

Craig stretched during his feed stop, reports he's doing well

5:57a Craig stopped to stretch, slowed a bit, 70 spm might be a slight eddy or the beginning of the current change. Too dark to tell, 1-1.5 knot land speed

6:16a reached the corner of the Estuary. Feed: Maxim plus Oreo Cookies!
6 miles swum, water 65F, Craig peed during this feed. There is a slight tailwind.
*Craig threw up the Oreos with in five minutes of resuming swimming

6:38a NYK Romulus (Large Freighter) passed (tugboat controlled)
*Slack

6:43a Feed: Chocolate Accel Gel plus Maxim

6:47a Craig stopped to remove the light on his suit. Sky was light enough for full visibility, we offered dark goggles, but he preferred being able to see the landmarks. He took a few minutes to poop and pee.

6:56a Sunrise over the Oakland hills

7:13a Feed Maxim – at the entrance to the Flea Market/Naval Base
He took time to stretch his shoulders out. No current assist yet.

7:17a two support swimmers approached from shore with fins and safety floats. They stayed well away from Craig, but buoyed his spirits.

7:47a Mile 9 Feed: Accel Gel and Maxim. We are abeam the Balclutha! Water 67F
no wind. Swim speed 1.75-2 knots. Slight Flood.

8:16a Support Swimmers peeled off to shore to get out.

8:17a Feed: Maxim 72 spm Water 67.6 averaging 2 knots

8:45a Mile 11: at Grand Street
Chocolate Accel Gel and Maxim, Chia Squeeze Pouch, no flood yet.
Cheering squad is on the dock at the end of Grand Street.

9:09a Under the Park Street Bridge 3.25 knots flood building

9:15a Under the High Street Bridge 4 knots

9:20 Under the Fruitvale Bridge **rounding the last corner of the island

9:27a Feed: Maxim Water 67.4F Air 60F 72spm

9:44a almost to the Bay Farm Island Bridge. 2.2 knots, current still slightly favorable

9:53a Bay Farm Island Bridge Slack We can see the finish!

10:00a 72spm

10:19a Harbor Seal swims in front of Craig

10:25a Craig passed the Jetty that marks the start.
He swims an extra 10+ yards before turning into the beach

10:29:19 Craig cleared the water!

Unofficial time: 7:12:03