

Swimmer "Inspired by SERC"
"loved every second of it"

Name: STEPHEN CHARLES ROOT Gender: M Age: 48 Resides In: MILL VALLEY, CA, USA

Support Personnel

Pilot name(s): CLAY PRESCOTT (530) 523-3323 Vessel: PREMIER PONTOON Port: HOMEWOOD, CA

Crew names & roles: ELIZABETH WARNER } KAYAKERS
ALISA GRAY }
ADAM ENGELSKIRCHEN } SECOND
COURTNEY RAFFAELLI - OBSERVER

Swim Details

Date: 8/24/2019 Body of Water: LAKE TAHOE, CA Location: CAVE ROCK TO EMERALD BAY

Route description: WIDTH OF TAHOE, CAVE ROCK TO EMERALD BAY

Swim distance: 10.6 MILES Start time: 4:36 AM PDT Finish time: 8:58 Elapsed: 4:22

List any "first" or record claims: SWIMMING
Fastest recorded time from Cave Rock, NV to Vikingsholm, Emerald Bay, CA.

Rules & Conduct

Feeding (substances & frequency): EVERY 30 MINS: Drinking 3 Rocketane +
" 60 MINS: 3 gels, 1/2 Rx bar

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

SWIM SUIT, JAMMERS
1 SWIM CAP, SILICONE
GOOGLES

List any modifications of MSF Standard Swim Rules:

[Empty box for modifications]

Observer: MARK LUTZKER

Email or Phone:
LUTZKERS@YAHOO.COM
(415) 823-9706



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.

[Signature of Mark Lutzker]

COURTNEY RAFFAELLI
Craffaelli1321@gmail.com

MARATHON SWIMMERS FEDERATION - Standard Swim Log



Date

8/24/2019

Swimmer(s)

JUSTIN O'REILLY
COLIN BARATTE
VAN CORNWELL
STEPHEN ROOT

Observer(s)

M. MARK LUTZKER
COURTNEY RAFFAELLO

Swim Description

LAKE

WIDTH OF LAKE
FROM CAVEROCK
TO EMERALD
BAY

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TIME PDT	LATITUDE	LONGITUDE	TEMP F sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
4:36 PM	39 02.80' N	119 56.94' W	68.5 / 64.9	1 / SW / VARIASIZE	←	J C V S 60 58 62 86 5:00 Stephen had a drink 5:15 Justin CLEAR NIGHT, CALM WIND, GLASSY SURFACE
5:34	39 12.9 N	119 58.55' W	68.1 / 65.0	1.7 kt / SW	←	J C V S 60 53 62 57 5:35 Dawn / First light
6:35	39 02.7 N	120 05.7 W	68.2 / 64.5	1.7 / SW	←	J C V S 64 48 58 63 6:40 SUN RISING OVER EAST MOUNTAINS
7:25	38 58.50' N	120 2.12' W	68.0 / 65.0	calm	←	J C V S 62 43 60 61 EVERYONE IS FEELING GOOD Stephen pulled ahead his coord's are on the next page
8:25	38 58.51' N	120 3.57' W	68.0 / 65.0	calm	←	J C V S 60 45 60 60 Stephen finished + felt good! 4:22 "loved every second of it" Justin also pulled ahead, coord's are on next page
9:30	38 57.23' N	120 5.56' W	67.6 / 68.0	calm	←	J C V S 59 39 57 - Justin finished stage 5:02 "I'm taking up golf"
10:01	38 57.9 N	120 6.25' W	67.6 / 68.0	calm		Colin: "Happy as a clam in mud" Van: "Colin made me laugh"

~~8/24/21~~

~~8/24/21~~

Width of Lake Tahoe, CA swim from Cave Rock to Emerald Bay
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Courtney Raffaelli

STEPHEN

Root: 38 55 3 N

7:32 AM 120 3 41 W

8:02 AM 38 58 26 N

120 4 37 W

8:38 AM 38 57 30 N

120 5 45 N

O'REILLY

JUSTIN: 38 58 28 N

8:29 AM

120 4 23 W

9:25 AM 38 57 28 N

120 5 51 W