Sw	im	m	er

Name:	Susan Lindstrom	Gender:	F	Age:	42	Resides In:	Mill Valley, Ca
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## Support Personnel

Pilot name(s):	Pilot name(s): Tom Linthicum		Ghost Rider	Port:	Tahoe Keys Marina
Crew names &	Tom Linthicum - Pil roles: Mark Lutzker - Kaya		Natalie Butler - Cre verPaul Lundgren - Ka		

## Swim Details

Date:	July 31, 2016	Body of V	Vater: L	Lake Tahoe		Location: South Lake		ahoe
Route	description:	Start next to	pier at C	amp Richards	on swim nor	th to Incline	e Village/Crysta	al Bay
Swim	distance: 21.2	statute miles S	start time	e: 8:58 PM	Finish time	e: 8:19 AM	Elapsed:	11:25.37
List ar	ny "first" or red	cord claims:						

## Rules & Conduct

reeding (substances & frequency): [6 x Generation obtained by 30 min cycles of same lood
List all equipment, devices, and swimwear (including standard equipment) used by swimmer:
Goggles, one piece swim suit, 1 x latex swim cap and sun block

List any modifications of MSF Standard Swim Rules:

Observer: Paul Lundgren

Email or Phone: paul@distanceswimming.com



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.