ended up at Rancho Palos Verdes. There was a sandy beach, however, and a lone lifeguard tower, "Trump". Nathan walked up the beach at 12:36.10. His exact time was 13:02.37 arriving on July 23<sup>rd</sup>.

Sumner H. Williams IV. was a 33 year old man from Portland, Oregon. He descended into the water off Catalina on July 28<sup>th</sup> at 12:06 am. He swam with glow sticks on his goggles and suit and did not use a kayaker but guided off the support boat, the Outrider. At 1:35 am Sumner yelled at the crew, "Hey, Where the hell are you going?" The boat was on course but Sumner was disoriented in the darkness. He kept 8 to 10 feet off the side of the boat throughout the swim. Luckily, the water was flat throughout the swim making this easier to do.

The air temperature started at 63.5 and gradually improved to 71.2\* degrees. Unfortunately, the water temperature began at 69\* degrees but fell all the way to 61\* degrees. Sumner didn't complain about the water but he did have a stretch when the water first dropped when he could not pee. As the water warmed briefly he was able to pee the rest of the swim. This is a normal function for cold water, especially for men.

Sumner maintained 56 to 54 strokes per minutes except when he was doing backstroke. Then he dropped to 52 to 51 strokes. He used this stroke as it helped stretch him out.

On the swim he drank anywhere from 50 ml to 250 ml of Hammer Perpetuum, Rockstar and water. He ate a variety of foods from a donut, shot block, sugar, banana and candy. He had ibuprofen and a combination of other drugs like caffeine which were legal. Sumner drank every 30 to 25 minutes on the swim.

A sailboat crossed 100 yards in front of the boat in the middle of the ocean. A container ship passed by the stern. For animal life two whales, a sea lion and eight dolphins were seen. The whales breached near him.

Sumner was tested numerous times for his memory and cognitive ability in the cold water. He passed all the tests and even joked with the crew at times. There were times he was discouraged but those quickly passed.

He decided to land at Abalone cove. Sumner touched land at 10:57.07 which made his time 10:51.07. He was the 258<sup>th</sup> to complete the swim.

From Meran Italy, 46 year old Thomas W. Kofler started his swim at Doctor's Cove, Catalina. He entered the water at 11:25.40 pm on the evening of July 28. The water was flat and there was no moon. Luckily, the water was a warm 69 \*. The corresponding air temperature was a low of 61\* but reached a high of 83\*as he was a few miles off of the mainland.

Thomas began with a 54 stroke count. His low was 52 and his high was 61, a wide range in stroke counts. His feeds were uneventful as he drank Maxim, tea or warm water. He didn't eat anything according to the log. His feeding breaks were fast; mostly 15 to 30 seconds in length. He fed every thirty minutes at the beginning and dropped to 20 to 25 minutes near the end of the swim. This was excellent.

The swim however, was interesting as dolphins kept appearing near the boat, by themselves or in a pod. They tended to swim under Thomas and in front of him. This didn't seem to bother Thomas. A Man O War was also seen but it was way to his left side.

As Thomas approached the coast he aimed for Abalone Cove. He landed at 1:36.32 pm. His final time was 14 hours 10 minutes and 52 seconds. He became the 259<sup>th</sup> swimmer of Catalina and the first Italian to conquer the Triple Crown.

James F. Penrose was a 61 year old from London, England. He became the 260<sup>th</sup> person to conquer the Catalina channel. He swam from Doctor's Cove to the Mainland. He entered the water on July 29<sup>th</sup> at 11:23.24 pm. The air temperature was 65\* while he waited to begin the swim and gradually climbed to 68\* degrees at the conclusion of the swim. The wind began at two to three feet high and fell to one foot while the water temperature was 68\*degrees at the beginning. By the finish it had fallen to 64 \* degrees. Each thermometer and measurer can be off by a little as evidenced in the following swim which was on the same day.

James stroke count started at 54 per minute. His stroke fluctuated from 52 to 57 strokes per minute. The observers, Michelle Mc Monica and Andrew Goldenson , took numerous recordings throughout the crossings.

James fed on Gatorade Prime, Lucozade, Chamomile tea, Ovaltine, Endura, flat Coca Cola, Goo, and peppermint tea. He ate a banana, peaches and a chocolate bar. Many of the feeds led to vomiting. This may have been from chugging the fluid. When he drank the cola he didn't throw up nor did he chug it. He also consumed some pain pills but what type was not listed. He had designed a kickboard with a bottle in the middle of it connected to a line. He fed at forty minutes then dropped to thirty minutes. There was a Southern swell and a mild current which he thought was worse than the English Channel.

Dolphins were seen jumping numerous times on the crossing. A cargo and a container ship were in the area of the crossing but were not a hazard.

White caps could be seen crashing on the beach two hours before the finish. As James approached the beach Bay Watch appeared warning about the waves. A pace swimmer, Matt, entered the water to swim with James through the waves. A rough set of waves pushed James in and up onto the rocks. A curious baby seal was at the end. James wasn't hurt according to the log.

He finished at 1:07.34 pm, making his total time-13:44.10 seconds.

Frank Fredregill was attempting Catalina for his second time, having completed his first successful attempt many years earlier. At 50 he planned to tackle it again. He launched into the swim at 10:22.19 pm on July 29<sup>th</sup>, an hour before Penrose.

He fed five minutes into the swim on chocolate milk, Hammer and grapes. This was one of his fastest breaks mainly because he had to check his insulin and numerous times had to give himself shots. He also had a slice of bacon and strawberries on other feeds.

Frank had a stroke count of 54-55 for freestyle, 57 for backstroke and no count was taken on his breast stroke. He alternated throughout the swim. He also sang when he swam the song the Oscar Meyer Weiner. He was talkative to the point the observers talked to him about pace. This seemed to help.

The water temperature cooled on the swim from the starting point of 67\* degrees to a low of 63 \* at the finish. It is usually warmer at the start. The air temperature, on the other hand, began at 60 \* rose to 74\* then fell to 67\* in the afternoon. At least the day was sunny.

Frank had to regrease twice on the swim. He wore goggles and ear plugs. The later kept out some of the cold. He voided regularly so it was evident the cold was not affecting him.

As Frank approached the finish, a pacer swam with him as he didn't use paddlers. The pacer carried a rescue tube and liquids for the finish. Frank landed West of Portugese Point at 15:03.03 pm on July 30<sup>th</sup>. His final time was 16:40.54.

From the British Island of Guernsey came Adrian Sarchet, a 38 year old man who wanted to swim Catalina from the Island to the mainland. He entered the water at 11:50.54 on July 31<sup>st</sup>. He plunged into the water at Doctor's cove. There, the water was 68.2\* degrees and the air was 63\*degrees. The water was calm as there were scattered clouds above. As the night progressed the swells picked up. On the swim he drank High 5, water and ate summer fruits like melon pieces cut up. He also ate chocolate on numerous occasions. If he ate anything else, it was not detailed in the log. Adrian had feed breaks every hour throughout the swim. He had planned to drop to thirty minutes but on the swim he changed his mind. His breaks lasted from .36 seconds to 3:00 minutes.

Adrian's stroke rate varied from a start of 62 to 63 strokes a minute. He gradually dropped to 58 strokes a minute when he approaching the finish.

Similar to his stroke rate falling, the ocean fell to 61\* degrees at 12:17 in the afternoon. The sun was breaking through the clouds, making the air warm to 70.5\* degrees.

A dolphin was seen in the swim near the port side of the boat. Furthermore, a large ship passed through the night at the stern of the ship. As Adrian approached the finish, He had to swim through kelp.

He became the 261<sup>st</sup> to swim Catalina as he landed on a sand beach east of the Terranea caves at 12:17.28pm. His official time was 12:26.34.

Steve Faulkner hailed from Ontario, Canada in the city of Barrie. He was 51 when he commenced his swim on August 1<sup>st</sup> at 11:45 pm. It was a clear night with little wind at the start. Unfortunately, this didn't last. The wind picked up almost immediately and lasted until 12:15 pm in the afternoon. It calmed for his finish. This wind, however, only produced a small wave of 1 to 2 feet, beginning at 5:45 am. The sun came up at the same time.

The air temperature was 65\* early on in the swim and gradually crept up to 70\* degrees at its peak, but fell to 67\* for the finish. On the other hand, the water temperature began at a high of 68\* degrees and slowly lowered to 67\*. This was a very warm temperature for the water near the mainland.

Steve's stroke counts were all over the place at the first third of the swim but were also very consistent. How can this be? He started at 64 strokes per minute, jumped to 70 then 64, 62, 66, and 58. These were his first six counts. At 3:15 am he was began to repeat his stroke counts and averaged 58 for the rest of the swim. Of course, as the strokes were taken only every thirty minutes this may be invalid.

Steve drank Hammer Nutrition Perpetuum, Gatorade and Heed. He also has four Hammer nutritional bars and cookies. He needed Advil and Bonine as he was nauseous on the swim. Once that sun came up he felt better and didn't throw up anymore. Steve fed every thirty minutes on the swim.

On his crossing a pod of dolphins and later a cargo ship were spotted. There was no other significant mammal or humans seen.

Steve walked ashore at 1:40.56 pm on August 2nd. His overall time was 13:55.56. Steve was the 262<sup>nd</sup> person to conquer Catalina.

From Speedwell, Tennessee came Renee Leslie. She began on the clear night of August 5<sup>th</sup> at 11:14.40 pm. Even the water was calm at the start.

Renee was coached by Anne Cleveland. She trained intensely for six months. She did three weeks increasing yardage and a week of recovery for three months. Then in her training she built up to an eight and a half hour swim in 61\* water. She did numerous six hour swims in colder water. She was well prepared.

The water was 69\* at the start but only dropped to 68\* degrees! The air temperature ranged from 65\* degrees to 72\* degrees at the finish. It did hit a low of 62\* degrees from 3:40 am to 6:40 am.

In the beautiful night luminescence was present as were jellyfish. Renee was stung many times but she didn't complain. Nor was she frightened at the flying fish.

The wind fluctuated from .5 knots to 2 knots. There were long swells through the night of 1 to 2 feet in height. Once the sun came up there were small choppy waves.

Renee fed every 20 minutes throughout the swim. She drank 8 ounces of Carbo pro at the twenty minute break and 10 ounces of EFS Electrolyte at the four hour mark. Her fastest break was an ideal ten seconds and she only had one break over 30 seconds. Most of her breaks averaged less than 20 seconds! Renee said, "I didn't have any treats. I didn't want to waste the time."

Her stroke rate lowered from 70 to 66 per minute. After 1:40 am she consistently held 68 strokes per minute.

Renee had Glenna buddy swim twice for her, the last time near the finish. She landed at Cardiac Hill beach at 11:00.30 am. Her final time was 11:45.50.

"It was an incredible swim. The crew was awesome," replied Renee in an interview.

She recovered quickly without any pain just lack of sleep. She was the 263<sup>rd</sup> swimmer to successfully cross the Catalina channel.

Yuta Tsuboi was from New York, New York. He entered the water at 11:19.11 pm on August 7<sup>th</sup>. Yuta was 40 years old at the start. The water was calm initially but within minutes there was a moderate chop then within a half hour there were whitecaps. The swells were 4 to 5 feet and breaking over Yuta's body. The captain said, "it's crappy out there!" It was so early in the swim. Yuta was in good spirits and did not complain!!!! By 12:49 the support crew was sick. The swells had increased to 5 to 6 feet within 15 minutes. After this the swells began to calm down but never less than 1 to 4 feet on the whole swim. The wind reached a high of 15 knots and slowly declined to 8 feet then to 5 and finally to 1 foot at the finish.

The water temperature was normal for Catalina, starting at 68\*, rising to 69\* and gradually decreasing to 65\* near the upwelling currents near the mainland. Yuta said he was a little cold and asked for his fluids to be heated twice. This seemed to satisfy him.

Yuta drank Whey, an electrolyte mix on most breaks. He asked for flat coke on the crossing. He drank that and whey in the morning. This is usually used for an upset stomach but nothing was said and he didn't throw up. He was a strong swimmer.

At 4:08 am he requested a pace swimmer. Gracie Van der Byl swam with Yuta for 22 minutes until her shoulder hurt. At 7:40 Gracie paddled and helped Yuta with his stroke. This seemed to help. He had a stronger pull. His stroke counts went from 66 to 60 yet he mainly held 62 and 64 strokes per minute. Hundreds of dolphins were spotted. They were feeding off of the port side of the boat. Yuta stopped briefly and watched the dolphins. He had one nautical mile to go.

Yuta landed at 10:51.35. His total time was 11:32.24, impressive for the conditions he swam under. He became the 264<sup>th</sup> swimmer to tackle Catalina.

A 48 year old female from Pinjarra, Western Australia, Barbara Pellick sought to conquer Catalina. She commenced at Doctor's cove at 11:28pm on August 10<sup>th</sup>. At the start there were seals and flying fish. It was a calm, starry night.

Swimming from Catalina to the mainland, the water was 67 \* at the beginning. Gradually, the water temperature elevated from 67\* to 69\* degrees three hours from the finish.

charged up to 52 at 7:00 am. No more stroke counts were taken unfortunately.

Barbara fed on a carbohydrate mix drink and a tin of peaches. She also had liquid Motrin a few times on the swim. Her breaks went from a low of 15 seconds to a high of two minutes. She did have a break at 5:30 am where she put more body glide on herself. She also relayed that she had been stung by jellyfish on one of her breaks. Furthermore, shooting stars were seen on her initial break. Barbara fed every thirty minutes except when the kayak was capsized with the food and she had to be fed from the boat.

At 7:00 am Barbara taped her wrist as it was hurting. She did this during her normal feeding break.

When 9:30 am rolled around, Barbara looked toward the finish and was able to see it. At 10:47.30 she landed just east of the cave at Terranea. Her finish time was 10:47.30. Her total time was 11:19.30.

Barbara became the 265<sup>th</sup> person to finish the Catalina crossing.

Joelle Beard from Willard, Utah attempted to swim Catalina on August 12<sup>th</sup>. She was 25 years old. She used the support craft, the Outrider.

There were lots of flying fish and a hungry seal around the boat. Joelle was a bit nervous at the start. She entered the water at 12:02.44 am. The water temperature was 66\* degrees and the air was 62\* degrees. The water temperature rose to 69\* degrees over the course of the swim while she also climbed to 65.5\* degrees.

There was no wind or waves at the start. By the early morning these picked up a little bit. The wind was 2.2 knots and she was swimming into a current. By 5:30 the wind died down but the wave increased to 2-3 feet in height.

There were stars overhead but in the east there were dark clouds. There were some clouds directly over the boat but not too many as Palos Verdes and the Island were visible.

Joelle fed every thirty minutes. She drank a Gatorade solution with honey and water added. Every third feeding she ate part of a peanut butter and jelly sandwich. She didn't drink all of her fluids, just about four ounces. Her mother said this was normal so the observers didn't worry. Her shortest feed was 30 seconds, 700 yards from the finish and her longest was two minutes.

Joelle had a goal of maintaining a stroke count of 58 to 60 per minute. In actuality, she was able to hold 57 to 61.

Joelle lost her head lamp early in the swim and the boat light was off. She preferred swimming in the dark and had no problems doing this. In fact, Joelle even said, "I liked the dark." Joelle was in good spirits throughout the swim.

Many pods of dolphins were seen cavorting off of the boat at 7:15 am. Much to everyone's delight, there were more dolphins as the swim progressed.

At 11:20 am the sun finally broke through the clouds according to the observers, Don Van Cleve and Steve Dockstader. Joelle took a long break after the sun came out and was tested for her mental acuity. She passed with flying colors.

Joelle landed at Terranea at 12:18.12 in the afternoon, making the swim a 12:15.28 swim. She was the 266<sup>th</sup> person to swim Catalina.

Nial D. Funchion, a 47 year old from Chicago, Illinois, commenced Catalina on August 12<sup>th</sup>. He departed from Doctor's cove at 11:58.56 pm. His support boat was the Outsider and it had to maneuver around the Bottom Scratcher that was also there.

The water temperature was 66.8\* degrees while the air was 62.5\* degrees near the start. With the knowledge available neither fluctuated significantly during the swim.

Nial only breathed to his right side so that when he was on the starboard side of the boat he was having trouble navigating. He was moved to the port side and he did much better. He also had a few pace swimmers and this also helped him stay on course. He had a problem at one point as he was swerving and he ended up too far from the boat. He was stopped and questioned mentally to make sure he wasn't in severe hypothermia. He answered the question properly and continued the swim. The captain meanwhile stated, "Don't follow the big boat and we won't ask you questions!"

Nial's stroke count ranged from 55 to 61. 55 were unusual as he mainly maintained 58 to 60 in the swim. Nial fed at 45 minutes initially then dropped to 30 minutes later in the swim. He drank water and protein but not very much at a time. The observers encouraged him to drink more on each break. At 7:27 while feeding Nial asked if anyone could see the land. Everyone smiled as they had seen it since the start. The swimmer couldn't see a thing at water level.

At 8:43 am out of nowhere there was a large swell. To everyone on the boat it was very weird.

A few pods of dolphins were seen during the swim otherwise it was a peaceful crossing.

At 11:58.53 Nial slowly exited the water and crawled up the rocks at the area west of Long Point. There was a lifeguard on duty that watched and then helped paddle Nial back to the boat.

Nial's final time was 11:59.57. He became the 267<sup>th</sup> swimmer to accomplish this feat.

Gordon Gridley was a swimmer from Syracuse Utah. He was forty years old. He decided to swim from Catalina to the mainland and began on August 13<sup>th</sup>. He left from Doctor's cove at 11:15.40 pm. It was a calm but cloudy evening. The water was so clear you could see the bottom according to the log.

Gordon's stroke count began at 74 per minute which was high for him. He held between 65 and 71 the rest of the swim, much higher than his goal count.

The feeds were every thirty five minutes initially then dropped to thirty minutes. He planned to feed from this list of food: Perpetuum, Bananas, Little Debbie's, hot chocolate, cereal and chicken nuggets. From this he drank orange Perpetuum and a little Debbie. To this he added apple and pineapple juice, Advil, Ibuprofen, water, squeeze yogurt and flat coke. The latter is for upset stomachs.

The head wind was so strong it pushed the boat sideways during Gordon's feeds. Considering he only stopped for: 30 seconds at the beginning feeds this was a problem.

The water was 67 \* degrees at the start then descended to 65.5\* before rising to 66\* degrees for the finish. On the other hand, the air was 66\* degrees and only rose to 68\*degrees. Furthermore, the waves

were a factor until 3:25 am were they died down for the rest of the crossing to less than three feet. Similarly, the wind was high until 6:40 am.

During the crossing there were ten ships on the horizon. A boat approached from behind and did not respond to the captain when he tried to warn of the swimmer in the water. The boat passed on the right of the swimmer.

Gordon was in good spirits and made many comments to the people on the boat. The funniest one was, "No more fluids." This made him void too much!

At 10:15am on August 14<sup>th</sup> the kayak came loose from the boat. Goody had to swim after it. He had fins on which helped him rescue it. Luckily this was in flat water less than a nautical mile to the finish.

Gordon touched the shore at 11:05.40 am. Josh, Jake, Goody and Sue swam in with him. His total time was 11:50.00. Gordon was the 268<sup>th</sup> person to swim Catalina.

Steven Robles of Lomita, California swam Catalina on August 22<sup>nd</sup>. He left at 12:07 am with the Bottom Scratcher accompanying him.

There was a south west wind of 15 to 20 knots at the start. Conditions were considered "lumpy".

Throughout the night the conditions did not improve. Near the finish in fact Steven had to swim parallel to shore attempting to fight the current in order to land. He was not happy and expressed his anger to the crew. This proved, however, he was not hypothermic despite complaining of the cold!

Steven fed every thirty minutes. He drank and ate the following during the swim: Perpeteum, chicken soup, Hammer Nutrition, Advil and various other requests. The problem was his feeds lasted from a low of one minute and thirty seconds to a high of seven minutes and forty seconds! The latter was the normal. Steven would request food or drink not on the kayak and then wait for it to be fixed and then delivered. This is why it took so long. Most swimmers would drink or eat what they had and request something for the next feed. This delay totaled an hour of wasted time for the whole swim.

Early in the swim, at 3:00 am Steven felt fish biting on his toes. He was very concerned about this phenomenon. During the swim, other than this, there were, "no boats, no fish, no dolphins", according to the observers.

Steven was very consistent in his stroke count in the swim. He began at 65 strokes a minute, rose to 67 a minute but only fell to 63 strokes a minute. He only fell four strokes and with the long breaks you would expect him to get cold and his strokes to change. He was in good shape.

The water temperature was 69\* degrees for most of the swim according to the log. As Steven approached the finish, the water temperature fell to a low of 63\* degrees. Steven felt cold but fought it and was able to finish.

He landed at 1:22.37pm, making his time 13:15.37. Steven became the 269<sup>th</sup> person to conquer Catalina.

On August 24<sup>th</sup> 48 year old Graeme Lowe from the Jersey Island of the United Kingdom, began his quest to swim the Catalina Channel. He dipped into the water off of Catalina at 11:13.15 pm. It started out to be a clear night then there was fog. On the other hand, this made the water calm. It wasn't until land was seen that the wind picked up to five knots and there were small white caps. Finally, 15 knot winds were at the finish.

The water was unique and made the small fish look like "shooting stars." Graeme thought the fish were "a lovely show." He enjoyed watching not only the fish but dolphins as they were spotted near the end of the swim.

Graeme had intended to hold a stroke count of 50 per minute. He began at 52 for the first four hours fell to 47 to 48 a minute then hit his ideal goal for the end of the swim.

The water temperature was below 68\* for the first four hours. It then climbed to 69\* degrees before it crashed to 61\* at the finish. Graeme was told of the temperature falling but it didn't faze him. In fact, early on he said, "Like a bath, Mate."

On the other hand, the air temperature was in the low sixties for the first two thirds of the swim. Then it began to increase slowly. At first it jumped from 68\* to 76\* degrees at the landing.

Graeme was a right side breather. He had problems in the beginning zigzagging between the boat and the kayak.

Graeme fed every half hour in the swim. He had some fast breaks of fifteen seconds. He mixed a very specific amount of Maxim with electrolytes and juice. On the hour he had SIS carbohydrate drink. He also ate peaches, had Neurophen, a British type of Ibuprofen, 1000mg of Paracytomil and water. Graeme became the 270<sup>th</sup> person to swim Catalina when he landed at 10:53.26 am on August 25<sup>th</sup>. His total time was 11:40.09. He also achieved the status of the Triple Crown by completing Catalina!

Jeff Everett attempted Catalina on the moonlight night of August 25<sup>th</sup>. He entered the water at 11:24.30 pm. He swam from Doctor's cove on the Island heading for Terranea beach on the mainland.

Jeff was 52 years old and hailed from Oakland, California. This is in Northern California.

As Jeff started his swim there were long rolling swells of 1 to 2 foot in length. There were no other waves at the start. Gradually, a .5 foot wave appeared. This turned into a 1 foot wave for many hours. After awhile the wavelength changed to 1 to 2 foot in height and remained for the finish.

The wind was 1.5 knots at the beginning, jumped and held to 6 knots for over four hours then hit 9 knots. From there on, the knots fluctuated until they hit a high of 17 knots at the finish of the swim.

Jeff was a bilateral breather. His strokes per minute ranged from a low of 56 to a high of 60. This was good considering the swim lasted over twelve hours.

The water temperature was 66\* degrees at the start of the swim and over two thirds of the crossing. Then it rose to 68\* before drastically falling to 64\*. From there it plunged to 60\* at the end of the swim. Jeff, however, didn't complain.

At 8:30 am there was a fog bank which only allowed a ¼ mile visibility. This dropped to 100 meters of visibility. Jeff was able to track the boat and the kayak well. He was very coherent.

For his feeding Jeff drank from a list of Gu, Cytomax, Perpetuum, banana, energy bar, Ibuprofen and a bite of a Snickers bar. His breaks were mostly short, 25 seconds to a high of 5 minutes when the kayak dumped and all his feds were thrown into the water. Jeff finally proceeded to follow the boat until the kayak could catch up to him.

There were patches of seaweed during the swim. Jeff didn't like them and was afraid he would become entangled in them. He didn't.

At 7:00 am Jeff responded to a question about how he was by saying he was OK but tired. You couldn't tell by his stroke count or his swim, he was upbeat and powered on. At 11:30 am Jeff stated, "I'm doing it." He landed at Terranea beach at 12:12.35 pm. His final time was 12:48.05. Jeff became the 271<sup>st</sup> swimmer to complete the Catalina channel swim.

Diana Michelle Corbin, a 45 year old woman from Beltsville, Maryland started the Catalina swim at 10:15 pm on August 27<sup>th</sup>. The water was glassy at the beginning of the swim but this only lasted twenty minutes. Then there were big fast swells. Soon white caps were visible.

The wind fluctuated between three and twenty knots during the crossing. Everyone on the boat, including the crew was seasick!

The water temperature was 65\* degrees at the start but fell all the way to 59\* for the finish of the swim! Similarly, the air temperature rose from 70\* to 75\* over the course of the crossing.

There were some mammal and fish sightings on the crossing. There was a curious sea lion at the start. A few more were spotted during the night as were some dolphins. A few fish were nibbling on her toes during the crossing but she didn't lose any.

Diana began with a stroke count of 50 per minute. She dropped to a low of 46 and had a high of 57 strokes per minutes. This is a wide range but she averaged around 52 per minute.

On the swim Diana had severe shoulder and arm pain. She took Advil but didn't get any relief.

At one point in the swim she declared she was sore.

Diana fed from a list of foods which included Carbo-Pro with tea and electrolytes added, Gatorade, Gu gels and blocks. Other foods she requested included a banana and Advil. She always drank fluid then added a GU or added a banana. She seemed to hydrate well. She fed every twenty minutes on the swim. She had to change her goggles early on in the swim but didn't have any more equipment problems.

At 3:05, just minutes from landing, Diana stated that she was cold. The water was 59\* degrees, the coldest recording thus far of the summer. She was well and landed at 3:24.00 on August 28th. Bay watch was in the vicinity but weren't needed. Diana's final time was 17:09.00. She became the 272<sup>nd</sup> swimmer to tackle Catalina under the toughest of conditions and especially the water temperatures.

Marilyn Korzekwa of Stoney Creek, Ontario, Canada began her crossing at 10:00.07 pm on August 29<sup>th</sup>. She was 56 years old. Her background included a few crossings of Lake Ontario, a rough English Channel swim and many other challenges. She was well prepared for the Catalina Channel swim according to an interview with her and seeing her blog.

It was a clear night for her swim. The waves were mild throughout. The winds, however, fluctuated from a low of 5 knots to a high of 12 to 14 knots, 24 minutes from the end of the swim.

The air temperature began at a warm 84\* but soon dropped to 77\*. It further declined to 68\* but rose to 80\*degrees at the finish.

The water temperature near the Island was 67.5\*. The high temperature was 68\* while the low was 64\* degrees at the finish. While the water was 67\* Marilyn complained of being slightly cool. This was in the sixth hour. She estimated her core temperature had fallen to 95.5\*. She was doing well.

Marilyn's son, Roman, kayaked from 10:00pm until 6:15 am. Her husband was the boss of the swim and mainly in charge of feedings. As she was cool the crew began to heat her feedings. This seemed to help but then a new problem arose. Marilyn was concerned the heated plastic bottles may be toxic. She was halfway. This was dealt with by putting in a companion swimmer an hour later. From 6:45 am until the finish at 12:24.31 pm there were three experienced companion swimmers, with one swimming twice. Debbie, a companion swimmer, was afraid of sharks but did a great job. The shark shield was out charging as she entered the water. Nervously seeing this she proclaimed she was the shark swimmer according to Marilyn.

Marilyn had to clean off her goggles. The goggles had been prepared with toothpaste. This was the only equipment problem on the swim.

At 2:25 am Marilyn reported she could smell the exhaust and she was moved to the port side of the boat.

Marilyn had thrown up at many of the early feedings. She drank Carbo-Pro during this time. The other list of feedings Marilyn had prepared included Perpetuum every 5<sup>th</sup> bottle, Heed every 5<sup>th</sup> feed. She also used ginger tea with honey then ginger tea with honey and sugar, Boost, water and diluted coffee with hot chocolate. After awhile she just drank Boost as she was able to handle it without any problems. Her feedings lasted from: 45 seconds to a one three minute break. She varied her feeding times to every 45 minutes to 30 minutes and then she repeated this pattern.

Marilyn started with a stroke count of 66 strokes per minute. Her goal stroke count was 60 per minute. She reached 67 strokes per minute and fell only to 60 strokes per minute thus maintaining a count much higher than her goal stroke count.

Marilyn fought a cross current all night and day. She was aiming for Point Vicente which she almost missed. She had to swim parallel to shore for over twenty minutes. She finished on the western shore of Cardiac Hill and climbed small, dangerous dirty rocks to complete her swim after 14:24.24 hours. She was the 273<sup>rd</sup> swimmer to complete the Catalina channel. She became the oldest and fastest Canadian

woman to conquer Catalina. She also completed the second leg of the Triple Crown. Her goal is to become the first Canadian to accomplish this with an attempt on Manhattan in July 2014!

Thomas Bell was a 43 year old man from Wyomissing, Pennsylvania. He commenced at 12:43.08 am on August 30<sup>th</sup> from Doctor's Cove on Catalina Island. The stars and Pointe Vicente were visible in the clear night.

The air was 72.5\*degrees, a very warm temperature. There was a breeze but the water was relatively flat. The wind climbed to 8 knots over the crossing. The waves, on the other hand, grew to two to four feet in the swim. The water was 66\* degrees at the beginning of the swim and only dropped to 64\* at the end of the swim. All of these factors combined for long swells with a deep trough.

Tom's stroke count began at 50 per minute. During the crossing he dropped to 48 strokes per minute but had a high of only 52 strokes per minute. From 48 to 52 is a small interval of change.

For feeding Tom had carbohydrate drinks and solid food. He had gels, Gatorade, Carbo-Pro and water. These were recorded in the log. Nothing else was listed. Tom fed every thirty minutes on the swim. His shortest break was thirty seconds while his longest break was three minutes.

Early in the swim Tom had leaking goggles. It wasn't until 7:48 am he swapped them out for a new pair. There was a strong current pushing Tom during the swim. This affected his swim.

At 9:20 am Dan entered the water as a pacer for Tom. Dan was Tom's coach.

When the temperature dropped near the end of the swim Thomas could feel the temperature drop. This is very impressive. Tom trained well to be able to feel a one temperature drop, each time it fell.

Tom landed northeast of Point Vicente, an area Greg, the pilot, had not used in years. Tom raised his hands at the finish at 11:43.30. He had to crawl over the rocks carefully. His total time was 11:30.22. Thomas was the 274<sup>th</sup> swimmer to complete the Catalina swim.

From New York , New York 36 year old Nathaniel Dean entered the Catalina Channel at 11:08 pm. The attempt was on August 30, a calm night. On Nate's crossing the water temperature began at 69.7\* degrees. This was also the highest water temperature on the swim. For over eight hours 67\*degrees was the lowest temperature on the swim. Then at 5:01 am the water dropped to 66\*. At 8:30 am the water fell to 65\* and then to 64\* degrees for the finish. Nate's arms were cold at the 4:35 am hour.

Similarly, the air temperature started at 71\* degrees, dropped to 66\* before jumping to 75\* degrees for the finish.

The wind speed was one knot and rose abruptly to five knots. This didn't affect the wave height in the swim as there was no height until 8:00 am.. Then the wave increased to only one knot.

Nate's range of stroke count was from a high of 66 to a low of 57 strokes per minute. He was a right side breather and his goal was 60 to 72 strokes a minute.

On the swim Nate alternated between Perpetuum and Chicken soup. He watered down the latter in the swim. He also used mouthwash to clear his mouth. Nate was very positive and happy during the crossing. He stayed with this pattern throughout the swim. After the swim he had breakfast in the cabin and was very talkative.

During the crossing Nate had occasions to speak a lot. Initially, he said, "This is the best rave I've been to." On one feed Nate was able to see Los Angeles. Latter in the swim he felt fish nibbling on his toes and wanted to know if anyone saw this happening. Near the end of the swim, he claimed his arms were shot but he persevered with an upbeat and positive attitude.

Nate's final time was 9:33.45, the fastest swim of the summer for a male. It made him the 275<sup>th</sup> swimmer of Catalina.

Javier Gutierrez swam Catalina in 11:39.00. He was 39 when he started his crossing. Javier was from Playa Del Rey, California.

The water temperature was 68.5\* at the beginning of the swim. By the end of the swim it had dropped to 60.9\* degrees. Javier had complained of the cold water when the water temperature fell to 64.9\*. Despite this he was able to fight through the cold water.

The wind speed was 15 to 18 knots early in the swim. There were rough seas until 7:05 am. As the sun came up the ocean calmed down.

On the swim Javier drank Accelerade on the odd breaks and Metrix on the even breaks. He fed every 45 minutes and then at 8:08 am he switched to drinking every thirty minutes. He also ate a banana, chocolate and a coke in the swim. He had 22 feeds during the crossing.

His stroke count on the swim ranged from a high of 58 to a low of 50 strokes a minute. Javier's goal stroke count was 62 to 64 strokes per minute.

There were seals, flying fish and dolphins on the crossing.

Javier had problems with his silicone cap. It kept moving and Javier had to spend time fixing it from 9:30 am until 11:00 am.

At 11:50 am Javier's speech was impaired. He swam breast stroke. As the finish approached Bay Watch was called. After he landed Bay Watch checked him over and gave him the all clear. Javier became the 276<sup>th</sup> person to tackle the Catalina Channel.

Ron Collins, a 50 year old male from Largo, Florida entered the water at Doctor's Cove on the Catalina Island. It was 11:24.13 pm on September 9<sup>th</sup>. The water was calm but there was a slight breeze. Over Palos Verdes there was a low bank of clouds.

The air only slightly rose from 63.5\* to 65.2\*. The wave height was below two feet for most of the swim. The wind speed, however, was from 5 to 10 knots early in the swim. Gradually this diminished to 0 to 5 knots for the finish.

Ron's stroke rate was only 55 per minute for the first half of the swim. The stroke count climbed to 61 per minute near the end of the swim.

For feedings Ron had Powerade and Maxim every thirty minutes. He drank from the kayak or the boat. His feedings lasted around a minute with only one lasting two minutes.

When Ron approached the finish at Cardiac Hill he had to swim through kelp. He was accompanied by a harbor seal. Ron landed at 9:29.42 am on the 10<sup>th</sup> of September. His total time was 10:05.29. He was the 277<sup>th</sup> swimmer to complete the Catalina Channel.

Courtney Paulk was a female swimmer from Richmond, Virginia. She rented a house while she prepared to swim the Catalina Channel. On September the 10<sup>th</sup> at 12:17.04 am she launched herself into the calm water at Doctor's Cove.

The water temperature was 67\* degrees at the start. The water fluctuated to 65\* then rose to a high of 70\*. From there the water fell gradually to 63\*.

The air, on the other hand, barely increased from 66\* to 66.2 from the start to the finish. In between the air hit 69\* degrees.

The wave height was insignificant reaching only 1 to 2 feet in the swim. The wind speed climbed to five knots a third of the way through the swim. From there it decreased to 1.5 knots and was flat for the finish.

Courtney held a stroke count of 60 per minute for over most of the swim. She varied only slightly to a low of 57.

For her feeding Courtney used a variety of fluids which included Perpetuum, Gatorade, Gel, diluted mouthwash, caffeine, tea, ginger ale, chicken broth and water. She also had peaches and bananas. For pain she had 3 Advil and Endurolytes. She slipped in a cookie, two turkey and two peanut butter sandwiches. Her longest break took three minutes while her shortest was :55 seconds.

Courtney had three problems on the swim. The first was she had to have new goggles. The second was her right leg was cramping so she had caffeine. The third was her right elbow hurt. Each of these problems were easily fixed.

At 12:07pm Courtney landed at Terranea Beach where her family was waiting to meet her. Her total time was 11:50.36. Courtney became the 278<sup>th</sup> swimmer to conquer the Catalina Channel.

From London, England came 59 year old Trevor Colman. He entered the water at 11:22.45 pm on September 10<sup>th</sup>. He started his swim from Doctor's Cove on the Island. The water was calm and windless. It remained so throughout the swim.

The water temperature was 68.2\* initially. This climbed to 70\* before falling to 62\* at the end of the swim.

The air temperature started at 72\* but immediately fell to 64\*. At 8:22 am it surged to 68\*. In two hours it climbed to 84\*.

Trevor's stroke count varied from 57\* strokes per minute to 63 strokes per minute. He breathed bilaterally on the swim. He planned to breathe every hour for two hours, drop to four feeds at 45 minutes and then to finish with 30 minute feedings. He planned to drink Maxim and Energy Drink. He did well on this plan.

On the swim Trevor encountered flying fish and a large boat. The latter produced some big waves for Trevor to swim through.

At 10:51.30 am Trevor walked ashore on the mainland. His final time was 11:28.45. Trevor was the 279<sup>th</sup> swimmer to complete the Catalina crossing.

Michella Thomas was from San Diego, California. Her goal was to swim the Catalina Channel from the Island to the mainland. Michella began her attempt on September 12<sup>th</sup> at 11:20.30.

The wind speed was strong in her swim. It began at 7 knots, climbed to 10 knots before falling to 5 knots and ultimately was calm at 0 knots. This made for a challenging swim.

The wave height started at one foot then rose to 2 to 5 foot. There were some white caps.

The air temperature low was 64\* degrees while the high was 69\* at the finish.

The water temperature, on the other hand, was 68\* at the start and gradually decreased to 62\* degrees at the finish.

The uniqueness of the swim was Michella's stroke count. Michella held between 64 strokes per minute to 66 strokes per minute for the whole crossing. This was very good.

Michella had 27 feeds. On her feeds she drank Gatorade and water. She had dates and Aleve on her eighth feed besides the fluid. The dates were used from then on in the swim.

Her shortest break was 15 seconds. She was told to hurry her breaks as there was a head current running into her. The breaks were difficult because the swells made it hard to transition.

As the swells created exhaust problems Michella was moved to the port side of the boat. Later she was moved again.

With 2.75 nautical miles to go Michella asked, "If pilot knew what he is doing" She was told "yes" In two breaks she was smiling since she only had 1.167 nautical miles to go.

At 1:41 pm Michella walked ashore on September 13<sup>th</sup>. Her overall time was 14:20.44. Michella became the 280<sup>th</sup> swimmer to tackle Catalina.

Ranie Crowley Pearce, a 52 year old woman from Orinda, California descended into the water off of Doctor's Cove, on the Island heading for the mainland. There was a slight wind of 6 knots. This dropped to 3 knots rose to 6 knots before jumping to 13 knots at the finish.

The wave height was only a foot at the start. Gradually, the wave height fell from .5 to no foot at all.

The water temperature fell from a warm of 69\* to a mid range of 64\*. Similarly, the air temperature of 69\*dropped to a low of 64\*. Then out of the blue the air temperature jumped twelve degrees to a warm 76\* degrees.

Ranie wanted to maintain a goal of 55 to 60 strokes per minute. She did this perfectly, 55 to 60 strokes per minute over the 13:42.51.

On the swim Ranie fed on Maxim, Accelerade, Redbull, Gu and Perpeteum. She ate Teddy grahams. She also had Pepto Bismo on two occasions. This didn't help immediately but soon she was vomiting. This helped. Ranie was cold, her stomach hurt and she felt badly. Ranie decided to wait for the sun to come up and to make a decision to keep going or not. When the sun came up, she was in a great mood and decided to continue. She had two Advil and had some fun. Dolphins were spotted in front of the boat and then they came all around Ranie.

At 13:42.51 Ranie completed her swim. She became the 281<sup>st</sup> swimmer to do this.

Ceinwen Elizabeth Roberts a 33 year old female from Perth, Australia attempted Catalina on September 24<sup>th</sup>. She departed from Doctor's Cove at 12:15.30 am and was accompanied by the Bottom Scratcher piloted by Greg Elliot. The evening was clear and calm. The wind speed wasn't active until 1:55 am when a breeze appeared. By three am there were 4 to 7 knots of wind speed. The wind speed declined to nothing then bounced back up to 3 to 5 knots for the finish.

The wave height remained below one foot on the whole crossing, keeping the water glassy.

The water temperature dropped from 68\* to hovering at 64\* then fell to a cold 62\*.

The air temperature on the other hand, barely dropped. It started at 67.5\* and only fell to 65.2\*.

Ceinwen had a beautiful stroke with a strong kick according to the observers. She maintained 71 to 82 strokes per minute on the swim.

Ceinwen's breaks lasted from 9 seconds to 34 seconds. On her food breaks she drank Powerade, 32GI, Coconut water, sweet black tea and warm water. She also had a slice of date, warm snickers bite, two Advils and a No Doz. When she finished the swim she continued with five more feedings so she would recover faster. Her first break was at 45 minutes then she broke at thirty minutes.

Other interesting happenings in the swim included Ceinwen had to restart the swim since there was a dim spotlight and no one saw the start. At 7:15 am some of her grandmother's ashes were spread in the ocean. Both of these are rare occurrences

Andrew, Ceinwen's husband, paddled the kayak the whole crossing. At 8:19.42 Ceinwen landed east of the rocks at Cardiac Hill. Her final time was 8:04.12. This was the fastest swim of the summer for men or women. Ceinwen became the 282<sup>nd</sup> swimmer to complete the Catalina Channel.

Peter Hayden from Laguna Hills, California attempted Catalina on September 24<sup>th</sup>. He was 55 years old. Peter entered the water at 11:02.20 pm. At the start the water was smooth and the moon was rising in a half moon pattern.

The water was 67\*initially. It crept up to 68\*and held there for awhile. One of the pace swimmers left the water and stated, "feels like a warm blanket." The water fell back to 67\*for four and a half hours.

The water temperature then plummeted to 64\* for the finish.

The air temperature rose from a low of 65\* to a high of 72\*after holding at 67\* for four and a half hours. The conditions of the swim also included the wave height and the wave speed. The wave height never increased over 2 to 3 feet. Meanwhile, the wave speed reached twelve knots! This made for a windy swim. The observers wrote at the end of the swim, "True grit all the way in some challenging conditions."

Under these conditions Peter had stroke counts from 68 to 59 per minute. He dropped during the swim paralleling the water temperature drop. Peter's goal was 60 to 68 per minute He breathed to both sides which was an advantage.

For feeding Peter had a wide variety of fluids and snacks. He drank Hammer, Motivator, Lemon Lime and Berry Hydra C5, Carbo Pro, Heed, Gel and liquid Protein. He ate applesauce, baby food, bites of snickers bar and Banana. He took liquid Ibuprofen, Advil and Vo2 tablets. He took thirty minute breaks until he reached his halfway break. Then he switched to twenty minute breaks. From 6:00 am on he began to stop drinking all of his fluids or not eating his solid food. This lasted on and off for two and a half hours. Peter was swimming .4 to .7 tenths of a mile during every twenty minute break.

On the crossing many pods of dolphins were seen. This seemed to encourage everyone on the swim. Peter landed at 9:31.00 on the mainland. His total time was 10:29.53 . He finished on September 25<sup>th</sup>. Peter became the 283th swimmer to complete the Catalina Channel.

Lisa Delaurentis was a 32 year old from Perth Australia. She tackled the Catalina Channel on September 25<sup>th</sup> and the 26<sup>th</sup> in 2013. She began at 11:57.40 pm from Doctor's Cove. It was a calm night but an overcast sky. The water temperature was extremely warm for the whole crossing. It started at 68\* and only dropped to 66\*, making it the warmest crossing of the summer. On the other hand, the air temperature varied significantly from a low of 61\* to a high of 73\* at the finish. This was a spread of 12\* compared to a 3\* spread in the water temperature.

The wave height was only from 1 to 2 feet. This kept a small swell in the swim constantly.

In addition to this the wind speed fluctuated between no knots, five knots and 10 knots. This difference made some of the crew get seasick, especially one of the pace swimmers. The plan was to have the pace swimmers swim a half hour on and a half hour off. The seasickness altered this plan.

Lisa's breaks lasted from 20 seconds to a minute. On the break she drank, GI 32, an energy drink and a carbashotz gel every thirty minutes. She also ate a banana every hour according to her plan. She had anti-nausea tablets, two cokes and water to help with her nausea. Lisa fed every thirty minutes on the crossing

Lisa had a goal of holding 72 strokes per minute on her crossing. Her initial reading was 81 strokes per minute. Once she calmed down she settled on 78 strokes per minute. It wasn't until 7:07am that she reached her goal strokes. Finally she fell below this and swam 70 strokes per minute for the last 45 minutes of the swim.

During the swim two sun fish were spotted and numerous pods of dolphins. In addition a large cruise ship passed within a mile of the bow.

Lisa had an extraordinary person on her crossing, Samuel Johns. He paddled, he swam and he cheered. He constantly cheered and encouraged Lisa to push on. She did even when she was cold her stroke looked great and she held a 78 stroke rate.

As Lisa approached the finish she had to swim through kelp. She landed at the foot of Cardiac Hill on the beach to the right of the black rocks. His final time was 10:10.35. She was the 284<sup>th</sup> swimmer to complete the Catalina Channel.

Forrest Nelson, the president of the Catalina Channel Swimming Federation, introduced a new Catalina swim on September 26<sup>th</sup>. He entered the water at Catalina Harbor on the West side of Catalina Island. As the water was too shallow Forrest had to start by a radio signal and a countdown. He departed at 9:44.29 pm. Forrest swam northwest to the tip of the island, around the point then headed to the Terranea resort. The nine mile swim from Catalina Harbor to the tip of the island unfortunately took over five hours. There were rough seas slamming into Forrest. The boat was rolling and pitching. The wind speed was 5 to 10 knots in his face.

The water temperature was 66.8\* at the start. It rose to 69\* near the east side of Catalina then fell drastically by the finish to 63.9\*. The air temperature, however, dropped initially from 68.5\* to 64.4\* then climbed rapidly to 73.5\*.

The wave height was never above 1 to 3 feet high. On the other hand, the wave speed began at 5 to 10 knots and at its peak climbed to 10 to 15 knots. As Forrest approached land the wind speed declined to 4 to 7 knots!

In the backside of the swim it was difficult to take Forrest's stroke rate since he was swimming into the wind. Once the observers were able Forrest's stroke rate began at 44 and rose to a high of 54. He thought his goal was 54 but he had written 56 which he never reached. He did, however, improve his rate throughout the swim with a few exceptions. Forrest was told to rotate more so his shoulder would not hurt. This helped tremendously.

There were various sightings on the crossing from a playful and annoying seal to various types of dolphins. The Rizzo dolphins were spotted the most. At 6:45 am a fin was seen. Nothing more was said or seen. Other interesting occurrences included Forrest disposing of trash in his empty water bottle, He had slight visual illusions and finally Forrest declared, "its official, I'm now hallucinating." The latter occurred at 7:30 am.

Forrest had an elaborated feeding chart explaining how to dilute his coffee and Hammer Perpetuum and Gatorade with carbohydrates and protein. He drank every thirty minutes throughout the swim. During the swim Forrest changed his mind and altered his schedule based on what tasted good to him. He also had mouthwash, Aleve, Gels, chocolate and yogurt with cheese. In an interview he stated the cheese was terrible and ruined the yogurt's taste. His breaks lasted from 26 seconds to 2:00 minutes. On numerous occasions the drink was too hot thus he swam more while the drink could be cooled.

In the last few hours of the swim Forrest put in earplugs. This probably helped with the cold.

Forrest landed east of Terranea at 10:24.12 pm on September 27<sup>th</sup>. His final time was 24:39.12. This was his 5<sup>th</sup> crossing.

Fionnuala Walsh was a 39 year old from County Claire in Ireland. She commenced her swim on September 28<sup>th</sup> at 10:57.00 pm. She swam from Doctor's cove to the mainland. It was a clear night with calm water but a slight breeze. The water was warm through most of the swim. It began at 69\* and lowered to only 66\* for the finish. The air temperature was all over the place, beginning at 72\* falling all the way to 64\*. It remained there for two hours before it rose quickly to 74\*. Somehow it lowered again to 68\* only to raise to 78\* in thirteen minutes.

The wave height and wave speed were not recorded.

Fionnuala was a bilateral breather. Her goal was to maintain 70 strokes per minute. On her swim she started a bit higher, 72 strokes per minute. Once she calmed down Fionnuala held 70 strokes per minute. When the air temperature dropped to 64\* her strokes per minute reduced to 69 strokes per minute. As the air temperature increased, Fionnuala's strokes per minute increased. She reached 71 strokes per minute.

Fionnuala fed every thirty minutes on Maxim. Her breaks lasted from 20 seconds to 2:00 minutes. For food she also had a banana, Jelly babies, water, pain killers and mouthwash. The latter helped clean out the salt water in her mouth. On one of the feeds she wasn't sure she closed the top and asked if someone would rinse out the bottle.

The sun came up by 6:00 am and Fionnuala asked for a new pair of red goggles. This was done on the next feeding. This was important since the next break there was a bright sunny day. At 8:29 Fionnuala exclaimed, "It is so beautiful."

Fionnuala touched shore at 9:40.00, making her total time 10:43.24. She became the 285<sup>th</sup> swimmer to complete the Catalina Channel.

Jason Christopher Malick was from Wilmington, Delaware. He undertook his swim on October 10<sup>th</sup> at .

The water temperature was 66\* at the start. From 1:55 am until 10:55 am, nine hours, the water temperature was in the 67s\* As the finish approached the water fell to 65.8\*.

The air temperature, on the other hand, descended from 60\* to 59\* then ascended to 73\*.

The wave height remained at 1 to 2 degrees except one time when it reached 1 to 3 feet high. The wave speed fluctuated almost every time it was taken. The high was 11 knots while the low was light.

Jason's stroke count ranged from a low of 55, his goal, to a high of 70 strokes per minute.

He was a bilateral breather which helped when the wind speed was high. His stroke was short but he persevered.

Jason fed on Accelerade, Gatorade, Gu, warm Chai, hot chocolate, coffee and water. Jason also used a banana, bacon, Raisinettes and Peppermint Patties. His fastest feed was 10 seconds and his slowest was 2:00 minutes.

Jason was in good spirits for the whole swim. He was excited when the dolphins were under him and when he reached half way, he gave the thumbs up sign. As Jason approached the finish he asked for all the swimmers to join him for the finish. Many did and this made him happy and excited.

Jason landed at 3:06.12 on October 11<sup>th</sup>. His official time was 15:11.32 . Jason became the 286<sup>th</sup> swimmer to conquer the Catalina Channel.

## CHAPTER SEVENTEEN

### 2013 RELAY SWIMS

The first relay of the summer of 2013 was As Seen on TV. It was a mixed relay of 50 to 59 year old men and women. The relay was composed of the following swimmers, their correct swimming order and their ages.:

1.	Barbara Held	59
2.	Marc Horwitz	51
3.	Ray Meltvedt	53
4.	Julian Rusinek	52
5.	Lynn Kubasek	54
6.	Veronica Hibben	56

The relay was a single crossing from Catalina to the mainland. The relay began at 11:52.28 pm on June 30<sup>th</sup>. The water temperature was cool at the start, 66\* and rose to 68\* at the finish. Normally this doesn't happen. The water usually drops over a swim.

The air temperature, on the other hand, dropped until it reached 68\* then climbed to 72\*.

The wave height began at 1 to 2 feet ascended to 4 feet then descended to ½ foot at the finish. The wave speed started at 1 to 3 knots moved to 6 to 10 knots jumped to 10 to 12 knots and finally fell to 3 to 5 knots.

The stroke counts for each swimmer were recorded:

Barbara 60, 70, 68, 68,68, 70,66,66,68  
Marc 55,55, 56, 56, 56, 56, 58, 56, 56, 57  
Ray 55, 55, 60, , 60, 60, 60, 62, 62, 62, 64,  
Julian 62, 59, 58, 56, 58, 60,  
Lynn 72, 69, 70, 70,  
Roni 56, 56, 56, 56, 58,

As is evident from the stroke counts Barbara through Julian swam twice. The swim itself had little activity in it. There were flying fish at the start but this was the limit of marine life. The swells and wind increased and decreased but that was the highlight of the swim.

According to captain Lynn Kubasek the relay was fun and everyone enjoyed themselves.

Julian finished at 9:31.10 making the overall time 9:38.42. The relay finished on July 1<sup>st</sup> at Terranea. This was a new world record for the mixed 50 to 59 age group. The relay became the 86<sup>th</sup> to swim Catalina.

The second relay of the summer was quite extraordinary. To say it was the only relay to swim more than one crossing is an understatement. The FTD relay swam six ways! The directions were MCMCMCM  
According to Forrest Nelson the goal of the relay was to have a great time. To do this each landing was to a new beach which few had ever been to. For example, the relays went to the following:

1. Cabrillo to Moonstone, CI
2. Moonstone to Royal Palm, M
3. Royal Palm to Empire Landing, CI
4. Empire Landing to Portuguese Bend, M
5. Portuguese Bend to Doctor's Cove CI
6. Doctor's Cove to Terranea, M

The following swimmers were on the FTD relay, their order and their stroke count from the numerous swims:

1. Tina Neill	54, 58, 62, 62, 62, 65, 64, 61	54—65
2. Kent Nicholas	72, 51, 66, 65, 67, 62, 71, 70, 68	51-- 72
3. Emily Evans	67, 66, 66, 66, 65, 66, 65	65—6
4. Forrest Nelson	52, 53, 55, 52, 55, 58, 57, 56, 54	52--58
5. Becky Jackman Beeler	56, 53, 53, 54, 56, 57, 53	53--57
6. Mike Mitchell	57, 58, 59, 60, 56, 57	56—60

Each of the swims had unique features to the swim but before these are explained the times for each swim will be discussed.

	Individual time	Fastest	Total time
1.	9:11.44	1	9:11.44
2.	9:59.01	2	19:11.07
3.	10:18.00	4	29:29.43
4.	10:50.55	6	40:20.59
5.	10:00.09	3	50:22.20
6.	10:46.57	5	61:09.27

The Mainland to Catalina swims were faster than the Catalina to Mainland times.

On the first crossing the water temperature increased by two degrees and the air temperature moved only one degree and then returned to the same number as the start exactly. The fog may have caused this phenomenon.

In the second leg Becky saw a large Sunfish. There was a large wind up to 90 percent on this leg. A pod of dolphins crossed the stern also.

Unfortunately Kent was stung by a large jellyfish at the beginning of the 3<sup>rd</sup> crossing. The water went flat on this crossing. Becky stated, "this was the best night swim ever." There was also luminescence during this leg.

During the fourth crossing the water was flat and the Vicente and city lights were visible. In the middle of the crossing the wind picked up. Soon after this Forrest saw a pod of dolphins under him.

In the fifth leg Catalina was visible and the sky was blue. The wind was blowing and the ocean was choppy.

The sixth and final leg left from Doctor's Cove swum by Emily. The night was cloudy. Kent was hit by a flying fish. There were also a large amount of dolphins. As the boat approached Terranea there were large, surging waves on the rocks. Kent exited without any mishaps. After 61:09.27 the six relays were completed. This relay became the longest relay on record, a challenge for all in the future. The FTD relay set numerous world records. The relay also became the 87<sup>th</sup> relay to cross the Catalina Channel many times.