

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.

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CHAPTER 1

Introduction

On Tuesday, August 23, 1875 after being in the water 21 hours and 45 minutes, Matthew Webb stepped ashore in Calais, France. He was the first person to swim the English Channel successfully. Instantly, he became a hero.¹ The challenge, the mystique, and the possibility of instant fame from swimming the Channel began to attract marathon swimmers from all over the world.

In the summer of 1926, Gertrude Ederle became the first woman to swim the English Channel. She also broke the existing record set in 1923 by Enrico Tiraboschi of 16 hours and 33 minutes, by completing the distance in 14 hours and 39 minutes. Overnight she became a celebrity; New York even honored her with a ticker tape parade.²

On the other side of the country one of the interested observers was William Wrigley, Jr. Ederle's swim and all the publicity she received intrigued him. He decided to put on the Wrigley Catalina Island Swim. To insure numerous entrants from all over the world, he offered a \$25,000 purse, winner take all. The race, on January 15, 1927, would go from Avalon to the breakwater at Point Vicente, a promontory landmark on the California coast. The straight line distance of the Catalina, or San Pedro Channel, was twenty-two miles, one mile further than the famous English Channel.

Wading into the chilly waters destined for the mainland were 102 swimmers, 87 men and 15 women. Of these, only one entrant completed the crossing. The swim was very successful, not only in publicity and also financially for Wrigley and the Island, but it touched off a new craze in marathon swimming. There was another Channel for marathon swimmers to conquer. It was no longer necessary for them to travel to England with the Catalina Channel in their backyard. Whether for the challenge or the preparation, swimming Catalina has become as important as swimming the English Channel to such top marathon swimmers as Florence Chadwick, Greta Andersen, Tom Park, Lynne Cox, and Penny Lee Dean, John York, Karen Burton, Chad Hundebly, Pete Huisveld, Todd Robinson and Grace Van Der Byl.

The record dropped from 15 hours and 44 minutes to 7 hours and 15 minutes set by Penny Lee Dean in 1976. Since the 1927 swim, two hundred fifty other swimmers have successfully braved the treacherous Channel, bringing the total number of successful aspirants to two hundred and fifty-one.

Statement of Purpose

The purpose of this book is to develop a history of the swimming crossings of the Catalina Channel since the first swim was completed in 1927.

Significance of the Work

The Catalina Channel is the only major channel crossing on the American continent which compares to the English Channel in both distance and difficulty. Furthermore, very little has been written on marathon swimming and even less on the Catalina crossing. The specifics of the crossings of these two hundred fifty-one athletes needed to be recorded before their contributions were lost. This work will enable present and future generations to see by whom and when the Catalina Channel was crossed and what these crossings entailed.

Definition of Terms

Catalina Channel: The San Pedro Channel, as it is officially named, is the 22 miles of ocean separating the Island of Catalina from Point Vicente, a promontory landmark on the California coast.

Marathon Swimming: The art of swimming continuously a minimum of ten miles in any kind of open water (lake, river, sea, etc.). It is permitted to grease the body before a swim, use goggles, wear a cap, ear plugs, and a bathing suit. However, no artificial aid of any kind is allowed nor is any physical contact by another person allowed.

Methods and Procedures

To gather information necessary for this work, the materials available on the two hundred fifty-one successful crossers was collected at the following libraries: California State Polytechnic University at Pomona; California State University at Long Beach; Honnold Library, Pomona College, Claremont; Long Beach Public Library system; Los Angeles Public Library system; Cabrillo Museum, San Pedro; the Avalon Museum, Catalina Island and the Catalina Channel Swimming Federation logs and interviews.

An attempt was made to contact one outstanding athlete who successfully completed the crossing from each of the following selective chronological periods: the early 1950's, the late 1950's, the early 1970's, the late 1970's, the early 1980's, the middle 1980's, the early 1990's, the late 1990's 2000-2004; 2005-2008; 2009; 2010; 2011; Around the Island; 2012 swims. Florence Chadwick, Greta Andersen, Lynne Cox, Frank Reynolds, John York, Dan Slosberg and Pete Huisveld, Todd Robinson, Hank Wise, and Grace Van Der Byl were some of the swimmers who were interviewed. Other swimmers interviewed included Pam Nickle, Ray Falk, Al Guth, Mike Suttle, Dave Clark, Richard Marks, Pat Hines, Kalani Russell, Suzanne Riedinger and Dale Petranech. The interviews also included people such as friends, coaches, and navigators. Chuck Slocombe, aide on Florence Chadwick's swim; John Olguin, Benny Nawahi's coach; John Sonnichsen, Greta Andersen and Lynne Cox's coach, Syndi Goldenson, a successful crosser and the coach of Orca; Siga Albrecht, original coach of Orca; Chuck Liddell, historian, Catalina Island; Richard Yeo, The Amateur Athletic Union (AAU) Marathon Swimming Chairman 1976-1978; and Mickey Pittman, one of the navigators, were interviewed.

These people were located and personal interviews were used to collect material as it related to the swimmers' contributions to marathon swimming. Interviews were conducted personally or by telephone, and the material obtained was analyzed as to its relevancy to the work. Many extraneous items came up in the interviews which had nothing to do with the development of this publication. Information was then combined with the available literature. Further, the private newspaper collections of Richard Yeo, Chuck Liddell, John York, and Penny Lee Dean were used extensively. The author relied heavily on personal knowledge and acquaintances derived through forty-two years of local, national, and international competition and coaching in marathon swimming.

Once all material was gathered, it was critically analyzed regarding its relevance to the work, and then it was organized into an understandable and readable form.

Organization of Remainder of Writing

Following this chapter, Chapter 2 consists of the first successful crossing of Catalina. The remaining chapters cover the two hundred and fifty-one people since the 1927 swim.

CHAPTER 2

The First Catalina Swim: 1927

Santa Catalina, one of the eight Channel Islands, is located twenty-two miles off the southern California coast. In early February, 1919, William Wrigley, Jr., gained controlling interest in the Santa Catalina Island Company. Originally, he intended to erect "no trespassing" signs in order to have a private resort, but, learning of the large number of tourists who were attracted to the Island each year, he changed his plans. Instead, he invested in the Island's future, hoping to make it a year-round playground.

The problem was that the attendance at the Island was seasonal. In the summer, almost 30,000 people visited the Island. However, in the winter, only 1,500 people were on the Island, most of who were employees. Wrigley needed some way of attracting tourists to his Island in the slack periods of the year. He was looking for a scheme to build his declining profits.¹ Ederle's swim and all the publicity she received intrigued him. This event kept milling around in his mind. At last, Wrigley evolved a plan. On August 12th the following appeared in the New York Times:

William Wrigley, Jr., today issued an invitation to Gertrude Ederle to be the first human being to swim the 23 mile Catalina Channel. Mr. Wrigley said he was setting aside \$5000 for Miss Ederle's project. This sum is intended to underwrite all expenses to the West coast and her training here. "There are no strings on my offer. The Catalina Channel never has been swum. I have been approached a dozen times in the past by swimmers who thought they could do it. I always declined to back them."

It is only fair that this triumph should wait for the wonderful New York girl and be a strictly American triumph. Mr. Wrigley said that the choice of time, and place for the swim would be left to Miss Ederle, but that he thought sometime between October and the Christmas holidays would be suitable.²

Between August 12th and August 29th, Wrigley was besieged by swimmers who were interested in his offer to Miss Ederle. He first raised the prize money to \$10,000 for her, then decided to offer \$25,000 for anyone who would make the swim, and finally decided on a mass swim. The handling of the swim was relegated to Joe Patrick.

The swim was officially known as "The Wrigley Ocean Marathon." To insure numerous entrants from all over the world, he offered a \$25,000 purse, winner take all. The race 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.

The swim was scheduled for January 15, 1927. Hopefully, the publicity would increase not only the sales of his chewing gum, but also the profits of the Catalina resort during the winter months. The swim was very successful, not only in publicity and also financially for Wrigley and his Island, but it touched off a new craze in marathon swimming.

This chapter focuses on the 1927 swim, looking at its organization, its regulations, the nudity, the grease, the participants, the training, the publicity, and other significant aspects of the event.

Organization and Regulation of the Wrigley Ocean Marathon

In the fall of 1926, Wrigley announced his plans for the Wrigley Ocean Marathon. By January 15th, 102 swimmers, 87 men and 15 women, waded into the chilly ocean, destined for the mainland. Of these, only one entrant completed the crossing.

Wrigley's swim was termed the greatest athletic event of modern times. In order to become that successful, it was necessary for the event to be well organized. What would happen if a swimmer became ill, or quit? What was legal, and who would watch? Could an entrant swim in the nude? All these questions and many more had to be answered long before the race began.

In order to check the Channel conditions, an eight member relay team composed of the top California swimmers prepared to swim from Long Beach to Catalina. Each member would swim thirty minutes at a time. On September 10, 1926, the team crossed the Channel in 23 hours and 17 minutes. This was not an encouraging swim. Wrigley thought it would be swum faster.³

After the relay swim, a committee was set up to decide upon the course and to determine the regulations which would govern the swim. The race was open to all who entered, whether male or female. Even though no swimming test or proof of ability was required, there were many other requirements.⁴

Initially, swimmers wrote for an entry blank which had to be returned by January 5, 1926. On December 5th, the first of many regulations was issued; "any nonfloating form of suit they desire, or if they prefer, no suit at all."⁵ This first regulation resulted from a request by Mrs. Charlotte Moore Schoemmell of New York, who saw no immodesty in competing without a suit. She believed that a suit would hinder her swimming and would only result in chafing her body.

Immediately, numerous other women contestants and women's groups protested this ruling and Mrs. Schoemmell's "indecent" request. On December 16th, in the Los Angeles Times, the Women's Christian Temperance Union resolved:

Believing that the request made by certain entrants in the Catalina swimming contest to be granted nudity for that occasion should be positively denied, in that Miss Gertrude Ederle the world champion swimmer, is competent authority for saying the lack of swimming raiment is not needed and absolutely not to be countenanced, and being confident that such brazen vulgarity is not considered necessary on part of said entrants, but is desired for the publicity that such a shameful act would bring. Therefore, be it resolved: that we of the Los Angeles W.C.T.U. County Executive, a body of Christian women toiling in every way possible to uplift humanity, protest against nudity in any contest particularly in the Catalina race now being arranged for January 15, 1927.⁶

Regardless of the protests, the committee stuck to its original decision. Two women, however, Ella Stevens and Mrs. C.O. Miderton, were added to the rules committee.

Although she had no intention of swimming the Catalina Channel, Mr. Wrigley graciously invited Miss Ederle to Catalina on December 5, when she was to be in Los Angeles for a vaudeville engagement. She accepted and spent the Sunday with Mr. Wrigley on his yacht, Quest. Miss Ederle even tested the water, a mere 62 degrees. Five days later she stated she would not enter the race due to her theatrical engagements. "I would like to try it as I am confident that I can do it. I don't believe it is as hard as the

Sandy Hook Swim that I made two years ago, against time and many changing tides."⁷

"Sometime later I may make the Catalina swim but I doubt it as somebody will surely make it before long and then it won't be necessary for me to try it."⁸ Ederle gave advice to the prospective swimmers.

It's a race, I know, but the pace setters will find out that it's better to take things easy. . . The swimmer who forgets that he or she is in a race will win.

Condition is everything, but too fast a pace or swimming in spurts can bring on the cramps and fatigue. The steady tempo is the best, and forget all about your rivals. The stomach is the key to success or failure. . . Sickness brings on cramps. Either you get sick or you don't, and training has nothing to do with that angle of it. . . Those who do must fight it off or give up. You can't swim when you are seasick. The food question is an individual one. . . Ordinarily, though, I should say that chicken broth is best for food value and runs the smaller risk of turning the stomach. On my swim I had chicken broth, hot chocolate, and two slices of pineapple. . . Personally, I believe there is room for modesty in swimming as in everything else and I would not think of swimming unclad. I wore men's athletic trunks and a brassiere. I think this is the ideal costume.

Grease will not stay long. The grease helps you to stand the shock of entering the water, but it comes off quickly. . . Keep your mouth closed when swimming, at least enough to keep the salt water out. Nothing can upset you like salt water in the stomach. Do not look ahead of you. And if you feel like quitting, just keep right on swimming anyway."⁹

On December 10th, Wrigley raised the purse to \$40,000 by adding a \$15,000 prize for the first woman to complete the swim. If a woman was first, however, the \$15,000 prize would be negated. He did this after speaking to Mrs. Corson, the first mother to swim the English Channel. She felt that a woman could not beat a man. As Wrigley stated in the December 10, 1926, issue of the Los Angeles Times:

Mrs. Corson convinced me that it is very difficult for a good woman swimmer to beat a good man swimmer and that several expert feminine stars would pass up the Catalina swim because of the handicap under which they would compete. With a special prize assured for the women, I expect that several women swim stars will now enter the race.¹⁰

The committee decided that Mr. Fred Cady, of the Los Angeles Athletic Club would be the head official of the swim and also the starter. On December 14, he submitted his proposals to the rules committee. This included the following regulations, all of which were accepted by the committee:

(1) each swimmer was required to have a boat with one sanctioned official; (2) trunks, rubber caps, goggles, grease, or oil; (3) a power boat could be no closer than fifty yards; (4) the swimmer could have nourishment but no artificial support while eating; (5) at the finish no help could be given--the swimmer had to walk beyond the water line without aid; (6) one half hour before the race, each swimmer had to turn in a certificate from a doctor, stating that the swimmer was in good physical condition; (7) if there was a tie, the committee would apportion the money; (8) the committee's decisions were conclusive; (9) the committee had the right to change the date of the swim; (10) all expenses were paid by the contestant, and (11) entries were due by January 5, 1927.¹¹ Another regulation required that the boat have the swimmer's number painted on the side,

and the number was to be rigged so that it could be seen at night. This was difficult since numbers were not issued until the day before the race.

Each boat was required to be equipped with: (1) Two woolen blankets, a quilt, and two pillows; (2) First aid kit; (3) Provisions to last for at least three days; (4) At least 10 gallons of water; (5) Fuel enough to last forty hours; (6) Necessary items required by the government: mask head lights, side lights, whistles, and coal oil to take care of side lights if electrical equipment should fail; (7) Life preserver for each and every person aboard; (8) Suitable skiff, not less than 16 feet in length; (9) All bilges should be pumped dry; (10) Signal flares for emergency; (11) Thermos bottles with hot food or ingredients aboard for emergencies; and (12) Towels to assist in lifting greased swimmers out of the water.¹²

The boat had to report to Catalina the night before the swim in order to be checked by the officials. Each official changed boats every few hours so that no official could be enticed into making a deal with the swimmer. The committee decided that pacers, who swim next to the contestant to make the contestant swim faster, were illegal. It was also decided that the starting time of the race was changed from 4:00 p.m. to 11 a.m. since over 100 entries had been received and the starting point of the race was changed to the Isthmus, ten miles northwest of Avalon. This shortened the race by three miles.¹³ The departure point was also changed because Avalon Harbor was not suited for the 200 boats and all the sightseers which were expected. The most important aspect for the change was that the gambling odds stated in the newspapers doubted that anyone would even finish the race. If no one completed the swim, the ensuing bad publicity would undermine Wrigley's purpose for the swim. One newspaper article read:

Those who want to witness the finish of the race--providing anybody succeeds in making the swim, which seems a matter of grave doubt, we can only recommend planting themselves on the breakwater with a radio set to receive the news of the progress of the candidates, and with something to keep themselves warm.¹⁴

On Wall Street, there were wagers on the swim although a fisherman stated the Channel could not be swum.¹⁵ One firm said that no one would finish.¹⁶

Publicity was very important. It is interesting to note that there was one earlier claim of swimming the Channel.¹⁷ There was not substantial proof; however, either way, Wrigley tried to cover this up so the swim would be considered a novel event; "The Catalina Channel has never been swum."¹⁸

The committee had to be prepared for illness, an attack upon a swimmer, or possible drowning. In order to prevent these occurrences, Wrigley transformed the steamships Avalon and Cabrillo into hospital ships. Each was equipped with physicians, nurses, and operating rooms. Beyond this, each contestant's boat was provided with a first aid pamphlet. Two speed boats served as ambulances to rush the sick, tired, or injured swimmers to the hospital boats. On the shore, two ambulances were stationed in case a swimmer needed help.¹⁹

The government agreed to assist in the swim. It loaned eight Coast Guard chasers and two cutters, the Tamaras and the Vaughan, for patrolling the course, engaging in rescues and any other purpose.²⁰ As the Los Angeles Times stated on January 14th, "Yes sir, it's certainly going to be a tough job on anybody who suddenly wants to drown. About the only way we can figure out how anybody can successfully drown is for him to

outswim a lot of speed boats and then sink down peacefully beneath the waves somewhere near the Hawaiian Islands."21

Preparation

The water temperature was expected to be the eliminating factor in the race. As one swimmer stated, "I believe it is almost physically impossible for any swimmer to remain in the 54 degree water for much longer than eight hours, and it's going to take a good deal more than eight hours to complete the Catalina swim." 22

In order to counter the cold, many contestants decided to use body grease. "Everything from goose grease and Vaseline to the common or garden variety of axle grease is apparently going to be used with various mixtures of lard favored by some."23 One manufacturer of lubricants offered to supply all of the contestants with his product, free of charge.

Fish caused another problem that had to be considered. Sharks and barracuda were prominent in the Channel. Mrs. Charlotte Schoemmell planned to use ten pounds of black axle grease not only to keep warm and facilitate movement, but because she believed that sharks did not attack dark bodies and she did not want to take any chances.

All these problems had to be solved. The race was planned to begin at 11:00 a.m. on January 15, 1927. All precautions against an injury or an illness were taken. The next question was who was going to compete in this feat.

The Contestants

The swim, as stated earlier, was open to anyone, regardless of sex or nationality and the response to Wrigley's swim was magnificent. By the closing date for entries, January 5, 1927, 153 contestants had entered the race.24

Fred Cady stated:

All of which is a manner of saying that more persons are entering the Catalina swim than there is water, and if something isn't done about it, Wrigley will have to play Christopher Columbus and find another good channel to take care of the overflow. Not only that, but from the letters pouring in without end from Canada, Sweden, Norway, Germany, and even Italy, the starter will have to shoot the starting gun in a dozen different languages. If the architect who built the Tower of Babel thought he had a tough job, he ought to try herding the various foreign splashers now taking their dozen strokes a day off Long Beach.25

The swimmers came from all walks of life, from all over the continent, and further. There were over 100 entrants from California. This was a record for the largest number of competitors in a single meet from one state. Thirteen women were entered at one time. According to another source nineteen women were entered at one time.26 (Appendix A). Many of the contestants were not true swimmers. They were attracted by the \$25,000 purse and some could not even swim. Over sixty of the greatest swimmers in the world, however, were present. The entrants included Henry Sullivan and Charles Toth of English Channel fame; Charlotte Schoemmell, the first woman to swim around Manhattan Island; Norman Ross, (nicknamed "the Big Moose"), holder of many national and world swimming records; Leo Purcell and Mark Wheeler, top California swimmers; and George Young, a Canadian national champion. The other variety of "swimmers"

included Eugene Stoppy, a University of Southern California long distance runner who became a long distance swimmer for the event, and Charles Zimmy, a teenage newsboy with no legs.²⁷

Many of the contestants came to southern California months before the race in order to become acclimatized. Henry Sullivan was the first to arrive. The swimmers gradually began to gather in the Long Beach area where they swam from the Jackrabbit Pier to the breakwater. The training program ranged from Byron Summers' swimming four miles a day, biking five to six miles, and rowing; to Mrs. Valery Schramm's two to four hours daily and five mile hikes; to Ethel Hertle's occasional swim; and to Umberto "Bert" Rovere's singing and kicking a medicine ball in place of swimming. Rovere was an opera singer who believed that lung development was important.²⁸

Similar to the diversity in the training programs was the variety of strokes used by the contestants. Basically, three strokes were used: the slow but enduring breaststroke, the well tested trudgeon, and the new speedy crawl. Henry Sullivan favored the most leisurely of the three strokes, the breaststroke. He averaged forty-five minutes per mile with this stroke. Charles Toth used the trudgeon, which was a bit faster. The speed swimmers such as Norman Ross, George Young, Howard Chaffey, and Leo Purcell favored the crawl, averaging thirty minutes per mile with this new stroke.²⁹

Nourishment is very important for a marathon swimmer. After a time, the swimmer becomes dehydrated and needs nutrition to replace the body fluids. The types of food preferred were diverse. An article in the January 9, 1927, issue of the Los Angeles Times declared: "About the only point on which they all agree is that they'll eat anything that makes 'em fat. Every little bit of adipose tissue draped on their frames between now and the start of the race means just that many more calories of heat with which to fight."³⁰ Food ranged from chili and frijoles to the hot chocolate favored by George Young, or the sponge cake and tea Clarabelle Barrett planned to use.

The rules stated that no artificial support could be given while a swimmer was eating. This meant that the food had to be thrown to the swimmer and the contestants had to tread water or float while eating.

The final ingredient was grease, which was used to protect the swimmer from chafing, to keep the body warmth, and as some believed, to discourage sharks. As stated earlier, Mrs. Schoemmell used a secret formula that would stay on as long as she was in the water, which she hoped would repel sharks. Norman Ross was against the use of grease, saying, "What's the use? The friction of the water would wear it all off within an hour."³¹ In addition, his coach, Ernie Brandstein of Stanford, had tested various types of grease, deciding that they would be of no avail to ward off the cold.³² Many companies invented new formulas of lubricant to protect the swimmers. Garrett, an inventor from Los Angeles, swore that his formula, which was composed of axle grease injected with a secret compound, would keep a swimmer warm indefinitely.³³

Pre-Race Events

Of the pre-race events, two items first, the predictions of who would be the victor, and second, how the contest would be viewed were important. As Bill Henry stated in his column in the Los Angeles Times on January 6, 1927:

If it were merely a matter of swimming that far, we'd suggest giving the \$25,000

to Norman Ross, and letting the rest of the competitors match for the other prize, but with the cold water the deciding factor, the chance of a lot of fat boys who don't swim so fast look better than those of the Big Moose.³⁴

Others felt Ross would win because he was a corpulent giant; he was the fastest swimmer; he had the best management and coaching; and "most important, Ross is of Scotch descent and a Scotsman would swim across the Pacific and fight a shark every fifty yards for twenty-five thousand bucks."³⁵ Ross, however, thought that the seventeen year old Canadian, George Young, would win, after watching him work out.³⁶ Fred Cady, on the other hand, picked Mark Wheeler, Norman Ross, and Leo Purcell as the three finishers, but he did not predict in what order they would finish.³⁷ For the women's prize, Mrs. Charlotte Schoemmel believed that she would easily win, but the other contenders included Clarabelle Barrett and Ethel Hertle.

For spectators, there were three ways to witness the race. First was to view the start of the contest by going to Catalina on Friday, the 14th. The S.S. Cabrillo left Avalon at 9 a.m., allowing the townspeople and visitors a chance to get to the Isthmus in time for the start. The second was to see the swim itself by taking Wrigley's Steamer, the Catalina, which was to leave Wilmington at 10:00 a.m. and return at 3:00 p.m. The return trip was to follow the swimmers' course. Third was to be at the finish point. There were also many private yachts out on the course. In addition, the Avalon would be transmitting non-stop on the radio. There were many opportunities to see or hear about the race. As one newspaper reporter added, ". . . the radio returns will come in much more clearly if the recipient exercises his eardrums incessantly by chewing violently on one of Mr. Wrigley's well-known varieties of jaw muscle developers."³⁸

All of the preparations were completed. The swimmers and their boats were to report to the island the night before the race, which was scheduled to commence at 11:00 a.m. on Saturday, January 15, 1927.

The Wrigley Ocean Marathon

In the early hours of January 15th, the swimmers and their boats were transported from Avalon to the Isthmus, where 153 starting spaces had been marked off for the contestants. Over 3500 people crowded the shore to watch as photographs were taken of the eager participants.

Smooth and inviting as a pond at the edge of the island, the water looked less promising further out. A few hundred yards from shore it was choppy. Faint whitecaps could be seen . . . With fog and rough water ahead, the prospect for success was considered poor. When a tug brought in the news earlier that the temperature was 54 degrees, four degrees lower than the average for this time of the year, bets were laid at odds of eight to one that not one of the swimmers would complete the crossing.³⁹

The 11:00 a.m. starting time came and went since it was a difficult task to line up 102 swimmers with 102 boats (Appendix B). Fifty-one of the original 153 contestants had dropped out because of the cold water and/or the swift currents. In addition, the numerous rescue and sightseeing boats had to be maneuvered out of the swimmers' course. It was the Coast Guard's job to insure that none of these interfered with the contestants.

As the contestants took their places, many different colors of grease and-suits

could be seen. Eugene Stoppy lined up in a full length suit of underwear coated with grease. To the spectators, this looked very amusing, but to the swimmers it only reinforced how cold the water was. Three women, Mrs. Charlotte Schoemmell, Miss Saga Kolb, and Mrs. Jean McKenzie stood on the beach, wearing nothing but ten pounds of black axle grease, as did many men. As one observer stated:

. . . yes, right out there in front of everybody. But when you looked you wondered why any objection should have been made. The grease covered as well as a bathing.⁴⁰

Finally, with the firing of the gun at 11:21 a.m. the contestants slowly began the grueling race across the Channel. A few started late, thinking a change in the tides would help them.

The leisurely manner in which they advanced to the water's edge at the firing of the starting gun was noticeable. None rushed in. A few when they hit the water began to flail around at a fast clip, of course. But the majority took it easy.⁴¹

From the Avalon, a minute by minute account was broadcast. As an observer of the start reported:

There has never been a sight in sporting circles of the United States the equal of the one that transpired on the Isthmus of Catalina Island yesterday morning. . . there was a kaleidoscopic series of swiftly changing colorful scenes. No camera man, no newspaper man, and there were plenty of both on hand, could ever hope to tell the complete story in either words or pictures.⁴²

It took about three minutes for the lead swimmers to break away. In the lead, unexpectedly, was George Young. About twenty yards behind him was Norman Ross, desperately trying to catch up. The reaction of people on the beach and on the various vessels was one of astonishment, but all were confident that Ross would catch Young before long. Within the first hour, thirty swimmers had dropped out of the race. Young, who was still followed closely by Ross, had changed his course, believing that if he fought a northeast current at the beginning it would enable him to ride a southern current into the coast.⁴³ Unfortunately, this was not true. It was later proven by Tom Park, Greta Andersen, and successive record breakers, that this is only a hindrance; that a straight heading is best.

Because of Young's and Ross's direction at 1:20 p.m., Byron Summers was in the lead, McKenzie second, Ross third, and Young fourth. Conrad Wennerberg had stated that Young led the entire way, but according to various newspaper accounts, Ross and Young exchanged the lead every few miles. By 3:00 p.m., forty-seven swimmers had dropped out. Young, who was leading at that time, swam into an oil slick which slowed him down considerably.⁴⁴ After making his way through the slick, he had a drink of hot chocolate. By 3:43 p.m., Leo Purcell led, followed by Ross on a more northerly crossing, Young, Summers, and McKenzie. As night fell, the temperature dropped. At around 5:00 p.m. there were only thirty swimmers left in the water.⁴⁵

Hour after hour, a different swimmer was pulled out. The contestants were spread out over fifty square miles and darkness further hampered officials.⁴⁶ At 7:00 p.m., Charles Toth left the water. By 8:00 p.m., only twenty swimmers were left. Henry Sullivan gave up at 8:19 p.m.. All had been in the water eight and one-half hours. The 54 to 58 degree water had taken its toll.⁴⁷

Young was in the lead by a half mile to one mile at 9:00 p.m. The conditions

were ideal; a full moon was shining. At 9:45 there were only twelve swimmers still in the water.⁴⁸ The \$25,000 prize still drove the weary contestants. Ross and the others hoped that Young would burn out. However, he steadily improved upon his lead. At 11:00 p.m., Young ran into a thick bed of kelp. His trainer was preparing to pull him out of the water when a tug boat pulled alongside.

"George Young?" "We got a telegram from your mother in Toronto. She's listening over the radio. Her telegram says, 'I know you will win, George.'" Young shouted to the tugboat, "'Wire her: 'You bet I will--for you!'"⁴⁹

By midnight, thousands of spectators began to gather at Point Vicente to watch the finish. Loudspeakers were set up to keep the crowd informed. KNX radio announced that Young was five and a half miles from Point Vicente; Ross was one and one-half miles behind him; Peter Meyer, using the trudgeon crawl, was in third place; Clarabelle Barrett was fourth, followed by Margaret Houser and Martha Stager.⁵⁰

Who was this young man in the lead? George Young was a seventeen year-old Canadian amateur swimming champion. He had left his home in Toronto to attempt to win Wrigley's race, after taking part-time jobs to finance his trip to California. He convinced a friend to accompany him and they pooled their resources to buy a second-hand motorcycle with a side car. Young's coach at the West End Y.M.C.A., thought he was foolish; that he would be out of shape before he ever reached California, if he ever did. Young retorted that he would train in "old swimming holes" along the way. With the little savings his crippled mother could donate, \$135, to supplement his earnings and her advice, "Don't fail--whatever you start, finish", Young and his friend left for California.⁵¹

Numerous times along the way the motorcycle broke down. The boys took odd jobs to pay for the repairs. Finally, the bike broke down beyond repair in Little Rock, Arkansas. Feeling hopeless and discouraged, Young told his troubles to a honeymooning couple, who offered to drive the two boys to California. Later the couple asked for \$1,000.⁵²

Once in Los Angeles, a promoter, Henry O'Bryne, offered to pay Young's expenses for the three weeks before the race, to feed and accompany him on the swim in return for forty percent of whatever Young won in the race and earned throughout the ensuing year. Young agreed; O'Bryne immediately sent a contract to the boy's mother for signature.⁵³

At 1:11 a.m., Clarabelle Barrett, of New York withdrew; She was nine miles from her goal. Within two and one half miles of his goal, Young saw lights on the shore. Even though he did not know what they were, his trainer and manager, O'Bryne headed Young towards the lights. Thousands of people were flickering their car lights on and off and honking their horns to encourage the young man. In another few miles, Young would win \$25,000, but his promoter would pick up \$10,400 of the prize.⁵⁴

At 2:30 a.m. Young could see what he was heading for, the prize was within his grasp; he would land within a half hour. At this time, Norman Ross, who was desperately trying to catch up, left the water knowing that the conditions were winner take all. He did not want to add to his humiliation.

Meanwhile, Young ran into a kelp bed, but this did not give him too much trouble, as he later confided; "'This wrapped itself around my neck and legs, but that only

added to my determination to win, so I dug in."⁵⁵

As he approached the shore, the judges waded out to shake his hand. At 3:05:30 a.m. Young emerged from the water, having spent 15 hours, 44 minutes, and 30 seconds on his watery journey. It was later determined that he had swum seven miles extra because of poor navigation. With his emergence from the water, a flare was shot to signify his finish. It was estimated that 15,000 spectators were on hand for the finish. "Bedlam broke loose afloat and ashore. Boat whistles, auto horns and human throats joined in a chorus, flares of Roman fire lit the scene and its background of rocks."⁵⁶

Young stated:

I had taken off my bathing suit when I was two and one-half miles from Catalina and forgot that grease and graphite were my only covering as I rose out of the water at the shore, so that I beat it back into the waves to my convoy boat.⁵⁷

Quickly, Young's handlers pulled him into their boat and covered him with blankets. He was taken to the California Yacht Club where he exchanged handshakes for half an hour; then taken to Seaside Hospital to recuperate. The doctors stated that he was in excellent shape, having lost only five pounds in the contest. As Young was settling down to rest, a few swimmers remained in the water: Meyer, Hauser, and Stager. Meyer left the water at 4:20 a.m. with only two miles to go; while the two women left around 6:30 a.m. Hauser had only a mile to go, while Stager had over one and a half miles to go; however, they were not making any progress against the swift currents. These women were in the water for 19 hours, 26 minutes and 19 hours, 6 minutes, respectively. Wrigley, upon seeing the dedication of these two, decided to give them each \$2,500 for their valiant efforts.⁵⁸

Young, when asked how he felt, replied, "Fine. I knew I could do it!"⁵⁹ He also commented, "The most discouraging period of the grind came when I was one and one quarter miles from shore when the outflowing tide shoved me back. . . "⁶⁰ He also said, "Oh, there were plenty of rough spots, but I finally got to where I was going and today the only ill effect I feel is a little soreness in my shoulder."⁶¹

Young received the check for \$25,000 at Grauman's Egyptian Theater on Tuesday evening. He had told reporters,

"I put everything I had into this race for my mother. It was not much, perhaps, but it was my all, my amateur standing as a Canadian champion. I wanted to bring her to California."⁶²

Mrs. Young never made it to California. Within twenty-four hours, Young had cashed his check and was besieged by every promoter and con man in California. His manager accepted engagements at the Hollywood Theatre and screen tests on his behalf. Young's fame led to showmanship, sensationalism, and news mongering. He returned to Canada, married twice, and died while employed as a park ranger at Niagara Falls in 1972, at age sixty-two.⁶³ Nevertheless, Young is considered to be the father of marathon swimming, and received the largest prize in any marathon swim.

Summary

On January 15, 1927, 102 swimmers including fifteen women, entered the chilly waters at the Catalina Isthmus destined to swim the Channel. Of these only one finished, seventeen-year-old George Young. The race was successful for Wrigley and his Santa

Catalina Company. Wrigley's scheme was a novel one. The organization, planning and control for the Wrigley Ocean Marathon was enormous. The complexities of the swim included participants and their training, the regulations for controlling the swim, the publicity, and all of the other significant aspects of the swim which had to be dealt with and portrayed to the public. Further this race sparked an interest in the Catalina Channel. It initiated a long history of crossings, closing the distance between the Island and the mainland.

CHAPTER 3
1927--1950: An Era of Firsts
Other Aspirants in 1927

On January 15, 1927, George Young became the first person to swim the Catalina Channel. Of the 102 entrants, he was the only one to finish. Within a week the glitter and gleam of the Wrigley Ocean Marathon dwindled, most of the aspirants had departed, the public and the press had gone home, yet a handful of swimmers remained behind.

The lure of crossing the Catalina Channel restricted these swimmers from returning home defeated. Of those in Wrigley's race Henry Sullivan had lasted eight and a half hours, Myrtle Huddleston seven hours, Peter Meyer seventeen hours, Charlotte Schoemmell six and one half hours, Martha Stager nineteen and one half hours, Kyle Leonard three hours, and Byron Summers lasted five and one half hours. Within the next three months each attempted the Channel again. Some were successful, others were not.

The first of these aspirants was Henry Sullivan. On January 30th, only fifteen days after the Wrigley marathon, Sullivan waded into the dark icy water at 8:00 a.m. just north of the Isthmus of Catalina. He did so in secrecy, however. His goal was to become the first American to swim Catalina and to become the first person to have swum both the English and Catalina Channels.¹

In order to verify his crossing he was accompanied by two boats, various Amateur Athletic Union (AAU) officials, and numerous newspapermen. As the swim wore on Sullivan ran into problems; not only were the currents and the tides against him, but an adverse headwind restricted his progress. "The offshore breeze was pretty stiff. The men on the boat were sick. I was the only one who enjoyed the rough weather."²

Throughout the crossing Sullivan varied from thirty-four to forty-two strokes a minute. This was breaststroke, not the crawl as George Young had used. For nourishment he drank chicken soup, orange juice, and milk. Nevertheless during the swim he lost seventeen-pounds.⁴

After 22 hours and 45 minutes Sullivan stepped ashore at Point Vicente at 11:53 p.m. His reward was the personal satisfaction of accomplishing his goal and a little more. He stated, however: "the Catalina Channel is a much easier stretch than the English Channel, where the tides and the currents are much worse!"⁵

Sullivan's success sparked some of the other swimmers into action. During the afternoon and the evening of February 5th four swimmers entered the water at the Isthmus. These included Myrtle Huddleston, Peter Meyer, Charlotte Schoemmell, and Martha Stager.⁶ The women were driven by the desire to become the first woman to conquer the Catalina channel. There was even a possibility of Wrigley's \$15,000 being donated for the first woman, or so the three women hoped. Of these swimmers only Myrtle Huddleston finished. Charlotte Schoemmell was driven from the water when her support boat broke down. Peter Meyer retired within a few miles of completion when his support boat drifted into the breakwater at San Pedro; and exhaustion caused Martha Stager to withdraw.

Huddleston, a 30 year old widow from Long Beach, had only begun swimming during the preceding year to lose weight. She had been motivated to enter the Wrigley Ocean Marathon in order to pay for her son's education.⁷

Her swim was far from routine. Beginning at 2:30 p.m., Huddleston encountered one problem after another. Fog appeared after midnight and the lights on both support boats went out. Unable to see the boats, she drifted off and for three hours she was lost. During this time she was attacked by a barracuda. She received bites and cuts on the left side of her body. The fish kept returning and she had to beat them off with her hands.⁸ Finally, as the fog lifted the support boats found her.

Huddleston did not eat or drink throughout most of the swim. As the hours wore on this took its toll. Then as she began faltering, she drank one-half pint of whiskey. Within minutes and approximately a half hour of completion, she became hysterical and was only semi-conscious. She was faltering quickly. The lack of eating, the whiskey, and the hours of exercise had the better of her so that she could not lift her left arm. Her son's shouts were the only thing which motivated her to begin again. "Come on, Mama, come on, Mama, don't give up."⁹ Laboriously she inched forward and was caught by the surf, pushing her closer to shore. About twenty yards from the shore she stood up and immediately collapsed in the water. She had to be carried to the support boat. For 20 hours and 42 minutes she had struggled; it was finally over. She lost consciousness a few minutes on the support boat. As she awoke her son cried, "Oh, Mama' You did it, doggone it, you did it!"¹⁰

Huddleston spent a few days in the hospital recovering from her harrowing experience, she had lost seventeen pounds. She became the first woman to cross the Catalina Channel. Her swim, however, was disputed by some authorities because she drank alcohol and stopped before reaching the shore.¹¹ Few will argue, however, that it was not a amazing feat of perseverance. As the Catalina Islander noted, "she battled on when the brain mind was too tired to direct the heart mind that contained the motive to win!"¹² Two other swimmers are credited with swimming the Catalina Channel in 1927 but both are disputed. The first was by Kyle Leonard in March. His swim took 15 hours, 11 minutes, and 38 seconds, over thirty minutes under George Young's record. The exact date is not known. The first reference to this swim is in the 1950's, and is disputed because there is no proof available.¹⁴

The second swim of 1927 was completed by Byron Summers on April 24th. His time was a blistering 13 hours and 35 minutes, over two hours faster than George Young. Summers, a twenty-eight year old from Glendale California, began at 10:15 p.m. at the Isthmus. Similar to Young he used the crawl and maintained forty-six strokes a minute. Cramps hampered his swim at times but he was able to work them out.¹⁵ He completed the swim at 11:50 a.m.. In order to verify his swim, he was accompanied by two boats: a skiff with his trainer, his brother, and an AAU official on it, and the second, a motor boat with newspapermen aboard.¹⁶ Nevertheless, his swim was disputed in 1952 by Florence Chadwick for no apparent reason.¹⁷

No one else conquered the Catalina Channel in 1927. In January, Wrigley had prepared a Catalina Swim for women only in September of 1927 but this never came about.¹⁸ Whether Huddleston's success or lack of interest cancelled this is not known.

The Thirties and Forties

The end of a decade came and went without any other successful crossings. Between 1930 and 1952 only two men conquered the Channel, both had extremely

unique swims. The first swam to Santa Monica and the latter was blind.

What impels a violinist from a Paris Conservatory to leave his position to attempt the Catalina Channel? Then after five unsuccessful attempts over a two year period, how did he have the courage or desire, to attempt the swim again? It was simple, Paul Chotteau was not going to be defeated. He wanted to succeed in the longest ocean swim ever recorded, from Catalina Island to Santa Monica, thirty-eight miles. On July 26, 1936, he accomplished his goal. A swim that began 33 hours and 50 minutes earlier was over, or in actuality two years of struggling was over.¹⁹

In preparation for his sixth attempt, Chotteau swam five to six hours a day and ran one to two miles a day.²⁰ He also gained weight and weighed 224 pounds at the start. Further, Chotteau greased with petroleum jelly in order to prevent chafing. The water temperature was not expected to be a problem, and it turned out to be between 66 and 68 degrees throughout the swim.²¹ Chotteau planned to feed every 1 1/2 hours and began with liquid mixture of glucose, milk, maltose, and fruit juice.²² His swim was sponsored by Bert Rovere, the opera singer entrant in the 1927 swim. For the swim, he was accompanied by two boats, the Belfred and Irma. The Irma was a navigational vessel while the Belfred was in charge of direct support, officiating, and feeding. This division would later lead to severe problems.²³

The swim began at 5:01 a.m. from north of the Isthmus.²⁴ Chotteau used the crawl stroke and maintained twenty-seven to thirty-one strokes a minute.²⁵ This was a rather slow turnover when compared with Byron Summers' forty-six strokes a minute. As the day drifted into night Chotteau almost had an encounter with dolphins but the lead boat chased them away. During the night the lights on the boat attracted a few sharks and one had to be gaffed.²⁶

Despite these close calls, Chotteau swam on toward Santa Monica. In the early morning hours the Belfred left for a quick trip to warn the newspapermen of Chotteau's arrival in the mid-morning. Unfortunately a major mistake was made. Chotteau's food was not transferred to the other boat. A high fog blanketed the area and the Belfred could not find the Irma.²⁷

In the meantime Chotteau needed his 1 1/2 hour break. The only thing available was milk. Chotteau would not swim very far on that, yet he never lost his optimism.²⁸ He began to falter physically. Because of cramps, stopping every few minutes, it did not seem like he would make it. At long last and just in time, the Belfred returned. Chotteau was replenished and set off for the last four miles. These four grueling miles took him three hours. Chotteau was blind from the salt water since he did not wear goggles. Throughout the swim he had been paced by numerous lifeguards. As the waves were breaking very hard and he could not see, he needed three pacers to escort him into shore. As soon as he struck the bottom he was pulled ashore. It was 2:45 p.m. on July 26th. He had lost fourteen pounds on the swim and spent the next day recovering in the hospital.²⁹

Paul Chotteau had been successful in trial number six. As C. P. Nicholas, the AAU Chairman stated, "Chotteau put up a plucky battle every minute of the time he was in the water."³⁰ He became the first to swim from Catalina to Santa Monica and set a record for the longest ocean swim.

Another person did not brave the Catalina Channel until 1946. At forty-eight years of age, King Benny Nawahi, of Hawaii, set out to swim the Catalina Channel. His

age alone would make the accomplishment amazing. Yet added to this King Nawahi was blind. He did not let that hinder him. He was guided by "the tinkle of the bell on the pilot boat."³¹ In addition, two lifeguards took turns swimming with him most of the crossing.

Nawahi began at 9:51 p.m. on September 1. Instead of starting at the Isthmus he became the first to swim from Avalon. This added three miles to the crossing. During the swim, Nawahi drank two quarts of soup. He was able to digest the soup but then he began swallowing salt water and developed cramps. Luckily these passed and he was able to continue.³²

The boats were being guided by a large bonfire on the shore and over 150 people were waiting for his arrival. With the aid of two lifeguards, George Cole and John Olguin, he walked ashore at Point Fermin at 8:15 p.m. The crossing had taken 22 hours and 20 minutes. This is an amazing accomplishment considering the age and the physical handicap of Nawahi.

Summary

From the Wrigley Marathon in 1927 to the end of the Forties a wide variety of swimmers tackled the Catalina Channel and numerous records and courses were established. Henry Sullivan became the first American and the first to have swum both the English and Catalina Channels. Myrtle Huddleston became the first and only woman up to 1952 to conquer the Catalina Channel. Kyle Leonard and then Byron Summers broke George Young's record and the latter held until 1954. Paul Chotteau established a course to Santa Monica and an endurance record. King Benny Nawahi established a course from Avalon to the mainland and became the oldest person to conquer the Catalina Channel.

This period of trials led to the early Fifties and a new breed of long distance swimmers emerged, the professional.

CHAPTER 4

The Swims Of The Fifties: 1952--1958

Swimming the Catalina Channel was the popular challenge of the 1950's. Between 1952 and 1958 eleven swimmers crossed the Channel, five more than once and one 3-times. The Fifties can be separated into two parts: the early years 1952--1954 and the later years 1955--1958. The former features Florence Chadwick; the latter Greta Andersen.

The top female marathon swimmers attempted the Catalina Channel in this period. After establishing themselves by setting records in the English Channel, these female swimmers sought Catalina, the American version of the English Channel. Their enthusiasm helped to establish Catalina as a recognizable challenge to marathon swimmers.

The Early Years: 1952--1954

After a six year period of unsuccessful attempts during the late 40's, Roy Carmassi, thirty-three, became the first swimmer of the 1950's to conquer Catalina. Carmassi, unlike the majority of the swimmers of the 1927 era, was a swimmer. For five years he had won San Francisco's two and a half mile Golden Gate ocean swim. In 1950, he entered the Marine Corps where he taught combat survival swimming. In January of 1952 he was discharged and immediately began training for the Catalina swim. Over the next seven months he swam five to ten miles a day.¹

At 8:08 p.m. on August 28, 1952, he entered the water at Emerald Bay, north of the Isthmus. Carmassi had some physical problems on his swim which deserved medical attention. "The doctor gave me shots to kill the pain in my sore left shoulder. About noon the waves flipped me over and pulled that left arm muscle and I had very little use of that arm after that."²

At another stage in the swim as coach Mrs. Jean Van Der Zell stated, "a lamb's wool ear plug fell out of Carmassi's left ear, permitting salt water to enter the ear. But Dr. Robert Garrett gave him eardrops and fixed a new plug for Carmassi."³

Kelp, porpoises, and even a few sharks which the Coast Guard Auxiliary shot, joined Carmassi in his swim. At 2:30 p.m. he landed at Whites Point, where hundreds of people greeted him. His time was nowhere near the record, at 18 hours and 20 minutes. When asked if he would try again, he abruptly answered, "No that's enough!"⁴

Starting the morning after Carmassi was Jose Cortinas from Havana, Cuba. His crossing was extremely rough and throughout the swim seven foot swells, offshore winds and whitecaps hindered his attempt. His course was charted by John Olguin, one of the pacers on King Nawahi's swim. Tom Sheffield, eighty-six, was his pilot. As the conditions worsened Sheffield told Cortinas to quit. He could not fight the current and was drifting. Cortinas was determined and replied, "Well bring the band out to San Diego."⁵

Aboard the support vessel most of the people were seasick. With the rough swells the support boat found it impossible to get close enough to feed the swimmer.⁶ Finally Cortinas was given hot coffee which unfortunately made him sick. Within close

succession he acquired a leg cramp and contemplated retiring. Instead, a rope was thrown to him which he tied around his leg and this numbed the pain.⁷ Twenty-eight hours and 55 minutes after he had entered the water he stepped ashore at Point Fermin. His only request was "I want a big juicy steak."⁸ Much to his surprise he was given \$1,000 for his courage.⁹

The next and most outstanding swimmer of this earlier period was Florence Chadwick. She was born on November 9, 1919, and began swimming at six. At fourteen she switched to backstroke.¹⁰ She joined the Los Angeles Athletic Club and was second in the Amateur Athletic Union (AAU) National in 1932 to Eleanor Holm. Nevertheless she was never better than third again and in 1936 missed qualifying for the United States Olympic team by placing fourth. Only the first three qualified for the team. Distressed she turned to the ocean and in 1945 became a professional by swimming in an Esther Williams film.¹¹

Chadwick married a San Diego policeman but the marriage did not last. She worked at the La Jolla Beach and Tennis Club but was not happy. She became a comptometer operator.¹² Then, without telling anyone, she signed a contract in 1948 with the American Arabian Oil Company and was sent to Saudi Arabia.¹³ It had been Chadwick's life-long ambition to swim the English Channel which was what prompted her to drop everything. Daily she drove to the Persian Gulf to train. In 1950, her contract with the company expired and she flew to France to tackle the English Channel.¹⁴ She swam from France to England on August 8, 1950, in 13 hours and 20 minutes, beating Gertrude Ederle's twenty-four year old record by over an hour.¹⁵

After a year in the United States, she returned to England and became the first woman to swim from England to France. Her time, however, was rather slow, 16 hours and 22-minutes.¹⁶

Chadwick was only the fifth out of 200 aspirants to successfully cross from England to France.

When Chadwick swam from England to France she was thirty-two years old, weighed one hundred and forty pounds, and was approximately five feet six inches tall.

I used to think that Chadwick and her channels were just freak stuff, good for some fast publicity and money. But now I know better. This is the greatest woman swimmer of all time--maybe of either sex--and it's time she got credit for it.¹⁸

Johnny Weissmuller, who made the above statement, not only met Chadwick but paced her on her first Catalina Channel swim in 1952. For just under sixteen hours, on July 4th, she battled the tides but to no avail. Within a mile of Point Vicente, she quit. "I can't go any more."¹⁹ 15,000 to 20,000 people were waiting on the beach for her to finish and over 3,000 people were at the dock when she arrived. Despite shaking from the cold she stated, "I am sorry that I let you down."²⁰ Many people did not feel she had. An automobile dealer gave her a new 1952 Studebaker and numerous contributions were sent to her. She was offered \$5,000 in endorsements and guaranteed \$10,000 to try again. In addition Harry Maizlish, of KFWB and the Del Mar Beach Club agreed to sponsor another attempt.²¹

In the six weeks she had to train and prepare, she fired her trainer, Bert Rovere, a swimmer in the 1927 Catalina Channel Race, and her publicity agent. Then she established her goal. This was to break George Young's record of 15 hours, 4 minutes,

and 20 seconds. She did not acknowledge Byron Summers record.²²

Her new trainer was Myron Cox, an old friend of the family. Chadwick trained seven miles daily for six weeks. ²³ Then, to counteract the cold, a ten pound layer of grease was applied to her body.²⁴

On the crossing she had trainer, Cox, and an assistant trainer, her brother Richard. Officials Fred Cady of the AAU and the starter in the 1927 swim and Jim McHugh were on board. In addition, Carl Jorgenson served as oarsman.²⁵

Chadwick's swim was covered by KNBH television. A few million people watched this epic swim and there were an estimated seventy-five boats accompanying her.²⁶

During the crossing she drank beef broth and ate sugar cubes every hour. Her stroke count ranged from sixty strokes a minute to twenty-eight.²⁷ According to Chadwick, "The first part of the swim was the roughest, I had a tummy ache for four hours and felt more like crying than swimming. But I worked it off. I was terribly cold the last three hours, just as cold as in my first swim, but it didn't last as long."²⁸

She did not fail again. On September 22, 1952 she crossed Catalina and broke George Young's record by almost two hours. Her time was 13 hours, 45 minutes and 32 seconds.²⁹ An estimated 3,000 people lined the cliffs to watch her finish. One woman had a heart attack in all the excitement and another fell off a cliff.³⁰

Not only did Chadwick set a record but she received over \$35,000 in personal interviews and television endorsements. One man gave her \$1,000, and another an expensive ring. In response to the adverse comments about it only being a publicity stunt for money, Chadwick stated, "Should I back away when a man hands me \$1,000 cash, and another a new car, and all kinds of companies want endorsements after I almost killed myself for 13 hours beating Catalina?"³¹ Florence Chadwick swim schools emerged, and she was hired as a professional at the Del Mar Club with free room and board.³²

Chadwick stated she would like to attempt to swim from Point Vicente to Catalina in 1953. This did not materialize however, and never again did Chadwick attempt the Catalina Channel.

Two swims took place in 1953. For Roy Sutter crawling ashore at White Cove was rewarding. This was not only his second attempt in 1953 but his fifth attempt since 1951. In 1951 after seven hours he had an attack of food poisoning. In 1952 he had a collision with a porpoise and was literally, "knocked three feet out of the water on his first attempt in the small hours of the morning."³⁴ Later that day, he attempted again but was too tired.

In 1953, he tried in early September and failed. Sutter, thirty-nine, and formerly a chicken rancher from Texas, entered the water at Emerald Bay at 10:55 on September 12. Within seven miles of the mainland he swam into strong currents and choppy water. This slowed him immensely. He also encountered heavy fog, but at least the fish left him alone, and no food affected him adversely. Sutter's swim took 16 hours and 38 minutes, well over Chadwick's record.³⁵

Jose Cortinas decided to swim Catalina again; however, he chose to start on the mainland and swim to Catalina. He waited until early October to attempt the swim. He began at 5:35 p.m. on a Friday evening. For 32 hours and 10 minutes he plodded across

the Channel and landed early on Sunday morning.³⁶ He became the first to swim in this direction.

In 1954 another professional swimmer, Tom Park, decided to attempt the Catalina Channel. Originally from Hamilton, Ontario, Park at one time held every Canadian record from fifty yards to two miles. He swam on the professional marathon circuit and on July 26, 1954 won the twenty-six mile Atlantic City race.³⁷

When not swimming, Park resided in Long Beach, with his wife and two children. He was both a professional wrestler and a service station attendant. He decided to swim Catalina because, "I got tired of seeing all these floaters trying to make it."³⁸

The thirty-one year old swam well; he broke Chadwick's record by twenty-two minutes and Byron Summers' record by ten, swimming the Channel in 13 hours, 25 minutes and 41 seconds.³⁹ This returned the record not only to the male sex but to the Canadians as well.

The early Fifties ended with both new speed records for men and women and the first person swimming from the mainland to Catalina. The late Fifties would also have extraordinary records with Tom Park destroying Cortinas' mainland to Catalina record by twenty-two hours, and then the unimaginable double crossing by Greta Andersen in 1958.

The Late 1950's

More women attempted to conquer Catalina in this period and in 1955 two women were successful. At 7:13 a.m. on September 23rd, Daisy Murchie of Long Beach set out from Avalon to swim the Channel. The thirty-eight year old woman had little problem in the swim until the last mile when she swam into an adverse current. Murchie crawled ashore at Abalone Cove at 12:17 a.m. after spending 17 hours and 4 minutes in the water.⁴⁰

Murchie's preparation consisted of only three months of training. She was pleased with her accomplishment. "It was a good crossing, I'm very tired and very cold."⁴¹ She became the third woman to swim the Channel. Amy Hiland, 31, also of Long Beach became the fourth. She swam from Catalina to the mainland in 20 hours, 7 minutes and 7 seconds. This turned out to be the first of two successful swims for her.⁴²

The next year saw the return of Tom Park to the Catalina Channel when he decided to attempt the swim from the mainland to Catalina. He arranged to have Greta Andersen and George Wilhelm pace him at various times through the swim.⁴³ Leaving from the shore adjacent to the Marineland pier at 6:20 p.m. on June 17, Park raced across the Channel. According to his trainer, Jim Leishman, the water was ideal. This became evident as Park walked ashore 9 hours, 10 minutes, and 30 seconds after he began. A truly amazing swim, Park now held the overall record for each direction. The latter record was not broken for decades.⁴⁴

Later in 1956, three Mexican swimmers attempted the Channel. Of the three, only Ramon Briseno Ocana was successful.⁴⁵ Lifeguard John Olguin stated that Ocana liked to sit on the beach and watch Areliano and Beltran train. Occasionally he would take a dip, yet he never trained very hard.⁴⁶ Nevertheless, the twenty-seven year old worker tackled the Catalina Channel in 15 hours, 54 minutes and 22 seconds.⁴⁷

Dr. Bill Slater, a plastic surgeon from Long Beach, also swam Catalina in 1956. According to the Los Angeles Times he had crossed in 1955 in 18 hours and 54

minutes.⁴⁸ The exact date of his first crossing has not been determined, however. Dr. Slater's 1956 crossing took 17 hours and 30 minutes. Slater encountered heavy swells and an adverse current which pushed him more than four and one-half miles off course and he landed north of Point Vicente, in an area where his support boats could not follow. Thus, once he had landed, he had to swim back to his boat.⁴⁹ The swim was almost 1 1/2 hours faster than his first swim.

Dr. Slater became the first person to cross the Channel three times when he completed the crossing on June 22, 1957. At forty-nine, he improved his previous time by almost two hours, swimming it in 15 hours and 38 minutes. As in the two previous swims, he swam from Catalina to the mainland and he was within 2 hours and 13 minutes of Tom Park's record.⁵⁰

Another foreign professional swimmer attempted the Catalina Channel in 1957. This was Jason Zirganos, a 48 year old retired Army major. He greased his entire body, fearing the water to be too cold. Zirganos from Greece, had already swum the English Channel four times and had swum various professional races including the Capri to Naples, the Nile race, and the Atlantic City Marathon.⁵¹ Setting out from the Island at night, on October 13, Zirganos was immediately beset with problems. Rain, swells, and the tide hindered his record attempt. Many times throughout the evening his support boats lost sight of him. Zirganos pushed onward. After twelve hours he was less than one mile from the shore, far ahead of Park's record. Unfortunately, severe currents restricted him from landing. For five hours he fought the currents until he was able to land. Despite all his hardships he wanted to attempt a return but was talked out of it.⁵²

Surprisingly, the spring of 1958 brought Amy Hiland back to Catalina. The thirty-two year old housewife who had crossed in 1955, decided to swim from Catalina to Long Beach, twenty-six miles. She wanted to establish a record for the longest distance for a female. On April 26 she set out and exactly twenty-four hours later landed in Long Beach.⁵³

Hiland's endurance record did not stand very long, however. One of the most outstanding female marathon swimmers of all times, Greta Andersen, decided to attempt Catalina. Yet unlike anyone else, she wanted to attempt a double crossing, over forty-four miles.

Greta Andersen was born in Copenhagen, Denmark, in 1928. She began swimming at fifteen and within two years held every Danish freestyle record and a few international records. Representing Denmark in the 1948 Olympics, Andersen won a gold medal in the 100 meter freestyle and a silver in the 400 meter freestyle relay.⁵⁴

Within a few years she moved to California and became a swim instructor. She needed money and finally in 1956 turned to professional marathon swimming with enormous success.⁵⁵

In 1957 she married John Sonnichsen and he became her trainer. She trained three to five hours a day. Anderson who stood 5'10" tall and weighed between 142 and 170 pounds depending on the swim she was preparing for, drank a sugar mixture for nourishment on her swims.⁵⁶

After making an unsuccessful bid at a double crossing of the English Channel in August of 1958, Anderson returned home to the United States. During this time she decided to attempt a double crossing of the Catalina Channel. She set out from Emerald

Bay on Catalina at 12:41 a.m. on October 5th. Almost immediately fog set in. Two support boats were used to guide her. One maintained constant contact with Andersen by covering her with a spotlight while the other took care of the navigation. This worked for some time and then a problem arose. Tony Azpeitia, swimming next to Andersen happened to look down and saw "there was a ten foot shark swimming along just beneath us."⁵⁷ Immediately the light was turned off without warning her of the danger.

Beyond this incident there were few problems encountered. Andersen reached Point Vicente after 10 hours, 49 minutes, and 41 seconds. This not only shattered Florence Chadwick's women's record but the men's record in that direction held by Tom Park, by over 2 1/2 hours.⁵⁸ Andersen sat in ankle deep water for almost thirty minutes. She had been knocked down by a wave as she tried to climb up the rocks at the landing and received numerous cuts and bruises. Tired and cold she clung to the shore. Her husband urged her to retire if she was too tired. At last she stood up determined to make it. All she said was "I'm going to make it."⁵⁹

The flat water of the night lifted with the fog in midmorning. Hour after hour she struggled onward. She had to fight herself, the cold water, and the strong currents.⁶⁰ Then after 26 hours, 53 minutes and 28 seconds Andersen retouched the Island. Her second lap took her 15 hours, 36 minutes, and 38 seconds. This was well off the 9 hours and 10 minute record of Tom Park but she became the first woman to swim from the mainland to Catalina.⁶¹

As she returned to Alamitos Bay via the cabin cruiser Chubusco, she stated, "I'm tired, of course, and still a little cold but otherwise I feel great."⁶² She later added, "If I had known what I was getting into, I wouldn't have done it."⁶³

In one swim Andersen set a new world record from Catalina to the mainland, a new woman's record from the mainland to Catalina, and established a double record.

Summary

As the 1950's came to a close the Catalina records had been rewritten. In the early Fifties new speed records for men and women were established and the first person swam from the mainland to Catalina. In the late Fifties Chadwick's women's record was improved upon by Greta Andersen as was Tom Park's Catalina to mainland record. Tom Park, in turn, destroyed Cortinas' mainland to Catalina record by twenty-two hours. Greta Andersen completed the first double crossing of Catalina in 1958. Many of these records stood until the mid-Seventies when another new breed of marathon swimmers emerged and rewrote the records one by one.

CHAPTER 5 The Seventies: 1971--1979

Numerous attempts to swim the Channel were made between 1958 and 1970 but to no avail. Then a new breed of marathon swimmers emerged. Unlike the amateurs of the twenties or even the professionals of the Fifties, these swimmers had extensive pool training which they incorporated with their ocean training. This gave them both speed and endurance. As were the Fifties, the Seventies also were divided into two components. The first consists of 1971 through 1975, the second 1976 to the 1979. The former entails individual swims while in the latter the ocean marathon team emerged which reshaped the world of marathon swimming. Lynne Cox is the focus of the early Seventies and Penny Lee Dean is the focus of the late Seventies.

The Early Seventies

On August 14, 1971, four teenage swimmers under the guidance of Ron Blackledge, set out to swim from Catalina to the mainland. There were two males and two females representing the Seal Beach Swim Club.¹ The boys, Dennis Sullivan and Andy Taylor, were fourteen and twelve respectively. The girls, Lynne Cox and Stacy Fresonke, were both fourteen, Stacy being a few months younger than Lynne.² The swim took 12 hours and 34 minutes.³ As Lynne later remarked, "That wasn't too good, but the idea was just to finish. I kept pulling away from everyone and they'd slow me down to let the others catch up." The time, however, was quick enough to set a men's record, breaking Tom Park's 1954 record of 13 hours, 25 minutes. Fresonke and Taylor both set records for being the youngest to cross the Channel. Little did anyone realize the impact this swim would have on these swimmers, nor did anyone foresee this as the beginning of one of the greatest woman swimmer's career.

1972 was also a year for records. The fastest and the oldest records were established. Greta Andersen returned to assault the Catalina Channel; Lynne Cox's brother, David took a shot at Catalina; and thirteen year old Andy Taylor swam the Channel for a second time.

The Channel was not tackled until the beginning of September due to numerous storms.⁵ David Cox set out at 1:00 a.m. from Doctor's Cove on Catalina on September 1. The sky was blanketed with a wet fog, and there was a light wind. The water was a comfortable 68.6 degrees. Coupled with the knowledge he gathered from his sister's 1971 crossing and the fact he was an extraordinary pool swimmer, he was able to sprint across the Channel.⁷ His time was 8 hours and 50 minutes.⁸ This was just under two hours faster than Andersen's record and over 3 1/2 hours ahead of Andy Taylor and Dennis Sullivan's record in this direction. David became the fastest person to swim in either direction as he also beat Tom Park's Catalina-mainland 9 hour, 10 minute record.

Within a week, Andy Taylor swam the Channel for his second time. He was thirteen, 5'5", and weighed 125 pounds.⁹ He had learned to swim at eighteen months under the guidance of Greta Andersen. For seven and one-half years he swam with Andersen, then he joined Seal Beach Swim team.¹⁰ After Andy's 1971 group swim he decided to assault the Channel individually. His goal was to better his own record.¹¹ Sponsored by the Seal Beach Sport Fishing Industry,¹² he entered the water on

September 6th. Nine hours and 19 minutes later he reached the shore at Point Vicente. He had had some problems with chop during the swim, and this slowed him down a bit. Nevertheless, he improved his time by over three hours. He did, however, miss David Cox's five day old record by twenty-nine minutes.¹³

After not competing since 1965, at forty-five years of age, Greta Andersen prepared to swim Catalina. Interestingly enough she followed one of her pupils.

But what inspired Greta to come out of retirement? Was it the challenge for her age, "everyone says you're old at 45, but it isn't true? And I'll prove it isn't true?"¹⁴ Or was it the challenge of Lynne Cox? At fifteen, Lynne had just broken the English Channel record. The latter explanation seems to be the most important.

Andersen planned to swim Catalina in preparation for swimming the English Channel.¹⁵ "I just want to be the best. I'm not getting any younger, but experience is a big factor in ocean swimming."¹⁶ She even invited Cox to race with her. "She'd better have her own boat, because she might be ahead of me part of the time. Somebody said she'd better have her own boat because I thought she'd flounder, but no way."¹⁷

Andersen made some training adjustments. Unlike her past training she had to swim six extra miles a week. She attributed this to having slow metabolism.¹⁸ To add to her publicity Andersen announced two things: first, she planned to swim from Avalon to the Queen Mary. Second, she would set up a swim stake to benefit the American Prisoners of war (POW's) and Missing in Actions (MIA's). For a dollar, people could buy a ticket and guess the hours and minutes it would take her to swim the Channel. First prize was \$500, second was \$300 and \$200 for third.¹⁹

Andersen's swim was delayed in order to insure greater public support and publicity for the swim stake. She also issued a challenge to other marathon swimmers to race her.²⁰ She attempted the swim on September 9 but due to severe fog she had to retire since she had drifted off of Huntington Beach.

Finally on October 9, she began her second attempt alone. No one had accepted her challenge. She swam over 9 miles in five hours. There were strong currents off the mainland, which forced her to land at Marineland. Her time was 12 hours and 18 minutes, over 1 hour and 31 minutes off her own record, set fourteen years earlier.²¹ Andersen was pleased with her swim. "I'm proud that I made it. I'm in pretty good shape for 45."²² She did not attempt the English Channel in 1973, however.

In 1974, both David and Lynne Cox planned to swim to Catalina. Lynne felt the Catalina Channel is more difficult than the English Channel, "Our water is colder; there are sharks-even whales."²³

David Cox's swim began at 12:55 a.m. on August 6th. His goal was derived from his 1972 swim. "Last time my legs buckled when I hit sand. This time I am going to walk out before I collapse."²⁴ His swim was beset with problems. He was continuously stung by jellyfish and 3 1/2 miles off the mainland he swam into a strong current. He had difficulty fighting it and it slowed his swim which took 10 hours and 20 minutes. This was one and one-half hours off his 1972 record swim.²⁵

Near the end of August, Bob Bejan, a fourteen and one half year old from Los Alamitos, swam from Catalina to the mainland. He was not a fast swimmer; he just wanted to complete the crossing. Bob averaged forty strokes per minute for the 13 hour and 45 minute swim. During the crossing he figured out how many strokes he was swimming

per hour. Bob also practiced mathematical formulas in his head. He thought of anything to keep his mind off the swim and it worked.²⁶

After Lynne Cox swam the Catalina Channel in 1971, she decided to tackle the English Channel in 1972. At fifteen Cox set the overall world record from England to France in 9 hours and 57 minutes, a good twenty-six minutes under the former record.²⁷ Her enthusiasm was shattered three weeks later when another American broke her record by thirteen minutes. But Cox was a fighter and returned to England in 1973 determined to regain the overall title. She reached her goal by swimming the Channel in 9 hours 36 minutes.²⁸ Having conquered the Channel, Cox decided to stay home in 1974. As her brother held the overall record for Catalina this inspired her to swim Catalina again.

Lynne was 5'6" and weighed between 160 and 198 pounds depending on the type of swim for which she was preparing. One of four children, her father, a dentist, financed her swims. Her family was very supportive of her athletic endeavors.²⁹

On September 9, Cox set out to swim from the Island to the mainland. It was a dark eerie night with fog hanging low over the water. There happened to be a red tide so the water was illuminated by the plankton's phosphorescence.³⁰ As the swim wore on Lynne began to lose her confidence. Frightened by the darkness and the marine life, Lynne called to her parents aboard the Bandido. Immediately her parents entered a skiff to reassure and accompany her. In just this short period of time a thick layer of fog blanketed the area and her parents were unable to find her nor could the support boat.³¹ The boats began to circle in search of her. At last and to the relief of all, Lynne was found. She was alone, disoriented, and on the verge of hysteria.³² Immediately, she gave up and climbed into the boat. As one observer noted, "the character business is very important because of the monotony of the hours. I know the most painful part is not the swim completed, but the swim not completed, the pain of stopping for any reason. But there is no shame in stopping."³³ Lynne however felt differently. "I felt like I fell on my face. But my family and friends were there to pick me up."³⁴

Was Cox over prepared or just unprepared mentally? It seemed everyone had an answer, but Lynne returned to her daily routine of attending Los Alamitos High School in the morning and swimming six to eight miles in the afternoon in Long Beach.³⁵ Thirteen days later, however, Cox was standing at the beach adjacent to Marineland, ready to try again. Mrs. Cox had made all the arrangements, and she was not told of the swim until noon of that day.³⁶

It was a beautiful night with no fog. She began at 10:35 p.m. and throughout the swim was accompanied by a skiff and a paddleboard. The paddleboard was manned by Mark Le Gault, a twenty-three year old Long Beach Lifeguard.³⁷

"It was really hard at the beginning because I had to get my confidence back."³⁸ Cox relaxed and was swimming well until the wee hours of the morning. Then as she put it, "I began to look for excuses to stop again . . . I was trying to convince myself I didn't feel good, but my body was too strong. It refused to give in to all the boredom. It would not be hypnotized by the rhythm of the swim."³⁹ Besides the support of her family, John Sonnichsen acted as her trainer for years. Sonnichsen at one time was married to Greta Andersen and had served as her trainer for years. Mr. Yeo, the AAU Marathon chairman and good friend of the Cox's, was also along and paddled for Lynne.⁴⁰

As Cox faltered, Sonnichsen, Yeo, and the rest of the people on the boat

encouraged her to continue. Slowly she overcame the emptiness and suffering she felt and pushed towards Catalina. With an hour to go she was told she was ahead of David's record. This inspired her even more and her stroke count jumped to eighty a minute.⁴¹ After 8 hours and 48 minutes, and two minutes ahead of David's overall record, Cox walked ashore at Catalina.⁴² The swim was also a new women's record in this direction by around seven hours. Since the swim Cox has only attempted swims which have never been accomplished by women and in some cases by men, such as the Cook Strait in New Zealand, the Strait of Magellan, and the Cape of Good Horn.⁴³

As the early Seventies came to a close the single crossing of Catalina had not only been rewritten for the men and women but the overall records were held by Lynne and David Cox. Stacey Fresonke and Andy Taylor became the youngest to swim the Catalina Channel while Greta Andersen scored a first by being the oldest female.

With the inception of the marathon team concept in the second half of the Seventies each speed record was rewritten. After standing for nineteen years Greta Andersen's double crossing record also fell. Then two men completed the double crossing. The next section features Penny Lee Dean.

The Late Seventies

Between 1974 and 1976 two marathon swimming teams emerged in southern California, David Cox's club and the Orca Marathon Swim Club. Prior to this development swimmers trained individually and usually without a coach. Swimming with a team had numerous advantages; no longer did a swimmer have to spend long hours alone as there were three or four others doing the same workouts, feeling the same pain, and having the same problems. Secondly, this led to greater competition which led to further improvements. Lastly, the marathon coach became a visible part of the daily workouts. These changes, plus the emphasis placed on pool swimming for speed, led to the astounding accomplishments achieved between 1976 and 1979.

In this period there were nineteen crossings by ten swimmers. Of these, ten records were broken and/or established. These included the men's and women's single records for each direction, the women's double crossing for each direction, and the men's double crossing from mainland to mainland. This section will feature Penny Lee Dean who held the overall single crossings in both directions and the women's double crossing as the Seventies came to a close.

According to his high school coach, Neil Newman, "When Dave swam for me he hated distance swimming."⁴⁴ Much had changed in eight years. David Yudovin had begun training in the ocean in 1974 with David Cox's team. His goal was to swim the Catalina Channel. Six days a week for two years he trained from three to ten miles daily. At last he was prepared to attempt the Channel in 1976. David was twenty-six years old, 5'8" tall, and weighed 150 pounds. He was rather light and this played a major part in all of his marathon swims.⁴⁵

Early Wednesday morning, August 18th, David entered the water at Doctor's Cove on Catalina. He was concerned about his chances since one of his teammates, Pat Schlup, had failed the day before. Nevertheless, David made it. His only problem was the cold as he swam into the upwelling currents off Point Vicente. The temperature dropped almost four degrees three miles off the coast.⁴⁶ Despite the cold David

continued, his swim took 11 hours and 50 minutes.⁴⁷

David Cox's swimmers had been 50 percent successful in August, 1976. September awaited the trial of three swimmers of Orca Marathon Swim Club coached by Mrs. Siga Albrecht. Albrecht stated, "There is not a doubt in my mind they'll all make it."⁴⁸

The first of these swimmers was Penny Lee Dean. Penny swam Catalina in 7 hours, 15 minutes, and 55 seconds, a new record by 1 hour and 32 minutes. Before discussing the swim, some background information seems appropriate.

Dean began swimming before she was a year old. She competed in AAU swimming for fifteen years and swam at the AAU Nationals on two occasions. In addition, she competed in the three mile Junior National Long Distance Nationals for three years, winning in 1971. It was becoming apparent to her coaches and herself that she was a long distance swimmer.⁴⁹

With the completion of high school in 1973, Dean entered Pomona College in southern California. During her freshman year her lifelong desire to swim the English Channel reemerged. In early August, after knee surgery, she attempted and won her first ocean swim. At one of these swims she met Lynne Cox. In a later conversation Cox suggested she attempt to swim Catalina before going to England.⁵⁰

From 1974 to 1976 Dean trained with this in mind. She swam every major ocean race up and down the southern California coast and rarely was defeated by either male or female in any distance over three miles.⁵¹ In the summer of 1976 Penny won the Catalina Classic, against men and women, by 58 minutes. And she beat all the men and women in the 10 mile Huntington Beach to Seal Beach race by 17 minutes."⁵² In preparation for the Catalina Channel, Dean and the other members of the Orca were swimming three to fifteen miles a day, six days a week, in the ocean. This, on an average, was five to eight miles more a day than David Cox's group. Dean was also swimming three to five hours a day in the pool with the Lakewood Aquatic Club under the guidance of Jim Montrella.⁵³

Dean planned to swim from the mainland to Catalina as the fastest overall record was held in that direction.

At 5'2", 122 pounds, the twenty-one year old felt she had a chance at the record as did her coach.⁵⁴ "The only question is how fast. I think Penny has a chance to break the Cox record."⁵⁵

At 12:00 a.m. on September 1st, Dean was standing on the shore adjacent to the Mainland Pier waiting to begin her swim. "As I stood on the rocks with only my suit, cap, and goggles on, I realized how peaceful it was. The only sound was that of the waves crashing on the rocks . . . My body was shaking out of control. I was not cold and was not nervous but I was shaking. . . As I glanced towards the boat it looked so tiny. Then the starting shot was fired. Momentarily I hesitated . . . Mechanically I crawled across the slippery rocks into the retreating water."⁵⁶

The swim was made in excellent weather condition with fog and only a slight breeze. Dean had some physical problems which turned to mental difficulties as the swim continued. A fish swam into her suit, then her goggles began to leak. Instead of stopping for a new pair she continued. Mid-point in her swim her left eye was swollen shut. Fumes from the boat forced her to swim away from it. She had difficulty seeing her

paddlers and began running into them.⁵⁷ "Then I began thinking how cold I was getting. I wondered what I was doing there. But the paddlers kept yelling at me to think of my stroke and I finally got my head together. After that I did a lot of singing."⁵⁸

At 7:26:55 a.m. Dean stepped ashore at Doctor's Cove on Catalina. Setting a new overall record by 1 hour and 32 minutes, a new women's mainland to Catalina record, Penny swam the channel in 7 hours, 15 minutes and 55 seconds.⁵⁹

The next morning John York, the second member of the Orca, was scheduled to swim from Catalina to the mainland. York was only fifteen years old. He only wanted to make the crossing and had no intention of breaking David Cox's record but he did by ten seconds. York's swim took 8 hours, 49 minutes and 50 seconds.⁶⁰

There was some controversy over breaking the record by ten seconds. David Cox and others claim it as a joint record. There were, however, three official timers on the crossing.⁶¹

Cindy Cleveland, a twenty-one year old physical education major from Long Beach State tackled the Channel on September 17th. Cleveland became the third member of the Orca to swim the Channel. She entered the water at 1:56 a. m. at Doctor's Cove. Along on her crossing as paddlers and/or pacers were John York, Penny Lee Dean and Lynne Cox.⁶² Similar to York, Cleveland wanted to complete the crossing. She also wanted to swim faster than David Yudovin had. Surprisingly, Cleveland came extremely close to breaking Greta Andersen's record of 10 hours and 49 minutes set in 1958 on the first lap of her double; she was only 18 minutes off. Her time was 11 hours and 4 minutes, an excellent swim.⁶³ As she approached the shore she crashed in the waves and cut her leg. As she said: "It wasn't too bad and the more you hurt after doing something, the more worthwhile it seems."⁶⁴

1976 had been a good year with four successful crossings and two records. 1977 was even better. There were nine crossings made by seven swimmers; five records were broken and/or established. The outstanding swim of the year was made by Penny Lee Dean who broke Greta Andersen's double crossing by nearly seven hours.

Mary Beth Colpo joined Orca in September, 1976. She was tired of pool swimming as she had swum for the Lakewood Aquatics Club for nine years. She wanted to swim Catalina.

In preparation, Colpo "trained all winter and swam eighteen to twenty miles a day. I trained in the pool every morning from 6 to 9 and twice a week from 4:30 to 6:30 at night." "I totally committed myself last winter."⁶⁷

Colpo decided to swim from Catalina to the mainland in order to break Greta Andersen's record. She entered the water at 12:51 a.m. on August 22, 1977. The water was flat and calm throughout the swim. She stopped three times for feedings of ERG and maintained her stroke count at eighty-six to ninety-two strokes per minute. As she reached the current off the mainland she had some difficulty getting through it. Nevertheless, she broke not only Andersen's single record but John York's as well. Colpo's time was 8 hours, 43 minutes and 16 seconds.⁶⁹

The very next day Syndi Goldenson, another member of Orca, swam from Catalina to the mainland. Goldenson was not a fast swimmer but she wanted to make it. "I've watched that mass of land since I was a child. Once I saw boat crossing the Channel from an airplane and tried to imagine how small a swimmer would look . . ." ⁷⁰

For four years she trained specifically for the swim. She had planned to swim Catalina in 1976 but knee surgery prevented her attempt. Instead she assisted planning and paddling on every other crossing. Without her help few of the swimmers would have done so well.⁷¹

Goldenson left Catalina at 12:30 a.m. In mid-channel she hit a strong current that swept her north and backwards 1 1/2 miles but she kept going.⁷² "I was about a mile off shore when I saw land . . . Every workout I had dreamed of that moment. You know then that nothing's going to stop you."⁷³

After 15 hours, 5 minutes and 20 seconds, Goldenson landed north of Marineland in heavy surf.⁷⁴ She dedicated her swim to the Exceptional Children's Foundation for which she was sponsored per mile and raised over \$1000.⁷⁵

At 10:50 p.m. on September 4, 1977, Penny Lee Dean slipped into the water at Doctor's Cove. Ahead lay almost forty-two miles of swimming, the distance between Catalina and the mainland and back. Her goal was to beat Greta Andersen's nineteen year old world record. She also desired to break the record set three weeks earlier by Mary Beth Colpo.⁷⁶

Dean trained five to thirteen hours a day six days a week for the crossing with the Orca Marathon Swim Club. Prior to the double crossing Dean stated: "Siga and I spent the day together on Catalina and just her presence relaxed me for my effort. We have developed a beautiful bond between us. She intuitively knows my needs and can motivate me beyond my self imposed limits."⁷⁷ This bond helped to ease the pain on the swim.

Dean landed on the mainland after 8 hours and 33 minutes; over ten minutes ahead of Colpo's record. She rested for seven minutes and set off again.⁷⁸ On the second lap Dean ran into a strong current, 12 knot wind and 6 foot waves. This slowed her immensely and forced her to land two miles east of Doctor's Cove. Mickey Pittman estimated she swam almost fifty miles. Her time was 20 hours, 3 minutes and 17 seconds, over 6 hours and 50 minutes faster than Anderson's swim.⁸¹

As she left the water she did so with the single record in each direction and the double record. In 1978, she established the world record for men and women for the English Channel and attributed that success to her Catalina Channel experience.⁸²

Tom Park's mainland to Catalina record had not yet been broken by a male. Dan Slosberg, a twenty year old student and a member of Orca, set out to do this. He left the mainland a little after 12 a.m. on September 6th, 1977. Nine hours and 40 minutes later he landed on Catalina. He was, however, over thirty minutes slower than Park's record.⁸³

After trying the English Channel twice, New Zealand's Sandra Blewitt decided to attempt Catalina. She trained with Lynne Cox for two months.⁸⁴ The twenty-seven year old bookkeeper swam for fun. "I don't try to set records but just swim to be swimming. If I set a new record, it can be an extra bonus."⁸⁵

Blewitt swam from the mainland to Catalina on September 7th. Unlike many swimmers she fed on bagels, jelly beans, and coffee with honey. Her swim took 10 hours 58 minutes.⁸⁶ She was happy with her swim as she became the first New Zealander to cross the Channel.

After the heavy winds and currents encountered on Dean's double crossing, John York and Cindy Cleveland decided to swim from the mainland to Catalina and back on their double attempts. Again, York just wanted to make it. If he had, he would have been the first male to do so.

York's swim began at 8:07 p.m. on October 3rd from the mainland. He was swimming well and landed at Catalina after 8 hours, 31 minutes and 29 seconds, establishing a new men's record. Tom Park's record was finally beaten.⁸⁷ York rested for three minutes while he ate some chicken, cookies, and drank ERG. He did not know why but he also threw up even though he felt fine. As he started back towards the mainland he felt pretty good. Nevertheless, the further he went the colder he got. He also became seasick. His stroke counts were in the high eighties so no one was worried. Then it became apparent that something was wrong.⁸⁹

At 3:30, "John was disoriented; regardless of what his paddlers told him he did not hear them but he kept on swimming. Arm stroke 66 and extremely wide."⁹⁰

The log continued, "3:34 John's swimming is not making much forward movement, he is now 150 yards from shore; so very very close but yet so far away...arm stroke 30, 29, 28, no kick. John pulled 8 times without turning his head to breathe and Siga grabbed him."⁹¹ John's swim ended 150 yards from shore. He was unconscious and his body core temperature had dropped to 88 degrees. He was near death and spent two days in the hospital recovering.⁹² Later York remarked, "the last thing I remember I felt good enough to swim back. I felt really strong. I didn't quit, I was pulled out unconscious." York did not know if he would try again in 1978. He had given up a lot for the swim and was not sure he wanted to make that commitment again.⁹⁴

The last swim of 1977 was Cindy Cleveland's double crossing. Her swim was postponed for two days due to York's failure. Siga Albrecht, both swimmers' coach, was in shock.⁹⁵ Finally Albrecht and everyone else recovered to some degree and Cleveland set off on the evening of October 5th. The conditions were excellent and her swim was uneventful until a shark appeared on the stern of the boat. The shark kept disappearing and reappearing until the navigator gaffed it. Cindy's swim took 24 hours, 39 minutes and 22 seconds.⁹⁶ This was under Andersen's old record.

As 1977 ended no male had accomplished the double crossing of Catalina. In 1978 two men did.

Dan Slosberg set out at 9:30 p.m. on September 10, 1978, from Marineland. The first three hours were rather rough. "I had a lot of bad moments. A lot of times I wished I was on the boat in a warm bunk sleeping. I wondered what I was doing out there."⁹⁷

Slosberg landed on Catalina in 8 hours and 50 minutes nearly 50 minutes ahead of his crossing the year before.⁹⁸ His stroke count varied from sixty to eighty per minute. For nourishment he ate cookies and banana bread and drank ERG.

After 19 hours, 32 minutes and 26 seconds Slosberg finished the crossing. He became not only the first male swimmer to double-cross the Catalina Channel but also broke Penny Lee Dean's 1977 record. He swam an estimated forty-two miles.⁹⁹ Slosberg felt good after it was over but stated, "The last two miles seemed like they took forever."¹⁰⁰

Slosberg's record did not last long, however. John York was prepared both mentally and physically to swim the double. For a full year, his failure had eaten away at

him.

On the night of September 21, 1978, York set out for Catalina. The conditions were excellent and he swam from the mainland to Catalina in 7 hours and 51 minutes, seconds. He broke his own record by 41 minutes.¹⁰¹ Immediately York returned to the ocean. He felt strong and had no problems with seasickness or the cold. York was able to swim back in eight hours fifty-one minutes, only one minute off his Catalina to the mainland record. His total time was 16 hours and 42 minutes. Mickey Pittman estimated he swam forty-one miles.¹⁰²

It was an amazing show of perseverance after his 1977 failure. York emerged from the Catalina Channel with the men's single records in both directions and the record for the overall double crossing.

By the end of 1978, the Orca Marathon Swim Club virtually split up. Each of the original members had gone off in his or her own direction. Syndi Goldenson had taken over as Orca coach when Albrecht retired. She brought her experience as a coach and added her own marathon swimming knowledge to that.¹⁰³

Tami Lavachek began ocean training in 1978 with Albrecht. In 1979 Goldenson prepared her for Catalina. She was eighteen. Lavachek entered the water at Doctor's Cove at 12:00 a.m. on August 2, 1979. The conditions were good; the water was flat. After 10 hours, 8 minutes, and 30 seconds she landed at Point Vicente. She became the third fastest female swimmer in that direction.¹⁰⁴

The last swim of the Seventies was accomplished on September 3, 1979. Chuck Hosmer, a thirty-two year old American Airlines pilot, had wanted to swim Catalina since his youth. Hosmer had no coach and trained by himself in a pool; yet he swam Catalina in just over 12 hours. Instead of hiring a sixty foot boat like Mickey Pittman's, Hosmer was accompanied by a small motor launch. He had only two paddlers but one was John York. There were no other people aboard. York made sure he followed all the "unofficial" Channel rules, nonetheless.¹⁰⁶

Hosmer, as so many other swimmers, set out to accomplish his goal. His training and objectives were different than most of the other swimmers of the seventies but he was successful.

As the Seventies came to a close sixteen swimmers had successfully braved the Catalina Channel. There had been twenty-nine crossings; this was more than there had been in the first fifty-four years of successful swims. The women's single record from the mainland to Catalina was broken by Lynne Cox in 1974 and rebroken by Penny Lee Dean in 1976. The time was 7 hours, 15 minutes and 55 seconds and was the overall record for men and women in either direction.

In the other direction, Greta Andersen's 1958 single record was broken by Mary Beth Colpo in 1977 and reset three weeks later by Penny Lee Dean.

The men's record from Catalina to the mainland was set by David Cox in 1972 and beaten/tied by John York in 1976. In the other direction John York broke Tom Park's 1956 record by 39 minutes in 1977 and bettered this in 1978 by 49 minutes. This established the men's record at 7 hours and 51 minutes.

In 1977 Penny Lee Dean broke Greta Andersen's 1958 double crossing by 6 hours and 50 minutes. Then Cindy Cleveland established a women's double record in the opposite direction. Dan Slosberg and John York became the first men to swim the double

crossing to Catalina in 1978. York holds the overall record of 16 hours, 42 minutes.

Besides these records Stacy Fresonke, fourteen, and Andy Taylor, twelve, became the youngest female and male to cross the Channel, while Greta Andersen, forty-five, became the oldest female in 1972.

With the swims of the Seventies every Catalina speed record was rewritten and a variety of new records were established. The changes in training, the emphasis on pool training and development of the marathon team helped to account for these improvements. At the end of 1979 thirty-four swimmers had crossed the Catalina Channel and there had been fifty-three successful crossings.

CHAPTER 6

The Eighties: 1980-1989

In the Eighties there were nearly as many crossings as the entire period between 1927-1979. Thirty-two individual and twelve relay swims were completed. Better training methods, navigation and navigational instruments as well as the establishment and control of the Catalina Channel Swimming Federation, (CCSF) assisted in the numerous successes and records.

The era is divided into three sections: 1980 through 1984, 1985 through 1987, and 1988 through 1989. From 1980 to 1984, there were twenty-one individual swims and six relay crossings. In 1981, the Catalina Channel Swimming Federation was formed. This period of swims culminated with the first International Catalina Channel race. The middle Eighties, 1985-1987, has seen the domination of older swimmers. Three different men have broken the oldest record and two relays of six men over the age of sixty have completed swims successfully. The swims of John York and Frank Reynolds will be highlighted for the Eighties. In the late Eighties, 1988-1989, there were two successful individual swims and four relay crossings. The United States National team set the fastest relay record in 7 hours, 2 minutes and 45 seconds.

The Early Eighties

The first swimmer of the Eighties was Kalani Russell. On Friday, August 1, the Los Alamitos swim instructor entered the warm water on Catalina accompanied by teammate Laura Windell. The two women swam for the Seal Beach Swim Club, coached by Mark Nielson and Ross McIntyre. For a year and a half Kalani had trained in both the pool and ocean for the swim. Kalani had been swimming ocean races since she was eight years old. She first thought of swimming Catalina when her fellow teammates made the crossing in 1971. This was intriguing to her even though she was only nine.

The first few hours of the swim were very difficult as Laura kept stopping. Kalani had to tread water waiting for Laura. Finally Laura was pulled from the water at about ten miles. This served as a motivator for Kalani. She had to do well as she was the only swimmer remaining.

At the beginning of the swim she was given clam chowder and crackers to eat. This attracted too many fish for Kalani's wishes. For the rest of the swim she didn't eat or drink very much. When she did, she drank ERG and ate crackers.

Kalani was doing well until she hit the three mile mark off the mainland. The water temperature drop was so severe Kalani tucked her knees under her body trying to stay warm. The current was pushing her south. For every stroke she took she drifted twice as far. Kalani became frustrated. A chocolate candy bar in the last mile was able to motivate her through the current. Twelve hours and two minutes after she began Kalani walked ashore.

Within three weeks of Kalani's swim, fifteen year old Bill Kincheloe swam the channel. His course differed from past swims as Marineland would no longer allow anyone to land on their property. Bill began at Long Point on Catalina and landed at Cabrillo Beach, approximately an additional half mile swim. When the current runs in this direction, to the north, this can be a faster swim. Unfortunately, the current is not

predictable.

Bill's swim took twelve hours and two minutes. Conditions were far from ideal. "It was the wrong day to swim,"¹ according to Bill. There was a fair amount of chop. It did not matter, however, as Bill's two years of training with Orca ocean club, coached by Syndi Goldenson, carried him across the Channel.

Bill was the first of three Orca swimmers to attempt the Catalina Channel in 1980. Teammate Carol Hadley waded into the water just five days after Bill's swim, on August 19. Conditions were fine and the swim went well. Carol swam from Doctor's Cove to Cabrillo Beach. According to coach Goldenson, Carol was very positive throughout the swim, and just had a good time. In 1979 Carol had been a crew member on Tami Lavacheck's crossing. She thought it was a fantastic adventure and wanted to do it herself. Carol had completed her sophomore year at Occidental College where she was majoring in Sports Medicine. Her collegiate swimming career was cut short due to a left shoulder and elbow problem. Carol worked on it for a year in preparation for the Catalina swim. She had some pain in the crossing but no major effects afterwards. Carol fulfilled her dream and became the third successful swimmer of 1980.

Throughout the year in 1980 a group of interested swimmers, paddlers, coaches, navigators, and others had been meeting to organize a Catalina Channel Swimming Federation (CCSF). After a year of planning and developing the rules were ratified in January of 1981. Penny Lee Dean was elected president.

The purpose of the federation was to promote the swimming of the Catalina Channel. In addition, the federation was in charge of observing and authenticating the swims, furnishing information, advising those intending to make a swim, and maintaining records of the Catalina Channel crossings.

CCSF maintains records for the fastest crossing, the youngest and oldest in each direction for both individual and relays. The federation presents each successful swimmer with a medallion and certificate of completion at the annual awards banquet held in November. In May of 1981 the federation sponsored a clinic to provide information and assistance to marathon swimmers. Over forty athletes attended. It was a huge success.

The 1981 swim season also began in world record fashion. A group of swimmers from the Santa Monica Masters decided to swim a relay across the Channel. It was the first relay attempt since 1926. A relay is composed of six members rotating each hour in order, until the swim is completed. The relay included three men and three women. They were Richard Marks, Pat Hines, Louise Comar, Linda Terris, Brian Murphy, and Harold Johnson. All but one was experienced ocean swimmers and all were strong pool swimmers.

It was an ideal day for a crossing, with calm seas and limited wind. Surprisingly, for a mid-June day, the water temperature was 68 degrees near Catalina, and only dropped to 62 degrees near Marineland. The crossing went well except for a slight scare when two sharks were sighted.

The relay's time of eight hours fifty-nine minutes set a new world record and held for numerous years. Three of the relay members went on to individual crossings, two of which were in 1981.

After the successful relay crossing and fine performances at the Seal Beach 10

miler, Richard Marks and Pat Hines decided to attempt individual crossings. What made this unique was they decided to swim together but with separate boats. The two extended their training from mid-July until the end of August for the swim.

The swim was supposed to begin before midnight on the thirtieth but small craft warnings delayed the start. Finally at 2 a.m. on Sunday, the 31st, Richard, a 32 year old lawyer and Pat, a 26 year old radio executive, decided to go anyway. Both were expected to work on Monday.

The crossing was very rough. Everyone on board was seasick. The strong currents and high winds pushed them many miles off course. As the hours wore on the lack of preparation began to take its toll. Richard's right shoulder began to throb. Improper nourishment of sandwiches, soup, and water had an effect. The two separated the last few miles and Pat swam on ahead. The severe temperature drop off of Marineland due to the upwelling currents had a further affect on Richard. He did not falter, however. "These last three miles were harder than any of the three Ironman contests or cross mountain bike races I have been in."² Richard completed the swim in eleven hours, twenty-eight minutes, just over ten minutes behind Pat. Both recovered quickly and went to work Monday morning.

In the 1981 season there had been two successful individual crossings and a world record setting relay. There would be six swims in 1982.

Louise Comar, a 27 year old deputy district attorney tackled the Channel on August 10, 1982. After being on the record setting relay in 1981, Comar decided to brave an individual crossing. "I really look at it as an adventure for everyone who is on the boat or swimming with me and it will be an adventure for me."³ Lynne Cox served as Louise's coach. She trained up to fifteen miles a day in preparation for the swim.

The crossing began at Long Point on Catalina. Comar was swimming about two miles an hour. In mid channel she ran into a current which pushed her north. Gradually she drifted two miles off course. Late in the swim Louise's shoulder began to ache. The last two miles were the toughest. Louise had slowed to three quarters of a mile an hour in the 62 degrees water off of Royal Palm Beach. Eleven hours, fifty-nine minutes after she began Louise crawled up the rocky beach. She was in good spirits and stated "I feel great. After about 6 1/2 hours I felt I could make it all the way. At the end, however, I was trying to get out as fast as I could."⁴

The second swim of the summer was accomplished by Norm Albert. Albert, a 24 year old Air Force lieutenant, aborted an attempt at the channel in 1980. "I started to talk myself out of it like two and one half hours into it. The elbow problem started me worrying, but the elbow problem went away. It was just one of these pains that's with you for an hour and a half... and then I started thinking, 'Why do I want to be in the water seven or eight more hours?'"⁵ He breezed through the channel on August 26 in 1982. Norm swam from Catalina to the mainland in eleven hours, twenty-five minutes, erasing a two year old debt.

The first amputee to complete a crossing was Tom Clardy on September 24. In 1971 while officer Clardy was giving a car a ticket he was sideswiped by another car and lost his leg. Courage was Tom's middle name. He took up one-legged skiing then returned to the water in 1978. Tom had been a frogman in the service. For three years he had wanted to swim Catalina but poor weather conditions and lack of finances had

prevented him. Coached by Penny Lee Dean, Tom trained all year for the crossing. His stroke count ranged from 65 strokes per minute at the beginning to 54 near the end of the swim. Tom ate sandwiches and drank apple juice on the crossing. After fourteen hours and two minutes, Tom crutched ashore on Cabrillo Beach to a crowd and a 15-foot greeting sign. Tom's complete swim was videotaped by a Christian T.V. station.

The final swim of the summer was by Jim McConica. On October 26 the former U.S.C. swim captain set out from Catalina for the mainland. It rained more than a third of the crossing. McConica feasted on milk and chocolate chip cookies. As the night wore on, the water temperature dropped to 60 degrees. Jim began to slip into hypothermia. He had an excellent crossing of nine hours, eight minutes and vowed to return in better shape in 1983.

In May, 1983 the first all women's relay team opened the season. The six women swimmers were from Pomona College. These included junior Kayleen Holloway, senior Jackie Huffman, freshman Cherie Monell, freshman Liane Stevenson, senior Jessica Webster and sophomore Amanda Wright. The idea of swimming a relay came about indirectly. Three of the athletes, who had swum various ocean races, were interested in individual swims across the Catalina Channel. The women felt a relay would be a good experience and preparation for the individual swim. As the women were from all over the U. S. the swim was planned for the week after graduation. This had a big effect as the water temperature in May was 58 degrees and conditions were not favorable. The team began from Long Point on May 18. It was a rough crossing with severe chop. Everyone on the boat was sick. Each swimmer went once, while four swam twice. Jessica Webster ran up Cabrillo Beach nine hours fifty-three minutes after the start.

The first individual swim was accomplished by Norm Albert on August 15th. Norm decided to swim a longer course in 1983. He became the first to swim from Cabrillo Beach to Avalon-over twenty-six miles. Other than experiencing some rain the swim was rather uneventful. Norm was accompanied by a coed relay team from the El Segundo Masters. The members included Brian Cohn, Reynold Kalstrom, Kim Shorkley, Karen Kinaman, Mike Greenburg, and Margaret Warner. Two boats served as escorts. As the relay pulled ahead of Norm the two boats separated. The relay finished in twelve hours, twenty-two minutes. By the time Norm reached Avalon over two thousand people waited on the shore to greet him. Two on the Town television show videotaped the entire swim of fifteen and a half hours.⁶

Inspired by the record setting pace of the 1983 season, Jim McConica reflected on the shore at Cherry Cove on Catalina, determined to set the record in his upcoming crossing. In 1982 he learned the nuances of marathon swimming and the mistakes he had made. Jim trained a year with coach Sandy Nielson for the swim. Jim had one paddler, Tom Dore, who paddled the complete crossing with him. His feeding breaks lasted no longer than ten seconds, and the navigator, Jim Herrin, took a Loran C reading every twelve minutes.⁷ This enabled the navigator to keep Jim on an accurate course and to adjust for the drift immediately. In all the past swims when the Loran was used readings might have been taken on the hour and on rare occasions on the half hour. Every second that could have been saved was saved. Jim shattered the men's record of eight hours forty-nine minutes and broke the women's and overall record in that direction by six minutes. His time was eight hours, twenty-seven minutes. Jim collapsed at the finish

from exhaustion. After a few days of rest he was fine. It was an outstanding swim.

The final swim of 1983 was by Pam Nickle of San Pedro. The 31 year old had completed the Seal Beach 10 mile race in a respectable time in late July. Pam had been thinking about swimming Catalina but thought 1984 would be a more reasonable timetable. A sponsor availed her the opportunity to attempt the swim in 1983, however. Pam chose Lynne Cox as her trainer with the understanding that if Cox did not think she could make it Pam would not make the attempt.

Pam was enthusiastic and energetic. She looked for the positive in every situation. "I said before the swim that of all my apprehensions, swimming to daylight was the biggest, but starting off in the dark was my most favorite part of the whole thing. There was so much fluorescence in the water off Catalina Island that as I took each stroke little green sparks were coming off my fingertips. It was really euphoric."⁸

Within the first few hours of her swim Pam's shoulder gave out. For over thirteen hours she struggled with only the use of one arm. Pam did not complain. Her husband, Sparky, helped her make it despite the pain. Luckily, the water conditions were perfect and the temperature was in the upper 60's. After fifteen hours, thirty-eight minutes Pam ran up the shore at Cabrillo Beach. She had made it. It was over two months before she could lift her arm, however.

1983 was one of the most successful years for Channel crossings. The individual record from the Island to the mainland was rewritten by Jim McConica, the first all women's relay swim was made, the first coed relay from the mainland to Catalina occurred, and the longest mainland to Catalina individual swim happened.

In September of 1983 the Catalina Channel Swimming Federation finalized plans for an International race across the Catalina Channel. United States Swimming acted as cosponsor of the event. The course was set at 25.5 miles beginning at the Isthmus, finishing at Cabrillo Beach paralleling the 1927 swim.

For the Catalina race one hundred and fifty people were transported to Catalina Island on Sunday, August 19. The athletes were housed at the U.S.C. marine station in private rooms. There were two large tents with cots and blankets set up to house the support personnel. The support personnel included CCSF observers, coaches, paddlers, boat captains and boat crews with thirteen boats, numerous foreign dignitaries, the press, safety personnel and some spectators.

Sunday evening there was a barbecue for everyone. At about eight p.m. the athletes were transported to the marine station for the evening.

At 4 a.m. on Monday the thirteen athletes were awakened, fed and taken to the beach at the Isthmus for the start. Four men, three women and an International Relay consisting of three Egyptians, two Americans and a Czechoslovakian, lined up for the start. The field was very impressive. The U.S. team consisted of John York, a 23 year old swim coach and holder of three Catalina Channel records, the most impressive being the sixteen plus hour double crossing, Carol Lee-Heltzel a 29 year old dental technician who had crossed the English Channel and Rick Heltzel a 27 year old construction manager from Hawaii who had won the U.S. 16 mile trials. The team was coached by Penny Lee Dean. She was assisted by Dale Petranec, Siga Albrecht and Syndi Goldenson.

The English team consisted of two swimmers. David Morgan, 20, had crossed

Loch Ness and at 13 had been the youngest to cross the English Channel. Allison Streeter, 19, had swum various single crossings and was the youngest to complete a double crossing of the English Channel. Both were very experienced. The English team was coached by Charlie Gravett and assisted by Mr. Morgan and Mrs. Streeter.

The Egyptian team also had two swimmers, Mohamed Ibrahim Elwakeel and Lamiaa Zahy. Mohammed was a 16 year old student who had competed in races up to thirty miles in length. Lamiaa, 23, had won the Nile 20 mile race and numerous other Egyptian races. The Egyptian team had two coaches and a fifteen member support staff.

The international relay consisted of Jaroslav Novak 43, of Czechoslovakia, Nancy North 16, U.S.A., Tom Hilgen 20, U.S.A., Marien Farid 20, Aimen Saad 20, and Ossama Montaaaz 20, of Egypt. The relay was coached by Syndi Goldenson of the U.S.A. staff.

At 5:48 a.m. the race began. Each swimmer was accompanied by a boat. On each boat there was a navigator and crew, at least three paddlers who rotated shifts every three hours, a Catalina Channel Swimming Federation observer, a coach and other support people.

Ken Jewitt was the head navigator. It was his responsibility to keep all the swimmers on course. He had five support boats which helped to plot the course, keep the boats on course, keep other boats out of the way, transport the medical personnel, press or paddlers to any boat, and deal with any marine life problems.

The publicity and communications were handled by Katy O'Hara. She kept everyone on shore and on the various boats informed on the swimmers' progress and any other developments.

Dottie York was in charge of the paddlers. She assigned them to each boat and found relief paddlers when necessary.

The conditions were amazingly calm, which led to exceedingly quick times. The race went off without any problems.

At the beginning the International relay took an early lead and was never caught. The relay set a new overall record of 8 hours 14 minutes.

In the individual race the Egyptian Mohamed Ibrahim Elwakeel took an early lead followed closely by Rick Heltzel and John York. In the women's race Lamiaa Zahy started out quickly followed by Allison Streeter and Carol Lee-Heltzel. Carol had suit problems and had to change within the first forty-five minutes. She had to play catch-up the rest of the race. For the first four hours the lead did not change. Gradually Rick Heltzel caught Mohamed and led for two hours then was passed by John York. Allison passed Lamiaa and held her position until Carol passed her in the last two miles of the race.

Everything was running smoothly. There were many fish sightings, however. Around nine a.m., a shark was seen circling Rick Heltzel's boat. The navigator's codeword for shark was "seaweed". All the captains were alerted, the boats moved closer together and extra paddlers were put in the water. None of the swimmers knew what was happening. Seals and dolphins were spotted throughout the day. The only other fish scare occurred when a whale emerged in the middle of the boat pack. It submerged three or four times as it passed the swimmers. One of the English swimmers swore it went right under him.

Each of the swimmers had different feeding patterns and ate differently. Rick

Heltzel preferred hot chocolate and ERG with a candy bar. In the seventh hour he began coughing up blood so he was switched to water and fructose. A doctor was brought on board. Rick was fed every half hour. As the day wore on the fluid was heated as Rick was getting cold despite the 70 water temperature. The distance and his getting sick was taking its toll. The coach had him slow down, drink every fifteen minutes and take each fifteen minutes one at a time.

John York ate every hour but took long breaks. In the third hour coach Dean called his boat and asked his breaks to be shortened. John drank ERG, ate grapes, cookies, and candy.

Mohamed Ibrahim Elwakeel drank diet 7-Up, fruit juice and glucose. At the beginning he drank every hour but by the third hour switched to a half hour feeding schedule.⁹

Carol Lee-Heltzel had a feeding every half hour throughout the swim. She drank fluids and had solid food each time.¹⁰

Allison Streeter varied her foods. For liquid she drank water, orange juice, and tea and ate Ding Dongs and Milky Way candy bars. Allison fed every forty minutes.¹¹

The logs for David Morgan and Lamiaa Zahy were incomplete.

The stroke counts of the swimmers also varied from John York's 80 to 84 a minute to Rick's 69 to 73, David's 66 to 82, and to Mohamed's of 66 to 90. The women were a little more consistent. Carol ranged from 76 to 80, and Allison was 77 to 79.

Some of the swimmers had personal problems. Rick got sick and this resulted in his getting cold and becoming hypothermic. David's shoulder gave out and he swam with one arm the last few miles. Carol's back and shoulder bothered her. Mohamed went out too quickly and became very weak. It took three hours for his second wind to catch up with him.

The calm conditions, warm water and perfect navigation led to extremely fast times. John York of the U.S.A. emerged from the 25.5 mile swim after eight hours fifty-four minutes. He was very pleased with his swim. It was the first time he represented the U.S. It was also the first time he competed against an international field. Despite a six year layoff he did very well. John had a harder time training than when he was younger. There was not enough time to work and swim well. The satisfaction was the same, however.

In second place was Rick Heltzel with the time of nine hours, four minutes. Mohamed Ibrahim Elwakeel was third in nine hours, twenty-three minutes. Carol Lee-Heltzel was fourth overall and first woman in nine hours, twenty-eight minutes. She was followed by Allison Streeter in nine hours, thirty-three minutes, Lamiaa Zahy in nine hours, fifty-two minutes and David Morgan in eleven hours, twenty-three minutes.

It was a successful day for the CCSF and Catalina Channel history.

Joe Bommarito had attempted the Channel in 1983 but aborted after fourteen and a half hours. On August 22nd, after a year of training and stroke lessons, he entered the water at Catalina. The conditions were good with only a slight chop. Joe maintained his stroke count from 68 to 70 throughout the crossing.

The hardest part of Joe's crossing was the last three hours. He had to stop to urinate but he could not. In the last hour he stopped every five to ten minutes. Joe was in a mild case of hypothermia. His kidneys had altered their function due to the cold.¹²

Finally, after fourteen hours Joe walked ashore north of Marineland. After a few minutes of warming he was able to relieve himself.

The tenth crossing of the summer was by Suzanne Riedinger, a 39 year old swimmer from Northern California. She was coached by Cindy Cleveland. She was very positive throughout the crossing. At the beginning of the swim Suzanne fed every two hours then dropped to an hour and a half and finally to an hour. Usually she had a glass of ERG and a piece of fruit. For the last two feeds she drank Pepsi.¹³

It was a calm night with smooth seas. In the morning a school of dolphins surfaced near the boat. Suzanne became the fifty-third person to swim Catalina. Her time was ten hours, fifty-seven minutes.

On September 13 a relay team made up of six men over 60 became the oldest to accomplish the swim and the only all male relay to swim from Catalina to the mainland. The Polar Bear's team consisted of Bill Bell 61, Ray Falk 61, Harvey Yurak 64, Al Guth 76, Bob Bowker 63, and Fred Ellis 60. The swim took fifteen hours, nine minutes. Three members had to swim three one hour legs.

The relay began from Long Point on Catalina. A hurricane in Mexico pushed the swimmers to the north, forcing them to land at Portuguese Bend, five miles north of Cabrillo Beach. The water was extremely warm, around 72 degrees. A full moon helped to make it a beautiful crossing.

The last swim of the summer was by a relay team of swimmers from Colorado. Four men and two women completed the swim in eight hours, twenty-eight minutes--the second fastest relay time ever. The team was made up of Amy Siegel, Kimberly Griffes, Kevin Andrew, Rick Samuelson, Mike Suttle, and John Gaudreau. The relay swam the 21.5 mile course from Long Point to Cabrillo Beach.

The 1984 season was the most successful on the Catalina Channel history. There were nine individual crossings and three relays. The International race across the Catalina Channel had gone well and generated a lot of publicity for marathon swimming.

The Middle Eighties 1985 - 1987

The 1985 season began with a world record set by 49 year old John Hill. John became the oldest to cross the Catalina Channel on August 18. His crossing took nineteen hours and fifteen minutes. John was coached by John York and Penny Lee Dean. The crossing was far from ideal. There was a southerly chop for the first four hours. This was discouraging to John. His shoulder hurt from the beginning and he was not able to pull with his left arm. For the first three hours he fed every hour. He drank ERG, ate sandwiches, cookies and had some fruit. At 1 a.m. his feedings were switched to forty-five minutes. He was cold so the ERG was heated. At 2:15 a.m. his feedings were switched to half hours. He was having trouble urinating. As a result starting from 3:10 a.m. he was fed every twenty minutes. At 5:15 a.m. John did not know how much longer he would be able to last. His face was blue, as were his upper shoulders. John did last until 3:49 p.m. when he slowly crawled onto the rocks below Marineland. He was exhausted. He was transported to the hospital by the L. A. county lifeguards.

"There was a point there when I really wanted to quit. I was so cold, so tired. The only thing I looked forward to was going to my hot stuffy car and just sitting in it. . . I didn't want to let down Penny and John, and partly because, in a way, it's much easier

to suffer through it than explain why you failed. I think that's true of life in general. People aren't interested in why you fail. Then, if you're like me, you'd have to try again, and it wouldn't necessarily be any easier. I guess I just don't like to fail."14

Hill's record only lasted eleven days. On August 28 Dale Petranech, 50, from Voorhees, New Jersey set out to become the oldest swimmer to swim the channel. Dale entered the water at Emerald Bay where the water temperature was around 70 degrees. The sea was calm. He feasted on coffee, ERG, raisins and other fruits throughout the swim. He remained in good spirits. There was a major scare on the swim, however. In the early morning hours there was thick fog. At one point on the Loran C, two ships coming in opposite directions and the escort boat were all in the same space. The crew was stationed around the boat to watch and listen for the ships. The paddlers moved Dale closer to the boat but a little ahead of the boat. Everyone was instructed what to do if they were hit. The captain could not raise either ship by radio but kept alerting them of the swimmer in the water. Within ten minutes the first ship passed the stern by three hundred yards. Less than a minute later the other ship crossed four hundred yards in front of it. Dale's stroke count only ranged from 58 to 56 strokes a minute during the crossing. Thirteen hours, twenty-eight minutes after he began Dale emerged east of Point Vicente, establishing a new record for the oldest person's crossing.

Two relay swims occurred in early September. The first, the "Just For Fun" relay, swam on September 5th. The relay members included John York, Syndi Goldenson, Pete Mirich, Pam Nickle, Alan Shilling, and Bob Tierney, Jr. It was a relaxing crossing. Alan and Pete were excited and stayed up most of the night while everyone else slept. The team swam from Catalina to the mainland in a quick nine hours thirty-four minutes.

The second relay saw a return of the Polar Bears. Jurgen Schmidt replaced Robert Bowker; otherwise, Bell, Ellis, Falk, Guth, and Yurak were the same. The goal was a double crossing from the mainland to Catalina and back. The swim began on September 13th. There were quite a few problems. The worst was the boat; the PT 73 died two miles off the Catalina shore. It had too much horsepower for the relay's speed. The double crossing goal had to be aborted. The last swimmer went the last two miles without the boat. Once he touched shore John York had to paddle him back to the boat. The crossing had only taken fourteen hours and thirty-one minutes. This was a record in the other direction for the all male swim and also for the oldest person's swim.

The last swim of the 1985 season occurred on September 18th. Cathy Moore tackled the channel for the second time in 1985. In August she became seasick and had to give up her attempt. She returned a month later to set the record straight. The conditions were perfect and Cathy's spirits remained high. Unlike the first attempt the night swimming did not spook her. Her stroke count was from 62 to 67. She was able to drink water and ERG but her stomach was still upset. Cathy completed the crossing in nine hours, twenty-five minutes, a very respectable time.¹⁵ She became the fifty-sixth person to cross the Catalina Channel.

The 1986 season was composed of four crossings by male swimmers. The first was accomplished by veteran Dave Yudovin. On July 27 he swam from the mainland to Catalina. The purpose of the crossing was as a preparation for an English Channel assault in late August.

The beginning of the swim was very rough. Dave left from Marineland. Within an hour the sea had calmed down. The water temperature was 62 degrees but rose steadily as the crossing progressed. Dave ate cheese sandwiches, Tiger Milk bars and drank fluid. His stroke count was very consistent, sixty for the first five hours. From that point it varied from 55 to 60. Dave had a long smooth stroke.

Dave's spirits dropped a bit in the last hour and a half. He was tired and became cranky. A pace swimmer entered the water to assist him. Finally, he was able to push through his pain with the support of paddler Pam Nickle. Dave became the twelfth swimmer to cross in that direction. His time was thirteen hours and forty-six minutes.

Two days later Frank Fredregill began a swim from Catalina. The first six hours were rough. Most of the people on the boat were seasick. Gradually the sea calmed. Frank was consistently stroking 66 to 70 strokes a minute. The water temperature was in the high sixties.

Frank had a well-organized swim. The only flaw was one of the two paddleboards was too short. The paddler on that board could not keep up with Frank. The board was pulled out and Frank was guided by one board. This is sufficient unless there is a problem with sharks. At 8:43 a.m. two sharks approached the boat. The sharks were circling the boat. Everyone was prepared to pull in Frank if necessary. The navigator felt the sharks were too close and began firing his rifle at them. After a few shots they disappeared. The sharks appeared to be a mother 6-7' and a baby. Frank remained calm throughout the scare and even teased everyone on board.¹⁶ In the last two miles the water temperature dropped as expected. Frank was doing very well. He walked ashore at Marineland. His time was twelve hours eleven minutes.

The next swimmer of the summer was thirty-three year old Mike Suttle. In 1984 he had been a member of the Colorado relay team. That experience made him aware of swimming at night and the routines followed in channel crossings. With the support of channel swimmer and friend Richard Marks, Mike decided to tackle the Channel on August 24. From March through August he doubled his pool training during the week and spent his weekends in the ocean.

The beginning of Mike's swim was rather hectic. The swim began before the rowboat had returned to the escort ship. Usually the swim begins once the support crew are back on the boat and the rowboat is tied up. This error created a major problem. Within a few minutes Mike, enclosed by two paddlers, passed the escort boat. The navigator was yelling to the paddlers which way to guide Mike. It was five minutes before the boat got underway. Mike was swimming in complete darkness except for the fluorescent night sticks each paddler had tied to his arms. Unfortunately, the ship's sea anchor was already in the water. The sea anchor adds extra resistance to the boat so the vessel can stay with the swimmer. The boat could not catch up to Mike. For almost an hour he swam a quarter of a mile in front of the boat in darkness. He was frustrated and disoriented but he did not let these mishaps control him. The boat caught up once Mike took his first break.

From that point on the swim went well. The water was 68-70 and calm. In the morning hours a fog blanketed the sea. Mike maintained a stroke count of 60 except for a slight drop in the middle of the channel. For feedings Mike had made around one hundred peanut butter and jelly sandwiches. On the first break he could not eat the

sandwich. He was unable to chew the bread. The salt water had dried up his salivary juices. During the rest of the crossing he drank Body Fuel and water and ate yogurt and Tiger bars. His breaks were limited to one minute.

Mike completed the Catalina to mainland crossing in eleven hours, twenty-three minutes. He was pleased with his time and the crossing.¹⁷

The fourth and final swim of 1986 was by 32 year old Dave Clark of San Diego. On October 5 Dave swam from Catalina to the mainland. The water was calm. As he was not a fast swimmer he drifted two to three miles off course, however. He averaged a stroke count of 50 per minute.

Dave's goal was to get to the other side. As a kid he thought of swimming Catalina as an unbelievable thing to do. Twenty two years later he did it.¹⁸

Throughout the swim Dave drank hot chocolate, Gatorade and grape juice. In the middle of the night he had the liquids warmed. For solid food he ate grapes, bran muffins and cookies. During a feeding he swam backstroke to keep moving. With seven miles to go, Dave's shoulder started aching. He tried to adjust his stroke and to accept the pain. Twelve hours and thirty-four minutes after he entered the water he emerged on the Palos Verdes peninsula. He had made it. Dave was pleased with his swim and felt as if he glowed inside.¹⁹

An interesting note on the 1986 swimmers, none had a coach. Each trained, planned and accomplished the swim by himself, with the aid of excellent support crews.

There were only two swims in 1987. Both were outstanding and unique. Frank Reynolds broke the oldest swimmer record and Taranath Shenoy was not only the first Indian swimmer but the first deaf person to swim the channel.

At 1:05 a.m. on August 14 Frank Reynolds stood on the shore at Emerald Bay awaiting his third Catalina crossing assault. In 1983 he trained for the crossing but changed his mind two weeks before the swim. In 1986, after being in the water over thirteen hours, he was pulled out delirious only two hundred yards from the finish. His coach, Penny Lee Dean, who had been with him for four years, quietly greased him for the swim.

It was his time. He had worked hard for a year in preparation for the rematch. A nutritionist had worked with his diet for four months.

At 1:14 a.m. Frank entered the water. He looked strong and was able to maintain his strokes at 64 per minute. The water was a little rough for the first four hours. Many on the boat were seasick. There was limited visibility, also. The water was warm, 69 degrees.

For the first five hours Frank had a feeding every half hour. He alternated between Exceed, which is a glucose drink, and Ensure which is a liquid meal. On each feeding he also drank water. The goal was to get a quart of liquids into Frank every hour. From the fifth to the ninth hour he drank every twenty minutes. At the end of the swim he drank every fifteen minutes. The liquids were warmed throughout the swim.

A constant watch was kept on the water temperature and on Frank. His skin color was good until the end of the swim. At four miles out the water dropped to 66 degrees, but the last two miles it was down to 60 degrees. To test Frank's mental capacity every hour he was asked a personal history question. None of these he knew ahead of time. For example: "How many children do you have? Name them." (Frank has seven).

"Which children were born outside of the U.S.? What is your dad's middle name?" As the hours wore on the questions got harder. He did not have a problem with any of them.

During the swim a pod of dolphins were seen, a shark, a school of pilot whales, and Frank even saw a sting ray. A few boats came a little close but nothing was too dangerous.

Frank's stroke was strong but as he grew tired he lost his leg power and his arm pull shortened. Numerous signals for stroke corrections were given. Frank did not respond.

From 10 a.m. until 11:48 a.m. Frank slowed considerably. With the poor visibility the shore was not easily seen. Frank could not see the shore from the water. He was less than three miles out. He began to doubt the distance and kept trying to look. The water temperature had dropped to 62 degrees and was still dropping.

A rowboat was put in the water with a mile to go. Frank was cold and anxious to finish. As Frank was getting worse he was guided into the nearest point. There was a very strong surge. Frank was thrown upon the rocks, as were many of the support personnel. Frank cleared the water's edge at 11:48 a.m. He had done it in ten hours, thirty-four minutes. It was the eighteenth fastest time in that direction. Frank set the record for the oldest person's crossing. After thirty minutes of warming he was fine.

According to Frank, "I hurt all over, my throat is killing me from swallowing so much sea water, but I finally accomplished my goal."²⁰

Frank's drive inspired all who were part of his swim. He returned until he was successful. It was an amazing feat.

The second swim of 1987 was accomplished by Taranath Shenoy, a 28 year old deaf man from India. He was also only partially sighted.

Taranath had swum the English Channel three times and wanted to swim Catalina. On September 25 he entered the water at Doctor's Cove. He was accompanied by his coach, Ninod Gurujee. With the language barrier there was limited communication with the support crew.

Conditions were perfect and Taranath sailed across the channel in ten hours and fifteen minutes. He became the sixty-first person to swim Catalina.

The Late Eighties

After a very disappointing and unsuccessful season in 1988 there were two individual and four relay crossings in 1989. Both individual swimmers had made unsuccessful attempts earlier in the summer and returned to conquer the channel.

The first of these swimmers was Steve Frantz from San Diego. On Steve's first attempt a large unidentifiable marine life was spotted under the paddler. As it was thought to be either a great white shark or a dolphin, the swimmer was removed from the water one hour and ten minutes into the swim.

As Steve was frightened during the first attempt he decided to swim during the day on his second attempt.²¹ At 6:33 on September 9, 1989 Steve entered the warm waters at Catalina. It was a clam, flat day with a light wind. The water was a comfortable 68.5 degrees. Steve maintained 67-68 strokes per minutes for the first hour and a half. At the hour mark he fed on electrolytes. For the next few hours he fed every forty-five to fifty minutes. Besides electrolytes, he drank a high carbohydrate

replacement, water and tea. He ate peaches, took vitamins and even ate jelly beans.²²

During the mid morning a shark was sighted. One of the assistants on the swim entered the small support boat in order to provide for extra safety for the swimmer.

Luckily, it was only a small blue shark. Gradually everyone calmed down on the boat.

In the fifth hour Steve's break took nine minutes. He took Advil for the pain in his left arm. As the swim progressed Steve's arm barely cleared the water. By the finish he was not recovering above the water with his left arm.²³

In early afternoon the wind picked up, forming a few whitecaps. Steve's stroke count dropped to 60-62 a minute.

By 4:00 p.m. Steve's drink had to be heated. He was in the first stages of hypothermia. Steve began to refuse food and was having problems urinating. This is a common problem for male distance swimmers.

With a half mile to go Steve's spirit was high. He joked and kept stroking with only one arm.²⁴

After thirteen hours and fifteen minutes and forty two seconds Steve painfully climbed ashore. In his second attempt, despite severe pain and hypothermia, Steve Frantz made it.

Vicki Keith, a 28 year old swimmer for Canada entered the Catalina Channel for the second time on September 23rd. In her first crossing she had eight miles to go when she was pulled from the water. She had not made any forward progress for quite some time.²⁵

Vicki's swims are a little unique as Vicki swims butterfly. On each of her swims she raises money for various charities.

Her swim began at 1:33 a.m. She was swimming from Catalina to the mainland. The water was a warm 68 degrees, with a one foot swell.

Vicki averaged 27 butterfly strokes per minute during the first six hours. Similar to swims up to the late 1970's, Vicki utilized a two hour feed pattern consuming hot chocolate, water, peaches, fruit salad and M & M's. Her breaks ranged from six minutes to twelve minutes in length.²⁶

In the early morning hours the wind calmed down, leaving a glassy ocean. Numerous schools of fish and over 50 dolphins were spotted. A few ships passed as she crossed the shipping lane; none were close however.

At 11:30 a.m. the press boat arrived for pictures and news releases. At 12:00 p.m. a photographer went underwater to photograph Vicki as she swam. She still had six and a half miles to go.

The water temperature dropped gradually to 64 degrees. In the last three hours Vicki did not feed. At 4:27 p.m. Vicki became the 63rd person to swim Catalina. Her time was fourteen hours, fifty-three minutes and twenty-six seconds. It was the sixty-first fastest crossing out of 86 individual swims.²⁷

For the first time there were numerous relays attempting Catalina at one time. Dave Clark from San Diego formed three relay teams. In order to save money the teams swam at one time with one major boat supporting them and a smaller one. The relays were matched by speed so each team would stay together. If one athlete swam ahead he had to wait for the other two swimmers. As it turned out the teams were evenly divided so most of the swimmers did not have to wait. Each athlete swims a one hour leg. The

athlete has five minutes to tag to previous swimmer.²⁸

The teams were composed of:

Steve Frantz	Alberto Chiappa	Bob West
Dave Clark	Art Paniagua	Chuck Coleman
Rebecca Fishbein	Bob West	Sue McClanahan
Steve Frankum	Jack Robertson	Jamshid Khajavi
Nancy Howden	Mike Devlin	Tina Moore
Mike Gibellino	Janis Bloomquist	Margaret Dickson

The first three athletes entered the water at 6:43 a.m. at Doctor's Cove in Catalina. The water temperature was 66 degrees. Within a few miles the water warmed up to 70 degrees.

During the relay swims the group tagged with high fives. The water was calm throughout the swim. A few dolphins were seen and quite a few jellyfish but beyond this there was little marine life. The swims were rather uneventful except when one of the swimmers almost touched the boat when he needed a feeding. Luckily, one of the other swimmers yelled a warning just before the man inadvertently disqualified the team.

Each swimmer ended up swimming twice. The finish was a little dangerous. As Janis and Margaret tried to climb over the rocks a wave hit them, knocking them over. Both were cut but managed to emerge from the water together. The three relays finished after eleven hours, forty-six minutes and seven seconds.²⁹

These relays were the tenth, eleventh and twelfth relay to complete the 21 mile crossing.

The final relay of the summer was the United States National team on August 11th. The team swam from the Mainland to Catalina. The swimmers and the order was as follows: Jay Wilkerson, Jim McConica, Martha Jahn, Karen Burton, Chad Hundebly and Erika Reetz. The swimmers ranged in age from 18 to 39 years old.

The swim began at 2:23 a.m. Jay had to wade ashore through a very thick kelp bed in complete darkness as the boat's floodlight did not work. Despite this, he began very quickly. In his leg Jay swam easily over three and a half miles.³⁰

Jim's leg went smoothly. He covered well over three miles. The water also warmed from 63 to 65 degrees.

During Martha's leg she was a little nervous in the darkness so the paddlers pulled in tight. She covered three miles with an 86 per minute stroke count.

Karen, despite a mild case of seasickness, held 87 strokes per minute and covered three miles.

Chad had a fast leg covering over three and a half miles. During his crossing some jellyfish were sighted. A mild swell also began.³¹

Erika was the sixth swimmer in the water. She swam over 2.5 miles with a 89 stroke per minute average.

Jay reentered the water at 8:23 a.m. While he was in the water the boat left and found a place to land. Jay swam over 2.5 miles.

With less than 200 yards to go, Jim took over for Jay. At 9:25 a.m. Jim cleared the water's edge. The relay's time was seven hours, two minutes and forty-five seconds. This was a new World Record not only for that direction but the fastest time ever.³²

The 1989 season proved to be one of determination. The swimmers fought early failure, overcame fear and defeated the odds. The result was two successful individual swims and four successful relays, one in a World Record time.

There were thirty-two individual crossings and fourteen relay crossings between 1980 and 1989. In the early Eighties the men's and overall speed record from Catalina to the mainland were rewritten by Jim McConica. In the middle Eighties three men set the oldest record for swimming the Catalina Channel with Frank Reynolds at 55 holding the record. The International race in 1984 was very successful with eight individual swims and a relay record. In 1989 the United States National team destroyed the relay record by over an hour.

CHAPTER 7

The Nineties: 1990-1999

From 1990 through the 1999 season there were twenty-three successful swims by twenty people. There were two World Records set for men, one from each direction Catalina to the mainland and the reverse direction and a women's world record from Catalina to the Mainland.

The Early Nineties

1990 was an uneventful season for Catalina swims. Of five attempts, only two were successful, Jamshid Khajavi and Rick Barthel.

On August 31st at 8:40 p.m. Jamshid began his Catalina to mainland swim. His stroke count ranged from a low of 52 strokes per minute to a high of 61 strokes per minute. Despite a clear night, there was a strong wind producing some whitecaps. The water was a warm 68-70 degrees throughout most of the swim.¹

Jamshid fed on power bars, bananas, Exceed and hot water. At two and a half hours, Jamshid had completed only two and a half miles. Due to large swells, the Achilles support craft broke loose three times during the crossing. This created a few frantic moments and delays for Jamshid.

At the halfway point, the Achilles accidentally ran into Jamshid. It was being used as a support craft, but the pilot lost sight of the swimmer. Jamshid, although dazed, laughed and remarked, "It was the attack of the Achilles." Fortunately, he was not injured nor did he grab the boat.²

In the eleventh hour, the water temperature dropped to 66 degrees. Jamshid began stopping quite frequently. He had drifted into mild hypothermia and was unable to urinate. He was tired but still swimming well. In order to improve his enthusiasm, a pacer joined Jamshid. This seemed to help his spirits significantly.

As there was a large flock of pelicans, Jamshid swam into them to see what was going on. Much to his surprise, he saw two sharks - a 12 footer and a 7 footer.

With 200 yards to go, Jamshid began to swim butterfly. He stepped ashore after 16 hours, seven minutes and 39 seconds. He became the 64th person to complete the Catalina swim.³

Rick Barthel of Sacramento estimated his swim would take eleven hours, 36 minutes on the ride to Catalina. On September 22nd, under near perfect conditions, Rick walked into the water at Doctor's Cove. It was a beautiful, clear night. The water was 68 degrees, the air was 67 degrees, and the ocean was as flat as a lake.

Throughout the swim Rick fed every thirty minutes. His breaks were quick-rarely over thirty seconds. He fed on baby food and honey.

There were few problems until early morning. Two boats came very close, with a freighter cutting just in front of Rick.⁴

Rick's stroke count varied from 57 to 63 strokes per minute. He maintained his stroke throughout the swim. Rick was positive and focused during the swim. He never complained. He was very determined. In the early morning hours he took an unusually long break-one and a half minutes. The crew cheered wildly.⁵

At 11:45 a.m. in the morning, Rick landed one half mile west of Point Vicente. His time was 11 hours, 36 minutes and 43 seconds. He was very pleased but tired. He had predicted his time exactly. Rick's time is the twenty ninth fastest from the Island to the Mainland.

The two swims in 1990 were completed in differing conditions. Regardless, both men met their goals and became the 64th and 65th persons to swim the Catalina Channel successfully.

There were four successful individual crossings in 1991. Each athlete chose to swim from Catalina to the mainland. There were four relay crossings also.

The first successful swim of the summer was by 55 year old Bob West of San Diego. Bob entered the water at 9:53 p.m. on August 3rd. There were small craft warnings for the evening. The sea was very rough. Within an hour everyone in the crew was sick. Kayaker Mike Diolon had to paddle the first nine hours as everyone else was too ill to paddle.

For the first five to six hours of the swim Bob was throwing up five times an hour. He drank Gatorade fluid replacement for two feedings then a feeding of Gatorade every twenty minutes. He drank Pepsi and tea with honey to calm his stomach but nothing worked.⁶

As the sun rose everyone felt better. The crew was able to paddle and numerous swimmers paced Bob. At 2:08 p.m. on August 4th, after sixteen hours and fifteen minutes in the water, Bob West completed the swim.⁷ He became the oldest man by a few months to swim Catalina.

Thirty-six year old Timothy Cheesman entered the water at 2:46 a.m. on August 17th. The conditions were ideal. The water was like glass. The temperature was 65 degrees.

In the swim, Tim drank Exceed. Tim maintained a stroke count in the mid 50s. His spirits were high throughout the swim, he was constantly joking.

With one mile to go in the swim, Tim had a cup of tea with his parents. He had the tea in a fine bone china cup. His parents, who accompanied him on the boat, came from England specifically for the swim.⁸

After ten hours, forty-eight minutes and forty-six seconds Tim emerged from the water. He became the sixty-seventh person to tackle Catalina.⁹

The third successful swimmer of the summer was 34 year old Dan Angress. He waded into the flat water at Catalina a little more than a half an hour after midnight. It was a calm clear evening.¹⁰

By 2:30 a.m. a slight wind created a mild chop. The water temperature was a steady 65 degrees. Between 4:30 a.m. and 6:00 a.m. numerous ships were visible. Nothing seemed to bother Dan. He maintained his speed and stroke.¹¹

Navigator Bob Hill recorded his location every hour. He adjusted his course with the assistance of radar and the Loran.¹²

About an hour from the finish, approximately 1.5 kilometers from shore, the water temperature dropped two degrees. Despite this, Dan finished the swim in ten hours, eight minutes. This is the nineteenth fastest swim in this direction.

The final swimmer of 1991 was Pete Kelley. He began his swim at 12:17 a.m. at Doctor's Cove on Catalina on September 13th. Initially the water was choppy but

gradually the wind and then the sea calmed down. Pete's stroke count was consistent throughout the swim. It ranged from 47 to 50 strokes per minute.¹³

Throughout the swim Pete drank fluids every half hour. During the night, in addition to paddlers escorting Pete, he had a few swimmers jump in with him. This seemed to motivate him.

Pete had a fine swim, finishing in thirteen hours, forty-five minutes and thirty seconds. This was excellent, especially because one of the boat's engines went out. The Zodiac followed Pete while his navigator frantically repaired the engine.¹⁴

Besides four individual crossings, four relays crossed the Catalina Channel in 1991. These, in actuality, were two relays which swam from the mainland to Catalina and back to the mainland on July 5th-6th. All four represented the La Jolla Cove Swim Team. The first relay consisted of: John Skogland, Wally Nidziko, Steve Frantz, Tim Cheesman, Eric Olson, and Bob West. The second team consisted of: Cyrise Calvin, David Clark, Jackie Huffman Hammond, Peter Blake, Tina Moore, and Peter Urrea. Both teams swam from the Mainland to Catalina in twelve hours, thirty-two minutes and twenty-nine seconds. On the return the teams took eleven hours, eleven minutes and six seconds. This was an excellent year for Catalina swims.

In 1992 there were four individual crossings of Catalina. Jamshid Khajavi returned to tackle the channel. In addition Pete Huisveld broke John York's fourteen year old record from the mainland to Catalina.

The first swimmer of the 1992 season was 28 year old Cyrise Calvin from San Diego. She began at 1:09 a.m. on July 19th after a welcome from a curious seal. The sea was calm and warm at 68 degrees. Within an hour the sea became choppy. The boat was rocking severely.¹⁵

Cyrise's stroke count ranged from a low of 78 to a high of 88 despite the tougher conditions. Cyrise drank Gatorade every half hour. At times she ate a Power Bar. These breaks lasted from 45 seconds to 2 and a half minutes. At 6:04 a.m. Cyrise told the escorting paddler she was throwing up everything she ate and drank.¹⁶ Within an hour she became cranky. At 7:19 a.m. a large ship passed within 75 yards of the swimmer. This seemed to calm Cyrise a bit after panicking everyone on the boat.¹⁷

Gradually the sea calmed down and Cyrise began to retain her food. By 9:30 a.m. the water conditions were good despite a change in water temperature. This had an effect on Cyrise. She was cold. She adjusted her feeding to warm tea.¹⁸

At 12:09 a.m. Cyrise left the water. She became the seventieth person to swim Catalina. Her time was ten hours, 59 minutes and twenty-two seconds.

The second swimmer of 1992 was forty year old Pete Huisveld. In order to earn a spot on the U.S. National Long Distance Team, Pete decided to conquer Catalina. At 10:54 pm on August 19th Pete climbed down the rocks into the water at Marineland heading to Catalina.

The water temperature ranged from 70 degrees to 72 degrees. Throughout the evening there was a heavy wind. Despite this, Pete was able to maintain a stroke count between 75 and 79 per minute. He sprinted across the Channel. He fed every fifteen minutes. His spirits remained high until his shoulder broke down. He thought he hadn't gone more than half way because of the horrible conditions swimming into six foot

waves with white caps. John York realized he had crashed. He told David Clark to tell him on the next feeding he only had 3 ½ nautical miles to go. When David told him this his response was, "You've gotta to be shitting me." He gulped 8 ounces of Shaklees performance sport drink, looked at the Island and sprinted off. By five a.m. it was evident Peter was on the men's world record pace. The wind finally calmed and Pete raced ashore at 6:31 a.m. at Doctor's cove.¹⁹

Pete's time was seven hours, thirty-seven minutes and thirty-one seconds. This was a new men's mainland to the Catalina record. This was the second fastest swim ever.

On September 18th, 1992 Steve Hoberg began a swim across the Catalina Channel. Steve was an age group, high school, and college swimmer. He retired until 1976 when he began Master's swimming. At 46, he decided to swim the Catalina Channel.

Steve entered the water at 12:23 a.m. guided by Mickey Pittman, the Navigator of the Wild Wave. Initially, Steve maintained 66 strokes per minute. The sea was calm and all was going well. Within the first hour the wind picked up. Steve was having problems seeing the paddlers and the escort boat. He was confusing his right and his left. His stroke count dropped to 60 per minute. As the wind calmed, he seemed to do better.²⁰

Throughout the swim Steve fed at the half hour. He did not have any complaints about the food or how he felt.

In the morning hours the water temperature began to drop from 68 degrees to 63 degrees due to the upwelling currents off the Mainland. This severely affected Steve. His stroke count dropped to 58 per minute. Despite the cold Steve continued.²¹

At 10:50 a.m. he emerged from the water. He became the seventy-second person to swim the Catalina Channel. His time was ten hours, twenty-seven minutes and twenty-four seconds.

The final swim of 1992 was the second swim for Jamshid Khajavi. After a successful swim in 1990 he decided to swim in the opposite direction in 1992. Jamshid, a swimmer from Iran, set out to swim from the Mainland to Catalina. Most swimmers contend that this is the more difficult way as one has to swim into the prevailing currents and wind. Jamshid was unsuccessful but vowed to return in 1992.

Jamshid began his quest on September 19th at 7:38 p.m.. It was a calm, starry night. Jamshid fed every half hour. He alternated between a carbohydrate concentrate called "Squeezy", Cytomax and a Power Bar. At times he also ate a banana. He "felt good."²²

At times while he fed he spoke to the paddler in a Persian language. His attitude was positive. Similarly, his stroke count ranged from 64 strokes per minute at the beginning to 55 strokes per minute near the end of the swim. The further he went the stronger he felt. In the meantime, the kayaker capsized. The kayaker had to be rescued while Jamshid followed the boat. He was doing well.²³

In the early morning Jamshid's stomach began to bother him. He drank 7-Up in order to calm him down. In addition he began to feed every twenty minutes. Within an hour he requested a candy bar and Nuprin. He had two more candy bars within the hour then needed more 7-Up.²⁴

As the sun rose, Jamshid's stroke count decreased. He seemed to be swimming well, however. At eleven a.m. the water was still calm. At 1:40 a.m. he cleared the water's edge.

Jamshid's swim took eighteen hours, one minute and forty-one seconds. He had accomplished his goal. He became the eighth swimmer to swim the Channel in both directions.

1993

1993 was a successful year for both individual and relay crossings. Five swimmers completed the crossing from Catalina to the mainland. One was in record time. Four relays were also successful. Two women's only relays set records.

Dailza Ribeiro decided to swim Catalina in late June. The 35 year old woman from Brazil entered the water at 12:50 a.m. on June 28th. Despite the early time of the season the water was a comfortable 69 degrees. Dailza was able to maintain 65 to 68 strokes per minute throughout the swim. She drank a mixture of banana, oatmeal and honey.

At four a.m. Dailza got lanolin on her goggles and her face. She tried a new pair but had it on her hands. She was thrown a towel but she was unable to remove the lanolin.²⁵

Throughout the crossing marine life was evident. Seals, two sunfish, smelt and even a whale were visible. At the same time the boat had mechanical problems. The paddlers went ahead with the swimmer while the navigator Mickey Pittman attempted to do repairs. This became an on again, off again problem. Finally the Zodiac was put in the water with Dailza. A new boat was sent to assist as the Wild Wave returned to port.²⁶

To prevent Dailza from getting upset numerous swimmers paced her throughout the problem hours. This helped to relieve her fears. She began feeding every half hour and finally every twenty minutes.

At 2:38 p.m. after fourteen hours, twenty-five minutes and forty-three seconds in the water, Dailza reached San Pedro. She became the seventy-third person to swim Catalina.

The second successful swimmer of the summer was Jamie Schnick. On August 24th he raced into the water at Catalina at 12:50 a.m. He began in a fast pace of 72 strokes per minute. He drank fluid replacement and/or high carbohydrates. He was able to limit his feedings to 5-10 second breaks.

The water was calm and warm at 69 degrees. In the early morning hours Jamie felt queasy. Sprite seemed to calm his stomach. His stroke count dropped to 59 until he felt better.²⁷

At 5:15 a.m. a pacer entered the water. This did not seem to help him. His stroke and body position began to change. His stroke count further dropped to 57. He wanted to quit but was talked out of it.²⁸

Gradually Jamie was able to refocus and push himself through the pain. He had pacers most of the morning and this helped. As the sun rose his spirits returned.

At 9:35 a.m. he climbed the rocky beach at the mainland. His time was an

excellent one, eight hours and forty-five minutes.

On September 24th, Chad Hundebly, the 1991 World Champion for long distance swimming, ran into the water at Doctor's Cove on Catalina. Chad has been the top marathon swimmer in the world for three years.

In 1989 Chad was afraid to swim at night in the U.S. Nationals team's relay. He was afraid of sharks. In 1993, at 22, he began his swim at 12:22 a.m. in bad weather. Within twelve minutes Chad sighted a shark.²⁹

Chad's stroke count ranged from 80 to 86 strokes per minute. Initially he fed every fifteen minutes. By the end of the swim his feedings had dropped to eight minutes. He drank 4-8 ounces of Exceed at each feeding. Each feeding took 6 to 8 seconds. In the early part of the swim Chad threw up. The water was calm but there were long swells. The water temperature was 65 to 68 degrees, a bit chilly.³⁰

At 5:53 a.m. Chad was nervous about sharks. He was beginning to show some signs of hypothermia. At 8:05 a.m. Chad saw another shark. He felt he was being followed. No one on board could see anything, however. Gradually he seemed to calm down.³¹

At 8:37 a.m. Chad walked ashore. His time was 8:14:46, a new World Record by 12 minutes 38 seconds. He became the seventy-fifth person to swim Catalina.

The fourth swimmer to tackle Catalina was David Yudovin. He had conquered Catalina in the 70's but returned in 1993 to swim it again.

David began at 12:28 a.m. from Doctor's Cove, Catalina on October 7th. The water was a comfortable 68 degrees, surprisingly warm for October.

Throughout the swim David maintained a 58-61 stroke count. He drank juice every hour and ate parts of a Tiger Milk bar. As the hours wore on he fed at the half hour.³² At 2:27 a.m. David saw a large marine life under him. He could not tell what it was, however. The navigator, Mickey Pittman, turned on the boat lights but no one was able to see anything.³³

In the morning it was overcast and the water turned bumpy with a slight swell. Numerous freighters were seen. Besides this, the swim was uneventful.

At 12:18 p.m. David landed at the mainland. He completed his third crossing in eleven hours, forty-nine minutes and thirty-seven seconds.

The final swim of 1993 was accomplished by Carlos Costa on November 7th. Despite having only one and a half legs, Carlos vowed to conquer Catalina. At 21 he did not let his handicap slow him down.

Carlos slid into the water at 6:04 a.m. at Emerald Bay on Catalina. The conditions were excellent with calm seas and extremely warm water for November. The water temperature ranged from 65.5 to 68 degrees.³⁴

Carlos initially fed at the one and a half hour mark. He drank Ensure, hot chocolate and ate Power Bars and chocolate. As the swim progressed he fed at the hour. His stroke count ranged from 53 to 61 per minute.

The crossing was a little unique as Carlos was accompanied by a paddler, a Boston Whaler, a large power boat and a sailboat. The support crew was on the large

boat, which stayed a half a mile in front of Carlos.³⁵

Carlos landed at 9:07 p.m. His swim took fifteen hours, three minutes and two seconds. His crossing was the one hundredth and first. Carlos was the seventy-sixth person to swim Catalina.

1993 Relays

There were four successful relays in 1993. The first was on January 30th. It was called the First Annual George Young Memorial Relay. The team consisted of David Clark, Paul Arnold, Gary King, Peter Urrea, Eric Olsen and John York. The team swam from the Mainland to Catalina in 14 hours, 5 minutes and eight seconds.

On July 6th, two relays swam side by side from the mainland to Catalina in 11 hours, 34 minutes and 38 seconds. The first team, Bondaless De Curitiba, consisted of six women: Cyrise Calvin, Dailza Ribeiro, Karin Janz, Julie Pedace, Paula Selby, and Carol Sing. This team set a women's only record from the mainland to Catalina. The second team, La Jolla Cove Swim Team, consisted of six men: Steve Frantz, Mike Meany, Vince White, John Darauche, Dave Clark, and Bob West.

The final relay of the summer, on September 9th, was the Over the Hill Gang. The team included: Janis Bloomquist, Jo Lamott, Carol Sing, Dudley Wood, Mary Beth Egloff, and Janet Lamott. The team swam from the Mainland to Catalina in eleven hours, one minute and twenty-nine seconds, erasing the women's only record set in July by 33 minutes.

1993 was an excellent year with five individual swims and four relays. In addition a new men's record was set and two relay records for women.

1994

In 1994 there were four individual swims and a relay swim. The first swim of 1994 was completed by Peter Blake, a 37 year old, on his second attempt. In 1992 he was pulled from the water suffering from hypothermia. This did not deter him but encouraged him to conquer the Channel.

He swam on a calm evening with flat seas and no wind. During the swim Pete drank Gatorade every twenty minutes. On one feeding he drank Ensure for an extra burst of energy. Pete's stroke rate ranged from 66 to 74 on the swim. According to his coach, Dave Clark, he maintained a strong stroke throughout the swim.

After Pete was in the water for over seven hours the navigator spotted two six foot sharks. Neither swam close to Pete but everyone prepared for a problem. Finally, the sharks disappeared.

Within the last two miles of the swim the wind began to blow. The water temperature was 66-68 degrees. Pete didn't have any problems with the water temperature.

By 10:30 a.m. Pete's crew could see not only the shore but another boat escorting a channel aspirant. Samantha Silva, a 17 year old from Long Beach had started two hours before Pete. As both were aiming for the same point of land a race developed at the finish. Pete was able to pass Samantha. He finished after eleven hours, one minute

and thirty five seconds. Pete became the 77th person to swim the Catalina Channel.³⁶

Samantha began her swim at 10:42 p.m. on September 25th. She maintained a stroke rate of 66 to 74 throughout the swim. She felt strong through the first seven hours. At seven hours she was cold and was a bit frustrated. To alleviate the cold her coach, Kalani Caldwell, who swam the channel in 1980, warmed her feedings from then on in the swim. Her feeding pattern was a little erratic. She began drinking every hour then dropped to a half hour. Finally she fed at the twenty minutes. During her breaks she only drank two to five ounces of fluid. As the swim progressed she drank more fluids. In the last two hours she ate some candy for a mental break.

After thirteen hours and two minutes the Long Beach City College freshman emerged from the water, shivering and crying with joy for completing the swim. Samantha was the 78th swimmer to swim the channel.³⁷

The third swimmer of the year was Karen Burton. The 32 year old from Colorado had swum on the 1989 U.S. national team relay which had set the overall record. She had swum the English Channel, finished third at the 25k world championships in 1991 and won numerous professional marathon races. As she entered the flat seas on October 10th her goal was to break the overall record from Catalina to the mainland.

Karen entered the water just after midnight. It was a beautiful night with calm seas and no wind. There was phosphorous in the water. This caused the water to look blue.

During the swim Karen drank every 15 to 20 minutes. She drank eight ounces of Shaklee and on some occasions she drank hot chocolate. Her breaks lasted from four to fifteen seconds. The longer ones were caused by Karen taking time to stretch her back and shoulders. Karen had bad shoulders and had pain during the swim. She took nine Advils during the crossing, attempting to dim the pain.

Throughout the night numerous fish and mammals were sighted. Initially a 12 foot mammal passed under Karen. Later in the swim two dolphins were sighted and finally a seal swam near Karen.

Pete Huisveld acted as her coach on the crossing. He wrote her stroke counts on a dry marker board and other important notes. He then held a flashlight up to the board so Karen could read the board. Karen maintained a stroke count of 85 to 89 on the swim.

As the sun rose over the water the shore and finish were visible. After seven hours forty-three minutes and six seconds Karen climbed up the rocks on the Mainland. She had broken the women's record by fifty minutes and the overall Catalina to the Mainland record by thirty one minutes. Karen's swim was the fourth fastest swim of all time.³⁸

The next day the fourth individual swim of the summer occurred. Alan Freeman from San Luis Obispo entered the water at Catalina just after 1 a.m. Actually this was the second start as initially he didn't clear the water's edge so he was stopped and restarted.

The water was very flat and again the phosphorous was amazing. It lit up the water.

During the crossing Alan maintained a 46 to 54 stroke count. He drank a mixture

of Carboplex, Gatorade and water. He tried to drink 8 ounces but was only consuming 4 to 6 ounces.

After five hours Alan needed to stretch his lower back and legs. He was nauseous from the fourth hour on in the swim. Dave Yudovin entered the water to provide support as a pace swimmer. This seemed to help and Alan picked up his pace.

In the seventh hour the crew was concerned about Alan's mental state. Gradually personal questions were asked of him to make sure he was aware of where he was and if he was in control. For safety more pace swimmers entered the water to help motivate Alan and to keep an eye on him.

A slight swell blew up for an hour then the ocean calmed down. Alan was doing well. He wasn't cold but was cramping slightly. He was able to urinate, however. The water temperature ranged from 69 to 71 degrees.

In the latter hours of the swim Alan paused to rest before he took the fluid. After drinking he swam a few breaststrokes before returning to freestyle. This seemed to stretch and relax him. An L.A. County lifeguard boat followed Alan the last hour for safety. Eight swimmers jumped in the water and swam ashore with Alan. After twelve hours, twelve minutes and seven seconds Alan walked up the beach. He became the 80th swimmer to cross the Catalina Channel.³⁹

1994 Relay

There was one relay crossing in 1994, a women's team from Pomona Pitzer Colleges, coached by Penny Lee Dean. The team was comprised of Judy Van Atta, Pam Reece, Heather Royer, Lesley Pelton, Erin Moore and Camille Patton. Judy Van Atta entered the water at 11:22 pm on August 18th in complete darkness off of Point Vicente. It was a calm night; conditions were ideal. Throughout the swim each swimmer had a feeding every fifteen minutes of ERG. As the swimmers were not in top condition this was designed to help their energy level for the hour swim. Judy held her stroke count from 82 to 88, Heather maintained 80 to 82, Erin was from 78 to 80 and Lesley's was 70 to 72. During Lesley's leg a huge flying fish jumped next to her but she did not see it. Camille was the fifth leg and maintained only a 57 to 60 stroke count. The sixth leg was swum by Pam Reece. Her stroke count ranged from 60 to 67. While she was in the water Pete Huisveld swam next to her as she was afraid of the darkness. Once she began she relaxed and did well, swimming 2.2 km on her leg. The sun gradually appeared during Judy's second leg. This not only helped everyone's enthusiasm but relieved some of the swimmer's and support crew's seasickness. During Heather's second swim six dolphins were spotted. Erin swam the final leg and landed on Catalina after eight hours and twenty-seven minutes. This was the fastest crossing by an all women's relay in either direction.⁴⁰

1995

In 1995 there were four individual swims and five relay swims. The latter crossings were unique as two relays swam together and then three later in the summer.

Jamshid Khajavi decided to tackle the Catalina Channel for the third time on August 3rd. He entered the water at 10:23 p.m. on a breezy, overcast night.

During the crossing Jamshid drank fluids every twenty to thirty minutes. Initially he drank a mixture of Exceed and Gatorade. He then switched to soup and ate bananas

while drinking the high carbohydrate every other feeding. As the swim entered the thirteenth hour Jamshid switched to drinking Coke and broth. The caffeine helped to keep him awake but was not as nutritionally helpful as the fluid replacement or the high carbohydrate. He also increased the amount of fluids he drank the first few hours as compared to the last fifteen hours of the swim. This was beneficial to his successful crossing.

Throughout the crossing numerous types of sea life could be spotted. At one point a sea lion seemed to be following Jamshid. This sea lion stayed with him for almost an hour and swam under the kayak support numerous times. Dolphins were visible near the boat three times during the crossing. In addition, a huge ship crossed in front of Jamshid's path on its way to L.A. harbor.

By the eighth hour the wind had stopped and the water was calm. Just about this time the engine of the boat had problems so Jamshid and the kayak swam ahead while the captain repaired the boat. Unfortunately the swimmer headed off course even though there was a compass on the kayak. It took seven minutes for the boat to be fixed and to catch up to the swimmer.

Jamshid had some pain during the crossing and took Advil to relieve the discomfort. He also had goggle problems but a few switches and this was alleviated. His crew was very supportive.

By 1 p.m. Jamshid's stroke began to decline in efficiency. He was lifting his head and this caused his legs to drop.

He only had a short period of mental frustration where he wanted to see the land but could not due to the overcast sky. As this disappeared not only did his spirits improve but his stroke did as well.

As he approached the Mainland a plane was skywriting messages of support for Jamshid. Unfortunately the fog made the messages disappear quickly. After 20:47.31 he landed on the Mainland. He completed his third crossing of Catalina at age 42.41

The next successful crossing was on September 15th by Noel Wells, a fifty-year-old from Yorba Linda. The swim was begun at 10:06 p.m. from Doctor's Cove on Catalina Island. It was a beautiful, starry night with no wind and calm seas. There was some fog rolling into Catalina but the rest of the Channel was clear.

Noel drank 8 to 10 ounces of Gatorade every thirty minutes for the first four hours of the swim. He then switched to drinking every twenty minutes.

After the first half an hour of calm seas the wind picked up creating a 1 to 3 foot chop. Even with the fog layer moving in the wind didn't die so the crossing conditions were less than ideal for Noel. Despite this he stayed positive and kept stroking. He averaged 45 to 54 strokes a minute during the crossing. He was able to maintain stroke efficiency throughout the crossing even with choppy conditions.

At 7:37 a.m. during a paddler change Noel made a turn and was actually heading back to Catalina. In the darkness it is very confusing to the swimmer and his instincts aren't always correct. The kayakers quickly corrected his course and made sure they led him. Within an hour the boat also changed course from Cabrillo Beach to White Point as Noel was being pushed there anyway. In the long run it would be a shorter swim.

At three miles Noel seemed to pick up his pace as he knew he would become the

81st person to swim Catalina. At 12:03 p.m. he landed at White Point. His crossing took thirteen hours fifty seven minutes and nine seconds, a very respectable time.⁴²

The third individual crossing of the summer was completed by 26 year old Alexia Nalewaik. She also swam from Catalina to the Mainland. The night was calm and the water was a warm 68 degrees.

Initially Alexia had a swim pacer and a kayaker to swim with her. After a half hour the pacer left the water. At four hours Alexia requested another pacer and this seemed to help.

Alexia drank every twenty minutes on the swim. She only had positive comments during her quick breaks. On one feeding she had something to eat; otherwise she just consumed fluid.

Two different problems arose on the crossing. First, a huge ship was heading for Alexia but finally altered its course to go around the swimmer. This occurred at 4 a.m.. At 8:32 a.m. the boat found a rocket floating in the water near the swimmer. The Coast Guard was called and came to pick up the rocket.

At 9 a.m. another swim pacer entered the water to support Alexia. She stayed with Alexia for three hours. Again this crossing was blessed with a supportive crew of pacers and paddlers.

Twelve hours forty-seven minutes and eight seconds after Alexia began her swim she landed at the base of Cardiac Hill just north of Marineland. She became the 82nd person to swim Catalina.⁴³

The final crossing of the summer was by Dave Yudovin. At 44 he was attempting his fourth Catalina crossing, the first attempt being in 1976. He had two successful crossings-in 1986 and 1993.

Dave entered the water on October 17th at just after 11 p.m. The night was perfect with many stars and a calm sea. Dave had the navigator turn off the spot light on the boat. This allowed Dave the opportunity to enjoy the phosphorescence in the water. It did make it somewhat challenging for the crew to keep track of Dave in the darkness.

For the first two hours of the swim Dave fed at the hour mark. He drank 4 to 6 ounces of fluid and sometimes ate half of a Tiger Bar. After these feedings Dave drank every half hour.

The wind had been calm at the beginning of the swim but began to kick up after an hour and a half. This created some chop.

As this was a late swim the water temperature had dropped significantly since the end of August. At the three hour mark Dave stated the temperature had dropped 4 to 5 degrees and he was getting cold.

His stroke ranged from 52 to 62 strokes per minute throughout the swim. Finally the wind began to drop and this helped Dave's stroke.

At the four and a half hour mark a dolphin was spotted from the boat. Within an hour and a half there were two to three dolphins swimming right next to Dave. By 5:30 a.m. there were lots of dolphins in the water. Everyone on the boat could hear the dolphins talking and there was a fair amount of fish in the water. Near the end of the swim more than twelve dolphins were swimming close to Dave.

Beyond the mammals in the water two huge freighters were moving into the same path as Dave. The extra lights had to be turned on as an extra precaution. Neither passed dangerously close, however.

As Dave approached the finish a seal swam close to analyze Dave. He jumped around and finally disappeared. At 9:50 a.m. Dave emerged after a ten hour forty-six minute and twenty-seven second swim. His crossing was the 110th across the Catalina channel. 44

1995 Relays

The first two relays of the summer occurred on July 21st. There were two teams called *Over the Wave*, one for men and one for women. For the men's relay the participants' ages ranged from 54 to 60 and consisted of Peter Urrea, Bob West, Steve Frantz, Frank Reynolds, Tony Joseph and Dave Lamott. On the women's side all of the women were between 53 and 59 so just by finishing the swim the women would set a record for their age group as it was the first attempt by an all women's group, 50-59. The women on the relay included Carol Sing, Debbie Peckham, Janet Lamott, Betsy Jordan, Sandra Vickers and Dudley Wood.

Unlike the individual swims it was decided to swim the relays in the morning. The first swimmers walked into the water at 5:00 a.m. at Doctor's Cove at Catalina. The water was very calm and a warm 68 degrees. Carol Sing began for the women and Peter Urrea for the men. Their stroke counts were 57 and 66, respectively. Both wore glow sticks as it was still dark and this made it easier to see the swimmers. The next swimmers were Debbie and Bob. Each maintained a 65 stroke count. While they entered the water a school of dolphins swam by the bow of the boat. Within five minutes of their entering the water the sun rose and the sky was clear but the wind began to pick up, creating white caps on the water.

Janet and Steve took over at 7:00 a.m. Fifteen minutes into the swim hundreds of dolphins emerged and surrounded the boat, then went on their way. Steve maintained a 67 stroke count while Janet Lamott had a 58.

The fourth legs were Betsy and Frank. The wind decreased slightly but chops were still visible. Frank had a 64 stroke count to 54 of Betsy. Forty-seven minutes into their leg of the swim another pod of dolphins approached the boat. The dolphins were very friendly so this was a little worrisome.

Tony and Sandra swam the fifth leg of the relays. It was a quiet leg without any extra mammals; just strong swimming by each. Tony had a 61 stroke count to Sandra's 59.

The sixth leg was swum by Dudley and Dave. Again the relays were visited by hundreds of dolphins. In addition, the water calmed down. Once the sixth hour was over the first two swimmers entered the water for a second leg. Peter maintained a 60 stroke count while Carol held a 57. A huge tanker passed in front of the swimmers. A baby seal emerged half way through their swim. It swam onto the swim step and hung around for quite some time.

During Bob's and Debbie's second swim the swimmers swam close to a buoy which was occupied by numerous seal lions. The sea lions stood up and made a lot of noise. Neither swimmer ventured too close to the buoy.

Steve and Janet jumped back in at 1 p.m. Just four miles from shore the swimmers swam into a marine layer.

The water temperature seemed to increase.

Frank and Betsy entered the water with two miles to go. Frank still maintained a 64 stroke count while Betsy dropped to 53 to 54. While these two swam a swim pacer jumped in for a while.

Finally Tony and Sandra entered the water for the last leg of the swim. The captain altered the course to hit a closer beach than the lighthouse. When Dave stopped to hear the captain Sandra panicked and swam in front of the boat. She thought there was a shark but there wasn't.

At 3:52.23 the two swimmers emerged on the shore. The relays swam the crossing in ten hour fifty minutes and thirty-one seconds. The women's relay set a new record for women between 50 and 59.45

The final relays of the year were three at one time, representing Lakewood, Surfside and Manhattan Beach.

The teams were made up of the following swimmers:

Lakewood:

Amanda Heintzelman	Teneale McCullough
Kristie Nash	Samantha Silva
Allison Strangeland	Catherine Wiggs

The members of this all women's team ranged in age from 13 to 18.

Surfside Swim Club:

Matt Kadowaki	Tim Kadawaki
Paul Kidwell	Bob Martinez
Casey Willeman	Amy Wood

The members of this relay ranged from 13 to 17 years old and there were four males and two females.

Manhattan Beach:

Tony Aimone	Julie Beeles
David Ferry	Kathryn Gregg
Olivier O'Connell	Jeremie Simkins

The members of this relay were four males and two females ranging from 16 to 18 years old.

The first three swimmers entered the water at 6:00 a.m. on August 15th at Doctor's Cove on Catalina Island. These were Samantha, Matt and Tony. The water was very calm but a little chilly, 64.5 degrees. By swimming during the day the sunlight seems to help to take the chill off of the temperature. In this first leg numerous birds were in the water around the swimmers sunning themselves.

Teneale, Paul and David swam the second leg. The first two began with a 72 stroke count while David maintained a 50 count. The day was slightly overcast. In the second stroke count Teneale's stroke rate decreased while both Paul and David increased their rate.

Amanda, Tim and Jeremie entered the water for the third leg. While these began the paddler tipped the kayak and had to turn it over and catch up to the swimmers. A sea lion was spotted off the starboard side of the boat. It did not bother the swimmers. Amanda had a stroke count of 73-75, Tim held 69 while Jeremie was 63 to 64 during each swimmer's hour leg.

The fourth leg was swum by Kristie, Bob and Kathryn. Everyone was awake and excited on the deck by this leg of the swim. The sea was still calm with a long swell. Kristie held a 70 to 72 stroke rate, Bob jumped from 63 to 68 and Kathryn had a 60 count each time.

Cathy, Casey and Julie swam the fifth leg. As these three entered the water the relays were well over half-way, on the way to a potential overall record. During their leg a huge tanker turned into the swimmer's path. At what seemed the last minute the tanker passed in front of the swimmers. The water temperature was still in the mid sixties but the sun finally broke through the clouds and it was becoming a beautiful day. Cathy bounced from an excited 80 strokes to 71 near the end of the hour. Casey and Julie maintained their rate, 67 and 63 respectively.

The sixth leg was swum by Allison, Amy and Olivier. The boat began heading to Cardiac Hill as this was the nearest point and there didn't seem to be any current. These girl's stroke rates ranged from Allison's 68 to 71, Amy's 56 to 59 and Olivier's 50 to 52. Near the end of this leg Allison switched her stroke to butterfly just to be different.

The first group of Samantha, Matt and Tony re-entered the water knowing there was a chance they could finish in their leg of the relay. There was just over two plus miles to finish the swim. Conditions were still ideal, flat water and the water had warmed to 65 degrees. For two of the swimmers, Samantha and Matt, their stroke rates increased. Samantha ranged from 72 to 80 while Matt increased from 72 to 78. Tony's stroke rate started at 73 and dropped to 66 during the swim.

At 1 p.m. Teneale, Paul and David entered the water to complete the swim for each relay. There was less than four hundred yards to go. Each sprinted to the edge and at 1:04 p.m. climbed ashore at Cardiac Hill. The finish time was seven hours four minutes. This was the fastest crossing from Catalina to the Mainland. It was the second fastest relay time ever. Finally, the all women's relay broke the overall record and the under 20 record. It was a beautiful day and there were three successful crossings of swimmers all under the age of 19. The success must be attributed to their coaches, John York and Kalani Caldwell.⁴⁶

1996

1996 was not a successful year for Catalina swims. Despite numerous attempts only a relay was successful. Team 252, which was the total number of years of the members added together, swam a double crossing from the mainland to Catalina and back in record time. The total time was 15 hours, thirty minutes and six seconds. This was the third double crossing relay. Both of the individual legs were impressive in their own right.

The six swimmers and their order included Jim McConica, Jamie Schnick, John Lobdell, Dave Matthews, Alan Freeman and Jim Isaac. Their ages ranged from 33 to 45.

Jim entered the 66 degree water at 7:26 p.m. on October 17th at Long Point on the

Mainland. There was a one foot swell and a slight wind. Jim looked strong and maintained a stroke count between 76 and 80 for his first hour.

Jamie, the second swimmer, was quickly joined by quite a few dolphins. The dolphins frolicked around him and the paddlers for over ten minutes. This was very attractive to the camera crew who were filming a segment for Beach Patrol. Jamie maintained a stroke count from 74 to 76.

The third swimmer, John, had problems holding a course. The swimmer was able to guide the paddler instead of the other way around. Once John removed his goggles this fixed the problem and both did well. He maintained a 70 stroke count through most of the hour.

Both Dave's and Allen's leg was uneventful. Each maintained a 66 stroke count. Conditions were still calm but gradually the night sky had become covered with clouds. This did help the water conditions.

The sixth swimmer was Alan, who held a 64 stroke count through the hour. He did well and gladly tagged off to Jim, at three or so miles off the Island. During this leg a second group of dolphins approached and circled Jim. This seemed to inspire him and his stroke rate increased from 72 to 76, a significant increase. A small boat came too close to the swimmer and was ordered out but it followed for quite some time.

Jamie entered the water with just less than a mile for the finish of the first leg. After 7 hours 19 minutes and one second Jamie cleared the water's edge. He returned immediately to the water. Within a few minutes he swam into a large school of anchovies. A drunken sailor stopped for directions but it was determined that he was searching for a port thirty miles away.

In John's second leg he felt colder because the water temperature dropped to 58.6 degrees. This took its toll upon John and he wanted his leg to be over.

Dave swam into a few jellyfish on his second leg. He was stung numerous times. Luckily the colder water seemed to help numb the pain.

Alan swam a strong second leg. The water was still cold but as the sun was rising it seemed to help make it feel warmer. Near the end of his leg another school of dolphins swam near the swimmer but quickly disappeared.

Jim began his third leg as the darkness was completely replaced by sunlight. The dolphins returned to analyze Jim. A few minutes later a sea lion and later even a blue shark were spotted near the boat. Despite all the marine activity Jim maintained a 72 stroke count.

Jamie's final leg was dangerous as a large ship was seen bearing down on him. Ten minutes later it passed a half mile in front of the swimmer. The ship saluted the swimmers by blowing its horn.

John entered the water at 9:26 a.m., just over three miles off of the mainland. He swam well with a stroke count of 71 to 74. The water temperature had increased to 67 degrees. This seemed to please the marine animals as several dolphins were frolicking in the area. Dave was the final swimmer and entered with just over a mile. He knew he had to sprint to the finish. A seal swam closely to find out what was going on then swam away. After fifteen hours thirty minutes and six seconds Dave cleared the water's edge. The second leg of the crossing took seven hours eleven minutes and five seconds. This was a new world record for the double crossing relay.⁴⁷

1997

1997 consisted of three Catalina swimmers: Carol Sing, Mara Wells, Peter Urrea; and seven relays.

At 1:20 a.m. Carol entered the water at Doctor's cove. Immediately there were fumes so Carol was switched to the other side of the boat. It was calmer on the lee side of the boat. Throughout the swim there were one to two foot waves, a mild ocean. Her first feed was at forty minutes and only took ten seconds to drink diluted fruit juice. Throughout the swim she rotated her feedings between twenty minutes and forty minutes and fruit juice and Gatorade drink.

There was no wind but the fumes could be smelled. Carol was moved forward of the boat but without any wind the fumes sat on the water. The wind picked up so Carol could swim on her right but the fumes were bad. After many changes she moved away from the fumes. She was swimming well and able to see the finish at Palos Verdes. The ocean was still glassy. Her third feeding only took eight seconds.

Carol was 55. Despite this age she was maintaining a nice 61 strokes per minute. In the morning hours Carol's paddlers switched and some pace swimmers jumped in one at a time. She was so excited as she only had four miles to go. Soon after this happened a large merchant ship was several miles off her hull. Next a Cosco container passed in front of her.

Her pacers and paddlers reported she was not drinking all her fluid on each feeding. Her shoulders were aching so she had two Tylenol. In the next hour she seemed to be doing well and even picked up the pace. She switched to fifteen-minute breaks, drinking as she was a bit cold. She did this for the last hour and felt better. Her stroke count increased to 63 strokes per minute. She smiled when she landed 100 yards West of Pointe Vicente lighthouse on a rocky beach in 10 hours, 38 minutes and 20 seconds. She was the first successful swimmer of the summer and in a very decent time.

Next was Mara Wells from Paso Robles, CA, being supported by the Golden Doubloon and Captain Greg Elliott. Despite being only 21 Mara swam from Catalina to the mainland. She was accompanied by flying fish and sea lions at the beginning of her swim. She began at 11:55.13p.m. There were light clouds so the people on the boat could see all the way to the finish. There was a mild wind which created a slightly bumpy sea. Her stroke count began at 62 and jumped to 68, back to 58 and up to 68.

Mara drank every 30 minutes. She drank 6 to 8 ounces of Carbofuel. Mara averaged 20 seconds on her feeding, a respectable time. She only had one kayaker so she swam on her back while he put everything away. This took up to two minutes.

Mara yelled her first two hours were hard but that she felt better at the two hour break. She increased her stroke count to 68 and yelled "good". The crew held up a sign which said GO MARA.

When there was a paddler switch Mara ran into the boat. She was getting frustrated and wanted more cheerleaders. At 4:30am, she asked when her father was going to swim. She needed some more support before the sun came up, a normal situation for most swimmers. Then the kayaker fell off and Mara stopped. The dingy was used to help rescue the kayaker and Mara said she was tired. Then she started swimming again

and looked good even though her stroke count was low. She went to feeding every 15 minutes. She complained of dizziness but to everyone on the boat she looked fine.

A pace swimmer entered the water to help Mara as she was fatigued. Her stroke count dropped to 48 then increased to 63. At the next feeding her spirits were up. Amy, the pace swimmer stayed in an hour. Both swimmers began getting stung by jelly fish but they didn't let it bother them. Mara had conquered the pain wall. She had 7 miles to go.

The crew was yelling constantly, the pacer was really supportive and the new kayaker did well. Each rotated and kept Mara happy. She fed every 15 minutes and then abruptly stopped, when a pilot whale passed under her. The water was 71 degrees so the pilot whale surfaced in front of her.

When Mara was told she had an hour to go she screamed but carried on and finished in 10 hours 32 minutes and 42 seconds. She had a good swim with a supportive crew.

Peter Urrea was the third swimmer of the summer. He began at 2:19 am from Doctors cove on the Island. It was a warm, calm evening. Tina Moore was the observer. There was a slight drizzle at his first feeding. He drank Cytomax. His feedings were fast and every twenty minutes. He maintained 53 to 55 stroke counts in the first few hours.

Peter was followed by a sea lion and dolphins. He could hear them talking. It was very cool. The lights from Los Angeles were visible. He was in good spirits, especially with the dolphins near him. After two hours the kayakers switched.

He commented on the food being great and luminescence in the water. In ten minutes the sun came up and a breeze. With this came fumes so he was moved to the other side of the boat. His tummy was weak but he pushed on. A pod of dolphins returned and lifted his spirits. There was a big set of swells, but Peter pushed on. In the morning the thermometer broke. By 7:20 am he had swum six nautical miles with twelve to go.

Paddlers switched and Peter's attitude was strong. He needed an Advil for his shoulder and his stroke count increased to 58. At 9:32 he reached the half way point. He also began to see freighters. Peter had three Advil and Cytomax and sweets at 10:40. He was doing so well and the navigator, Greg Elliott of the Golden Doubloon, had set a wonderful course.

At 11:45am Peter asked if he would make it. He was swimming well but worried as the day crept on. It was only 12:00pm He had snacks and Cytomax. Bob West and the rest of the boat encouraged him. He dropped his feeding to fifteen minutes and worked on his stroke. He had two miles to go. He looked happy and pushed onward. Peter asked if he was swimming uphill, a very normal feeling at the end of a swim.

At 2:45 another swimmer joined him besides the kayak. This made Peter feel better. At 3:43pm Peter landed on a rocky beach east of Marineland. He had a great swim. His total time was 13 hours 24 minutes and 54 seconds.

1997 Relays

The relays of the 1997 season began with three relays swimming simultaneously. The relays were:

Studly Sixties	FlashyFifties	Whippersnappers with a Flash
Bob West	Carol Sing	Peter Urrea
Frank Reynolds	Warren Haviland	David Yudovin
Janet Lamott	Debbie Peckham	Cathy Moore
Betsy Jordan	Kaiti Bailie	David Clark
Tony Joseph	Mike Meaney	Paula Selby
Dave Lamott	Dudley Wood	Will Newbern

The first three relays of the summer swam from the mainland to Catalina on July 7, 1997. The swim began at 5:08.32. The three swimmers stayed together for the entire swim. If one fell behind the others waited for the swimmer to catch up. Soon after the swim began, the swimmers moved to the other side of the boat to have the lights and to get away from the fumes. By 8:00 the wind had calmed down and the ocean had flattened. Soon dolphins could be seen. At one point in the swim a boat was approaching very quickly and the swimmers were separated. The navigator didn't think it was a problem. The swimmers tried to stay closer together after that. The swimmer entering the water had to tag the swimmer already swimming. Most of the tags went very well. Some of the swimmers put on fins to take pictures from under water. One swimmer unfortunately became seasick as the ocean became choppier. The weather changed significantly. It was raining and there were tons of dolphins. Everyone was getting cold. Dave Yudovin paddled ahead to find the landing beach. Finally the last three swimmers finished in daylight and raised their arms linked together at 20:03:57 in 14 hours, 55 minutes and 28 seconds.

On August 25th three relays set out together to swim from the mainland to Catalina. These were:

Humuhumu	Nukunuku	Apua'a
Anna Ray DeLozier	Brandon Farris	Matt Kincade
Amy Migliazzo	Kelly Swanson	Kristen Vesnaver
Doug Parish	Alan Freeman	Kevin Watkins
Jaime Riley-Akers	Mara Wells	Maritza Kelley
Kerry Forsyth	Lanor Messenger	Nicole Tetrault
Sylvia Glenn	Leonore Messenger	Pete Kelley

These relays began at Cabrillo Beach on the Golden Doubloon and with a kayak for support. The swims started at 10:49 pm. The observer, David Clark, took stroke counts of every swimmer, on each leg throughout the swim. This gave the swimmers useful information for their second swim.

On the first leg, one of the swimmers saw a bat ray. The night was clear but breezy. There were one to two foot waves. Dolphins were spotted as were flying fish and a squid. Unfortunately, several people were seasick. One swimmer had a breathing problem in the water and had to stop which disqualified the relay. The boat had to stop

with her and the other relays for eight minutes until she could be taken out of the water and rescued. She was fine after a few minutes.

As the night went on there was a kayak capsize and another paddler switch. The wind had picked up to 15 knots with one to two foot swells. The swimmers were doing well but the boat fumes were beginning to be a problem. Diesel smell from the motor was being blown into the swimmers, thus making the swimmers move to the front of the boat. It was so bad a second swimmer wasn't able to swim his leg and the Apua's relay was disqualified.

There was a nice sunrise and calmer morning as the last relay swam toward Long Point. The other relay members still swam their legs. From the boat everyone could see Avalon and the Casino. Anna DeLozier, representing the Humuhumu, finished at Descanso Bay after 12 hours, 16 minutes and 31 seconds.

The last relay of the summer consisted of one relay swimming a two way crossing. The name of the relay was the Top Guns. It was made up of: Dan Veatch, Lisa Hazen, Jim McConica, Mike Shaffer, Jane Cairns, and Leslie Robinson. The two crossings was very impressive. The first leg from the mainland to Catalina was swum in 7 hours 16 minutes and 20 seconds. The Catalina to the mainland took 7 hours 30 minutes and 36 seconds making the overall crossing 14 hours 46 minutes 56 seconds. This was the fastest double crossing for a relay. The swim was swum on October 4th, 1997 and finished on the 5th of October.

It started out as a cloudy, breezy night with a wind from the West. There was a three foot swell which within an hour dropped to a half foot. One of the problems on the swim was there were no lights on the sides of the boat. The swimmers had to guide off of the kayak. Some swimmers swam between the boat and the kayak. The people on the boat had trouble seeing the swimmer in the water. The stroke counts ranged from 76 of Dan, Lisa 75, 78 for Jim, 71 for Mike, Jane was 76, and Leslie was 74. As the swimmers approached the Island they began to be stung by jellyfish. It was making some of the swimmers sick. Lisa finished on a rock and then dove back in. Once the swimmer cleared the Island there were less jellyfish stings and the water was calmer. The water was 72 which was why there were jellyfish.

Dolphins, seals and ships were near the swimmers. It was morning so most people were awake and made faces at the swimmer in the water. They were moving toward the finish. Jim McConica landed safely in a double relay record.

1998

1998 was the year of the relays. There were four individual swimmers and nine relay swims.

The first individual swimmer of the summer was Jamshid Khajavi of Iran. He swam from Catalina to the mainland on July 31st. After 14 hours, 52 minutes and 45 seconds he landed at the mainland, completing his fourth swim.

The second swimmer was Bob West who also swam from Catalina to the mainland. It was his second crossing. Bob's swim lasted 15 hours, 49 minutes, and 49 seconds.

The third swimmer was Michael Stanton, swimming from Catalina to the mainland on September 26. There were dolphins throughout his swim. The water was 68. He drank 12 to 16 fluids of Cytomax, gel, power bars. He maintained a stroke count of 60. The water temperature ranged from 64 to 68 degrees. He had cramped so he drank more fluids. There were one to two foot swells. Michael maintained good spirits throughout the swim. His paddler, Brent Thompson played the harmonica to encourage Michael. It worked. Michael finished in 14 hours 10 minutes, and 58 seconds.

The last individual swimmer was Heather Royer. At 23 this was her longest swim. Heather began from Catalina at 1:48am on October 1, 1998. She was born in Alaska, attended college in southern California where she was interested in open water swimming. She was coached by Penny Lee Dean. Heather drank Cytomax tropical and gel. She drank every 15 minutes. The conditions were perfect. Her stroke count was from 74 to 80 per minute. She had two swim paddlers and a kayaker. She finished in 8 hours, 42 minutes, 57 seconds. This was the fourth fastest woman's swim in this direction.

1998 Relays

The 1998 relays started with three relays. The first was the Up Chuckers. This relay included Ginny Farmer, Amy Magliazzo, Leiah Masi, Matt Gibbons, Jaine Riley-Akers, and Kathi West. The second relay was Chumleys made up of Rick Graves, Kelly Swanson, Kristin Vesnanver, Cooper Johnson, Nicole Tetreault, Duane Leib. The third relay Bloodletters consisted of Courtney Brigham, Matt Kincade, Becca McLean, Daniel Gibbons, Kerry Brainard, and Sylvia Glenn. The relays were swimming from the mainland to Catalina. It began at 11:58pm on August 27 and landed at 12:29pm on August 28th, swimming in a total time of 12 hours 31 minutes. The swimmers were all cold on the crossing. This may have been since they left from the mainland which is colder than by Catalina. The water was 62 near the mainland and slowly warmed up to 74 degrees by Catalina. Stroke counts ranged from 56 to 82 during the swim. All three relays completed the swims together.

The next two relays swam together on August 30 from the mainland to Long Point on Catalina. The members of the relays were:

Disorganized	Confused
Karen Burton	Lisa Hazen
Dirk Bouma	Regan Scheiber
Terri Walters	Jane Cairns
Jana Lang	Pete Huisveld
Elise Melberg	John Hallman
Russ DeFusc	John York

The relays began at 10:12pm from Cabrillo Beach. It was a calm swim. Only one swimmer had problems with seasickness. The boat, the Bottom Scratcher was a 65 footer. It was difficult to transfer swimmers and paddlers from the boat. The swimmers landed at Catalina at 6:52am on August 31st. Their time was 8:00 hours.

The sixth relay of the summer was the Blues Turning Gray. The members were all over sixty.

Dudley Wood
Janet LaMott
Dave LaMott
Betsy Jordan
Peter Riddle
Tony Joseph

The relay started at 4:05am on September 2nd. The temperature ranged from 71 near Catalina to 64 near the mainland. The water was choppy. In the early morning as the sun was rising, dolphins appeared. The water calmed down but the dolphins stayed with the swimmers. The wind picked up near the finish. The relay finished after 13 hours 8 minutes and 47 seconds. This was a world record for over sixties.

The final relays of the summer were the Solo Wannabe's I and II. They consisted of 30 to 40 year old mixed relays. The swimmers were:

Wannabe's I	Wannabe's II
Becky Jackman	Jo Lamott
John Lapp	Carol Sing
Jill Lapp	Shannon Di Martino
Cathy Ruff	Ron Leithiser
Mac Hall	John Skoglund
Kevin Eslinger	Mike Meaney

The Wannabes started at 1:28 am from Catalina, on a beautiful night. There were lots of seals and flying fish in the water near the boat. For the first exchange John and Carol jumped off the side of the boat for a faster exchange.

The water was a comfortable 72 degrees and the air was 69 degrees at the beginning but dropped through the night. As the clouds appeared and night disappeared, Kevin did a front flip to get in the water while Mike jumped in for his leg. All the transitions with the swimmers in and out of the water and the kayakers were excellent. This made for a faster swim.

When Jill and Shannon did their second leg, there were lots of dolphins swimming close to them. The sun was out but the water temperature was dropping due to the upwelling currents near the shore. Carol rode in the dingy to find a safe landing place. Jo and Becky cleared the water's edge in 12 hours, 6 minutes and 29 seconds.

1999

In 1999 there were three individual swims swum by Antonio Arguelles, Nick Olmos-Lau and Scott Zornig.

Antonio was from Mexico and a very accomplished athlete. He had run the New York Marathon, the Boston Marathon, completed the Hawaii Ironman, and the Manhattan

Island Marathon Swim. In 1999 he decided to swim Catalina. On July 12, at 5:17pm he entered the water at Long Point on Catalina heading for Cabrillo Beach. He used two boats, one in front and one at his side. His coach was in the lead boat. Antonio's stroke count ranged from 57 to 62 during the swim. Bob West, the observer, took his stroke count, the air and water temperature every thirty minutes just after Antonio fed. He drank Gatorade and a carbohydrate-protein drink. At times he drank coffee, tea with sugar and water. He ate grapes, chocolate chip cookies, cheese and Metrix. His breaks lasted 10 seconds to 58 seconds.

The night started out calm and gradually became rough with strong winds pushing him south of Cabrillo Beach. As he approached the mainland the water temperature dropped to 61 degrees compared to the 71 at the start. He was not cold or tired. Antonio finished at the point near Cabrillo Beach after 12 hours, 25 minutes and 43 seconds.

The second swimmer of the summer was Nick Olmos-Lau, also from Mexico. He swam from Catalina to the mainland on September 1st. At just after mid-night, Nick, at the age of 53, entered the water. His coach was David Clark. The water had one foot of swell. Nick was feeding every fifteen minutes, drinking Gatorade or having snacks. He had short breaks. His stroke rates started out at 60 and dropped to 47. Nick was seasick but he kept swimming. He was asked to drink more fluids which he did. The wind picked up and the air temperature dropped almost 10 degrees. Nick's spirits were high, even though he was not feeling well. After 12 hours, 40 minutes and 17 seconds Nick walked ashore.

The last swim of the summer was completed by Scott Zornig, a 39 year old from Southern California. On September 26th at 11:10.24 Scott entered the water at Doctor's Cove on Catalina. The water was 64 degrees, his stroke rate was 71 and the air was 60 degrees. The water was flat. He fed on Gatorade every 20 minutes at the beginning.

A boat was on collision course at one point but the navigator honked the boats horn and everything was fine. There were sea lions, dolphins and finally a sighting of a shark. The swimmer was moved closer to the boat and the captain revved the engine of the boat to scare away the shark. This seemed to work as the shark wasn't seen again.

In the Northbound traffic lane a large commercial vessel passed in front of the boat. The swimmer was safe. In the lane, the wind picked up to 10 knots and Scott began taking longer feeding breaks. Scott's stroke count was dropping with every feeding from 71 to 59 as the water hit 62 degrees.

For the last hour and a half Scott was cold and taking longer breaks which made him colder. Then he began skipping breaks without communicating with anyone.

At 9:18 am Scott finished West of Point Vicente after 10 hours 8 minutes and 34 seconds on September 27th.

There were four world records set in this period, 1990-1999. The first was by Pete Huisveld from the mainland to Catalina in 7 hour 37 minutes and 31 seconds. The second was by Chad Hundebly from the Catalina channel to the mainland in 8 hours 14 minutes and 46 seconds. The third and final solo record was set by Karen Burton from Catalina to the mainland in 7 hours 43 minutes and 06 seconds. A relay of all women from Pomona Pitzer College set a mainland to Catalina record of 8 hours 27 minutes.

CHAPTER 8

New Century: 2000-2004

In the first year of the new century there were four individual swims and three relays.

The first swimmer, Scott Coleman, from Boca Raton Florida, swam from Catalina to the mainland. He entered the water on August 14 at 11:21pm at Doctor's Cove. It was a calm night with clouds and a full moon. Scott fed every 15 minutes, drinking Cytomax. At the hour break he also had Gu. After a while he had OJ and Cytomax but this led to a stomach ache. He switched to a tea feeding but this led to him vomiting. He took two Advils and then he felt better. After four more feedings he took three Advils.

Scott's stroke count was 64 at the beginning, changing to 62 near the end of the swim. The water temperature was a warm 72 throughout the swim, dropping only to 71 degrees. This is pretty rare.

His goggles leaked and he was given a new pair. (Most swimmers carry three to four pairs of goggles on a swim for safety.)

While Scott was swimming at various times, the navigator, Greg Elliott, played the bagpipes.

At 8 am dolphins appeared near the swimmer. They stayed quite a while. This made him increase his stroke count for the last two hours. Finally, Scott landed near the old Marineland pier, after swimming 12 hours, two minutes and fifty seconds. He was the 95th person to swim the Catalina Channel.

The second attempt of the summer was James Murphy, swimming from Catalina to the mainland. He started at 12:40 on September 5th. He fed every 25 minutes. He drank Cytomax and had a vitamin package or Gu with water. According to observer Carol Sing, the crew was concerned if James had enough fluids for the crossing. Luckily, he planned it perfectly. James began with a 68 stroke count but quickly dropped to the low sixties. As he reached the mainland his stroke dropped into the high fifties.

Throughout the swim the water temperature was 68 or 69 degrees which was very comfortable.

Unfortunately there were problems with one of the kayaks as it tipped over, broke and just caused a few problems which the crew quickly dealt with.

Water conditions were fine but there was a swell, maybe two feet early in the night rising to three to four feet later. The night was starry and clear.

Many fish, dolphins and finally porpoises were seen in the crossing. Besides sea creatures, various swimmers joined James as pacers which were nice supports for him. At 10:19 am he had his last feed as the zodiac went to find a landing spot with Carol aboard. James finished after 10 hours 26 minutes and 36 seconds climbing over the rocks and clearing the three water steps.

Amy Migliazzo ended up being the next individual swimmer of the summer. She swam from Cabrillo Beach on the mainland accompanied by a paddle board and a pace swimmer.

The night was warm but there were two foot swells and waves. Over the course of the swim the swells increased to four foot. Amy wasn't bothered by them. She would fix her cap and goggles which were the only sign she was getting smacked in the face.

Her stroke count, taken by the observer, Warren and Sylvia Glenn and coach Alan Freeman, every seven to ten minutes, all night and day, ranged from 58 to 78, with the high at the start. She had lower counts but those were on feeds. At the beginning she fed every twenty minutes then dropped to fifteen minutes near the finish. At one point she didn't feel well and couldn't drink, even water.

The water was colder near Cabrillo Beach, a mere 66 but near the Island had raised to 70 degrees. The air temperature was wonderful from 68 to 71 degrees.

At one point in the swim Amy needed Vaseline which she had neatly held in a Ziploc bag. She also wanted a glow stick. She and her crew were well prepared. The only problem was the fumes which were blowing into her, but she never complained.

After 12 hours 45 minutes and 29 seconds Amy stepped ashore at Long Point on Catalina.

John York was the last swimmer of the summer. He swam on the day before his 40th birthday, October 6th. It was for fun and a challenge how well he could do.

He swam from Catalina to the mainland.

His time was outstanding, 8 hours 32 minutes and 49 seconds, one of the fastest in this direction for men. This was his sixth crossing, the most of any person.

There were three relays swimming a mainland to Catalina and back. (MCM) These were:

Blue Caps	Red Caps	Orange Caps
Anne Cleveland	Chris Day	Judith Sheridan
Becky Jackman	Jo Lamott	Carol Hamilton
Warren Haviland	Carol Sing	Rich Henry
Christy Ryan	Michelle Bloomberg	David Alexander
Cat Moore	Paula Selby	Robert Philipson
Chris Wagner	Steve Dockstader	Ida Jones

The relays left from Cabrillo Beach on August 20th at 9:21 pm. The water was unseasonably warm at 70 degrees. On most relays, swimmers don't feed nor are stroke counts taken. It is too hard to watch three swimmers, the paddlers and the water, or really what is in the water. This swim started out calm with a small swell and five knot wind. As the hours crept by the swells increased until it was just bumpy and even some white caps were visible. At the same time the amount of interested marine life increased.

In 11 hours 37 minutes 17 seconds the three swimmers landed together on the West side of Long Point on Catalina, turned around and reentered the water thus beginning the second leg of the double crossing. The morning was beautiful and the air temperature rose to 78 degrees according to Carol Sing, David Clark, Paula Selby and Steve Dockstader. Four observers helped when one swam or paddled and keeping more eyes on the athletes. It was especially important when suits just fell off in the midday.

Was it the blue whale that passed in front, then a Marlin jumped out of the water trying to see what was going on with the swimmers? Later some bottlenose dolphins swam right under the swimmers. Christy jumped in to swim with the dolphins.

The water was getting choppy as the relays approached the five mile buoy. The wind was up to ten knots. The white caps were constant. The swimmers fought through this and landed at Cabrillo Beach together after 23 hours 26 minutes and 12 seconds. The second leg, Catalina to the mainland took 14 hours 7 minutes and 17 seconds. These were very reasonable considering the conditions, marine life and suits disappearing!

2001

2001 was a good year for individual swims with five successful swims. There were no successful relays.

Forty-five year old Anne Cleveland from La Jolla, California attempted to swim from Catalina to the mainland. She began at 12:24 on August 24th, according to observer Frank Reynolds. Anne fed every twenty minutes on the crossing. Anne had quick feedings using only five to ten seconds. In the swim Anne had thirty feedings. During her second feeding, David Clark, who was kayaking saw a seal. This was the only marine life seen all night. The only type of feeding listed was soup at the five and a half hour mark. At the eleventh feed Anne was sick and felt weak. On the thirteenth feeding she had water and gradually felt better. Her feedings were changed to 15-20 minutes which seemed to help Anne.

Amazingly Frank took every stroke count, water temperature and air temperature. Her stroke counts ranged from two at 59 to an average of 56-57. Her low stroke count was only 55 strokes per minutes.

By 6:00am the sun was coming up and this inspired Anne.

With the sun up a pod of dolphins could be seen. Throughout the night the swells were three feet. As she approached the mainland the swells increased further. Another seal swam by and then the captain began playing his bagpipes to serenade Anne.

The water temperature drastically dropped from 68 to 64 degrees as she had two miles to swim. Anne fought through the cold water and landed at 10:39 am East of Point Vicente.

Her time was 10 hours, 15 minutes, the fastest for any woman over forty! She was the ninety –fourth person to complete Catalina.

The second swim of the summer, by Andrea Karge, began at 31 minutes after midnight on September 11, 2001. It was a beautiful night with some clouds and a half moon.

Andrea swam from Catalina to the mainland. She fed every twenty minutes throughout the swim. Early in the swim one of the kayakers ran over her feet. She wasn't hurt, just surprised.

There were flying fish around the kayak and all of a sudden a three inch fish jumped in the kayak with David Clark. Soon after, another jumped into the kayak.

As the night wore on the swells increased from Lake Catalina to one then

gradually to two then to three feet high. As the boat fumes also increased the swimmer had to move away from the boat. The fumes made Andrea nauseous. She was positioned behind the boat making it hard for the observer, Margaret Clark, to see the swimmer.

Next, the boat had engine problems and fell behind. Andrea and the kayaker kept going. At her next feeding she had ibuprofen with her fluid concoction she drank. This made her feel better.

Andrea was consistent with her stroke count, from 59 to 64 when it could be taken. The water temperature remained 66 degrees while the air temperature was 59 to 61 degrees throughout the swim.

Around 4:30am the swells died down as did the wind. Andrea was talking to the boat but no one, except the kayaker, could hear as she was too far away. Soon a container ship passed in front of the boat. Gradually the morning light was rising. She had a few pace swimmers which seemed to speed her up. By 6:30 am she was heard saying, "I feel awesome".

Again, the wind changed and Andrea had to be moved to get away from the fumes. All of a sudden there were dolphins jumping, sea lions and no wind. What a crazy night. This led to Greg Elliott playing his bagpipes. Andrea was 1 and 1/2 miles from the finish. Her stroke was a bit weaker but she was doing well according to her coach, David Clark. The small boat went in to check for a landing spot and 9 am Andrea climbed over the rocks to complete her swim in 8 hours 33 minutes and 18 seconds, a very fast time.

The third female swimmer to accomplish Catalina was Rebecca Jackman, on her second attempt. She swam from Catalina to the mainland. Becky left at 3:59 am on Friday, September 14. There was a problem with the thermometer so the water temperature ranged by five degrees between the coach and the observer. This mattered because she left the water on her first attempt as she was too cold. Knowing the temperature was a warning for everyone on the boat to be able to help Becky.

On the other hand, Becky fed every thirty minutes throughout the swim. She skipped one feeding as she felt sick and her coach entered the water to kayak for her. She did well from then on and seemed to get over her illness.

Becky maintained a low stroke count but averaged 52 strokes per minute. Her high was 54 and her low was 48.

Many swimmers jumped in to pace Becky throughout the night. This was very positive for her.

After 10 hours 28 minutes and one second Becky walked ashore. She did it!

Alan Bell, of Redmond Washington, was the fourth swimmer of the summer. He swam from Catalina to the mainland on September 21st. At approximately 1:58 am he entered the water at Doctor's cove. It was a dark night and the water was glassy. The water was 66 degrees for most of the swim, thus on the first break Alan said he was cold. This was not a good sign but Alan was tough and adjusted to the temperature quickly. This was further affected by a low air temperature for September, 61 degrees.

His stroke counts ranged from 68 to 73 per minute. These were strong.

At 4:00 am there was a shark scare which disappeared quickly. Everyone was prepared to deal with it but it just swam away.

Alan fed on Accelerade, usually 8 ounces. He fed every 15 to 20 minutes on the swim. The feedings were quick, however, from 10 to 20 seconds.

During the early morning, just before dawn Alan complained about the dark. This made him nervous. By 6:00 am the sun was coming up and this helped Alan. There were no swells, it was glassy.

Dolphins appeared around 8:00 am. Alan's shoulders were hurting so he took three ibuprofen and asked how far he had left. John York jumped in and swam with Alan. This increased his stroke count and seemed to settle him down. It also helped him increase his stroke count.

Around 10:00 am Alan wasn't feeling well but he was told he had less than two miles. He pushed through the pain.

At 11:00 am the little skiff went in to find his landing spot. At 11:26 he landed on a rocky beach near Cardiac Hill. His time was 9 hours 28 minutes and 29 seconds. This was a very fast swim for a man of 51 years of age.

The last swim of 2001 was accomplished by James Fitzpatrick, a 46-year-old from Laguna Niguel in California. His attempt was from Catalina to the mainland on October 2, at 11:24.40 pm. He entered the flat water at Doctor's Cove on a dark, windless night. It was so clear one could see Catalina and the lights on the mainland because there was a full moon.

James fed every twenty minutes, usually consuming 8 ounces of Gatorade. He did this in 15 seconds rarely needing 20 seconds.

From the beginning he had pacers in the water with him. There were times he was by himself, but not many. At one point the two swimmers crossed in front of the boat and the navigator had to drop speed to bring the swimmers back on the starboard side.

Another time the rope on the skiff or Bubba as it has been nicknamed, was caught on the underside of the boat. It took 15 minutes to fix this and catch up with James, the pacer and the kayaker. That was at approximately 4:00 am so it was very dark for the three until the boat caught up.

James stroke counts were 50 to 51 except at the start when they were higher and at the finish when they dropped to under 50 strokes per minute.

The water temperature was 66 degrees the whole way. The air on the other hand was 63-64 degrees consistently.

As James approached the mainland a small chop was encountered. Despite this, James pushed through and landed East of Point Vicente on a rocky beach at 9:12 am. His final time was 9 hours, 47 minutes and 44 seconds. He was the ninety eighth person to swim the Catalina Channel.

There were no successful relay swims in 2001.

2002

There were two successful swims across the Catalina Channel in 2002. There were also six relays.

Bula Chowdhury Chakraborty of India was the first swimmer in 2002. On August 28th she swam from Catalina to the mainland. Bula's time was 10 hours, 23 minutes and

14 seconds. She became the first female swimmer from India to swim Catalina.

The second swimmer was Loren McCoy. She swam from Catalina to the mainland on September 20th. Her time was 11 hours, 12 minutes and 43 seconds. Loren was the 100th person to swim the Catalina Channel.

The first two relays of 2002 were the Wild Old Women and the Swell Guys consisting of:

Carol Sing	Steve Dockstader
Deb Peckman	Chris Wagner
Adrienne Pipe	Warren Haviland
Betsy Jordan	Donald Van Cleve
Sandra Vicker	Bill Kehoe
Janet Lamott	Rich Henry

These relays swam from Catalina to the mainland in 10:35. This made them the 43rd and the 44th relays to cross the Catalina Channel.

The third and fourth relays of the summer were the Tidalwaves and the Fireballs swimming from Catalina to the mainland. They also swam simultaneously. The teams were composed of the following athletes:

Preston Gable	Brian Shortal
Jeff Ricks	Rich Mahon
Tom D'Amato	Chris Collins
Mike Keeney	Mark Ackerman
Brian Francis	Kathy Hagan
David Lamott	Margy Moynihan

The two teams entered the water at the Island on August 26th and burst forth on the mainland after 13 hours, 41 minutes and 20 seconds.

Northern California sent the final two relays to swim Catalina in 2002: The South End Rowing Club Floods and the South End Rowing Club Ebbs. The members were:

James Knight	John Hathaway
Diana Wygant	Steve Ray Hutwitz
Nancy McCabe	Dan Needham
Gary Emich	Barry Maguire
Brenda Austin	Rhys Ludlow
Bill Wygant	James Miller

On September 17th the first two swimmers gingerly slid into the water at Catalina Island. The relays stayed together throughout the swim. At 13 hours, 31 minutes and 51

seconds the 47th and the 48th relay emerged from the water at the mainland.

2003

In 2003 there were five individual swims by Mark Monticino, William Schulz, Kevin Murphy, Jason Pipoly and Michael Miller. There were no relays, however.

The first two swims of the Catalina Channel for 2003 were completed by Mark Monticino and William Schulz swimming together. At 52 minutes after midnight on August 6th the two entered the water to swim from Catalina to the mainland leaving from Doctor's Cove. The two swam the Catalina Channel as a fundraiser for the American Diabetes Foundation.

The water temperature played a large part in this swim. When they began it was 67 degrees, a fairly normal to low temperature for Catalina. As they crossed the channel the temperature decreased to 64 degrees at the finish. That is a significant drop. Luckily, the air temperature improved from a mild 66 to 68 degrees, not having an affect on the water.

Observers, David Clark and Bob West, also took the swimmers stroke count. These two men stayed together despite having totally different stroke counts. Mark ranged from 56 to 60 strokes a minute while William ranged from 66 to 73 strokes per minute.

Mark and William were doing very well at taking ten to twenty second feed stops. At one stop they commented that they were glad they were not on the boat as it looked so bumpy! Motivation not to quit a swim-you would have to get on the boat.

They were feeding every 20 minutes.

The water was choppy but not too bad. The wind was hovering around four knots. By 7 am the wind died down.

The boat was heading for the lighthouse. With less than three nautical miles left, Mark saw the land for the first time and smiled. Everyone on the boat began cheering.

With one mile left, the water was at 64 degrees but didn't seem to affect either man. Both were doing well heading for the lighthouse. As they reached the rocky beach they exited together, swimming the Catalina Channel in 10 hours, 11 minutes and 13 seconds.

Kevin Murphy had swum the English Channel thirty times by August of 2003. He chose to swim from Catalina to the mainland. On August 8th he entered the water at 1:42 am. His wife acted as his coach. It was a clear night and the lighthouse on the mainland was visible.

At the beginning he fed every hour then he switched to a half hour. He ate porridge at his third break!

The navigator played his bagpipes at one of his food breaks receiving a thumbs up from Kevin. As the swim went on Kevin's breaks increased in length to two minutes.

He had a very consistent stroke rate, between 60-62 throughout the swim.

There were dolphins in the area during the night. Early in the evening it was 67 degrees in the water but once the sun came up it rose to 72 degrees. Meanwhile the air temperature jumped from 65 degrees to 70 degrees in the early afternoon.

After 15 hours 23 minutes and 12 seconds Kevin Murphy completed his first

Catalina swim by walking ashore on the mainland. He became the 103rd person to swim Catalina, an Englishman.

Jason Pipoly, a 32 year old from San Antonio, Texas, decided to swim a double crossing from the mainland to Catalina and back. The only disadvantage was Pipoly was a paraplegic, having lost use of his legs in a car accident in 1998.

He drank Cytomax every thirty minutes and rather quickly dropped to every fifteen minutes which was good. He asked that the fluid be heated as it was too cold and affecting his temperature. This was done and seemed to help him. He also had a gel.

He had to change goggles which took over two minutes. His next feed stop, he had to clear the goggles which also made for a long break. Each of these led to him getting colder.

Jason was using more fluid than he had planned for and the skiff headed to Two Harbors to pick up some more, around 8 am. His stroke count was between 57 and 60 on his first lap. As he approached the Island he was swimming strongly. He finished his first lap to Catalina in 17 hours, 59 minutes and 15 seconds.

Jason immediately returned to the water to swim back to the mainland. He saw a sailfish and dolphins but these didn't help to increase his rapidly declining stroke rate, 54 per minute. After 2.7 miles Jason wanted to get out. He had swum for over 24 hours. He didn't complete the second leg.

The final swim of 2003 was attempted by Michael Miller, a 49 year old, from Kailua, Hawaii. He swam from Doctor's Cove to the mainland. His coach was Steven Munatones and the observer was John York. It was September 14th at 1:37 am when he walked into the water.

He fed every 20 minutes in the swim. He drank fluids, ate peaches and protein bars throughout the swim. His breaks were 20 seconds to two minutes as he needed it.

The ocean was so calm and with no wind, the boat had trouble going slowly. Usually there are swells to deal with, wind and chop, making the boat work harder but this was a perfect night. There were no swells as the swim continued.

Michael's stroke ranged from 57 to 61 strokes per minute. At 11:57 am he landed at the mainland. His total time was 10 hours, 20 minutes and 13 seconds.

2004

2004 was an exciting time for Catalina Channel swims. There were four individual swims in 2004. Two relays also swam the Catalina Channel.

The first swimmer was swimmer Kathleen Wilson. She planned to swim from Catalina to the mainland on August 10th. Kathleen had a strong background in open water swimming. She had conquered the English Channel, the Around Manhattan Swim and Tampa Bay. At 54 minutes after midnight she entered the water at Doctor's Cove.

It was a clear and calm night with many stars visible above. She drank Gatorade every thirty minutes with a protein and glucose pack. All her breaks took less than thirty seconds. Likewise her stroke count was very efficient, varying only from 77 to 78 for the complete swim. It seems as if the air and water temperatures also remained constant. Her

only complaint during the swim was her back was cramping up. Kathleen mentally worked through this problem. Kathleen walked ashore in 9 hours, 36 minutes, and 34 seconds on the beach below Pt Vicente.

The second swimmer was Gary Greenwood. On September 7th at 10:28.50 he began his swim from Catalina to the mainland. Gary was 62 years old. David Clark was his coach and on the swim, Don Van Cleve was his observer. He swallowed water at the beginning of the swim. The feedings were every 20 minutes. He drank water, Gatorade and a Gel shot. The water ranged from 70 to 72 degrees which was very comfortable. Similarly, the air hung around 69 degrees.

Gary's stroke was around 60 strokes per minute with the exception of a high of 65 near the start and a low of 50 near the finish. There were some discussions if the course should change but in the end, this didn't happen immediately. When it did he dropped to feeding every 20 minutes. Gary was fine and felt strong. In mid morning Gary declared, "I will never drink Gatorade again." Too bad he had six more feedings! Gary landed without any problems. His time was 13 hours, 8 minutes and 3 seconds.

The 108th person to swim Catalina was 39-year-old Forrest Nelson. Similar to the other swims of the summer, he swam from Catalina to the mainland. He slid into the water at 11:32.16 pm on October 4th. It was a beautiful night with a slight swell. The water temperature was a bit cold averaging 66 degrees. To make things worse the air temperature was 59 to 62 degrees. The combination of cold air and water can lead to hypothermia. His stroke count, on the other hand, kept increasing until the last three hours. He began at 55 and increased to 60 but near the end dropped to 55-58 per minute. At the same time there were fume reports from the paddlers so Forrest was moved to the other side of the boat.

At the early morning after a boat passed astern of Forrest, Greg began playing his bagpipes. The water had calmed and the swells had disappeared. At 10:07.32 am Forrest climbed up the rocks East of Cardiac Hill. Forrest was cold but fine. He was suffering from mild hypothermia. His time was 10 hours, 35 minutes and 14 seconds.

The fourth and final swim of the summer was swum by Jim McConica. Jim was 53 years old and lived in Ventura, California. This was his second individual swim.

He embarked at 11:57.08 pm on October 6th from Arrow Point on the Island. It was an overcast, slightly windy night. The air temperature varied from 60 to 62 degrees while the water ranged from a low of 64 near the mainland to a constant 65-66 degrees the rest of the swim.

Jim fed every 30 minutes. He drank Sportalyte and took ibuprofen during the swim. His breaks were quick.

During the night many boats were visible, dolphins and then jellyfish. Jim was getting stung constantly. Next the diesel fumes of the boat affected Jim and the paddlers so he switched sides of the boat. This was done twice.

At the large rocks at Long Point, Jim exited the water by climbing up the rocks. His time was 10 hours 19 minutes and 24 seconds.

2004 Relays

There were two relays in 2004. These were the Mola-Mola and the Anguila. The teams swam simultaneously. The members were:

Mola-Mola	Anguila
Alan Freeman	Jaime Riley-Akers
Kerry Forsyth	Nicole Tetrault
Tom McNeil	Neil Dilworth
Duane Leib	Sylvia Glenn
Ron Perkins	Blake Chaffee
Mike Scarcelli	Ellery Strebin

The relays started just before day light, leaving at 6:12.50 am on August 19th. Within the first hour a huge sea lion swam by the two swimmers. Later numerous dolphins swam near the boat.

With the sun up the water temperature rose from 63 degrees to 72 degrees near Catalina. It was a calm day, with mild swells. A group of swimmers saw mola molas, then three blue whales. Unfortunately, the next thing to happen was a small shark approaching the two swimmers. The skiff was released to chase off the shark which turned out to be a three and one half foot Mako shark.

After 13 hours, 7 minutes and 35 seconds, according to observer David Clark, the two relays finished becoming the 49th and 50th relay to swim the Catalina Channel.

There were twenty swims in this era by 18 people. Jim McConica made his second crossing and John York in 2000 accomplished his sixth, becoming the most anyone had ever done.

CHAPTER 9
2005-2007
The Early Period 2005-2006

In 2005 the number of individual swims successfully jumped to twelve, the most ever. All but one swimmer swam from Catalina to the mainland. Four relays attempted Catalina in this year.

The first two swimmers of 2005 swam together. William Newbern and Andrew Hewitt swam from Catalina to the mainland on July 11th leaving at 11:44 pm from Doctor's Cove. For the first three hours they fed every hour prior to switching the half hour. They fed on Maxim, Celebrex, Tylenol, honey with tea for Will when he didn't feel well. The latter didn't help.

There were numerous pods of dolphins close to the boat. There were also jellyfish and both guys were stung many times. The water was 64 to 66 degrees. The air temperature varied from 61 to 64 degrees according to Observers Carol Sing and Paula Selby.

Will averaged in the 60's for his stroke count while Andrew hovered in the 40's. This was a low stroke count for Andrew.

The night was calm and called "Lake Catalina". It only was rough, 3 to 4 foot waves as the two tried to climb up the rocks for the finish. Nevertheless, they were successful. Their time was 12 hours 48 minutes and 36 seconds.

On July 19th the third swimmer, Phil Garn, entered the water at 11:08 pm. The water was calm at Doctor's Cove where he started but the water temperature was 64 degrees. Through the night it dropped as low as 62 degrees! He was accompanied by a pacer for the first few hours. Phil maintained a stroke count of 70 strokes per minute until the early morning when he descended to 67 strokes per minute. He fed every thirty minutes in the crossing.

Early in the evening the water became very choppy and then there were white caps. This lasted for two hours, chasing the pacer out of the water. Finally, as the moon set, at around four am the water settled down. Every once in a while there were a few waves, then it was calm as could be. This pattern continued through the night. At 6:02 am according to observers David Clark and Paula Selby the sun rose. Soon after, more dolphins were spotted. David Clark kayaked Phil into the finish at Point Vicente. His time was 9 hours 39 minutes and 25 seconds. He was the 111th swimmer to cross Catalina.

Three swimmers swam simultaneously on August 1st at 11:35p.m. They were David Blanke, Elizabeth Fry and Marcia Cleveland. David was from Austin, Texas. Elizabeth was from West Point, Connecticut and Marcia was Winnetka, Illinois. Besides this, there were three observers watching the swimmers: David Clark, Carol Sing and Nora Toledano. It was a nice night with a slight swell but with 10 knots wind. Marcia needed a seasickness pill. Through the evening the swells increased to 1 to 3 feet before lying down in the morning.

The water temperature averaged 69 degrees until the end where it fell to 66 degrees off of the mainland. This did not significantly bother the swimmers but Marcia noticed it and Liz asked for warm fluids. Each had swum numerous open water swims throughout their lives.

Their stroke counts were recorded consistently. David's stroke count was constant at 57. Elizabeth's maintained 68 then dropped to 64 near the end of the swim. Meanwhile Marcia started at 71 and dropped to 64.

Feeding the three swimmers made for a longer break. The group began at 45 seconds but near the end were taking two minutes. They fed on Maxim and Gel. Sometimes they drank protein. They stopped every thirty minutes. On one feeding Motrin was also used.

A large container ship passed in front of their bow. Soon after the sun rose and all the swimmers were ecstatic. Their time was 8 hours, 56 minutes and 10 seconds. This was an excellent time.

Jeffrey Magouirk began his swim on August 22rd. He came from Westminster, Colorado. Jeff entered the water at 11:48.15pm. He swam a few strokes of breaststrokes then switched to freestyle. His stroke counts jumped from 59 to 71 to 66 but averaged 62 per minute. The water temperature dropped from 68 to 65 degrees. According to observer Margaret Clark, the air temperature immediately fell from 72 to 65 degrees then just as quickly to 64 degrees.

This cold air and water temperature can have an effect on a swimmer, but Jeff fought through it. He passed David Cooper who started before him. He stretched many times and swam a few strokes of breaststroke.

Jeff fed every forty minutes after an hour for the first feeding. Finally he switched to thirty minutes. He drank Hammer gel and other unlisted drinks. Jeff breathed to his right side. When he came closer to the boat he said he was dizzy. He wasn't hypothermic. After he told the boat this he seemed to pick it up. He pretended to be a shark. He felt better. In the morning hours he took many breaks. He swam breaststroke or stayed in one place. From 7:14 to 7:45 he took 11 breaks. Everyone thought he would quit. He didn't but he looked cold.

Through the clouds finally one could see Palos Verdes. One could also see David Cooper a few miles behind Jeff. He climbed the rocky beach at 11:31am on August 23rd. Jeff's time was 11 hours, 43 minutes and 2 seconds. He was the 115th person to swim Catalina. His wife and son met him on the beach and then all returned to the boat.

On August 22nd David Cooper attempted to swim from Catalina to the mainland. David took off from Doctor's Cove at 11:40 pm just before another boat was arriving. As the swim began David had to switch sides as the fumes were bothering him. He fed every thirty minutes. His stroke count was all over the place ranging from 48 to 57 in the first four hours.

There was a clear sky, with many stars and a bright moon. The water temperature started at 68 degrees and gradually receded to 64 degrees. Using Margaret Clark's air temperature it started at 72 and dropped to 64 degrees. Observer Becky Jackman focused on David's stroke count taking many counts during the swim. David departed at 54

strokes per minute and descended to 48 then jumped up to 57 strokes per minute. The next two hours he slowed to 48 strokes per minute (spm) then steadied at 50 spm.

At 7:40 am the boat was surrounded by dolphins. David increased his stroke count when he swam with them.

David wanted to know his distance but not by nautical miles only land miles. He yelled at the best kayaker in California. On all of the next breaks he pleasantly received both land and nautical distances from David Clark. He exited the water by ascending the rocky beach to finish his swim. It took him 13 hours, 19 minutes and 48 seconds.

Paolo Chiarino of Italy swam on August 25th. He embarked upon his attempt to swim Catalina at 11:56pm from Doctor's Cove. Paolo was 39. He picked a great day to swim as the sea was flat as was the wind.

Paolo had an interesting regime of feeding. After settling down he fed every 20 minutes. He drank coffee, Cytomax, gel pack, ate sandwiches made with Nutella and a banana.

His stroke count started out very well at 74 spm. For a couple of hours he held at 66 spm. As the water temperature decreased to 65 so did his stroke count. Near the coast he increased to 71 strokes per minute. The air temperature commenced at 64 degrees and then leveled out at 69 degrees. Paolo was cold and on two occasions was shivering at his breaks but he was alert and could communicate. An extra boat was put in for safety. He was close to finishing.

While approaching the shore there were choppy waves and jellyfish. Paolo's paddler used his paddle to push one out of Paolo's way. In addition, during the crossing, the navigator maneuvered the boat out of the way of a boat heading directly for Paolo. There were no other problems.

Paolo's finishing time was 15 hours, 17 minutes and six seconds.

Bill Hoehn entered the water at 10:50pm on September 6th. There were light winds and some swells of two to three feet high. It didn't bother Bill as he embarked on this event, leaving from Doctor's Cove swimming to the mainland. Paula Selby and Carol Sing were his observers.

Bill's stroke count began at 64 and decreased to 57 when he was doing poorly mentally. The water temperature remained consistent at 68 to 66 near the finish. Bill had a good feeding plan starting at one hour then immediately changing to half an hour for the rest of the swim. He drank Maxim and fructose; tea and Maxim; tea and Gatorade and then a few more courses of tea and Maxim.

As what happens with many swimmers as you get closer you feel as if you haven't moved. Bill asked this of his observers who told him he only had one nautical mile left. Many swimmers dove in to swim with him. His crew helped him finish! Bill exited the water after 12 hours, 57 minutes and 59 seconds. He was the 118th person to swim Catalina.

Richard Knepper swam from the mainland to Catalina. He started at 10:25.50 pm on September 8th. He set out from Cabrillo Beach on the mainland to Long Point on Catalina Island.

He fed on Cytomax or Accelerade every thirty minutes. He had quick feedings throughout the swim.

At the beginning the sea was wild and finally calmed down. Richard needed Ibuprofen to help his pain.

He started with a 59 stroke count and slowly dropped during the night. By early morning he increased his stroke rate to 59 again. This was very impressive for a 56 year old.

Observers David Clark, Paula Selby and Janis Bloomquist monitored the swim and felt it went well.

His time was 11 hours, 56 minutes and 10 seconds.

The final swimmer of the summer was Peter Attia of Canada. He entered the water on October 11th, at 18 minutes past midnight. He was swimming from Catalina towards the mainland.

Peter had a unique stroke count. He commenced at 48 for numerous hours and then improved to 51. He had an improvement through the night.

Peter had a cold night with 61 degree air temperature and 65-66 degree water temperature. The only good news was it was a beautiful night. The observer, Margaret Clark, was seeing lots of planets and stars.

As the night wore on the lights on the boat went off but then the stars were more visible. Soon the diesel took effect on the swimmer and Peter moved to the other side of the boat.

In the early morning Peter switched to backstroke. It seemed to relax him. Dolphins crossed in front of the boat and then returned. Two large tankers also passed in front of Peter.

Peter requested a pacer to help him swim faster. The photographers filmed from Bubba. There were ten people on the rocks as Peter crawled ashore to finish his swim. Peter swam the channel in 10 hours, 34 minutes, and 51 seconds.

2005 Relays

There were four relays in 2005. Three were from La Jolla Cove Swim Club:

Steve Royce	Bill Crane	Steve Mosely
Robert Philipson	Cat Moore	Jay Greeson
Chris Waggoner	Carol Sing	Rich Henry
Becky Jackman	Kim Darling	Cindy Walsh
Jo Lamott	Donald Van Cleve	Debbie Peckman
Janis Bloomquist	Steve Dockstader	Janet Lamott

The three relays commenced their swim at 3:06 am on August 11th 2005. The water temperature was a warm 68 to 70 degrees. The air averaged 65 degrees. No stroke counts were taken nor did any one feed on the swim while in the water. The group supported each other. The water was clear, calm and warm. In the distance some tall

ships could be seen heading to San Diego. Soon after this, a Cosco tanker was seen heading North. Finally there were dolphins.

The relays finished together after 10 hours, 30 minutes and 37 seconds.

The final relay swim of the summer was September 15, 2005. The name of the relay was the Holy Cross (HC) Alumni Swimmers + 1.

The members were:

Len Conti	Frank Bongiorno	Chris O'Connell
Kerry Brainard	Bob Somma	Mike Toner

This relay swam from the mainland to Catalina Island. As the swimmers were drifting too far from the boat the captain used a horn to pull them back to the boat. Stroke rates were taken every 15 minutes throughout the swim by the observers, Jim McConica and Linda Bamford. The current pushed the relay members so much there was concern they would miss Long Point. The swimmers did very well and landed after 14 hours, 47 minutes and 37 seconds. This was the 54th relay across Catalina.

2006

Thirteen swimmers tackled the Catalina Channel in 2006. There was only one relay.

On July 7th, the 2006 season began. Marc Lewis swam from Catalina to the mainland. He embarked from the floating deck on Doctor's Cove. He dove in and swam to shore for the start. Margaret Clark was his observer. He plunged into the water at 00:08:56, just after midnight.

Marc fed every 20 minutes and held his feedings to under 30 seconds. Usually he had faster feeds. He took liquid Motrin early in the swim as he was seasick. He did a good job maintaining his stroke count. He started at 57 strokes per minute and only for a short period dropped to 54 spm then returned to 57 for the finish.

The water temperature varied from 70 to 66 degrees as he approached the shore. The difference in this did not affect Marc. The air temperature on the other hand, rose from 64 to 68 degrees, during the swim helping to keep Marc warm.

The ocean was calm at the initial phases of the swim but gradually the swells increased adding to seasickness on the boat. One of the pacers treated a paddler with an herbal solution to help his seasickness. Everyone seemed to get better when the sun rose.

During the night, sea lions and flying fish crossed in front and by Marc. In the morning, a container ship crossed the bow of the ship. A bottle with a message in it was thrown in the water.

As Marc approached the finish, the skiff with the observer went in to find a safe landing beach. Marc left the water and walked ashore after 9 hours, 44 minutes and 18 seconds.

Andrew Alan Voisard of San Diego swam Catalina to the mainland on July 18th departing at 6 minutes after midnight. He plunged into the water at Doctor's Cove. The

water temperature in mid-July was between 68-70 degrees. Similarly, the air temperature was a comfortable 67 degrees.

Andrew fed at one hour then decreased to a half hour for the rest of the swim. At most of his feedings there were Pacific White Sided Dolphins according to observers Carol Sing and Paula Selby. He had short breaks of 30 seconds or less and then would take a three minute break. Most breaks he had Ibuprofen and caffeine until he stopped the caffeine at 6am. He did drink tea after the coffee which is actually stronger than coffee. He emerged after 11 hours, 26 minutes and 47 seconds just North of Palos Verdes.

The third swim was done by 32 year old Christian Tuskes. He swam on July 24th from Doctor's Cove on Catalina to the mainland. He left at 18 minutes after midnight.

Chris decided to feed at 40 minutes for the first feed, then to drop to every 20 minutes for the rest of the swim. This worked very well for him. He drank 4 ounces of chocolate Ensure alternating with 4 ounces of water. He took this well. He didn't get sick. He did, however, slow down after six hours.

It was a beautiful night with one foot waves and warm water ranging between 72 and 73 degrees. According to observer David Clark, "this was the warmest water temperature I have ever seen in the Catalina channel."

Similarly, the air temperature stayed in the 70's all night. This made for a great swim as conditions were so nice.

Chris maintained a favorable stroke count of 58 to 61 until he seemed to need more food. His stroke count decreased to 52. As he looked cold he was checked for his orientation. Various personal and other questions were asked to make sure he was alert. He responded immediately. It helped that the marine layer had burned off and the sun was out. The wind had picked up but Chris was persistent. Chris crawled out over the rocky beach and completed his swim. Christian finished in 15 hours, 57 minutes and 23 seconds.

The first Australian to swim Catalina to the mainland occurred on July 31st. Gemma Jensen was twenty years old when she accomplished this feat.

She departed from Doctor's Cove on the Island with Boy Scouts cheering in the background. She embarked in the water at 11:34.35pm. The water was a warm 72 degrees while the air temperature held around 68 degrees. Observer David Clark called conditions as "Lake Catalina."

Gemma had worn dark glasses so had to have them switched to clear goggles. This made it easier to see.

Besides this, there were no problems. She enjoyed the Catalina swim very much.

As for her stroke count, hers began at 86 and every 20 minutes seemed to drop one stroke count. At 1:57 am count was down to 81.

Gemma fed every thirty minutes through the first part of the crossing, then lowered to 20 minutes. Her feedings were fluids. They usually lasted 20 to 30 seconds.

Her time was the second fastest female to swim in this direction. Gemma swam a fast 8 hours, 20 minutes and 48 seconds, completing the swim on August 1st.

Stanley Leventhal swam on August 3rd from Catalina to the mainland. He began

at 11:49 pm. Stanley had attempted Catalina at an earlier time but he was back to conquer it. The water was calm at the start however there was a paddler problem. One went ahead and the other was behind and both were right.

David Clark tried to explain to them what to do but neither was listening and Stanley was getting upset. There was an angry exchange over food and how to lead but gradually everything settled down.

Stanley fed every twenty minutes. He started with short breaks then had longer ones, over two minutes. At his breaks he varied from Gatorade and applesauce to solid food, to hot apple cider. He changed over time. By 5:30 am his feedings were not supplying him with the energy he needed. His stroke changed. He lost his kick and finally his stroke count dropped to 53 from 57. Strangely, his stroke count improved with the sun clearing at 10:30 am. It wasn't consistent but it was higher, even reaching 60.

As he approached the shore there was only a steep rocky beach. Stanley stood up and climbed the rocks before he fell. He turned around and swam back to the boat as both kayaks had flipped over on the rocks. Observers David and Margaret Clark sent the one kayaker back with an extra paddle to help the stranded kayaker. Finally all were on the boat. Stanley emerged from the water after 16 hours, 15 minutes and 15 seconds becoming the 125th swimmer of the Catalina Channel.

Aditya Santosh Raut of India swam the channel on August 5th. He began at 12:18 am from Doctor's Cove on the Island. His coach was Vinnie Raut. He watched the swimmer constantly throughout the swim.

He fed every thirty minutes, usually a protein bar, two cookies, and drank 5 ounces of fluids. His breaks were very quick, 10 to 15 seconds each.

The night was beautiful. The water temperature was 72 degrees at the beginning.

According to observer John York around 8:24 am he was cold. He shivered around his mouth and hands. His right arm was dragging. John was watching him carefully. He had approximately 2.5 miles to go. There were several blue whales in front of the boat. Even though the sun was up the water temperature was dropping first to 68 then 67.8 degrees.

John York jumped in to swim with Aditya. He finished at 11 hours, 38 minutes and 49 seconds. He was the second swimmer from India.

Jersey Island of the UK sent Sally Minty-Gravett, and Dennis Dressel came from Connecticut. On August 9th they set out together from Catalina towards the mainland at 11:32pm. They left from Doctor's Cove where the water was a warm 73 degrees. Observers David Clark and Carol Sing recorded it was a beautiful night but a bit bumpy. Dennis's stroke rate was 53 while Sally's was 52.

At one hour they fed for one minute. At 1:30 Sally was disoriented and Dennis was sick. At 2:30 he decided to get out. He was fine other than the sea sickness. Sally changed sides because of the fumes. By 3:30 the sea had calmed down. As the morning rose there were dolphins everywhere. Two blue whales crossed in front of the boat.

Sally has cold water induced asthma. She had to be careful as she approached the coast as that is where the water temperature drops significantly. Sally did very well. Nothing bothered her except the fumes. Her time was 9 hours, 51 minutes and 23

seconds. This was an excellent time.

The 128th swimmer was Claudia Rose. She set out from Catalina at 3:42 am on August 10th. Claudia maintained 54 strokes per minute for the first hour. The water was calm and the temperature was 69 degrees. Claudia skipped her first feeding. She was stopping and looking around. Finally after an hour she fed. She fed again after twenty minutes. She did happen to vomit. Claudia saw a sea lion according to observer Alexia Nalawaik. Her stroke rate had lowered to 52 per minute.

By the 5:42 feeding the paddlers complained of fumes so Claudia was moved to the other side of the boat.

Claudia was still maintaining 52 strokes per minute. The wind picked up and changed direction so Claudia changed to the port side of the boat again. At 7:03 Claudia wanted to quit. For the next 40 minutes her stroke count dropped to 42 per minute, she swam some breaststroke and she talked a lot. She fought through mentally. Her stroke count increased to 50, she took off her swim top and drank green tea and crackers. This seemed to work. Next, dolphins appeared. She maintained a 52 stroke count.

The water temperature increased to 73 degrees. There were five paddlers who rotated through the swim, supporting Claudia. After this, Claudia walked ashore after 11 hours, 33 minutes and 20 seconds.

Anna Ray DeLozier from Sierra Vista, Arizona raced across Catalina to the mainland. She departed at 34 minutes after midnight on August 17th. She dove in at Doctor's Cove. It was a calm night. She chose to feed every 25 minutes. Her feedings lasted 10 seconds. She started out at 68 strokes per minutes. As the water temperature dropped, so did her stroke count. The Water went down to 68, stroke went down to 65. Fifty to eighty dolphins were around Anna. Near the finish she dropped to 62 strokes per minute. She landed East of Pt. Vicente. She climbed ashore in 8 hours, 35 minutes and 44 seconds.

The next swimmer of the summer was Grant Currie, a 30 year old from San Pedro. He walked into the water at 11:55pm on September 8th. He started near Arrow Point. After 24 minutes he asked for Vaseline since he forgot to put it on his neck.

He fed on 4 ounces of water at 30 minutes. Later he drank Gu, then Gatorade and water.

He varied stroke counts from 66 to 63 to 61, then dropped to 60, to 59, 56 and then raced back to 59.

The water temperature also bounced all over the place. It ranged from 68.8 to 70.9 to 66 near the shore. With three miles to go Grant was very cold. He struggled but Grant emerged after 15 hours, 59 minutes and 27 seconds.

Lynne Smith chose to swim Catalina on September 13th. She entered the water at 31:15 after midnight at a small beach just west of Long Point on Catalina heading for Cabrillo beach. The water was 68 degrees at the start of the swim but as the night and day continued, the temperature dropped to 61 degrees. Meanwhile the air temperature was 63 in the middle of the night and rose only to 66 degrees during the day.

It was a cloudy night. There was a marine cover and 1 to 2 foot swells. There was, however, a 10 knot wind. As the diesel smell was strong Lynne passed up calm water, for clear air and more swells. This was a tough trade off.

Lynne had rigged a line with three bottles hanging from the boat to feed herself at the break time. The first bottle had carbohydrate fluids. The second had water and the third had mouthwash. This worked for most of the swim and could be moved from side to side. It was an ingenious plan. There was a point where it fell into the water and had to be rescued.

Lynne fed every thirty minutes. Her breaks varied in time based on what she drank and if she spoke.

Another time the kayaker and swimmer went in front of the boat and then went 40 meters to the port. Lynne said she didn't like this. (Few swimmers would.)

Lynne asked if she had gone halfway. It took two breaks to get the correct mileage which was 9 miles. After this Lynne swam backstroke, breaststroke and stopped to look at her arm. It was surmised she was stung by a jellyfish.

She began retching after the 8:06 break and this lasted for an hour. She complained her shoulders hurt and stopped feeding but she kept swimming. Her stroke count which began at 66 dropped gradually to 63 but once her shoulders hurt the stroke count plummeted to 54 strokes per minute.

For the last two miles Lynne didn't feed. Her stroke count increased to 61 by sure will and determination.

Lynne climbed out of the water in front of the lifeguard tower on Cabrillo Beach. Lynne was looked at by the lifeguards. She was taken care of by Baywatch.

Lynne's final time was 11 hours, 27 minutes and 29 seconds.

James Pittar of Australia did the 12th swim of the summer. He left at 11:51 pm on September 15th. James was blind which makes this feat even more impressive. The crew used whistles to keep him in place. Luckily, the ocean was calm but a bit cold.

His stroke rate began at 66 per minute and only dropped to 59. He fed at the one hour mark and after that from the one and a half mark. He exited after 11 hours, 36 minutes and 50 seconds.

The final swim of 2006 was swum by Scott Richards. He swam from the Island to the mainland.

He entered the water at 12:20 am from Doctor's cove on Catalina. There were rough conditions for the first four hours. At one point the boat had lost the swimmer as the kayaker was sick and led the swimmer off to the North after a break. It took the boat 40 minutes to find Scott in the darkness.

In his interview Scott thought the toughest part of the swim was the mental part as there was no sea life, he was lost and he had to keep pushing himself through the pain.

He fed on 6 ounces of Gatorade for the first four hours. Then he added electrolytes and Gu. He fed at one hour then 45 minutes, and then he dropped to 30 minutes.

Scott hit the wall after five hours into the swim. He was depressed and wanted to quit. He didn't, he persevered. Mentally he celebrated when the dawn was visible. He

made it through the darkness.

Scott's elbow and shoulder began to hurt. Again he fought the pain and pushed onward to the finish.

His stroke count fluctuated from low 70's to mid 60's and back up. When he felt sorry for himself the stroke count dropped and when he overcame the pain the stroke count increased.

The water was 68 at the start and fell to 63 for the finish. Scott knew that this meant he was almost done. He was given landing instructions and finished after 10 hours, 39 minutes and twenty seven seconds. He was the 133rd person to swim the Catalina Channel.

2006 Relay

The only relay of the summer was on July 21, 2006 the RBAC Masters. The relay swam from the mainland to Catalina. The team was made up of:

Louis Caron
Jason Fox

Jill Keenan-Boline
Peter Hixson

Michael Scannell
Forrest Nelson

The relay plunged into the water at 5:58 am from Cabrillo Beach. There were some white caps but at least there was no darkness. The observer was John York. He took stroke counts on each leg of the relay and monitored the water temperature. The water temperature rose from 65 to 72 degrees.

This was the 55th relay to conquer the channel.

The Late Period 2007

There were eight individual swims in 2007. Each swim went from Catalina to the mainland.

Karl Jacobs was the first swimmer. He swam on July 9th. He began at 11:50pm at Doctor's Cove on an excellent night. The crossing was very smooth. The water temperature began at 68 degrees, lowered to 66 and raised to 69 degrees. Meanwhile, the air temperature went from 65 degrees to 70 degrees. Both were unusual for July.

Karl held his stroke counts to 59 to 60 throughout the swim. According to three observers, David Clark, Paula Selby and Jim Fitzpatrick, Karl held a strong, powerful stroke.

Karl drank every thirty minutes. Each break was 40 seconds long. He drank Maxim mixed with Green tea and water to make a total of 300 ml.

At one point in the swim there were dolphins next to Karl. Karl had to swim through kelp but it meant he would land at the closest beach, between Pt Vicente and Long Point. He sprung from the water after 10 hours, 7 minutes and 58 seconds.

The second swimmer was Tina Neill from St. Paul, Minnesota. She swam on July 22nd leaving at 11:55pm. The night began as a cloudy night with some stars then the rain hit. This calmed the ocean. Tina drank every 45 minutes. She had two six ounce glasses of sport drink. She also had half a banana, an Advil, and an Access Bar.

In the swim Tina had a descending stroke count from 64 to 59 strokes per minute

and up to 60 for the last three hours.

The air temperature rose from 64 to 71 degrees in the swim. Similarly, the water temperature commenced at 67 and hit 71 degrees near the finish. Tina climbed out after 9 hours, 26 minutes and 45 seconds, finishing on the 23rd of July.

The third swimmer was Cindy Walsh. On August 14th she started her swim at 3 am. The conditions were rough the whole night and day. The water temperature was 60 degrees.

Cindy drank Gatorade and fruit juice.

Cindy came out after 13 hours, 56 minutes and 5 seconds.

John Graass was the next swimmer of the summer. He began at 11:30 pm from Doctor's Cove on Catalina on August 19. At the beginning, the boat rammed the swim dock but there wasn't any damage. The kayaker also forgot the feedings.

At 45 minutes John had his first break of eight ounces of Gatorade. He drank quickly and with no problems.

The water was 72 degrees while the air was 64. John's first stroke count was 59 strokes per minute. The water had two foot waves and a few knots wind from the East.

After the second feed, he asked for a pace swimmer. The pace swimmer ended up getting sick and had to get out. The wind increased again, probably to 9 knots. All of a sudden, according to observer Forrest Nelson, dolphins were swimming around John. Gradually the wind died to 4 knots. The sky was so clear the people on the boat could see shooting stars.

At the 4:00 am feeding John didn't feed a full eight ounces. He asked for another pacer but he was limited in paddlers and pacers. He didn't bring enough people. The crew was concerned with his needing a pacer so often. No one planned for this.

At the 6 hour break he drank well and was upbeat. The water temperature was down to 70 degrees. His stroke count was at 61. There was another swimmer that night and her boat could be seen.

John was peeing a lot which is a good sign. This shows he is not in hypothermia. When he has trouble then there is a problem. On the next feeding he only drank 4 ounces of Gatorade. At 7:30 am he said he was cold according to the observer. This led to a pacer swimmer jumping in with him. The water had moved to long two foot swells. This situation helped John pick up his pace.

Whales and dolphins were swimming towards John in the morning. He was still maintaining 61 strokes per minute. He had his last feed at 9:52 am. He said he was cold as the water had slipped to 68 degrees near the coast. John ascended the water after 10 hours, 31 minutes and 22 seconds.

Andrew Alan Voisard swam Catalina for the second time on September 16th. He embarked at 11:45 pm from Doctor's Cove. He was being escorted by the Bottom Scratcher, piloted by Greg Elliott. The observers were Carol Sing and Paula Selby. He had a great crew.

At the first feeding he drank for 15 seconds. By the third feeding he asked the feedings to be heated and every thirty minutes the rest of the way. He also ate bananas,

and took Ibuprofen and Advil, to help with the pain.

Alan knew to do this as the water was cold. The water was 60 degrees, rare for Catalina. By his fifth feeding it had dropped to 59 degrees. Luckily, it didn't drop any more.

As to his stroke count, Alan jumped all over the place. He ranged from 64 to 68 to 65 to 66. Basically 66 was his most common count. He had a strong stroke.

The night was calm with a slight swell and a light wind. It did not increase during the night.

At the last feed he told everyone to go hard. He landed up from the lighthouse. Alan sprung out after 8 hours, 51 minutes and 51 seconds. He made a massive improvement of over three hours!

September 17th the second swimmer of the night was Michele Santilhano of South Africa. She set out from Doctor's Cove at 12:46 am. The water was 65 to 66 degrees all night. There was a slight wind and a swell. Michele started out fine but gradually had some problems. She fed every 20 minutes throughout the swim. She drank Gatorade, tea with sugar, bananas, peppermint tea, diluted Gatorade, apple juice and Ensure.

At about three hours Michele became dizzy, probably from too much sugar. She wanted to vomit but was unable to. At 4:53 am she said according to observer Forrest Nelson, "I feel awful. I want to call it." But she didn't. Michele fought through the pain and kept going. She switched her feeding to 1/3 Ensure and water. She was more than half way.

Her stroke counts during the swim had varied from 72 to 68. She averaged 69.

After 7:30 am she seemed to feel better minus some hand shivering. Michele also began to stutter. She was cold and in mild hypothermia. She was watched carefully by the observer.

There was some traffic in the shipping lane. Dolphins also appeared in the morning. The sun came up, which helped.

Michele had bladder problems. This is a major sign of hypothermia. She had trouble peeing. At least the swell was from behind her pushing her towards the shore. She landed at the former Marineland. Michele emerged from the water after 13 hours, 8 minutes and 35 seconds. She had mild hypothermia and was warmed up quickly.

The final individual swim of the year was undertaken by 48-year-old Elizabeth Lee. On September 18 she took her first step in the water at 10:51pm at Doctor's Cove.

Beth fed every 15 minutes on the swim. Most of the feeds were short, less than thirty seconds but a few were longer. She drank fluids, ate food, bananas and had Advil for the pain. Beth had 36 feedings on the swim.

It was a dark night and Beth had a problem with this. She asked for more glow sticks a few times. Finally, Beth was moved up next to the wheel house and she liked this a lot. The observer, John York, thought it looked like Christmas lights.

The water was 67 degrees and lowered to 65 at the end. There was a mild wind and a light swell.

Beth held a 61 stroke count until the finish when she dropped to 58 as she was looking towards the shore.

Beth was strong and positive throughout the swim. 10 hours, 10 minutes and 59 seconds after she began, Beth exited the water on the mainland.

2007 RELAYS

There were 4 relays in 2007. These were the Valor Swim, Wet & Wild, and Menlo Plus.

The Valor relay swam a mainland to Catalina and back. The team consisted of:

Angie Rodriguez	Amy Migliazzo
Barrett Wilson	Louis Boehle
Lindsey Eastman	Garrett Miller

The swim commenced at Cabrillo Beach on April 19 at 8:32 pm. The water temperature was a brisk 53 degrees at the beginning. Gradually it increased to 57 degrees then rose to 59 before falling to 54.8 degrees. This was a tough swim. Similarly, the air temperature was cold. The members of the relay were able to deal with the cold.

There were swells and white caps. Unfortunately, four people on the boat were sea sick. When Lindsey swam she asked for warm water. In her leg the wind died down and the sea was calm. Garrett entered next and immediately was approached by a Harbor Seal. According to observer John York the two were playing with each other. At 6:50 am the sun rose. Garrett landed at Moonstone Beach on Catalina after 11:41.57. He spent 7 and ½ minutes on shore collecting rocks and peeing then returned to the swim.

It was a nice, sunny day with little wind. At 1:30 pm dolphins were everywhere. By 2:25pm the wind picked up and the swimmer entered the shipping lane. No problems with the ships however. As the hours crept on the sun went down and it became dark. The Baywatch followed the swimmer, Garrett to the finish. After 23:29.27 the Valor relay completed their double crossing at 8:01 pm on April 20. This was the 56th relay to swim Catalina.

The second and third relays of the summer swam together. The members were:

Wet	Wild
Leslie Nanninga	Wiley Hemphil
Nicole Vandobben	Sabrina Buselt-Carlon
Emily Nanninga	Madison Lanz
Carrie Nanninga	Catherine Miller
Jennifer Frese	Jaclyn Fritzer
Rebecca Minjarez	Robert Sablove

On July 31st, at 3:03 am, the relays departed from Catalina. It was a calm night with no wind, a full moon and a slight overcast. The first two transitions went well. By the third transition dolphins were everywhere. A problem arose as one of the swimmers was sick and her place was taken by the alternate. The breeze was picking up. The rest of the transitions were fine.

The water temperature was from a low of 70 to a high of 74 according to observers Carol Sing and Rebecca Jackman.

The air temperature rose to 77 degrees by the mid morning.

The last two swimmers landed after 9:15.17. The rest of the swimmers followed them into the shore.

The final relay of the summer was Menlo Plus. This relay swam from Catalina to the mainland. The members were:

Michele Santilhano
Emily Evans
Lorraine Sneed

Marianne Brems
Virginia Justus
Mike Fero

The relay of five women and one man departed on August 11th at 11:48 pm from Doctor's cove. There was a clear sky, no moon, less than one foot of swell and lots of shooting stars. As it was a warm summer night the water was 68 degrees at the beginning. Gradually the temperature fell to 66 and at the finish hit a low of 64 degrees. The air followed a similar pattern of 68 degrees and dropping to 64 degrees at the end.

The swimmers had their stroke counts taken. As the dawn rose the wind increased and the swells also increased. Michelle started the swim and Virginia finished the relay. Others jumped in to escort Virginia up the rocks to the beach at the finish. The relay made the swim in 10 hours three minutes and 8 seconds.

From 2005 through 2007 there were 33 solo swims. There were numerous relays and many countries were represented. This led to individual years for each chapter as there were so many more swimmers tackling Catalina each year.

CHAPTER 10

The 2008 Era

There were 25 solo swims in 2008, the largest amount ever. This included one double crossing and four relays.

The first swim of the summer was a mainland to Catalina and back, double by Tina Neill. She started from Palos Verdes on her way to Catalina. She plunged into the water on July 8th at 6:50 pm. It was a windy night with two feet swells. The water temperature was 60.5 degrees at the start. On the initial lap the water temperature raised to 64.7 degrees. On the other hand Tina's stroke count, dropped from 63 to 58 on the first lap. Her feeding was varied with Accelerade, yogurt, grape Juice, Access Bar and chocolate milk.

On a few occasions she also had Advils. Her first lap was 10 hours and 40 minutes.

Tina proceeded from the water, turned around and returned to the water after six minutes of rest. Then Tina started on the second length. The water had calmed down significantly as had the wind. The water temperature stayed a warm 65 degrees.

On the way back Tina held her stroke count at 58 strokes per minute with one 60 and one 59. This was very good. She saw a very large seal and many dolphins at various times. Tina was in a good mood and stayed positive. As she approached shore at Long Point a man walking his dog began clapping for Tina.

She jumped out after 22 hours, 2 minutes and 46 seconds. This was the first successful double in many years. Her second leg, Catalina to the mainland took 11 hours, 22 minutes and 46 seconds.

On July 24 2008, Greg Farrier attempted to swim Catalina. He swam from Catalina to the mainland. Greg began at 11:47.18 pm at Doctor's Cove. Greg set a feeding schedule of every twenty minutes throughout the swim. Most of his breaks were 30 seconds long as recorded by observer Carol Sing. Carol monitored his body temperature by recording when and how many times he peed. If a man can't pee, he is in mild to moderate hypothermia. He has to be watched carefully. Greg was fine! Besides this, the water temperature rose from 68 degrees to 70 degrees. Meanwhile the air temperature was colder from 61 to 65 degrees.

He swam very well, controlling his strokes per minute to an average of 60. His high end was 66 and the low end was 58 strokes per minute. He landed at Pt Vicente by the Black Rocks at 9:41.56, making his time 9:54.38. He was the 141st successful swimmer.

On July 25 Tina Neill was back in the Catalina Channel swimming backstroke from Catalina to the mainland. She took her first step at 11:17.50 pm on July 24th. The water was 66 degrees at the beginning. The water remained this temperature until the last reading when it dropped to 61 degrees. In many ways swimming backstroke if the water is cold is an advantage if the air is warm as the face stays warmer. Unfortunately, if the

air is colder than the swimmer will be colder. No air temperatures were taken on this crossing but on Greg's crossing the same day, they were and they were colder, 61 to 65 degrees. This meant swimming backstroke that night was more difficult than freestyle.

Tina guided off of an eight foot PVC pipe with glow sticks hanging off of it according to observer Forrest Nelson. During the night Tina drank and ate numerous combinations of foods every 50 minutes. These included Cytomax and yogurt, banana, Grape juice, Endurox and Access bar and various combinations of each of these products.

Tina's stroke count averaged 51-52 per minute. Her first and last count was 54 strokes per minute.

During the night the swells calmed as did the wind. This helped Tina and the paddlers. Early in the morning there were many jelly fish on the surface as the sun was rising.

When Tina left the water her time was 10 hours, 37 minutes and 42 seconds. This was very impressive.

Kate Howell set out from Doctor's Cove at 11:48 pm on August 6th. She was a 25 year old from Davis, CA.

Kate fed every 30 minutes. Unfortunately on the first fed she took two minutes. It was suggested she feed faster and she did for awhile. As the time wore on she slipped back to one minute breaks and more.

At 8:30 am dolphins were seen around the boat. Kate had previously been stung by a jelly fish.

The water temperature was 68, then 70 and right near shore dropped to 65 degrees. Conditions were good with a two foot swell and a slight wind. Air temperature was a low of 65 and rose to 70 degrees.

Kate's stroke count moved from a high of 58 at the beginning to a low of 50 at the finish. Kate finished at the beach 1:38.48 pm which made her time 13 hours 49 minutes 53 seconds.

Yet again another swimmer commenced within a few minutes of the first of the evening. Emily Evans set out from Doctor's Cove at 12:01 am time on August 7th. She was attempting a Catalina to mainland swim. The night had a slight wind and a two foot swell. The water temperature began at 68 degrees, rose to 70 degrees and dropped to 64 degrees near the finish.

Emily started out feeding every 30 minutes then quickly switched to 20 minute intervals. What she ate or drank was not recorded.

Her stroke count was erratic for the first two hours. Finally, Emily began stroking at 68 to 69 strokes per minute for the rest of the swim.

Emily landed on the beach with Forrest waiting for her at 9:35.26. This made her final time 9:34.01.

This was an unusual swim as no fish or mammals were visible in the crossing or recorded.

Stephen Junk of Australia set out from Doctor's Cove at 11:52 pm on August 7th. The night was beautiful but in the water there was a small chop. The water was 70 to 71

degrees until the last reading when it read 67 according to observers Tony and Nancy Zamora. The air temperature began at 71 degrees and reached 80 degrees at the end of the swim!

Stephen had a well paced swim. He maintained 60 to 61 strokes per minute with a little drop off and rose at the end. Fumes bothered him early in the swim so he changed sides of the boat and he felt much better.

He fed on Fierce Sports drink, Gel and Gatorade. After one feeding he threw up. There were lots of boats including the Long Beach police, a tanker heading North and a third tanker heading South. With two miles to go tons of dolphins were seen. 2 to 3 turned to Stephen to swim with him to shore. When Stephen was told he had a mile to go he declined the feeding and pushed on toward the shore. Stephen landed at 10:22.26, making his total time 10 hours, 29 minutes and 46 seconds.

The 145th swimmer was Rendy Lynn Opdycke. She swam on August 9th from Catalina, leaving at 5:46 am from Doctor's cove. The sun was just beginning to rise by her second feeding. She fed every 15 minutes throughout the swim. She drank fluids on the 3 times 15 minute breaks and Gu and water on the hour break. She also had a banana.

Her stroke counts were either 66 or 63 throughout the swim.

Water conditions had a small swell and a slight wind. By 7:45 am the wind picked up a bit and this increased the waves. This calmed down in a short time.

At 10am Rendy was half way home. She was on pace for a fast swim. Soon after this a large freighter passed close to the boat but the pilot had called and all was well.

At 12:00 pm she wanted to know how far she had gone. She had 3.8 nautical miles to go. Rendy didn't react. She kept on swimming.

David Clark led her to the finish. She landed south of Long Point at 2:14pm. She had an outstanding time of 8 hours, 28 minutes and 21 seconds.

On August 13th two swimmers from New Jersey swam together. They were Michelle Davidson and Nancy Steadman-Martin. Each embarked at 11:47 pm from Doctor's Cove. The night was clear and the water was calm. Pt Vicente was visible from the beginning of the swim. As with many crossings the water started out warm then gradually decreased through the night. The 69 start was wonderful, yet within nine hours the water was 64 degrees and both swimmers had switched to warm fluid. Sadly, the water dropped to 63 degrees by the finish. The air temperature did the opposite by starting out at 63 and rose to 68 degrees. This would help on feedings. Michelle and Nancy fed every hour. The problem was they took two to four minute breaks. This had to make them cold as the temperature dropped but they only complained about the lights so they were turned off. This made it difficult for the observers to see the swimmers. They had started out taking stroke counts but about two hours they couldn't take them any more until the sun rose. Of those that were taken, Nancy held 70 per minute and Michelle 68 and 66.

At ten in the morning the swimmers decided not to take anymore feedings. The observers were opposed to this but the swimmers swam on. After an hour and a half without a break they finished. Their final time was 11 hours, 46 minutes and 1 second as each rose out of the water together.

The first swimmer from Spain took off at 11:53 pm. His name was Pieter Christian Jongeneel Anderica. He began on August 18th. It was a peaceful night with no wind or swells at the beginning. There was a full moon and good visibility. Until 6:00 am the water was 68 degrees then drastically fell to 60 degrees for the last hour. The air temperature basically held at 66 degrees most of the night. By 3:00 am some long swells appeared and with them—dolphins. Some even approached Christian.

His stroke counts varied from 64 at the start and for the first two hours to 61 to 62 for the next three hours. Finally, the last four hours he fell from 69 to 62 strokes per minute.

Christian fed every hour and took long feeds, mostly three minutes. At 7:00 am more dolphins approached the boat and the swimmer. At the same time a large Cosco ship passed behind the boat. The water had calmed completely. Christian swam through the kelp bed and landed East of Point Vicente Lighthouse. Pieter proceeded from the water after 9 hours, 14 minutes and 26 seconds.

Dorothy Thomas-Reid commenced her swim on August 20th at 12:07AM .Her husband kayaked the whole swim. Dorothy held her stroke counts from 72 to 70 strokes a minute.

Initially Dorothy drank eight ounces of water, Accelerate and on the hour mark she drank Gu. She did this for 6 hours then on the seventh hour she drank GU. After six hours she switched to warm tea with honey and a shot of Gu for energy.

The water temperature began at 68 degrees hovered there for a few hours, fell to 66 degrees the near the end then further dropped just off the beach where there was an outgoing current. She had to fight this current. She did and accomplished her second crossing. She ran out of the water after 10 hours, 22 minutes and 30 seconds.

Sabrina Buselt-Carlton undertook the Catalina to mainland swim on August 21st. She took her first step at 12:34 am. Within a few minutes, Sabrina had to change sides as the fumes were bothering her. This helped Sabrina immensely.

Sabrina fed every 20 minutes throughout the swim. Some of the things she drank were Gu, Accelerade, water and hot chocolate as listed by observer Carol Sing.

As the night proceeded the swells increased as did the wind. Despite these conditions Sabrina was able to maintain a stroke count of 54 per minute.

The water temperature was 68 degrees until 9:31 am then it began to slowly drop; First to 66 then 64 and then an unbelievable drop to 61 degrees for almost an hour!

As usual the air temperature rose through the night from 64 degrees to 80 degrees when the sun was out. She sprung forth from the water after 12 hours, 34 minutes and 40 seconds.

David Galli slid into the water at Doctor's Cove at 12:10 am on August 22. He had a pace swimmer with him throughout the swim until the last hour. David started out feeding every thirty minutes drinking Hammer Perpetuem, then dropped to twenty minutes of feeding at the 6:30 am hour. It was a nice night with fog but Pt Vicente was

clear as possible.

David began with a 62 stroke per minute gradually dropped to 57 then rose to 62. Some of this could have been influenced by the pace swimmers or just the change in feeding.

The water temperature was a warm 68 degrees until daybreak. Then the water began to get colder. 67, 65, and finally 63 for the last half hour to the finish. Similarly the air temperature varied but averaged 67 degrees.

Due to the water and feeding David had problems urinating and therefore hit mild hypothermia. He changed to more fluids taken more often and this helped him complete the swim. He arrived at Pt Vicente after 10 hours, 35 minutes and 6 seconds. He had mild hypothermia but was able to warm up quickly. He also saw an eight foot shark near the finish which no one else did or reacted to! Luckily, the shark didn't see him or react to him either! Nice job, David!

The next swimmer was Erica Moffett from New York, New York, attempting to complete the Triple Crown (Catalina Channel, English Channel, and Manhattan Island Marathon Swim). She commenced at 11:31 pm on August 21st. Immediately her glow stick came off of her head. This happened again after five minutes. Glow sticks were replaced two more times.

The water was beautiful, calm and no wind. Point Vicente was clear and lights could be seen from the boat.

Erica's intention was to drink every hour for the swim. After the second feed she decided to feed every half hour. This was a good decision. Some of her feedings were hot tea.

Erica swam on the same day as David; he started afterward. The water was 67 degrees until it dropped to 63 for the last two hours.

Erica switched sides of the boat when the waves picked up and a pacer jumped in with her, according to Robert Philipson, the observer. Soon after this dolphins were visible. Erica had 5.5 nautical miles to go. Surprising to everyone Erica stopped and said she didn't think she could make it. She drank hot tea and started again. She stopped again after thirty seconds. She started again. The kayaker relayed that Erica said she was cold.

Erica's stroke count was 70 spm at the outset and first few hours. She plunged to 66 at her first half hour feed. When she stopped to quit, her stroke count dropped to 64 but she held this the rest of the swim. She drank tea every few minutes but she made it. She exited the Channel after 11 hours, 47 minutes and 21 seconds on August 22nd.

The 152nd swimmer was Michelle Deasy. Michelle embarked at 11:42 pm on August 24th from Doctor's Cove. The conditions were perfect with calm water and a clear night. There were some swells as the night progressed but these were pushing her in her direction of the mainland.

At 45 minutes she took her first feed of protein drink. She was very enthusiastic; her strokes per minute were 76 and the water temperature was 67 degrees. Her feedings stayed at 45 minutes throughout the swim. She did decline her last feeding as she was so close she wanted to sprint to the finish. Besides protein, Michelle drank Cytomax, Gu, a yogurt drink, a blueberry drink, ate a half of a banana, and drank chocolate protein. After

her second protein drink she felt nauseous. Gradually this feeling went away.

As to her stroke count she bounced from 76 to 73 to 70 to 75. Michelle was stronger after each feed. With two nautical miles to go she increased her stroke count to 75-76 and finished strong.

Michelle sprung out of the water after 9 hours and 50 minutes.

On September 3rd Michael Fero left Catalina at 11:55 pm from Doctor's Cove heading for the mainland. The water was choppy and there were infrequent white caps.

Michael drank every twenty minutes. He drank Hammer Perpetuem. When his bottles were empty they were taken to the boat and refilled with hotter bottles. This seemed to help as he was getting cold.

Michael did a good job with controlling his stroke count during the swim. His high was 63 while his low was 59 near the finish.

According to the observer, Forrest Nelson, the water temperature varied little but stayed a comfortable 68 to 70 degrees. As he approached the finish his family jumped in and swam with him. Forrest watched carefully that he wasn't touched and he ascended from the water after 11 hours, 6 minutes and 43 seconds.

Tawny Cothran, at 29, entered the water at 11:48pm on September 4th. She began on a calm, clear night with mild swells. She started out feeding every twenty minutes using Maxim and Endurox, both mixed with water. Early on she asked for Motrin and mouthwash. In the middle of the night she slowed down as she realized the difference of the open ocean and her San Francisco Bay swims. The boat crew tried to encourage her to pick it up. Tawny dropped to 15 minute feeds. By 5:00 am she was using Gu and water for two feeds then had a defizzed Hansen's soda. By 7:00 am Tawny switched her feeding again to Infiniti and Gu. She stuck with this for a few hours. She also took more Motrin.

At 10:30 am Tawny switched her feeding to thirty minutes as she didn't want to lose more ground. Her stops were long but the swells were pushing her towards the mainland. She refused her next feed but she was forced to take it as she was nearing the finish.

The water temperature was a comfortable 67 degrees and actually was warmer at the finish, an oddity.

Meanwhile the air temperature was 64 at the beginning and rose to 69 at the finish according to the observers, Claudia Rose and Dorothy Thomas-Reid.

Tawny began with a spm of 56 and never was lower than 51 until the middle of the night when she hit 49. At 3:53 am she was yelled at to pick it up as she was swimming 43 spm. She bounced back to 50 gradually and finished with a stroke per minute (spm) of 54. She rose out of the water 12 hours, 30 minutes and 20 seconds after she started, just South of Pt. Vicente, by climbing up small rocks.

A Catalina swim from the Island to the mainland was accomplished by Dan Robinson on September 8th. He left from Doctor's Cove at 11:42 pm in the evening.

He fed on Gu and Cytomax for an hour and a half. He stayed with this for a while but also had Red Bull feed and Advil.

His stroke counts didn't change very much. He stayed between 70 and 72 strokes per minutes.

Conditions were fine. The water fell from 69 degrees to 66 degrees at the finish. The air conditions on the other hand, dropped from 72 to 65 degrees. He finished at 9:35. He swam a reasonable time of 9 hours, 57 minutes and 40 seconds.

Two days later Anthony Zamora set out on his attempt to swim Catalina to the mainland. He departed from Doctor's Cove at 10:18 pm. It was an overcast night with two foot swells and five knot winds, not a great night. The water temperature was 70 degrees and through the swim fell to 66 degrees by the end. Similarly the air was 66 degrees at the start but rose to 70 degrees near the mainland as the sun came out.

Anthony's spm began at 64 and jumped continuously throughout the swim, reaching a high of 65 and a low of 61 spm. As the swim wore on Anthony's legs began to drop, making his arms do most of the work.

His feedings were on the hour exactly until right at the end of the swim. He drank Accelerade and its Gel, Gu and sometimes he wanted his drink heated. This seemed to help him according to observer David Clark.

Some interesting boats were seen in the swim. There were squid fishing boats nearby during the swim and again at the finish. There was also a sea lion. It circled the boat and then swam away.

The ocean calmed down as did the wind, making for a nice swim. Anthony jumped out in 11 hours, 43 minutes and two seconds at the beach on the base of Cardiac Hill.

Christopher Roberts was the 157th swimmer to cross the Catalina Channel. He began at 1:11 am from Doctor's Cove on the Island. It was a clear night with a visible moon but the wind was between 10 and 15 knots. He fed every half hour throughout the swim. Chris drank eight ounces of Cytomax, used Gu or had Motrin during the swim.

With the choppy ocean it was hard for Chris to maintain his initial stroke count of 66. The water was so rough he bounced from 66 to 55 spm. This is a large difference but not with the conditions.

Luckily, the water was 69 to 70 degrees throughout the swim and the air was 65-66 degrees during the swim.

There were problems with paddlers but Chris followed the boat perfectly. At one point a paddler fell off three times and there had to be a switch. Because of conditions the next paddler took 12 minutes to catch up. It didn't seem to bother Chris according to the two observers. Chris kept swimming.

Chris had a few pace swimmers which made it easier and he was glad and said so at one point. Pacers are an important part of a swim if used when the swimmer needs special help.

A large freighter crossed in front of Chris during the swim as the sun rose. About the same time it was decided to land at Cabrillo Beach to take advantage of the wind, swells and tide. This was a good decision instead of fighting to land at Pt. Vicente. For over thirteen and a half hours Chris fought the chop. His final time was 13 hours, 50 minutes and 56 seconds. He landed at Diver's Cove.

Elaine Kornbau Howley tackled the Catalina Channel on September 22nd. She left from Doctor's Cove and walked ashore on the mainland, 10 hours, 57 minutes and 44 seconds later. Elaine was from Waltham, Massachusetts. She entered the water at 13 minutes after midnight. Initially she had to swim through some kelp and she had some difficulty navigating in the darkness. The latter she adjusted to rather quickly and the former was just near the Island.

Elaine had a smooth stroke count. She began at 72 and maintained that for six hours. As she approached the coast her spm dropped to 66. This was probably due to the temperature drop near the coast. The water was 68 degrees at Catalina whereas it fell to 62 degrees for the last twenty minutes. This is a huge difference and can bring on hypothermia immediately. It did not however, which means she was well hydrated, trained for cold water and long distance!

She drank eight to thirteen ounces of CarboPro, had 2 Cliff Blocks, ¼ Power Bar, Ultima, Slimfast with water, granola chunks with water, ibuprofen, shot blocks, hot tea and peaches with syrup on various breaks. She had really experimented a lot to know what worked for her.

Many people were calling in messages which were written on a white board to help motivate her. The crew also inspired her with pacing, mooning and cheering. Elaine landed near the two caves at 11:11.19 am.

Dan Richards attempted the Catalina to the mainland swim on September 23rd, one day after Elaine.

He left from Doctor's Cove with lots of glow sticks on his kayak. It was a calm night without any swells. The stars were extremely visible which made for a nice swim.

Dan fed every twenty minutes throughout the swim with the exception of one time when the paddler of the kayak fell over and then took a while reboarding and catching up.

His swim count according to observer John York, averaged 56 strokes per minutes. The high was 60 while the low was 54 strokes per minute.

The water was 68 degrees at the Island but descended to 62 by the mainland. Dan didn't seem to mind this. He did ask how his ashen wife was. Obviously, he saw her throwing up at some point before or during the swim. The way over on the support boat to start the swim was fast, rough and bouncy. (Some swimmers avoid this by flying over early that morning or taking the large Catalina Express so he or she has time to recover before the swim. There is a hotel at the Isthmus.)

At one point in the swim, a seal was right next to the paddler. Later a pod of dolphins was completely surrounding the boat.

The only problem during the swim occurred during the fifth hour when the paddler reported Dan was throwing up. Immediately, Dan was given Coke to calm his stomach. He drank this for three feeds, then he seemed to feel better. As he was saying this a large ship passed in front of him. Dan had three and a half miles to go. At 9:20 he drank coffee, a coke and had a bun to eat.

Dan had pacers for the time he didn't feel well until he approached the finish. At this time a large blue whale swam near Dan. Everyone on the boat was excited. Dan took

his last feed and came out of the water in 10 hours, 10 minutes and 45 seconds after he embarked on the swim.

James Fitzpatrick swam from Catalina to the mainland. This was his second swim across the Catalina Channel; the first was in 2001. He finished in 14 hours, 59 minutes and 23 seconds. He chose to alter his course and swim from the cement plant on the Island to Newport Beach on the mainland.

James fed every thirty minutes. Besides liquid he had ibuprofen and Advil when necessary. At the beginning of the swim many of the people on the boat were getting seasick as there were lots of wind and whitecaps. Within two hours the wind died down. The water became Lake Catalina by the two observers John York and Carol Sing. The air temperature was 84 degrees throughout the night. At one point, Jim complained the feed was too warm but it hadn't even been heated. That was the conditions.

The water, on the other hand, hung around 68 degrees for four hours. Slowly the water became colder until it hit 65 degrees, a reasonable temperature.

His stroke count ranged from 49 at the lowest to 54 at the highest. The latter was when the sun came up.

James exited the water 200 yards south of the Newport Pier. Everyone jumped in and finished with him.

On October 6th Cindy Walsh slipped into the water at 26 minutes after midnight. She left from Doctor's Cove on Catalina. With her was Kevin Anderson but he ended up getting sick and getting out of the water.

This was Cindy's second time to swim Catalina; the first time was August of 2007. Cindy fed every twenty minutes in the swim. The water was a comfortable 68 degrees for the first three hours, 67 degrees for four hours and dropped drastically to 63 degrees for the last hour and a half, as recorded by observer Becky Jackman.

All of Cindy's stroke counts were over 71 per minute and as high as 74 per minute. In the early part of the swim the stroke counts were not taken as there were two swimmers and problems with one.

Dolphins were everywhere on this swim—circling the boat, under Cindy, by her and even chasing her. During the swim Cindy wanted hot water to pour over her head, tinted goggles and was a very chatty swimmer. This seemed to make her swim easier. From the time the sun rose the water was flat and there was no wind making for nice conditions for those on the boat and those in and on the water.

Cindy was led through the kelp by the kayaker and climbed over the rocks to a sand beach to take her three steps and complete her swim. Her time was 9 hours and 55 minutes. With one unfortunate mistake when she tried to climb back over the rocks into the water, she was thrown around and ended up breaking her tailbone. Cindy swam a relay shortly after her solo, and she endured the relay despite a broken tailbone.

Michelle Macy, from Beaverton, Oregon, set out from Catalina at 11:19 pm, one day after Cindy's swim. There were mild swells, Santa Ana winds (warm winds from the East), a clear night and visible marine life. Michelle planned her crossing very well. For the first three hours she fed every hour, drinking Carbo Pro and Whey protein. For the

rest of the time she planned to feed every half hour with the same feeding as above. She did, however, alter this as follows. She just drank water then added ibuprofen and Advil for shoulder pain and stomach cramping in the morning hours. She had done this on her English Channel crossing. She fed from the boat, not from the kayak, as that was what she was used to doing.

Michelle's stroke count jumped all over the place. She began at 60 spm rose to 64 and plummeted to 59 spm.

The Santa Ana winds were not very warm as the record states. The winds averaged 66 degrees at the departure then tumbled to 62 and 63 degrees for the rest of the swim. This is very unusual.

Meanwhile the water temperature similarly began at 66 degrees fell to 65 and ultimately declined to 60 degrees, a very cold temperature for Catalina. Michelle knew exactly when the water hit 61 degrees, by commenting about the colder water. The observer responded with "She's right." She had two more hours to go. It took Michelle 10 hours, 12 minutes and 31 seconds to complete the crossing.

On October 12th Antonio Arguelles attempted to swim Catalina to the mainland. He was from Mexico and had swum Catalina once before. Antonio's time was 13 hours, 10 minutes and 30 seconds. He commenced the swim at Doctor's Cove at 11:40 pm. It was windy and there were two foot swells from the outset.

His feeding plan was to drink every hour for two hours then switch to half hours. This worked well. He did have problems with navigation. Antonio finally fed off of the boat. As the sun rose at 6:15 am, the navigational problems disappeared as Antonio was able to see. His stroke rate as reported by observers David Clark and Carol Sing descended from 60 near the finish to 52 just before the fastest stroke rate. He averaged 57 strokes per minute throughout the swim.

The water temperature was not consistent with most temperatures on swims. Doctor's Cove was a cool 64 degrees and within two hours it had climbed to 66 degrees. As the sun was trying to rise the water plunged to 61 degrees. Antonio immediately remarked it was colder. Observer David ask him some questions and the crew was put on alert for possible hypothermia. Antonio answered all of the questions correctly but being prepared was necessary. At 7:41 am the water temperature tumbled to 60 degrees. At the same time the swells were increasing in size but Antonio was very alert. He had two swimmers/trainers who swam with him to the finish. The last water temperature was 59 degrees.

He navigated the kelp and climbed the rocks to reach the beach. This was the last individual swim of the summer of 2008.

2008 Relays

There were four relays in 2008. The first one was the George Young Memorial Relay swam on January 15 2008, swimming from the mainland to the Island. It was the 60th relay to cross Catalina. The members were:

Alexia Nalewaik	Don Van Cleve
Diana Corbin	Davina Walker
David Palomino	Greg Farrier

The relay embarked on the swim from Cabrillo Beach at 2:01 am. The first swimmer, accompanied by a kayaker, swam out to meet the boat, just off the beach. Most of the time there were smooth transitions. Just before 6:00 am dolphins were everywhere. At 9:45 am the swimmers and boat were surrounded by whales. As stated by observer Carol Sing and David Clark “more whales, Amazing!”

What makes this relay unique is the water temperature. The swimmers swam a one hour leg in cold water. It was 53 degrees at the start and gradually hit 56 degrees off of Long Point. Most swimmers had to swim twice. That would be the tough part; getting warm then having to jump back into the cold water for your second leg. Nice job!

The next relay, Coco’s RC and Friends, swam from Catalina to the mainland. The members included:

Bill Braun	Chris Johnson
Dave Jones	Mark Kachigan
Oscar Fricke	Stacie Messner

The first swimmer entered the water at 1:12 minutes before midnight on September 13th. The water temperature was 67 throughout the swim.

A Coast Guard helicopter circled the boat then the swimmer twice. They were looking for a lost vessel as the record states by Forrest Nelson. Besides this mishap, the relay was held up by a few freighters in the edge of the fishing lane. The current swimmer had to tread water until the OK was given and the swimmers raced towards the finish. All six swimmers entered the water to swim the final meters to Marineland. The team finished in 12 hours 21 minutes and 27 seconds

The last two relay swims of the summer were named Trudgeon I and Trudgeon II made up of the following:

Tom Hecker	Barbara Held
Guy Buchanan	Andy Hewitt
Steve Coopersmith	Karl Jacobs
Kenny Jacob	Carol Sing
Kevin Anderson	Cindy Walsh
Will Newbern	Joel Barnett

The first two swimmers entered the water at 11:57 pm on October 6th. The two relays were swimming from the Island to the mainland, leaving from Doctor's Cove. Immediately, the observers discovered that the thermometer was not functioning, meaning no water or air temperatures could be taken during the crossing. Descriptive analysis was what the observers, Carol Sing and Mark Stell, had to rely on.

It was a sloppy night with winds between 15-20 knots. By the second hour these calmed down. Swimmer Andy Hewitt felt the water was 66 to 67 degrees. The rest of the swimmers agreed with this temperature.

By 5:00 am the water was calm. At 8:00 am the traditional bagpipes were being played by navigator Greg Elliott.

The sun had come out and it was the start of a beautiful day.

At 10:45 am the swimmers reached the shore. This made the total time for both relays 10:48.29; for relays number 62 and 63.

In 2008 there were the most individual swims for a single year. There were 24 solo swims and four relays. This was an amazing improvement.

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 10th. 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 13th. 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 162nd swimmer was from the UK, Nick Adams. On July 27th 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 27th 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 9th. 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 14th. 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 25th. 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 7th 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 168th swimmer to complete the Catalina Channel swim. He swam from Catalina to the mainland on September 8th. 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 9th.

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 14th 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 28th. 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 7th. 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 mark 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 173rd 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 28th. 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 5th. 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 64th 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 8th. 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 65th 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.

CHAPTER 12

2010 Swims and Relays

In 2010 there were 29 individual swims, the most of any year to date. There were also 5 relays.

David Smith was the first swimmer of the summer on July 6th. He swam from the Island to the mainland. The ride to the Island was relaxing and smooth which is a good thing for the swimmer. The conditions were excellent at Doctor's Cove. As Dave was swimming into the beach to start, a flying fish swam into the kayaker's boat. They were everywhere.

Dave took his first step into the water at 11:55 pm. His stroke count was 60 at the beginning. His high was 62 strokes per minute while his low was 57 strokes per minute. He averaged 59.6 strokes per minute on the crossing.

The sea was cold. Near Catalina it was 63 degrees. Unlike most swims the water stayed at this temperature until the last temperature which fell to 62 degrees. Normally the drop is more significant.

Meanwhile the air temperature was the same temperature as the water as recorded by the observers, Jim Fitzpatrick and Phil Garn.

Jellyfish were prevalent on this crossing. Flying fish were also swimming around the boat. Finally Mola Mola fish were spotted.

David had planned to drink Maxim every thirty minutes on the crossing. His backup plan was to drink Hammer Perpetuem. He changed his plan early in the swim and went to twenty minute feeds. His feeds were quick most of the time. He had a few longer feeds like 1:35. He never asked to change his feed, according to the log.

The conditions remained calm all night, a rare occurrence. He landed safely on shore after 9 hours, 22 minutes and 24 seconds on July 7th.

Suzie Dods entered the water at the old Marineland pier at 10:14 pm. It was July 18th. The ocean was smooth and there was a half moon. There was also fog which flattened the ocean making the conditions perfect.

Suzie knew her swim would take a long time as she planned her feeding accordingly. For the first three hours she would feed on the forty five to fifty minutes. For the next five hours she would feed at the thirty minutes and from eight hours forward she would feed at twenty minutes.

Her feedings would consist of E gel Gu, banana, Hoho's and Maxim.

Suzie did begin at 45 minutes with a feed that only took 15 seconds. The second feeding lasted 45 seconds. Soon after this there were problems with the kayakers keeping a straight line. Suzie spoke with them a few times. At 4:36 am Suzie dropped her feedings to 20 minutes but the break took 4:00 minutes. This was not good as the swimmer and boat drift off course. Unfortunately, this trend continued. Suzie was throwing up and not feeding. Her longest feed was five minutes. She used mouthwash to rinse out her mouth. Later in the swim she was able to switch back to thirty minute breaks.

The ocean was lower in temperature than normal. At the start it was 60 degrees

and didn't rise for hours. When it did, it jumped to 64 degrees. The temperature remained in this range for three readings then plummeted to 62 again. At 4:36 am, the water rose to 64 degrees. This time it remained here to the finish, as stated by observers Lynn Kubasek and Jane Cairns.

Suzie commenced the swim with a 56 spm. She held this with two exceptions until 11:41am when she began to lower her stroke count. When she hit 52 she complained her shoulder hurt. She was able to fight through the pain as many friends swam with her and even David and Beth Yudovin sailed up and he swam with her.

Suzie was swimming strong and skipped her last feeding to finish. She stepped ashore on Catalina after 18 hours, 36 minutes and 28 seconds. She was the 175th person to swim Catalina.

The following day David Barra swam from Catalina to the mainland. He didn't know until hours before the swim which way he was going to swim as he left it up to the navigator. After a two hour ride over to Catalina he left at 12:11 am from Doctor's Cove. There were squid at the start and within ten minutes he was being followed by dolphins. A pace swimmer started with him David's stroke count began at 66 strokes per minute. David could not hold any type of stroke pattern during the swim. He jumped to 70 spm then descended to 67. He fell to 66 then dropped to 62. Next he returned to 67 fell to 64, 63 and rose to 67 for the finish. The water was calm so there were no swells affecting his strokes. Was it fatigue or cold water?

The water temperature was 63 degrees at an hour into the swim. Quickly it moved up to 64 degrees, 65 and finally held at 66 until David walked ashore. This is against years of history as usually it is warmer at Catalina and 3 to 4 degrees colder at the mainland. 2010 seemed to be a colder year and had weird currents.

As for feedings he drank many types of solutions: Endurance EFS with 50 % water, plain water, electrolyte and a mix bottle of ginger tea with agave. He also had Nectar with Hammer Nutrition Rejuvenator. All his fluids were warmed. He spent a fair amount of time planning his feeds and this helped him. David also ate some chocolate on one of his later breaks.

His shortest feed was 15 seconds and his longest was 45 seconds. He fed every 20 minutes throughout the swim. This wasn't a problem as he had fast breaks.

During the swim a cargo ship passed the boat. A small boat also came close to the starboard side of the escort boat, the Outrider, piloted by John Pittman.

Throughout the swim David had good spirits and shared them with the boat crew. As reported by the observers, he stated, "giving Suzie Dods a run for her money."

There was a strong current pushing against David throughout part of the swim. It was the roughest at 12:00 pm. This held up David. He was able to fight it, however.

David walked ashore after 15 hours, 37 minutes and 11 seconds on Terranea Beach.

On July 27th Sarah Thomas set out to cross the Catalina Channel. She began at 11:55 am from Doctor's Cove. There was a slight breeze and a two foot swell. This swell made a few people sick. At her third feeding, the wind had settled down a bit.

Meanwhile, the water temperature was taken. It commenced at 64 degrees and

held steady for hours, then rose slightly to 65 degrees.

As the night wore on, the wind decreased. After 1 ½ hours it had almost calmed completely.

Sarah's stroke rate was very consistent. She commenced at 70 spm, rose to 72 spm, bounced between 73 and 75 before averaging 73.5 for the rest of the swim. This was much higher than she had planned to hold her strokes per minute. She had planned on 60 spm.

For nourishment she fed every forty minutes. She drank Maxim and gel. Sarah also used Listerine to clear her mouth. Soon after this break she requested to change the feeding mixture. At 5:55 the sun came up. Sarah also asked for two Advils. Sarah had three more feeds before she finished.

Sarah landed at 9:02 am. Her final time was 9 hours, 6 minutes and 28 seconds.

Samantha Simon was from Janesville, Wisconsin. On August 1st she attempted to swim from Catalina to the mainland.

She entered the water at 11:28 pm. Unfortunately, the thermometer was broken so no water temperatures could be taken. This made the swim a bit dangerous as the ocean had been running colder than usual.

Samantha drank Maxim mixed with either Raspberry Tea, Apple Cider or Peppermint Tea. She also had gels. Her fluids were warmed. She drank 150 ml per feed. Initially, Samantha broke at an hour for three feeds, then she dropped to thirty minutes. She held this pattern to the end of the swim.

For her stroke Samantha only breathed to the right side. Luckily it was a calm night. Her stroke count was inconsistent. She had a slow start at 72 spm but jumped to 76 once she settled in to the swim. She maintained this for numerous hours before improving to 80. Samantha dropped to 68 spm for the last four hours.

According to the log, the boat's engine had problems during the swim. The pilot was able to fix it without affecting the swimmer's swim.

A pod of dolphins swam up to the port side of the boat with two hours to go in the swim. As the swimmer approached the shore, she ran into a large bed of kelp. Samantha burst forth from the water after swimming 9 hours, 22 minutes and 54 seconds.

After 11 hours, 31 minutes Steve Green emerged from the water at the mainland. He had begun this swim at Doctor's cove at 12:05 am on August 5th. It was a calm night and according to the log, Captain John Pittman said "Best conditions this year."

The water temperature had been a problem all summer. This night it was 65 to 66 degrees for most of the swim. Not until literally the last two hours did it drop to 64-63 degrees. This is cold for Catalina but warmer than it had been on other swims.

Steve went an hour before his first feed. From then on he drank every thirty minutes. He drank Maxim and Gatorade. He asked his feeds to be warmed. Unfortunately, on the first one to be warmed it was accidently spilled and instead of warm Gatorade he had cold water. By 7:00 Steve said he didn't need anymore heated fluids.

At the same time a large sunfish approached him. He screamed bloody murder as he saw the fin.

Steve's stroke counts were 60 to 63 strokes per minute though the night. As the sun rose his count jumped to 65 strokes per minute. His stroke was long and strong. When the temperature dropped, Steve's stroke count followed suit falling to 63 spm. He increased his count as he approached the finish to 67 strokes per minute.

His crew seemed very funny, constantly asking if he had peed. He replied each time he had and many times. They also told him the swimmer on the Bottom Scratcher had given up and yelled "Go, Steve!" Anything they could do to motivate him they did. There were many pace swimmers also. The funniest comment in the log by John was, "You are in 1st place. Woohoo!"

Steve's comment when he saw the shore was "that's not a bad place." as recorded by observers Tom Hecker and Sabrina Buselt-Carlon.

Steve left the water at 11:36pm. His time was 11 hours 31 minutes. He was the 179th to swim Catalina.

There were five swims on August 5th, done in two groups. The first consisted of Cliff Crozier, Jeff Magourik, (a repeat swimmer) and Kathrin Raymond. They departed from Doctor's Cove at 11:51 pm. They had trouble finding the beach at first in the darkness but Greg Elliott finally found it and slipped into the cove.

The water temperature was 64 degrees as the three swimmers started their swim. This lasted throughout the night until the morning. At 8:30 am the temperature fell to 63 degrees for a few hours. Not until the finish did it drop again to 62 degrees.

The air temperature on the other hand jumped all over the place ranging from 57 degrees to 60 degrees.

The feeds were anywhere from less than a minute to eight minutes in length. Jeffrey drank Sustained Energy; Kathrin drank Power gel and Hammer gel; and Cliff didn't list what he drank. The swimmers drank every thirty minutes.

Stroke counts were taken every thirty minutes by the three observers, Carol Sing, Steve Dockstader and Al Barret. Cliff's stroke counts were from 48 to 52 throughout the swim. Kathrin's stroke counts ranged from 60 to 64 but maintained an average of 63 spm. Jeff, on the other hand, held 60 strokes per minute on most of the counts with a few exceptions of 54.

There were no problems stated in the log of keeping the three swimmers together in the swim. At one point the swells picked up to two to three feet, but again, this didn't bother the group.

Sea life was visible on the crossing. First dolphins and squids were seen near the start. A ½ hour before the finish a sea turtle swam by the paddler and the swimmers.

The swimmers aimed for a cove for the landing. Jeff, Cliff and Kathrin ascended from the water after 10 hours, 41 minutes and 32 seconds. They were met by Cliff's family.

The second group, made up of Jim Barber and Victoria Rian, started at 11:09 pm. on the 5th of August. The duo left from Doctor's Cove. There were no wind and no stars visible but you could see Long Beach, Los Angeles and Point Vicente.

At the first feeding, after thirty minutes, Jim drank well but Victoria was not able to drink enough. By the second feed the swells had hit two feet, a mild swell. There feeds

averaged a minute per break. On most breaks besides drinking both of them were peeing.

Victoria rotated drinks between Gatorade, gel, Accelerade and ate a banana. Jim, on the other hand, drank only Maxim, according to their plans.

For stroke count Jim only varied his stroke count a little. He ranged from 60 to 64 strokes per minute. Victoria's range was a bit wider from 60 strokes per minute to 68 spm.

At the start of the swim the water temperature was 69 degrees. Gradually it cooled to 68 degrees until 7:15 am when it fell to 67 degrees. In the last hour before Jim and Victoria completed the swim the water temperature lowered to 66 degrees.

Unlike the water decreasing in temperature, the air temperature rose throughout the swim. It fluctuated from 61 as Jim and Victoria entered the water and moved up to 63 degrees. At 5:00 am it declined to 62 degrees.

Only one feeding mistake happened on the swim, when salt water was dipped into the bottles of fluids. The only other incident was a large cargo ship crossed right in front of the Outrider, scaring the kayaker.

At 7:52.40 Jim and Victoria landed on the mainland. They crossed the Catalina Channel in 8 hours, 43 minutes and 33 seconds. They became the 182nd and the 183rd to complete the swim on August 6th.

On August 9th Mallory Mead, at the age of 23, attempted to swim from Catalina to the mainland. When she jumped off of the Bottom Scratcher to swim into shore she lost her goggles. Luckily, she had many pairs. It was a clear, calm night at Doctor's Cove.

Mallory fed every 20 minutes throughout the swim. She took 15 to 20 second breaks in the swim. She drank juice mixed with water and also drank Gu gels. When needed, she used mouthwash to clear the salt water taste from her mouth. She had Tylenol in the swim, as recorded in the log by Lynn Kubasek.

She held a strong stroke count during the swim which varied a bit. The scope was from 74 to 77 strokes per minute, until the last ½ hour when Mallory's count dropped to 73 strokes per minute.

The water temperature also fluctuated tremendously through the night. Early in the swim it was 67 degrees. Then it hopped up to 68 degrees before falling to 67 degrees. Next it reached 66 degrees before jumping to 69 degrees at 4:00 am. From there it plummeted to 65 degrees. The temperature moved around until settling at 68 degrees at the finish.

The 184th person to swim Catalina was Mallory Mead. She finished on August 10th in 8 hours 36 minutes and 32 seconds. This swim meant she completed the Triple Crown.

Forrest Nelson had swum two single crossings of Catalina. On August 15th he took off on a double from Catalina to the mainland and back (CMC). It was a rough, windy night. By 2:00 am the wind and swells died down.

Forrest fed every thirty minutes throughout the swim. His breaks were 15 seconds to 70 seconds in length. He drank Perpetuem and Gatorade. Sometimes he had a gel, peanut butter cups, Fig Newtons and coffee. He also took Aleve when he needed it. Forrest used Listerine to clear out his mouth.

At one point he drank heavily diluted coffee with four peanut butter cups!

The temperature of the ocean ran the parameters from 56 to 66.7 degrees. This is very unlike the Catalina Channel in August. The air temperature also varied from 58 degrees to 78 degrees. This can lead to hypothermia. On the second lap Forrest was very quiet. He finally said “Thank You” a few times but not anything else. He had the shivers at 7:37 am. It seems as if he was in mild hypothermia. He had problems from twenty hours on, according to Forrest in his interview. Forrest stated he had hallucinations late in the swim.

The crew on the boat was very supportive of Forrest and cheered him on throughout the swim. John York and Carol Sing were the observers and did a good job of recording the swim. Dolphins appeared at 9:53 am, as recorded by the observers, who cheered their appearance.

Forrest’s first lap was 9 hours, 11 minutes and 41 seconds. At the beginning of the second lap Forrest told his paddler it was “cold”. It was 56 degrees and 5:50 am, the coldest time of the day. On the second lap, Forrest ran into a severe current. At one point, while he was swimming as fast as he could, he only went 0.9 mile in an hour, then 0.8 the next hour, then another 0.8 in an hour! This was a very bad current which affected his swim immensely. Before, he had been holding 1.8 miles in an hour.

Some dolphins swam with Forrest near the finish to cheer him on, according to the log. The time of his second lap was 13 hours 55 minutes and 25 seconds. This made a total double of 23 hours, 1 minute and 6 seconds. This was a record for a man in this direction, CMC. “It was a stellar swim” as reported in the log.

On August 17th Barbara Held swam from Catalina to the mainland. She embarked at 12:19 am. It was a calm, starry night. Early in the swim the flashlight went out on one of the kayaks and another was picked from the boat. In the meantime the paddler couldn’t get Barbara’s attention. She just kept swimming.

Since the last swim the water temperature had increased a few degrees. At the Island it was 67-68 degrees and didn’t lower until 2:49 am to 66 degrees. Unfortunately, it began to decline quickly to 62, 61, 60 and ended at 59.6 degrees near the coast.

Barbara’s stroke rate at the outset was quick at 72 spm. She lowered immediately to 68 and maintained this count for just under nine hours with a few 67 stroke rates mixed in. For her last two counts she plunged to 64 strokes per minutes. She had complained she was sore and then her spm dropped.

For feedings she drank Cytomax, Cytocarb and Perpetuem. Her first feeding was at the one hour mark then she drank every thirty minutes for the rest of the swim. Her feeds ranged from 30 to 45 seconds in length.

At 5:44 when a kayaker left the water he said it was cold, according to the log written by Jim Fitzpatrick and Robert Philipson. It was 61 degrees at this point, very cold. At 6:20 the sun rose which made everyone feel better and Barbara smile.

With less than 3km to go a swimmer jumped in and told Barbara “to the pier”. Barbara was sore and fell off the pace with one kilometer to go. Hundreds of dolphins joined her to help lift her spirits.

She was stopped for a feed and Barbara said, “That’s ridiculous”. She swam the last .03 mile and landed at 9:56 am. Her time was 9 hours, 36 minutes and 53 seconds.

She became the oldest woman at 56 to swim Catalina. Her birth date is December 23 1953.

Morgan Fuller of Berkeley, California swam on August 30th. She undertook the Catalina swim from Doctor's Cove at 12:20 am. The water was bumpy at the start but gradually settled down.

Morgan drank every fifteen minutes on the swim. She drank Accelerade, and Coke, about 6 ounces. The time of her breaks were only listed for a few times, which were 45 seconds to a minute. Besides drink, she had a peanut butter cup and chocolate.

At the beginning she didn't drink much as she was seasick from the ride to Catalina. This unfortunately, lasted a few hours. Morgan pushed through the upset stomach.

The water was colder at the departure and it dropped almost as low as the lowest it had been in 2010. It was 65 degrees at the outset, but quickly tumbled to 63 degrees at 1:58 am. Morgan mentioned that the water had dropped again, according to the log written by Carol Sing and Al Barret. At 6:09 am it fell again to the 62 degree range. By 8:35 am the water was 59.6 degrees. This was maintained until the horrible drop to 58.5 degrees at the end. Morgan was very cold but she fought the pain and finished.

On this swim many mammals were spotted (dolphins) a few times. Then blue whales were seen in the distance. Finally there were baby dolphins swimming towards Morgan.

Morgan climbed out of the cold water at 11:11.21. Her time was 10 hours, 49 minutes, and 31 seconds. She became the 186th person the swim Catalina.

Walter Bean Scott and Michael Hird attempted to swim Catalina on September 3rd. They decided to swim together from the Island to the mainland. The conditions were less than good. There were 10 to 15 knot winds, 2 foot swells and dense fog.

The swimmers departed from Doctor's Cove at 11:49 pm. Initially, the water temperature was 66 degrees, while thirty minutes later it had plunged to 64 degrees.

Walter began with a 46 stroke count compared to a 64 by Michael.

For nutrition, the swimmers drank Carbogan and Electrolytes. The fluids were warmed. The feedings were every 25 minutes.

Michael fell into hypothermia and left the water. Walter kept fighting the cold water.

He climbed ashore after 10 hours, 53 minutes, and 18 seconds.

Australia's Penny Palfrey challenged Catalina on September 13th. She had left the possibility of swimming a double, triple or a quad depending how she felt. She left at 4:28 pm from Doctor's Cove. There was a strong breeze and a chop with white caps.

The ocean was cold as it had been all summer. It was 66 degrees at Doctor's Cove. From 6pm until 10 pm it had fallen to 65 degrees. From there it lowered 64 degrees but by 1:00 am it plunged to 61 degrees. At 2 am, it was 58 degrees; and 54 degrees at the finish.

Similarly, Penny's stroke count fell as the hours wore on from 78 to 73 at the end. The cold water had an effect on her stroke counts.

At 5:30 pm Penny wanted to switch sides of the boat to catch the last bit of sunshine for warmth. Soon after this, lots of dolphins surrounded the boat. Everyone was excited but Penny couldn't hear them.

She needed to stop at 6:30 pm and apply more Vaseline.

Penny fed every thirty minutes at the beginning to 10:00 pm then it wasn't recorded in the log as so many other things were going on. She stayed on her feedings though as on one half hour she was questioned for hypothermia. She answered perfectly.

At her final feed before the mainland at 2:00 am she announced she had no interest in swimming more than to the mainland. It would be only a one way swim. The temperature was 54 degrees! This was in the words of the observers, John York, Don Van Cleve, Lynn Kubasek and Forrest Nelson. There were four observers in case Penny swam a triple or a quad of the channel.

Penny arose from the water 10 hours, 36 minutes, and 16 seconds after she began the swim. Penny was very cold.

The 189th person to swim Catalina was Daniel Fung of Los Angeles. He began at Doctor's Cove at 11 minutes after midnight on September 24th. The winds were varying between 10 to 15 knots. There was a 2 to 3 foot swell from the West. There was a full moon.

By all the 2010 standards this was a warm swim. The water began at 65-66 degrees and until 9:00 am when it slightly dropped to 64.5 degrees. At 11:30 the water had fallen to 62.5 degrees but at the finish the water had only dropped to 62 degrees for one of the warmest swims of the summer. To keep warmer, Daniel poured warm water over his face and head on numerous breaks. He also put in ear plugs at 9:00 am to help him lose less body heat.

Daniel's stroke count fluctuated from a low of 51 strokes per minute to 55 strokes per minute. He averaged approximately 53 strokes per minute.

He drank and ate Accelerade, water, gel, soup, Lara bars, Hershey bars and Kit Kat bars through the swim. He also used mouthwash to clear his mouth of salt. Daniel fed every thirty minutes with a few minutes over on a few feeds. Daniel's feeds lasted from 50 seconds to 2 minutes and 20 seconds.

Early in the morning, the current dissipated. A seal swam by Daniel. Dolphins swam near him and he was upbeat as he could hear them, according to the log written by Tina Neill and Forrest Nelson. By 2:00 am the wind declined, as did the swells. Daniel took a break and swam some backstroke. Soon after a whale swam by the boat.

Near the finish there was lots of kelp. Daniel handled swimming through it and landed safely on the mainland. His time was 13 hours, 23 minutes and 12 seconds.

On September 26th Ray Meltvedt tackled the Catalina Channel. He set out from Doctor's Cove at 11:43 pm. He was swimming for the Club Dust Charity. Ray had raised \$9,800 dollars.

At the start, Ray was accompanied by a pace swimmer but within 15 minutes the boat had to return to rescue him. Ray kept swimming with the kayak. He was a left side breather, so might not have known the swimmer was in trouble.

A second pace swimmer entered the water but again he fell behind and he was

sick. On the third feed he was brought aboard. Ray was feeding every twenty-five to thirty minutes. He drank Hammer Nutrition, Gu, Ensure, Perpetuem and Coke and ate almond butter and jam sandwiches cut in squares. He also had Clif Bars and snickers, homemade banana bread was available. If he was in pain he had Advil and he also had anti-fatigue and Enduralyte capsules. He also had Imodium if necessary.

When Ray had a break he had music blasting so it would pump him up and help get him through the swim.

His music ranged from David Mathews to U-2.

At his fourth feed he started drinking less fluid. On the fifth he asked for hotter feeds as he was getting cold. As he complained again of being cold his feeds were dropped to twenty minutes. He chugged the next few feeds and this helped him immensely.

At 11:00 am Ray asked how far to go and he was told five miles. He gave a big smile and thumbs up according to the observers, Lynn Kubasek and Beth Weber.

Ray began shivering after the last break. He was questioned and was able to answer all of them. He dumped some hot water over his head.

The water temperature was warm throughout this swim as compared to other 2010 crossings. It ranged between 66 to 68 degrees until 9:00 am when it dropped to 65 to 63 degrees. Then out of nowhere it sprang up to 66 and 68 degrees until the last two readings. No readings were under 62 degrees.

Ray sprung out of the water at 3:09.08 pm. His time was 15 hours, 25 minutes and 40 seconds.

Natalie Merrow was a 29 year old from Long Beach, Ca. She chose to swim from Catalina to the mainland. Natalie swam on September 27th. She left from Doctor's cove at 11:32 pm. The water only had a slight swell.

Twelve minutes into the swim there were dolphins everywhere. Natalie didn't see or hear them.

On her first feed she said the mix was too strong and she asked for more water in it the next feed. Ten minutes after her feed she stopped with dry heaves. She fed every 20 minutes. Her breaks lasted from 20 seconds to 3 minutes. When she had long breaks, she would drift backwards. Natalie asked for 15 minute breaks at 10:55 am. From this point on her breaks were shorter and she swam faster.

She drank Hammer Nutrition with water, Heed, Gel, Perpetuem, Advil, Tylenol, 800 mg Ibuprofen, Enduralyte, Huckelberry and (Motivator-Anti fatigue) pills as per her interview. Natalie began to cramp early in the swim. She swam backstroke to relieve the cramps. The cramps lasted for hours.

Natalie also had problems with her goggles on the swim. They were either too tight or the wrong shade or not feeling right. The third problem Natalie had on the swim was the amount of times she had to stop to pee. The fourth problem was at 4:00 am she was stung by jellyfish.

The water temperature fluctuated from 65 to 61 degrees in the middle and at the finish. The air temperature varied from 69 to 78 degrees.

Natalie's stroke count ranged from 56 to 62 strokes per minute, as reported by the observer Paula Selby.

At 1:23.11 Natalie walked ashore. This made her time 13 hours, 50 minutes and 35 seconds.

The following day, Greg O'Connor, from Natick, MA swam Catalina. He swam from the Island to the mainland. It was September 28th, and he left at 11:58 pm. It was a calm night with flat water and a slight wind at the start.

Greg fed on CarboPro, Ultima and Perpetuem. He also took ibuprofen on two occasions.

His stroke count at the outset was 55 spm. He then varied from 50 to 53 strokes until he bounced back to 55 and 58 strokes per minute. His breaks lasted over two minutes as he drank and relieved himself.

At the last feed, Greg pleaded with the crew to have a quick feed and he said, "Let's Finish This." This was recorded in the log by Carol Sing and Linda Bamford.

The ocean's temperature was 64 degrees at the start. Within two hours it had risen to 66 degrees. It remained there until 6:20 am when the water rose to 67 degrees for an hour. Then unfortunately, the temperature commenced to drop, 65, 64, and stayed there to the end of the swim.

The air temperature ranged from 64 to 66 degrees.

Greg landed at 9:25.04 with a tough landing on the rocks waiting for a strong surge to push him up the rocks.

Greg's time was 9 hours, 26 minutes and 38 seconds. He was the 192nd person to swim Catalina.

Jason Lassen swam on September 29th. He chose to swim breaststroke as Henry Sullivan had in 1927. He departed from Doctor's cove at 10:02 pm. The sea was calm as could be and the night was clear.

Jason began swimming 22 strokes per minute. Gradually he increased to 23 and 24 spm. At 5:40 am he drastically fell to 17 strokes per minute and he was told to pick it up a little as recorded by the observers, Carol Sing and Cindy Meyer. By 8:55 am he was stroking 25 and 26 spm. For his last stroke count he hit 28 strokes per minute!

This was a warm swim for 2010 as the temperatures ranged from 66 to 67 degrees until 9:20 am. Then it moved up to 68 degrees for a few breaks. It lowered to 67 and 66 until the last break when it plunged to 64 degrees.

Meanwhile the air temperature was in the sixties until 8:55 am. From there on the air was in the seventies for the rest of the swim.

Jason drank coconut water and Maltodex with water. He fed every twenty minutes until he was cold then he dropped to fifteen minutes. He also had Tylenol and/or Advil, Ibuprofen on the same break out of his medicine bottle. He had this combination three times. Part way through the swim he asked to have his fluid warmed for the rest of the swim. This made him warmer.

At the 11th feed, 1:40 am, dolphins were swimming around the boat and making large splashes.

The dolphins or rather another pod welcomed Jason into the shore.

The landing was choppy, white cap waves with lots of wind. Jason landed at 2:00.55. This made his swim from Catalina to the mainland take 15 hours, 59 minutes

and 50 seconds.

R. Brooks Richardson was from Bend, Oregon. He departed from Doctor's Cove at 11:14. It was September 30th. There were 1 to 2 foot swells and a slight wind, 3 to 6 knots. The sky was clear with intermittent clouds. The mainland was fogged in, however.

Brooks drank liquid Ibuprofen every four hours. He fed on Cytomax and Endurox for one hour then switched to every thirty minutes. His breaks lasted from 30 seconds to 2 minutes, when the feeding mechanism had to be changed. One of his feeds was too powdery. It was fine on the next feed.

As the night wore on the wind picked up until the swells were 3 to 5 feet and the wind was 8 to 15 knots. Gradually the wind calmed down and Brooks noticed the difference as recorded by the observers, Robert Philipson and Don Van Cleve. Again the wind calmed, making it better for Brooks.

A giant pod of dolphins approached the boat at 6:37 am. They seem to be attracted to the light and the noise of the engine. Forty minutes later Brooks said he saw something "big" swim under him. The dolphins came over to swim with Brooks. The marine life was busy as 12 to 20 Mola Mola also swam by him at 8:30 am.

Brooks had a friend in a wetsuit swim to shore with him. At 10:40.63 he walked out of the water. His time was 11 hours, 26 minutes and 45 seconds.

On October 3rd, at midnight, Hank waded into the water which was filled with kelp. Hank Wise raced across the Catalina Channel.

The winds were 10 knots or less while the swells were 2 feet.

The ocean temperature ranged from 68 degrees most of the swim to dropping to 64 degrees at the end of the swim. He was not cold, however.

He drank tea, Cytomax, Gu, Hammer Nutrition and coconut water. He planned to eat yogurt, PB and J sandwiches and banana bits but there is no record in the log that he did.

His stroke counts varied from 61 strokes per minute at the start to 67 strokes per minute. Hank said at 2:30 am, "I've found my rhythm. I haven't taken a hard stroke yet." He worked on his roll and improved his stroke. He was able to hold it the rest of the swim. This was recorded by the observers, Forrest Nelson and Dave Van Mouwerik. It was explained in detail by Hank in his interview.

Hank was primarily a right sided breather but could breathe to both sides if needed. Because of this he swam on the port side of the boat.

During the last hour of the swim a leopard shark swam near the boat but everyone said it wasn't a threat. At the end of the swim, it was decided to swim to the rocks at Long Point and not the soft beach where his family was waiting.

He emerged over the rocks after 8 hours, 7 minutes and 3 seconds. This was one of the fastest men's time from Catalina. Hank was less than two minutes off of the record for men in this direction. He was the 195th person to swim Catalina.

The next day David Hartmire departed from Marineland at 12:04 pm. He swam from the mainland to Catalina. The wind was very strong, 8 to 12 knots, at the start of the swim and actually throughout most of the swim. The swell, on the other hand, was 2

to 3 feet.

Early in the swim, one of the kayaks swamped on a large swell. The paddle started to float away as it hadn't been tethered to the kayak. By 1:40pm, the wind had declined a bit. Another kayak swamped at 2:40 pm and again at 5:35 pm and 9:26 pm. This happened as David and the kayaks were swimming into the waves.

David's stroke count was taken twelve times in the swim. On seven of them he held 65 strokes per minute. For the others he reached a high of 66 and finished with a low of 60 strokes per minute.

For food and drink he planned Clif Shot, tea and Power Gel. For rewards he planned Milky Way bars.

His breaks went from 35 seconds to 3 minutes and 10 seconds when he fed and changed goggles.

The ocean temperature was 66 degrees at the outset and gradually increased to 69 degrees and was at 68 degrees at the completion of the swim, a warm swim for 2010. At the same time the waves increased to 4 to 6 foot swells, in the words of the observers, John York, Lynn Kubasek and Don Van Cleve. The wind and swells had decreased once the boat was in the protection of the Island.

David walked ashore at 11:56.25 pm giving him a final time of 11 hours, 52 minutes and 10 seconds.

On October 5th Jen Schumacher was swimming from the mainland to Catalina. This was her second Catalina swim but the first in this direction. There was a small swell and barely any wind as she took her first steps into the water. She commenced at 3:32 pm.

As the swim had just begun, a sheriff's boat arrived with personnel and equipment.

There were many attempts to put a camera in the kayak and a boat to film the swim but it didn't work. It was finally aborted after the kayak went in front of Jen and was able to capture some pictures.

The ocean was cold, 63 degrees at the beginning of the swim. The sun was out, which helped Jen deal with the cold. Gradually the temperature rose to 65 then 66 and settled at 67 degrees for the rest of the swim, from 8:28 pm to 2:37 am.

The stroke counts began at 79 strokes per minute. From there, Jen slowly dropped until she maintained 74 strokes per minute.

Jen drank every thirty minutes. She had Gu electrolyte-6 ounces at this break. At the hour she had Gu gel. She had one Aleve at the six hour mark according to her interview.

As Jen approached the Island it began to rain lightly. Jen approached the shore with two pace swimmers.

She landed after 11 hours, 5 minutes and 32 seconds.

Chris Dahowski left Doctor's Cove at 2:38 am from the Bottom Scratcher. The water was flat as could be.

Chris's stroke counts varied throughout the crossing. His high stroke count was 58 strokes per minute and his low, which he repeated twice was 52 strokes per minute.

He had planned to swim 59 to 64 strokes per minute. His shortest break was 30 seconds while his longest was only 49 seconds. This was good. He did take a 1 minute, 45 second break to take off his cap as he was too warm and uncomfortable with it on.

Chris also changed his goggles on the swim.

He drank Gu and ate figs on the swim. He took Tylenol for shoulder pain.

There was a dark squall over Palos Verdes. As he approached it began to pour. The log was soaked, according to Jim Fitzpatrick and Don Van Cleve. At the same time it was discussed whether he should land at Cabrillo or Point Vicente. With the rain there were chop and swells.

Chris had a problem keeping between the two kayakers. He began zigzagging. The observers suggested to practice with kayakers ahead of time and to use yellow and green glow sticks instead of blue and red. They also suggested Chris look when he breathed.

The ocean was warmer than it had been all summer and it only deviated one degree from 67 to 66 degrees. The air was colder than the water at 62 degrees.

Chris finished West of Cabrillo Beach. The skiff couldn't land as there was too much kelp. His time was 11 hours, 29 minutes and 52 seconds. Chris went back by car to the 22nd Street Landing to meet the boat.

On October 12th Kimberly Shales entered the water at Catalina. She left from Doctor's Cove at 2:58 am.

The sea was calm, with low clouds.

The first five hours, the sea was 65 degrees. The next six hours the temperature dropped to 64 and for the last hour the water warmed to 66 degrees, rare for the summer of 2010 by 10 degrees!

Kim's feedings lasted from 12 seconds for the quickest to 1 minute, 50 seconds for the slowest. She fed every 20 minutes at the beginning and switched to 15 minutes at 11:20 am. Kim drank coffee, chocolate drink, hot tea, Accelerade and Hammer Perpetuem. She ate bars and a banana.

Kim's stroke count fluctuated between 64 and 65 for the first four hours. From 7:20 am until 11:00 am she could not hold a consistent stroke count. She jumped from 58 to 63 stroke counts. At the finish she plummeted to 56 strokes per minute.

It turned out to be a hot and calm day but no one saw any sea life, a rare occurrence, as recorded in the log by John York and Forrest Nelson.

As Kim approached the beach there were lots of people waiting for her.

She sprung out of the water after 11 hours, 53 minutes and 36 seconds.

The 199th person to swim Catalina was Mike Vovk. He swam from Catalina to the mainland on October 14th at 10:27 pm. There was a fog layer which kept the wind down and the swells low, making for a calm swim. It reminded people of lake conditions as reported by the log, written by Jim Fitzpatrick and Natalie Merrow.

The ocean temperature was 64 degrees at the beginning. It reached a high of 65 degrees then fell to a low of 63 degrees near the finish. Amazing conditions for 2010.

Dolphins were seen off the bow at the 4:44 am, just after a pace swimmer was stung by a jelly fish. As the pace swimmer swam to the boat, a fish hit him in the head.

Mike's stroke count started at 56 spm. He jumped all over the place. His highest was 62 strokes per minute while his lowest was 54 spm.

His feedings were 1,580 stroke intervals, which was a mile for Mike. He did count it. After the first one he drank orange Gatorade- the old type, without all the chemicals in it. To that he would add a shot of Gu gel. After the next 1,580 strokes he would stuff Reese's cups in his mouth for sugar. He continued this for the whole swim! He also had three Tums when he needed it. This was gathered from his interview. At 7:50 am Mike smelled someone on the boat cooking bacon and he asked for some. The kayaker who switched had it but ate it so it wouldn't affect Mike's swim.

During Mike's swim an NBC Universal Trailer was made and it is on the internet for all to see.

Mike was in great spirits throughout the swim, minus not getting the bacon. After 12 hours, 35 minutes and 21 seconds he walked shore. He was the last swim of the summer.

RELAYS 2010

On the other hand there were five relays during the summer. The first was a Mission Viejo swim to raise money for the Children's Hospital of Orange County. The team was coached by Adam Dusenbury. The swimmers were:

Derek Young	Sasha Westberg
Tanner Cridland	Danny Miller
Natalie Malick	Kellie Fecarotta

The relay swam from Catalina to the mainland on Tuesday, June 29th. They embarked from Doctor's cove at 11:37 pm. The sea was calm with no wind or swells. Immediately, two dolphins visited the first swimmer, Derek. Then ten more swam up to join the swim. They hung around awhile. Derek held his stroke count to 80 strokes per minute.

Sasha had a quick exchange and swam with her head in the water unlike the year before. She had 89 strokes per minute. The conditions were still good.

Tanner entered next and was swimming smoothly. Tanner had a 74 stroke count. When he left the water he was tired and cold. The water was 62 degrees.

Danny jumped into the water and complained how cold it was. He looked good and had a stroke count of 77. His arm hurt so he did some backstroke and breaststroke.

He rallied at the end.

Natalie had a large tanker crossing of the boat's stern. This made Natalie lift her head many times. Still, her stroke count was 88 strokes per minute.

Kellie was the next swimmer in the water. She was stung by a jelly fish but continued. She was able to hold 80 strokes per minute.

Not much happened in Kellie's swim and she swam well in 64 degree water with no after affects or complaints.

Derek entered for his leg. His stroke was lower: 76. He had more dolphins on his second leg. Gradually, two tankers were visible on the starboard side of the boat.

Sasha embarked on her second leg. There was a little more breeze but the swells

were small. Her stroke count was 85 spm.

The final swimmer, Tanner, took over for Sasha for the final leg. Tanner finished diagonally.

Their time was 8 hours, 09 minutes and 12 seconds, as reported by observers Jim Fitzpatrick and Mike Mitchell. This was the 66th relay.

The second relay of the summer, the Mighty Mermaids, was a collection of world-class masters swimmers over the age of 50. It consisted of the following swimmers:

Christie Ciraulo
Karen Einsidler
Lisa Bennett

Jenny Cook
Tracy Grilli
Nancy Steadman

The Mighty Mermaids left on July 29 at 11:24pm from Doctor's Cove. There were west winds under 10 knots and swells of 2 to 3 feet in height. The first swimmer was Nancy. She maintained a 73 stroke count in 64 degree water.

Christie had a 65 stroke count. There was a moonlit ocean, cloud cover and a slight breeze.

Tracy was the third swimmer. The swells had dropped to 1 to 2 feet. Her stroke count was 64 per minute.

Jenny switched places with another swimmer, as she was sick. She swam well and did a 76 stroke count. She was very cold when she left the water at 64 degrees. Point Vicente was in clear view when she swam.

Lisa entered as the fifth swimmer. Her stroke count was 73. There was a breeze but less swells. She was very cold when she left the water. It took over an hour to warm her up.

The sixth swimmer, Karen, who had been sick tried to swim. She did well. Her stroke count was 64.

The first swimmer, Nancy, returned to the water. The water was calm and it was getting lighter.

For the second and third swimmer both did well but the ocean temperature dropped to 63 degrees for Tracy's swim. Unfortunately, Jenny was the last swimmer in and would be able to reach the shore. This was good but the problem was the ocean had dropped to 60 degrees. She had been very cold at 64 degrees on her first leg. She finished at Cardiac Hill beach. She was quickly warmed and had layers of warm clothes on as reported by observers Forrest Nelson and Natalie Merrow.

The Mighty Mermaids swam the Catalina Channel in 9 hours, 19 minutes and 44 seconds. This was the 67th relay across the Catalina Channel.

The next two relays swam together. They were called Girls Find Lost Boys On Night Out I and II. The relays were made up of the following swimmers:

I
Lynn Kubasek

II
Patsee Ober

Susie Croke
 Merci Jensen
 John Coughlin
 Kevin Valenzulea
 Julie Flanagan

Joel Swartz
 Ray Meltvedt
 Mike Mitchell
 Benoit Pelczar
 Lynn Kubasek

The relays swam from Catalina to the mainland on August 22nd. The swim began at 11:44 pm.

The first two swimmers were Lynn and Patsee. The water was calm. The moon was very bright. The ocean temperature was 68 degrees.

John and Mike entered at the hour with a slight wind and swell.

For the next three legs everyone swam well, Susie and Joel, Karin and Benoit, and Merci and Ray. Nothing much happened. As the first group returned to the ocean, dolphins were swimming under Patsee and Lynn.

Next there was a beautiful sunrise and finally the boat had mechanical problems. One of the engines broke down and they were running on one engine through the shipping lane. The swimmers were forced to hug the ship because of the boat problems. After Susie and Joel entered, the ocean temperature lowered to 64 degrees at the end of their hour. Again everything was calm as they approached the finish, except the temperature fell to 62 degrees. Bubba was sent in to check to find a finish point. Julie and Lynn climbed up the shore while the rest of the relay members swam in to meet them.

Their total time was 11 hours, 23 minutes and 1 second. These relays became the 68th and 69th relay to swim the Catalina channel.

The last relay of the season was Team Night Train. The members were:

David Holscher
 Vito Bialla
 John Mathews

Gordan Clute
 Dave Ogden
 Amanda Boyd

The swim was from Catalina to the mainland. Unfortunately, the ride to the Island was bumpy and a few people didn't feel well once they arrived at Catalina. They made it to Doctor's Cove by 11:30 pm.

At 11:48pm, the first swimmer, David, undertook the first steps to start the relay. Conditions were good. There was a clear sky and lots of stars, as recorded by the observers, Jim Fitzpatrick and Barbara Held. David maintained 62 strokes per minute in the 66 degree ocean.

Gordon jumped in while it was still 66 degrees. He was the second swimmer and maintained a 69 stroke count

Vito swam in 67 degree water and held 56 strokes per minute. The fourth swimmer was Dave.

The water had plummeted to 63 degrees. He maintained 70 strokes per minute. The fifth swimmer was John, who dove into 63 degree water, also. His swim stroke was 50 per minute. Finally the sixth swimmer was Amanda. The water was 61 degrees during her hour of swimming.

As the relay started over David was lucky enough to have 62 degree water. When he finished there were 6 km to go. At 6:48 am the water dropped two more degrees. Gordon swam in 59 degree ocean for an hour.

No one complained when they left the cold water, according to the observers, Jim Fitzpatrick and Barbara Held.

Vito swam his second leg in 59 degree water. In his leg some wind picked up and a chop but the conditions still were good. The boat moved into a marine layer so there was fog for a few hours. Off the port side of the boat there were baby Mola Molas. Next Dave entered the 58 degree ocean with 2.34 km to go. When he finished there was only .453 km for John to swim. The water had lowered another 4 degrees to 54. A pod of dolphins were off the port side and a 3 to 4 foot swell was pushing John to Terranea for the finish.

The 70th relay, Team Night Train, completed the swim in 10 hours, 23 minutes, 9 seconds.

In 2010, despite cold water there were 29 successful swims. Forrest Nelson set a world record for a double crossing for men swimming Catalina to mainland to Catalina (CMC). His time was 23 hours, 01 minute and 06 seconds.

CHAPTER 13

2011 Solo Swims and Relays

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

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

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

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

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

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

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

He then fed on the 45 and 15 minute mark.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

the swim.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

the rough water the second returned to shore.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

NEW SWIMMER FROM 1950's

With greater research from many people and resources, five swimmers were found from earlier decades. They were Daisy Murchie, Leo Vigil, Stewart Evans, Greta Andersen and Isaac Papke. They will be included here before 2012.

Daisy Murchie was a 39 year old who swam on September 2nd 1956. She swam from the mainland to Catalina becoming the first woman to do so. Her time was 15 hours and 40 minutes almost two hours faster than her 1955 Catalina to the mainland crossing.

Leo Vigil was a 24 year old Cuban. He swam on July 22nd, 1957. He swam from the mainland to Catalina. Leo's time was 17 hours, 14 minutes and 45 seconds. He was retroactively credited as the 17th swimmer to cross

Captain Stewart Evans was from Newton Massachusetts. On August 27, 1959 he swam from Catalina to the mainland. His time was 20 hours, 55 minutes. Among the list of solo swimmers, he became the 20th person to make the crossing

The fourth swim for Greta Andersen was on October 16, 1959. She swam from the mainland to Catalina in 11 hours 7 minutes and 30 seconds. She was already credited as the 19th Catalina swimmer, but now ties Tina Neill for the most swims for a woman—four.

Finally there was Isaac Papke who swam from Catalina to the mainland. Isaac swam on June 30th, 1963. He landed at 8:38 am after swimming 12 hours and 45 minutes. He becomes the 22nd person on the list of solo swimmers.

2011 RELAYS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

CHAPTER 14

Around The Island Swims

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

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

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

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

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

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

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

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

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

THE AROUND THE ISLAND RELAYS

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

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

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

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

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

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

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

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

CHAPTER 15

2012 Solo Swims

There were twenty four individual swims in 2012. The first swim of the year was Jaime Caballero of San Sebastian, Spain. He swam in the spring, on April 3, at 2:17 am from Doctor's Cove to the Mainland. The water was 56 degrees at the start. There was no wind and the water was flat. This was after a bumpy ride to the island according to the observers: Carol Sing and Tina Neill.

Jaime went the first hour without taking a feed break. Then he took breaks every thirty, twenty and fifteen minutes. On the first break he would have a sport liquid and on the next he would have water and a banana for a very short feed. His third feed was a drink and a Hostess Ding Dong (a small chocolate cake with cream in the center and covered in chocolate.) Then he would start the process over.

At 6:52 am, while he was half way, the swells and wind picked up. By 8:15 am the ocean had dropped to 54 degrees. Jaime on the other hand had just increased his stroke rate from 53 strokes per minute to 56 strokes per minute. The air temperature was 56 degrees. The wind speed was 13 to 16 knots while the waves were 3 to 5 feet high. By 9:49 there was a bright sun but the air felt colder even though it was 6 degrees warmer. At 10:49 Greg, the captain, took Bubba, to check out the landing spots. He decided on Terranea Beach and at 11:48.45 he landed. His official time was 9 hours, 31 minutes and 20 seconds.

Jaime became the 228th swimmer to swim Catalina.

Ernie Hoftyzer launched his swim at 12:09 am from Doctor's Cove on June 28th. There were no waves and no winds. It was a calm night. Ernie fed every thirty minutes. He drank 8 ounces of Perpetuem and three inches of beef stick. By his fifth feeding he gave up on the beef stick and went to Clif Shot with Perpetuem. He stayed with this combination through his last feed. He did say he was tired of Perpetuem on his 7:33 am feed.

The ocean temperature was cold. At the undertaking the water was 65 degrees but quickly fell to 64. Within two hours the water was 62.9 degrees. At 6 and half hours it was 61 degrees. Ernie was happy and doing well as recorded by the observers. When the water hit 60 degrees Ernie did not even know. In an hour it was back to 61 degrees.

The air temperature stayed in a range of three degrees, 60 to 62.

At 5:39 am the sun rose and with it were lots of small jellies. In addition, there were dolphins in front of Ernie. At 8:38 am Ernie had a regular feed but the Clif shot of caffeine made him in good spirits. There was a one foot wave at this point in the swim but it disappeared as soon as it came.

The GPS was 33.43.409N 118.23.949 W. Ernie landed at Terranea. His time was 9:36.43. There was a welcoming party on shore.

35 year old LaurieJo Hall-Cueto Arreola from Bloomington, Indiana attempted Catalina on June 28th.

She set out on her swim at 11:51pm. She left from Doctor's Cove where the water

was calm but the sea life was active. The GPS was N33.29.862 W 118.31.024. The ocean temperature was 66 degrees but dropped to 62 degrees during the nine hour swim. At 1:21 am the wind picked up and had swells of 1 to 3 feet as the crew sang her Happy Birthday. At the same time dolphins seemed to dance astern.

The air temperature dropped radically. From 74 degrees at the start to 63 degrees within two hours. It further fell to 61 degrees within another two hours. This combined with the water temperature was affecting the swim. Laurie fought through the pain.

Laurie maintained a 56 to 57 stroke per minute count. She had two counts higher at the start, 59 and 57, otherwise she held 56 to 57 spm

Laurie made the unusual choice of rarely stopping to re-fuel. She would swim at 2 to 3 hour intervals between feedings. Each time, the stops became longer and longer. Some up to two to three minutes in length.

Laurie landed at 9:07.00 am, East of Pt Vicente lighthouse, for a final time of 9 hours 15 minutes and 30 seconds. She became the 230th person to swim Catalina.

Anna-Carin Nordin of Sweden swam the Catalina Channel on July 2-3rd. She began at 11:02 pm on the 2nd from Doctor's Cove. It was a calm night with no wind and less than a foot swell. The water was smooth as glass and was 56 degrees at the start. Palos Verdes was visible and there was a near full moon. There was cloud cover over the ocean towards the mainland.

Anna fed every two hours, then every hour. She planned to drink one gel with oats and whey mixed with 2 cups of water. In the odd hour she drank one gel plus a shake of 2 cups of water with oats and whey. She fed for thirty seconds but returning everything to the boat took one and a half minutes.

Anna's stroke count ranged from 77 at the beginning to a low of 63 at the finish. At the 4:58 feed Anna was asked questions of her fatigue as her stroke count had dropped from the high sixties. She was alert, coordinated and chipper according to observer Don Van Cleve and Dave Van Mouwerik.

By 5:35 am there was sufficient light to write and read by. Dolphins appeared and were jumping. This made Anna laugh.

A strong current was pushing the boat for two hours to the West despite the boat angling to the 20-25 degree to the East. This was explained to Anna. The KNX news radio reported on Anna's swim. At 11:06 Bubba went in to find a landing spot. At 11:43.02 Anna finished at the bottom of Cardiac Hill.

42 year old Chris Geer attempted to swim Catalina from Doctor's Cove at 12:51 am on July 6th. It was a beautiful night and there were perfect conditions. Chris began with a stroke rate of 70. Gradually he settled in to a rate of 65 for a while. From there his low rate was 66 and his high was 70. He increased his rate when dolphins were jumping next to him or when he heard how much was left to go.

Chris fed every half hour. He drank Cytomax, EFS, Perpetuem and water. He also had an Advil.

The observers stated the "water looks more like a lake" and later at 5:20 am "smooth as glass."

The water was, however, a bit colder. It fluctuated from 63 to 66 degrees. The air

temperature commenced at 64 degrees and ended at 72 degrees. There were no waves or wind on the whole swim. Then there was a surge at the finish that lifted him up and planted him on the rocks. He climbed over them onto the beach.

Chris's time was 9 hours, 56 minutes and 14 seconds. He was the 232nd person to swim Catalina.

Eddie Irwin was a 40 year old man from Cork, Ireland. He started his Catalina swim on July 9, 2012 at 11:41 at night. It was a calm night with an orange glowy moon. The ocean had two to three foot swells.

The water was 66 degrees at the onset. Gradually it lowered until it plummeted to 59 degrees at the finish.

The air temperature was a cool 62 degrees at the departure of Eddie from Catalina. It descended from there to 60 degrees but then jumped to 63 for the finish.

Eddie's stroke count fluctuated from a low stroke count of 51 spm to a high stroke count of 62 stroke per minute.

Eddie fed fluids every thirty minutes during the swim. Besides having a quick feed, 20 to 30 seconds, he drank paracetamol.

He received a "phone telling him to kick his feet and bring it home", as recorded in the log.

He smiled and kicked harder.

Eddie was surrounded by dolphins most of the last 3 ½ hours. By 9:00 am the water was colder. Eddie landed at 9:39.23.

35 year old Miguel Suner Comalat of Spain attempted Catalina on July 9, at 11:56pm. Miguel had a perfect night with both clear water and a night. There was some breeze but this settled down by 2 am. His first feed was a ½ liter of lemon recuperation. He also feed on Isopower, top 50, 50, infisport, energy plus, and a banana. Miguel repeated this mixed through the night.

As the night wore on the air temperature grew colder. In addition, Miguel appeared to drop his stroke count slightly as the hours wore on from 48 to 45 strokes per minute. This was not a large drop.

At 5:30 am Miguel switched to feeding every 20 minutes. Everyone was in good spirits; Greg played his bagpipes. Miguel landed at Point Vicente Beach, in 8:11.13. He was only six minutes off of the men's record.

Maria Selina Moreno Pasagali of Spain swam on July 12 at 11:52 pm. Her boat was the Bottom Scratcher, captained by Greg Elliott. Maria departed from Doctor's Cove during a 15 knot wind and rain storm.

She fed every 40 minutes at the beginning. She had short breaks then they became longer and longer until they reached three minutes on the fifth feed at 3:26 am. The rain had stopped then she took a five minute break as she needed another protein bar from the boat. From then on the breaks were two or more minutes every time.

The water temperature was a steady 66 degrees with one reading at 68 degrees. This made for a comfortable swim. Similarly the air temperature ranged from 71 degrees to 68 degrees.

Maria's stroke count fluctuated from 76 to 70 strokes per minute during the swim. She breathed on both sides during the swim. Maria had a slight pain during the swim but kept fighting. At 11:11.35 Maria Selina became the first Spanish woman to swim the Triple Crown and the first breast cancer survivor Triple Crown according to the log.

Dave Van Mouwerik, 54, of San Luis Obispo entered Catalina at 00:16 on August 6, 2012. He left from Doctor's Cove. At the start there were 2 to 3 foot waves and 10 knot winds. There was a problem with too few glow sticks so Dave had to stop and have more put on but that failed. It failed a second time. After this he had to change goggles. Everything seemed to calm down after this break.

Dave's stroke rate ranged from a high of 66 to a low of 60 strokes per minute. The water temperature was 68 for most of the crossing then it lowered a few degrees. The air temperature also ranged from 72 degrees to 65 degrees.

Dave had planned his breaks well. He planned to drink Gu, Gel, Perpetuem, vitamin water and to eat Fig Newtons. On his next break he had 3 Tylenols and the conditions were calming down. After 30 minutes he wanted Vita water. While drinking this there were tons of Dolphins around him. Dave had 5.89 nm to reach the finish. Next there was a whale right in front of them. They had a large swell to land on the rocks and Dave landed safely. His time was 12:09.07. He was the 236th person to swim the Catalina Channel.

Sue Free of San Francisco intended to swim from Catalina to the mainland. She departed on August 7th at 11:29pm from Doctor's cove. There were long rolling swells and a clear sky. Nevertheless, soon after her first feed Sue threw up. After this a second kayak was launched for safety. On her third feeding of ginger tea and potato she really felt nauseous. She had two more feeds of tea and switched the side of the boat to avoid the fumes. This didn't help. At 3:38 am Sue fed on Hammer Gel and water then proceeded to "toss her cookies" with much wrenching and enthusiasm. Her crew cheered her on as they knew she was having a tough time. She fed on water but threw it up until the crew gave her a crushed Pepto-Bismol with water. Her response was "My crew was mean".

Sue's stroke counts were from 60 to 64 strokes per minute on the swim. She averaged 61 spm.

The water temperature began at 69 degrees and held there for four hours before dropping to 68 degrees for three hours. For the last hour the water had patches of 52 degrees and warm water. This created more nausea and pain. Meanwhile the air temperature was 67 to 68 through the night and rose to the warm eighties for the finish.

Other conditions included two foot high waves and wind speed for the first five hours then everything dropped to one foot and finished and below sea level. Sue was in better spirits and had another Hammer gel with water. Sue appeared positive. This was at 5:20 am. The next feeding was at 6:05 am when she had water and Hammer Gel. Before she started swimming again she had leg cramps.

At 6:17 she asked how far she had gone and was told more than half way. The sun came up at 6:43 am and at 6:54 Sue was given more water and another Hammer gel! At 7:06 she had swum 13.2 miles according to the captain.

Finally at 7:52 Sue had potato and water for a feed and was fine. In a half hour she had another Hammer gel and water. Again at 9:25 am she had a Hammer gel with water.

At 9:45 Sue went crazy and called her crew liars. She believed she would be done in a ½ mile but was then told it would be longer. She stopped vertically to say this and was anxious to be finished. Gradually the fog lifted but Sue couldn't see the shore. She looked every few strokes according to observer Michelle McConica. She was not able to see anything; it was 10:35. Sue fed at 10:37 and saw the land right in front of her. Sue finished at Terranea Beach at 10:52.43 am.

Once on board Sue explained the pockets of 52 degree water and warmer water and how miserable that was. That was why she was so upset. Three miles of changing temperatures was not fun.

Sue's final time was 11 hours, 23 minutes and 38 seconds becoming the 237th person to swim Catalina.

50 year old Hendrik Meerman entered the water at Catalina at 11:42 pm on August 9th.

The conditions were well. There were no winds but a beautiful, bright half moon. The water temperature was 68 degrees to a low of 62.5 degrees at the finish. Meanwhile, the air temperature spanned from 68 to 78 in the swim.

Hendrik had a wide range in his stroke count from a high of 65 spm to a low of 51 spm. This could have been from the throwing up or the long breaks.

At 3:10 am Hendrik began throwing up. He continued this until the last two hours of the swim. When he had trouble with food his crew tried every combination of Maxim, Perpetuem, Power Bar, Green tea with carbohydrates, water and Pepto-Bismol.

By 7:53 am Hendrik went to ten minute breaks to get more fluids and carbohydrates in him. He maintained this to the end of the swim. This again was his crew's idea. At 10:27 am the sun was bright and Hendrik took time to stretch on each ten minute break.

At 11:29 am he smelled hot dogs cooking, a favorite smell of his. He had 1nm to go. He finished at 12:30 pm. His time was 12 hours, 48 minutes 30 seconds.

Adam Moine, a 20 year old from Torrance, decided to swim from Catalina to the mainland. He departed from Doctor's Cove at 1:57 am on August 20, 2012. At the beginning of the swim the water temperature was 71 degrees. The ocean was calm and it was an overcast night. Early in the swim Adam was stung by a jellyfish.

On his fourth 15-minute feeding Adam drank Ensure. Almost immediately Adam needed a goggle change which he did on the next feed. On the sixth feed Adam said he felt seasick. This seemed to pass rather quickly. By 6:12 am the sun came up, making for a nice day. Adam's feeds were fast 12 to 19 seconds. As Adam fed at 6:58 am a large tanker, Italia, was passing him. Adam was just over half way.

Dolphins came into view in between the feeds, exciting everyone on the boat. Something else began to happen. Adam would have an 8 second feed, followed by a 30 second feed. The second time this happened he asked for 2 Aleve. He hadn't complained of pain but must have had it.

Adam's stroke counts began at 66 strokes per minute for four hours. He slowly fell to 62 strokes per minute. He dropped drastically to 55 spm at 8:07 am and stayed in the range of 54 to 58 spm to the finish. One of the reasons this happened as he began to lift his head to see where he was. Unfortunately he was doing it every 5 to 7 strokes. At 9:59 he had 1.7 nautical miles (nm) to go. Adam's family put a sailboat in the water and Adam's dad got in. His last two feedings were warmed as the water temperature had dropped.

Adam took off his cap as he was reaching shore. Believe it or not it was 70 degrees just 50 yards off shore. He landed just east of Terranea Resort. Adam finished at 11:11.31 for a final time of 9 hours, 14 minutes and 11 seconds.

The next swimmer from New York City, New York was Dan Boyle. Dan was swimming from Catalina to the mainland also on August 20th. He entered the water at 11:24pm at Doctor's Cove covered with lanolin. As recorded by observer Anne Cleveland, "It's a balmy, calm night with a crescent moon. Beautiful conditions for a swim".

Dan began with 62 strokes per minute. It was long and strong. He fed at the half hour mark, drinking Carbo Pro. At his fourth feed he requested water. He also stated he felt fine. After this he needed 2 ibuprofen. This seemed to kick up his stroke count which had dropped to 56-57.

By 5:30 am the sun was breaking through the darkness. Dan was more than half way and looking good. The water temperature was still 72 degrees and the air temperature was 67 degrees. The ocean was flat and there was no wind. He was still drinking CarboPro feed and he had 2 more ibuprofen at 6:00 am. Gradually the wind was picking up.

At 7:30 it was actually breezy. Dan had 4.7 nm to go. He also needed to change to tinted goggles and apply sunscreen to his face. By 8:30 there were 6 to 7 knot winds but no waves. By 8:45 there was a light chop and Dan only had 2.6 nm to go. He fed normally for a ½ hour then drank only water. His last feed was CarboPro with the land insight.

Dan finished at Terranea Beach in 10 hours, 55 minutes and 44 seconds. He was the 240th person to swim Catalina.

Laura Lopez-Bonilla was from Spain but she lived in Canterbury, England. Laura decided to swim the Catalina Channel in order to accomplish the final leg of the Triple Crown. On August 22 at 11:30pm Laura entered the water at Doctor's Cove after jumping off the boat and swimming into the shore. The water temperature was 68.5 at the start. Immediately, the kayakers complained of the smell of the exhaust. This led to Laura skipping her feed. Finally, she took a 30 second feed, drinking Maxim and Gel. She fed with a cup but inhaled some salt water. On the next feed she used a bottle.

At 4:20 am while Laura was drinking the boat began to drift and it took five minutes to bring Laura back in line. Gradually the captain and Laura seemed to be working together. This helped to decrease the rocking of the boat.

Laura's stroke counts started at 48 rose to 50 then to 52 spm. She maintained these throughout the swim. Similarly, the water temperature rose from 69 to 70 degrees, reached 71.5 before falling to 66 spm. Then an unusual occurrence happened. As Laura

approached the three mile upwelling current, the water warmed up instead of down making for a warm finish to the swim.

Laura's 7:12 am feed included a banana, gel with water and tea. She also agreed to feed every thirty minutes for the rest of the swim. The swells had picked up to less than two feet but with a six knot wind and a light mist.

During the swim Laura asked where you could find a decent breakfast. At the next feed she was given scrambled eggs made on board. She also had tea and Maxim.

By 10:00 am Laura was in pain again and had to take pain medicine and Ibuprofen. She drank more fluid on her next break. In addition, Point Vicente was visible. This made Laura happy. Besides this, her stroke count, her stroke and body position were in good shape according to the observers.

For the next two feeds Laura had gels and water then topped it off with Tetley's and fructose. As the chop was increasing Laura switched from bilateral breathing to greater breathing to the right side. This prevented her from swallowing lots of sea water.

Laura's last feed was at 1:25 pm when she had gel and 6 ounces of water. At 2:02.38 Laura climbed up the Terranea Beach. She immediately swam back to the boat. She refused food and drink. She was suffering from mild hypothermia as she was shivering slightly. Laura was in good spirits. Her total time was 14 hours, 31 minutes and 36 seconds.

Mariel Hawley, a 43-year-old from Mexico City, sought to swim the Catalina Channel on August 24, 2012. Prior to commencing the swim, Mariel greased up with Vaseline, baby ointment, and sunscreen applied by Nora Toledano, her coach. She started at 11:48 pm at Doctor's Cove.

Mariel chose to feed every thirty minutes in the swim. On her first feed she drank Accelerade. Her stroke was long and smooth. The water was also calm and balmy as recorded by observer Anne Cleveland.

At the three hour mark Mariel requested a pace swimmer. By the fourth hour the swimmer was moved to the port side of the boat as the diesel fumes were bothering everyone.

Mariel's stroke count began at 68 per minute then once she relaxed, the stroke count increased to 70 spm. She ranged from 68 to 70 strokes per minute for the rest of the swim.

The air temperature plummeted more than the water temperature. The air started at 73 degrees and fell to 64 degrees while the water temperature started at 71.7 and lowered to 67.3.

Besides drinking Accelerade, on some breaks Mariel ate mash potatoes and Gatorade, a little coffee and Hammer Perpetuem. She ate the potatoes from the boat. The potatoes seemed to lift Mariel's spirits.

Conditions were still good but some wind had picked up. It really didn't matter as Mariel only had a mile to go to finish and she was going strong. At 11:15.58 Mariel climbed out and over the rocks and on the beach at Terranea. Her final time was 11 hours, 27 minutes and 28 seconds. She became the first Mexican woman to swim Catalina and complete the Triple Crown.

Monica Bender, a 17 year old high school student from Mary Star of the Sea in San Pedro decided to swim Catalina to the Mainland in 2012. She had a perfect night for a swim-calm, clear, beautiful night and flat ocean with no waves or wind. She entered the water at 1:07 am on August 26th.

Monica fed every fifteen minutes in the swim. She drank Ensure, Gatorade, hot cider, water, and pre- game fuel. She tried to spend no more than 15 seconds feeding.

About 5:00 am Monica began asking how far she had left to swim. She had completed 6 $\frac{3}{4}$ miles which meant she had a little over ten nautical miles to go. It was a calm morning when the sun began to rise. The water was still glassy so it looked like Lake Catalina. At 6:53 am Monica's foot cramped so she asked for two Advils. In a few minutes she was feeling better.

Monica asked again, "How far do I have to go?" In a half hour she was given an answer. By 8:50 am Monica looked fatigued but pushed through the pain. She had five miles to go. At 10:23 she had 1 mile to go. After finding this out, numerous dolphins appeared. At 10:58.59 Monica finished. Her total time was 9 hours, 51 minutes and 14 seconds. She became the 243rd person to swim the Catalina Channel.

At 11:45 pm on September 9, Jaimie Monahan of New York departed on her crossing of the Catalina Channel. The boat was decorated by her family to instill good luck for the Catalina to mainland swim. She fed at the $\frac{1}{2}$ hour mark and in this feed she had 8 ounces of warm Carbo Pro and ginger tea. A $\frac{1}{2}$ hour later she had the same feed. She retained this pattern for many feeds. At 2:15 the fog crept in towards the swimmer. To cleanse her mouth of salt at 3:45 she gargled some mouthwash. She looked strong and her stroke was powerful. She had her normal feeding and sprung off. She was holding 43 to 44 strokes per minute until the last bit when she sprinted to the shore and hit 48 strokes per minute.

The ocean temperature was 72.8 degrees as she commenced the swim. Gradually and over seven hours it dropped to 70 degrees. After four hours at 70 degrees, it rose to 71 through 72.3 degrees. It was an amazingly warm swim. The wind knot speed rose from zero at the start to 5k then back to zero. The wave height was calm then reached two feet and then returned to a foot.

This was an ideal crossing with very few waves, limited wind and warm water. At 1:13 pm after seeing a pod of dolphins Jaime left the water and climbed up the beach. Her final time was 13 hours, 28 minutes and 41 seconds.

54 year old Ned Denison of County Cork Ireland walked into the water off of Catalina on September 20, 2012. An USA expatriate went to Ireland to train marathon swimmers. He has been running an open water swimming camp for eight years.

On his swim Ned averaged 66 strokes per minute. His high stroke count was 68 spm while his low was 64 spm. He was very consistent. The water temperature ranged from a start of 70 degrees to 71 for a few hours. Then it dropped to 68 degrees, slightly hit 69 degrees and was 68 degrees for the finish. This was a remarkable water temperature range.

The conditions were calm with some slight swells. The kayaker at the time of the swells fell off and it took four minutes for him to remount the kayak. Ned used this as a

rest stop. The next stop Ned drank water as he didn't feel well. He took acid reflux and anti inflammation drugs. On the ninth feed he exclaimed he had thrown up. By 6:36 am he felt fine and he enjoyed a beautiful sunrise for thirty seconds.

At 7:30 am he repeated his drug cocktail but this time without any problems. At the following feeding conditions had calmed and the sun was shining. Most of his feeds were 30 seconds in length and happened every thirty minutes. He drank off of a pole. Besides feeding on time he made sure to regularly pee every thirty minutes. At one point in the swim Ned looked to his left. His kayaker was on his right and he was guiding off of him. When he looked he swore he saw the largest damn shark he had ever seen but no one was reacting. He looked again and saw the same thing. Why was no one reacting? He was ready to quit. He would look one more time. He did and then he realized it was the boat. He laughed and kept swimming.

He finished in just under nine hours. 8 hour, 50 minutes, 04 seconds to be exact. He had trouble landing as there was strong surf at the finish.

Ned was in California to be inducted into the International Marathon Swimming Hall of Fame. He was the 245th person to swim Catalina.

Douglas McConnell, also a 54 year old man from Barrington, Illinois, chose to swim Catalina on September 27. He swam from Catalina to the mainland. He departed at 12:25 am from Doctor's Cove. His captain was Greg Elliott of the Bottom Scratcher. Between the swimmer and the kayaker there were so many lights the observer thought it looked like a Christmas disco as they used red and green blinking lights.

Doug fed after he counted 3,247 strokes or an hour. His next break, 5,025 was 1 ½ hour. The water was calm, ocean was clear and there was a partially full moon. At his next feed, 8550, he screamed for the boat to stop as he fed off of the boat. He found it difficult to feed off of the boat.

His feed included liquid Advil, Infinite Nutrition, Maxim, water and tea. He drank every thirty minutes.

His stroke count was in the mid sixties at the beginning and slowly dropped to 60 where it remained for many hours. Slowly he fell to 58 and held that for the finish. Early in the swim he gathered it would take 30,000 strokes to complete the swim.

At 3:57 am he had to switch goggles twice as the first pair was leaking and the second pair he was given was tinted. Finally, he was given a clear pair and off he went.

He had no problem urinating and was asked early on in the swim. He requested it be written down and many times he announced when he relieved himself.

At 5:50 am the observer noted what a nice night it was and how calm it was. He also stated how lucky the swimmer was to have such a great night. At 6:30 am the serenade began as it was getting light.

The water temperature started at 69 degrees and slowly dropped to 63 degrees near the finish. Doug didn't complain about the temperature. He stayed in good spirits. At 25,840 strokes the crew dropped the end of the rope when throwing the feed bottles but no complaints were recorded.

With 5.1 nm to go he had swum 28,150 strokes. At 9:42 he felt the water get colder when he was feeding. At 10:20 a crisis occurred. He lost count –“Let's call it 32,600.” He had a long feed and changed goggles again.

He had two more hours and finished at 12:52 pm making his time 12:41.13. After all the counting no final stroke count was recorded. He was the 246th person to swim Catalina.

Roger Finch chose to swim from Catalina to the mainland on September 30th. He began at 11:22 pm from Doctor's cove on a calm night with a full moon. There was a slight wind however. The boat was semi surrounded by dolphins.

He fed every thirty minutes after the first 45 minutes. Roger drank or ate the following during the swim: Maxim, banana, Energade, candy, Ibuprofen, acetaminophen and energy sweets.

His stroke counts ranged from 68 strokes per minute down to one count of 64 spm. Roger averaged 66 strokes per minute on the swim. He held this very well.

The water was 70 degrees at the launch and quickly dropped to 68 degrees. Roger was lucky as the water stayed at 68 degrees until 6:00 am. From there it fluctuated from 66 to 67 until the last reading at the finish. At 9:07 am it was 64 degrees.

During the night there were some boat troubles and then somehow at one point with the boat out of gear it drifted into the swimmer. Roger was under the bow for a few minutes and swallowed salt water. He postponed his feed then seemed to take it all in stride at his 13th feeding.

He also had to deal with fog in the early morning. By 8:10 he was laughing. The fog was gone when the sun broke through, the wind had died down and he felt good. He finished at 9:07. Roger's total time was 9:45.02 according to the observers.

Gabor Molnar of Hungary decided to swim Catalina. He entered the water on October the 1st at 10:34 pm swimming from Catalina to the mainland. There was a slight wind, swells, and chop. It was clear however and the lights on the mainland could be seen.

Gabor's first feed was after an hour then he fed every half hour. He drank Maxim and Competition according to his Plan Your Swim. His feeds were ten to twenty seconds in length. He didn't speak much but at the 1:04 am feeding he was told, "kick those legs party boy" and he laughed. He had 14 feeds on the swim.

At 2:35am the kayaker changed but Gabor kept swimming and went way off course. The new kayaker had to chase him down and return him to the right course. From the temperatures taken the water was between 68 and 70 degrees the whole night. Similarly, the air was in the sixties to 78 degrees at the start. The wind didn't pick up until 3:05 am and then only to 5 knots. The waves were never over 1 to 2 feet in height. This made for a nice crossing.

Just near the finish dolphins appeared as the sun rose. The fog that was visible in the night was no longer around. At 7:35 am Gabor finished. His final time was 9:00.48.

From Lake Hopatcong, NJ came Bridgette Hobart. She wanted to swim Catalina to the mainland. Her boat was the Outrider, captained by John Pittman. She commenced at 11:19 pm on October 2, 2012. As she started she didn't have any glow sticks on so she was stopped, put them on and began again.

Conditions were fine. There was no wind or swells and there was a full moon.

The water was warm, from 69 degrees to 67 at the finish. What a nice night. At 5:48 am there were slight 1 to 2 foot waves. Then at 7:21 am a 5 knot wind appeared but within a half hour both had disappeared.

Bridgette fed every half hour. She had 22 feedings of Hammer products and some Advils.

Bridgette had a fluctuating stroke count throughout the swim. It drifted from 65 to 62 to 58 to 56 strokes per minute. The observers didn't comment on any stroke problems.

There were two unique situations on her crossing. First, she had to move to the other side of her escort vessel because of the diesel smell, a few times and second there was a container ship which re-directed to miss running over the swimmer. By moving it passed astern.

In the morning with 1.9 nm to go Bridgette stopped to admire a sea lion trying to catch fish.

Bridgette landed during the surf at Terranea Cove at 10:47. This made her final time 11:27.16.

The final woman swimmer of the summer was Grace Van Der Byl. She swam from Catalina to the mainland. Her navigation escort was Outrider. She hustled into the water at 12:48 am on October 5th, 2012. Conditions were flat with no wind. This changed to one knot wind for a half hour at 1:46 am. It returned at 6:34 am with 3.5 knot wind for a short time and then disappeared.

Grace fed every half hour. She drank Carbo ProHydra C5 throughout the swim. At the six hour mark she had Motivator, a caffeine and alertness pill made by Carbo Pro. She had 14 feedings. Her feeds were fast from four seconds to eighteen seconds.

The water temperature was 68 to 69.2 degrees throughout the swim. The air temperature however was only 64.5 to 66.3 degrees.

Gracie's stroke count fluctuated from a low of 52 at the finish to a high of 62 strokes per minute on the swim. Neil, Gracie's husband kayaked for her on the crossing. This helped her spirits and attitude.

At 5:51 am Gracie felt nauseous. She asked for a break from swim buddies. By the 6:18 feed she felt better and the daylight was breaking through the night.

There was a debate by the observers as to where Grace should land, on the rocks at Long Point or at Terranea on the beach. Gracie made the decision. She went for the rocks. She swam so fast. Her time was 7:27.25. This was a world record for women and men from Catalina to the mainland. She broke Karen Burton's record by over eighteen minutes. In addition, this was the second fastest time ever for a Catalina swim. Well done Gracie!

After Gracie swim's her foot hurt. She had stepped on a sea anemone as she exited the water. She spent five days in the hospital. The good news she was she was fine and was the 250th person to swim the Catalina Channel.

Adam Walker of Nottingham, England was the last person to swim in 2012. He swam on October 16th. He commenced from Doctor's Cove at 12:12 am. At the beginning there were bright stars and the water was glassy. On the mainland there was fog. Once Adam was out of the protection of the shelter of the Island there were 1 to 2

foot waves and 4 knot winds. The water temperature was 67 degrees and similarly his stroke count was 67 strokes per minute.

Adam went an hour before his first feed. During the swim he drank Maxim, hot chocolate, flat Coke and had Ibuprofen.

At the second hour he fed then vomited. Immediately he switched to half hour feeds. He drank a flat coke and held it down.

He drank Maxim and flat Coke at the thirty minute mark. He seemed to handle this so he drank his normal feed-hot chocolate with a scoop of Maxim. In 15 minutes this became fish food. Adam had another flat Coke to no avail. At 4:45am he had a third flat Coke but seemed to accept it.

At the same time the fog had rolled in and the clouds had covered the stars. Adam's stroke dropped briefly to 64 but once he was able to hold down his feedings his stroke count returned to 67 strokes per minute.

Adam's next seven feedings he rotated between Coke and hot chocolate without a problem.

By 8:55am the water was flat with slight ripples on long swells. Adam took a detour to pick up a mylar balloon during a feed. He had just been stung by two jellies in the last hour so was aware what was in the water or at least the surface.

At 9:45 after voiding satisfactorily according to the observers, he had a visit from a curious seal.

His stroke count increased to 68 spm as the blue sky peaked through the clouds. After not speaking on his feed the LAFD appeared to take pictures and stay with the swimmer until the end of the swim. Soon after the LAFD arrived Adam detected a massive temperature drop to 64 degrees. The fog was thick by the shore. Adam was swimming well. He was heading for Cardiac Hill. The coordinates 33.44.41N 118.24.16W. Adam landed at Cardiac Hill and was met by Forrest Nelson. His final time was 12 hours, 34 minutes and 55 seconds. He returned with the LAFD to be checked and warmed up. So went the 251st person swimming the Catalina Channel.

There were 24 swims in 2012. The outstanding swim in this year was preformed by Grace Van Der Byl. She swam from Catalina to the mainland in world record time. This was a world record for men and women. Her time was 7 hours, 27 minutes and 25 seconds more than 18 minutes under the former record. This is also the second fastest time ever swum across the Catalina Channel.

There were ten relays in 2012.

CHAPTER 15

2012 Relays

There were ten relays in 2012. The relays begin with Tripod A, B, C. These were made of the following swimmers:

Tripod A	Tripod B	Tripod C
Karl Jacobs	Dan Simonelli	Tom Cook
Thomas Johnson	Julian Rusinek	Kelley Schall
Kenny Jacobs	Marc Horowitz	Tanya MacLean
Patsee Ober	Natalie Kreizinger	Steven Coppersmith
Martha Gaughen	Carol Hayden	Lynn Kubasek
Yafa Minazad	Kim Miller	Paula L. Selby

The Tripod relays started at 11:25pm from Cabrillo Beach on the Mainland. Each group swam well together and did sufficient changes. Initially the water temperature was taken. The water was 58 degrees! Gradually this warmed until it capped off at 66 degrees. At the end of the second leg numerous jelly stings were encountered. Unfortunately the jellies continued. At 5:25 am the first group returned to the water. The sky was getting light and foggy but there was flat water according to the observers. Soon after this a dolphin was sighted and this encouraged everyone. Everyone was going in at the next transition as the group was 500 yards from the finish. The official time of the three Tripod relays were 13 hours, 16 minutes and 41 seconds. These relays became number 76, 77, and 78.

The fourth relay, The Rocking Hot Chicks and the Dude

Teri Clavell	Cindy Meyer
Heidi Thomas	Becky Jackman-Beeler
Carol Sing	John York

The relay swam from the mainland to Catalina. The water was 59 degrees at the start and gradually warmed to 69 degrees over the next twelve hours. There were lots of jellies on the crossing or to quote it properly, “there’s a shitload of jellies, actually salps”. John was playing, spitting water, messing up stroke counts and stopping for jellies. At 8:35 am in the calm water the dolphins appeared. It was a large pod in front and behind the swimmer and the boat. Stroke counts were taken on the swim. John was 75 or zero when he was playing; Heidi was 50; Ashley was 53; Carol was 61 and Teri was 58. There was no count for Cindy. Cindy was the first and final leg of the relay. Everyone swam in with her. The final time was 12 hours, 17 minutes and 20 seconds according to observers.

The fifth and sixth relay of the summer of 2012 were:

Wild Old Women	Swell Guys
Carol Sing	Bill Crane
Betsy Jordan	Stephen Frantz
Janet Lamott	Dan Henry
Deb Peckham	Steven Dockstader
Dudley Rockwell	Roger Renstrom
Sandra Vickers	Stephen Cross

The relays commenced from Cabrillo Beach on August 3rd at 3:30 am. There was a full moon and a strong current pushing the relays to the Southeast. At 5:30 am a Pacific white sided dolphin was playing in the waves. In the distance two whales had been spotted. To help with the paddling once a swimmer completed his swim leg he would do a leg of paddling. This was very efficient use of resources and personnel. Conditions were ideal, so much so, they called it Lake Catalina. The ocean temperature was 61 degrees at the start. The water fluctuated from 61 degrees to 72 degrees. This was a large difference. Similarly, the air temperature ran the field from 64 to 85 degrees. The highest swell was 2 to 3 feet.

The third leg was begun at 3:30 pm. The relays were doing well. At 7:48.20 the swimmers completed the swim. The total time was 16 hours, 5 minutes and 65 seconds. These were the 80 and 81st relay of Catalina. In addition, the WOW relay was comprised of swimmers between the ages of 70 and 79 and they set a new age group relay record.

The seventh relay was Commotion on the Ocean made of:

Julian Rusinek	Tim Davies	Ben Barham
Peter Hayden	Vanessa Mesia	Karl Jacobs

The relay started from the mainland to Catalina on August 6th at 11:39 pm. There were excellent conditions and a clear night. The moon was a $\frac{3}{4}$ moon. The water was 63 degrees at the first reading and unbelievably it was 71 degrees by the finish.

Vanessa on her first swim had a 66 spm. Tim held 68 spm. As the swimmers were only swimming one or two hours with no feeding, having a stroke count helps them know how well they are doing. Ben had a low 47 spm, while Julian held 60 spm.

By the sunrise the swells picked up and made it tougher to swim according to the log. By mid morning the swell had calmed down and it had warmed up. A baby octopus was seen on route, sunning itself. Tim Davies finished the relay, landing west of Long Point on Moonstone Beach. All the swimmers went ashore. The final time was 14 hours, 11 minutes and 26 seconds.

The next relay was the CO & CA Kelp Patties. The members were:

Charlotte C Plummer	Averill Sehler	Michelle Poole
Jerry Orten	Cherie Edborg	Howard Burns

The relay swam from Doctor's Cove on the Island. There was no wind, no waves and no swells. The first swimmer was Charlotte with a 68 stroke count. Averill was second in a smooth exchange and a 70 spm. The third swimmer was Jerry who was able to hold a 56 stroke count. Michelle was the fourth swimmer with a 72 stroke count. At the same time the kayak tipped and messed up the order for a few minutes but then all was well. Howard paced a 70 stroke count and did it without a kayak for a while. Cherie entered after paddling two legs.

The team was more than half way and the bagpipes were blaring. The second round had begun and the sun had risen. A few legs were swum before Howard finished the relay. The time was 10 hours, 7 minutes and 53 seconds. This was the 83rd relay to swim Catalina.

The ninth relay was Just Keep Swimming made up of:

Alicia Bartley	Kate Martin	Robyn Beresh
Sherry Winston	PK Gauchan	Steve Klein

The relay swam from Catalina to the mainland. The relay used pilot Greg Elliott of the Bottom Scratcher. They departed at midnight on August 31st. The conditions for this relay were horrible. The seas were so rough everyone was seasick. The third swimmer was so sick she had to take barf breaks during her leg and no one knew if she would make it. She was tough and fought through not once, but twice.

There were jellies on the crossing and everyone was stung. The only good news was the water was 70 degrees. Most of the swimmers felt better when the sun came up. Conditions improved a little but it was still rough.

The team landed after 13 hours 8 minutes and 19 seconds. They became the 84th relay to swim the Catalina channel.

The tenth and final relay of the summer was the San Francisco Dolphins. The relay was composed of the following swimmers:

Rachel ElginSmith	Brian ElginSmith	Jessie Czelusta
Dave Cameron	Paige Coulain	Leigh Fonseca

It was a beautiful night with a romantic moon as recorded by the observer. The swim began at 12.11 am with Rachel leading the team. The second leg was Jessie, followed by Dave. Brian, the fourth leg, swam breaststroke. Next Paige hopped in the water and she was followed by Leigh.

The second round began as the sun was rising. Everyone swam a second leg and dolphins accompanied the group into the shore for the finish. The final time was 11 hours 45 minutes and 59 seconds. This was the 85th relay to swim the Catalina Channel.

There had been 251 people swim Catalina by the end of 2012. There had been 85 relays. The Catalina Channel Swimming Federation is growing and future years have much potential both for Catalina Channel crossings and for the Swim Around Catalina.