

Swimmer

Name: Amy Gubser Gender: F Age: 50 Resides In: Pacifica, CALIF.

Support Personnel

Pilot name(s): Mike Chandler Vessel: Nicole Ann Port: Marina Del Rey
Matt Schubert 2nd Captain

Crew names & roles: Greg Gubser Melissa King Shannon Carr-Davey
Crew Chief Kayaker Kayaker

Swim Details

Date: June 7, 2018 Body of Water: Santa Monica Bay Location: Pirates Cove → Lunada Bay

Route description: Pirates Cove (w. of Pt. Dume) to Lunada Bay

Swim distance: 28 miles Start time: 21:07:44 Finish time: 14:14:20 Elapsed: 17h 6min 36sec

List any "first" or record claims:

Rules & Conduct

Feeding (substances & frequency): Diet Snapple w/ Carbs Pro every 30min

List all equipment, devices, and swimwear (including standard equipment) used by swimmer:

one latex cap
one nylon/spandex suit
one pair goggles w/ LED light on strap

List any modifications of MSF Standard Swim Rules:

none

Observer: Jax Cole
Timetra Wellington

Email or Phone:
Jax (562) 754-9856
Timetra (909) 496-4352



I witnessed this swim in its entirety, start to finish, and attest that it was conducted in strict accordance with the rules and spirit of traditional marathon swimming.

MARATHON SWIMMERS FEDERATION — Standard Swim Log



Date

June 7, 2018

Swimmer(s)

Amy Gubser

Observer(s)

Jax
TimeAra

Swim Description

Samoa Bay

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
1830						All Personnel Aboard the
						Nicole Ann Vessel. Swimmer
						Amy Gubser in excellent spirits.
						Group settle ☺ Rules of
						MSF read & understood.
						Bumpy ride to Pirate's Cove
						All members splashed.
1900						18 mph wind some resting
						4-6' swell on coast
2000						1-3' swell at Pirate's Cove

MARATHON SWIMMERS FEDERATION — Standard Swim Log



Date

6/7/18

Swimmer(s)

Amy

Observer(s)

J
T

Swim Description

Samoa Bay

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
2100						review rules for start w/ Amy + Melissa.
2103						Melissa enters kayak Greg "I love you"
						Amy dives into water
						Melissa + Amy move to beach "Pirates Cove"
2107	33.59987	118.5530	59.2 sea	5-10k		Amy enters the water
						start time 21:07:44
						first planned feed @ 21:00 then every 30 min
2130				1-3	64	switch sides so Amy is on port starboard side of boat
						comms w/ Kayaker via radio

MARATHON SWIMMERS FEDERATION — Standard Swim Log



Date

6/7/18

Swimmer(s)

Amy

Observer(s)

Jax Timette

Swim Description

J & Mo Bay

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
						Melissa reports a fish jumped
						into the kayak!
2136	33.59787	118.47618	65	1-3	60	Swell 1-2'
						Starts + the lights from
						Malibu homes clearly visible.
						Bioluminescent glow at prop water
						+ Amy's kick
2148						Adjusting distance b/w vessel/kayak
2155						Carb Pr. feed bag given to
						Melissa
2200			59/	2-4k	64	"God bless Amy!!! We're flying through!"
						"I'm feeling good. Seeing so much
						bioluminescence is fun" - Amy

MARATHON SWIMMERS FEDERATION — Standard Swim Log



Date

6/7/18

Swimmer(s)

Amy

Observer(s)

Jan Timmer

Swim Description

LaMoby

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
2230	33.5914	118.4622	60 air 59.8 sea	1-3	70	fed 8oz water, most of
2230						saucer applesauce
						"is everyone on the boat dry?"
						Amy asked, feed faster than 1 mi
2300	33.58757	118.45526W	60 air 60.2	2-4W	56	fed 15 oz carbopro/water mix
2320				2-4		Wind shift to SE
2330	33.58300	118.44966	60 air 60.2W	2-4	62	asked if I'm fine how are the guys?
0000	33.57777	118.44137	60 air 60.2	1-3	65	Feed, swell ↓
						stroke strong, unchanged since start
						breathing (R) side only. splash of
						(L) arm more a/c than (R)
0007						"dolphins!" - Matt "let's stay
						down to her" - Greg "they
						went underneath the bow" - Matt

MARATHON SWIMMERS FEDERATION — Standard Swim Log



Date

6/8/18

(now also my husband)

Swimmer(s)

Amy

Observer(s)

J
T

Swim Description

Samoa Bay

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
0010						Amy accidentally hits @ arm into side of kayak + immediately adjusts course
						Melissa spots 000 feed intake
						4oz Diet staple + carbopro & gpp powder
						Dolphin breathes audibly beside kayak
1242						Kayaker switch & feed swimmer has gone off track slightly
	124					1 Kayaker & swimmer too far from boat
250						dolphins off left side of boat, water is very calm little to no swell

MARATHON SWIMMERS FEDERATION — Standard Swim Log



Date

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Swimmer(s)

Amy

Observer(s)

J
F

Swim Description

Jano Bay

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
0330						Kangaroo switch - 1/2 switch
0335						Shannon out Melissa in
0340						Timothy out Jax in
						Sea glassy. Moon reflection
						off port. Boat rocking.
						Dolphin squeaks periodically a little
						Pod of 6 dolphins leap in unison 40yd off stern
0400	23.58177	118.39283	60 air 61.3w	1-2		Feed. ("I'm good, just tired." voice is strong)
0421						Amy parses, heads water, fixes Cap
						"I feel dizzy. I think that's why
						I am so tired. My eyes keep
						closing + I'm dreaming." -Amy
						"I think sunrise will wake you up. This
						happened in Malaga too!" - Greg "I know."
						"1:45 -> by til down?" "ok" swimmer

MARATHON SWIMMERS FEDERATION — Standard Swim Log



Date

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Swimmer(s)

Observer(s)

Swim Description

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
0428						Greg says it's unusual for Army
						to be less than exuberant. Melissa
						agrees to pay special attn to Army's
						breathing. Stroke looks sloppy, more splash.
0436	33°53'29"	118°38'690"	61.5	0-1	68	Feed. Drinks water. Reports feeling
						well, still dizzy. Ate peanut butter
						"bonk bar"
						Parallel to Mare Del Rey
						11.7 naut miles to Looe Bay
						more than halfway.
						Pink light on the urban horizon
5:00	33°34'32"	118°38'073"	60.9 61.6			Feed 6oz water Dolphins!
						"I can totally hear the dolphins,
						My body feels good." - Army "So it's
						in your head, not your body?" "Can be"

MARATHON SWIMMERS FEDERATION — Standard Swim Log



Date

6/8/18

Swimmer(s)

Amy

Observer(s)

Jax
Timothy

Swim Description

San Mo Bay

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
0500	continued	red				"Your head is high when you breathe.
						Is that deliberate? "no" "ok."
						I do that sometimes, I'll work on it"
0510					64	Sky light enough to pick up headlamps
0518						pauses 4 times in 1 min
0520						tells Melissa "Not feeling great, still
						dizzy. want to keep going"
						Stroke is short. Kick steady
0525				3-5		swell 1-3' far apart. Amy cracks
						a joke that makes Melissa laugh.
0530	35° 53' 00"	118° 37' 33"	61 air 61.5 w	3-5	64	feed diets apple/carbogs, "It's hard
						to swim when I can't see where I'm going
						because I'm dizzy. I feel warm. Ears ok,
						earplugs still in. Just keeping up w/ Melissa."
						"You're accomplishing what we're here to do" -Greg

MARATHON SWIMMERS FEDERATION — Standard Swim Log



Date

6/8/18

Swimmer(s)

Amy

Observer(s)

Jax
Timetta

Swim Description

Sa Mo Bay

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
0600	33°52'110	118°36'560	62 air 61.4 W	1-2 k	64	feed water as planned. Requested Coke.
						Was able to open sealed coke bottle easily
						Drank 8 oz. "I'm trying to lose on this"
						Wind blue animal but my vision is swimming.
						Stroke looks stronger, longer, getting more water
0605						Spoke mid-stroke "bottom of the ocean
						is clean" seems faster, more energized.
0615						swell ↓, wind ↓ glassy
0630	33°52'337	118°35'993	63 air 61.45	0-1	72	diet supply/carb pro. blow nose. Tempo + kick ↑
0631						Goog contacts visual traffic w/ update
0633						Sea lion curious pup
07:20	33°51'873	118°34'912	61.32	0-1		
0755					62	swimmer is rest floating before
0800						resuming pace
	33°51'584	118°34'010		0-1		

MARATHON SWIMMERS FEDERATION — Standard Swim Log



Date

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Swimmer(s)

Amy

Observer(s)

Timextra
Jat

Swim Description

Samoa Bay

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
0850						Pod of white side dolphins swims right around us and Amy
						at least 40-50 individuals
900	33°50'312	118°32'649	62.265	0-1		dolphins are back and just hanging out with Amy
0930	33°49'578	118°31'622				
0950						Amy drank some Carbu pro
1015						Feed of Kayak switch
1020	33°46'48	118°26'699	63.7 sea			Matt enters for buddy swim
1042						Blue shark juvenile spotted off the port stern
1045						Amy feeds 4.92 miles to complete
1050						Captains adjust headings to outside help bed of Luad. Bay aiming @ R10 bay
						Observer switch Toff Jon
1053						Matt "cold, I'm coming out"

MARATHON SWIMMERS FEDERATION — Standard Swim Log



Date

6/8/18

Swimmer(s)

Amy

Observer(s)

Jax
Tim O'Hara

Swim Description

San Mateo Bay

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
1053						Matt reports her stroke looks good
						underwater she just went poling mod
					68	water.
1105	33°48'60" S	118°29'49" W	75 air 64.1 water	1-2	66	Coke given to Melissa
1123						Amy drinks coke 6oz
1148	33°49'19" S	118°29'03" W	75 air 63-3w	10-12k ↑ 24 ↑	69	Diet Snapple/Carb Pro feed. Blows age 4oz
					↑	lifts goggles, adjusts cap stuffing hair back in
						Greg predicts wind ↑ and whitecaps by 230
						No appreciable current. Hard to read - eddies
1215	33°47'77" S	118°28'22" S	63.5	8K	68	Amy's pull ends @ wrist/hip feed Carb. Pro/snapple
						Pacing frequently Appearance cap w/lat
						indicates good distance. face swollen (salt)
						2 ft W swell short period wind swell.
1234						Amy's stroke shot again. Matt "This is
						ideal conditions for ~ 1230 pm. Small raft advises in channel inlands

MARATHON SWIMMERS FEDERATION – Standard Swim Log



Date

6/8/18

Swimmer(s)

Amy

Observer(s)

Jax
Timetra

Swim Description

San Mateo Bay

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
1300	33° 41' 16"	118° 27' 57"	65	6-7k	66	"I'm not getting there. My hips hurt"
						Ibuprofen taken & snapple carbopro
						recreational sailboats + power boats out
1308						Greg + Matt agree "Amy, never talks like that. Ever" Matt prep
						to buddy swim, cheer her up
1328						Discuss exact landing point. N
						• Current is pushing us away from
						Conrad Bay toward Dominican Beach.
						Agreement to go to Conrad Bay
						as previously established + agreed.
						Condition good.
1330						Feed Approaching parallel to floating
						snapple / carbopro. Spirits better. At Marina this
1338						Sailboat and power boats over head "yikes" - Greg

MARATHON SWIMMERS FEDERATION — Standard Swim Log



Date

6/8/18

Swimmer(s)

Amy

Observer(s)

Jax
Timetra

Swim Description

Samobay

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
1340						600 yd from shore. Matt climb
						to high pt on boat to view landing
						Crew is "thinking thinking thinking"
						about best angle, keep avoidance packs
						"She hates swimming throat clip" - no
1343						Nicole Ann pulls ahead to scout
						"We'll be back before the next feed"
1346						Direct landing with canoe possible
1350						Nicole Ann speeds back to Amy's side
						called to confirm EVA and Morrison sup. OK
						Sharon called Baywatch to inform of our
						intention.
1354	33°41'42"	118°25'17"	78 63			Matt jumps in joining Amy.
						Sharon ready to swim.
						Keep thick NA props chew it.

MARATHON SWIMMERS FEDERATION — Standard Swim Log



Date

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Swimmer(s)

Amy

Observer(s)

Jax Timmetton

Swim Description

Samoa Day

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
1357						Phannon in full wet suit jumps in
						"I hear croaking! white sea bass!" - Matt
						SUP civilian ← friend of Amy paddles toward us, curious
						Goodyear blimp approaches
						Shannon coaches Amy directing
						her around kelp
1359						Baywatch approaches from behind
						at full throttle
1402	33° 46' 44"	118° 25' 75"	63.8°			friend Kevin Coody on SUP is editor
						& Easy Peak magazine
						Baywatch Redondo makes Rob's contact
						w/ Nicole Ann & says hi to Amy
						Melissa Broadbent, swamps Shannon assists
1414						Amy climbs rocks on feet & w/ hands
						Clears water on dry rocks 14:14:20

MARATHON SWIMMERS FEDERATION — Standard Swim Log



Date

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Swimmer(s)

Amy

Observer(s)

Jax Timetha

Swim Description

Sello bag

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
1432						Swimmer approaching boat
1435						Amy says the mantra of the finish was, "Fucking Forrest!"
1445						Swimmer is back on board and in good spirits
						all crew aboard
						One scratch on leg Amy
						start 21:07:44
						finish 14:14:20
						elapsed 17h 6min 36sec
1455						Jax gets call from OB lab. fetus is a girl!!



Amy Gubser's Route
 from Pirate's Cove to Lunada Bay