

Observer Log

Swimmer Name: <i>Sarah Thomas</i>	
Date swam began: <i>7-3-15</i>	Time Swam Began: <i>3:43 am</i>
Date swam ended: <i>7-3-15</i>	Time Swim Finished: <i>5:22 pm</i>
Log completed by: <i>Ryan Willis</i>	Duration: <i>13:39</i>

Other Support Members:		
	Name:	Role:
1	<i>Greg</i>	<i>Pilot - starting @ 7:45 boat #2</i>
2	<i>Mark Johnston</i>	<i>Pilot - boat #1</i>
3	<i>Scott Olson</i>	<i>1cayak</i>

Feed #	Time	Observations:	Water Temp	Stroke Rate
1	4:45	<i>2.3 miles @ 1st feed 30 minutes calm water, slight wind full moon</i>	71	60
2	5:13	<i>Asking me if im doing it right! Sun beginning to rise</i>	71	60
3	5:45		71	60
4	6:14	<i>peeing constantly - every 30-20 minutes</i>	71	60
5	6:44		70	60

Observer Log

Feed #	Time	Observations:	Water Temp	Stroke Rate
6	7:15	around 7:30, 2nd boat arrived moved to Greg's boat - left may w/ mark	71	60
7	7:46	Says she is feeling good. ^{canoes} 6-7 miles in asked if im taking pictures and put on sunscreen. 6.5 wind out of the ^{north}	71	60
8	8:16		70	61
9	8:45	wind still giving slight push	70	60
10	9:16		70	62
11	9:46	Sarah says advil in next feed catamaran/sail boats in area	71	61
12	10:15	Sarah says nice cold spots then back to warm ones. Nice and cheery little over halfway	71	65
13	10:46	wind pushing slightly east - moving to east to avoid chop	71	63
14	11:15	Sarah worried about feed not peeing enough - requested water	71	67
15	11:46	approaching narrows Ryan in kayak mid feed Advil requested again, additional water	71	66
16	12:15	cloud cover starting to burn off ^{at w/ feed} Ryan in kayak water w/ feed	71	65

Observer Log

Feed #	Time	Observations:	Water Temp	Stroke Rate
17	12:46	people cheering through the narrows Ryan in kayak, water w/ feed	72	64
18	1:13	<i>Water getting hot</i> Ryan in kayak - Sarah dives for rock on lake bottom Sarah asking for water w/ feed's	74	63
19	1:46	8 oz feed, 8 oz water lots of boat traffic, Sarah diving to see bottom + fish Ryan in kayak	72	64
20	2:15	continuing feed + water Ryan in kayak Scott back in kayak leaving the narrows	72	65
21	2:44	boat traffic slightly less than in narrows calm wind, choppy	72	63
22	3:17	Sarah reporting hot spots of about 80 degrees	72	64
23	3:50	Scott reports still holding about a 2.1 mph pace	72	64
24	4:19	Dirt tornado on shore visible	75	61
25	4:49	Drinking lots of water! last feed hopefully	75	60
26	5:22	Done finished at boat ramp.	75	