

Swimmer

Name: Karen Zemlin Gender: F Age: 51 Resides In: Plymouth, MN

Support Personnel

Pilot name(s): Tom Zemlin Vessel: Adams/Hoover Pontoon Port: Isle, MN

Crew names & roles: Crew Chief: Joan Casey, Feeding Support: Joan Casey & Randy Ness
Co-pilots: Josh Frederick & Don Selby, Support Crew: Barb Ballard, Kelly Lindblom,
Amy Rittenhouse, Katie Melmer, Mary Hoover Boat Logistics: Glenn Adams, Tom Robinson,
Josh Frederick, Don Selby, Shuttle Driver: Glenn Adams

Swim Details

Date: 6/8/2019 Body of Water: Mille Lacs Lake Location: Minnesota

Route description: Isle Lakview Park, Isle, MN to beach just north of Garrison Concourse Wayside Park, Garrison, MN

Swim distance: 20.1 Start time: 5:05AM Finish time: 3:00PM Elapsed: 9:55:20

List any "first" or record claims: 1st Documented swim across Mille Lacs Lake

Rules & Conduct

Feeding (substances & frequency): Feedings: Every 30 minutes. Water, CarboPro and Nuun electrolytes

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

Textile swimsuit, goggles, ear plugs and silicone swim cap

List any modifications of MSF Standard Swim Rules:

Observer: Daree Selby
Daree Selby
Email or Phone:
dareeselby@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

6/8/2019

Swimmer(s)

Karen Zemlin

Observer(s)

Daree Selby

Swim Description

Mille Lacs Lake
Isle, MN to
Garrison, MN

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Temp degrees in
Farenheit.

TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
5:05.11a	46°8'21"N	93°28'18"W	62.5°/65°	5mph/S	72	Start - Isle Lakeview Park, Isle, MN
5:32a	46°9'7"N	93°29'9"W	64.7°/65°	5mph/S	72	Feeding
6:05a	46°9'41"N	93°30'30"W	65.5°/64°	13mph/S	72	Outside of the bay. Feeding 2.38 miles
6:35a	46°10'12"N	93°31'37"W	63.8°/66°	15mph/S	72	Feeding. Wind gusts at 24mph
7:05a	46°10'42"N	93°32'41"W	63.1°/67°	16mph/S	72	Feeding. 1-1.5 foot waves
7:35a	46°11'8"N	93°33'51"W	63.0°/68°	16mph/S	74	Feeding, 1.5-2 foot waves with white caps 5.5 miles
8:05a	46°11'39"N	93°34'56"W	62.7°/70°	16mph/S	72	Feeding. Looking good. 2-3 foot waves. 6.6 miles
8:35a	46°12'9"N	93°36'1"W	62.5°/70°	15mph/S	72	Feeding. Still looks strong. 3 foot waves. 7.6 miles
9:05a	46°12'34"N	93°37'10"W	62.2°/70°	15mph/S	72	Feeding w/ Advil. Pretty choppy waves. 8.6 miles
9:35a	46°13'2"N	93°38'5"W	62.5°/70°	15mph/S	72	Feeding. 9.6 miles
10:05a	46°13'35"N	93°39'6"W	62.2°/70°	15mph/S	72	Feeding. Only drank half of feeding liquid. 10.6 miles
10:35a	46°14'6"N	93°40'8"W	61.8°/72°	15mph/S	72	Feeding. 11.5 miles
11:05a	46°14'39"N	93°41'3"W	62.3°/72°	15mph/S	72	Feeding 12.6 miles
11:35a	46°15'7"N	93°42'0"W	62.1°/72°	15mph/S	72	Feeding. Waves aren't quite so bad. 13.5 miles
12:05p	46°15'34"N	93°42'58"W	63.5°/74°	15mph/S	72	Feeding. Waves not too bad. 14.4 miles

