

OBSERVER REPORT

Counter-Clockwise Loop Around Angel Island From Aquatic Park (16.1 km/10.0 miles)

February 1, 2020 | Start Time: 05:04:31 | End Time: 13:56:24

Rules: Marathon Swimming Federation | Observer: Lisa Amorao

SWIMMER

Name: EVAN MORRISON

Gender: M

Age on swim date: 39

Nationality: United States

Residency: San Francisco, CA

SUPPORT PERSONNEL

Pilot: Greg Gubser

Vessel: Mako

Crew Chief: Robin Rose

Crew: Kirk McKinney

SWIM PARAMETERS:

- Category: Solo, nonstop, unassisted.
- Rules: MSF Rules of Marathon Swimming, without exception or modification.
- Equipment used: Single textile Speedo brief, single silicone cap, Swedish goggles, earplugs, simple Timex wristwatch (no GPS), grease. 1 green blinky.

ROUTE DEFINITION:

Start at SERC/Dolphin beach in Aquatic Park, exit through Aquatic Park opening, counter-clockwise around Angel Island, return to SERC/Dolphin beach via Aquatic Park opening.

- Body of Water: San Francisco Bay
- Route Type: Island Loop
- Start & Finish Location: Beach between SERC & Dolphin Club docks, Aquatic Park, San Francisco
- Minimum Route Distance: 16.1 km (10.0 miles)

FEEDS:

2 Scoops Maxim (on Observer Report as "CarboPro") + 1 Scoop orange-flavored Gatorade + 20 oz water.

Chocolate UCAN as requested.

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SWIM PLAN (PROVIDED BY SWIMMER):

Waypoint	Time	Distance - segment (total)
SERC beach	0515	0.0 km
Alcatraz SE corner	0600	2.0 km (2.0)
Pt Blunt	0715	3.0 (5.0)
Pt Campbell	0830	2.7 (7.7)
Pt Stuart	0900	2.0 (9.7)
Alcatraz NW corner	1030	4.1 (13.8)
Aquatic Park opening	1115	2.0 (15.8)
SERC beach	1125	0.3 (16.1)

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February 1, 2020 04:30

I met Robin in front of the gate at Hyde Street Pier, as instructed. At 04:30 on the dot, Scott Tapley appeared from the dock to unlock the gate for us. Evan, Capt. Greg Gubser, and crew member Kirk McKinney were already aboard the Mako.

RTAI is a swim that cannot afford a late start. Evan and Robin did a quick review of his feeds and what was in which container. I read a condensed version of the MSF rules to Evan and off he went with Scott, who will walk him to the SERC/Dolphin Club Beach and observe him start.



Because the Mako cannot enter Aquatic Park, the plan was for Scott to radio the start of the swim via Channel 69. We will meet Evan at The Opening.

Mako left the dock as soon as Evan and Scott left and we made our way to the end of the seawall to observe what the current was doing. It was already ebbing $\frac{3}{4}$ of a knot, according to Capt. Greg. The crew called this information into Scott to relay to Evan so he could adjust accordingly and swim east along the outside of Creakers (the seawall) before crossing the channel.

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"He'll start now," Scott called over the radio. The planned start time was 05:15. It was 5:03. "Are you guys ready?"

"We're ready," Capt. Greg answered.

START TIME: 05:04:31 (observer's wrist watch)

TIME	LOCATION	MEDIA	NOTES
2/1/2020 5:04:31	South End Rowing Club/Dolphin Club Beach		Evan began his swim 11 minutes early because the ebb had already started. He started in the dark with a single green blinkie attached to his goggles.
5:07			"Hi guys, it's Reptile. Have a great swim!" over the radio. <i>Where is he even calling us from?</i>
5:11	AQUATIC PARK OPENING		Captain reports that it is ebbing 3/4 knot.
5:12	CREAKERS		Vessel Traffic reports inbound ship.
5:15	CREEKERS		Evan swims along Creekers, birds abandon their perch on the seawall.
5:17	END OF CREAKERS	20200201_051643.mp4	Evan at the end of the seawall. He is heading to the east side of Alcatraz.
5:24	SOUTH CHANNEL		60 strokes/min
5:27	SOUTH CHANNEL		52.8 AIR
5:29	MIDCHANNEL		Mid Channel
5:32	SOUTH CHANNEL	20200201_053209.mp4	Inbound ship passes in front of the Mako.
5:34	SOUTH CHANNEL		First feed, CarboPro cocktail.
5:38	SOUTH CHANNEL		53h20 52.7 Air 2 Knots Wind
5:43	ALCATRAZ	20200201_054212.mp4	Evan at Alcatraz.

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5:45	SOUTHEAST ALCATRAZ		62 strokes/min
5:46	EAST ALCATRAZ		52 H20 No Wind 52.1 Air
5:48	EAST ALCATRAZ	20200201_054811.mp4	1.8 Ebb
6:04	NORTH CHANNEL		FEED: CarboPro. Evan said he is good. Very quick feed. Evan had to fix his cap. It's slipping.
6:11	NORTH CHANNEL		53 H20
6:16	NORTH CHANNEL		Greg pointed out thick black ribbon ahead -- we have a current coming up. Evan will have to dig.
6:20	NORTH CHANNEL		STROKE COUNT: 55 strokes per minute. Evan's stroke rate has dropped. Notified Crew Chief Robin.
6:21	NORTH CHANNEL		We are in the middle of the pipeline now, announced Capt. Greg.
6:23	NORTH CHANNEL		52 H20
6:26	NORTH CHANNEL		52 Air 7 Knots of wind coming from the North.
6:36	NORTH CHANNEL		Feed CarboPro -- Evan said he is good. Kirk asked if he wanted warm feeds. Evan said no, he's fine.
6:36	1.25 mi South of Pt. Blunt		Capt. Greg reported our location to Vessel Traffic.
6:37			Morning Nautical Twilight.
6:46			52 H20
6:50	.25 mi South of Pt. Blunt		52.5 Air 5.8 Knots North
6:58	Pt. Blunt Buoy	20200201_065732.mp4	Pt. Blunt Buoy
7:02	Pt. Blunt Buoy	20200201_070120.mp4	There is a lot of current. Evan is moving about half a knot.

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7:03	Pt. Blunt		Evan is due for a feed but the crew will wait to feed him until he is out of the current.
7:06	Pt. Blunt	<u>20200201_070533_001.jpg</u>	Outbound tanker in the distance.
7:09	Pt. Blunt	<u>20200201_070938.jpg</u>	Crew make hand signals for Evan to hug the shore, hoping to catch his attention. He can't hear very well with earplugs on and he's digging so hard he's got his head down for the most part.
7:11	Pt. Blunt		51 Air 51 H2O 4 knots from the north
7:13	Pt. Blunt Rocks		55 Strokes Per Minute
7:19	Pt. Blunt Rocks		Evan is digging hard.
7:21	Pt. Blunt Rocks		Digging. Digging.
7:27	Pt. Blunt Pier		Evan reaches Pt. Blunt Pier 072721.
7:29	Pt. Blunt SE Angel Island	<u>https://vimeo.com/390348366?fbclid=IwAR007BsPWC51iE3QFcFat9SNvLBT8sASghutiYk94sokWwZNLaduQ0gNnws</u>	The crew is finally able to feed Evan. Crew informed Evan that Cathy sends her love. Evan asked "what's the strategy?" It is definitely ebbing. Crew instructs Evan to hug the shore. He is on schedule. Evan drifted backwards as the crew spoke to him.
7:29	Pt. Blunt SE Angel Island	<u>20200201_072933.jpg</u>	Beautiful sunrise.
7:34	Pt. Blunt SE Angel Island		53.7 Air 4 Knots N
7:36	Pt. Blunt SE Angel Island		Fog starts to descend on San Francisco but we are clear on the back side of the island.

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7:50	Quarry Pt.		Breaststroke
7:50	Quarry Pt.		Quarry Pt.
7:51	Quarry Pt.		Quarry Pt Breaststroke 2x
7:54	Quarry Pt.		Evan digging at Quarry Pt.
7:56	Quarry Pt.		Quarry Pt. crabbing
7:57	Quarry Pt.	<u>20200201_075816.mp4</u>	Water is boiling around Quarry Pt. pier.
8:01	Quarry Pt. @ Ft. McDowell	<u>20200201_080313.mp4</u>	51 H2O 54.3 Air. Three deer came down the hillside.
8:01	Quarry Pt. @ Ft. McDowell	<u>20200201_080407.mp4</u>	The deer ran up the hill when Evan swam by.
8:07	Quarry Pt. @ Ft. McDowell		Breaststroke.
8:08	Quarry Pt.		Feed, CarboPro. Evan fixed his goggles, looked around, didn't say much.
8:11	Halfway between Pt. Simpton and Quarry Pt.		Sugardock.com scavenger fishing boat. One of the gals scored a buckhorn.
8:13	Halfway between Pt. Simpton and Quarry Pt.		55 Strokes/min
8:16	NE Angel Island	<u>20200201_081543.mp4</u>	Evan swims by Sugardock boat.
8:18	NE Angel Island		Observed Evan treading water. Evan slaps water. I'm guessing out of frustration.
8:20	NE Angel Island	<u>20200201_082142.mp4</u>	Evan treading water again.
8:23	Pt. Simpton		We are at Pt. Simpton.

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8:23	Pt. Simpton		51 H2O, 54 AIR, 9 Knots coming from the north.
8:26	China Cove		San Francisco is no longer visible, white out with fog. We are clear at China Cove.
8:34	Pt. Simpton		Evan is looking around.
8:40	Pt. Simpton @ China Cove	<u>20200201_083940.mp4</u>	Crew advised Evan to move away from the island to get away from the back eddy. Crew will hold off on feeds until he is past the current. We are about to hit another current.
8:41	Pt. Simpton @ China Cove		Evan pauses to tell the crew he wants the next feed to be warm. He is also asking for Ibuprofen.
8:43	Pt. Simpton @ China Cove	<u>20200201_084419.mp4</u>	H2O 51 Sugardock boat passes by.
8:47	Pt. Simpton @ China Cove		56 strokes/min. Evan is due for a feed but crew will hold off until he can get away from the grip of this current.
			Fog Descending On China Cove
8:58	China Cove		Evan stopped to fix cap and goggles.
9:02	.10 to Pt. Campbell	<u>20200201_090518.mp4</u>	More digging, clawing to reach Pt. Campbell. Kirk requested a stroke count -- he was concerned about the water being so cold. 56 strokes per minute.
9:07:34	Pt. Campbell		Pt. Campbell
9:09	Pt. Campbell	<u>20200201_090750_1.mp4</u>	Crew finally able to feed Evan. Warm feed and Ibuprofen. Evan celebrates Raccoon Strait -- "what a bitch!"

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9:13	Ayala Cove		51 H2O flat and glassy, almost no wind.
9:16	Pt. Lone	20200201_092039.mp4	We passed Pt. Lone while observer was peeing. We are moving really fast.
9:25	Approaching Pt. Stuart	20200201_092550.mp4	We are coming up to Pt. Stuart pretty fast, Pt. Knox appears on the horizon. This would have been the point where the Golden Gate would appear, but in its place is Karl The Fog.
9:27	Pt. Stuart	20200201_092701.mp4	Pt. Stuart. Evan is in a good mood and lets out a woo-hoo! "I love that buoy!"
9:31	Pt. Stuart @ Camp Reynolds		53 strokes per minute.
9:33	Pt. Stuart @ Camp Reynolds		51 H2O 54.5 Air Wind 2
9:38	Pt. Knox		Pt. Knox
9:45	Pt. Knox	20200201_094344.mp4	Crew gives Evan warm chocolate feed. Crew tells Evan that Sarah says hello and Elaine is having pancakes. Evan laughs. Also, your kitties say hi and keep swimming. Evan says he will switch out his goggles. He threw the ones he was wearing onto the boat. "I got them under my butt." Evan pulls a pair of goggles out of his butt, holding them up for the crew to see.
9:56	Perle's Beach		51 strokes per minute. Evan's stroke rate has dropped considerably since we started, but he looked good at the last feed -- joking, pulling goggles out of his

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			butt. His stroke -- while slower -- still looked strong and deliberate.
10:00		<u>20200201_095942.mp4</u>	C130 Flyover
10:03	.25 mi south of Angel Island		Evan backstroke.
10:18	North Shipping Channel		FEED: Carbopro Feed 52 H2O Evan wants Odwalla next.
10:21	North Shipping Channel		54.8 Air 52 H2O
10:28	North Shipping Channel		Sailboat cruised by...
10:31	1.5 mi south of Angel Island		51 Strokes Per Minute
10:34	North Shipping Channel		51.5 H2O 54.5 Air 4.4 Knots North
10:35	North Shipping Channel		Bay Monarch slowed down for us. Very nice. Thank you.
10:47	1.5 mi North West from Alcatraz		FEED: Odwalla Vanilla, he drank 3/4 of bottle. Crew cheered.
10:51	North Shipping Channel	<u>20200201_105037.mp4</u>	Bay Wolf sailed by Evan.
10:53	North Shipping Channel		Heading straight for Alcatraz, aim at the middle of the backside.
10:56	North Shipping Channel		Evan paused to tell Robin he'd like CarboPro and a sugar hit for the next feed.
11:03	North Shipping Channel		54.5 Air 51.5 H2O 7.2 Knot Wind
11:06	Harding Rock	<u>20200201_110429.mp4</u>	We passed Harding Rock. The sealion on it watched Evan swim

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			by, and Evan backstroked to watch the sealion.
11:09	North Shipping Channel		Capt. Greg says we can expect a change in the tide when we get to Alcatraz -- more in our favor.
11:15	North Shipping Channel	20200201_111644.mp4	FEED: CarboPro. Evan struggles to remove his earplugs to hear the crew, likely from loss of manual dexterity from the cold. He fights with it for a while. Crew implores him to leave it there, but finally succeeds in pulling them out. Robin hands him solid food, something that looked like stroopwafel -- "Promeal Bar Superfruit Slam." Evan really liked it, audibly enjoying the cookie. He asked for seconds. Capt. Greg reassures Evan that we'll get a nice flood and it'll push him home.
11:26	1.5 mi W of Alcatraz		54 Strokes/min.
11:36	1.75 mi W of Alcatraz	20200201_113556.mp4	Vessel Traffic asked us for our location and informed us that there is an inbound ship -- CGM Abraham Lincoln heading to Oakland. Ship emerges from the fog under the Golden Gate.
11:44	West of Alcatraz	20200201_114447.mp4	
11:48	1.45 mi N of Anita Rock	20200201_115222.jpg	Evan let out a WOAH! when he saw the container ship.
11:50	North of Anita Rock, about 1.25 mi East of the Golden Gate	20200201_114843.mp4	Evan wants CarboPro. He just wants to get it done. Evan is ready to be done with this swim.

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11:56		<u>20200201_115603.mp4</u>	Rollers from the CGMA Lincoln.
11:57	North of Anita Rock, about 1.25 mi East of the Golden Gate	<u>20200201_115846.jpg</u>	Sailboat cruising by. 69.9 Air 52 Water 51 Stroke Per Min 4.4 Knots (Note: I left the anemometer sitting in the sun.)
12:15	North of Crissy Field	<u>20200201_121526.jpg</u>	FEED The flood is here and it's time to feed. CarboPro. Observed Evan shivering, breathing heavily. Evan asked, "Where are we?" Is it still ebbing? Crew told Evan that it is finally flooding.
12:16	North of Crissy Field	<u>20200201_121639.jpg</u>	I was concerned that Evan was getting cold and maybe disoriented but then he announced, "excuse me while I pee!" and he stretched both arms forward and floated for a few seconds, and he resumed swimming. Concern abated.
12:18	North of Crissy Field	<u>20200201_121800.mp4</u>	Sailboats all around.
12:22	1 mi North of Crissy Field		59.7 Air 7 Knot Wind N 52
12:24			51 Strokes/MIN
12:42			Evan stops to look around...
12:44	.5 mi North of St. Francis, 1.25 mi to Aquatic Park		STROKE COUNT: 50 strokes/min
12:45			FEED: CarboPro Evan didn't say much. Robin instructed Evan to head to Fort Mason and then to SERC.

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12:52	.3 mi North of Yacht Harbor		Evan stopped to ask for warm feed next.
13:03	North of the Wave Organ	<u>20200201_130331.mp4</u>	We are in the flood now.
13:04	.25 mi North of Wave Organ		Fog coming in from the Golden Gate. Crew discussed the post-swim plan. Robin will swim in with Evan all the way to shore. Amy will meet him there and administer rewarming.
13:14	Gas House at Fort Mason		REFUSED FEED. "I think I'm gonna finish this bastard!"
13:15	Fort Mason		52 strokes/min
13:26	Fort Mason	<u>20200201_132515.mp4</u>	Evan swims along the piers at Fort Mason. We have no current now. An "honest" Fort Mason. Capt. Greg called out to a couple of fishermen at the pier and pointed at Evan in the water -- "he swam around Angel Island and back." "How many miles is that?" they asked. "10 miles."
13:28	Fort Mason		Evan swam past the last pier at Fort Mason.
13:37	Aquatic Park Pier	<u>20200201_133913.mp4</u>	Evan is now swimming along Aquatic Park Pier. Capt. Greg calls out to the tourists on the pier to look down. "He just swam around Angel Island..."
13:39	Aquatic Park Pier		Scott Tapley called to confirm the plan. Robin will swim in with Evan. Scott will call me as Evan

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			approaches shore so that I can document the time finished.
13:42	Aquatic Park Pier	20200201_134127.mp4	Arianna and Lynn come out of the opening to greet Evan. We tell them not to touch him and make sure to stay behind him. "And I'm swimming with him" Robin said. "He's my guy!"
		20200201_134425.mp4	SERC Swim Commissioner Van Cromwell comes out to meet Evan. We tell him to watch out for Evan and make sure to not let anyone bump into him. Evan looks up and sees Van. They give each other an air-five.
13:45	Aquatic Park Opening	20200201_134425.mp4	Robin jumps in. "Oh, it's freaking cold!" Evan celebrates making it to the opening. Evan and Robin head towards SERC/Dolphin Beach.
13:54	SERC and Dolphin docks		Scott Tapley called. Evan is pootling around by the docks, celebrating. I suggested for Scott to tell him that he is still under 9 hours at this point, but he's gotta clear the water.
13:56:24	SERC/DOLPHIN BEACH	video-1580594833.mp4	Scott Tapley reported Evan has cleared the water and pronounced the swim FINISHED!

FINISH TIME: 13:56:24 (observer's wrist watch)

ELAPSED TIME: 8:51:53