

John Batches' Lake Washington Swim

Start: Gene Coulton Park, Renton WA

Finish: Log Boom Park, Kenmore WA

Date: 7/8/20

Start Time: 02:08

End Time: 18:29

watch time 16:20:41

Swimmer Name: John Batchelder

Pilot: Captain Douglas Benjamin

Crew: Lyn Acton, Lori Graham

Observers:

Kayaker:

	Time	Feed time	Feed -Food, Drink Medications	Stroke rate	Latitude	Longitude	Water Temp	Air Temp	Wind Speed	Wind Direction	Tide
Start	02:08		bkfst 1 bagel				66	60°F	3 mph	E	
notes:	64 02:29 47.508 -122.206 02:18										
feeding 01	03:00	03:00	300ml Karbolyn	64	47.526	-122.216	66	59	5 mph	NE	
notes:	Lori lost the light on H ₂ O bottle.										
feeding 02	03:30	03:30	400ml Karbolyn	66	47.540	-122.245	65	57	5 mph	NE	
notes:	~30sec break perfectly glassy water										
feeding 03	04:00	04:00	300ml Karbolyn	66	47.552	-122.245	66	57	5 mph	NE	
notes:											
feeding 04	04:30	04:30	6fl oz 360ml medication	66	47.564	-122.250	66	57	5 mph	NE	
notes:	Started generator on boat you swam off into the... sunrise? ☺										

Polaris Nav

Swimmer Name: John Batchelder
 Pilot: Captain Doug Benjamin
 Crew: Lynn Acton, Lori Graham
 Observers: Lynn Acton, Lori Graham
 Kayaker:

	Time	Feed time	Feed - Food, Drink Medications	Stroke rate	Latitude	Longitude	Water Temp	Air Temp	Wind Speed	Wind Direction	Tide
feeding 05	0500	0500	120ml (4oz)	68	47.578	-122.256	66	55F	3mph	E	
notes:	"I'm doing great" light out finally ☺										
feeding 06	0530	0530	360ml (6oz)	64	47.591	-122.255	66	55	3mph	E	
notes:	crazy water skiers out at 05:00. Captain potty break. rash on @ shoulder										
feeding 07	0600	0600	200ml Karbolyn	68	47.596	-122.23	66	56	3mph	E	
notes:	goggles change. you feel great. We moved inside cause used										
feeding 08	0634	0634	300ml Karbolyn	66	47.590	-122.221	67	56	2mph	E	
notes:	more than halfway around Mercer. at start of MIMS. Liz says "hi" from N Carolina										
feeding 09	0700	0700	300ml Karbolyn	68	47.580	-122.204	67	56°F	2mph	E	
notes:	saw some Mercer Island open H2O swimmers. Your FB crowdbase is waking up.										
feeding 10	0735	0735	250ml Karbolyn	64	47.567	-122.203	67	58°F	3mph	NE	
notes:	you are moving now! looking good. Doug has to bring you back to your line										
feeding 11	08:00	08:00	4oz thick stuff	66	47.553	-122.205	66	58	3mph	NE	
notes:	feeling good!										
feeding 12	0830	0830	240ml thick	68	47.541	-122.208	66	58	1 mph	S	
notes:	very quick break										
feeding 13	09:00	09:00	200ml thick	65	47.529	-122.217	66	59	0	SE	
notes:	we are estimating just short of half of your swim ☺										
feeding 14	09:30	09:30	Karbolyn 240cc	68	47.527	-122.233		59	0	S	

06:25 paired dog paw ☺

tolerating feeds

more bilateral breathing

Swimmer Name: John Batchelder
 Pilot: Captain Doug Benjamin
 Crew: Lyn Acton & Lori Graham
 Observers: same as above
 Kayaker:

	Time	Feed time	Feed -Food, Drink Medications	Stroke rate	Latitude	Longitude	Water Temp	Air Temp	Wind Speed	Wind Direction	Tide
notes:											
feeding 15	10:00	10:01	240cc Karbolyn	68	47.539	-122.244	66	60	1	SE	
notes:									just 2		
feeding 16	10:45	10:45	240cc Karbolyn	60	47.560	-122.246	66	61	1	SW	
notes:	oops. your crew was talking. sun was out. you know it is tough to work when sun shines ☺										
feeding 17	11:05	11:05	100cc Karbolyn	60	47.565	-122.250	66	61	1	SW	
notes:	you said you're doing fine. you went past Seward park where you swim laps 8hr swim 17 miles										
feeding 18	11:37	11:30	140cc Karbolyn sauce then	64	47.58	-122.254	68	64	1	NE	NO Eagles ☺
notes:											
feeding 19	12:05	12:03	3oz thick stuff	60	47.594	-122.253	68	64	1mph	NE	
notes:											
feeding 20	12:35	12:35	2oz thick stuff (down to 60)	63	47.606	-122.250	69	66	1	SE	
notes:	breathing more frequently 9. @stroke										
feeding	13:06	13:04	5oz thick stuff	64	47.621	-122.246	68	66	1	SE	sun is HOT!!!
notes:	Doug got stung by a bee when he bit into a sandwich. 21. miles										
feeding	13:33	13:30	4oz Karbolyn	65	47.633	-122.244	68.5	66	1	SE	
notes:	13:50 yeah - did backstroke under the bridge! you got a little further west. gonna cool some.										
feeding	14:01	14:02	150cc Karbolyn	64	47.648	-122.24	69	67	2	S	
Notes:	many positive FB messages coming in. some bilateral breathing but more frequently one sided. 14:22 little bit of wave. you were doing somewhere but you came back ☺										

③

Swimmer Name: John Patchelder
 Pilot: Capt Douglas Benjamin
 Crew: Lynn Acton Lori Graham
 Observers: same: Lynn Acton Lori Graham
 Kayaker:

19:29 end (18:29 actual)

16:20 41

	Time	Feed time	Feed - Food, Drink Medications	Stroke rate	Latitude	Longitude	Water Temp	Air Temp	Wind Speed	Wind Direction	Tide
notes:	14:36	14:30	200cc Karbolyn	64	47.659	-122.243	70.5	68	3mph	W	
feeding	15:08	15:05	200cc Karbolyn		47.674	-122.242	70	70	2mph	W	
notes:	getting off course - you get to swim by where Lily used to swim ♡ boat Δ to ⊙ side around here										
feeding	15:32	15:30	a gulp of Karbolyn	66	47.686	-122.246	70	70	2mph	W	
notes:	We are working on getting tracker back on track. PB friends coming to support										
feeding	16:08	16:00	200cc Karbolyn		47.700	-122.25		69	2mph	W	
notes:	looking good!										
feeding	16:31	16:31	H ₂ O 450cc	64	47.711	-122.259	72	69	2mph	W	
notes:	mostly ⊙ side breathing boat on ⊙ side.										
feeding	17:07	17:00	120cc P ₂ Life	64	47.726	-122.264		71	2mph	W	
notes:	you switched back to ⊙ side of boat.										
feeding	17:30	17:30	500g P ₂ Life	63	47.736	-122.267	72	71	2mph	W	
notes:											
feeding	18:01	18:01	3floy P ₂ Life	60/62	47.749	-122.265	71	70	2mph	W	rolling waves.
notes:	last feed. little chuggy but not bad. Liz texted from N. Carolina										
feeding											
notes:											
feeding	finish 18:29				47.754	-122.26	72	69	2-3	NW	
Notes:	people waiting on dock - on (where boat was - not where John finished) land. Excellent back on boat 18:46										

Swimmer Name: John Ratchelder
 Pilot: Capt Douglas Benjamin
 Crew: Lynn Austin Lori Graham
 Observers:
 Kayaker: The After Party

	Time	Feed time	Feed -Food, Drink Medications	Stroke rate	Latitude	Longitude	Water Temp	Air Temp	Wind Speed	Wind Direction	Tide
notes:	19:29		John resting								
feeding	19:00		Lynn took a dip in lake! Refreshing								
notes:			Lynn, Lori & Doug rode upstairs								
feeding			it got cold								
notes:			Social Media flooded with congratulations!								
feeding											
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Notes: my digital chronological Timex watch is 45 minutes ahead of cell phone. So start time - finish close to 02:04 = 10:25 difference in total time was R/T stopping watch & checking time. Also did not use second on time.