

Kim Rutherford: Monterey Bay Solo Marathon Swim 2014

SWIMMER

Kimberly Rutherford

Hometown: Capitola, California

Age: 55 (at time of swim)

SWIM

Solo crossing of Monterey Bay
(from Monterey to Santa Cruz)

Date(s): Sept 5 and 6, 2014

Start: 23:40:00 (Pacific Daylight)

Finish: 21:46:00

Swim Duration (start to finish): 22 hours, 6 minutes, 0 seconds



ROUTE

Monterey to Santa Cruz

Start: San Carlos Beach; Latitude: 36°36'34.48"N Longitude: 121°53'42.97"W

Finish: Santa Cruz Harbor Beach (Twin Lakes); Latitude: 36°57'45.16"N Longitude: 122° 0'2.55"W

Straight-line Distance: 25.06 statute miles (40.33 km).

HISTORICAL CLAIMS

- First unassisted solo Monterey Bay Marathon swim from Monterey to Santa Cruz.
- Third unassisted solo Monterey Bay Marathon swim, following:
 - Cindy Cleveland, 1980 (Santa Cruz to Monterey)
 - Patti Bauernfeind, August 26, 2014 (Santa Cruz to Monterey)

SUPPORT & CREW

Support Vessels:

KAT350, Santa Cruz, Captained by Jim "Holmer" Homes (co-sponsored by Clean Oceans Project)

Santa Cruz Masters AVON Inflatable, Captained by Joel Wilson & Chris

Crew:

Pilots: Jim Holmer, [Joel Wilson](#), Chris ?

Observer: [Terri Schneider](#)

Crew: [Scott Tapley](#), [Patti Bauernfeind](#), Heidi Sussman, Janelle Frias

Paddlers: David King, Maya Sprinsock, Elaina Luke

RULES OF CONDUCT

Swim Category: Unassisted Marathon Swim

Rules: As defined by the [Marathon Swimmers Federation](#).

COSTUME & SWIMMER GEAR

Standard porous female swimsuit, 1 latex swim cap, Zogs Predator Goggles (Clear), NO EARPLUGS, Vasoline (minimal - for chaffing), Safe Sea sun block and jelly fish lotion - 30 SPF. Water-proof Guardian Light (Blue) clipped to goggles and water-proof Lazerstick (electric glow stick) pinned to her bathing suit at the middle of her back.

FEEDINGS

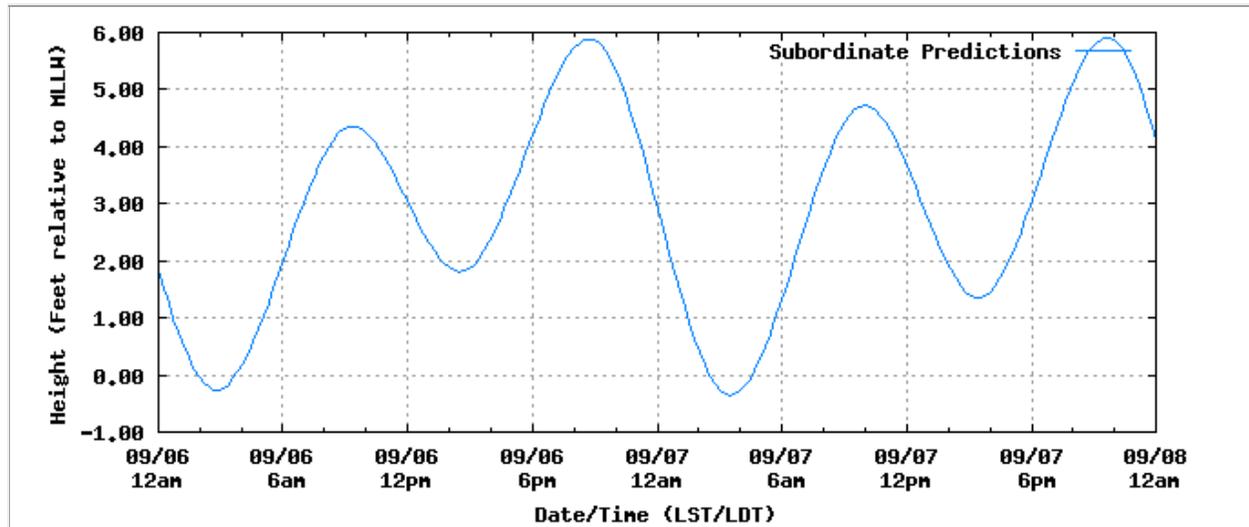
Hammer Perpetuem, Carbo Pro, electrolyte tablets, chocolate pudding, vanilla cookies, warm water, coca cola. Planned feeds every 30 minutes (approx.) - Feeds changed to every 20 minutes @ 10:40 AM to finish. Feed durations began @ about 1 minute per feeding, but eventually settled in around 20 to 30 seconds.

WEATHER & OCEAN OBSERVATIONS

Wind: Beaufort Force 0-1 (early) to Force 4-5 (afternoon)
Water Temperature: 64f at start, 59f mid swim, 64f at finish.
Air Temperature: 58f at start to 62f at finish.
Swells: Mixed 5-7ft NW & 3-5ft SSW
Skies: Clear Sky (start) turning to clouds and high fog

NOAA/NOS/CO-OPS
Daily Tide Prediction for Santa Cruz, Monterey Bay, CA
StationId 9413745
From: 2014/09/06 - 2014/09/07
Units: Feet Time Zone: LST/LDT Datum: MLLW

Referenced to Station: MONTEREY, MONTEREY BAY (9413450)
Time offset in mins (high:-6 low: -11) Height offset in feet (high:* 0.97 low: *0.99)



The swim began under clear sky and calm water. Wind was 0-2 knots. Water temp at start was 64f. Kim had to swim wide of the straight-line course to avoid large kelp beds at the start. For the first several hours, the stars were visible. Whales could be heard nearby. High Fog/Low clouds formed (rolled in) at about 3:00 a.m.

Throughout the night, the water was thick with [SALP](#). Shortly after midnight, Kim started to get stung by a variety of Jelly Fish, being stung on her face, arms, and legs. Stings continued throughout the night (and day). She received more stings than could be accurately recorded, but we estimate in the hundreds of small stings to several larger stings.

Twilight came at 5:45 AM and sunrise at 6:43 AM Sky was covered in high clouds. Water was still very calm. No land in sight in any direction.

There was a mixed swell: 5-7 ft out of the NW. 3-5+ft out of the SSW. The South swell was mostly blocked by Point Pinos, offering no help to the swimmer. NW swell seemed to have little effect on swimmer speed or comfort.

As Kim passed over the Soquel Canyon (over 4000ft deep below the swim course), water temp dropped to 59f. As we passed over the canyon, the water temp warmed slightly and continued in the range of 62-64f. Throughout the day, Kim continued to receive occasional Jelly Fish stings, but less than during the night.

We continued to see hump back whales and common dolphins in the distance. A few Sea Lions visited and played nearby. No aggressive behavior. Occasionally we would get a glimpse of land (the Santa Cruz Mountains) through the fog, but most of the swim was monochrome gray.

As the afternoon approached (approx 11:45 AM), and approximately 8 miles from Santa Cruz (finish), the wind gradually increased from 0-2 knots eventually reaching 10-15 knots with gusts of 20 knots. Wind was consistently out of the WNW, attempting to push Kim off course to the SE. Kim had to swim against a side/head wind and waves to stay on course.

Sunset was at 7:31 PM and dusk at 8:28 PM. The Sun was bright below the clouds, making for a dramatic transition from day to night and the final push for land. Wind continued to push Kim slightly off course toward Pleasure Point.

Once Kim was about .5 statute miles from shore, she was in the shadow of the wind (protected from Lighthouse Point). She changed course slightly back to the West toward the Santa Cruz Harbor (and the finish). Arriving at the finish, the mixed swell was producing breaking shore waves in the 5-8 foot range (trough to crest).

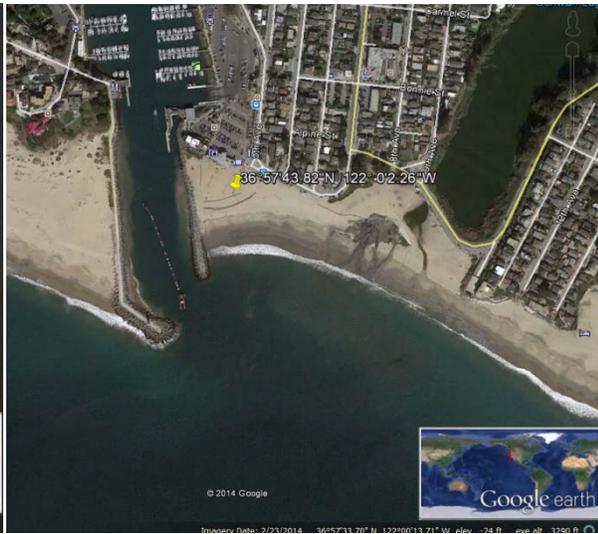
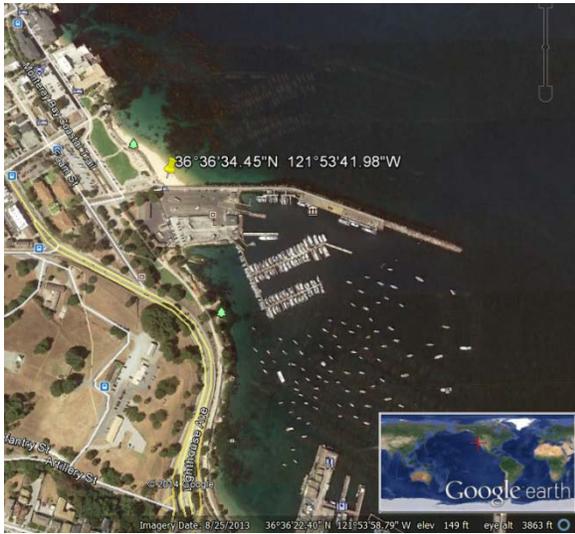
At approx. 1000 yards from the finish, Scott Tapley jumped in to swim with Kim to the beach. A land-based support crew prevented people from making any contact until Kim was clear of the water and made it on her own to dry sand at 9:46 PM.

SWIMMER OBSERVATIONS

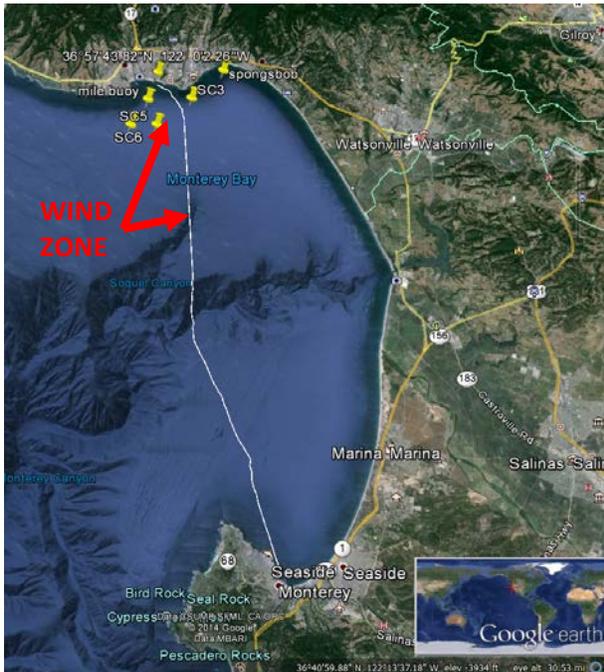
Kim walked into the water from San Carlos beach unassisted and began strong and steady with her normal stroke count of 60. Before daybreak, Kim complained of feeling cold (which is abnormal for Kim). The crew believed this was caused by the continuous jelly fish stings and accumulated toxins. Her stroke count stayed between 57 and 60 throughout the night and the following morning. Early afternoon (shortly after the wind started picking up), Kim began to have noticeable pain and weakness in her left shoulder. Her stroke count dropped to 56 and then eventually to 50. Ibuprofen and Tylenol helped to relieve the shoulder issue, and she was able to maintain a stroke count of 53 to 56. As the wind picked up, her spirits were challenged, but she continued on in spite of deteriorating conditions. She was eating smaller and smaller portions at each feed. We introduced a combination of Coca Cola, Carbo Pro, and hot water into her feeding cycle. This seemed to perk her up a bit.

As the sun began to set, there were strong continuous winds with even strong gusts, but she seemed to get a second (or third) wind as the sky became dark again. She held her stroke rate between 54 and 56 and continued into the wind toward land. Knowing that Kim had been swimming over 20 hours (longer than any of her previous swims), we were concerned about her ability to land at night in the high surf and get to dry sand safely. She surprised everyone by standing up and walking several hundred feet beyond the high water mark to dry sand.

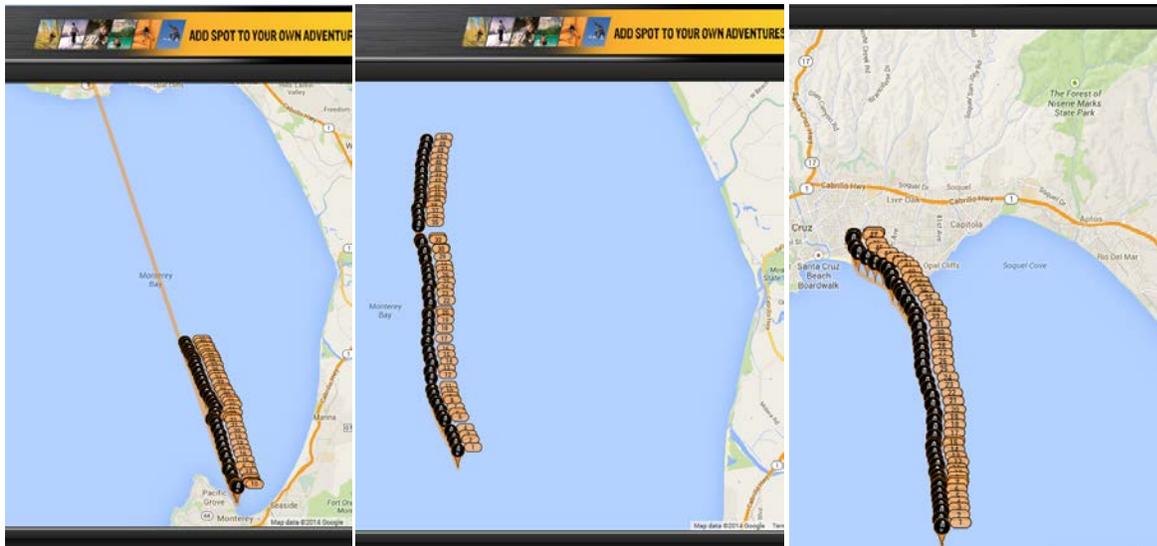
START and END LOCATIONS



COURSE PLOTTED POST SWIM USING SPOT TRACKER and DELORME GPS DEVICES (ON THE BOAT)



SPOT TRACKER SCREENS (3 PAGES) - LOCATED ON THE SAILING VESSEL, KAT350



(Exported GPS tracks and/or KLM file available upon request)

Note: At the time of this swim, there was no “official” swim route for MB, but based on the two previous marathon swims (and what makes good sense geographically) is to start/finish anywhere between the Northern-most outer-point of the bay (Steamer Lane) East to the most Northern location within the Bay (New Brighton State Beach) and finish/start anywhere between the Southern-most outer-point of the bay (Point Pinos) East to the most Southern location within the Bay (Monterey Municipal Beach & Wharf). These ranges result in a true Bay crossing ranging between 22.2 and 26.1 miles (as the fish swims). Note, the shortest route may not be a safe choice due to the dangerous shoreline and thick kelp between Point Pinos and Lovers Point (Monterey side) and the kelp, steep cliffs and potential high surf near Point Soquel (Santa Cruz side).

PRESS/MEDIA (POST SWIM)

Santa Cruz Sentinel (local newspaper) articles:

http://www.santacruzsentinel.com/capitola/ci_26577075/liquid-courage-sc-native-needed-22-hours-complete

http://www.santacruzsentinel.com/localnews/ci_26489128/local-roundup-rutherford-is-third-complete-swim-across

Kimberly Rutherford Monterey Bay 2014 (Video):

YouTube: <http://www.youtube.com/watch?v=kCLjinAiVJU>

Vimeo: <http://vimeo.com/104884765>

OBSERVER LOG (see PDF for full log)

Observer Logs:

Swimmer: Kim Richey	Swim Date: Sept 17
Coach: Jim Holm	Crew Chief: Jim Holm
Support Crew:	Support Crew:
Vessel: Terra Schneider	Vessel Captain(s): Jim Holm
Observer: Jim Holm	Observer:
Start Location: San Carlos Beach Monterey	Start Time:
Finish Location: Santa Cruz	Finish Time:

SWIM LOG:

TIME	WATER TEMP	AIR TEMP	STROKE RATE	SWELL	OBSERVATIONS
7:45					leave San Carlos Beach for Monterey
11:05					arrive Monterey - waiting for zodiac
11:40	64		60		take a nap on San Carlos Beach
12:00					4oz perpelem feeding - She's pre-dive
12:21					Jelly shys on nose
12:55					perpetuum per
12:40					perpetuum 4oz. banana 3pe
12:53			58	9.5ft	per
1:00					Carbo pro
1:08					Jelly shys on toe
1:15					perpetuum
1:35			58		perpetuum 4oz banana (2)
1:58					Carbo pro / Stingo arm
2:09					banana
2:35	62				perpetuum 4oz / per (2)
2:55					perpetuum 4oz banana (2)
3:31			58		perpetuum 4oz. Hot Water, Mouthwash
4:11			57		perpetuum
4:40					perpetuum 4oz. Hot Water, Mouthwash
5:14					perpetuum
5:47					perpetuum, hot water, elec tub, k
6:00					perpetuum, hot water, elec tub, k
6:22	60				perpetuum, hot water, elec tub, k
7:07			59		perpetuum, hot water, elec tub, k
7:4					perpetuum, hot water, elec tub, k
8:00			58		whole sitting
8:12					perpetuum, banana
8:40					perpetuum, banana
8:57			59		perpetuum, banana
9:07			56		perpetuum, banana
9:31	59				perpetuum, banana
9:47					perpetuum, hot water
10:18					perpetuum, hot water
10:37			57		perpetuum, hot water

Observer Signature:

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SWIM LOG:

TIME	WATER TEMP	AIR TEMP	STROKE RATE	SWELL	OBSERVATIONS
10:40					perpetuum 4oz / per (2)
11:05			57		badly
11:38			57		staying to see Santa Cruz passing
11:42	62				wind turn up. Getting near surface
11:53			50		perpetuum 4oz Carbo pro
12:00					perpetuum 4oz Carbo pro
12:08			56		Kim passed on (perpetuum) - was feel
12:15			59		water / 1oz Perpetuum
12:25					4oz Carbo pro / 1 cookie
12:35			50		3oz Carbo pro
12:40					2oz Carbo pro
12:50					Carbo pro / 2oz hot water / 2oz Carbo pro
12:55					1oz Carbo pro
1:00					left arm glassing body
1:10			56		
1:15			59		
1:25			50		
1:35					
1:45			59		
1:50			50		
1:55					
2:00			53		
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6:00					

Observer Signature:

MISC. THOUGHTS & OBSERVATIONS

The distance of the swim course across Monterey Bay can range between 22 and 26 miles depending on where you choose to start and end. Courses with the safest and most accessible beaches put the course between 24 and 26 miles. The course Kim chose was a 25 mile line between San Carlos Beach near the Monterey Harbor and the beach on the East side of the Santa Cruz Harbor. However, in most cases the swimmer will travel much farther over the course due to wind, currents, and deviations in navigation.

The decision to reverse the course and swim from Monterey to Santa Cruz was made based on the wind and currents over the previous 72 hours. The risk was the extra 4 hours it took to sail to Monterey and starting 2 hours later than planned. Unfortunately those 2 hours came with the price of swimming the last several miles into strong afternoon winds.

The last few hours were surreal watching the intensity of Kim's determination clawing through breaking open sea waves framed by the peacefulness of the setting sun.



I had the pleasure of swimming with Kim those last few hundred yards through pounding surf in total darkness. The crowd was silhouetted against the lights on the beach and we had to time the sets to get in. I wasn't sure if she'd be able to walk or crawl to get to dry sand. She surprised us all by body-surfing that final wave, standing, and marching her way to the finish, which was followed immediately by a huge smile that said it all.

