



## People

Swimmer	Support Team										
<p>Name: Suzanne Heim</p> <p>Gender: Female      Age on swim date: 25</p> <p>Nationality: USA</p> <p>Hometown: San Rafael</p> <p>Contact email: swimmersuz@gmail.com</p> <p>Other documented swims:</p>	<table border="1"> <thead> <tr> <th>Names</th> <th>Roles</th> </tr> </thead> <tbody> <tr> <td>Stan Hlynsky/Lead Crew and Pilot</td> <td></td> </tr> <tr> <td>John Dahlberg/Paddleboard</td> <td></td> </tr> <tr> <td>Modesto Lanzone/Row Boat</td> <td></td> </tr> <tr> <td>Gordon Cook/Row Boat</td> <td></td> </tr> </tbody> </table> <p>Escort vessel: Two motor boats and one row boat and one paddleboard</p>	Names	Roles	Stan Hlynsky/Lead Crew and Pilot		John Dahlberg/Paddleboard		Modesto Lanzone/Row Boat		Gordon Cook/Row Boat	
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## Swim Parameters

Rules	Route
<p>List all swimwear &amp; equipment used by swimmer:</p> <p>Traditional swim suit (Lycra), latex swim cap/goggles</p> <p>Deviations (if any) from standard unassisted rules:</p>	<p>Body of water: SF Bay Larkspur Ferry Terminal to SF Ferry Terminal 12 miles (10.8 nautical miles)</p> <p>Specific start loc or coord: Started at beach next Larkspur Ferry Terminal. Very muddy and gross... and shallow.</p> <p>Specific finish loc or coord: Finished at most outside piling of the Golden Gate Ferry Terminal (touched) Lots of coordination with Ferry captains.</p> <p>Intermediate waypoints (if any):</p>

## Swim Results

Start	Finish	Summary of Conditions
<p>Date: 7/1/1984</p> <p>Time of day: 7:40AM</p> <p>Time zone: Pacific</p>	<p>Date: 7/1/1984</p> <p>Time of day:</p> <p>Elapsed (H:M:S) 3:33</p>	<p>Water temp 55 - 58 degrees</p> <p>Food: ERG, mashed bananas, honey</p>