

Swimmer

Name: R. Karl Kingery III Gender: M Age: 28 Resides In: Denver, Colorado

Support Personnel

Pilot name(s): Justin Whaley Vessel: 1982 Magnum Port: Denver, CO, USA

Crew names & roles: Justin Whaley: Pilot & Crew Chief
Pareesa Goshitasebi: Observer / Kayaker

Swim Details

Date: 09/03/17 Body of Water: Yellowstone Lake Location: Yellowstone National Park, WY

Route description: Fishing Bridge Buoy (@mouth of river) to Trail Creek Patrol Cabin

Swim distance: 20.0 Start time: 0711 (MST) Finish time: 1730 Elapsed: 10:19

List any "first" or record claims: 1st length of lake swim

Rules & Conduct

Feeding (substances & frequency): 30 mins - carbopro / apple juice / water / sugar mix
Ibuprofen @ 4:30 hrs.

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

<u>swedish goggles (clear)</u>	<u>earplugs (silicon)</u>
<u>silicon swim cap (red)</u>	<u>sunscreen</u>
<u>speedo (blue)</u>	<u>vasoline</u>

List any modifications of MSF Standard Swim Rules:

none

Observer: Pareesa Goshitasebi

Email or Phone: goshitasebi.p@outlook.com
(425) 220-0047



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.

Pareesa Goshitasebi

MARATHON SWIMMERS FEDERATION - Standard Swim Log



Date

9/3/17

Swimmer(s)

Karl Kingery

Observer(s)

Parvaz Goshitaseh

Swim Description

Yellowstone Lake

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TIME	LATITUDE(N)	LONGITUDE(W)	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
0712	44.5635	110.3843	59/45	2 /sw	68	Start at "No BOATING" Buoy. Swimmer tooked bag 1.5 HRS w/ Kayak, Sunrise.
0740	44.5479	110.3800	59/48	0/sw	68	Partial feed (feed bottle had spilled)
0840	44.5159	110.3701	60/48	0/sw	68	1st Full feed. Boat arrives (boat issues @ start) swimmer peeing.
0911	44.4992	110.3614	60/52	0/sw	68	2nd feed. sun coming out. Swimmer navigating ahead of boat to avoid fumes.
0935	44.4889	110.3542	60/54	4/sw	69	engine overheating. feed missed. Kayaker in but can't make progress to swimmer.
1002	44.4773	110.3461	60/55	5/sw	70	Feed. Boat w/ swimmer. #3
1020	44.4703	110.3418	60/55	5/sw	69	4th feed. Karl still navigating ahead of boat. Sighting on promontory.
1047	44.4592	110.3328	60/58	5/sw	69	5th feed. swimmer takes out ear plugs. 2 Ibuprofen.
1120	44.4457	110.3233	60/63	5/sw	69	Took boat for speed run. Kayak flips. 6th feed. swimmer "achy-but good" says "thank you."
1150	44.4338	110.3137	60/68	2/sw	68	feed #7
1220	44.4225	110.3040	62/75	2/sw	69	Feed #8 - swimmer achy but good, Parvaz cuts cold cup o' noodles. music playing.
1250	44.4170	110.2920	62/80	2/sw	68	Feed #9. @ 1300 Justin gives Karl "air 5" from in water
1320	44.4102	110.2790	62/82	0/sw	65	Feed #10. Discussed route. Justin directs Karl to go past grassy point to east.
1350	44.3990	110.2711	62/85	0/sw	62	Feed #11 - sighting point re-adjusted to two hills / center of bay. Entering SMPH zone.
1420	44.3845	110.2683	62/86	0/sw	62	2 Ibuprofen - Feed #12. Justin had burned from boiling water. Justin jumps in.

