

**Swimmer**Name: Sarah Thomas Gender: F Age: 37 Resides In: Conifer, CO**Support Personnel**Pilot name(s): Ryan Willis Vessel: Sea Nymph Port: ConiferCrew names & roles: Craig Lenig - observer**Swim Details**Date: 8/10/19 Body of Water: Blue Mesa Res Location: Gunnison, CORoute description: Lake city bridge to the dam and back to Lake City BridgeSwim distance: 32 miles Start time: 4:25 AM Finish time: 8:01 PM Elapsed: 15:36.23List any "first" or record claims: First Double Crossing**Rules & Conduct**Feeding (substances & frequency): Carbs Pops w/ either Mann or Apple Juice

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

Swim suit, cap, ear plugs, goggles

List any modifications of MSF Standard Swim Rules:

Carb watch catch - no GPS functionObserver: 

Email or Phone:

Craig.Lenig@gmail.com

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

8/10/2019

Swimmer(s)

Sarah  
Thomas

Observer(s)

Craig  
Lennig

Swim Description

Blue Mesa

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
0425			79/56	Calm	75	1st feed / No stars
0525			68.7/	S 2	72	Hard to see Fishing Beacon
0625			69.1/	Calm	71	big algae
0725			70/	Calm	72	7:05 dead fish
0825			69.6	Calm	70	Through Narrows
0925			70.1/64	Calm	70	9:05 Ryan joins with boat
1025			71.8/72	E 2	70	50 Bright Blue Bottle 10:55 Ibuprofen
11:25			72/72	Calm	78	Dam in sight ahead
12:25			72.2/72	Calm	70	Made the turn 12:10 L 7:45
1325			73/75	Calm	70	Surface Temp warming up
1425			73/80	Calm	71	14:25 14:55 - Craig under the bridge
1525			72.5/80	Calm	70	Ryan eats Jerky
1625			74.3/75	Calm	70	Narrows in site Ibuprofen feed
1725			72.5/73	W 7	70	17:25 17:55 Craig out of narrow Ryan is hot
1825			71.4/72	W 5.7	70	Finish in sight Sarah requests produce Giant screen with cream

