

Observer Log

Swimmer Name: CRAIG LENNING	
Date swam began: 07/03/15	Time Swam Began: 3:43 AM
Date swam ended: 07/03/15	Time Swim Finished: 7:33 pm
Log completed by: MAY SPENGLER	Duration: 15 HRS 50 MINS

Other Support Members:		
	Name:	Role:
1	KARL KINGERY	KAYAKER
2	MARK JOHNSTON	PILOT.
3		

Feed #	Time	Observations:	Water Temp	Stroke Rate
1	4:45 AM	PEEING - GOOD SPIRITS - DOING WELL. ~ 2 MILES OUT FROM START.	71	50
2	5:15 AM	- GOOD SPIRITS - " LETS NOT TALK ABOUT THE HEAT" - START OF 1/2 TUMS IN FEED - GAVE FEED COOLER	71	50
3	5:44 AM	PEEING - 1/2 TUMS IN FEED.	71	50
4	6:15 AM	- EAR ISSUE? POPPING NEEDED BUT OTHERWISE GOOD.	71	50
5	6:44 AM	- SWITCH FEED COOLER	71	50

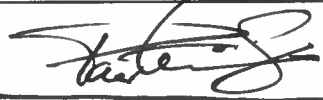

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Feed #	Time	Observations:	Water Temp	Stroke Rate
6	7:20 AM	- LATE FEED. - FISH IN SHALLOWS. - SIGHTING QUESTIONS. + BRIEF STOP - THERMAL PUSH.	71	50
7	7:45 AM	- FEELS GOOD - $\frac{1}{4}$ TURKEY/CHEESE SANDWICH - FEED BOTTLE w/ IBUPROFEN	71	50
8	8:14 AM	- $\frac{1}{4}$ TURKEY/CHEESE SANDWICH - FEED BOTTLE. - WATER FEELS COOLER... 😊 GOOD.	69	52.
9	8:45 AM	- FEED BOTTLE ONLY - SWITCH FEED COOLER - FEELS GOOD - WORRIED ABOUT GETTING HOT ~10.5 MI FROM LAHAGPS.	69	52
10	9:15 AM	- FEED	70	60
11	9:45 AM	- FEED BOTTLE - WILL SLOW PACE SLIGHTLY.	70	58
12	10:13 AM	- $\frac{1}{4}$ SANDWICH (TURKEY + CHEESE) - FEED BOTTLE - PEEING ~ $\frac{1}{2}$ WAY	70	52
13	10:47 AM	- FEED BOTTLE - CHANGE/ADD FEED REQUEST.	72	52
14	11:18 AM	- HYPOTONIC + ICE FEED. - A LITTLE COLDER DOWN LOWER COMMENT. - SIGHTING ? : BREIF STOP.	72	50
15	11:48 AM	- FEED BOTTLE + IBUPROFEN - ASKED ABOUT WATER TEMP.	71	50
16	12:16 PM	- REGULAR FEED - ASKED ABOUT DISTANCE - JOKES CRACKED. ☺ - BRIEF STOP TO CLAT - DIVES UNDER FOR COOLER WATER	72	50

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17	12:50 PM	- BOTTLE FEED - ASKED FOR TUMS. - DROVE UNDER FOR COOLER WATER X2 - KAYAK OUT.	72	50
18	1:20 PM	- 1/4 TURKEY SANDWICH (NO CHEESE) - WATER - GOOD SPIRITS.	72	52.
19	1:46 PM	- WATER ONLY.	72	52.
20	2:14 PM	- PACER IN. (EARL) - WIND STARTING TO DIE DOWN AIR TEMP ↑ - 1/4 TURKEY SANDWICH (NO CHEESE) + WATER.	72.	50
21	2:46 PM	- 1/4 TURKEY SANDWICH (NO CHEESE) + WATER - OSPREY NEAR SPOTTED w/ OSPREY SQUAWKING @ US. PACER	74	50
22	3:16 PM	- WATER & TUMS ONLY. PACER OUT @ 1 HR.	74	50
23	3:45 PM	- PEE - TUMS & H ₂ O - VERY HOT IN THE WATER. ~ 5 MILES OUT	75	50
24	4:16 PM	- PEE - IBUPROFEN + H ₂ O + TURKEY SANDWICH - FEELS GOOD BUT STOMACH ACTING UP A LITTLE. COMPLAINED OF BOAT TRAFFIC	75	44
25	4:46 PM	- KAYAK BACK IN. - TUMS & H ₂ O * SWITCHING BETWEEN FREE & BREAST	76	40
26	5:16 PM	~ 2 MILES. - H ₂ O ONLY * SWITCHING BETWEEN FREE & BREAST	76	44
27	5:46 PM	NO FEED REQUESTED ~ LESS THAN 2 MILES. * REQUESTED H ₂ O @ 5:58 PM * SWITCHING BETWEEN FREE & BREAST.	75	44

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28	6:16 PM	-TUMS - ONLY - ALTERNATE BREAST & FREE.	75	40
29	6:46 PM	ALTERNATE FREE BREAST. ONLY - H ₂ O, 1 SIP, & TUMS.	75	
30	7:13 PM	- H ₂ O - BREAST ONLY.	75	
		FINISH @ 15 HR 50 MINS. 28.3 MI		
		<div style="display: flex; justify-content: space-between;"> <div style="text-align: center;">  <hr style="width: 100%;"/> OBSERVER: PINTIRA (MAY) SPENGLER </div> <div style="text-align: center;">  Robert Karl Kingery </div> </div>		