

Santa Barbara Channel Swim Association
SWIM LOG



Swimmer or Relay Team: PATTI BAUER/FIEND Swimmer Coach: JOEL WILSON

Relay Members: KIM RUTHERFORD, LEANN HARVEY, JOSEPH LOCKE

Relay Members: _____

Swim Undertaken: MONTEREY BAY CROSSING - SANTA CRUZ TO MONTEREY (DEL MONTE)

Support Vessel: SILVER PRINCE Vessel Captain: DAVE TODD, RANDY HARRIS

Observers: MICHELLE MADD

Start Date: 08/26/14 Finish Date: 8/26/14

Start Time: 03:53.30 Finish Time: 16:53.30

Total Time: 13 HRS ON THE NOSE

Paddlers: ERIN STONE, SARLE CONKLIN, LARRY BRADDER, MICHAEL HEFFERNAN

Time	Water Temp	Air Temp	Stroke Rate	Observations: (Incidents, weather, waves, etc.)
02:55		60.5		ERIN STONE - NAVIGATOR, KIM RUTHERFORD: FRENZY! LUCKY NAILPOLISH: MICHELLE MADD - GRAB GOING TO BE AWESOME RADIO CHANNEL: 21, KAWAK = ERIN & SARLE, ZODIAC, - JOEL
03:53	62.2°		78	PATTI IN H2O. J1 SLEEPING, LIGHT SWELL, CALM, ^{OVER LAND} SOME CLOUD COVER, ALL HARRIS WATCHING. SEALS BLOWING, HEADING 155-160° ORION'S BELT OUT, HIGH SR, SARDINES JUMPING - SEALS EXCITED
04:14				FEED: 8oz P & PEE
04:28			76	JOEL ASKS @ SPOT TRACKER
04:33				FEED: 8oz P + MOUTHWASH
04:49				PEE
04:55	64.1	60	74	FEED: 2 TBL S + 6oz AMINO + MOUTHWASH, WIND: 3.0 mph, LIGHT SWELL, PEE, N: 36° 55.5 8986 W: 121° 59.537
05:09				PEE, 2.89 STATUTE MILES - ERIN'S GPS WATCH, 3.5 MILES CAPTAIN GPS
05:11			74	FEED: 8oz P + MOUTHWASH, LITTLE PEE
05:27				PEE
05:36			72	FEED: 8oz P + 1 TBL S, PEE. PERPETUUM SEEMS WEAK.
05:45				PEE - SKY STARTING TO LIGHTEN
5:51	64.2	59	72	FEED: 2 TBL S + 6oz AMINO + MOUTHWASH 4.48 miles ERIN'S WATCH. N: 36° 53.842 W: 121.59.019 FEEDS: WIND: 5 mph

Observer Signature: MADD

P = PERPETUUM
A = AMINO ACID + NUTR
S = SOLID FOOD - RICE PROTEIN MIX

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Swimmer or Relay Team: PATTI BAUERNFELD

Observer: MITCHELLE MAOI

Time	Water Temp	Air Temp	Stroke Rate	Observations: (Incidents, weather, waves, etc.)
06:16			72	FEED: 8 OZ PERPETUUM + MOUTHWASH, 2 IBUPROFEN. LIGHT OUT, CLOUD COVER, DESITIN REAPPLIED UNDER ARMS
06:22				FRIENDLY SEA LION, SWAP OF KAUAK; EARLY OUT - MILTASZ IN. ERIN STAYING IN
06:28				PEE
06:35				FEED: 8 OZ P + MOUTHWASH 5.88 MILES, SUNRISE GOLDEN ORANGE. JUST A PEEK ABOVE HILLS BEFORE IT WILL DISAPPEAR INTO THE CLOUDS, LITTLE BLACK & WHITE BIRDS PLAYING/SPLASHING IN H2O NOT FAR FROM SWIMMER, PICTURE WON'T DO IT JUSTICE. JOE & EARLE - SLEEPING
06:42				PEE
06:45			72	FEED: 4 OZ AMINO, CRAMPBARS IN HER FEET
06:55	64	62		SMALL MOLA MOLA OFF SWIMSTEP ON BOAT, EGG VOLK JELLIES "GET US SOME BACON & WE'LL HAVE BREAKFAST" - ERIN FEED: 6 OZ AMINO + 2 TBL S, PUTTING ON JELLY DESSERT 6.64 MILES - ERIN, NEED MORE AMINO ON KAUAKS N: 36° 52.147 W: 121° 58.724, WIND: 1.5 mph WAVE: 1-3 FT. (SIDE NOTE: 0703 JOEL PEE)
07:09				JELLIES COUPLE FEET BELOW - PATTI CHANGES COURSE TO GO AROUND THEM. 07:11 - ALL CLEAR OF JELLIES (PACIFIC SEA NETTLES)
07:15				FEED: 8 OZ P, PEEING TOO FREQUENTLY TO KEEP TELLING US
07:39			72	FEED: 9 OZ P + MOUTHWASH
07:55	63.0	61.1	72	WIND: 5.5 mph, JOEL TO PICK UP LARRY FOR KAMAKING ERIN COMING OUT, MORE AMINO ACIDS OUT TO KAUAKS, SIGN OUT "GO PATTI" - SCOTT/ASHLEY "KICKING BUTT" (WATCHING FROM MEXICO). SWELL: 1-3 RUFFLES ON WATER FEED: 2 TBL S + RAISINS + 6 OZ A 2 IBUPROFEN 8.97 MILES N: 36° 50.402 W: 120° 58.403

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SAND



Swimmer or Relay Team: PATTI BAVERNFELD

Observer: MITCHELLE MARY

Time	Water Temp	Air Temp	Stroke Rate	Observations: (Incidents, weather, waves, etc.)
08:09			71	PATTI REQUESTS HOT H ₂ O FOR HER HANDS, PEE
08:16				FEED: 8oz P, WARM H ₂ O ON HANDS
08:34				FEED: 8oz P, MOUTHWASH, KANSINS - "SHE IS SQUEEZING HER BUNS" - MICHAEL WHEN ASKED IF PATTI WAS PEEING - JOE WALKS UP! EARLY ALL FED & READY TO GO BACK IN.
(6) 08:53	64.1	63.9	71	FEED: 4oz A + 2 TBL S, "SHE FEEDS LIKE A GIRL" - MICHAEL MILES: 10.92, N: 36° 49.014 W: 121° 57.980 WIND: 4.5 mph, WAVE: 2-4ft, LIGHT RUFFLES, EARLY IN 4 KAYAK
09:06				JOEL TAKES A PEE, PATTI STAYS H ₂ O FEELS DIFFERENT WONDERING IF OVER CANYON, EARLY LOOKING FOR JELLIES. SUN PEAKING THROUGH CLOUDS, ERIN NAPPING, MICHAEL SATING.
09:14			71	FEED: 8oz P, PUTTING ON JELLY REPELLANT, PEE MINOR PIN PRICK JELLY STINGS, NOTHING SERIOUS. SHE HAS REQUESTED DARK GOGGLES. LITTLE MORE THAN 1/2 CAMPBACK OF PERPETUUM STILL LEFT
09:24				PEE
09:33			71	FEED: 8oz P + MOUTHWASH, 2 IBUPROFEN, R. SHOULDER A BIT NIBBLY (4 IBUPROFEN IN 3HR IS. NEED TO WATCH) WHALE SPOUT!
09:45			70	PEE, WHALE SPOUT & FUNKS.
(6) 09:56	64.4	70.		12.81 miles, ERIN READY TO GO IN! - LARRY COMING OUT HEADING OVER THE CANYON PEOPLE EMPTYING THE CANYON & BEYOND! PEE THEN CRAZY! N: 36° 47.436 W: 121° 57.636 FEED: 4oz A + 2 TBL S + 4 peanut butter cups. MORE DISITIN ON FACE. SWITCHING TO DARK GOGGLES WIND: 3 mph WAVE: 1-3ft RUFFLES ALMOST GONE. SUN OUT & SHINING. ERIN SURPRISES PATTI W/ GOLD DIV. HELMET HAT

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Observer: MICHELLE MAZU

Time	Water Temp	Air Temp	Stroke Rate	Observations: (Incidents, weather, waves, etc.)
10:13			71	WHILE 200 M OFF STARBOARD SIDE OF BOAT. FEED: 8oz P
10:30				FEED: 8oz P + 1 PEANUT BUTTER CUP. LOUNGING-SEALS FINS UP FLOATING.
10:47			71	PEE. CO-CAPTAIN WENT IN FOR A SWIM. - RANDY MICHAEL READY TO GO KAUAI FOR EARLE. JOE WENT BACK TO SLEEP. SUNSCREEN ON CREW-CHECK.
(1) 10:55	65.3	69		SAIL JELLES ON TOP OF WATER. 1/2 SMALL JELLES BELOW V CLEAR FEED: 4oz A + 2 TBL S + MOUTHWASH, ASKING FOR MORE IBUPROFEN - NOT FOR NOW, 15.3 MINS (11.6 to go) RANDY TO GO SWIM W/ PATTI, JOEL. ASKING FOR LANDMARK TO SITE OFF OF. - DAVE "TOO HAZY" N: 36° 45.827 W: 121° 57.571. WIND: 2 mph WAVES: 2-4 SMOOTH SURFACE. SUNNY CLEAR, FOX IN DISTANCE. WHEN PATTI SAW RANDY SAID "WELCOME TO THE POOL" RANDY WHEN BACK ON BOAT "MAN SHE IS FAST. I COULDN'T KEEP UP." JOE BACK AWAKE. THINKING ABOUT SWIMMING.
11:16			71	FEED: 8oz P. SEAL STOPPED BY TO SAY "HI" PREP OF NEW PERPETUUM BOTTLE
11:25				JOEL TAKING A PEE. JOE GETTING READY TO GET IN BRIGHT ORANGE BIKINI TOP.
11:33				JOE ARRIVES ON SCENS. PATTI SAYS "YOU ARE NOT. . ." PUTS HEAD IN H ₂ O TO SEE BIKINI & BUSTS OUT LAUGHING "THAT IS HILARIOUS!!" "OH MY GOSH." "THANK GOD YOU AREN'T WEARING THE BOTTOM." "LET'S GO SWIM." FEED: 8oz P. SMALL WRINKLES ON THE SURFACE
11:45			71	PEE

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Observer: MICHAEL G. MACY

Time	Water Temp	Air Temp	Stroke Rate	Observations: (Incidents, weather, waves, etc.)
(8) 11:55	64.9	67	71	FEED: 4oz A + 2 TBL S. Need more amino 16.88 miles done (8.48 to go) WIND: 6 mph N: 36° 44.400 W: 121° 56.881 SWELL: 2-4' PUFFED SURFACE. OLD FEED CAME BACK BACK TO BOAT. NEW AMINOS TO KAYAKS. LARRY IN TO KAYAK. ERIN BACK TO BOAT. WHALE SITING. LARRY OUT IN 12:13 WHALE SPILT. FEED: 8oz P + RAISINS SPINY HAT. PATTI COMMENT "IT SUITS YOU." SWILLS IN PATTI'S FAVOR
12:20			71	JOE HIT BY A JELLY. PATTI FINE. SEAL SITING - PLAYING - BY BOAT.
12:35				JOEL PEEING. FEED: 8oz P + MOUTHWASH
12:42				JOEL MAKING A PHONE CALL / MARTA B.
(9) 12:55	64	68		FEED: 2 TBL S + 4oz AMINO + 2 PEANUT BUTTER CLIPS 19.24 done (6.85 to go) WIND: 9-10 mph WAVE: 7-4 RUFFLED N: 36° 43.196 W: 121° 55.531 SUNNY CLEAR - HAZY ON COAST WHALE BREACHING AND SAIL JELLIES. CLOSE ENOUGH TO CHEER HER ON. JOE STILL SWIMMING - SABLE OUT TO KAYAK. MICHAEL COMING IN.
13:06			69	3 WHALES OUT ON HORIZON, 2 MORE CLOSER IN
13:15				FEED: 8oz P. SHE IS GETTING CONGESTED & MAY WANT SOME BENADRYL - UNKNOWN REASON FOR CONGESTION JOE DRANK BOTTLE OF WATER.
13:24				PEE. HARBOR SEAL CAME TO CHECK OUT BOAT
13:34				FEED: 8oz P. NOSE STILL STUFFY - NO BENADRYL JOE WOULD LIKE SOME RAISINS OTHERWISE HAPPY WHERE HE IS.
13:43			69	PEE
(10) 13:56	63.3	68		WIND: 10-12 TYPICAL SURFACE CONDITIONS FOR THIS WIND SPEED N: 36° 41.661 W: 121° 54.297 SWELL: 3-4' 21.66 down (4.86 to go) FEED: 2 TBL S + 4oz A + RAISINS NEED IBUPROFEN. ERIN GOING OUT. LARRY COMING IN.

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Observer: MICHELLE MACEY

Time	Water Temp	Air Temp	Stroke Rate	Observations: (Incidents, weather, waves, etc.)
14:08				FLOCK OF "BRADACTYLUS" OR WATT PELICANS. EARLE REQUESTED HIS GREEN DRINK & TO STAY IN FOR REMAINDER OF SWIM. PATTI LAUNCHES AT WHITE BOARD MESSAGE "SWIM BITCH SWIM!"
14:14			69	TREES & BUILDINGS BECOMING CLEAR ON MONTEREY COAST FEED: 8oz P + MOUTHWASH, 2 1/2 BUPTOPEN PATTI LAUGHTER ON THE WIND. 22.56 miles AT CURRENT SPEED IF HOLD SWIM DONE IN JUST UNDER 2 HRS
14:35				IT LOOKS LIKE A LITTLE KID WAS BLOWING BUBBLES ON SURFACE OF BALL WITH THE LOADS OF SAIL JELLYS/FISH. KIND OF CRAZY & BEAUTIFUL. 23.29 miles FEED: 8oz P, SHE IS TIRED BUT POWERING THROUGH. JOE BEING FED BY EARLE "SECRET GO JUICE". JOE IS DOING FINE
(11) 14:54	69.1	68	71	N: 36° 40.004 W: 121° 53.221 24.13 (4 to go) - EARLIER MEASURE WAS AT MILE BODY FEED: 2 TBL S + 2oz A, FEELING FULL WIND: NO CHANGE, SURFACE/WAVES: NO CHANGE JOE STILL DOING JUST FINE. EARLE JOKES "SECRET JUICE" IS PRUNE & MANGO. HOPE THAT ISN'T TRUE. I CALLED NOT IT FOR RIDING HOME WITH HIM IF IT WAS TRUE.
15:06			70	
15:15				24.97 miles (2.8 to breakwater) FEED: 7oz P
(12) 15:33				GETTING MORE WIND PROTECTION. SWALLS DON'T SEEM AS BIG 25.75 miles (2.1 to breakwater) PATTI DECLINED THIS FEELING AS SHE IS FULL
(13) 15:41				HAD TO GO RETRIEVE COOLER LID FROM BOAT, AS IT BLEW OFF.