

Time Feed @ 60min
then @ 20min

Distance
stroke rate

Weather • All Air temps in shade

Swimmer Comments

Other Observations/Comments

Iron Mike Tyson

Edan Tyson

Maggie Tyson

Sarah Dantoni

Taras Isaev

Olesya Parkseleva

Chris Carson

Captain

↓
Kvobat

Tabaldier 1st Mate

July 6, 2016

Time 0410 Boat Arrives

~~0651~~ 0430 Wake up

Tea Bread, cheese, Saucers for
Crew - Mike?

0500 Leave Hotel to gear

0510 Boat departs.

~~0651~~ 0618 Wake up Mike in cabin
Kayak to shore

- Mostly Cloudy - 1KT wind. ϕ waves

Elevation 1622m

westerly Air Temp ~~20.0~~
18.9°C

0651 Official start

0700 Stroke Rate 55

0711 1 KM done 12 more to go

0736 Water Temp by Casio 18.3°C
Distance 2.14 KM

0754 Distance 2.54 km -

I was so excited for him, I made the
mistake of telling him his distance.

Such a great job!

- Mike maintaining 55 cycles/min.

@ first feeding. & to dark goggles

0803 57 stroke count

0813 His strokes are strong and consistent! He's gotten faster. He makes funny faces when he turns to breath. - Maggie Tyson

0818 - Feed #2 Stroke rate 55-~~57~~
Distance 3.82.
Weather/Temp/Elevation same
1st urination attempt? 0

0838 Feed #3 "Mojito next"
Distance 4.59 km (+ urination)

0853 Air Temp 21.6 - wind \emptyset
Mostly cloudy - Flat

0900 Feed #4 urination -
Mike gives "thumbs up"
Water Temp 18.2

0907 Distance 5.55

0923 The water is calm

0928 Feed # 5. Urination
Distance 6.4 km
Mike requesting Thyroben.

0930 Communicating w/ U.S. Ambassador's
office regarding progress.

0950 23.8 ° air temperature

0950 Feed # 6 Red-liquid
10ml Thyroben \approx 200mg

0957 7.43 km @ ^{h m} 3:07 3'07"

10:13 56 stroke rate
partly cloudy

10:16 The lake is peaceful (Sam helps me )

10:19 Feed # 7 8.27 km (3:29)
200mg Thyroben + Mojito.

Mike: "This looks horrid"

Crew: "Sit up + drink"

10:20 Air temp \approx 29.6°C

10:25 Support swimmer swims alongside. Sarah
5hr

~~10:40~~
10:49 Feed #8 200mg Thyroben Red
9.41 km (03:56)

Support swimmer continues Sarah
Mostly sunny over lake

Cumulus clouds over mountains N & S
of lake.

Ø wind - water glass
Barometer \downarrow 24.65 (-5)

10:58 Air temp 31°C

11:04 50 strokes

11:05 Feed #9 Mojito Sarah is out
10.26 km (4:18)

11:10 Saw in

11:09 Saw out

11:10 Massie Ja

11:12 stroke 54

11:15 Maggie out

11:18 Water Temp 19.4C

11:20 stroke 55 ~~Olesya~~ Olesya in
Dist 10.77
Time (4:30)

11:27 Feed #10 Red.
Mike requesting only water now.

11:33 Olesya out

11:42 55 stroke

11:45 11.67 km T (4:54)

11:51 Feed #11 water
11.91 km (5:01)

Chris In
Chris out

12:12 Feed #12 - Declined stroke 53
T (5:22) 12.62 km

Sunny over lake - water calm. ϕ wind.

12.31. Doc Chris leaves us in kayak.

1253 Official End.

Dist + 13.83 km (T 6:02)

Sorja + Lucy @ beach waiting.

Upon returning to boat in kayak.
1/2 way Derek, Larae, Erika...?

1303 Boat Agents beach landing to
return to hotel.

Swimmer

Name: Mike Tyson Gender: M Age: 49 Resides In: Bishkek, Kyrgyzstan

Support Personnel

Pilot name(s): Kurbat Vessel: Appak Port: Balyckchy, Kyrgyzstan

Crew names & roles: Chris Carson(Observer), Sam & Maggie Tyson, Sarah Dantoni, Talas Isaev, Olesya Pakseleva

Swim Details

Date: July 6, 2016 Body of Water: Lake Issyk-Kul Location: Kyrgyzstan

Route description: South shore to north shore, departing near Kara Talaa and landing near Toru Aygyr.

Swim distance: 13.83 km Start time: 0651 Finish time: 1253 Elapsed: 6:02

List any "first" or record claims: First person to make this swim passage.

Rules & Conduct

Feeding (substances & frequency): 4 oz of water with koolaid flavoring every 20 min after the first hour.

List all equipment, devices, and swimwear (including standard equipment) used by swimmer:

Swim cap, goggles, swim shorts

List any modifications of MSF Standard Swim Rules:

none

Christopher E. Carson, FSHP
U.S. Embassy Bishkek, Kyrgyzstan

Observer:

Email or Phone: halikiki@kotomz.l.com

202.241.2991



I witnessed this swim in its entirety, start to finish, and attest that it was conducted in strict accordance with the rules and spirit of traditional marathon swimming.

MARATHON SWIMMERS FEDERATION – Standard Swim Log



Date

July 6, 2016

Swimmer(s)

"Iron" Mike Tyson

Observer(s)

Christopher Carson

Swim Description

Lake Issyk Kul

Page 1 of 4

TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
0651	42°21'1.000N	76°23'46.40E	18.3/18.9	1kt/west		Iron Mike raises both hands, boat sounds horn, timers start, swimmerstart
0700					55	Mostly cloudy, water flat, slight breeze from the west-CC
0711						1st Kilometer done. 12 more to go-CC
7:15:39	42°36'01.9N	76°39'82.8E				2.71/kph speed-track.rs
0754					56	Total distance 2.54km- Feed#1 4oz red water, change to dark goggle-CC
						I was so excited for him, I made the mistake of telling him his distance against his explicit directions.-CC
0803					57	-OP
0813						His strokes are strong and consistent! He's gotten faster. He makes funny faces when he turns to breath-MT
8:15:15	42°38'17.3N	76°39'90.6E				2.59/kph speed-track.rs
0818						Feed#2 4oz red water. Total Distance 3.82km. No change in weather or lake conditions. 1st urination attempt-CC
0838						Feed#3 4oz red water. Requests "Mojito next." +Urine, Dist 4.59 km-CC
0853			21.6/18.2			zero wind, mostly cloudy, water glass flat-CC

Christopher E. Carson, FSHP
U.S. Embassy Bishkek, Kyrgyzstan

CEC

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
8:54:57	42°39'47.3N	76°39'98.9E				2.21/kph speed-track.rs
0900			s 18.2°C			Feed#4, 4oz water mojito, +urine, Mike gives "thumbs up"-CC
0907						Total Distance 5.55 km-CC
0923						The water is calm-ST
0928						Feed#5, Mike requesting ibuprofen mixed in water @next feed. +urine-CC
0933						Crew communicated with US Ambassador's office regarding progress-CC
9:35:00	42°40'80.3N	76°40'09.8E				2.19/kph speed-track.rs
0950			a 23.8°C			Feed#6 4oz red water with 10ml ibuprofen mixed, approx 200mg-CC
0957						Total Distance 7.43 km, Total Elapsed time 3:07-CC
1013					56	Clouds lessening to Partly Cloudy conditions.-CC
1016						The lake is peaceful-OP
1019						Feed#7 mojito water mixed with 10ml/200mg ibuprofen liquid. Mike says,
						"This looks horrid!" Crew responds, "Shut up and drink it." Dist 8.27 km
						Total Elapsed time 3:29-CC
10:24:21	42°42'44.9N	76°40'27.6E	a 29.6°C			2.13/kph speed-track.rs

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MARATHON SWIMMERS FEDERATION – Standard Swim Log



Date

July 6, 2016

Swimmer(s)

"Iron" Mike Tyson

Observer(s)

Christopher Carson

Swim Description

Lake Issyk Kul

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
1025						Support swimmer Sara Dantoni enters the water to swim w/Mike-CC
1049						Feed#8 4oz red water with 10ml/200mg Ibuprofen. Total Distance 9.41km
						Total Elapsed time 3:56. Support swimmer continues w/ Mike. Now mostly
						sunny over lake with cumulus clouds over mountains to the north and
						south of the lake. Zero wind, water like glass. Baro -5 @24.65 inHg-CC
10:54:02	42°53'58.2N	76°40'57.3E	a 31°C			2.74/kph speed-track.rs
1104					50	Mike notified of his stroke rate. In retrospect, he thought I was telling him
						how long he had been in the water.-CC
1105						Feed#9, 4oz mojito water. Support swimmer out. Dist10.26km ET4:18-CC
1110						Sam Tyson in the water-CC
1110						Sam Tyson our of the water-CC
1111						Maggie Tyson in the water-CC
1112					54	-CC
1115						Maggie Tyson out of the water-CC
1118			s 19.4° C			-CC

Christopher E. Carson, FSHP
U.S. Embassy Bishkek, Kyrgyzstan

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Swim Description

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1120					55	Total Distance 10.77km, Total Elapsed time 4:30. Olesya in water-CC
11:23:52	42°44'54.3N	76°41'01.3E				2.45/kph speed-track.rs
1127						Feed#10 4oz red water. Mike requesting only water from now on.-CC
1133						Olesya out of water-CC
1142					55	-ST
1145						Total Distance 11.67 km, Total Elapsed time 4:54-CC
1151						Feed#11, 4oz water only. Dist 11.91 km; Time 5:01-CC
1154						Chris in water to take photos-CC
1200						Chris out of the water-CC
12:03:41	42°45'79.2N	76°41'24.7E				2.02/kph speed-track.rs
1212				zero	53	Feed#12-Mike declined. Dist 12.62km; Time 5:22 Sunny over lake-CC
1231						Observer enters kayak to accompany swimmer to shore-CC
12:33:55	42°46'59.1N	76°40'96.7E				1.92/kph speed-track.rs
1253	42°28'10.94N	76°24'27.17E				Swimmer out of the water, both hands up, boat sounds horn, timers
						stopped. Total Distance 13.83 km. Total Elapsed Time 6:02-CC

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