

Abby's Swim Log

July 25, 2020

Start Time: 05:45:45

Start GPS: 30° 42.8111' N, 118° 2.2687' W.

End Time: 13:28:08

End GPS: GPS: 33° 42.813' N, 118° 2.2680' W, Charlie Beach, North Channel of Marina Channel Jetty

Swimmer: Abigail Rose Bergman (DOB: 4/7/96)

Crew

Jacqueline (Jax) Cole Crew Chief and Observer in whitewater kayak. Cell (562) 754-9856, Email:

jacquelineinbusiness@yahoo.com

Steve Chase Support Crew and Observer in sit-on-top kayak: Cell: (714) 330-4438, Email:

schase@aol.com

Abby, Jax, and Steve drove together to the starting point. Jax & Steve reviewe rules and the planned feed arrangements while en route.

Feed Plan: prepared liquid with carbo pro in individual Nalgene bottles every 30,60,90 min,

Go Go squeeze applesauce every 2 hours

Nalgene 2hr 30 min

Children's Ibuprofen in carbo pro feed at 3hours

Nalgene 3 hr 30 min

Go Go squeeze 4 hours

Nalgene 4 hours 30 min

Children's Ibuprofen in carbo pro feed 5 hrs

Nalgene 5 hr 30 min

Go Go squeeze 6 hour

Nalgene 6hr 30, 7 hr, 7hr 30

Notes

-Times are in 24 hour military time. The time zone is Pacific Daylight Time (UTC -7).

-All temperatures are reported in Fahrenheit

Time	Entry
0535	Abby, Steve, and Jax carry kayaks down the dirt slope from the parked vehicle on PCH and put feeds and dry bags into both kayaks while at waters edge "is that a line of seaweed" and Abby points to a line of seaweed at 2 foot depth from shore. Hard to see in the lack of light.
0540	Launch kayaks, begin gray light enough that kayakers can see from the kayaks to make out Abby's silhouette location standing on shore. Location 30 yards north of Malibu pier, Malibu California gps coordinates:

	30° 42.8111' N, 118° 2.2687' W, referred to as Kellers Shelter.
0543	Abby standing on dry sand just above the water line. Steve and Jax get into position outside the small surfline.
05:45:45	Official Start Time 05:45:45 according to Jax's atomic clock synched watch and Steve's electronic timing device. The swim started with gray light just prior to sunrise which is reported to be 0559.
0551	Initial log entry at the start of the swim: Abby just passed the Malibu pier. Conditions are overcast and cool. Wind is practically zero and ocean is flat. We are estimating a water temperature of about 59 or 60. Abby is off to a comfortable start and commented on how cold the water is.
0606	Initial stroke count: 59 Conditions continue to be calm, glassy and overcast
0617	Initial feeding. Abby drank the entire contents of the bottle per plan. Abby commented during the feeding on how chilly the water is and how she was having difficulty seeing due to foggy goggle. Feeding documented on GoPro
0628	Jax is reporting that there appears to be some ripples from the inbound swell hitting and rebounding back out toward the open ocean, like a rebound pulse.
0638	We are seeing a slight uptick in the wind, probably in the 4-5 knot range. Jax is reporting a slight push from the current. Conditions continue to be surface ripples with rolling swells in the 0 to 1 foot range. Ocean conditions remain mild and pleasant
0640	Stroke Count: 58
0647	2 nd Feeding completed in about a minute. Abby drank the whole bottle per plan. Swimmer commented that the water felt "like it is 56 degrees." She then said, "Let's do this" and resumed the swim. Feeding was documented on the GoPro as most feedings should be throughout the swim.
0648	Jax reported that the water temperature from the thermometer is 60 degrees.
0658	Jax reported water temp is now 61 degrees on the thermometer.
0709	Conditions remain consistent; Wind continues calm, most likely in the 0-1 knot range. Water remains glassy and smooth, with minor surface ripples. Water temperature 61 degrees
0717	3 rd Feeding completed per plan. Swimmer commented that she is regaining feeling in her fingers but not her toes. Feeding recorded on GoPro.
0729	Stroke Count: 57
0735	Conditions remain consistent: calm, glassy ocean, no noticeable swell or breeze. The skies are overcast and the wind remains light and breezy, almost undetectable. Jax reporting air temperature of 65 degrees.
0746	4 th Feeding completed per plan. Recorded on GoPro. Swimmer seemed to be in good spirits, reporting that she was encouraged because we were now able to make out buildings and structures on the land. She reported feeling warmer.
0755	Jax appears to be making steady progress toward us after pausing briefly for self-care as the sun begins to gain some intensity. The swimmer also was briefly interrupted after running into seagrass or seaweed. She broke her rhythm for only a few seconds until she realized what had caused the interruption.

0800	Conditions remain essentially unchanged: Calm, glassy ocean. The breeze remains light, nearly undetectable, probably in the 1-2 knot range. Second kayaker appears to be catching up to us at this time. The swimmer paused a few times, briefly to check on the status of our second kayaker who appears to be okay and is working hard to catch back up to the swimmer at this time. GPS watch reporting 4.17 miles, which, of course, is only a rough estimate but provides us with an idea The swimmer appears upbeat and in good spirits at this time.
0808	Stroke Rate: 56 Random paddle boarder passed by, inquired as to what Abby was doing. The paddle boarder also reported a "current" but it was not clear if he thought the current was favorable and working in opposition to the swimmer's southbound swim.
0815	5 th Feeding completed in about 90 seconds. She drank about 90% of the bottle and confirmed that she urinated. Swimmer is again requesting additional grease, which we will make sure is available at the next feeding. Conditions continue to be favorable to the swim; specifically, the wind remains calm, Jax is reporting 1-2 knots but I am not sure it's even that much. The wind is light and breezy. The air temperature does seem to be warming up a little bit. The swimmer still appears to be in good spirits and excited about seeing the buildings more clearly along the shore, which we believe to be Malibu. Feeding recorded on GoPro.
0819	Note: GPS data recorded by the Steve's GPS watch will be somewhat off from the swimmer as Steve is moving ahead of the swimmer so as to have some time to locate the grease requested by the swimmer.
0821	Steve resumes position alongside the swimmer.
0825	Jax reporting water temperature reported to be 61.7 degrees.
0833	Jax reporting that the air temperature is 64.9, water temperature 62.8. The breeze continues to be light. The surface of the ocean is glassy and smooth. It is still overcast with the air and water gradually warming up. Swimmer continues to look solid and be in good spirits.
0846	6 th Feeding per plan and took about 1 minute. Conditions remain essentially unchanged, calm, smooth, and glassy. Everything continues to be ideal for the swim.
0900	Jax reporting water temperature 63.3 degrees. Conditions remain unchanged. It is still overcast but bright and warming up gradually.
0904	Stroke count: 57
0915	6 th Feeding per plan at about 90 seconds. Recorded on GoPro.
0922	Jax pauses briefly to tend to personal care and will catch up as soon as she's done. Steve continues to accompany the swimmer so that the swim remains uninterrupted.
0930	Conditions remain relatively unchanged with the surface ripples somewhat noticeable. Estimating wind in the 0-1 knot range and 0-1 foot smooth swells. The air temperature seems to continue to be warming up.
0932	Jax has rejoined us and the swim continues uninterrupted.

0945	Feeding per plan.
0951	Jax reports air temp 67 degrees and water temp of 63 degrees. Conditions remain essentially unchanged, very mild, gentle ocean and wind. Swimmer continues to be consistent and we are making steady progress.
0953	Stroke rate 57. Swimmer breathing bilaterally in sets of 2 to 4 per side. She seems to look forward briefly when switching between sides to maintain a steady swim path.
1006	A couple of local prone paddle boarders who inquire about what Abby is doing. Both paddle boarders are encouraging to Abby once they find out she is attempting an open water swim.
1015	Feeding went smooth and she drank most of the bottle. The feeding took about a minute. Swimmer seems excited about our progress and she seems upbeat. Conditions remain essentially the same with some increase noted in the current and breeze, which seems to have picked up slightly, perhaps in the 2-4 knot range.
1030	Jax reporting air temperature of 71 degrees and water temperature of 65 degrees. The conditions remain calm with a light breeze that seems to be coming onshore in about the 2-4 knot range. The surface ripples are more pronounced than they were previously and the surface is not quite as glassy as it has been. It is not choppy but could be considered "pre-choppy," if that's a thing. Swimmer continues to make solid, steady progress and remains in good spirits. We are noticing some surface swells moving toward the shore, perhaps in the 2-3 feet range. However, out where the swimmer is the swell seems to be more in the 1-2 feet range.
1032	The low, overcast clouds have mostly dissipated so that the skies are clearing. The air temperature is warming up.
1044	1045 feeding started at about 1044. It went smoothly and per plan. Swimmer took a brief pause to urinate. Note, Steve will be hanging back briefly to take care of some personal care so that his watch GPS data will be slightly off until he rejoins the swimmer.
1101	Stroke rate is 56. Conditions are somewhat less smooth than they have been but not choppy yet. Either the swell shifted direction or perhaps we did so that the swell seems to be coming a little bit more from behind us and beside us. The swimmer continues strong. The sky continues to clear with a commensurate increase in air temperature. We are approaching the Santa Monica Pier.
1123	1115 feeding went well. It started at about 1116 and took about 60-90 seconds. Steve hung back to contact one of the support people on land while Jax continued to accompany the swimmer. There are a bit of surface ripples caused by wind that appears to be in the 4-5 knot range.
1131	Abby is just about to pass in front of the Santa Monica Pier. The skies continue to clear and the air to warm up. The water is a little bit choppy around the pier, which is consistent with previous swims in which I have participated that occur

	near the Santa Monica Pier. Estimating the wind to be in the 4-5 knot range. Overall, the conditions of the swim continue to be pleasant and quite manageable for the swimmer. The day remains pleasant overall and the swimmer continues to be in good spirits and excited to be passing the pier.
1146	1145 feeding went smoothly and according to plan. She had her applesauce and chatted briefly. We are heading toward the Venice Pier. The overall conditions are looking favorable. It remains breezy and just a little bit choppy, under 1 foot, but less choppy than in the area around the Santa Monica Pier. Recorded on the GoPro.
1157	Two additional swimmers (friends of the swimmer) joined us but remained well off to the side and/or behind the swimmer. They provided some verbal encouragement to the swimmer who was excited to see them. We noted the presence of the lifeguard boat and some lifeguards near us as well.
1200	Two more friends of Abby joined the swim. Note, all additional swimmers maintain considerable distance from Abby so that the group is quite spread out and everyone remains a safe distance away from the swimmer and off to the side or behind her.
1208	Colin, one of the friends swimming alongside Abby, separated from the group.
1210	Stroke count: 56. Conditions remain similar to what they have been all morning: It has gotten a little bit choppier. Noting at 1-2 feet swell with winds probably between 4-6 knots. It is still mostly clear with a slightly increased breeze and some minor swells/chop.
1211	Another female swimmer swims away.
1218	1215 feeding went per plan with the addition of some sort of honey bar. It looks like I will be taking over the feedings since I have the remaining food for Abby. The water remains somewhat choppier, in the 1-2 feet range with wind in the 4-5 with gusts up to 7, although that is just an estimate.
1231	Approaching the Venice Pier. Water seems to be choppier, in the 2-3 feet range. The wind also appears to be picking up and changing direction somewhat so that it is in our face at about the 2 o'clock position with 12 o'clock being straight ahead.
1246	1245 feeding went well and only took a few seconds. Swimmer reports that she is urinating. The final additional swimmer swims away so that Abby will be unaccompanied by any additional swimmers for the remainder of the swim.
1251	Water temp is 66 degrees and the air temp is in the low 70's. It continues somewhat breezy, cool, and mostly clear with some remaining haze. Water chop seems to be in the 0-1 foot range with some occasional 2 feet swells in spots. We are in front of the Venice Pier. As we are close the mouth of the boat channel from Marina del Rey we are seeing an increase in marine traffic (mostly Jet Skis and a few small craft). We are monitoring the marine traffic to ensure the safety of our swimmer.
1305	Stroke rate: 56 We have two jet skiers circling around the swimmer even though we have encouraged them to move a safe distance away. We continue to monitor them closely as we approach the endpoint for the swim.

1318	Water temp 65.8 degrees as we approach the marina jetty. Air temp 69 degrees Conditions have calmed down to more like the 0-1 foot swells although the wind continues to be in the 4-5 knot range based on our estimates.
13:28:08	Swimmer touches the endpoint at 1328:08 and subsequently exits the water. The swimmer walks out of the water safely and proceeds to shore to dry off and warm up. Swim concludes safely and support kayakers safely exit the water so that all involved in the swim are safely ashore. Endpoint GPS: 33° 42.813' N, 118° 2.2680' W