



Solo Swim Observation Log

Date: July 24, 2021

Page 1 / 2

Swimmer Name: Jessica Kieras

Route Description: Waldo Lake

Time	Strokes per minute	Temperature C (°C)		Wind (Kts mph kph m/s Bf)		Notes Use reverse side for longer notes - please include timestamps.
		Water	Air	Speed	Dir	
8:19 AM	58	65.2°	69.1°	0.0 Kts FO	N/A	infinite / very glassy water. almost perfectly still. (can see the bottom of water is blue) ^{over} notes on start →
8:39 AM	59	64.8°	70.4°	0.0 Kts FO	N/A	" / air/sky is hazy - potentially from nearby boating wildlife
8:59 AM	60	65.3°	74.7°	0.0 Kts FO	N/A	" / Dan - "It's so @?!!-ing blue!" - Dan asks Jess - "It's placid." ^{over} Jess if that's all she can see is blue - and Jess!
9:20-23 AM	60	65.2°	76.0°	0.0 Kts FO	N/A	" / we pass a giant moth, dying in the water. Jess - "I give it 5 stars."
9:39-30 AM	60	65.3°	76.1°	0.0 Kts FO	N/A	" / water still looking like a sheet of blue glass, like blue paint
9:59-59 AM	60	65.3°	77.9°	0.0 Kts FO	"	infinite / started backstroke just before feed ML paddles while Dan pees. Still very calm
10:19-39 AM	61	65.2°	77.4°	0.0 Kts FI	"	" / Ever so slightest of breezes starts. Dan & me think they see the Island!
10:39-11 AM	60	65.4°	78.8°	0.0 Kts FI	"	" / Debate about which trees which sandy spots up ahead are in fact the island ^{over} first people out about - kayak & SUPS
11:02-31 AM	62	65.0°	87.6°	0.0 Kts FO	"	" / Lots of action as we circle the island ^{over}
11:20-44 AM	61	65.5°	88.5°	0.0 Kts FO	"	" / Jess requests 180 proffer at next feed and says "This is great," "ok, see ya!" →
11:42-04 AM	60	65.7°	80.7°	0.0 Kts FO	N/A	infinite / water is glassy again. And Lawrence is proffered appears again - Jess says a big hello →
12:00-22 PM	60	65.9°	78.3°	0.0 Kts FO	"	infinite Mocha (coffee & chocolate)
12:19-46 PM	59	65.2°	83.2°	0.0 Kts FO	"	infinite / getting hot outside. Jess says "See's feeling surprisingly normal" ^{over} - swimmer pan. not had pan
12:40-26 PM	60	65.5°	86.5°	0.0 Kts FI	"	Mocha / pan's motto/catchphrase: That's gotta be the island! +

PAGE 1 ONLY - Time recorded as (HH:MM:SS)

Start Time: 07:58:43 AM

Finish Time: 02:53:02 PM

6:54:19

Total Elapsed Time: h m sec

Observer Name: Mary Louise Warhus

Observer Signature:

Before Start = Everyone getting ready calm & collected -
no rushing or panicking. & no mosquitoes!
Jess said she's nervous but ok!
we know she's got it!

11:02:31 Notes = Headed to island, a man & a child in a kayak approach, the kid shouting "Hey Banjo Dan!" Turns out it's an old friend/bandmate of Dan's - Clarence! He recognized Dan's voice and paddle over to say hi. Dan is excited - hadn't seen him in 2+ years. Concentration is needed though, as we circle the island - it is shallow and lots of paddleboarders around, so we part ways w/ Clarence.

All 11:02 Feed (a bit late so we can get past shallow part) Dan tells Jess we ran into Clarence, and she replies w/ a big smile "No shit?!"

11:20:44 = Jess gives Dan & I an assignment - to name the escort vessel (the double kayak)
Corn nuts & Yerba mate time for the crew. :)

11:42:04 = Jess changes to backstroke and says "Fuck, yeah!" with a big smile and asks Clarence to sing her a sea shanty. After feed, Dan & I a bit off course, due to chit-chatting between Dan & Clarence about music & cars. Clarence leaves after about 5 mins.



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1:01:48 pm	61	66.6 ^F	71.1 ^F	0.0 kts F0	np	infinite / almost at island!
1:23:59 pm	62	66.6 ^F	86.1	3.5 kts sw F2	sw	infinite / pre-feed at island - getting rocky below surface. Tropical-like
1:40:09 pm	62	65.5 ^F	74.9	3.8 kts sw F2	sw	Coca cola / pre-feed = backstroke + chatting w/ wind + chop →
1:59:57 pm	60	66.3 ^F	73.6 74.4	5.7 kts	w/ wsw	infinite / now we (Dan + me) have to work! Jess = "Feeling good. Good Feeling"
2:17:31 pm	62	65.8 ^F	76.6	0.0 kts F3	np	infinite / close to & then around the island!
2:41:00 pm	62	67.7 ^F close to her	78.9	0.0 kts F2	n/a	Coca cola / Dan tried to give infinite but Jess showed that she wanted coke

PAGE 1 ONLY - Time recorded as (HH:MM:SS)

Start Time: _____ Finish Time: _____ Total Elapsed Time: _____

Observer Name: Mary Louise Warkus

Observer Signature: *Mary Louise Warkus*

1:40:09 - Jess seems in high spirits.

"This is like normal Waldo now"

@Feed she burps loudly and says that
"Coke gave her a little buzz"