Solo Swim Observation Log

Date: 11 May, 2024

Swimmer Name: Amy Gubser	Route Description: Golden Gate Bridge - Farallon Islands

Time	Strokes per minute	Temperature C or F		Wind (kts) mph kph m/s BF		Notes
		Water	Air	Speed	Dir	Use reverse side for longer notes - please include timestamps. There was fog, sometimes heavy, throughout this entire swim
03:29	66	48	59	6	W	Started about an hour later than planned due to a late tide change and vessel traffic at the Golden Gate Bridge
03:57	64	48	52	7	W	First feed at 1 hour.
04:27	63	48	52	6	W	1st feed: cold chicken broth with CarboPro
04:58	63	48	52	6	W	2nd feed: water 1st light shortly after this feed
05:29	64	46	52	2	W	3rd feed: cold chicken broth with CarboPro Amy tells crew she was stung by a jellyfish between the 2nd and 3rd feeds
06:01	65	51	51	2	W	4th feed: water Amy reports more jellyfish stings A large male sea lion swam nearby to Amy and Kirk from about 12:10-12:45
06:30	66	50	51	1	W	5th feed: water with electrolytes (Nuun)
07:00	64	54	52	1	W	Several large sea nettle jellyfish sighted. Amy did not report any more stings at the next feed
07:30	65	51	52	1	W	7th feed: cut up peaches in peach juice
08:00	66	56	53	0	N/A	8th feed: cold chicken broth with CarboPro
08:30	66	56	53	0	N/A	9th feed: water & mashed potatoes
09:06	66	57	54	0	N/A	10th feed: cold chicken broth with CarboPro
09:30	66	56	54	0	N/A	11th feed: water
10:00	65	56	54	0	N/A	12th feed: peaches in peach juice Support swimmer Sarah Roberts joins Amy

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

Start Time: 03:27:30 Finish Time: 20:31:28 Total Elapsed Time: 17:03:58

Observer Name: Ken Mignosa	Observer Signature: Ken Mignosa Digitally signed by Ken Mignosa DN: cn=Ken Mignosa, o, ou, email=ken.mignosa@gmail.com, c=US Date: 2024.05.13 15:54:24 -07'00'

Solo Swim Observation Log

Date: 11 May, 2024

Swimmer Name: Amy Gubser	Route Description: Golden Gate Bridge - Farallon Islands

Time	Strokes per minute	Temperature C or F		Wind (kts) mph kph m/s BF		Notes
		Water	Air	Speed	Dir	Use reverse side for longer notes - please include timestamps.
10:30	66	52	54	1	W	13th feed: granola bar & water
11:00	66	52	54	0	N/A	14th feed: cold chicken broth with CarboPro Support swimmer Sarah Roberts gets out Extra time was spent at this feed stop to arrange a ladder for Sarah (and later Amy) to get onto the boat. During this time the boat drifted slightly off course
10:25-11:30						A curious juvenile sea lion spent significant time near Amy from about 10:25-11:30
11:29	66	55	54	1	W	15th feed: water & coke
11:59	66	54	54	2	W	16th feed: cold chicken broth with CarboPro Support swimmer Kirk McKinney joins Amy
12:34	65	48	54	3	W	17th feed: water
12:59	65	50	56	0	N/A	18th feed: cold chicken broth with CarboPro Support swimmer Kirk McKinney gets out
13:28	66	52	58	0	N/A	19th feed: water & applesauce
14:00 SR	64	47	58	3	W	20th feed: coke Support swimmer Ken Mignosa joins Amy. Sarah Roberts takes over observation Amy was a little crabby at this feed
14:32 SR	65	54	58	2	S	21st feed: cold chicken broth with CarboPro Amy's stomach not feeling well
15:00 SR	62	50	58	2	s	22nd feed: cold chicken broth with CarboPro & mashed potatoes Support swimmer Ken Mignosa gets out Kayak & Kayaker, John Chapman get in Pilot whale sighting north of Pacific Rival
15:30 SR	62	55	58	0	N/A	23rd feed: peaches in peach juice Allergy meds requested for next feed Barely sighted land under thick cloud cover. Afterward fog descended and land was not sighted again until about 10 mintues before the end of the swim.
16:00 SR	64	50	57	4	E	24th feed: Gu and water and coke Pepcid and Allegra taken "less than 5cod left"
16:30 SR	63	51	54	4	E	25th feed: cold chicken broth with CarboPro Breeze picked up a little and there's some texture on the water

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

Start Time: 03:27:30 Finish Time: 20:31:28 Total Elapsed Time: 17:03:58

Observer Name: Ken Mignosa/Sarah Roberts	Observer Signature: Ken Mignosa Digitally signed by Ken Mignosa DN: cn=Ken Mignosa, o, ou, email=ken.mignosa@gmail.com, c=US Date: 2024.05.13 15:54:24 -07'00'

Sarah Roberts
2024.05.13 18:48:43 -07'00'

Solo Swim Observation Log

Date: 11 May, 2024

Swimmer Name: Amy Gubser	Route Description: Golden Gate Bridge - Farallon Islands

Time	Strokes per minute	Temperature C or (F)		Wind (kts) mph kph m/s BF		Notes Use reverse side for longer notes - please include timestamps.
		Water	Air	Speed	Dir	
17:00 SR	62	53	55	4	NE	26th feed: warm chicken broth with CarboPro
17:30	62	46	54	8	W	27th feed: water Shark shield on kayak turned on
18:00	60	52	57	6	W	28th feed: Coke Excedrin taken
18:30	61	46	53	6	W	29th feed: water and oatmeal There was a dead sea lion near this feed and another large male sea lion feeding on salmon Amy said she was cold - pretty unusual for her
18:32		43				Because Amy said she was cold, a water temperature reading was taken after the 29th feed. The water temperature was taken again about 2 minutes later, and it was back to 46. During that 2 minute interval the temperature dropped. Amy was in an extra cold spot, but it didn't last long.
18:34		46				The support swimmers all experienced extra cold spots during their time in the water. Sometimes these spots lasted for a very short duration, and sometimes they went on for a few hundred meters. It can be reasonably assumed that there were extra cold spots like this one throughout Amy's swim.
19:00	60	46	50	5	W	30th feed: hot cocoa and warm water for hands
19:15						Several large sea nettle jellyfish sighted. Amy did not report any more stings at the next feed
19:30	60	48	50	5	W	31st feed: hot cocoa and warm water for hands
20:00	64	52	50	0	N/A	32nd & last feed! warm chicken broth with CarboPro and warm water for hands
20:31	65	50	50	0	N/A	Touch the buoy!!! End point of the swim.
20:35						Swimmer recovered Shark shield turned off Kayaker and kayak recovered

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

Start Time: 03:27:30 Finish Time: 20:31:28 Total Elapsed Time: 17:03:58

Observer Name: Ken Mignosa/Sarah Roberts	Observer Signature:

Sarah Roberts
2024.05.13 18:48:58 -07'00'